

**TOSHIBA**

# Steam Oven Cook Book

Model: MS1-TC20SC



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01 Steamed Chicken with Sand Ginger Powder




02 Glutinous Rice Meatballs

└── Above number is consistent with that of automatic menu built in the steam oven.

# Getting Started

## Principle and method for steam heating

Steam without cover generally.  
Fill the water box with drinking water before use.  
Please be careful about hot steam when opening the door.

Steam Mode	Application type
Pure steaming  <b>Steam</b>	Eggs, ribs, chicken, handmade steamed stuffed bun and other common household food
Quick steaming  <b>Steam</b>	Fish, seafood (shrimp, shellfish, crab etc.), vegetables, quick-frozen buns
Slow steaming  <b>Steam</b>	Stewing meat, pig's feet, soup, etc.

## Principle and method for baking

Baking can be realized by convection and heater. After preheating, please close the door soon to keep the cavity temperature. After cooking, please take out the food immediately to avoid excessive baking.

## Instruction on time adjustment

Cooking method is closely related to the characteristics of the food. Auto menus best match the food characteristic and amount, as well as the cooking time. Please operate as suggested.

Time for steaming menu can be slightly adjusted according to personal preference. Take meat recipe as an example, longer cooking time, tougher taste; while shorter time, more delicate taste.

After starting the program, turn left (  ) to reduce time and turn right (  ) to increase time.

## Comparison table for required amount of ingredients

1 tablespoon = 15cc = 2 small caps

1 teaspoon = 5cc = 1 small cap

½ teaspoon = 2.5cc = ½ small cap

¼ teaspoon = 1.2cc = 2 drops

If exact amount cannot be assured, less amount is suggested.

For size of small cap, please refer to the cap of ordinary 550ml purified water bottle.



## 01 Steamed Chicken with Sand Ginger Powder

○ 40 minutes 🍴 for 2 persons

### Food ingredients

Chicken	(about 1000g)
Old Ginger	3-4 slices (about 15-20g)
Scallion (sliced)	20g
Sand Ginger powder	10g
Shaoxing wine	1 tablespoon
Pepper powder	3g
Salt	4g

### Method

1. Wash the chicken and dry it with kitchen paper. Brush the chicken with salt, wine and pepper powder and marinate for half an hour. Then brush chicken with sand ginger powder and marinate for another half an hour.
2. Fill the water box with drinking water. Spread ginger slices and scallion around the chicken. Place the dish with the marinated chicken in the steam tray and place the tray on the lower layer. Select A:01 and press Start button.

Dish+steam tray

are placed on the [lower layer]



## 02 Glutinous Rice Meatballs

🕒 30 minutes 🍴 for 2-3 persons

### Food ingredients

Glutinous rice	50g
Pork	200g
Water-chestnut	50g
Shredded ginger	5g
Starchy flour	10g
Salt	4g

### Method

1. Wash and soak glutinous rice in water for one night.
2. Chop the pork into ground meat, mince water-chestnut and ginger; then put them into a bowl and stir with appropriate amount of salt and a little starchy flour and marinate for half an hour.
3. Take out soaked glutinous rice and drain away the water.
4. Shape the marinated ground meat into meat balls, and roll them in glutinous rice to form a layer of glutinous rice on the surface.
5. Place the glutinous rice meat balls in the dish; place the dish in the steam tray, and place the tray on the lower layer. Then, fill the water box with drinking water, select A:02 and press Start button.

Dish+steam tray

are placed on the [lower layer]



## 03 Steamed Brown Crab

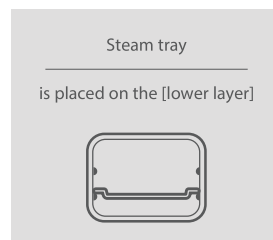
🕒 20 minutes 🍴 for 1-2 person(s)

### Food ingredients

Brown crab(s)	600g-700g/piece
Sesame oil	1 teaspoon
Vinegar	1 tablespoon
Scallion	5 g
Ginger	10 g
Dark soy sauce	1 teaspoon
Light soy sauce	1 tablespoon
Cooking wine	1 teaspoon
Oyster sauce	1 teaspoon

### Method

1. Clean the fresh brown crabs, including any gaps. Be aware of the crab clamp.
2. Place brown crabs in the steam tray then place the tray on the lower layer. Fill the water box with drinking water, select A:03 and press Start button.
3. Evenly stir sesame oil, vinegar, scallion, shredded ginger, light soy sauce, dark soy sauce, cooking wine and oyster sauce in a small bowl to make condiment sauce.
4. Take out brown crab after steaming, open it and dip with condiment sauce to eat.





