

# TOSHIBA

Model **ER-TD5000HK**  
**ER-TD5000C**



For Household  
Appliances

TOSHIBA SUPERHEATED STEAM OVEN  
COOKBOOK



- Thank you for purchasing Toshiba microwave oven with superheated steam oven.
- In order to use the product safely, please read and understand all the instructions manual and cookbook, before using the unit.
- After reading, please keep the instruction manual handy

# Notifications for cooking



Use accessories and containers fit to cooking method (heating method).  
Keep eyes on food while cooking if you use commercially available recipe books, etc.

## ● For automatic cooking

- The ingredients and portions are adjusted for the product.  
If you use other ingredients and portions, please adjust the finish setting or use the manual cooking and keep eyes on the food while heating.

## ● Before starting cooking

- Photos in the book show serving samples.
- Between food photos and the actual result, the finish may be different depending on the room temperature, shape, portion, size, initial temperature, source voltage, etc.
- Cooking time varies a little due to food type, shape, size, initial temperature, room temperature, etc. Cooking time / temperature shown in the recipe collection are a rough guide. Please heat for an extended time if the heating is insufficient.
- Egg size M is taken as standard. (M size with shell 58 - 64g)  
The finish or the rise may be different depending on the size of the egg.
- The accessory tray (griddle) has a coating applied to it.  
If there is no instruction in the recipe collection, there is no need to cover with oil during cooking or placing a cooking sheet under it.  
If you are concerned, please put oil on it or put a cooking sheet under it as required.
- Please cut and fold the cooking sheet so that it doesn't spill over a square tray or a deep tray. (It may not cook well or cooking sheet may burn)
- ml = cc, 1 cup = 200 ml

## ● For cooking well with convection cooking

- Depending on the room temperature, shape, portion, size, initial temperature, source voltage, etc. the final result may look different.  
If the finish is not to your preference, please switch the position of the food during cooking - for example between the front and the back or from the upper and lower shelf.  
Moreover, it will have a nice finish if you partially cover with aluminium foil.
- Finish may not be very good depending on the form and conditions using the temperature as shown in the recipe.  
Please set the temperature to be 10 - 20°C higher or lower than the temperature in the recipe.

## ● Accessories

- Please ensure that you never use a square tray, deep tray or gridiron during Microwave heating.

## About the illustrations



Please select the menu and the heating method by pressing the touch buttons.



Please set the menu, temperature, time and finish by turning the dial.



Please set the selection by pressing the dial. (if you press it, it switches to the next setting)



Please press start. (Heating starts)

### Accessories and shelf position

Accessory image	Indicated name and description	Shelf position image	Description	Shelf position image	Description
	Square tray (Steel plate) → Square tray		Put a square tray at one of the upper shelf and cook.		Put a deep tray at one of the upper shelf and cook.
	Square tray (Deep tray) → Deep tray		Put a square tray at one of the lower shelf and cook.		Put square trays at the upper and lower shelf and cook.
	Gridiron		Cook without putting any accessories.		

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★: Menu for automatic cooking    ◆: Menu for using deep tray  
 🕒: "Quick and Easy" menu that reduces cooking time by allowing simultaneous cooking with short time cooking without too much preparations.

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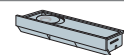
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# Hamburg steak

Hybrid



Ingredients / For 2 pieces (For 2 servings)

Ground Meat..... 150 g	Breadcrumbs ... 20 g (½ cup)
Salt..... to taste	Milk ..... 1 ½ tbsp.
Onion (Chopped) ..... 100 g	(Sauce: Mix together )
Butter..... 6 g (½ tsp.)	[Worcester Sauce ... Proper quantity
Pepper/Nutmeg ... to taste	[Tomato Ketchup ... Proper quantity

Hybrid (with preheating) 250°C 11 - 16 minutes  
 Superheated steam (with preheating) 300°C 11 - 16 minutes  
 Convection (with preheating) 250°C 11 - 16 minutes  
 • Hybrid can be selected with the button “steam, superheated steam”.  
 • With manual, heat on the lower shelf.

Manual

## How to cook \*Put water in the Water tank and set in place.

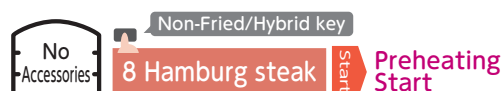
1 Place onions and butter in a heat resistant container, then after heating in the **center** without covering, cool it.



2 Put breadcrumbs in the container and leave it soaked in milk.

3 In a bowl combine ground meat and salt, and mix well till sticky (about 2 minutes). Add **1**, **2**, pepper and nutmeg and mix well.

4 Preheat empty convection.



(Standard preheating time is approx. 11 minutes)

5 Divide **3** into two, mould into burger shapes, line them up on a **square tray** and put a dent in the middle.

6 After preheating, place **5** in the **upper shelf** and heat.



7 Serve up the burger and pour sauce on top after heating.

- If meat with high fat content is used, the melted fat may scatter causing a lot of smoke.
- After cooking, melted fat will accumulate in the corner plate. Please take care when taking out.

## ● For 4 servings, 6 servings...

• For the basic method of cooking, please see “Hamburg steak” **1-7**. For amount and heating time, please see below.

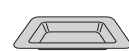
	For 4 servings	For 6 servings
<b>Ingredients</b>	Minced pork and beef ... 300 g Salt ..... ½ tsp. Onion (Chopped) ..... 200 g Butter..... 12 g (1 tbsp.) Pepper/Nutmeg ..... to taste Breadcrumbs ..... 40 g (1 cup) Milk ..... 3 tbsp. (Sauce: mix together) [Worcestershire sauce ... Proper quantity [Tomato Ketchup ..... Proper quantity	Minced pork and beef ... 450 g Salt ..... ½ tsp. Onion (Chopped) ..... 300 g Butter..... 18 g (1 ½ tbsp.) Pepper/Nutmeg ..... to taste Breadcrumbs ... 60 g (1.5 cup) Milk ..... 4 ½ tbsp. (Sauce: mix together) [Worcestershire sauce ... Proper quantity [Tomato Ketchup ..... Proper quantity
<b>Step 1 Microwave heating</b>	<b>4 minute 30 seconds - 5 minute 30 seconds</b>	<b>7 - 8 minutes</b>

• Step **4**•**6** cannot be done under automatic mode. Please heat using the manual mode. Heat on the lower shelf.

Step <b>4</b> • <b>6</b>	For 4 servings	For 6 servings
Hybrid (with preheating) 250°C	13 - 18 minutes	15 - 20 minutes
Superheated steam (with preheating) 300°C	13 - 18 minutes	15 - 20 minutes
Oven (with preheating) 250°C	13 - 18 minutes	15 - 20 minutes

# Tomato Stewed Hamburg steak

Convection



Ingredients/For 6 pieces

Ground Meat ..... 450 g  
Salt ..... ¾ tsp.  
Onion (Chopped) ... 300 g  
Butter ..... 18 g ( 1½ tbsp.)  
Pepper/Nutmeg ... to taste  
Breadcrumbs ... 60 g (1.5 cup)  
Milk ..... 5 tbsp.

<Sauce>

Shop bought tomato sauce ... 600 g  
Salt ..... ½ tsp.  
Oregano (dried) ... Proper quantity  
Basil (dried) ..... Proper quantity  
Powdered cheese ..... 4 tbsp.  
Parsley (chopped) ... Proper quantity (for finish)

## How to cook

1 Put onions and butter in a heat-resistant container and without covering, place in the **center**, heat and then let it cool.



2 Put breadcrumbs in the container and leave it soaked in milk.

3 Put shop bought tomato sauce, salt, oregano and basil into a **deep tray** and mix.

4 In a bowl combine ground meat and salt, and mix well till sticky (about 2 minutes). Add **1**, **2**, pepper and nutmeg and mix well.

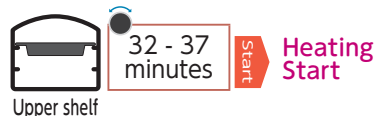
5 Split **4** into six, mould into burger shapes and put in **3** and scatter powdered cheese on top.

6 Preheat empty convection.



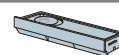
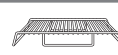
(Standard preheating time is approx. 5 minutes)

7 After preheating, place **5** in the **upper shelf** and heat.



# Chicken Teriyaki

Hybrid



Ingredients/For 2 servings

Chicken thighs ... 1 Piece (250 g) A [ Japanese Soy Sauce ... 1 tbsp.  
Mirin ..... 1 tbsp.

How to cook \*Put water in the **Water tank** and set in place.

1 Stab overall chicken with a fork. Slice chicken into equal thickness with a knife.

2 Marinate chicken from **1** with ingredient **A** in a plastic bag for approx. 30 minutes.

3 Preheat empty convection.



(Standard preheating time is approx. 5 minutes)

4 Place **gridiron** on a **square tray** and place **2** with skin on the top side.

5 After preheating, put **4** in the **lower shelf** and heat.



Manual Hybrid (with preheating) 200°C 14 - 19 minutes  
Superheated steam (with preheating) 200°C 13 - 18 minutes  
Convection (with preheating) 200°C 14 - 19 minutes

• Hybrid can be selected with the button "steam, superheated steam".

Manual For 4 servings  
Hybrid (with preheating) 200°C 17 - 22 minutes  
Superheated steam (with preheating) 200°C 15 - 20 minutes  
Convection (with preheating) 200°C 17 - 22 minutes  
• It cannot be done under the automatic mode. Heat under the manual mode.  
Make it with double the ingredients.



# Non-Merinated Chicken Teriyaki

Convection



Grill



Ingredients / For 4 servings

Chicken thighs For karaage (Cut into bite sized chunks) ..... 500 g	(Sauce) [ Japanese Soy Sauce... 3 tbsp. Sugar..... 1 tbsp. Mirin ..... 2 tbsp. Water ..... ½ tbsp. Powdered Japanese pepper / cayenne powder with spices ..... to taste
Cornstarch ..... 1 tbsp.	
Spring onion ..... 1 Spring	

## How to cook

- 1 Preheat empty convection.
 

No Accessories

Convection (With preheating)

▶

240°C

▶

Preheating Start

(Standard preheating time is approx. 10 minutes)
- 2 Put the chicken into a plastic bag and add starch and rub it in well. Cut the leeks into 5 - 6 cm chunks.
- 3 Line a **deep tray** with a cooking sheet, place **2** chickens, mix with the combined sauce then turn over 2-3 times and then line them up so that the skin side is up. Line the edges with leeks.
- 4 After preheating, place **3** in the **upper shelf** and heat.
 

Upper shelf

▶

10 - 15 minutes

▶

Heating Start
- 5 After heating, serve in a deep tray mixed with the sauce from the bowl and add powdered Japanese pepper / cayenne powder with spices.

• If the chicken is large, please extend the heating time.

# Roasted Chicken


Convection



Ingredients/For 4 servings  
 Chicken ..... 1 (2 kg) : Salad oil ..... 2 tbsp.  
 Salt/Pepper ... Proper quantity :

## How to cook

- 1 Wash chicken well, dry carefully, pierce all over with a fork, rub in salt and pepper well and let it get to room temperature over around half an hour.
- 2 Insert bamboo stick through chicken hips so chicken legs cling to its body. Then fasten it firmly with a kite string.
- 3 Place **2** on the **square tray** and brush with salad oil.
- 4 Place **3** in the **lower shelf** and heat.
 



Convection  
(Without preheating)

▶ 230°C Decision

▶ 60 - 70 minutes Start Heating Start
- 5 After heating, skewer the thighs and confirm finish. It is ready when the juices run clear. If the meat juices are cloudy or red, please add further cooking time.

Grill

# Roasted Chicken Thighs


Convection



Ingredients/For 4 servings  
 Chicken thighs with bones : Salt/Pepper ..... to taste  
 ...4 pieces (Approx. 200 g each) : Salad oil ..... 2 tsp.

## How to cook


- 1 Preheat empty convection.
 



Convection  
(With preheating)

▶ 350°C Start Preheating Start

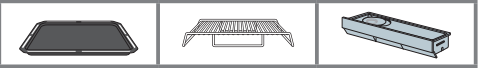
(Standard preheating time is approx. 20 minutes)
- 2 Pierce the chicken all over with a fork and rub salt and pepper in well. Line on the **square tray** and cover the surface with salad oil.
- 3 **Immediately after the completion of preheating**, place **2** on the **lower shelf** and heat.
 



21 - 26 minutes Start Heating Start

  - Please note that when 10 minutes passes after the beep telling you that preheating is ready, the settings will be canceled.

## Sirloin Steak

**Superheated steam**


Ingredients/For 2 servings  
 Beef steak (Sirloin) ..... 2 (200 g each / 1.5 cm thick)  
 Salt/Pepper ..... Moderate amount

※ The final result varies depending on the thickness.

**How to cook** \*Put water in the **Water tank** and set in place.

- Let the meat sit at room temperature for about 10 minutes. Cut muscles and season with salt and pepper.
- Place the **gridiron** on the **square tray** and place **1** on it.
- Preheat empty convection.



- After preheating, place **2** on the **lower shelf** and heat.



## Fillet Steak

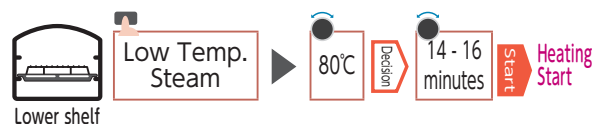
**Steam**


Ingredients/For 2 servings  
 Beef steak (Fillet) ..... 2 (120 g each / 1.5 cm thick)  
 Salt/Pepper ..... Moderate amount

※ The final result varies depending on the thickness.

**How to cook** \*Put water in the **Water tank** and set in place.

- Let the meat sit at room temperature for about 10 minutes. Cut muscles and season with salt and pepper.
- Heat a little salad oil in a frying pan (not included in ingredients) and add colour by frying both sides on strong flame. (Around 1 minute each on the top and the bottom) Wrap each in plastic wrap.
- Place the **gridiron** on the **square tray** and place **2** on it.
- Place **3** on the **lower shelf** and heat.



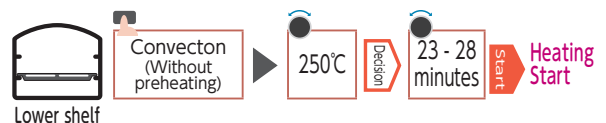
## Roast Beef

**Convection**


Ingredients/For 4 servings  
 Lump of meat (dia. 7 - 8 cm) ..... 1 piece (600 g)  
 Salt/Pepper ..... Moderate amount

**How to cook**

- Rub salt and pepper well onto the beef. Tie with a string to keep its nice shape.
- Place **1** on a **square tray** and heat on the **lower shelf**.
- Cut the meat after cooling it down.



# Flattened Beef with Demi-Glace Stew

Convection



## Ingredients/For 4 servings

Sliced beef	250 g	A	[	Red Wine	100 ml
Salt	¼ tsp.			Tin of demi-glace sauce	290 g
Pepper	to taste	B	[	Tomato Ketchup	2 tbsp.
Weak Flour	½ tbsp.			Japanese Soy Sauce	1 tbsp.
Celery (cut into small pieces)	50 g	C	[	Consomme (granules)	1 tsp.
Carrots (sliced thinly)	50 g			Bay leaves	2 Leaves
Onion (sliced thinly)	200 g	C	[	Boiling water	200 ml
Butter	12 g (1 tbsp.)			Parsley	Moderate amount
Shimeji mushrooms (Divided into small pieces)	100 g			Fresh Cream	Moderate amount
Potato (5 mm baton shaped)	150 g				

- If you want the meat to have bite, squeeze tightly and if you gently squish it, the meat will finish soft.
- Carrots and potatoes won't heat properly if cut too thickly.

## How to cook

**1** Cut the beef roughly into 3 - 4 portions once it's taken out of the packaging. Have the meat well mixed with **A**.

**2** Put **B** in a heat-resistant container, cover then place in the **center** and heat. Mix well after heating.



**3** Put potatoes in a heat-resistant container, cover it with wrap, **put in the center** and heat.



**4** Preheat empty convection.

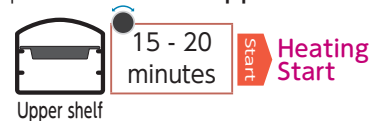


(Standard preheating time is approx. 16 minutes)

**5** Put in **2** · **3** · shimeji mushrooms in a deep tray and mix. Divide **1** beef into 15 equal portions, flatten and line them up on top.

**6** Heat all the ingredients for **C** apart from boiling water, add boiling water immediately before the end of preheating, mix and put in **5**.

**7** **Immediately after the end of preheating**, place **6** on the **upper shelf** and heat.

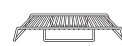


• Please note that when 10 minutes passes after the beep telling you that preheating is ready, the settings will be canceled.

**8** After heating, mix roughly, put into a container, pour fresh cream on top and scatter parsley over it.

# Spare Ribs

Convection



## Ingredients/For 4 servings

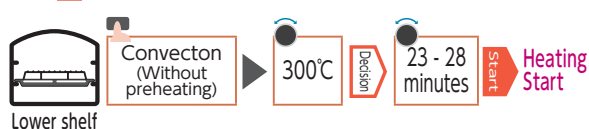
Pork spare ribs (15-16 cm)	1 kg		
<b>(Sauce)</b>			
Honey	2 tbsp.	Garlic	1 piece
Miso	2 tbsp.	Consommé soup	4 tbsp.
Sugar	1 tbsp.	Japanese Soy Sauce	2 tbsp.
Vinegar	4 tbsp.	Chili pepper	Moderate amount
Sake	2 tbsp.		

## How to cook

**1** Put the ingredients for the sauce in a plastic bag, mix well and put in the spare ribs and soak for about half a day.

**2** Put **gridiron** on **square tray** and put some oil (not included in ingredients). Put **1** on the net.

**3** Put **2** on the **lower shelf** and heat.



• The cooking time varies depending on the thickness of spare ribs.

# Salt Pork with Canellini Beans in Tomato Stew

Convection



Grill

## Ingredients/For 4 servings

Pork shoulder ... 400 - 500 g	White wine ..... 150 ml		
Salt ... 1.5% of the weight of meat	Tomato Paste ... 1 tbsp.		
Black pepper..... Proper quantity	Tomato juice ... 300 g		
A {	B {	Cannellini beans in water ..... 400 g (240 g solids + 160 g soup)	Consomme (granules) ..... 2 tsp.
		Shimeji mushrooms (Divided into small pieces) ..... 100 g	Bay leaf, rosemary, etc. .... Proper quantity
		Fried onions ..... 30 g	Olive oil ..... ½ tbsp.
			Parsley ..... Proper quantity

## How to cook

1 Rub salt and black pepper into the pork, then put the pork in a plastic bag. Leave it in the fridge at least one night.

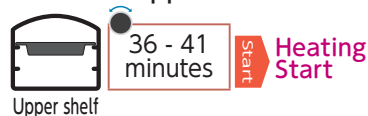
2 Put **A** into a deep tray then put in **B**, mix well and put salt pork from **1** in the center and cover the meat with olive oil.

3 Preheat empty convection.



(Standard preheating time is approx. 20 minutes)

4 Immediately after the end of preheating, place **2** on the upper shelf and heat.



• If more than 10 minutes elapse after the buzzer marking the end of preheating, the setting will be cancelled so please beware.

5 After the end of heating, take the meat out immediately, mix in the sauce, slice the meat, arrange and add parsley.

- Cut the roast meat to chunks of thickness less than 3cm. If thick, cut in half. Please cook salted port within 5 days.
- If you pierce the heated meat with a skewer and juices run clear, it is done. If it's not been heated sufficiently, leave it in for a further 10 minutes inside.
- Please take care as the meat is hot when cutting after the end of heating.

# Pork and Lotus Root Fried in Garlic

Convection



## Ingredients/For 4 servings

Sliced pork rib meat... 400 g	Olive oil ..... 1 tbsp.
Lotus root ..... 150 g	Weak Flour ..... 2 tbsp.
Garlic (grated, tube) ..... ½ tsp.	Salt ..... ½ tsp.
	Coarse black pepper ..... Moderate amount

## How to cook

1 Preheat without putting anything inside.



(Standard preheating time is approx. 11 minutes)

2 Cut the lotus root into butterfly shapes of about 5mm thickness with the skin on.

3 Put pork, lotus root, garlic and olive oil in a deep tray and mix together.

4 Scatter weak flour on **3** and mix so that the whole thing is covered with flour then salt the whole thing.

5 After the end of preheating, place **4** on the upper shelf and heat.



(Standard heating time is approx. 14 minutes)

6 Put on coarse black pepper after heating.

- When you want to make maintenance easy, please line the cooking sheet in the deep tray so that it doesn't pop out.

Convection (With preheating) 250°C 12-17 minutes

# Pork with Cheese

Convection



## Ingredients/For 4 servings

Sliced pork	400 g	Weak flour	2 tbsp.
Salt	to taste	Shimeji mushrooms	(Divided into small pieces)
Pepper	to taste		1 bag (100 g)
Basil (dried)	1 tsp.	Cheese for pizza	200 g
		Mini tomato	10

Manual Convection (With preheating) 250°C 13-18 minutes

## How to cook

- 1 Preheat empty convection.

(Standard preheating time is approx. 11 minutes)

- 2 Put pork in a **deep tray** and salt and pepper all over, then mix with basil.

- 3 Scatter weak flour and mix so that all is covered **2** by the flour. Add Shimeji and cheese and mix lightly, then place tomatoes on top.

- 4 After the end of preheating, place **3** on the **upper shelf** and heat.

Upper shelf (Standard heating time is approx. 15 minutes)

- When you want to make maintenance easy, please line the cooking sheet in the deep tray so that it doesn't pop out.

Grill

# Deep Fried Tofu with Stir-fried Kimchi and Pork

Convection



## Ingredients/For 4 servings

Deep-fried Tofu	...	Soy sauce	1 tbsp.
	Around 2 blocks (300 g)	Mirin	1 tbsp.
Sliced pork	400 g	Spring onion (cut small)	..... Moderate amount
Fermented chinese cabbage	100 g		
Shimeji mushroom (Divided into small pieces)	1 bag (100 g)		

Manual Convection (with preheating) 250°C 13 - 18 minutes

## How to cook

- 1 Preheat empty convection.