## 04 Steamed Garlic Shrimp with Vermicelli Noodles

🕒 7 minutes 30 seconds 🍴 for 2 persons

### Food ingredients

Shrimps	400g
Corn oil	2 tablespoons
Garlic	20g
Light soy sauce	1 tablespoon
Salt	1g
Granulated sugar	5g
Bean vermicelli	20g

Dish+ steam tray

are placed on the [lower layer]



### Method

1. Clean the shrimp, cut off the shrimp beard, cut open the back of the shrimp to take out shrimp intestine and place the shrimp on a plate. Soak the bean vermicelli in cold water for half an hour.
2. Finely chop the garlic and fry with corn oil in a pan. Then, add salt, granulated sugar, light soy sauce and stir evenly to make garlic sauce.
3. Place bean vermicelli on the bottom of the dish with shrimp and drizzle with garlic sauce. Put dish in the steam tray and put steam tray on the lower layer. Fill the water box with drinking water, select A:04 and press Start button.





# 05 Steamed Seafood Platter

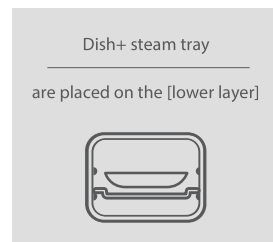
🕒 12 minutes 🍴 for 2 persons

## Food ingredients

Shrimp	10 pieces (300 g)
Clams	200g
Razor clams	200g
Squid	100g
Bean vermicelli	20g
Hot pepper	5g
Ginger	10g
Garlic	30g
Salt	3g
Granulated sugar	3g
Soy sauce	2 teaspoons
Oil	1 tablespoon
Scallion	10g
Bean vermicelli	30g

## Method

1. Soak clams and razor clams in water with a spoon of salt (excluding food ingredients) and several drops of sesame oil to let them spit out the sand for 2 hours, then, flush them well.
2. Clean the fresh shrimp, cut off the shrimp beard, cut open the back of the shrimp to take out shrimp intestine. Remove viscera, eyes and external membrane of the squid. Wash and cut up hot peppers.
3. Soak bean vermicelli in cold water for half an hour.
4. Marinate shrimp with shredded ginger (5g), appropriate amount of salt, granulated sugar and soy sauce for at least 15 minutes.
5. Stir-fry garlic with corn oil in a pan. Then, add hot peppers, light soy sauce, salt, remaining ginger (5g) and stir evenly to make garlic sauce.
6. Take a large dish with bean vermicelli placed at the bottom. Place all the seafood above and drizzle with garlic sauce.
7. Place dish in the steam tray, and place steam tray on the lower layer. Fill the water box with drinking water, select A:05 and press Start button.
8. Take out after steaming and season with chopped scallion.



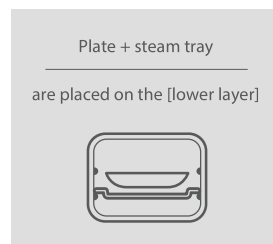


# 06 Steamed Sea Bass with Green Lemon

🕒 14 minutes 🍴 for 2-3 persons

## Food ingredients

Fresh sea bass	400 g
Ginger	4 slices (about 20g)
Lemon sauce	
Red chili	3 pieces
Garlic	30 g
Chive	20 g
Fish sauce	3 tablespoons
Lemon juice	3 tablespoons



## Method

1. Remove internal organs, gills and scales of the sea bass and clean it well.
2. Cut off the sea bass along two sides of its chine and keep the sea bass lying on front.
3. Place a chopstick in the fish plate. Then, place the sea bass above the chopstick and spread several ginger slices around sea bass to remove the fishy flavor.
4. Select A:06 to start pre-heating.
5. When pre-heat finish, place the fish plate in the steam tray, then place the steam tray on the lower layer of the oven and close the door.
6. Make green lemon sauce: stir chili, garlic, scallion, fish sauce, and lemon juice in a bowl.
7. Take out fish plate, remove ginger slice, chopstick and remaining soup in the plate. Drizzle green lemon sauce over the fish.

## TIPS

1. Please use a special fish plate or a container with a thin bottom to realize even heating.
2. Cooking time can be fine tuned to meet personal preference.

# 07 Coconut Stewed Chicken Soup

🕒 1 hour and 30 minutes 🍴 for 2 persons

## Food ingredients

Coconut	2 pieces
Chicken	250g
Red dates	10g
Lycium chinenses	5g
Salt	1g

## Method

1. Open the coconut, pour out coconut water and keep it with the coconut cover.
2. Cut red dates into two parts and remove the core.
3. Chicken blanching: boil a pot of water, put in chicken and boil for a minute, then take it out.
4. Place the chicken in the coconut with red dates and lyceum chinenses. Then, add in coconut water and place the whole coconut in the plate. Place the plate in the steam tray which is on the lower layer and close the oven door. Then, fill the water box with drinking water, select A:07 and press Start button.
5. Take out after steaming and drizzle with salt.