(Standard preheating time is approx. 11 minutes)

- 2 Cut the deep fried tofu in half and into chunks about 1cm thick.

- 3 Put in all the ingredients other than spring onions into the **deep tray** and mix.

- 4 After the end of preheating, place **3** on the **upper shelf** and heat.

Upper shelf (Standard heating time is approx. 15 minutes)

- 5 After heating ends, mix the whole thing well. Plate up and scatter spring onions.

# Japanese Grilled Skewered Chicken

Grill



Ingredients / For 12 skewers

Chicken Drumstick Meat	400 g	A	Japanese Soy Sauce	2 tbsp.
			Mirin	2 tbsp.

## How to cook

- 1 Soak skewers in water. Meanwhile, dice chicken meat into approx. 3 cm pieces. Thread chicken on each skewer. Mix chicken with **A** and wait for approx. 1 hour.
- 2 Place the **gridiron** on the **square tray**, brush with salad oil (not included in ingredients) and arrange **1** near the center.
- 3 Put **2** onto the **upper shelf** and heat.



Upper shelf

Grill

13 - 18 minutes

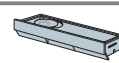


Heating Start

Turn over after around 10 minutes (when 3-8 minutes of remaining time is displayed) and then put onto the **upper shelf** again and heat by pressing **start**.

# Marinated Chicken and Grilled Vegetables

Superheated steam



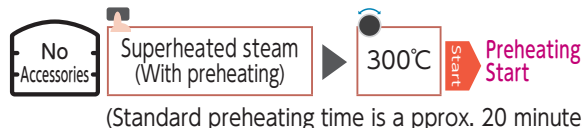
## Ingredients/For 2 servings

Chicken thighs ... 2 pieces (150 g each)	Mini tomato ..... 6 pieces
Garlic (chopped) ... 15 g	Yellow pepper ..... 1 piece
Rosemary ..... to taste	Red pepper ..... 1 piece
Consomme (granules)	Eryngii mushroom ... 100 g
A ..... 1 tsp.	Green leaf ... Proper quantity
Olive oil ..... 1 tsp.	
Salt ..... 1/2 tsp.	
Black pepper ... to taste	

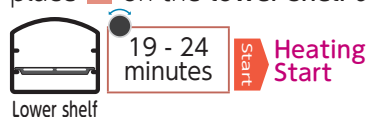
How to cook \*Put water in the Water tank and set in place.

- Put in chicken and **A** in a plastic bag, massage well then soak for around 30 minutes in the fridge.
- Cut the Eryngii into half vertically and red pepper into bite-sized chunks. Line the meat with the skin side up on the **Square tray** and **1** line up the vegetables too.

- Preheat empty convection.



- Immediately after the end of preheating, place **2** on the **lower shelf** and heat.

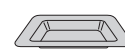


• If more than 10 minutes elapse after the buzzer marking the end of preheating, the setting will be cancelled so please beware.

- After the heating ends, serve on a container with green leaf.

# Curry Flavoured Fried Chicken

Convection

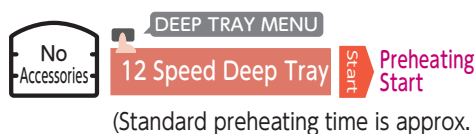


## Ingredients/For 4 servings

Chicken thighs ... 2 pieces (500 g)	Sugar ..... 2 tsp.
Potatoes ..... 2 pieces (300 g)	Curry powder ..... 1 tsp.
Salt ..... 1 tsp.	Olive oil ..... 1 tbsp.
Pepper ..... to taste	

How to cook

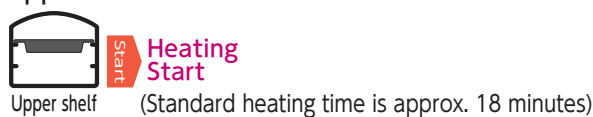
- Preheat empty convection.



- Cut chicken into bite sized chunks (4x4 cm). If the potato has buds growing out, remove them, and cut into 1.5 cm thick butterfly shapes.

- Put in all the ingredients in a **deep tray** and mix. Spread the chicken so that the skin side is at the top.

- After the end of preheating, place **3** on the **upper shelf** and heat.



• It can be done even more easily if you use pre-cut chicken.

Manual Convection (With preheating) 250°C 15 - 20 minutes



# Chicken Fried in Tomato Sauce

**Convection**


Ingredients/For 4 servings

Chicken thighs ... 2 pieces (500 g)	Commercially available tomato sauce ..... 290 g
Salt ..... ¼ tsp.	Consomme (granules) .....
Pepper ..... to taste	..... ½ tsp.
Shimeji mushroom (Divided into small pieces) ... 1 pack (100 g)	

Convection (With preheating) 250°C 18 - 23 minutes

## How to cook

- 1 Preheat empty convection.
 

No Accessories

DEEP TRAY MENU

12 Speed Deep Tray

Start

Decrease 1

Start

Preheating Start

(Standard preheating time is approx. 11 minutes)
- 2 Cut the chicken into bite-size chunks (4×4 cm).
- 3 Put chicken into a **deep tray** and apply salt and pepper all over.
- 4 Put in tomato sauce, shimeji and consomme into **3** and mix. Place the chicken skin side up.
- 5 After the end of preheating, place **4** on the **upper shelf** and heat.



Upper shelf

**Heating Start**

(Standard heating time is approx. 20 minutes)

- It can be done even more easily if you use pre-cut chicken.

# Chicken Fried with Miso

**Convection**


Ingredients/For 4 servings

Chicken breast ..... 1 piece (300 g)	<b>Combined seasoning</b> <b>A</b>	Miso ..... 1 tbsp.
Ginger (grated, tube) ..... 1 tsp.		Sugar ..... 2 tbsp.
Starch ..... 2 tbsp.		Japanese Soy sauce ..... 1 tbsp.
Eggplant (Cut into 10-12 cm) ..... 5 (350 g)		Japanese style stock (granules) ..... ½ tsp.
Green pepper ... 3 - 4 (100 g)		Sesame oil ..... 1 tbsp.

## How to cook

- 1 Preheat empty convection.
 

No Accessories

Convection (With preheating)

▶

200°C

Start

Preheating Start

(Standard preheating time is approx. 5 minutes)
- 2 Cut chicken into bite-sized chunks around 1 cm thick.  
Cut Eggplant into bite-sized chunks around 1.5 cm thick and cut green peppers into bite-sized chunks. Mix **A**.
- 3 Put chicken into a **deep tray**, add ginger and starch.
- 4 Add Eggplant, green pepper and **A** to **3** mixed together and stir.
- 5 After preheating, place **4** on the **upper shelf** and heat up.
 

13 - 18 minutes

Start

Heating Start

Upper shelf
- 6 Mix after heating has finished.

- When you want to make maintenance easy, please line the cooking sheet in the deep tray so that it doesn't pop out.

# Meatloaf

Convection



Ingredients / A 22x11.5x6.5 cm Metal Meatloaf Mould

Grind meat	500 g	(Tomato sauce)
Onion	1 (200 g)	Tomato ketchup
Butter	12 g (1 tbsp.)	4 tbsp.
Breadcrumbs	20 g	Worcester sauce
Egg	1 (size M)	4 tbsp.
Milk	2 tbsp.	Mustard
Salt, pepper	to taste	1 tbsp.
Nutmeg/Allspice	to taste	

## How to cook

- Put sliced onion and butter into a heat-resistant container and without covering it, heat in the **center** then let it cool.
 

No Accessories

Microwave 600W

▶

Approx. 5 minutes

▶

Start

Heating Start
- Cover the mould with vegetable oil (not included in ingredient).
- Put minced meat and onions from **1** in a bowl along with **A** and mix together until thick.
- Put **3** into prepared mould and hold down so that there are no gaps.
- Place **4** on a **square tray**, then put on the **lower shelf** and heat.
 

Lower shelf

Convection (Without preheating)

▶

250°C

▶

Decision

36 - 41 minutes

▶

Start

Heating Start
- After heating ends, make a sauce by mixing **B** and pour on the meatloaf taken out from the mould and serve.



# Beef stuffed Green Pepper

Hybrid



Ingredients / For 4 servings

Green pepper	9 - 10 bulb	A	Egg	1 (Size M)		
Ground Meat	300 g				Salt	1/3 tsp.
Onion (chopped)	1 medium bulb (200 g)				Pepper/nutmeg	to taste
Butter	12 g (1 tbsp.)					
Breadcrumbs	1 cup					
Milk	3 tbsp.					

## How to cook

\*Put water in the Water tank and set in place.

- Place breadcrumbs in a bowl and soak in milk. Put onions and butter in a heat-resistant container, place in the **center** with no cover, heat, then let it cool.
 

No Accessories

Microwave 600W

▶

Approx. 5 minutes

▶

Start

Heating Start
- Cut pepper in half vertically, remove the seeds and wash with water then wipe. Cover the inside of the green pepper with weak flour (not included in ingredients). Put ground meat, **1**, **A** into a bowl and mix well until it's thick. (Meat filling)
- Divide the stuffing into 18 - 20 equal parts, Fill green pepper from **2** with stuffing and arrange on the **square tray**.
- Place **3** on the **lower shelf** and heat.
 

Lower shelf

Hybrid\* (Without preheating)

▶

250°C

▶

Decision

22 - 27 minutes

▶

Start

Heating Start

\* Select using the "Steam, superheated steam" button.

# Salt-Grilled Saury

Grill



Ingredients/For 2 servings  
Saury ..... 2 (150 g each) ∴ Salt ..... Proper quantity

Grill 12 - 17 minutes (turn over when there is around 5 minutes left)

For 4 servings

Grill 18 - 23 minutes (turn over when there is around 7 minutes left)

• It cannot be done under the automatic mode. Heat under the manual mode. Make after dividing saury into 4.

Manual

## How to cook

1 Cover both sides of the saury with salt and leave for around half an hour. Wash once and wipe away the water properly. Scatter with a little salt again immediately before grilling.

2 Place the **gridiron** on the **square tray** and after coating with vegetable oil (not included in the ingredients), place the saury of 1 toward the center.

3 1. Place 2 on the **upper shelf** and heat.



27 Salt Grilled Saury **Start** Heating Start

Upper shelf (Standard heating time is approx. 14 minutes)

2. If the buzzer sounds a part of the way through, \*, flip over.

\*Around 9 minutes from the start (when there is around 5 minutes remaining)

3. Place in the **upper shelf** again and heat.

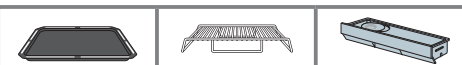


**Start** Heating Start

Upper shelf

# Salted Salmon

Hybrid



Ingredients/For 2 servings  
Salted salmon (fillet) ..... 2 slices (80 g each)

• You can cook for 4 servings (4 slices) under the automatic mode too.

Hybrid (Without preheating) 250°C 16 - 21 minutes  
Superheated steam (Without preheating) 250°C 16 - 21 minutes  
Grill 14 - 19 minutes (place on the upper shelf and turn over when there is 7 - 9 minutes remaining)

For 4 servings (4 slices)

Hybrid (Without preheating) 250°C 20 - 25 minutes  
Superheated steam (Without preheating) 250°C 20 - 25 minutes  
Grill 14 - 19 minutes (place on the upper shelf and turn over when there is 7 - 9 minutes remaining)

Manual

## How to cook \*Put water in the Water tank and set in place.

1 Place a **gridiron** on the **square tray** and line the salted salmon coated with vegetable oil (not included in ingredients).

2 Place 1 on the **lower shelf** and heat.



Non-Fried/Hybrid key

9 Salted Salmon **Start** Heating Start

Lower shelf (Standard heating time is approx. 18 minutes)

※For four servings (4 slices), heat by selecting finish [Increase 2].

# Salted Mackerel

Grill



Ingredients/For 2 servings  
Salted mackerel (fillet) .....2 slices (100 g each)

Manual  
Grill 11 - 16 minutes (turn over when there is around 4 minutes left)  
For 4 servings  
Grill 13 - 18 minutes (turn over when there is around 4 minutes left)  
• It cannot be done under the automatic mode. Heat manually. Please make it after cutting salted mackerel into 4 pieces.

## How to cook

- Place a **gridiron** on the **quare tray** and coat with vegetable oil (not included in the ingredients).
- Cut into the skin of the salted mackerel and with the skin side down, line up in the center of **1**.
1. Place **2** on the **upper shelf** and heat.



28 Grilled Fish (Slices)

Start Heating Start

Upper shelf (Standard heating time is approx. 13 minutes 30 seconds)

- If the buzzer sounds **mid-way**, \*flip over.  
\*Around 10 minutes from the start (when there is about 3 minute 30 seconds remaining)

- Heat again in the **upper shelf**.



Start Heating Start

Upper shelf

# Grilled Whole Sea Bream

Convection



Ingredients/For 2 - 3 servings  
Sea bream ..... 1 (500 g, 30-35 cm)  
Salt ..... 1/2 tsp.  
Salt (for decoration) .....  
Salt (for pre-preparation) .....Proper quantity  
..... 1 tsp.

- Please add the salt to your taste.
- The finish varies depending on the size of the sea bream, thickness of the meat, amount of fat, so please cook whilst monitoring.

## How to cook

- Remove the scale, gills and internal organs of the sea bream, wash with water and remove the moisture with kitchen paper.
- Pierce the skin side of the sea bream with a bamboo snewer and make many holes.
- Put the prep salt (1 teaspoon) all over the sea bream. After leaving it for around 10 minutes, wash off with water and wipe away the moisture with a kitchen paper.
- Apply a thin layer of vegetable oil to the area on the **square tray** on which you'd place the sea bream (not included in the ingredients).
- Place the sea bream on the **square tray** and apply salt (1/2 teaspoon) all over the fish with more salt on the tail, back and front fins (for appearance).  
※Once you soak the gills with water with fingers so that salt will stick easily, rub on salt as though you are spreading out the gills.
- Preheat empty convection.



No Accessories

Convection (With preheating)

250°C Start Preheating Start

(Standard preheating time is approx. 11 minutes)

- After preheating, place **5** on the **upper shelf** and heat.



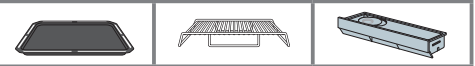
23 - 28 minutes

Start Heating Start

Upper shelf

## Dried Fish

Superheated steam



Ingredients/For 2 servings  
Dried Aji ... 1 (150 g) ※Please try using your favourite dried fish

How to cook \*Put water in the Water tank and set in place.

1 Place a **gridiron** on the **square tray** and apply vegetable oil (not included in the ingredients) and place the dried fish.

2 Place **1** in the **lower shelf** and heat.



※The time it takes to grill dried Aji is taken as standard.

Manual

For 2 servings (1) When convection heating  
Convection (without preheating) 250°C 13 - 18 minutes

For 4 servings (2)  
Superheated steam (without preheating) 250°C 19 - 24 minutes  
Convection (without preheating) 250°C 15 - 20 minutes

## Foil-Baked Salmon

Convection



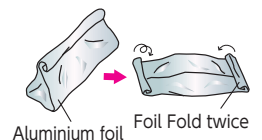
Ingredients/For 4 servings  
Fresh salmon (salt and peppered) ..... 4 slices (80 g each)  
Carrots (thinly sliced) 8 slices  
Shimeji mushrooms (Divided into small pieces) ... 100 g  
Enoki mushrooms (Divided into small pieces) 1 pack  
Snow Pea ..... 8 pods  
Salt ..... to taste  
Sake ..... 2 tbsp.  
Butter ..... 2 tbsp.

How to cook

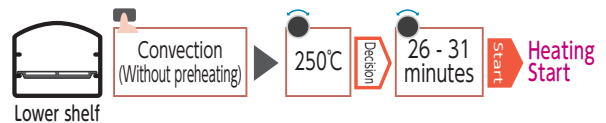
1 Put carrots in deep heat-resistant plate, scatter water over it and heat after covering with wrap and placing in the **center** inside.



2 Divide into four equal portions and wrap them individually with aluminium foil. Place salmon, carrot, shimeji, enoki and beans to aluminium foil, put salt and sake then wrap in butter.



3 Line **2** on the **square tray** and place on the **lower shelf** and heat.



## Yellowtail Teriyaki

Grill



Ingredients/For 4 servings  
Yellowtail (fillet) ..... 4 slices (80 g each) : A  
Japanese Soy sauce ..... 3 tbsp.  
Mirin ..... 3 tbsp.

How to cook

1 Put in **A** and Yellowtail into a plastic bag and soak for around 30 minutes.

2 Place the **gridiron** on the **square tray** and coat with vegetable oil (not included in ingredients) then line **1**.

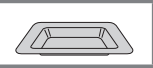
3 Put **2** on the **upper shelf** and heat.



Flip over **around 10 minutes** later (when there are about 2-6 minutes left) then put it in again onto the **upper shelf**, then press **start** and heat.

# Grilled Salmon with Vegetables

Convection



Ingredients/For 4 servings

Fresh salmon

..... 4 slices (90 g each)

Salt ..... Proper quantity

Cut vegetables

(Cabbage, bean sprouts, onions, etc.) ..... 500 g

Shop bought ready-boiled vegetables

(Potatoes, carrots, etc.) ... 200 g

Butter ..... 1 tbsp. (12 g)

〈Sauce〉

Miso ..... 60 g

Mirin ..... 1 tbsp.

Sake ..... 40 ml

Honey ..... 1 tbsp.

Garlic (grated, tube) ... 1 tsp.

Ginger (grated, tube) .....

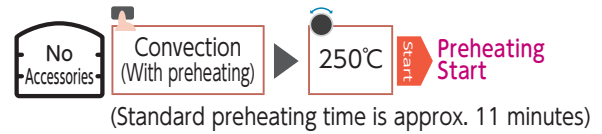
..... 2 tsp.

Red cayenne pepper and other spices

..... Proper quantity

## How to cook

1 Preheat empty convection.

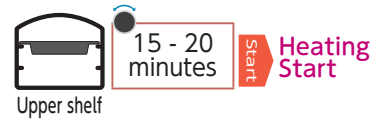


2 Salt the salmon lightly. Mix the ingredients for the sauce together in advance.

3 Put raw vegetables such as cabbage in the **deep tray** and line the top with boiled vegetables such as potatoes and carrots, etc.

4 Place salmon on top of **3** and scatter butter cut into chunks and pour sauce all over it.

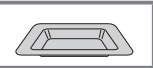
5 After preheating, place **4** in the **upper shelf** and heat.



- If using sweet salted salmon, please do not use salt and reduce the amount of sauce to be poured on top.
- It's even easier if you use shop-bought chanchan-yaki sauce.

# Mayonnaise Grilled Salmon

Convection



Ingredients/For 4 servings

Sweet salted salmon

... 4 slices (around 80 g each)

Frozen spinach ..... 200 g

Shimeji mushroom (Devided into small pieces) ... 1 bag (100 g)

Mayonnaise

..... Proper quantity

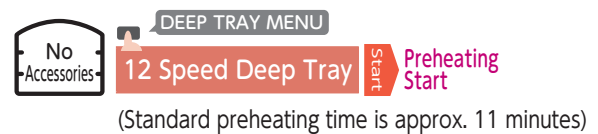
Coarse black pepper

..... To your taste

Manual Convection (With preheating) 250°C 15 - 20 minutes

## How to cook

1 Preheat empty convection.



2 Line a **deep tray** with a cooking sheet.  
• Please ensure the cooking sheet does not jump out from the deep tray.

3 Line the salmon in the center of the **deep tray** and put in spinach and shimeji mushrooms around it. Squeeze mayonnaise over the whole thing using a small spout.

4 After preheating, place **3** on the **upper shelf** and heat up.



5 Sprinkle coarse black pepper to your taste, after heating.

## Colourful Grilled Vegetables

Convection



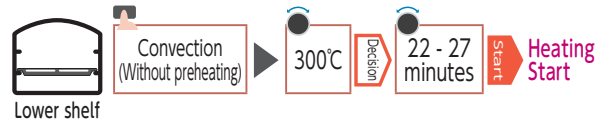
Ingredients/For 4 servings

Eggplants .....	2 small ones	Eryngii mushrooms .....	2 large
Green pepper .....	2	Pumpkin .....	100 g
Red pepper .....	2	Lotus root .....	100 g

### How to cook

**1** Cut vegetables and line them on a **square tray**. Eggplant (cut into 4 vertically), green and red pepper (cut in half and remove seeds), Eryngii (cut in four vertically), pumpkin, lotus root (cut into 1cm thick chunks)

**2** Place **1** on the **lower shelf** and heat.



**3** Please enjoy with your favourite flavourings and dressings.

## Grilled Cabbage with Bacon

Convection



Ingredients/For 4 servings

Cabbage .....	½ Medium	<b>(Sauce)</b>		
Bacon .....	4 rashers			
Fried onions .....	Proper quantity			
			Vegetable oil .....	2 tbsp.
			Ponzu soy sauce .....	2 tbsp.
			Grated onion .....	1 tsp.
			Tomato paste .....	½ tsp.
		Salt/Pepper .....	to taste	
		Parsley .....	to taste	

### How to cook

**1** Wash the cabbage, split into four and if the core is hard, take it out by cutting in diagonally.

**2** Line up the cabbages upright on the **square tray** and place bacon on each.

**3** Place **2** on the **lower shelf** and heat.



**4** Have the ingredients for the sauce mixed together in advance. After heating, pour the sauce on and scatter the fried onions.

## Grilled Cabbage with Cheese

Convection



Ingredients/For 4 servings

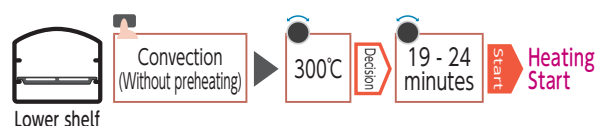
Cabbage .....	300 - 400 g	Salt .....	to taste
Mini tomato .....	Approx. 16	Coarse black pepper .....	to taste
Garlic .....	2 cloves	Natural Cheese (for Pizza) .....	100 g

### How to cook

**1** Cut vegetables and line them on a **square tray**. Cabbage (remove the core and cut into 2 cm chunks), mini tomato (remove the tops), garlic (thinly sliced)

**2** Place cheese on **1** then salt and pepper it.

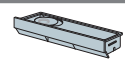
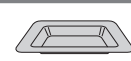
**3** Place **2** on the **lower shelf** and heat.