Plate+ steam tray

are placed on the [lower layer]



# 08 Steamed Eggs with Okra/Clam

🕒 10 minutes 🍴 for 1-2 person(s)


## Food ingredients

Fresh okra	2 pieces
Eggs	2 pieces
Warm water	1 small bowl
Proportion of warm water to eggs	2:1
Light soy sauce	1 teaspoon

## Method

1. Cut okra into thin slices.
2. Clean and beat the eggs, add warm water and stir rapidly and evenly.
3. Filter egg liquid by the filter screen (for more dedicate taste).
4. Place okra on the egg liquid and place dish in the steam tray; place the tray on the lower layer. Then, fill the water box with drinking water, select A:08 and press Start button.
5. Take out after steaming, and drizzle with a little light soy sauce as desired.

Dish+ steam tray  
are placed on the [lower layer]



## 08 Steamed Egg with Okra/Clam

🕒 10 minutes 🍴 for 1-2 person(s)

### Food ingredients

Clam meat	50g
Eggs	2 pieces
Warm water	150g
Scallion (chopped)	10g
Cooking wine	4 ml
Light soy sauce	1 teaspoon
Salt	2g

Dish+ steam tray

are placed on the [lower layer]



### Method

1. Wash the clam meat and put it in the bowl, drizzle with cooking wine and salt (1 g), stir them evenly and marinate for about 10 minutes.
2. Clean and beat the eggs, add warm water and salt (1 g), and stir rapidly and evenly.
3. Filter egg liquid by the filter screen (for more dedicate taste).
4. Place marinated clam meat in the egg liquid, cover the liquid with a preservative film and puncture holes in the film for ventilation. Place the dish in the steam tray and place the tray on the lower layer. Fill the water box with drinking water, select A:08 and press Start button.
5. Take out after steaming, drizzle with a little sesame oil and light soy sauce as desired, and spread chopped scallion on it.





## 09 Yam Cake with Osmanthus Sauce

🕒 30 minutes 🍴 for 2-3 persons

### Food ingredients

Chinese yam	500 g
White sugar	20 g
Condensed milk	8 g
Osmanthus sauce	Appropriate amount

Dish+ steam tray  
are placed on the [lower layer]



1. Clean the Chinese yam, peel off, cut it into small pieces and place them in the dish.
2. Place the dish in the steam tray, and place the tray on the lower layer. Fill the water box with drinking water, select A:09 and press Start button.
3. Mash the steamed Chinese yam with a potato extruder, add appropriate amount of condensed milk and stir evenly.
4. Knead the Chinese yam into small and even balls (at appropriate size of the mold).
5. Use a mold to press the yam balls into a beautiful shape, de-mold and take out.
6. Drizzle with osmanthus sauce on the cake.





# 10 Sweet Green Rice Ball

🕒 20 minutes 🍴 for 2-3 persons

## Food ingredients

Spinach	50g
Glutinous rice flour	100g
White granulated sugar	20g
Warm water	50g
Flour starch	30g
Boiling water	40g
Oil	10g
Red bean paste	120g

## Method

1. Prepare all food ingredients.

### Preparation of spinach puree

2. Boil the water and add a little salt. Take the leaves of spinach, wash and blanch them in the boiled water until the color change. Then take out and place them in the cold water for cooling.

3. Use a food processor to mash the spinach leaves into fine puree (the finer the better); then, use a fine screen to leach the juice and keep the spinach puree.

### Preparation of glutinous rice cluster

4. Add white granulated sugar and warm water into glutinous rice flour and stir the flour to half-wet.

5. Add boiling water into the flour starch and stir the starch until it become transparent.

6. Mix glutinous rice flour with flour starch, add oil and knead evenly when it's hot.

7. Place the mixed food ingredients in the dish and press them to be as thin as possible (easy to be cooked). Fill the water box with drinking water, place the dish in the steam tray and place the tray on the lower layer. Select A:10 and press Start button.

8. When cooking finish, add the filtered spinach puree to the glutinous rice ball and stir to color the glutinous rice ball (note: please use spinach puree rather than spinach juice; if it's too dry, please add a little more spinach juice).

### Molding

9. Wear gloves and spread a little oil. Divide the spinach glutinous rice ball into several portions (30g each), and repeatedly knead it into even cake.

10. Repeatedly knead red bean paste into evenly small balls (about 20g each).

11. Wear gloves and wrap the red bean paste into the cake.

12. Brush oil on the wrapped cake to delay hardening; then, wrap with tailored preservative film.





## 11 Grilled Saury

🕒 15 minutes 🍴 for 1-2 person(s)

### Food ingredients

Saury	2 pieces
White vinegar	5 drops
Salt	5g
Olive oil	2 teaspoons

### Method

1. Wash the saury, scrape off a few hard scales on the surface and remove internal organs. Apply white vinegar and salt evenly on the surface of the saury and marinate for half an hour.
2. Press A:11 and press Start (preheating at 220°C). Place a layer of tin foil in the baking tray and brush a thin layer of olive oil above.
3. Place marinated saury in the baking tray; place the tray on the lower layer and bake for 10 minutes. Then take out, turn it over and place back for baking.

Baking tray is placed on the [lower layer]



### TIPS

1. Use cooking wine or lemon juice to remove the fishy odor.
2. Add oyster sauce, garlic and other condiments as desired.

# 12 Grilled Chicken Breast with Veggies

🕒 45 minutes 🍴 for 1-2 person(s)

## Food ingredients

Chicken breast	200 g
Salt	5 g
Olive oil	2 teaspoons
Potatoes	4 pieces
Tomato	1 piece
Broccoli	1 piece
Carrot	1 piece
Onion	1 piece
Green bell pepper	1 piece
Butter	50 g
Bread crumb	20 g
Rosemary	3 g
Garlic (sliced)	10 g
Black pepper	5 g
Chili powder	1 g

## Method

1. Take butter out of the refrigerator and soften it at room temperature; wash vegetables and drain the water.
2. Cut chicken breast into slices, add salt and olive oil, mix evenly and marinate for ten minutes.
3. Select A:12 and press Start button (preheating at 200°C).
4. Cut potatoes, broccoli, carrot, onion, and green bell pepper into cubes and place them on the chicken breast evenly.
5. Mix rosemary, bread crumbs and smashed garlic with softened butter, mix them evenly and spread on the vegetables.
6. Sprinkle a little salt, black pepper and chili powder and place the tray on the lower layer of preheated steam oven.
7. Enjoy after baking.

Deep dish+ baking tray

are placed on the [lower layer]





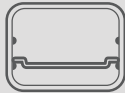
# 13 Roasted Lamb Chops

🕒 40 minutes 🍴 for 2-3 persons

## Food ingredients

Lamb rack	2 pieces
Black pepper	3 g
Crude salt	5 g
Onion	half
Olive oil	20 g
Rosemary	5 g

Baking tray is placed on the [lower layer]



1. Take lamb rack out of the refrigerator and defrost at room temperature.
2. Cut onion into onion rings.
3. Mix black pepper, crude salt, olive oil and rosemary to make the condiment sauce.
4. Brush the condiment sauce evenly on the lamb rack and marinate for half an hour.
5. Select A:13 and press Start button (preheating at 230°C).
6. Place a layer of tin foil on the baking tray and place the lamb rack and onion rings on the tin foil. Place the tray on the lower layer of preheated steam oven and start baking.
7. At 10-minute countdown, turn the lamb rack over.



## TIPS

“Massage” the lamb rack during marinating to make it taste better.





# 14 Roasted Steak with Rosemary

🕒 20 minutes 🍴 for 2 persons

## Food ingredients

Steak	1 piece (about 250 g)
Butter	20 g
Rosemary	2 g
Salt	4 g
Black pepper	2 g

## Method

1. Take the steak out of the refrigerator and defrost at room temperature.
2. Brush butter on the steak, sprinkle with salt and black pepper and marinate for 5 minutes.
3. Select A:14 and press Start button (preheating at 230°C).
4. Place a layer of tin foil on the baking tray and place the steak on the tin foil. Place the tray on the lower layer and start baking.
5. Place the steak in the dish and garnish with rosemary.

Baking tray is placed on the [lower layer]



## TIPS

Use the back of a knife or meat hammer to gently beat and loosen the steak to make it softer and tastier.

## Steak knowledge and roasting skills

How to cook a superb steak at home? First step is to recognize the rawness degree of the steak. Let's take a 3mm-thick sirloin steak as an example.

### Rare

Appearance: Scorch marks on the surface, blood red inside and accounts for 75% of the whole steak.

Mouthfeel: Slightly cool. Might be difficult to chew as it is too raw



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### Medium Rare

Appearance: Scorch marks on the surface, pink and blood red inside while blood red part accounts for 50% of the whole steak.

Mouthfeel: Warm. With soft, tender and smooth core as you can feel the beef juice melting in your mouth.



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### Medium

Appearance: Scorch marks on the surface and completely pink inside.

Mouthfeel: Warm. Evenly soft and juicy texture.



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### Medium Well

Appearance: Scorch marks on the surface, light brown inside and light pink in the center.