**4** After heating is complete, please enjoy with your favourite flavourings and dressings.

# Ratatouille (deep tray)

Superheated steam



## Ingredients / For 4 servings

Zucchini	240 g	A	Tomato paste	4 tbsp.
Eggplant	200 g		Olive oil	4 tbsp.
Red pepper	200 g		Honey	4 tsp.
Onion	240 g		Consomme (granules)	4 tsp.
Shimeji mushrooms	200 g		Salt/Pepper	Proper quantity
			Powdered cheese	6 tbsp.
			Parsley (chopped)	Proper quantity

**How to cook** \*Put water in the **Water tank** and set it.

- 1 Cut the zucchini and Eggplant into 3 mm thick slices, red pepper into smallish bite-sized chunks, onions thin and shimeji mushrooms into small pieces.
- 2 Put in **1** and **A** into a bowl and mix the whole thing well.
- 3 Put **2** in a **deep tray**, cover with aluminium foil then put on the **upper tray** then heat.

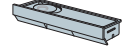
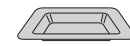


- 4 After heating is complete, mix well after adding powdered cheese and scatter parsley on top.

• Make a lot and keep them as pre-prepared vegetables.



# Stewed Hijiki (deep tray)

**Superheated steam**

**Ingredients/For 8 servings**

Dried Hijiki .....	60 g	A	Japanese Soy Sauce .....	4 tbsp.
Carrots .....	120 g		Sugar .....	2 2/3 tbsp.
Deep Fried Tofu .....	80 g		Sake .....	2 2/3 tbsp.
Salad oil .....	1 1/3 tbsp.			

**How to cook** \*Put water in the **Water tank** and set it.

- Soak Hijiki in water then get rid of the water using a colander. Cut carrots and deep fried tofu thinly.
- To a deep tray, add **1**, salad oil, **A** and mix.
- Put **2** in a deep tray, cover with aluminium foil, put on the **upper shelf** then heat.


**Superheated steam**  
(Without preheating)

**300°C**
**Defrost**
**27 - 32 minutes**
**Start**
**Heating Start**

- Make a lot and keep them as pre-prepared vegetables.

Everyone's favourite - meat and potatoes - to be made in big quantities in a deep tray!

# Curry Flavoured Fried Meat and Potatoes

**Convection**

**Ingredients/For 4 servings**

Thinly sliced pork ...	200 g	A	Soup for noodles (Diluted 1:3 with water) .....	80 ml
Potato ...	2 medium (340 g)		Water .....	240 ml
Carrots .....	1 small (130 g)		Ketchup .....	3 tbsp.
Onion .....	1 (200 g)		Curry powder ...	1 1/2 tsp.
Konjac noodles .....	150 g			

Frozen peas .....

- Potatoes which are hard and unlikely to break down when boiled are recommended.
- Carrots and potatoes may not heat properly if thick so please beware.

**How to cook**

- Don't separate out the overlapping slices of pork and cut to be around 5cm thick. Boil and cut into easy to eat length.
- Cut the onions thinly. Cut potatoes into thick 5 mm slices and carrots into 2-3 mm slices. Defrost peas by soaking in boiling water.
- Preheat empty convection.


**No Accessories**  
**Convection**  
(With preheating)

**250°C**
**Start**
**Preheating Start**

(Standard preheating time is approx. 11 minutes)

- Layer into a **deep tray**, potatoes, carrots, konjac noodles, onions in that order. Line the meat and pour on the mixed **A**.
- After the end of preheating, place **4** on the **upper shelf** and heat.


**19 - 24 minutes**
**Start**
**Heating Start**

- After heating has ended, add peas, loosen using chopsticks then roughly mix it all.

# Macaroni Gratin

Convection



## Ingredients/For 2 servings

<p><b>A</b></p> <ul style="list-style-type: none"> <li>Macaroni ..... 40 g</li> <li>Chicken breast (bite sized chunks) ... 50 g</li> <li>Butter ..... 6 g (½ tbsp.)</li> <li>Peeled shrimps ... 50 g</li> <li>Onion (chopped) ... 40 g</li> <li>White wine ... ½ tbsp.</li> <li>Salt/Pepper ... to taste</li> <li>Mushroom (Sliced and in water) ... 25 g</li> </ul>	<p><b>B</b></p> <p>〈White sauce〉</p> <ul style="list-style-type: none"> <li>Weak flour ..... 25 g</li> <li>Butter ..... 25 g</li> <li>Milk ..... 300 ml</li> <li>Salt ..... to taste</li> <li>Pepper ..... to taste</li> <li>Natural cheese (for pizza) ... 40 g</li> </ul>
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Convection (Without preheating) 350°C 20 - 25 minutes

For 4 servings

Convection (Without preheating) 350°C 21 - 26 minutes

- Step 2 microwave heating time is around twice as much.
- It cannot be done automatically. Heat manually. Ingredients should be doubled.
- (Use ⅓ teaspoon of salt for the white sauce)

Manual

## How to cook

- 1 Boil the macaroni until it's soft.
- 2 1. Pour into a heat-resistant container **A**, put a cover over it loosely, place in the **center** and heat, then mix.
 
 2. Add mushroom, put over a cover loosely, place in the **center** and heat.
- 3 Make white sauce using **B**. (See below) Add to ⅔ of the white sauce, **1** and **2** and mix together.
- 4 Coat two gratin plates thinly with butter (not included in ingredients) and put in a half of **3**. Pour on the remaining white sauce, place cheese on it and line them on the **square tray**.
- 5 Place **4** on the **lower shelf** and heat.

• If it's cooled, please fry it once it's been heated with **microwave 600W**.

# White sauce

Microwave

No accessories

- For ingredients, please see "macaroni gratin" above.
- It's microwave heating so please beware of the container used.

- With **1**, heat until the butter and the weak flour boil, making a puffing sound. If you heat it too much, it may burn and become brown so please be careful.



For 4 servings

- Step **1** : Microwave 600W Approx. 2 minutes
- Step **2** : Microwave 600W Approx. 7 minute 30 seconds
- Ingredients should be doubled.

Manual

## How to cook

- 1 Put butter and weak flour into a heat-resistant container and heat in the **center** then mix well with a mixer.
- 2 Add milk all at once to **1**, mix then place in the **center** and heat until it becomes thick.
 

In order to have an even finish, mix well part of the way through 2-3 times with a mixer.
- 3 After heating, add salt and pepper to your taste.

Grill

# Macaroni Gratin (deep tray)

Convection



Ingredient / for one deep tray	
Macaroni	120 g
Chicken breast (bite sized chunks)	150 g
Butter	18g (1½ tbsp.)
Peeled shrimps	150 g
Onion (chopped)	120 g
White wine	1½ tbsp.
Salt/Ppepper	to taste
Mushroom (sliced and in water)	75 g
<b>(White sauce)</b>	
Weak flour	75 g
Butter	75 g
Milk	900 ml
Salt	½ tsp.
Pepper	to taste
Natural cheese (for pizza)	120 g

Manual Convection (Without preheating) 350°C 20 - 25 minutes

## How to cook

- 1 Boil macaroni until it is soft.
- 2 1. Put **A** into a heat-resistant container, put a covering on it loosely, place in the **center** and heat, then mix together.



2. Add mushroom, put a cover on it loosely, place in the **center** and heat.

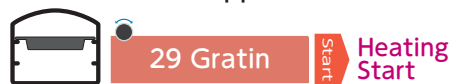


- 3 Make white sauce with **B**. (See page 87)  
Microwave heating  
⇒ **1** : 600W Approx. 3 minutes  
**2** : 600W Approx. 15 minutes (mix 4-5 times during it)

- 4 Add to ⅔ of the white sauce **1** and **2** and mix.

- 5 Coat a deep tray thinly with butter (not included in ingredient) and put in **4**. Pour on the remaining white sauce and put cheese on top.

- 6 Place **5** on the **upper shelf** and heat.



Upper shelf (Standard to heating time is approx. 22 minutes)

The accessory and position displayed will be "tray" and "lower shelf" but please cook using "deep tray" and "upper shelf".

# Bread Gratin with Scallops and Shimeji Mushrooms

Convection



Ingredients / For 4 servings	
Baguette	100 g
Baby scallops (boiled)	12
Bacon	Approx. 3 rashers (50 g)
Shimeji mushrooms (Divided into small pieces)	1 pack (100 g)
Sweet corn (can)	50 g
Shop bought white sauce	580 g
Milk	200 ml
Cheese for pizza	100 g
Parsley (chopped)	Proper quantity

## How to cook

- 1 Preheat empty convection.



(Standard preheating time is approx. 8 minutes)

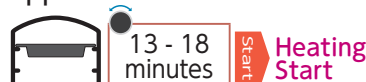
- 2 Put in the white sauce in a **deep tray**, add milk a little bit at a time and mix it together each time.

- 3 Cut the baguette into chunks around 2 cm in size and bacon into 1 cm width pieces.

- 4 Add to **2**, baguette, bacon, Shimeji mushrooms, sweet corn and mix.

- 5 Place scallops on **4**, press in and put cheese on top.

- 6 After the end of preheating, place **5** on the **upper shelf** and heat.



Upper shelf

- 7 Scatter after heating.

# Eggplant and Tomato Gratin

Convection



## Ingredients / For 2 servings

Eggplant (cut into 7 - 8 mm thick circular pieces) ...	200 g	A	Tomato Puree ...	¼ cup
Salt/Pepper ...	to taste		Red wine ...	2 tbsp.
Tomato (cut into 7 - 8 mm rings) ...	100 g		Tomato ketchup ...	½ tsp.
Salt/Pepper ...	to taste		Sugar ...	½ tsp.
Ground Meat ...	50 g		Soup stock cubes ...	½
Onion (chopped) ...	¼ Medium size (50 g)		Salt, pepper ...	to taste
Butter ...	6 g (½ tbsp.)		Natural cheese (for pizza) ...	50 g

Convection (Without preheating) 350°C 17 - 22 minutes

## For 4 servings

Convection (Without preheating) 350°C 18 - 23 minutes

- Step 2 • 3 microwave heating time is around twice as long
- It cannot be done automatically. Heat manually.
- Ingredients should be doubled.

Manual

## How to cook

1 Heat 2 tablespoons (not included in ingredients) of vegetable oil in the frying pan, fry the eggplant then salt and pepper. Salt and pepper the tomatoes.

2 Put in minced meat, onions and butter in a heat-resistant container and mix, then cover loosely, place in the **center** and heat.



3 Put into 2 A and mix, then without covering, place in the **center** and heat to make the tomato sauce.



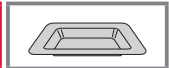
4 Thinly coat two gratin plates with butter (not included in ingredients), place half the tomato sauce in each, line with tomatoes and eggplant, pour over the remaining tomato sauce, place cheese on top and line up on the **square tray**.

5 Place 4 on the **lower shelf** and heat.



# Eggplant and Tomato Gratin (deep tray)

Convection



## Ingredient / for one deep tray

Eggplant (cut into 7 - 8 mm thick circular pieces) ...	800 g	A	Tomato puree ...	1 cup
Salt/Pepper ...	to taste		Red wine ...	120 ml
Tomato (cut into 7 - 8 mm rings) ...	400 g		Tomato ketchup ...	2 tbsp.
Salt/Pepper ...	to taste		Sugar ...	2 tsp.
Ground Meat ...	200 g		Soup stock cubes ...	2
Onion (chopped) ...	1 Medium size (200 g)		Salt/Pepper ...	to taste
Butter ...	24 g (2 tbsp.)		Natural cheese (for pizza) ...	200 g

Convection (without preheating) 350°C 21 - 26 minutes

Manual

## How to cook

1 Heat 4 tablespoons of vegetable oil (not included in ingredients) in a frying pan, divide eggplant into two portions, fry them and salt and pepper it. Salt and pepper the tomatoes.

2 Put in minced meat, onions and butter in a heat-resistant container and mix, then cover loosely, place in the **center** and heat.



3 Put A into 2, mix, then place in the **center** with no cover on and heat to make the tomato sauce.



4 Coat the **deep tray** thinly with butter (not included in the ingredients), put half of the tomato sauce in, line with tomato and Eggplant, pour over the remaining tomato sauce and place cheese on top.

5 Put 4 on the **upper shelf** and heat.



Upper shelf (Standard heating time is approx. 24 minutes)

The accessory and position displayed will be "tray" and "lower shelf" but please cook using "deep tray" and "upper shelf".

Grill

# Lasagne with Spring Roll Sheets

Convection



Grill



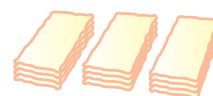
Ingredients / For 1 deep tray			
Spring roll sheet	24 sheets	Cheese for pizza	100 g
White sauce *1	900 g	Parsley (chopped)	
Meat sauce *2	520 g		Proper quantity

\*1 · 2: Tins, boil-in-the-bag

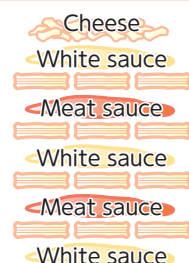
## How to cook

**1** Cut the spring roll sheet into half and put four sheets on top of one another. When putting into a **deep tray**, line three side by side and make a layer with spring roll skin.

Layer with spring roll skin



**2** In the **deep tray**, put in white sauce → **1** spring roll skin layer → meat sauce → **1** spring roll skin layer, in that order. Repeat once again. Finally, put white sauce on it and put cheese for pizza over it.



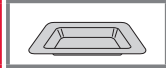
**3** Place **2** on the **upper shelf** and heat.



**4** Scatter parsley to finish, after heating.

# Easy Rice Casserole

Convection



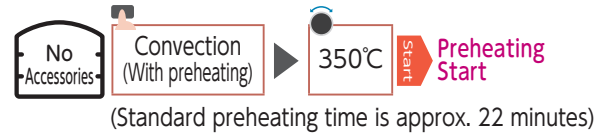
## Ingredients/For 4 servings

Rice .....	700 g	Fried onions .....	10 g
Butter .....	12 g (1 tbsp.)	Bacon (cut into 1cm widths) .....	60 g (3 rashers)
Dried parsley .....	1 tbsp.	Frozen peas .....	50 g
White sauce (can) .....	290 g	Salt .....	1/3 tsp.
Milk .....	160 ml	Pepper .....	Proper quantity
		Cheese for pizza .....	80 g
		Tabasco .....	Proper quantity

- If the rice is cold, please use the rice heated in the microwave to a temperature so that it just about melts the butter.
- Add peas from frozen.

## How to cook

- 1 Preheat empty convection.



- 2 Coat a **deep tray** with olive oil (not included in ingredient), mix well with rice, butter and dried parsley and spread all over.
- 3 Put the white sauce into a bowl and mix well with a mixer whilst adding water until smooth.
- 4 Mix **A** to **3** and pour over **2** then scatter cheese on top.
- 5 **Immediately after the end of preheating**, place **4** on the **upper shelf** and heat.

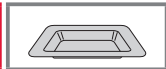


- If 10 minutes elapses after the buzzer for the end of preheating, the setting is cancelled so please beware.

- 6 After heating, serve onto a container and add tabasco to your taste.

# Seafood Paella

Convection



## Ingredients/For 4-5 servings

Unwashed rice .....	220 g	Salmon (slices) .....	2 slices (80 g each)
Water .....	230 ml	Salt/Pepper .....	to taste
Tomato juice .....	50 ml	White wine .....	1/4 tsp.
White wine .....	1 tbsp.	Clam (with shells) .....	100 g
Consomme (granules) .....	2 tsp.	Squid .....	120 g
<b>A</b> Saffron .....	1/4 tsp.	<b>C</b> Prawns with heads .....	4
Oregano(dried) .....	1/4 tsp.	Shimeji mushrooms .....	30 g
Salt .....	1/8 tsp.	Enoki mushrooms .....	30 g
Coarse black pepper .....	Proper quantity	Maitake mushrooms .....	30 g
Olive oil .....	1 tbsp.	Red pepper (roughly chopped) .....	50 g
<b>B</b> Onion (chopped) .....	100 g	Yellow pepper (roughly chopped) .....	50 g
Garlic (chopped) .....	1 clove	(Decoration)	
Bacon (chopped) .....	2 rashers (40 g)	Italian parsley .....	Proper quantity
		Lemon (comb shaped) .....	1/2

## How to cook

- 1 Remove skin and bone from the salmon, cut into bite-sized chunks then season with salt, pepper and white wine. Put the clams in a flat container and add lightly salted water (not included in the ingredients), just under the line that covers entire clam shell. Let them stand for a while. After clams spit the sands out, drain the water and wash by rubbing shells each other.
- 2 Cut the squid and mushrooms into easy-to-eat-sized chunks. Remove the vein from the prawns via the gaps in the shell and remove moisture with kitchen paper.
- 3 Put unwashed rice into a **deep tray**, put in the ready-mixed **A** and shake the **deep tray** so that the rice and the liquid are evenly mixed. Put **B** in the top and line up **C**.

- 4 Place **3** on the **upper shelf** and heat.

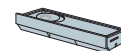


- 5 Decorate with parsley and lemon after the end of heating.

It's cooked in the oven so you can enjoy the charred bits of rice and meat!

# Stone Grilled Bibimbap Style Rice

Hybrid



Grill



## Ingredients/For 4 servings

Rice	320 g	Sliced spring onions	Proper quantity
Thinly sliced beef	200 g		
Kimchi	150 g	Grated sesame seeds	Proper quantity
Japanese Soy sauce	2 tsp.	Torn nori	Proper quantity
Japanese Soy sauce	1 tsp.		
Gochujant	1 - 2 tsp.	Thin strands of red chilli	Proper quantity
Water	340 ml	Boiled egg or half cooked fried egg	Proper quantity
Japanese style stock granules	1 tsp.		
Mirin	1 tbsp.		
Sesame oil	2 tsp.		

- Taste the Kimchi first if it's bitterly salty, leave out the Japanese soy sauce.
- If it's for children or if the kimchi is spicy, please put in less gochujant. It may be better to add gochujant after making it weakly flavoured.
- It's hot when you take the deep tray out or mixing so please take care.

**How to cook** \*Put water in the **Water tank** and set it.

**1** Wash the rice and leave in water for around half an hour and then drain the water properly. Cut beef into 5 cm chunks and soak in Japanese soy sauce. Cut Kimchi into coarsely small pieces. Mix **A** well.

**2** Preheat empty convection.



\*Select using the "Steam, superheated steam" button. (Standard preheating time is approx. 11 minutes)

**3** Put into a **deep tray**, rice, Kimchi, **A**, mix and shake the **deep tray** so that the rice and water become evenly distributed then spread the beef on top.

**4** After the end of preheating, place **3** on the **upper shelf** and heat.



**5** After the end of heating, mix and steam inside for around 5 minutes. Whist mixing, keep the door closed so that the inside temperature doesn't drop.

**6** Serve onto a plate then place a half boiled egg or half cooked fried egg and scatter **B** on top.

# Pilaf

Convection



## Ingredients/For 4-5 servings

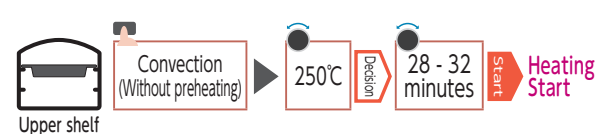
Uncooked rice	300 g	Onion	70 g
Water	390 g	Bacon	70 g
Consomme (granules)	1 tbsp.	Butter (cut into around 1cm cubes)	30 g
Frozen mixed vegetables	140 g	Pepper	Proper quantity

**How to cook**

**1** Naturally defrost the frozen mixed vegetables. Cut onions and bacon to be around 7mm in size. Dissolve consomme in water.

**2** Put uncooked rice, water, **1** and butter into the **deep tray**. Then shake the **deep tray** so the ingredients will evenly mixed.

**3** Put **2** in the **upper shelf** and heat.



**4** Steam for around 10 minutes after heating. Add salt and pepper to your taste.

Thick and juicy carbonara - you can make enough for 3-4 servings in a deep tray.

# Penne Carbonara

Convection



## Ingredients/For 4 servings

Penne (boiled for 12 minutes)	200 g	Fresh cream	100 ml
Olive oil	1 tsp.	Milk	300 ml
Parsley	Proper quantity	Water	300 ml
Bacon	80 g (4 rashers)	Consomme (granules)	1 tsp.
Onion	100 g (1/2)	A Salt	1/2 tsp.
		Olive oil	1 tsp.
		Coarse black pepper	1/2 tsp.
		(increase or decrease to your preference)	
		B Egg yolk	3 (M size)
		Powered cheese	3 - 4 tbsp.

Manual Convection (With preheating) 350°C 26 - 31 minutes

## How to cook

- Put in penne, water (not included in ingredients and enough to cover all) into a **deep tray** with olive oil, mix well and soak, then take the water off after soaking for 15 - 20 minutes. Cut bacon into 1cm pieces and slice onions. Have ingredients for **A** mixed.
- Preheat empty convection.
 

No Accessories

DEEP TRAY MENU

10 Dry Noodles Menu

Start Preheating Start

(Standard preheating time is approx. 20 minutes)
- Put into a **deep tray** penne, bacon, onion and **A** and mix well.
- Immediately after preheating**, put **3** in the **upper shelf** and heat.
 

Start Heating Start

Upper shelf

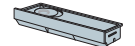
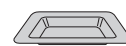
(Standard heating time is approx. 28 minutes)

• If more than 10 minutes elapses after the buzzer sounds for the completion of preheating, the settings are cancelled so please beware.
- After heating, please add **B** while hot, mix well, put into a bowl and scatter parsley over.

- Beware as penne may stick to one another by stirring well when immersed under water.
- If you stir so that the content is mixed well in the penne, it'll prevent the penne from sticking to each other much.

# Stir Fried Noodles

Superheated steam



## Ingredients/For 4 servings

Soba noodles for frying (steamed noodles, with sauce powder)	3 balls (450 g)	Carrots	1/2 (100 g)
Cabbage	1/4 buld	Bean sprouts	200 g
		Green pepper	2 buld
		Thinly sliced pork meat	150 - 200 g

## How to cook

\*Put water in the **Water tank** and set it.