Mouthfeel: Slightly hot. Appropriate softness with a little toughness.



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### Well Done

Appearance: Dark brown with scorch marks on the surface; totally brown inside; the steak is shrunk due to loss of juice.

Mouthfeel: Hot. Tough and dry with no juice.





## Black pepper sauce

Black pepper sauce matches perfectly with steak. With this home-made black pepper sauce, you can also become a chef at home!

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### Ingredients

Onion	10 g
Garlic	5 g
Butter	5 g
Ground pepper	5 g
Tomato sauce	15 ml
Oyster sauce	5 ml
Sugar	2 g
Salt	2 g

### Method

1. Cut onion and garlic into pieces.
2. Place butter in the pan and melt into liquid.
3. Place chopped onion and mashed garlic in a pot; stir fry until the onion turn soft and transparent.
4. Put ground pepper in a pot, stir fry until fragrant.
5. Add water to cover food ingredients; turn to **low fire** until boiling.
6. Add tomato sauce, oyster sauce, sugar and salt and cook with **low fire**.
7. Stir occasionally to avoid sticking; cook until the sauce is thick.



# 15 Roasted BBQ Ribs

🕒 1 hour 30 minutes 🍴 for 2-3 persons

## Food ingredients

Pork ribs	500 g
BBQ sauce	120 g
Honey	1 teaspoon
Chili sauce	20 g
Vanilla	5 g
Olive oil	2 teaspoons
Celery leaves	20 g
Condiment sauce	
Brown sugar	50 g
Chili powder	5 g
Pepper powder	10 g
Crude salt	2 g
Garlic	25 g

## Method

1. Wash and dry pork ribs, mix brown sugar, chili powder, pepper powder, crude salt and mashed garlic into condiment sauce, brush on the ribs evenly, and marinate for ten minutes.
2. Select A:15 and press Start button (preheating at 160°C).
3. Wrap the ribs with tin foil and place in the baking tray; place the tray on the lower layer and start baking.
4. After baking, take out the ribs, pour out the soup and let it stand for 10 minutes.
5. Mix BBQ sauce, honey, chili sauce, vanilla to make condiment sauce and brush on the surface of ribs.
6. Heat the frying pan, add appropriate amount of olive oil and fry for 5 minutes to color the ribs.
7. Sprinkle chopped celery leaves or vanilla on the ribs and serve.





# 16 Spicy Chicken Wing

🕒 25 minutes 🍴 for 3-5 persons

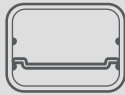
## Food ingredients

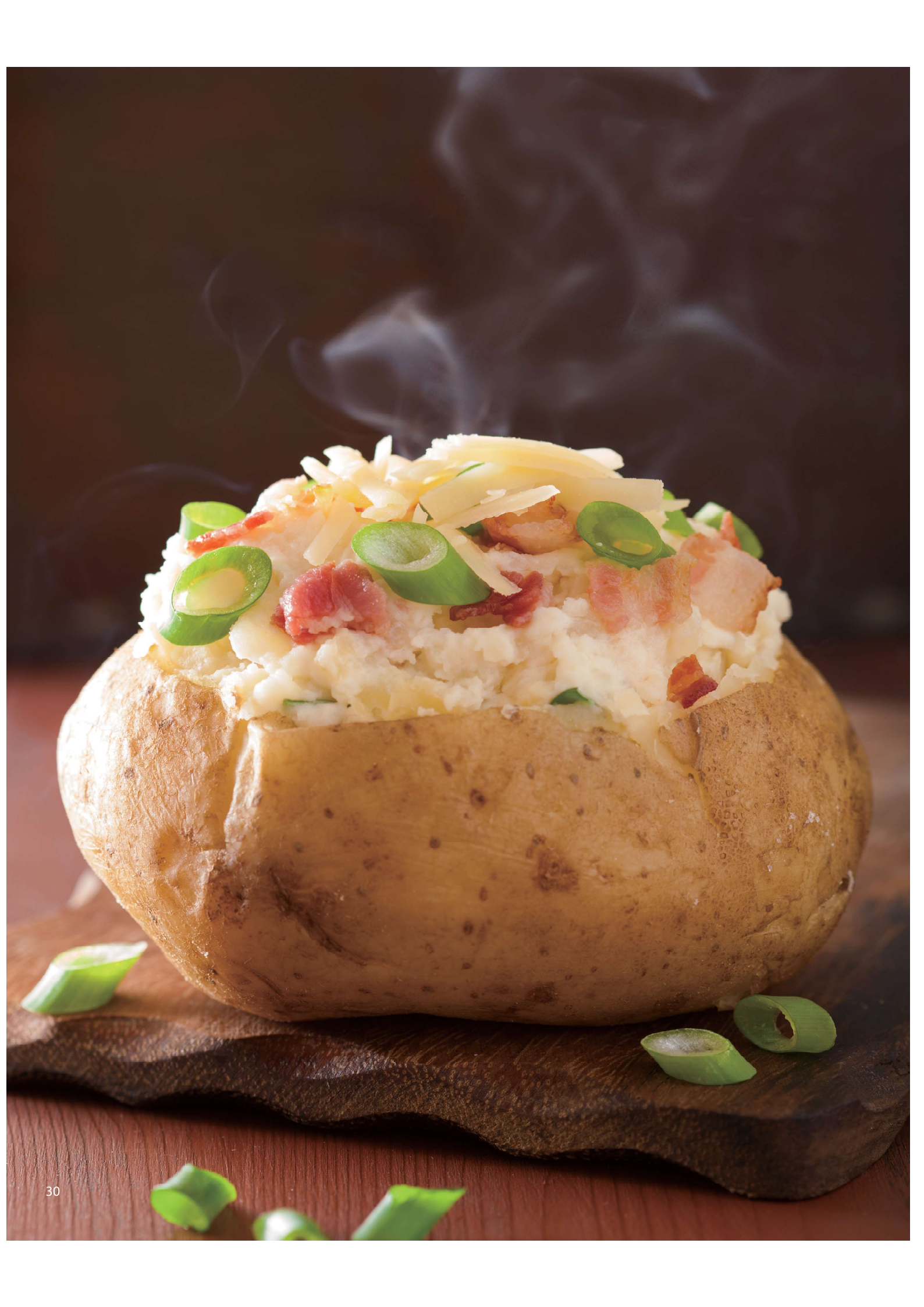
Chicken wings	5 pieces (about 600g)
Olive oil	20 g
Capsicum frutescens	5 pieces
Red chili powder	5 g
Whole black pepper	5 g
Honey	2 teaspoons
Garlic	20 g
Lemon	1/2
Salt	5 g

## Method

1. Place capsicum frutescens, whole black pepper, salt and peeled garlic clove in the stone mortar and mash them.
2. Add in hot pepper powder, olive oil and half lemon skin and chop them; extrude lemon juice and grind into puree.
3. Add in hone and mix evenly to make chili sauce.
4. Brush chicken wings with chili sauce and put them in a storage bag. Seal and place it in the refrigerator and marinate for one night.
5. Select A:16 and press Start button (preheating at 220°C).
6. Place a layer of tin foil on the baking tray. Wrap the marinated chicken wingtips with tin foil and place them in the baking tray. Place the tray on the lower layer and start baking. Take out after baking.

Baking tray is placed on the  
[lower layer]





# 17 Baked Mashed Potatoes with Cheese

🕒 20 minutes 🍴 for 2-3 persons

## Food ingredients

Potatoes	4 (about 800g)
Bacon	50g
Mayonnaise	2 tablespoons
Black pepper	3g
Sea salt	5g
Mozzarella cheese	Appropriate amount

## Method

1. Wash and boil potatoes in the boiling water for 15 minutes.
2. Take out, drain and cut in half. Remove the peel but keep its original shape and keep an edge of 5mm.
3. Cut bacon into small pieces and fry until oil out; smash the potatoes and stir with bacon, salt, mayonnaise and black pepper. Place the mashed potatoes back to the potato skin.
4. Place a layer of baking paper on the baking tray and brush with oil. Place potatoes on the pape and sprinkle mozzarella cheese on the surface.
5. Select A:17 and press Start button (preheating at 220°C). After preheating, place the baking tray on the lower layer, close the oven door and start baking. Observe the color in the last few minutes and stop baking when the surface is golden and a little scorched.

Baking tray is placed on the [lower layer]



# 18 Mozzarella Cheese Pizza

🕒 15 minutes 🍴 Multiple servings

## Food ingredients

### Cake base

Yeast	3 g
Warm water	50 g
High-gluten flour	70 g
Low-gluten flour	30 g
Salt	3 g
Olive oil	2 teaspoon

### Pizza sauce

Olive oil	2 teaspoons
Garlic slice	10 g
Onion slice	30 g
Tomato slice	30 g
Tomato sauce	2 tablespoons
Black pepper powder	3 g
Oregano	3 g
Salt	1 g
Granulated sugar	8 g

### Pizza stuffing

Green pepper	30 g
Onion	30 g
Black olive	Appropriate amount
Mozzarella cheese (grated)	60 g
Salami	8 slices
Basil leaves	3g

## Method

### Preparation of cake base

1. Add a little warm water to the yeast, stir evenly and let it stand.
2. Mix high-gluten flour, low-gluten flour and salt. Put molten yeast into the center of the flour. Then, stir slightly until flocculent and add in olive oil to form a ball.
3. Take out the dough, spread kneading flour on the kneading board, and knead the dough until smooth. Place the dough in a clean container, cover the container with preservative film and place it in the refrigerator to ferment at least 1 hour.
4. Divide the dough into two, shape and place them in the baking tray. Then, cover with preservative film for secondary fermentation.
5. Spread kneading flour on the kneading board. Shape the dough and place them in the baking tray. Puncture a few holes in the surface with a fork to avoid dough inflation.