- Cut pork, cabbage, green pepper and carrot into bite size. Rid bean sprout root off and put it aside.
- Spread soba noodle, cabbage, carrot, green pepper, bean sprout, pork on the **deep tray** in the order.
- Put **2** in the **upper shelf** and heat.
 

Superheated steam (Without preheating)

300°C

Decision

21 - 26 minutes

Start Heating Start

Upper shelf
- Mix the sauce in after completing heating.
 

※If you pour the sauce on the noodles instead of on the other ingredients, it will mix well.



# Stewed Curry Udon

Convection



Ingredients/For 4 servings	
Udon (dry, to boil for 9 minutes)	200 g
White scallion (cut thinly and diagonally)	Proper quantity
A	
Ready made curry	
For 2 servings (400 g)	
Hot water	640 ml
Soup for noodles (for diluting 1:3)	30 ml

## How to cook

- Preheat empty convection.
 

No Accessories

Convection (With preheating)

▶

350°C

▶

Preheating Start

(Standard to preheating time is approx. 20 minutes)
- Put udon and water (not included in ingredients) into the **deep tray** and soak for about 15 minutes and remove moisture.
- Put **2** into a **deep tray**, **A** mixed together and loosen so that the noodles don't stick to one another.
- Immediately after the end of preheating, place **2** on the upper shelf and heat.
 

Upper shelf

13 - 18 minutes

▶

Heating Start

• Once 10 minutes elapse after the buzzer for the end of preheating, the settings are cancelled so please be careful.
- Place white scallion after heating has finished.

Made with milk for a mild flavour. Pasta in soup with plenty of vegetables.

# Curry Flavoured Pasta in Soup

Convection



Ingredients/For 4 servings	
Macaroni (one to boil for 9 minutes)	200 g
Olive oil	1 tsp.
A	
Wiener sausage	6
Onion (cut finely)	50 g (¼)
Potato (5 mm pieces)	120 g (1 small)
Mini tomato (for four)	8
Frozen mixed vegetables	120 g
B	
Curry powder	2 tsp.
Tomato ketchup	1 tbsp.
Milk	150 ml
Water	650 ml
Consomme (granules)	1 tbsp.
Salt	¼ tsp.
Olive oil	2 tsp.
Pepper	Proper quantity
C	
Powdered cheese	Proper quantity
Parsley	Proper quantity

- Please mix well when in water so that they don't stick to each other.
- If you mix so that the other ingredients go between the macaroni pieces in the deep tray, the macaroni will be unlikely to stick together.

## How to cook

- Place macaroni in the **deep tray** with water (not included in ingredients, so that all is covered with water) along with olive oil (1 teaspoon), mix well, soak and get rid of moisture after around 15-29 minutes. Have **B** mixed.
- Cut three sausages into 5 mm chunks and divide the remaining three into halves diagonally, cut into it for decoration and make six spacemen sausages.
 

Put knife as seen below.
- Preheat empty convection.
 

No Accessories

Convection (With preheating)

▶

350°C

▶

Preheating Start

(Standard to preheating time is approx. 20 minutes)
- Place macaroni and **A** in a **deep tray**, pour in **B** and mix well.
- Immediately after preheating is finished, place **4** on the upper shelf and heat.
 

Upper shelf

22 - 27 minutes

▶

Heating Start

• Once ten minutes have elapsed after the buzzer for the end of preheating, the settings are cancelled so please beware.
- After heating has finished, take out, mix well, serve in bowls and scatter over **C**.

# Fried Chicken

Convection



Ingredients / For 2 servings

Chicken thighs	Frying powder
..... 1 piece (250 g)	(shop bought)
	..... 2 tbsp.

## How to cook

- 1 Divide the chicken into 8, put into a plastic bag with the frying powder, shake the plastic bag and mix together well.
- 2 Put **gridiron** on **square** tray. Lay chicken from **1** on the grill with the skin side upward.
- 3 Put **2** in the **lower shelf** and heat.



Lower shelf

Non-Fried/Hybrid key

4 Chicken karaage



Heating Start

(Standard to heating time is approx. 19 minutes)

Manual

Convection (with preheating) 250°C 8 - 13 minutes

For 4 servings

Convection (with preheating) 250°C 11 - 16 minutes

• Can't do it under automatic mode. Heat manually.  
Double the ingredients.

Non-Frying

# Deep Fried Prawns

Convection



Ingredients / For 8 prawns

Prawns	Mayonnaise
... 8 (Approx. 25 g each)	..... Proper quantity
Pepper	Fine Bread Crumbs
..... to taste	..... Proper quantity
Weak flour	
..... Proper quantity	

## How to cook

- 1 Take the heads of the prawns, peel all but the last part before the tail, remove the veins and cut 3 lines into the belly so that it doesn't bend and remove moisture using kitchen paper.



- 2 Pepper **1**, put on weak flour, cover lightly with mayonnaise and put on fine bread crumbs.

- 3 Line **2** on a **square tray**, place on the **lower shelf** and heat.



Lower shelf

Non-Fried/Hybrid key

5 Fried



Decrease 3

Heating Start

(Standard to heating time is approx. 16 minutes)

Manual

Convection (without preheating) 300°C  
14 - 19 minutes

For 4 prawns

Convection (without preheating) 300°C  
14 - 19 minutes

• Halve the ingredients.

# Just Overlap Millefeuille Katsu

Convection



## Ingredients / For 4 servings

Thinly sliced pork meat	Worcestershire sauce
..... 16 slices (Total 400 g)	..... Proper quantity
Fine Bread Crumbs	Tomato ketchup
..... ¾ cup	..... Proper quantity
Cheese for pizza	..... 60 g
Olive oil	..... 1 tbsp.
Salt	..... Proper quantity
Pepper	..... Proper quantity

Manual Convection (with preheating) 250°C 12 - 17 minutes

## How to cook

1 Preheat empty convection.



Non-Fried/Hybrid key

6 Easy Fried



Preheating Start

(Standard to preheating is approx. 11 minutes)

2 Spread ⅓ of the fine bread crumbs on a **square tray**.

3 1. Lay the pork on the fine bread crumbs and put one on top of another. Make four of these.

2. Salt and pepper the pork, divide the cheese into even portions and place on the middle of the meat.

3. Spread the pork, overlap 2 each on 2 and press down the surroundings.

4. Generously scatter the remaining fine bread crumbs, gather the fine bread crumbs in the square tray and put the fine bread crumbs as though you are pressing it down gently with your hands.

4 Pour 3 on olive oil all over, after the end of preheating, place on the **lower shelf** and heat.



Heating Start

(Standard to heating time is approx. 14 minutes)

5 After heating has finished, serve up on a plate and put the fine bread crumbs spread around on top of the katsu.  
Mix the worcestershire sauce and tomato ketchup and put on the side.

# Easy Deep Fried Salmon

Convection



## Ingredients / For 4 servings

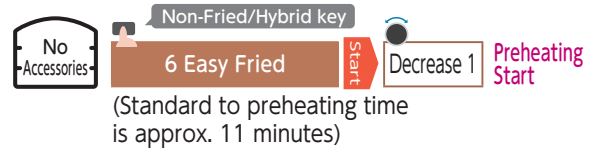
Fresh salmon (fillet)	..... 4 slices (90 g a slice)	〈Sauce※〉	
Salt/Pepper	..... Proper quantity	Mayonnaise	..... Proper quantity
Fine Bread Crumbs	..... ¼ cup	Yoghurt	..... Proper quantity
Mayonnaise	..... Proper quantity	Lemon juice	..... to taste
		Parsley (chopped finely)	..... to taste
		※ Tartar sauce for example.	

Manual Convection (with preheating) 250°C 10 - 15 minutes

- Scatter fine bread crumbs and chopped parsley to your preference on **4**. When using sweet and salted salmon, please do not put on salt and use less mayonnaise.

## How to cook

**1** Preheat empty convection.



**2** Put salt and pepper on the salmon and pour on a thin line of mayonnaise on the back.

**3** Spread half the fine bread crumbs on a **square tray**.

**4** Put **2** with two side down mayonnaise on a **square tray**, put mayonnaise on the top, spread with a small knife and cover with fine bread crumbs.

**5** After preheating has finished, place **4** on the **lower shelf** and heat.



**6** After heating has finished, serve on a bowl and scatter with the fine bread crumbs remaining in the tray. Mix the ingredients for the sauce and put on the side.

Non-Frying

# No Rolling Potato Croquette

Convection



Ingredients / Gratin dish for 2 - 3 servings, for 1 dish		
Potato .....	3 (350 g)	
Ground Meat .....	150 g	
Onion (thinly sliced) .....	60 g	
Vegetable oil .....	1 tbsp.	
Medium thick sauce .....	2 tbsp.	
Pepper/Nutmeg .....	Proper quantity	
Fine Bread Crumbs .....	4 tbsp.	
Powdered cheese .....	1 tbsp.	
A	Medium thick sauce .....	2 tbsp.
	Tomato ketchup .....	1 tbsp.
	Tabasco .....	to taste

Manual Convection (with preheating) 250°C 7 - 12 minutes

## How to cook

1. Divide the potatoes into 4 - 6, place on a heat-resistant plate and cover. Place in the **center** and heat until soft enough to mash.
2. After heating has finished, once some heat has been lost, peel and squash the potatoes with a form or something similar.
- 2 Put onion, vegetable oil, medium sauce into a heat-resistant container, add ground meat, pepper and nutmeg and mix well. Place in the **center** with no cover and heat.
- 3 Preheat empty convection.

(Standard to preheating time is approx. 11 minutes)
- 4 Place **1** in a gratin dish, spread out and place **2** on top along with the sauce and spread over the top.
- 5 Mix fine bread crumbs with powdered cheese and scatter generously on **4**.
- 6 After the end of preheating, place **5** on a **square tray**, place on the **lower shelf** and heat.

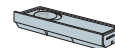
(Standard to heating time is approx. 10 minutes)
- 7 After heating has finished, add the sauce made by mixing together **A**.



Non-frying tempura or fried foods (not fried in oil) have different texture to dee-fried ones but with no cleaning up to do and healthy, it is nice and simple.

# Prawn Tempura

Hybrid



Ingredients / For 8 prawns		
Prawns .....	8 (Approx. 25 g each)	
Weak flour .....	1 tbsp.	
A	Weak flour .....	30 g
	Water .....	30 g
	Mayonnaise .....	1 tbsp.

## How to cook

\*Put water in the **water tank** and set in place.

- 1 Peel the prawns with one joint remaining from the tail, remove the veins, put in three cuts in the belly to prevent bending. Remove moisture with kitchen paper.
- 2 Put **A** into a bowl and mix.
- 3 Put **1** into a plastic bag, put in weak flour and mix well.
- 4 Put **3** in the bowl from the step **2** and coat in batter.
- 5 Line **4** on a **square tray**, place on the **lower shelf** and heat.

\*Select with the "steam, superheated steam" button.

# Deep fried sweet potato

Hybrid



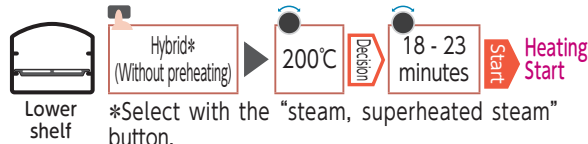
## Ingredients/For 12 pieces

Sweet potato	12 slices (approx. 260 g)	A	Weak flour	30 g
Weak flour	1 tbsp.		Water	30 g
			Mayonnaise	1 tbsp.
				1 tbsp.

## How to cook

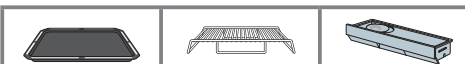
\*Put water in the **water tank** and set in place.

- Cut sweet potato into 7mm thick slices, soak in water to remove starch and put into a basket and remove moisture.
- Put **A** into a bowl and mix.
- Put **1** into a plastic bag, put in weak flour and mix well.
- Put **3** in the bowl from the step **2** and coat in batter.
- Line **4** on a **square tray**, place on the **lower shelf** and heat.



# Spring Rolls

Hybrid



## Ingredients/For 10 pieces

Thinly sliced pork	100 g	B	Boiled bamboo shoots (cut finely)	50 g
Sake	2 tbsp.		Celery (chopped finely)	50 g
Cornstarch	1 tsp.		Dried shiitake mushrooms (soaked and cut thinly)	3 sheets
Salt	One pinch		Beansprouts	100 g
Japanese Leek (cut finely)	30 g		Vermicelli (Soak in water, remove moisture and cut into 5 cm lengths)	15 g
Carrots (chopped finely)	30 g		Spring roll skin	10 sheets
		A	Japanese Soy sauce	1 tbsp.
			Oyster sauce	1 tbsp.
			Cornstarch	1 tsp.
			Shiitake Dashi Soup	1 tsp.
			Sugar	2 tsp.
			Sake	2 tsp.
			Sesame oil	2 tsp.
			Ginger sauce	1 tsp.
			Pepper	to taste

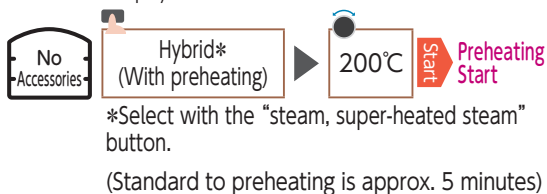
## How to cook

\*Put water in the **water tank** and set in place.

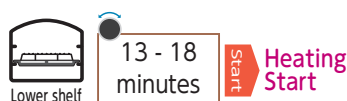
- Put thinly cut pork into a heat-resistant container, add sake, cornstarch and salt and mix well. Add japanese leek, carrots and mix, place in the **center** and heat.
 

After heating has finished, loosen them apart
- Add pre-mixed **A** and **B** to **1**, mix well, cover, place in the **center** and heat.
- Mix the whole thing well after heating and cool. Once excess heat has come out, divide into 10, place on spring roll skin, fold in from toward you, fold in the sides and roll so that the filling don't spill out. Affix the end by putting on cornstarch (not included in ingredients) mixed with water.

- Preheat empty convection.



- Place the **gridiron** on the **square tray** and line with **3**, then after preheating has finished, place on the **lower shelf** and heat.



## Manual

When making 5  
Hybrid (with preheating) 200°C 9 - 14 minutes  
 • Halve the ingredients.  
 • Step **1** • **2** microwave heating time is about a half.

Non-Frying

A meal for which you can make three dishes together with chicken and soya bean in oyster sauce being the main dish.

# Chicken and Soya Beans Stewed Oyster Sauce Steamed Eggplant with Chinese Style Sauce Chinese Cabbage and Enoki Mushrooms Stewed Chinese Style

Convection



## Pre-preparation

### Chicken and Soya Beans Stewed Oyster Sauce

1. Cut the chicken into large bite-sized chunks, massage in **A** and season. Cut the leeks into 1cm chunks and red pepper into 1.5 cm chunks.

2. Put the prepared chicken, leek, red pepper and ginger into a bowl, add **B** and mix.

### Steamed Eggplant with Chinese Style Sauce

• Peel the eggplant with a peeler, cut into 6-8 vertically, put on vinegar and Shaoxing wine (tops discolouration) immediately.

• Have the sauce ready by mixing **C**

### Chinese Cabbage and Enoki Mushrooms Stewed Chinese Style

• Separate the stalks and leaves of the Chinese cabbage, cut the leaves roughly and the stalks into 5 cm length 1cm wide pieces. Loosen the enoki mushrooms apart.

## How to cook

1 Preheat empty convection.



(Standard to preheating time is approx. 9 minutes)

2 Twist the four corners of the cooking sheet to make a case (so three fits in vertically), then place on the right of the **deep tray**.

3 Into 's 2' cooking sheet, put in the materials for stewed chicken and soya bean in oyster sauce.

4 Spread a cooking sheet in the center of the **deep tray**, put in the eggplant along with juice it was soaked in and wrap.

5 Of the ingredients, put into a bowl the Chinese cabbage, enoki, dried young sardines and **D** then transfer to cooking sheet spread out to the left of the **deep tray** and cover.

6 After the end of preheating, put 5 on the **upper shelf** and heat.



(Standard to heating time is approx. 24 minutes)

7 After the end of preheating,  
Stewed chicken and soya bean in oyster sauce : Mix roughly then serve.  
Steamed eggplant with Chinese sauce : Serve on, scatter with scallion and add sauce.  
Chinese cabbage and enoki stewed Chinese style : Mix sesame seeds and mustard then serve.

### Chicken and Soya Beans Stewed Oyster Sauce

Ingredients/For 4 servings

Chicken thighs	250 g	Red pepper	1/3(60 g)
A Shaoxing wine	1/2 tsp.	Ginger (thinly cut)	4 - 5 sheets (10 g)
Oyster sauce	1/2 tsp.	B Oyster sauce	2 tsp.
Cornstarch	1 tsp.	Japanese Soy sauce	1 tsp.
Soya bean stewed in water or vacuum packed dry	150 g (just the soya beans)	Shaoxing wine	1 1/2 tsp.
Japanese Leek	1/2(80 g)	Sugar	1 tsp.

### Steamed Eggplant with Chinese Sauce

Ingredients/For 4 servings

Eggplant	2 - 3	C Chillli oil	1 tsp.
Sushi vinegar	1 tsp.	Ponzu soy sauce	2 tsp.
Shaoxing wine	1 tsp.	Green onions (cut small)	1-2

### Chinese Cabbage and Enoki Mushrooms Stewed Chinese Style

Ingredients/For 4 servings

Chinese cabbage	250 g	Ground sesame seeds	1/2 tsp.
Enoki mushrooms	60 g	Mustard paste	1/2 tsp.
D Dried young sardines	10 g		
Chicken stock Powder	1 tsp.		
Sesame oil	2 tsp.		
Japanese Soy sauce	1 tsp.		

Manual Convection (with preheating) 230°C 22 - 27 minutes

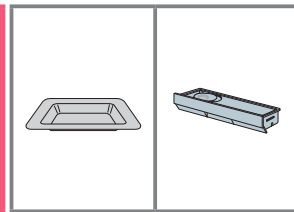


• Flavour the chicken to ensure its taste is not lost.

A meal with three dishes made at the same time, led by plum flavoured steamed chicken.

# Plum Flavoured Steamed Chicken Grated and Stewed Deep-Fried Bean Curd Daikon Skin and Root Vegetables Fried Kinpira

Hybrid



## Pre-preparation

\*Put water in the **water tank** and set in place.

### Plum Flavoured Steamed Chicken

- Pierce the chicken with a fork all over, cut leed into 5 cm chunks and squash the dried plum a little. Have **A** mixed together.

### Grated and Stewed Deep-Fried Bean Curd

- Pierce the deep-fried bean curd all over and divide into 12.
- Wash daikon well with a scourer and peel skin thickly. (Skin will be used for the kinpira so keep without discarding)
- Grate the daikon and mix it along with the juice with soup for noodles and shiitake mushrooms.

### Daikon Skin and Root Vegetables Fried Kinpira

- Cut the skin of daikon peeled when making the grated and stewed deep-fried bean curd thinly to be around 5 mm thick. Cut carrots small into around 3 mm bits. Cut burdock thinly into 2 mm size, wash in water then leave in a basket to remove moisture.
- Put the daikon peel, carrots and burdock in a bowl, mix with soup for noodles, sesame oil and chilli.

## How to cook

- 1 Preheat empty convection.



\*Select with the "steam, superheated steam" button.  
(Standard to preheating time is approx. 11 minutes)

- 2 Twist the four corners of the cooking sheet to make edges (size so that three can fit in vertically) and line on the **deep tray**.

- 3 Put the prepared fried kinpira ingredients in the cooking sheet (left).

- 4 In the cooking sheet (center), put in the deep-fried bean curd and place on top the grated daikon (with soup for noodles and shiitake mushrooms mixed in).

- 5 Place on a cooking sheet (right) the chicken. Place Japanese leek, ginger and dried plum around it and pour on **A**.

- 6 After the end of preheating, place **5** on the **upper shelf** and heat.



- 7 After the end of preheating,  
**Plum-flavoured steamed chicken:** cut chicken to easy to eat size and serve together in a bowl. Scatter the lobar and serve with mustard paste and mashed dried plums.  
**Grated and stewed deep-fried bean curd:** Serve in a bowl with grated daikon, scallion and cayenne pepper with spices.  
**Fried kinpira of daikon peel and root vegetables:** Add roasted sesame seeds then mix briefly and serve on a bowl.

### Plum Flavoured Steamed Chicken

Ingredients/For 4 servings

Chicken thighs	300 g	Mustard paste	Proper quantity
Japanese Leek	1 (160 g)	Lobar (cut thinly)	Proper quantity
Ginger (thinly cut)	4 - 5 (10 g)	A	Soup for noodles (dilute 1:3)
Dried plum	2 (28 g)		
			60 ml

### Grated and Stewed Deep-Fried Bean Curd

Ingredients/For 4 servings

Deep-fried bean curd	1 (250 g)	Soup for noodles (dilute 1:3)	40 ml
Shiitake mushrooms (cut finely)	2	Green onions (cut into small chunks)	Proper quantity
Daikon	300 g (with skin)	Cayenne pepper and other spices	Proper quantity

### Daikon Skin and Root Vegetables Fried Kinpira

Ingredients/For 4 servings

Daikon peel	70 g	Sesame oil	1 tbsp.
Carrots	30 g	Spicy chilli (cut into rings)	Proper quantity
Burdock	70 g	Fried sesame seeds	to taste
Soup for noodles (dilute 1:3)	2 tbsp.		

- Have chicken and deep-fried bean curd pierced all over with a fork for flavour to soak in well.
- Use grated daikon with the juice that's come out when grating.
- Please cut burdock thinly as it can be hard to heat.







### Easy Cooking, cooking rice and side dish at the same time.

Rice and side dish for 2 people can be cooked at the same time. Reducing or increasing quantity is not recommended for these recipes.

Please refer to the information below for a container to be used and how to cover the container with plastic wrap.

#### ★ How to cover with plastic wrap

##### Rice

Drop the plastic wrap to touch the food, or lower the center of plastic wrap about 2 cm and seal around the container.



##### Side dish

Leave gaps on both sides of plastic wrap.

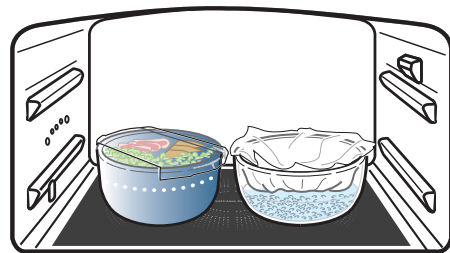


#### ★ Container to be used

Heat resistant container (for microwave or the one that can stand for temperature at more than 140° C). The size should be about diameter 140~180 mm × height 80 mm.



#### ★ How to put



## Szechuan pork and fried tofu with sakura shrimp rice

Microwave

No accessories



#### Ingredients/For 2 servings

##### <Szechuan pork>

Thinly cut pork	100 g	Miso	1 tbsp.
A Salt/Pepper	to taste	Chinese Chili Bean Sauce	
A Cornstarch	2 tsp.		½ tsp.
Cabbage	150 g	B Japanese soy sauce	½ tbsp.
Fried tofu	100 g	Mirin	1 tbsp.
Ginger (grated)	1 tsp.	Sesame oil	1 tsp.
Green beans	6 pieces	Water	100 ml

##### <Sakura shrimp rice>

Rice	1 cup	Ginger (grated)	2 tsp.
Dried sakura shrimp	5 g	Sesame oil	1 tsp.
Chicken soup stock (powder)	½ tsp.	Water	180 ml

#### How to cook

※How to cover, containers to use (see above)

- 1 Wash the rice, remove water and put into heat-resistant container. Add the ingredients for sakura shrimp rice, and cover with plastic wrap. Soak for approximately 30 minutes.
- 2 Cut the pork into around 5 cm in length, salt and pepper **A** and cover with cornstarch.
- 3 Prepare the vegetables.  
Cabbage (roughly chopped), fried tofu (cut to be about 5 mm thick)  
Green beans (cut diagonally into 3 mm chunks)
- 4 In a heat resistant container put cabbage, fried tofu and green bean from **3**, pork and ginger from **2** respectively.
- 5 Put well mixed ingredients **B** with **4**. Cover with plastic wrap by leaving gaps on the sides.
- 6 Place containers from **1** and **5** in the **center** and heat.



\* You can select from "Microwave, Desired Temp." button.

- 7 After heating has finished, loosen apart the rice and mix the side dishes to ensure all of it is flavoured.

# Chicken soymilk stew with carrot rice

Microwave

No accessories



## Ingredients/For 2 servings

### (Chicken soymilk stew)

Chicken thighs	150 g	Green asparagus	2
A Salt/pepper/sake	to taste of each	B Soya milk (whole, component non-adjusted)	200 ml
Cornstarch	2 tsp.	Water	100 ml
Onion	50 g	Stew stock	40 g
Your preferred mushrooms (like shimeji mushrooms)	50 g		

### (Carrot rice)

Rice	1 cup	Butter	10 g
Carrots (grated)	30 g	Salt	to taste
Soup stock cube (crushed)	½	Water	180 ml

## How to cook

※ How to cover, container to use (see page 102)

- 1 Wash the rice, get rid of the water and put into a heat resistant container. Add the ingredients for carrot rice and cover with plastic wrap. Soak for approximately 30 minutes.
- 2 Cut chicken diagonally thin, put on salt, pepper and sake of **A** and scatter over cornstarch.
- 3 Prepare the vegetables.  
Onion (cut thinly), mushroom (cut into easy to eat sizes), green asparagus (cut diagonally, around 3cm each)
- 4 Place onions, mushrooms, and green asparagus and chicken from **2** in heat-resistant container. Add **B** and mix gently, then cover with plastic wrap by leaving gaps on the sides.
- 5 Place **1** and **4** in the containers in the **center** and heat.



\* You can select from "Microwave · Desired Temp." button.

- 6 After the end of heating, add the stew stock to the soy milk stew with chicken and mix well. Separate the rice.

- When using solid stew stock, please break it down into small pieces before adding so that it dissolves easily.
- When the stew stock doesn't dissolve or heating seems insufficient, please heat whilst monitoring the situation in the manual setting.

# Tomato and Eggplant Keema Curry with Garlic Rice

Microwave

No accessories



## Ingredients/For 2 servings

### (Tomato and eggplant keema curry)

Can of tomatoes (chopped)	½ Can (200 g)	Ground Meat	100 g
Eggplant	150 g	Commercially available curry roux (chopped into small bits)	50 g
Onions	60 g	Water	80 ml

### (Garlic rice)

Rice	1 cup	Butter	10 g
Garlic (grated, tube)	Approx. 3 cm	Water	180 ml
Soup stock cubes (smash)	½	Dried parsley	Proper quantity

## How to cook

※ How to cover, container to use (see page 102)

- 1 Wash the rice, get rid of the water and put into a heat resistant container. Add the ingredients for garlic rice (except for dried parsley) and cover with plastic wrap. Soak for approximately 30 minutes.
- 2 Prepare the vegetables.  
Eggplant (cut into 2 cm chunks), onions (finely chopped)
- 3 Place tomato, **2**, minced meat, curry roux and water into a heat-resistant container. Mix the meat as though you are pulling them apart, leave a gap when you cover with plastic wrap.
- 4 Place **1** and **3** in the containers in the **center** and heat.



\* You can select from "Microwave, Desired Temp." button.

- 5 After the end of heating, mix in dried parsley to the rice and mix the vegetables so that flavour mixes into the whole dish.

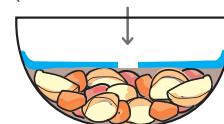
<About stews and cooking that involve stewing>

- Please use deep heat-resistant container that can be used in a microwave. Guide size would be a heat-resistant glass bowl with opening that's about 18-22cm and height 8-10cm.
- When using the cooking sheet to make a drop lid, make it large like it is shown in the diagram and make a hole in the center for releasing steam.
- If you stir it a few times during the heating, it will be heated more evenly and finish well.

! Please be careful that you don't burn from the steam when taking off the cover.

(Drop lid)

Cooking sheet  
(Make hole in the middle)



# Pork Curry

Microwave

No accessories



## How to cook

- 1 Have the pork ready having had salt and pepper on it. Cut the onions into wedge shapes and carrots/potatoes roughly.
- 2 Put two tablespoons of vegetable oil (not included in ingredients) in a frying pan on moderate heat, put in garlic and ginger, fry pork and then remove, then fry **A**.
- 3 Into a large heat-resistant glass bowl, place water from **B** and finely chopped curry roux, cover, place in the **center** and heat.



After heating has finished, mix well whilst being careful not to burn yourself.

- 4 Put **2** into **3**, mix and cover.

- 5 Place **4** in the **center** and heat.



\* You can select from "microwave, Desired Temp." button.

Mix 2-3 times during the heating whilst being careful not to burn yourself.

### Ingredients / For 2 servings

Pork (cut into curry-sized chunks).....	150 g	A	Onion	.....	1 Medium (200 g)
Salt/Pepper.....	to taste		Carrot	.....	½ (100 g)
Garlic (chopped small)	.....	B	Potato	.....	1 (150 g)
.....	½ clove		Commercially available	curry roux.....	60 g
Ginger (grated) ...	½ piece		Water.....	.....	250 ml

### For 4 servings

(Stew) Microwave 600W Approx. 10 minutes →  
Microwave 200W Approx. 60 minutes

Manual

- Mix 3-4 times during the heating.
- Step **3**'s microwave heating time is around twice as long
- Double the ingredients.

• If the meat or the vegetables are sticking out of the soup they can burn easily so please be careful not to let them come out of the soup.

# Prawn and Spinach Curry

Microwave

No accessories



## Ingredients/For 4 servings

Spinach.....	1 portion (200 g)	A	Tomato paste .....	1 tbsp.
Water .....	100 ml		Water .....	150 ml
Onion (cut finely) ..	1 (200 g)		Chilli (cut finely) .....	½
Garlic (cut finely) .....	2 cloves		Soup stock cubes (broken down) .....	1
Vegetable oil .....	½ tbsp.		Worcestershire sauce .....	1 tsp.
Butter (room temperature) .....	20 g		Garam Masala .....	1 tsp.
Weak flour .....	1½ tbsp.			
Peeled prawns .....	200 g			
Salt .....	½ tsp.			
Pepper .....	to taste			
Curry powder.....	1 tbsp.			

## How to cook

- Put onion and garlic in a heat-resistant container and pour on vegetable oil. Cover, place in the center and heat.



- Have the butter and weak flour rubbed together and well mixed.

- Put prawns with veins taken off into a large heat-resistant glass bowl and sprinkle on salt, pepper and curry powder. Add tomato paste, 1, 2, and A dissolved with water (150 ml) and mix the whole thing well.

- Wash spinach, cut the roots off and cut into rough chunks, then use a blender or a mixer with water (100 ml) to make into a puree.

- Add 4 spinach to 3 and mix well. Push the prawn in so they are immersed then cover loosely.

- Place 5 in the center and heat.



After the end of heating, leave inside for around 1 minute. Take out and mix well.

# Stew Beef

Microwave

No accessories



## Ingredients/For 2 servings

Beef rib.....	150 g	A	Weak flour .....	2½ tbsp.
Salt/Pepper.....	to taste		Soup (water + soup stock cube) .....	250 ml
Weak flour .....	1 tbsp.		Tomato puree .....	¼ cup
Red wine .....	1½ tbsp.		Sugar .....	¼ tbsp.
Onion .....	200 g		Salt .....	¼ tsp.
Carrots .....	100 g		Bay leaf .....	1
Potatoes .....	100 g			
Butter .....	18g (1½ tbsp.)			

## How to cook

- Cut beef into 3cm chunks, salt and pepper then sprinkle with weak flour. Cut onion into wedges and cut carrots and potatoes into rough chunks.

- Heat up 1 tablespoon of vegetable oil (not included in ingredients) and fry carrots, onions and potatoes and take out.

- Heat 2 in frying pan a tablespoon of vegetable oil (not included in ingredients), fry on strong heat until there is colour all over, add red wine and bring to the boil.

- Make the roux. Melt butter in a different pan, add weak flour, fry on low heat until golden and add soup a little at a time and dissolve each time.

- Put 2, 3, 4 and A into a large heat-resistant glass bowl, then mix and cover with plastic wrap.

- Place 5 in the center and heat.



\*You can select from "Microwave, Desired Temp." button.

Mix 2-3 times during the heating whilst being careful not to burn yourself.

Manual For 4 servings (Stew) Microwave 600W Approx. 10 minutes → Microwave 200W Approx. 60 minutes  
 • Mix 3-4 times during the heating.  
 • Double the ingredients.

- Please try in Step 4 using commercially available beef stew roux instead of making the roux.
- If the meat or the vegetables are sticking out of the soup they can burn easily so please be careful not to let them come out of the soup.

# No Roll Rolled-Cabbage

Microwave

No accessories



## Ingredients / For 4 servings

Cabbage	300 g	Consomme (granules)	1 tbsp.
Can of tomatoes (chopped, in water)	100 g	Hot water	400 ml
Ground meat	300 g	Powdered cheese (to your preference)	Proper quantity
Salt	¼ tsp.	Parsley (to your preference)	Proper quantity
A			
Medium thick sauce	1 tbsp.		
Milk	1 tbsp.		
Breadcrumbs	10 g		
Fried onion	15 g		
Pepper	to taste		

- So that the minced meat does not come apart, knead well until sticky.
- The outer layer of the cabbage is hard so try and use the inside layers. Please put the harder pieces in the base.
- If you tear the cabbage with your hands, you don't need a knife.

## How to cook

- 1 Cut cabbage into large bite-sized chunks.
- 2 Put minced meat in a bowl and rub together with salt until it is sticky. Add **A** and mix well. (Meat stuffing)
- 3 Put ½ of the cabbage into the base of a large heat-resistant glass bowl. Place a half of the meat stuffing on top flat, spread on half the tomatoes.
- 4 Place ½ of the cabbage so that the meat is covered. Place the remaining meat stuffing so that it's flat, then spread out the remaining tomatoes.
- 5 Place and spread the remaining cabbage so that the meat is hidden.
- 6 Dissolve the consomme with boiling water and pour into **5**.
- 7 Cover it loosely, place in center and heat.
 

No Accessories

Microwave 600W

▶

Approx. 15 minutes

▶

Start Heating Start
- 8 After heating has finished, serve by a spoon or cut with a knife and serve along with the soup, cover powdered cheese to your preference and add parsley.

# Pork Kakuni

Microwave

No accessories



## Ingredients / For 2 - 3 servings

Boneless pork rib	600 g	Boiled sauce	All
Tofu refuse	60 g	Sake	75 ml
Water	600 ml	Japanese Soy sauce	75 ml
Sake	50 ml	Sugar	7 tbsp.
Salt	1 tsp.	B {Accompaniments}	
Leek (cut into small pieces)	½	Mustard paste	Proper quantity
Ginger (cut thinly)	2 slices	French beans (boiled)	Proper quantity

## How to cook

※ For how to do a drop lid, see page 104.

- 1 Place the pork and **A** into a large heat-resistance glass bowl. Please cut the pork into a size that will fit the bowl.
- 2 Use a cooking sheet to be a drop lid<sup>※</sup>, then cover.
 

No Accessories

Stew\*

▶

600W Approx. 10 minutes

▶

Decision

▶

200W Approx. 30 minutes

▶

Start Heating Start

\*You can select from "Microwave, Desired Temp." button.

After the end of heating, place it together with stewing liquid in a separate container to cool.
- 3 Wash the pork from **2** with water and cut into appropriate sizes. Leave the remaining stewing liquid.
- 4 Put **B** into a large heat-resistant glass bowl, and mix, put in pork and water it was boiled in, make a drop lid with a cooking sheet or similar<sup>※</sup>, then cover.
- 5 Place **4** in the **center** and heat.
 

No Accessories

Stew\*

▶

600W Approx. 10 minutes

▶

Decision

▶

200W Approx. 60 minutes

▶

Start Heating Start

\*You can select from "Microwave, Desired Temp." button.

If you switch the top and the bottom of the pork part of the way through, you will get an even cook.

# Simmered Chicken and Vegetables

Microwave

No accessories



## Ingredients/For 2 servings

Chicken thighs	1/2 (100 g)	A	B	Dashi	250 ml
Burdock	1/2 (50 g)			Japanese Soy sauce	2 1/2 tbsp.
Lotus root	Small 1/4 (50 g)			Sugar	2 1/2 tbsp.
Konjac	1/2 sheet			Sake	1 1/2 tbsp.
Carrots	1/4 (50 g)			Snow pea (boiled)	Proper quantity
Boiled bamboo shoot	40 g				
Taro	1 (Net 50 g)				

Manual For 4 servings  
(Stew) Microwave 600W Approx. 13 minutes →  
Microwave 200W Approx. 30 minutes  
• Double the ingredients.

## How to cook

※ For how to do a drop lid, see page 104.

- Cut chicken into 2 cm chunks, and cut carrots, boiled bamboo shoot and taro roughly. Roughly cut the burdock and lotus root, soak in vinegared water (not included in ingredients) and remove excess. Tear the konjac into pieces and boil.
- Heat in a frying pan 1/2 tablespoons of vegetable oil (not included in ingredients), fry the chicken until white and remove.
- Add vegetable oil 1/2 tablespoon (not included in ingredients) into 2's frying pan and stir fry A thoroughly.
- Put 2, 3 and B into a large heat-resistant glass bowl. Use a cooking sheet to make a drop-lid with a cooking sheet\* then cover.

- Place 4 in the center and heat.



\*You can select from "Microwave, Desired Temp." button.

- Add snow pea after heating has finished.

# Stewed Flounder

Microwave

No accessories



## Ingredients/For 4 servings

Flounder (fillet)	4 slices (80 g each)		
〈Liquid seasoning〉			
Ginger (cut thinly)	1 piece	Light soy sauce	6 tbsp.
Sugar	3 tbsp.	Water	225 ml
Sake	3 tbsp.		

## How to cook

※ For how to do a drop lid, see page 104.

- Put the seasoning liquid into a deep heat-resistant with flat-bottom, cover and place in the center and heat.



- Line up flounder (don't overlap) with 1 make a drop lid with a cooking sheet or similar\*, then cover.

- Place 2 in the center and heat



\*You can select from "Microwave, Desired Temp." button.

# Black Beans

Microwave

No accessories



## Ingredients/For 4 servings

Black beans	200 g	B	Hot water	400 ml
Water	600 ml		Sugar	90 g
Sugar	90 g	A		
Salt	1 tsp.			
Japanese Soy sauce				
	1 1/2 tbsp.			
Baking soda	1/2 tsp.			

## How to cook

※ For how to do a drop lid, see page 104.

1 Wash the black beans, place in a large heat-resistant glass bowl, add **A** and soak for a night.

2 For **1**, make a drop lid using cooking sheet or similar, ※ then cover.

3 Place **2** in the **center** and heat.

\*You can select from "Microwave, Desired Temp." button.

4 After heating has finished, add the combined **B**, make a drop lid with a cooking sheet or similar※, cover and heat again.

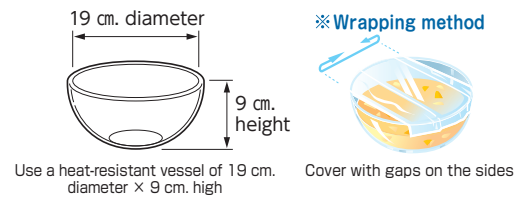
5 After heating has ended, take out from the inside and leave for one day.

Even vegetables you tend to lack with normal day-to-day foods can be consumed in large amounts in a soup.



Even the important nutrients that seep into the soup will not be wasted if you drink up the soup.  
Vegetable soups let you take in nutrients efficiently.

## Soup on pages 108 - 109



# Minestrone

Microwave

No accessories



## Ingredients/For 2 - 3 servings

Bacon	1 rasher	A	Soup Bouillon	300 ml
Onion	1/4 (50 g)		Can of tomatoes in water	200 g
Carrots	1/4 (50 g)	A	Bay leaf	1
Celery	1/4 (25 g)		Soy beans in water	50 g
Potato	1/4 (40 g)		Salt and pepper	to taste
Olive oil	1 tbsp.		Rosemary (to your preference)	Proper quantity

## How to cook

※ For how to cover, see above.

1 Dice the bacon, onion, carrots, celery and potatoes.

2 Pour **1** and olive oil into a heat-resistant container. Without a cover, place in the **center** and heat.

3 Add **A** to **2**, mix well whilst squashing the tomatoes, and cover with a gap between the cling film and the food※. Place **center** and heat.

4 After heating, add soya beans, mix and cover again with a gap between the food and the cling film※. Place **center** and heat.

5 After the end of heating, add salt and pepper to your taste and decorate with rosemary to your liking.

## For more volume

Fold 40g of spaghetti into three and add at **Step 3**. Please put in the spaghetti so that it is in the soup.

# Fried Tofu Soup with Mizuna

Microwave

No accessories



## Ingredients/For 2 - 3 servings

Bacon	4 rashers	A	Dashi	3 cups
Mizuna	80 g		Japanese Soy sauce	
Leek	½		Mirin	1 tsp.
Deep-fried bean curd	1 (140 g)		Salt	¼ tsp.
			Coarse black pepper	to taste

※ For how to put a cover on, see page 108.

## How to cook

**1** Cut bacon to be around 1 cm wide, mizuna to be about 4 cm long, leek to be thinly sliced and about 4 cm long and deep-fried bean curd to be about 3×4 cm and 5 mm thick.

**2** Put bacon from **1** and **A** into a heat-resistant container, cover with a gap between the food and the plastic wrap\*. Place in the **center** and heat.



**3** After heating, put mizuna from **1**, half the leek, deep-fried bean curd, mix, then place a cover with a gap from the food again\*. Place in the **center** and heat.



**4** After the end of heating, decorate with remaining leek and put black pepper on it.

# Mushroom Clam Chowder

Microwave

No accessories



## Ingredients/For 2 - 3 servings

Shimeji mushrooms	70 g	A	Soup stock cube	1
Enoki mushrooms	70 g		Water	200 ml
Mushroom	70 g		Milk	200 ml
Onion	½ (100 g)		Cornflour	1 tsp.
Bacon	1 rashers		Salt/Pepper	to taste
Clam (shelled)	30 g			

※ For how to put a cover on, see page 108.

## How to cook

**1** Cut shimeji, enoki, mushrooms into easy to eat sizes, cut the onions thinly and bacon into 1 cm wide pieces.

**2** Put mushroom from **1**, onions, bacon, clam, soup stock cube and water into a heat-resistant container, then cover with a gap between the food and covering\*. Place in the **center** and heat.



**3** After heating, put in **A**, mix really well together and \* cover with gap between this and the food. Place in the **center** and heat.



**4** After heating has finished, season with salt and pepper.

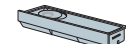
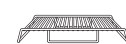
## For more volume

Fold 40 g of spaghetti into three and add together at **Step 2**. Please put in the spaghetti so that it is in the soup.



# Handmade Dim Sum

Steam



## Ingredients/For 20 pieces

Minced pork	200 g	Skin of dim sum	20 sheets
Peeled prawns	100 g	Peas	20
Leek	1/2		
Ginger liquid	2 tsp.		
Japanese Soy sauce			
A	1 1/2 tsp.		
Sugar	2 tsp.		
Sesame oil	2 tsp.		
Salt	3/4 tsp.		
Cornflour	4 tsp.		
Pepper	to taste		

## How to cook

\*Put water in the **water tank** and set it in place.

- 1 Cut peeled prawns and leeks finely.
- 2 Put minced meat and **A** into a bowl and mix until sticky and divide into 20.
- 3 Make a ring out of your left fingers, place a dimsum skin, make **2** into a cylinder using a knife or a spatula and stick the edges of the dim sum to the stuffing and decorate with peas.
- 4 Place the **gridiron** on the **square tray**, then place cooking sheet on the gridiron and line with **3**.
- 5 Place **4** on the **lower shelf** and heat.