### Preparation of pizza sauce

6. Pour a little olive oil into the pot, turn on low fire, add garlic slice and fry to fragrant.
7. Add in onion slices and fry until fragrant. Then add in peeled tomato slices, tomato sauce, a little black pepper and oregano, stir fry with low fire continuously.
8. Cover the lid and braise for a while until the tomato is soft and juicy. Then, add in salt and granulated sugar to adjust the flavor. Stir fry with big fire to make thick soup.
9. Select A:18 and press Start button (preheating at 220°C).







#### Preparation of pizza stuffing

- Cut green pepper and onion into slices, and cut black olive into pieces. Stir fry (without oil) with medium fire to dehydrate a little bit.

#### Preparation of pizza

- Brush a thin layer of olive oil on the surface of the dough, sprinkle with appropriate amount of salt. Brush a layer of pizza sauce and a layer of mozzarella cheese.
- Sprinkle with onion, green pepper, black olive, and a layer of cheese. Place salami on top and another layer of cheese.
- Place the pizza in the baking tray, place the tray on the lower layer for baking. Take out when cheese melts and garnish with basil leaves and serve.



Baking tray is placed on the [lower layer]



#### TIPS

- Place some green and hot peppers on the pizza to give a better color, flavor and taste.
- Choose those vegetables/ fruits with little moisture in order to ensure the taste.
- Observe the pizza in the last few minutes and take out when cheese melt and become golden.

# 19 Vanilla Cream Puffs

🕒 27 minutes 🍴 Multiple servings

## Food ingredients

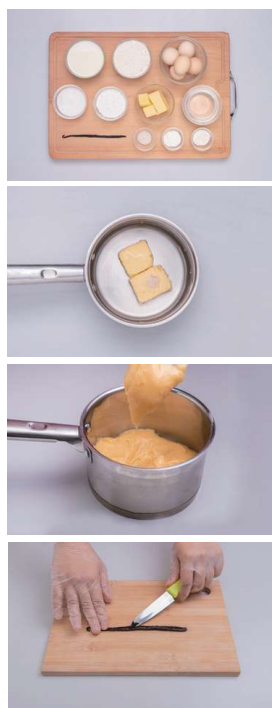
### Puff skin

Unsalted butter	80 g
Eggs	5 (about 250g)
Low-gluten flour	120 g
Sea salt	1 g
Water	150 g

### Vanilla stuffing

Yolk	4 (about 80g)
Pure milk	300 g
Granulated sugar	75 g
Low-gluten flour	15 g
Corn starch	15 g
Vanilla pod	1

Baking tray is placed on the [lower layer]



### Preparation of puff skin

1. Boil water with butter and salt in the pot.
2. Sift low-gluten flour and beat the eggs.
3. When the water is boiled, add in flour one-time.
4. Stir quickly with an egg-beater to make paste (molding of puffs can be affected if the temperature isn't high enough or the flour isn't gelatinized well).
5. Press with a scraper and stir dry powder evenly; add half egg liquid and stir evenly.
6. Add the remaining egg liquid to puff paste in several times; stir evenly before next adding.
7. Select A:19 and press Start button (preheating at 190°C).
8. Squeeze puff paste into baking tray with an average size of 5cm.
9. Use residual egg liquid to smooth out the small tip on top of the puff paste.
10. Place the baking tray on the lower layer and bake.



#### Vanilla stuffing

11. Take out seeds of vanilla pod.
12. Put milk and vanilla pod in the pot and stir continuously while boiling.
13. Mix granulated sugar with yolk and stir evenly.
14. Sift low-gluten flour and corn starch and then add them to the yolk and stir evenly until there is no dry powder.
15. Slowly add in milk into yolk paste, and stir evenly (if add in too much/quick, yolk can be cooked by high-temperature milk).
16. After the milk and yolk paste are mixed evenly, pour them back to the pot and heat with low fire. Stir continuously until it is thick and avoid caking in the bottom (If the fire is too big and there is still solidification when lift the stirrer. Please remove the pot from fire and stir until it is smooth. Then, put the pot back on the fire and heat until the paste is thick).
17. Pour the boiled vanilla stuffing in the dish and spread it as thin as possible. Then, cover it with preservative film (adhere to the vanilla stuffing) and place it in the refrigerator.
18. Take vanilla stuffing out of the refrigerator when puff skin is ready. Press it to smooth and put in the decorative bag. Squeeze the vanilla stuffing into baked puffs.