Steamed

18 - 23 minutes

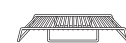


Heating Start

Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

# Handmade Steamed Gyoza

Steam



## Ingredients/For 16 pieces

Minced pork	100 g	Gyoza skin (large)	16 sheets
Leek	1/2	(Spiced agar)	
Chinese chives	1/2	B	
Garlic	1/2 clove	Powder agar	1 g
Ginger	1/2 piece	Water	125 g
Salt	1/4 tsp.	Chinese soup stock	1/2 tsp.
A	1 tsp.		
Japanese Soy sauce	1 tsp.		
Sake	1 tsp.		
Sesame oil	1 tsp.		

## How to cook

\*Put water in the **water tank** and set it in place.

- 1 Make the spiced agar. Put **B** into a pot, boil and stew for around 2 minutes whilst mixing and solidify in a container. Once hard, break down so that they are thin.
- 2 Cut leek, Chinese chives, garlic and ginger into small pieces.
- 3 Place minced meat, agar from **1**, **A** in a bowl, and mix well until sticky and then divide into 16 portions.
- 4 Place **3** on the gyoza skin, put water around the edges and wrap properly.
- 5 Place the **gridiron** on the **square tray**, then place a cooking sheet on the **gridiron** and line **4** on top of that.
- 6 Place **5** on the **lower shelf** and heat.



Steamed

18 - 23 minutes

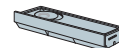
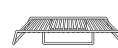


Heating Start

Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

# Handmade Meat Dumpling

Steam



Ingredients/For 8 pieces

(Skin)

Weak flour ..... 250 g  
 Sugar ..... 30 g  
 Salt ..... One pinch  
 Dry yeast  
 (Granular type that doesn't  
 require pre-fermentation)  
 ..... 4 g  
 Baking powder ... 1½ tsp.  
 Milk ..... 40 g  
 Water ..... 80 ml  
 Shortening ..... 15 g

(Filling)

Thinly cut pork(thin slices)  
 ..... 150 g  
 Dried Shiitake mushrooms  
 (5mm chunks)..... 2  
 Boiled bamboo shoots  
 (5mm chunks) ..... 50 g  
 Leek (cut thinly) ... 30 g  
 Oyster sauce ..... 1 tsp.  
 Liquid used to soak dried  
 shiitake..... 2 tbsp.  
 Soy sauce ..... 1 tbsp.  
 Sake ..... 2 tsp.  
 Salt and pepper ...to taste  
 Sugar..... 1 tsp.  
 Sesame oil ..... 1 tbsp.  
 Cornflour..... 2 tsp.

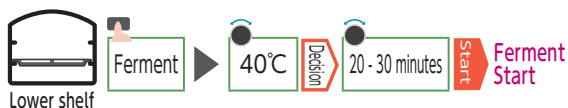
## How to cook

\*Put water in the **water tank** and set it in place.

1

Make the dough for the wrap

- Put **A** into a bowl, and add milk and water and knead. Once it comes together, add shortening and knead well.
- Once the surface is smooth, re-gather and round the dough in a heat-resistant bowl and cover.
- Place **2** on a **square tray**, put on the **lower shelf** and ferment.



- After fermenting, divide into eight, make into balls and cover and let it rest for approx. 10 minutes.

2

Make the stuffing

- Put all the ingredients for the stuffing into a heat-resistant bowl and mix.
- Cover **1** and heat after placing in the **center**.

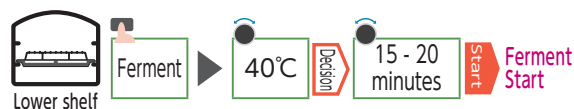


- After heating has finished, divide into eight after mixing.

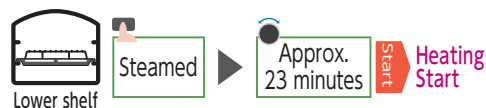
3

Finish

- Spread the dough of **1** to be around 10 cm wide and place the filling from **2** in the center and wrap.
- Place the **gridiron** on the **square tray** and on top of the **gridiron**, lay a cooking sheet and line **1** on top.
- Place **2** on the **lower shelf** and ferment.



- Continue to heat after the end of fermenting.



Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.



## Handmade Meat Dumpling Variation

★For basic method please see “handmade meat dumpling”.

### Red Bean Paste Dumpling



Ingredients/  
For 8 pieces  
(Skin)

Ingredients for handmade meat  
dumpling ..... For 1  
(Filling)  
Strained red bean paste (shop  
bought) ..... 320 g

- Do not do the handmade meat dumpling **Step 2**'s microwave heating.
- If there is a lot of water in the strained red bean paste, use a pot to get rid of the moisture and make it hard enough so that it doesn't drop when scooped up.

### Curry Dumpling



Ingredients/  
For 8 pieces  
(Skin)

Ingredients for handmade meat  
dumpling ..... For one round  
Curry powder ..... ½ tsp.  
(Filling)  
Minced beef and pork ..... 120 g  
Onion (5mm chunks) ..... 100 g  
Carrots (5mm chunks) ..... 50 g  
Garlic (cut finely) ..... ½  
Curry roux ..... 40 g  
Salt and pepper ..... to taste  
Weak flour ..... 2 tsp.  
Water ..... 2 tbsp.  
Vegetable oil ..... 2 tsp.

- In the method for handmade meat dumpling **1-1** add curry powder to make the skin.

### Pizza Dumpling



Ingredients/  
For 8 pieces  
(Skin)

Ingredients for handmade meat  
dumpling ..... For one round  
(Filling)  
Minced pork ..... 120 g  
Onion (5mm chunks) ..... 100 g  
Garlic (finely chopped) ..... ½  
Olive oil ..... 1 tbsp.  
Tomato puree ..... 50 g  
Tomato ketchup ..... 30 g  
Consomme stock cube (smashed)  
..... ½  
Powdered cheese ..... 2 tbsp.  
Salt, black pepper, oregano,  
tabasco ..... to taste  
Weak flour ..... 3 tbsp.

Steam

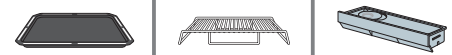
# Soup Dumplings



## Ingredients/For 20 pieces

A	Minced pork	100 g	B	(Spice agar)
	Leek	50 g		Powder agar
	Dried shiitake mushrooms	2	Chicken soup stock	160 ml
	Garlic	1/2	Gyoza skin (large)	20 sheets
	Ginger	5 g		
	Salt	1/4 tsp.		
	Japanese Soy sauce	1/2 tsp.		
	Sake	1 tsp.		
	Sesame oil	1 tsp.		

## Steam



### How to cook

\*Put water in the **water tank** and set it in place.

- 1 Cut leek, dried mushrooms, garlic and ginger finely.
- 2 Make spice agar.  
Put **B** into a pan, solidify in a container. Once hard, break down so that they are thin.
- 3 Put **A** and **2** into a bowl, mix until sticky and divide into 20.
- 4 Place **3** in the center of the skin, put water on the edge of the skin and close as though you are pinching the skin in the middle.
- 5 Place the **gridiron** on the **square tray**, then place cooking sheet on the gridiron and line with **4**.
- 6 Place **5** on the **lower shelf** and heat.



Lower shelf

Steamed

18 - 23 minutes

Start Heating Start

Sometimes the water in the water supply cassette may run out part of the way through. If the supply water indicator comes on, please add water.

# Western Beef Tataki



## Ingredients/For 4 servings

Beef fillet	Two (130 g each / 2cm thick)	B	(Dressing)		
	Salt		2/3 tsp.	Mustard powder	1 tsp.
	Baby leaves		Proper quantity	Lemon juice	2 tsp.
				Salt/Pepper	to taste
				Extra virgin olive oil	2 tbsp.

## Steam



### How to cook

\*Put water in the **water tank** and set it in place.

- 1 Cover the beef with salt and leave for approximately 10 minutes. Heat vegetable oil (a little, not included in ingredients), fry both sides with moderate heat and colour. (Around 30 seconds on the top and the bottom)
- 2 Wrap **1** it in plastic wrap, place on a **square tray**, place on the **lower shelf** and heat.
- 3 After heating has finished, cool quickly by placing it in iced water whilst covered. (Around 30 seconds)
- 4 Cut **3** thinly, line in a container, pour on well mixed dressing and place the baby leaves.



Lower shelf

Low Temp. Steam

80°C

Decision

Approx. 14 minutes

Start Heating Start

# Mini Ham of Filet

Steam



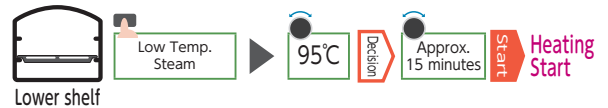
Ingredients / 20x14x7.5 cm heat-resistant plastic container for 1

Pork medallion joint  
 ...400 g (diameter 4 - 5 cm x 2)  
 Coarse salt ..... 3 tsp.  
 Dried mixed herbs  
 (Thyme, oregano,  
 rosemary, etc.) ... 2 tsp.  
 Coarse black pepper  
 ..... ½ tsp.

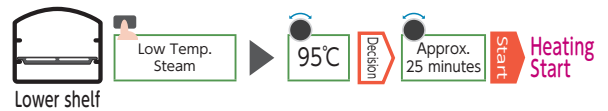
B  
 Soup stock cubes  
 (broken down) ..... 1  
 Bay leaves ..... 2  
 Cloves ..... 5  
 Hot water (more than  
 90°C) ..... 2 cups

**How to cook** \*Put water in the **water tank** and set it in place.

- 1 Tie the pork with string so that it is neatly round.
- 2 Place half of **A** on each and leave in a cool place for 2-3 hours.
- 3 Put **B** into a thin heat-resistant container, and mix, put in **2** after a little while and cover.
- 4 Place **3** on a **square tray**, place on the **lower shelf** and heat.



- 5 After the heating has finished, flip the top and the bottom around and cover. Put onto the **lower shelf** again, add water from the water tank and heat.



Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

After heating has finished, place inside as is and leave for **approx. 6 minutes**.

# Pork Steamed with Szechuan Pickles

Steam



Ingredients / For 2 servings

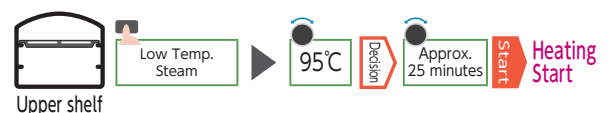
Thinly cut pork ..... 130 g  
 Shimeji mushrooms ... 50 g  
 Flavoured Szechuan  
 pickles (thinly cut) ... 50 g  
 A  
 Japanese Soy sauce  
 ..... ½ tbsp.  
 Vinegar ..... 1 tsp.  
 Leek ..... ¼ (30 g)

**How to cook** \*Put water in the **Water tank** and set it in place.

- 1 Cut pork into 2 cm width chunks, place in a bowl with **A**, mix together as if to separate out each one and leave for around 10 minutes.
- 2 Remove the bases off the shimeji, separate them out and cut the leek into small pieces.
- 3 Add **2** to **1**, and mix.
- 4 Spread **3** out flat on aluminium foil and cover snugly.



- 5 Place **4** on a **deep tray**, and put on the **upper shelf** and heat.



Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

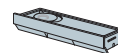
Steamed

# Chicken in Slices

Microwave

Steam

No accessories



## Ingredients/For 4 servings

Chicken breast ... 1 (200 g)	Ginger (cut thinly) ... ½ piece
Salt ..... to taste	Tomato (cut thinly)
Sake ..... 2 tbsp.	..... Proper quantity
Japanese leek (cut small)	Cucumber (cut thinly)
..... ¼	..... Proper quantity

**How to cook** \*Put water in the Water tank and set it in place.

- 1 Cut into the thick part of the chicken, flatten and pierce several places with a fork.
- 2 Place chicken from 1 in a heat-resistant plate, pour on salt and sake, put Japanese leek and ginger on top and leave for around 30 minutes.
- 3 Remove Japanese leek and ginger from 2, place with no cover in the center and heat.



\*Select with "Steam, superheated steam" button.

- 4 Once 3 has cooled, tear apart finely with hands and serve along with tomatoes and cucumber.

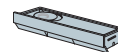
Please enjoy with commercially available Chinese sauces or your favourite condiment.

# Steamed Sablefish

Microwave

Steam

No accessories

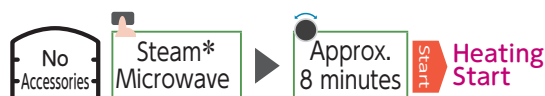


## Ingredients/For 4 servings

Sablefish (fillets) ... 200 g	Chicken soup stock ... 50 ml
Sake ..... ½ tbsp.	Sake ..... 1 ½ tbsp.
A Salt ..... ¼ tsp.	B Sugar ..... ½ tsp.
Pepper ..... to taste	Salt ..... ¼ tsp.
	Pepper ..... to taste
	Sesame oil ..... 2 tsp.
	Japanese leek (cut thinly)
	..... Proper quantity
	Chives (cut small)
	..... Proper quantity

**How to cook** \*Put water in the Water tank and set it in place.

- 1 Cut black cod into bite-sized chunks, scatter on A and season.
- 2 Place the black cod on a heat-resistant plate 1 and pour on B that's been combined.
- 3 Put 2 without cover inside in the center and heat.



\*Select with "Steam, superheated steam" button.

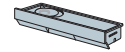
- 4 After the end of heating, scatter on Japanese leek and chives then pour on sesame oil.

# Red Bean Rice

Microwave

Steam

No accessories



### Ingredients/For 2 servings

Sticky rice	..... 160 g (1 cup)	Water in which adzuki's been boiled + water	..... 175 ml
Adzuki beans	... 1 (15 g) tbsp.	Sesame seeds and salt	..... Proper quantity

Manual For 4 servings  
 Steam microwave Approx. 24 minutes  
 • Mix twice part of the way through.  
 • Double the ingredients.

**How to cook** \*Put water in the water tank and set it in place.

- 1 Wash the sticky rice, put into a basket and remove the moisture.
- 2 Put adzuki and plenty of water in a pot and heat. Once it comes to the boil, dispose of the liquid and add two cups of water. Once it comes to the boil again, turn down to weak heat, boil until it squashes a little when pressed with fingers, cool sufficiently and keep the juice and adzuki separately.
- 3 Add sticky rice and adzuki into a heat-resistant glass bowl, add the water in which adzuki was boiled with water and soak for around 1 hour.
- 4 Put 3 without cover inside in the center and heat.



\*Select with "Steam, superheated steam" button.

Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

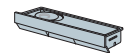
- Mix twice part of the way through.
- 5 After heating has finished, mix, cover with a cloth then steam for a while.

# Chinese Sticky Rice

Microwave

Steam

No accessories



### Ingredients/For 2 servings

Sticky rice	... 160 g(1 cup)	A	Dried shrimps (soak)	... 3 g
Thinly cut pork	..... 40 g		Chicken stock	... 125 ml
Sake	..... 1/2 tbsp.		Soy sauce	..... 1/2 tbsp.
Ginger juice	... to taste		Sugar	..... 1/4 tbsp.
Boiled bamboo shoot	... 40 g		Sake	..... 1/2 tbsp.
Dried Shiitake (soak)	..... 1		Sesame oil	... 1/2 tbsp.
			Salt	..... 1/3 tsp.

Manual For 4 servings  
 Steam microwave Approx. 24 minutes  
 • Mix twice part of the way through.  
 • Double the ingredients.

**How to cook** \*Put water in the water tank and set it in place.

- 1 Wash the sticky rice, soak in water for about an hour, put into a basket and remove moisture.
- 2 Cut pork thinly and flavour with sake and ginger juice. Cut the bamboo shoots coarsely fine and shiitake thinly.
- 3 Put 1, 2, A into a heat-resistant glass bowl, and mix.
- 4 Put 3 without cover inside in the center and heat.



\*Select with "Steam, superheated steam" button.

Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

- Mix twice part of the way through.
- 5 After heating has finished, mix, cover with a cloth then steam for a while.

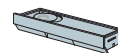
Steamed

# Chestnut sticky rice

Microwave

Steam

No accessories



Ingredients/For 2 servings

Sticky rice ... 160 g (1 cup)    Chestnuts ..... 8 (80 g)  
Water ..... 175 ml    Salt ..... ½ tsp.

• When you can't get hold of fresh chestnuts, please prepare ones made for cooking with rice.

Manual

For 4 servings

Steam microwave Approx. 24 minutes

- Mix twice part of the way through.
- Double the ingredients.

**How to cook** \*Put water in the **Water tank** and set it in place.

- 1 Wash the sticky rice, put into a basket and remove moisture. Put rice and sticky rice into a glass bowl and soak for around 1 hour.
- 2 Peel the chestnuts and cut in half.
- 3 Add salt and chestnut from **2** to **1**, and mix.
- 4 Put **3** without cover inside in the **center** and heat.



\*Select with "Steam, superheated steam" button.

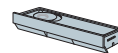
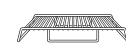
Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

Mix twice part of the way through.

- 5 After heating has finished, mix, cover with a cloth then steam for a while.

# Pickled Cucumber

Steam

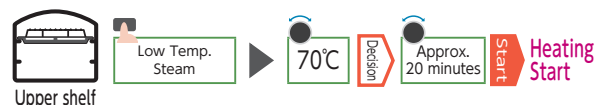


Ingredients/For 4 servings

Cucumber ..... 4 (400 g)  
<Spice liquid>  
Soy sauce ..... 2 tbsp.    Vinegar ..... 5 tbsp.  
Sugar ..... 5 tbsp.    Broad bean chili paste  
Salt ..... ½ tsp.    ..... 1 tsp.  
Sesame oil ..... 1 ½ tbsp.

**How to cook** \*Put water in the **Water tank** and set it in place.

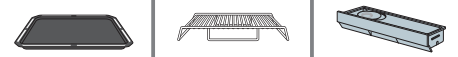
- 1 Place the gridiron on the **square tray** and line cucumbers on it, place on the **upper shelf** and heat.



- 2 Mix the spice liquid well.
- 3 After heating has finished, remove moisture from **1**'s cucumber, cut both ends off and cut into half in a cross. Place in a storage container, pour on **2** and leave to absorb flavour.
  - It will be tasty after about two hours.

# Pickled Orange Vegetables

Steam



## Ingredients/For 4 servings

Carrots	1 (200 g)	(Pickling solution) A [ Apple vinegar or rice vinegar ..... 1 cup Water ..... 1 cup Salt ..... 1 tsp. Honey ..... 3 tbsp. Cinnamon stick ..... 1 Bay leaves ..... 2
Pumpkin	Net. 150 g	
Dried apricots	8 (40 g)	
Raisin	20 g	

**How to cook** \*Put water in the **Water tank** and set it in place.

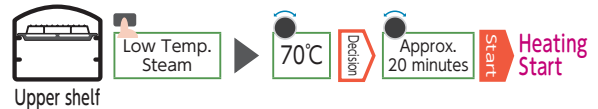
- 1 Make the pickling solution. Put into a heat-resistant container, **A** and add cinnamon stick and bay leaf. Place in the **center** with no cover, heat and cool.



- 2 Don't peel the carrot and cut roughly so that they are long and thin. Peel the pumpkin and cut into easy to eat 7-8 mm chunks.

- 3 Place the **gridiron** on the **square tray**, place a cooking sheet on the **gridiron**, spread out **2** and scatter over dried apricots and raisins.

- 4 Place **3** on the **upper shelf** and heat.



- 5 After heating has finished, remove moisture by wiping and cool. Place in a storage container, add the pickling solution from **1** and let it pickle for more than 1 hour.

# Crown Daisy Tuna Salad

Steam



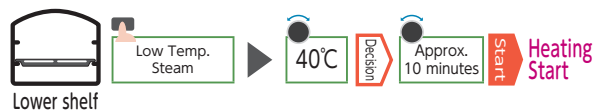
## Ingredients/For 4 servings

Crown daisy	1 (200 g)	A [ Powdered mustard ..... 2/3 tbsp. Lemon juice ..... 2/3 tbsp. Soy sauce ..... 2/3 tbsp. Sesame oil ..... 1 tsp. Ground white sesame seeds ..... 2 tsp.
Can of tuna (in oil)	1 can (80 g)	

**How to cook** \*Put water in the **Water tank** and set it in place.

- 1 Wash the crown daisy, cut off 2-3 cm off the stalks then spread out onto a **square tray**.

- 2 Put **1** in the **lower shelf** and heat.



- 3 After heating has finished, remove the moisture lightly and cut into 4 cm long pieces.

- 4 Mix **A** well, add the tuna along with the juices in the can, add **3** and combine. (Add lemon if you like)



# Crab and Egg

Steam



Ingredients/Flow can 11×14.5×4.5 cm for 1 serving

Egg	4 (Size M)	White crab meat	50 g
A	Dashi	3 tbsp.	
	Mirin	1/3 tbsp.	
	Light soy sauce	2/3 tsp.	
	Salt	to taste	

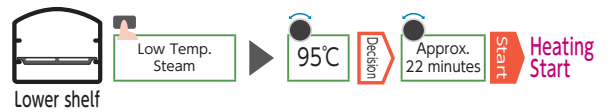
**How to cook** \*Put water in the **Water tank** and set it in place.

- 1 Beat eggs into a heat-resistant container, add **A** and mix well. Add crab meat which has been separated, mix and cover.
- 2 Place **1** in the **center**, heat and mix with a whisk.



Heat for **approx. 30 seconds** again in a similar way and mix.

- 3 Coat a flow can lightly with vegetable oil and flow in **Cover**. place **2** on a **square tray**, then on the **lower shelf** and heat.



Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

\*If it is not solidifying well, add more heating time.

- 4 After heating has finished, remove excess heat without removing from the mould and once excess heat has gone, remove and cut it up.

# Egg Tofu

Steam



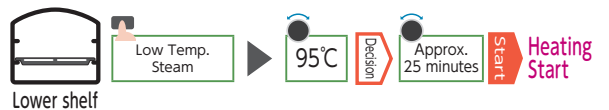
Ingredients/Flow can 11×14.5×4.5 cm for 1 serving

Egg	4 (Size M)	(Soup)		
A	Dashi	300 ml	Dashi	150 ml
	Mirin	1 tsp.	Mirin	1 tbsp.
	Salt	1/4 tsp.	Light soy sauce	1 tbsp.

**How to cook** \*Put water in the **Water tank** and set it in place.

- 1 Place **A** in a bowl and leave to cool.
- 2 Beat eggs well, add to **1** and mix.
- 3 Strain **2**, put into a flow can and cover.

- 4 Place **3** it on a **square tray**, place on the **lower shelf** and heat.



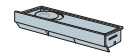
Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.

- 5 Mix the ingredients for the soup, bring to a boil in a pot then cool.
- 6 After heating has finished, cool **4** properly, remove from mould, cut and pour on **5**.

•The appropriate initial temperature for the egg sauce is around 25°C (20-30°C). If it's too high or too low, please adjust the heating time.

# Steamed Egg

Steam



Ingredients/For 2 servings (Bowl (pottery) with lid x 2)

Egg	1 (Size M)	Prawns	2
Dashi	200 ml	Chicken breast	30 g
Salt	1/3 tsp.	Japanese Soy sauce	1/2 tsp.
Light soy sauce	1/3 tsp.	Dried shiitake mushrooms (soak and cut thinly)	2
Mirin	1/3 tsp.	Japanese fish cake (cut to be 5 mm thick)	2
		Gingko (canned)	4
		Mitsuba	Proper quantity

※For 4 servings, double the ingredients and use 4 containers and approximately double the microwave heating time in **4**.

Manual Low Temp. Steam 85°C Approx. 25 minutes

- Ideal initial temperature for the egg sauce is around 25°C (20 - 30°C). If it's too high or too low, please adjust heating times.
- Always heat with a lid on. If there is no lid on the steaming bowl, please cover with aluminium foil.
- When it is not very solidified, please leave for a while with the lid still on. It will harden with the residual heat.

How to cook \*Put water in the Water tank and set it in place.

- 1 Crack and beat the eggs in a bowl, mix in the cooled **A** and strain with a cloth or a strainer.
- 2 Remove the shell and veins from the prawns. Cut the chicken into thin diagonals, put into a container and flavour by putting Japanese soy sauce into it.
- 3 Place **2** on a heat-resistant plate, and shiitake mushrooms and cover.
- 4 Place **3** in the **center** and heat.



- 5 Put equal amount of Japanese fish cake and gingko in the bowl, steam with step **4**. Then add **1** and put the lid on.
- 6 Place **5** on a **square tray**, place on the **lower shelf** and heat.

Sometimes the water in the water tank may run out part of the way through. If the supply water indicator comes on, please add water.



- 7 Scatter the mitsuba after heating.

## Request

When cooking with heavy items such as containers or pots such as when making steamed egg, please use thick oven gloves to take them in and out.

Low-temperature cooking with microwave heating. Easy egg pudding that can be done in 20 minutes from preparation.

# Quick Steamed Egg

Microwave

No accessories



## How to cook

- 1 Tear the crab stick vertically and put equal amounts into the containers.
- 2 Mix **A** and leave water dissolved in it.
- 3 Crack the egg into a bowl, beat sufficiently, add **2** and mix then strain.
- 4 Put equal amount of **3** into **1** and wrap each of them individually **with plastic wrap**.
- 5 Place **4** toward **the center** and heat.



QUICK/EASY

15-1 Fast Low Temp. Cooking (Steamed egg)

Start Heating Start

(Standard heating time is approx. 12 minutes)

- The solidness may vary depending on the material and size of container used and ingredients. If it doesn't solidify, leave in the center inside and cook for longer or heat whilst watching it at microwave 200W.

Ingredients / Heat-resistant container of diameter approx. 10 cm x approx. 5 cm height (or pottery) x 2 (we recommend ones with the base as flat as possible)

Egg ... 1 (Size M) (Net 50 g)	A	Japanese stock (granules) .....	1/3 tsp.	
Crab stick .....		2	Salt .....	1/4 tsp.
			Mirin .....	1/4 tsp.
			Water .....	170 ml

- Even easier with commercially available concentrated white dashi  
Please use 170 ml of concentrated white dashi diluted as per package instruction.
- If you want to make 4 serving.  
The heating time is for 2 servings, so if you have 4 servings please cook two each time, twice.

- The solidness is impacted so please ensure it is covered with plastic wrap and placed toward the center inside.
- Please do not use aluminium foil or container with gold or silver on it for microwave heating.

## Pages 120 - 121 Key points relating to fast low-temperature cooking (Microwave heating using infrared sensors)

Fast low-temperature cooking heats at a temperature below 100°C faster than using steam so that Japanese steamed egg retains its smoothness and pickles / light pickles retain the crunchiness of the raw food.

### • Please use a low container with a wide opening that is heat-resistant.

In order to allow the infrared sensor to detect the surface temperature of the food, please use a low container using the size described on each menu as a guide with a wide opening. Please ensure the container is not too tall relative to the food.

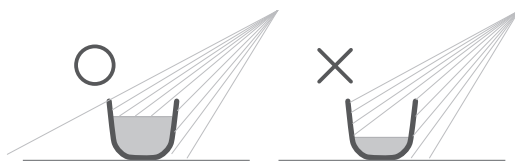


Image of infrared sensor detection

### • Please place in the center.

In particular, for quick egg pudding, please put the container toward the center.



### • After the end of heating, the container will be hot so please remove it using commercially available oven gloves, etc.

※The finish may differ depending on the material or size of the container used and ingredients.

Low-temperature cooking with microwave heating. This is easy pickles that can be done in around 40 minutes from preparation.

## Speedy pickles

Microwave

No accessories



### How to cook

- 1 Cut carrots, celery, red pepper into vertical stick shapes (1 cm thick, 5 cm long). Cut onions thinly.
- 2 Put **A** into a heat-resistant container and mix, then dissolve sugar and salt in it.
- 3 Add **1** to **2** and add bay leaf then mix.
- 4 Place **3** **without a cover in the center inside** then heat.



QUICK/EASY

15-2 Fast Low Temp. Cooking (Pickles)



Heating Start

(Standard heating time is approx. 4 minutes)

- 5 After heating is complete, mix and cool for approximately 30 minutes in the fridge.

Ingredient/Heat-resistant container with approx. 16 cm sides (or 18 cm in diameter) x approx. 5 cm in height For one

Carrots .....	50 g	A	Sugar .....	1 tbsp.
Celery .....	30 g		Salt .....	¼ tsp.
Red pepper .....	30 g		Coarse black pepper	.....Proper quantity
Onion .....	30 g		Vinegar .....	50 ml
			Water.....	50 ml
			Bay leaf.....	1

Low-temperature cooking with microwave heating. It's an easy pickle that can be done within around 40 minutes from preparation.

## Lightly Pickled Salt Yoghurt

Microwave

No accessories



### How to cook

- 1 Cut cucumber into around 1 cm thick diagonal chunks. Cut radish and carrots to bite-sized butterflies or half-moons around 5 mm thick.
- 2 Mix **A** into a heat-resistant container and mix well
- 3 Add **1** to **2**, and mix.
- 4 Place **3** **with no covering in the middle** and heat.
- 5 After the end of heating, mix and cool in the fridge for around 30 minutes. Please wash off the yoghurt and enjoy!



QUICK/EASY

15-3 Fast Low Temp. Cooking (Light Pickles)



Heating Start

(Standard heating time is approx. 6 minutes)

Ingredient/Heat-resistant container with around 16 cm sides (or 18 cm in diameter) x around 5 cm in height for one

Cucumber ...	100 g (1 medium)	A	Plain yoghurt .....	100 g
Radish .....	50 g		Salt.....	1 tsp. (6 g)
Carrots .....	50 g			

## When cooking with microwave cooking

We recommend heat-resistant bowl or pottery as heat-resistant container.

- Please do not use containers with gold, silver or coloured designs. If there is gold or silver, there may be sparks so the design may fall off.
- If there is a lot of fat or sugar content, the ketchup or ingredients containing salt will become hot so even if the container is plastic and heat resistant to more than 140°C, it may deform or melt.
- When heating is insufficient please either extend the heating or heat whilst monitoring the situation. Heating may be insufficient depending on how the material is cut and the container.

## Scramble egg (Plain/Ham/Cheese)

Microwave

No accessories



### How to cook

- 1 Put all the ingredients into a heat-resistant glass bowl and mix well.  
 ※ If using ham / cheese, add ham and cheese chopped roughly into fine bits once the eggs are well beaten.  
 Each type should be heated separately.

- 2 Place 1 without cover in the **center** inside and heat. Once the egg starts to harden, mix properly around three times to separate.



(Standard heating time is approx. 2 minute 20 seconds)

- 3 After heating, mix and serve into a bowl.

### ! Please beware

Please mix the egg well. Use a deep heat-resistant container and do not cover. (If may break or egg may swell out of the container)

#### Ingredients / For 2 servings

<Plain>	<Ham>	<Cheese>
Egg ..... 2 (Size M)	Plain ingredients	Plain ingredients
Milk ..... 2 tbsp.	..... All amounts	..... All amounts
Salt, pepper ..... A little of each	Ham ..... 2 slices	Processed cheese ..... 30 g

Manual Microwave 500W Approx. 2 minutes 20 seconds

# Okra Fried with Cheese

Microwave

No accessories



## Ingredients/For 2 servings

Okra .....	10	(Mixed miso)	
Natural cheese (for pizza) .....	30 g	A	
		Miso .....	1 tsp.
		Mirin .....	½ tsp.
		Sake .....	½ tsp.
		Sugar .....	½ tsp.
		Thin strips cut nori .....	Proper quantity

## How to cook

- 1 Scatter salt (not included in ingredient) on okra and remove the fur off them by rubbing it in. Wash, remove moisture then cut off the tops.
- 2 Mix **A** and make mixed miso. Line a heat resistant plate with the okra, cover with the mixed miso and pour over the cheese.
- 3 Place **2** without a cover in the **center** inside then heat.
 

**QUICK/EASY**

**13-3-Minute Speed Menu**

(Standard heating time is approx. 3 minutes)
- 4 Top with thin strips cut nori to your taste.

Manual Microwave 500W Approx. 3 minutes

# Beansprout Fried with Salted Konbu

Microwave

No accessories



## Ingredients/For 2 servings

Beansprout .....	100 g	Coarse black pepper .....	to taste
Salted konbu (thin cut) .....	Proper quantity	Spring onions (cut small) .....	Proper quantity

## How to cook

- 1 Put in beansprout and salt konbu in a heat-resistant glass bowl and mix well.
  - 2 Cover **1**, place in the **center** inside and heat.
 

**QUICK/EASY**

**13-3-Minute Speed Menu**

(Standard heating time is approx. 3 minutes)
  - 3 After heating, scatter over with black pepper and spring onions.
- If you don't like the root of the beansprout, please use after cutting it off.

Manual Microwave 500W Approx. 3 minutes

# Tofu with Meat Miso

Microwave

No accessories



## Ingredients/For 2 servings

Tofu .....	Half	Sugar .....	½ tbsp.
Minced pork .....	50 g	Sake .....	1 tbsp.
Leek (thinly chopped) .....	5 cm	Dashi .....	1½ tbsp.
Miso .....	½ tbsp.		

## How to cook

- 1 Put all the ingredients other than tofu in a heat-resistant glass bowl and mix well.
- 2 Cover **1** and heat after placing it in the **center** inside.
 

**QUICK/EASY**

**13-3-Minute Speed Menu**

(Standard heating time is approx. 3 minutes)
- 3 After heating, mix and then pour on top of the tofu.
 

※If want to heat the tofu too...

Put just the tofu into a heat-resistant container and heat using <microwave 500W, approx. 3 minutes> then pour on the meat miso.

Manual Microwave 500W Approx. 3 minutes

# Baked avocado with Cheese

Microwave

No accessories



Ingredients/For 2 servings  
 Avocado (ripe) ..... 1 : Salt/Pepper ..... to taste  
 Natural cheese (for pizza) ..... 30 g

Manual Microwave 500W Approx. 3 minutes

## How to cook

- 1 <How to cut avocados>  
Use the knife to cut along the middle of avocado vertically around the seed. Twist the two sides and separate out into two halves. Stick the point of the knife into the seed and remove it by twisting the knife. Peel the skin with your fingers and cut into vertical slices.
- 2 Place avocado then cheese on a heat-resistant plate and put salt and pepper on it.
- 3 Place 2 without cover in the **center** inside and heat.

QUICK/EASY  
 No Accessories 13-3-Minute Speed Menu Start Heating Start  
 (Standard heating time is approx. 3 minutes)

# Curry Flavoured Fried Potatoes

Microwave

No accessories



Ingredients/For 2 servings  
 Potato ..... 1 (150 g) : Salt, pepper ..... to taste  
 Minced pork and beef ..... 50 g : Parsley (finely chopped) ..... Proper quantity  
 Curry powder ..... ½ tbsp.

Manual Microwave 500W Approx. 4 minutes

## How to cook

- 1 Cut potatoes into 5 cm long rectangles.
- 2 Put all the ingredients other than parsley into a heat-resistant glass bowl, mix so that the minced meat doesn't go into clumps and cover with plastic wrap.
- 3 Place 2 in the **center** inside and heat.
- 4 After heating has finished, mix it all as though you are pulling apart the minced meat and scatter parsley over it.

QUICK/EASY  
 No Accessories 13-3-Minute Speed Menu Start Increase 3 Heating Start  
 (Standard heating time is approx. 4 minutes)

# Sauteed Spinach with Bacon

Microwave

No accessories



Ingredients/For 2 servings  
 Spinach ..... 200 g : Butter ..... 10 g  
 Bacon ..... 50 g : Salt/Pepper ..... to taste

Manual Microwave 500W Approx. 3 minutes 40 seconds

## How to cook

- 1 Cut spinach into 5 cm chunks. Cut bacon into 1 cm pieces.
- 2 Place 1 and butter in a heat-resistant glass bowl and cover with plastic wrap.
- 3 Place 2 inside in the **center** and heat.
- 4 After heating, season with salt and pepper.

QUICK/EASY  
 No Accessories 13-3-Minute Speed Menu Start Increase 2 Heating Start  
 (Standard heating time is approx. 3 minute 40 seconds)

# Warm Mixed Bean Salad

Microwave

No accessories



## How to cook

- 1 Cut the ham into 1 cm chunks, sour-sweet pickled Japanese leek into coarse small bits and red pepper into 1 cm chunks.
- 2 Put **1** and mixed bean into a heat-resistant glass bowl. Add olive oil then season with salt and black pepper, then mix them together.
- 3 Cover **2** with plastic wrap place in the **center** inside and heat.



QUICK/EASY

13-3-Minute Speedy Menu



Heating Start

(Standard heating time is approx. 3 minutes)

- 4 After heating, add lemon juice, powdered cheese and parsley then mix well.

### Ingredients/For 2 servings

Mixed beans (dried pack)	100 g	Pepper	..... Proper quantity
Ham (thick cut)	.....40 g	Lemon juice	..... 1 tbsp.
Sour-sweet pickled		Powdered cheese	..... 2 tsp.
Japanese leek	.....30 g	Parsley (finely chopped)	.....2 tsp.
Red pepper	.....30 g		
Olive oil	..... 1 tbsp.		
Salt	..... ½ tsp.		

Manual Microwave 500W Approx. 3 minutes

# Marinated Shrimp and Vegetables

Microwave

No accessories



## How to cook

- 1 Wash peeled shrimp with starch (not included in the ingredient) and small amount of water lightly with fingers. Rinse and remove water thoroughly. Cut onions into 5 mm slices, mini tomatoes into 2-4 and cut olives into thirds, in rings. Remove the edges from the snow pea and cut diagonally into half.
- 2 Put the peeled prawns, onions, mini tomatoes, olives and snow pea into a heat-resistant glass bowl in that order and add olive oil, salt and pepper.
- 3 Cover **2** with plastic wrap and heat by placing it in the **center** inside.



QUICK/EASY

13-3-Minute Speed Menu



Heating Start

(Standard heating time is approx. 3 minutes)

※ If the prawns are large, cut in half from the back and heat by choosing the finish to be "increase".

- 4 After heating, mix and let it cool down a little. Add lemon juice and powdered cheese.

### Ingredients/For 2 servings

Peeled prawns (small)	... 50 g (12)	Olive oil	..... 1 tbsp.
Onions	.....50 g (¼)	Salt	..... ¼ tsp.
Mini tomato	.....60 g	Pepper	..... Proper quantity
Olives	..... 5	Lemon juice	..... 1 tbsp.
Snow pea	..... 12 (20 g)	Powdered cheese	..... Proper quantity

Manual Microwave 500W Approx. 3 minutes



# Namul Rolled with Chinese chives and Ham

Microwave

No accessories



Ingredients / For 4 servings	
Chinese chives ... 2 (200 g)	Salt ..... to taste
Ham ..... 3 - 4 slices (50 g)	Sesame oil ..... 1 tsp.
Nori ..... 2 sheets	Ground white sesame ..... 2 tsp.

Manual Microwave 500W Approx. 4 minutes

## How to cook

- 1** Cut the leek into a half lengthwise, wrap with plastic wrap, place on a heat-resistant plate, place in the **center** inside then heat.

No Accessories

QUICK/EASY  
13-3-Minute Speed Menu

Start

Increase 3

Heating Start

(Standard heating time is approx. 4 minutes)
- 2** After heating, once Chinese chives in **1** has cooled, wring out the moisture gently. Cut into a half in that form and massage gently after putting salt and sesame oil on it. Cut ham thinly.
- 3** Put nori on a plastic wrap spread out, then place Chinese chives from **2** and half the ham so that they form the same thickness. Shake sesame on it from the top, roll from the near side and roll another in the same way.
- 4** Leave for about 10 minutes while still wrapped and cut into easy to eat lengths.

# Stir Fried Vegetables

Microwave

No accessories

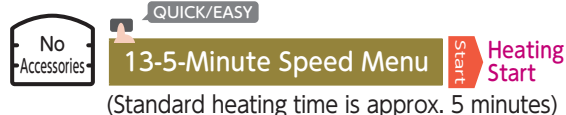


## Ingredients/For 2 servings

Cabbage	200 g	Ham	50 g		
Carrots	50 g	A	Chicken stock		
Green pepper	1			Sesame oil	1 tsp.
Onions	50 g			Salt/Pepper	to taste

## How to cook

- Cut the ingredients and place in a heat-resistant glass bowl.  
Cabbage (chopped roughly), carrots (butterfly cut), green pepper (chopped roughly), onions (cut into wedges), ham (1 cm chunks)
- Add A to **1**, mix and cover with plastic wrap.
- Place **2** in the **center** inside and heat.



- After heating, season with salt and pepper.

Manual Microwave 500W Approx. 5 minutes

# Japanese Mustard Spinach In Mild broth

Microwave

No accessories

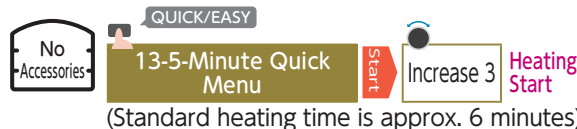


## Ingredients/For 2 servings

Japanese mustard spinach	200 g	A	Soy sauce	1 tbsp.
Deep fried tofu	50 g		Sugar	1 tbsp.
			Dashi	3 tbsp.

## How to cook

- Cut the Japanese mustard spinach into 5 cm chunks and deep fried tofu into 1 cm chunks.
- Put **1** and **A** into a heat-resistant glass bowl and cover with plastic wrap.
- Place **2** in the **center** inside and heat.



- Simply with noodles soup  
Use 60 ml noodles soup diluted as per instruction instead of **A**.

Manual Microwave 500W Approx. 6 minutes

# Stir fried pork with peppers

Microwave

No accessories

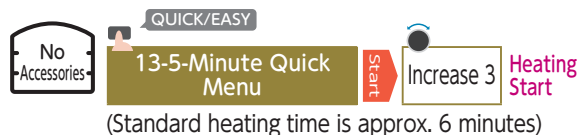


## Ingredients/For 2 servings

Thinly cut pork	140 g	A	Soy sauce	1 tbsp.
Sake	2 tsp.		Sugar	1 tsp.
Soy sauce	2 tsp.		B	Starch
Ginger	1 chunk	Water		1 tbsp.
Red / green pepper	2 each			

## How to cook

- Cut pork, ginger and red/green pepper thinly.
- Place pork, sake and soy sauce on a large heat-resistant plate, mix and season.
- Add ginger, green pepper and A to **2** and mix, then spread out and cover with plastic wrap.
- Place **3** in the **center** inside and heat.



- After heating, whilst hot, mix in well beaten **B** and use the residual heat to thicken.

Manual Microwave 500W Approx. 6 minutes

# Stewed Pumpkin

Microwave

No accessories



Ingredients/For 2 servings  
 Pumpkin ..... 200 g    Soy sauce ..... 1 tbsp.  
 Dashi ..... 2 tbsp.    Mirin ..... 1 tbsp.

Manual Microwave 500W Approx. 5 minutes 40 seconds

How to cook ※ See page 104 for how to make a dropped lid.

- 1 Cut Pumpkin into bite size chunks.
- 2 Put all the ingredients in a heat-resistant glass bowl and mix.
- 3 Use a cooking sheet or similar as a dropped lid\* and cover with plastic wrap.
- 4 Place 3 inside in the **center** and heat.

QUICK/EASY

No Accessories

13-5-Minute Speed Menu

Start

Increase 2

Heating Start

(Standard heating time is approx. 5 minutes 40 seconds)

# Stewed Hijiki

Microwave

No accessories



Ingredients/For 2 servings  
 Dried hijiki ..... 15 g  
 Carrots ..... 30 g  
 Deep fried tofu ..... 20 g  
 Vegetable oil ..... 1 tsp.

A

Soy sauce ..... 1 tbsp.  
 Sugar ..... 2 tsp.  
 Sake ..... 2 tsp.

Manual Microwave 500W Approx. 6 minutes

How to cook ※ See page 104 for how to make a dropped lid.

- 1 Soak hijiki with water and use a colander to remove water. Cut carrots and deep fried tofu thinly.
- 2 Put 1, vegetable oil and A in a heat-resistant glass bowl then mix.
- 3 Use a cooking sheet or similar as a dropped lid\* and cover with plastic wrap.
- 4 Place 3 inside in the **center** and heat.