# 20 Dried Fruit

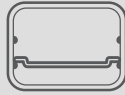
 6 hours

## Food ingredients

Lemon	2
Grapefruit	1
Orange	1

1. Slice lemon, grapefruit and orange.
2. Select A:20 and press Start button (preheating at 70°C).
3. Spread fruit slices on the steam tray evenly, place the tray on the lower layer and take out after dehydration.

Steam tray is placed on the [lower layer]



# TIPS

## Yogurt Fermentation

### Milk selection

Select pure milk, normal temperature milk or pasteurized milk, and add milk powder to make it more mellow and thick.

### Selection of leavening agents

Use lactic acid bacteria powder to realize easy operation and mild taste. You may also use yogurt product as the starter or kefir grains as desired.

### Container disinfection

As bacteria in the container can affect quality of the yogurt, please disinfect well before use.

### Adjustment of flavor by cold storage

Place yogurt in the refrigerator for more than 8 hours to realize richer flavor and fragrant smell.

### Adjustment of acidity

If the yogurt is too acid, use low-acidity bacterial powder or shorten fermentation time once the yogurt solidify, and eat as soon as possible. You can also add in honey, jam or cereal before eating.

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## Food ingredients

Plain yogurt	200 g
Pure milk	1000 g

Baking tray + large bowl  
are placed on the [lower layer]



## Practice

1. Place yogurt and pure milk in a large bowl and mix evenly.
2. Place the bowl in the baking tray, place the grill rack on the lower layer and close the door.
3. Select 'ferment', set to 8 hours and press Start button.
4. Take out after cooking.



# Dough Fermentation

## Yeast

The more yeast, the faster fermentation, and vice versa. The yeast may have a deep color or hard to ferment due to improper or long-time storage.

## Water temperature

At normal temperature, use warm water at 40 °C to knead the dough. 27 °C is the optimum temperature for yeast to reproduce. If too hot, the yeast may be easily burnt to death; if too cold, the reproduction speed is slow.

## Salt and sugar

Generally, adding 2-3g salt in 500g flour is best for the growth of yeast. Use sugar accounting for 5% of dough to provide nutrient for reproduction of yeast and accelerate the process. However, sugar and salt shouldn't be excessive.

## Room temperature

The room temperature should be 28 °C-30 °C. You can control by adjusting the temperature of water. If room temperature is about 20 °C, control the water temperature at 35 °C-40 °C. If room temperature is above 30 °C, control the water temperature at 13 °C-15 °C.

## Sign of mature fermentation

The top of the dough bulges and touches dry. The dough can be naturally stretched when pulled by hand, and retracted slowly when let go. At the time, there are many pores inside the dough, emitting wine fragrance.



## Others

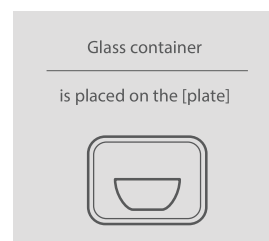
- For French bread with difficulty in temperature management, please ferment at room temperature as suggested.
- If room temperature is low, please set a longer time and measure the temperature of the dough during fermentation.
- Oven temperature may be changed along with food and room temperature and other factors. Please observe and adjust the fermentation time and temperature accordingly.
- If the dough is dry, spray water on it.

## Food ingredients

Dough 500g

## Method

1. Place kneaded dough in the glass container.
2. Directly place the glass container in the baking tray, and place the tray on the lower layer.
3. Select fermentation and set to 30 minutes – 1 hour and press Start button.
4. Take out after cooking.



## Steaming

- 01 Steamed Chicken with Sand Ginger Powder
- 02 Glutinous Rice Meatballs
- 03 Steamed Brown Crab
- 04 Steamed Garlic Shrimp with Vermicelli Noodles
- 05 Steamed Seafood Platter
- 06 Steamed Sea Bass with Green Lemon
- 07 Coconut Stewed Chicken Soup
- 08 Steamed egg with clam
- 09 Yam Cake with Osmanthus Sauce
- 10 Sweet Green Rice Ball

## Baked food

- 11 Grilled Saury
- 12 Grilled Chicken Breast with Veggies
- 13 Roasted Lamb Chops
- 14 Roasted Steak with Rosemary
- 15 ROASTED BBQ RIBS
- 16 Spicy Chicken Wing
- 17 Baked Mashed Potatoes with Cheese
- 18 Mozzarella Cheese Pizza
- 19 Vanilla Cream Puffs
- 20 Dried Fruit

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# Notes

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