QUICK/EASY

No Accessories

13-5-Minute Speed Menu

Start

Increase 3

Heating Start

(Standard heating time is approx. 6 minutes)

• Easily with noodles soup  
 Dilute the noodle soup in accordance with package instruction and use 40 ml of it instead of A.

# Stewed eggplant

Microwave

No accessories



Ingredients/For 2 servings  
 Eggplant ..... 150 g  
 Soy sauce ..... 1 tbsp.  
 Sugar ..... 1 tsp.  
 Mirin ..... 2 tsp.  
 Water ..... 5 tsp.

A

Vegetable oil ..... 1 tsp.  
 Ginger (grated) ..... 1 tsp.  
 Dried bonito flakes ..... Proper quantity

Manual Microwave 500W Approx. 6 minutes

How to cook ※ See page 104 for how to make a dropped lid.

- 1 Cut eggplant into 4-8 and mark a lattice pattern on the skin with a knife.
- 2 Put 1, A, vegetable oil and ginger into a heat-resistant glass bowl, and mix.
- 3 Use a cooking sheet or similar as a dropped lid\* and cover with plastic wrap.
- 4 Place 3 inside in the **center** and heat.

QUICK/EASY

No Accessories

13-5-Minute Speed Menu

Start

Increase 3

Heating Start

(Standard heating time is approx. 6 minutes)

- 5 After the cooking ends, scatter over dried bonito flakes.

• Easily with noodles soup  
 Dilute the noodle soup in accordance with package instruction and use 100 ml of it instead of A.

# Potato and Bacon Sauteed in Butter

Microwave

No accessories



## Ingredients/For 2 servings

Potato .....	1 (150 g)	Black pepper	
Bacon .....	40 g	.....	Proper quantity
Butter		Salt.....	to taste
.....	12 g (1 tbsp.)	Dried parsley	
		.....	Proper quantity

Manual Microwave 500W Approx. 5 minutes

## How to cook

- 1 Peel the potatoes and cut into bite-sized chunks. Cut bacon into easy-to-eat size.
- 2 Put potatoes, bacon and butter in a heat-resistant glass bowl and cover with plastic wrap.
- 3 Place **2** in the **center** inside and heat.
 

**QUICK/EASY**

**No Accessories** **13-5-Minute Speed Menu** **Start Heating Start**

(Standard to heating time is approx. 5 minutes)
- 4 Scatter parsley over after heating.

# Taro hot Salad

Microwave

No accessories



## Ingredients/For 2 servings

Taro .....	200 g	Dried parsley	..... to taste
A	Olive oil		
	.....	1 tbsp.	
	Lemon juice		
	.....	1 tsp.	
	Salt.....	to taste	
	Black pepper	.....	to taste

## How to cook

- 1 Peel the taro and cut into thin 5 mm pieces.
- 2 Put taro and **A** in a heat-resistant glass bowl, mix and cover with plastic wrap.
- 3 Place **2** in the **center** inside and heat.
 

**QUICK/EASY**

**No Accessories** **13-5-Minute Speed Menu** **Start Heating Start**

(Standard to heating time is approx. 5 minutes)
- 4 Scatter parsley over after heating.

Manual Microwave 500W Approx. 5 minutes

# Sauteed Burdock

Microwave

No accessories



## Ingredients/For 2 servings

Burdock .....	100 g	Sugar.....	1 tbsp.
Carrots .....	30 g	Soy sauce .....	1 tbsp.
Sake .....	1 tbsp.	Dried sakura shrimp	
Mirin .....	1 tbsp.	.....	1 tbsp.

Manual Microwave 500W Approx. 5 minutes

## How to cook

※ See page 104 for how to make a dropped lid.

- 1 Scrape the skin off the burdock and cut into 5 cm slices. Cut carrots thinly in a similar way. Soak burdock for amount 5 minutes in luke warm water, remove lye and moisture.
- 2 Put all the ingredients in a heat-resistant glass bowl and mix.
- 3 Use a cooking sheet or similar as a dropped lid\* and cover with plastic wrap.
- 4 Place **3** in the **center** inside and heat.
 

**QUICK/EASY**

**No Accessories** **13-5-Minute Speed Menu** **Start Heating Start**

(Standard to heating time is approx. 5 minutes)

# Ratatouille

Microwave

No accessories



## Ingredients/For 2 servings



Zucchini	60 g	Honey	1 tsp.
Eggplant	50 g	Consomme (granules)	
Red pepper	50 g		1 tsp.
Onion	60 g	Salt/Pepper	
Shimeji mushrooms	50 g		Proper quantity
Tomato paste		Powdered cheese	
	1 tbsp.		1 ½ tbsp.
Olive oil	1 tbsp.	Parsley (chopped)	
			Proper quantity

Manual Microwave 500W Approx. 5 minutes

## How to cook

- 1 Cut zucchini and eggplant into 3 mm slices, red pepper into bite-sized chunks, onions thinly and separate out the Shimeji mushrooms into small pieces.
- 2 Put **1**, tomato paste, olive oil, honey, consomme, salt and pepper into a heat-resistant glass bowl and mix well.
- 3 Cover **2** with plastic wrap and heat by placing it in the **center** inside.
 

**QUICK/EASY**


13-5-Minute Speed Menu


(Standard to heating time is approx. 5 minutes)
- 4 After heating has finished, add powdered cheese, mix well and scatter parsley over.

# Mushroom Salad

Microwave

No accessories



## Ingredients/For 2 servings



Shimeji mushrooms	100 g	Vinegar	1 tbsp.
Raw Shiitake	50 g	Lemon juice	
Mushroom	50 g		½ tsp.
Vegetable oil		Salt	¼ tsp.
	1 tbsp.	Pepper	to taste
		Vegetable oil	
			1 ½ tbsp.
		Onion	1 tbsp.
		Soy sauce	
			½ tsp.
		Parsley	to taste

Manual Microwave 500W Approx. 5 minutes

## How to cook

- 1 Cut Shimeji mushrooms, raw Shiitake mushrooms into easy to eat sizes. Put into a heat-resistant glass bowl and pour vegetable oil over.
- 2 Cover **1** with plastic wrap and heat after placing in the **center**.
 

**QUICK/EASY**


13-5-Minute Speed Menu


(Standard to heating time is approx. 5 minutes)
- 3 Cut onions and parsley and mix **A** well. Add **2** whilst is hot, mix and cool in the fridge.

• Mushrooms are low in calories and contain a lot of fibre so often used in diet menus.

# Tri-Color Crunchy Salad

Microwave

No accessories



## Ingredients/For 2 servings

Potato	1/2 (75 g)	Salt/Pepper	to taste
Carrots	1/2 (100 g)	Mayonnaise	
Green beans	100 g		4 tbsp.

Manual Microwave 500W Approx. 4 minute 40 seconds

## How to cook

**1** Cut potatoes and carrots into thin 5 mm slices, cut green beans into three and place in a heat-resistant glass bowl.

**2** Cover **1** with plastic wrap and heat after placing in the **center**.

**QUICK/EASY**

No Accessories 13-5-Minute Quick Menu Start Decrease 1 Heating Start

(Standard heating time is approx. 4 minute 40 seconds)

**3** Apply salt and pepper after heating and marinade with mayonnaise.

• Potatoes contain vitamin C, carrots contain vitamin A and green beans contain a little bit of each of vitamins A, B, C and calcium. You can consume balanced vitamins.

# Japanese Mustard Spinach Marinaded in Sesame Seeds

Microwave

No accessories



## Ingredients/For 4 servings

Japanese mustard spinach	300 g	A	Grated sesame seeds	5 tbsp.
			Sugar, soy sauce	1 1/2 tbsp each.
			Dashi	3 tbsp.

## How to cook

**1** Wash the Japanese mustard spinach, cover without removing moisture from it and place on a heat-resistant plate. Place in the center **inside** and heat.

**QUICK/EASY**

No Accessories 13-5-Minute Speed Menu Start Heating Start

(Standard heating time is approx. 5 minutes)

Wash under cold water after heating has ended.

**2** Wring the Japanese mustard spinach of **1** well and cut into around 3 cm chunks.

**3** Mix **A** well and marinade the Japanese mustard spinach of **2**.

Manual Microwave 500W Approx. 5 minutes

# Sake Steamed Clams

Microwave

No accessories



## Ingredients/For 4 servings

Clams (with shells)	400 g	Sake	3 tbsp.
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## How to cook

**1** Put the clams in a flat container and add lightly salted water (not included in ingredients) so that they stick out the top a little and leave for a while. Once you have removed the sand, wash well by rubbing the shells together.

**2** Put clams from **1** in a deep heat-resistant bowl, pour on the alcohol and cover with plastic wrap.

**3** Place **2** in the **center** inside and heat.

**QUICK/EASY**

No Accessories 13-5-Minute Speed Menu Start Heating Start

(Standard to heating time is approx. 5 minutes)

※ If the shells are not open, please heat for an extended time.

Manual Microwave 500W Approx. 5 minutes

# Meat Stewed with Potatoes

Microwave

No accessories



## How to cook

※ See page 104 for how to make a dropped lid.

- Put potatoes, beef and onions in a heat-resistant glass bowl and mix after adding **A**.
- Use a cooking sheet or similar as a dropped lid\* and cover with plastic wrap.
- Place **2** in the **center** inside and heat.

QUICK/EASY

No Accessories

13-7-Minute Speed Menu

Start

Increase 1

Heating Start

(Standard heating time 7 minutes 20 seconds - 8 minute 30 seconds)

- Easily with noodle soup  
Dilute the noodle soup in accordance with package instruction and use 80 ml of it instead of **A**.

### Ingredients/For 2 servings

Potatoes (bite-sized chunks) .....	200 g	A	Soy sauce .....	1 tbsp.
Thinly sliced beef (Cut into 4 cm pieces) .....	100 g		Sugar .....	1 tbsp.
Onion (cut into wedges) .....	50 g		Sake .....	1 tbsp.
			Water .....	3 tbsp.

Manual Microwave 600W Approx. 8 minute 30 seconds

# Chige with Cod and Kimchi

Microwave

No accessories



## How to cook

- Roughly cut cod into three, pour over boiling water to remove smell.
- Cut radish into 5 mm slices, cut tofu into bite-sized chunks and separate Shimeji mushrooms into small pieces.
- Have chicken stock, gochujang, miso and water mixed together well.
- Put **1**, Kimchi, **2** and **3** into a heat-resistant glass bowl, mix roughly, add sesame oil and cover with plastic wrap.
- Place **4** on the **center** inside and heat.

QUICK/EASY

No Accessories

13-7-Minute Speed Menu

Start

Heating Start

(Standard to heating time 7 - 8 minutes)

- After heating, add 5 cm chunks of spring onion, mix and heat through with residual heat.

### Ingredients/For 2 servings

Sweet salted cod (fillets) .....	2 (80 g each)	Gochujang .....	1 ½ tbsp.
Radish .....	80 g	Miso .....	2 tsp.
Tofu .....	60 g	Water .....	80 ml
Shimeji mushrooms .....	80 g	Sliced Chinese lettuce .....	80 g
Chicken stock (granules) .....	2 tsp.	Kimchi .....	80 g
		Sesame oil .....	1 tbsp.
		Spring onion .....	2 - 3

Manual Microwave 600W Approx. 8 minutes

# Hashed Beef

Microwave

No accessories



## How to cook

- 1 Spread out the beef, salt and pepper and scatter over weak flour. Cut onions thinly and separate out Shimeji and Maitake mushroom.
- 2 Have tomato paste, worcester sauce, vegetable juice and consomme mixed well.
- 3 Add onions, mushrooms, beef into a heat-resistant glass bowl, spread out.
- 4 Pour **2** on **3**, place small pieces of chocolate and chunks of butter then cover with plastic wrap.
- 5 Place **4** in the **center** inside and heat.
- 6 After heating, mix well, add sour cream and scatter over parsley.



QUICK/EASY

13-7-Minute Speed Menu



Heating Start

(Standard to heating time 7 - 8 minutes)

### Ingredients/For 2 servings

Thinly cut beef	160 g	Vegetable juice	
Salt/Pepper	Proper quantity	(no added sugar)	100 ml
Weak flour	2 tsp.	Consomme (granules)	
Onions	100 g		1/2 tsp.
Shimeji mushrooms,		Chocolate (black)	6 g
Maitake mushroom	50 g each	Butter	12 g (1 tbsp.)
Tomato paste	1 tbsp.	Sour cream	Proper quantity
Worcester sauce		Parsley (chopped)	
	2 tbsp.		Proper quantity

Manual Microwave 600W Approx. 8 minutes

# Stewed Taro with Minced Pork

Microwave

No accessories



## How to cook

※ See page 104 for how to make a dropped lid.

- 1 Peel the taro, cut into bite-sized chunks and put on a little salt (not included in ingredients) and wash.
- 2 Add minced pork, and **A** into a heat-resistant glass bowl and mix well so that the minced meat is not in clumps. Add **1** and mix.
- 3 Use a cooking sheet or similar as a dropped lid\* and cover with plastic wrap.
- 4 Place **3** in the **center** inside and heat.
- 5 After heating, add beaten **B** whilst still hot and stir, separating out the minced meat and use the residual heat to thicken.



QUICK/EASY

13-7-Minute Speed Menu



Decrease 1

Heating Start

(Standard heating time 6 minutes 40 seconds - 7 minute 30 seconds)

### Ingredients/For 2 servings

Taro	Net 200 g	B	Starch	1 tsp.
Minced pork	50 g			
A	Soy sauce			
		2 tsp.		
	Sugar	2 tsp.		
	Sake	2 tsp.		
	Water			3 tbsp.

Manual Microwave 600W Approx. 7 minutes 30 seconds

- Easily with noodles soup. Dilute the noodles soup in according with package instruction and use 70ml of it instead of **A**.

Easy menu

- 7-minute menu-





## Easy Chinese style stir fried with the microwave

A healthy stir-fried with less oil.

Use the microwave well for a low-calorie version of Chinese stir fried.

# Sweet and sour Pork

Microwave

No accessories



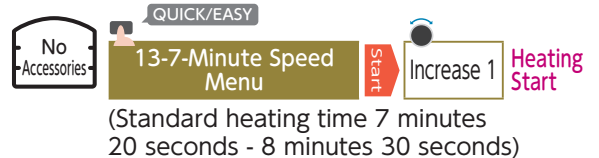
### Ingredients/For 2 servings

Pork loin roll (for katsu)	100 g	A	Tomato ketchup	2 tbsp.	
Salt, pepper	to taste		Sugar	2 tbsp.	
Weak flour	1 tsp.		Soy sauce	1 tbsp.	
Vegetable oil	1 tsp.		Sake	1 tbsp.	
Onions	100 g		Chicken stock	½ tsp.	
Green pepper	40 g		Water	2 tbsp.	
Boiled bamboo shoots	40 g		Starch	1 tsp.	
Carrots	40 g		B	Vinegar	2 tbsp.

Manual Microwave 600W Approx. 8 minute 30 seconds

### How to cook

- 1 Cut onions, green pepper and bamboo shoot into bite-sized chunks. Cut carrots into small bite-sized chunks.
- 2 Notch one side of pork surface into lines of grillwork with gap space 5 mm, then cut into cubes 2 cm. Put it in a plastic bag, season with salt, pepper, starch thoroughly, and mix with vegetable oil
- 3 Place 1 and 2 into a heat-resistant glass bowl and swing around the mixed A.
- 4 Cover 3 with plastic wrap, place on the center inside and heat.



- 5 After heating, add fully melted B whilst still hot and thicken it using the residual heat.

# Mabo eggplant

Microwave

No accessories



### Ingredients/For 2 servings

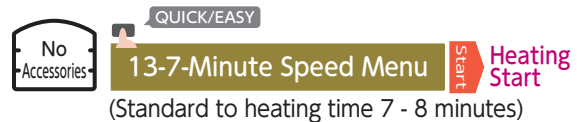
Eggplant	200 g	B	Starch	1 tsp.
Minced pork	100 g		Water	1 tbsp.
A	Ginger (grated)		1 tsp.	
	Broad bean chilli paste		1 tsp.	
Vegetable oil	2 tsp.			
Soy sauce	1 tbsp.			
Sugar	1 tbsp.			
Water	80 ml			

Manual Microwave 600W Approx. 8 minutes

### How to cook

※ See page 104 for how to make a dropped lid.

- 1 Cut eggplant into 1 cm thick circles. Add A to the minced meat and mix.
- 2 Add eggplant and minced meat in that order to a heat-resistant glass bowl.
- 3 Use a cooking sheet or similar as a dropped lid\* and cover with plastic wrap.
- 4 Place 3 in the center inside and heat.



- 5 After heating, add fully melted B whilst still hot and thicken it using the residual heat.

# Stir Fried Chicken and Broccoli

Microwave

No accessories



## How to cook

- 1 Cut chicken into bite-sized chunks and cover with **A**.
- 2 Separate out broccoli into florets. Cut onions into wedges, halve and cut Szechuan pickles thinly.
- 3 Mix **1** and **2** in a heat-resistant glass bowl, mix **B** well. Loosely put on plastic wrap.
- 4 Place **3** in the **center** inside and heat.



QUICK/EASY

13-7-Minute Speed Menu



Decrease 3

Heating Start

(Standard heating time  
6 minutes - 6 minutes 30 seconds)

### Ingredients/For 2 servings

Chicken thighs ..... 100 g	A	[ Salt, pepper ... to taste Starch ..... ½ tsp.	B	[ Sesame oil ..... 1 tsp. Soy sauce ..... 1 tbsp.
Broccoli ..... 100 g				
Onion ..... ¼				
Szechuan pickles (flavoured) ..... 20 g				

Manual Microwave 600W Approx. 6 minutes 30 seconds

# Prawn and Mushrooms in Chilli Sauce

Microwave

No accessories



## How to cook

- 1 Remove the veins from the prawns and massage in **A** and leave for around 10 minutes.
- 2 Mix **1**, leek and Shimeji mushrooms in a heat-resistant glass bowl and mix **B** together well.
- 3 Cover loosely with plastic wrap and place **2** in the **center** inside then heat.



QUICK/EASY

13-7-Minute Speed Menu



Heating Start

(Standard to heating time 7 - 8 minutes)

- 4 After heating, mix in a well beaten **C** whilst still hot and thicken with the residual heat.

### Ingredients/For 4 servings

Peeled prawns (large) ..... 250 g	A	[ Sake ..... 1 tbsp. Salt ..... to taste Starch ..... ½ tsp.	B	[ Chilli sauce ..... 1 ½ tbsp. Tomato ketchup ..... 4 tbsp. Sesame oil ..... ½ tbsp. Warm water ..... 70 ml
Leek (chopped) ..... ½ a leek				
Shimeji mushrooms (Divided into small pieces) ..... 1 bag (100 g)				
	C	[ Starch ..... ½ tsp. Water ..... 1 tbsp.		

Manual Microwave 600W Approx. 8 minutes

# Stir Fried Pork with Cabbage

Microwave

No accessories



Ingredients/For 2 servings	
Thinly cut pork .....	100 g
Cabbage .....	150 g
<b>(Mixed spices)</b>	
Miso .....	1 tbsp.
Sugar .....	½ tsp.
Sesame oil .....	½ tsp.
Soy sauce .....	1 tsp.
Broad bean chilli paste .....	¼ tsp.
Ginger (grated) .....	½ tsp.
Starch .....	½ tsp.

Manual Microwave 600W Approx. 7 minutes

## How to cook

- 1 Cut pork into bite-sized chunks. Mix **A** to make the spice mix and marinate the pork with it.
- 2 Cut cabbage into 4-5 cm chunks.
- 3 Put the cabbage in a heat resistant glass bowl. Spread the pork from **1** on top and put the remaining cabbage.
- 4 Cover **3** with plastic wrap and heat after placing in the **center**.
 

**QUICK/EASY**

No Accessories | 13-7-Minute Speed Menu | Start | Decrease 2 | Heating Start

(Standard to heating time 6 minutes 20 seconds - 7 minutes)
- 5 Mix the whole thing through after heating whilst hot.

# Chinese Style Stewed Japanese Mustard Spinach and Scallops

Microwave

No accessories



Ingredients/For 4 servings	
Japanese mustard spinach .....	300 g
Canned scallop ligaments in water .....	1 can (Net 70 g)
<b>(Mixed spices)</b>	
Ginger (sliced) .....	1 piece
Sake .....	1 tbsp.
Chicken stock .....	½ tsp.
Oyster sauce .....	½ tsp.
Soy sauce .....	1 tsp.
Sugar .....	1 tsp.
Pepper .....	to taste
Starch .....	1½ tsp.
Water .....	50 ml

Manual Microwave 600W Approx. 7 minutes

## How to cook

- 1 Put **A** into a large heat-resistant glass bowl, mix well and add separated scallops and juices from the can (70g), then mix.
- 2 Wash the Japanese mustard spinach and cut into 7-8 cm chunks.
- 3 Add Japanese mustard spinach to **1**, mix and cover with plastic wrap.
- 4 Place **3** in the **center** inside and heat.
 

**QUICK/EASY**

No Accessories | 13-7-Minute Speedy Menu | Start | Decrease 2 | Heating Start

(Standard heating time is approx. 6 minutes 20 seconds - 7 minutes)
- 5 Mix the whole thing through after heating whilst hot.

● **Appetizers 1 minute** (pages 137 - 138)

It's an easy menu for making enough for one serving using 1 minute microwave heating. For appetizers or one extra dish for your bento box.

## Scrambled Eggs with Tomatoes and Cheese

Microwave

No accessories



**Ingredients/For one serving**

Egg .....	1 (Size M)	Salt .....	to taste
Mini tomato (Cut into 4) ...	1	Dried basil (to your taste)	
Cheese slice that melts		.....	to taste
.....	½ slice (10 g)		

### How to cook

- 1 Crack an egg into a heat-resistant container (pottery) and beat.
- 2 Add the remaining ingredients to **1** and mix. Please tear the cheese slices before putting it in.
- 3 Put **2** without a cover on the **center** inside and heat.
- 4 After heating, mix as though beating.



QUICK/EASY

14 Appetizers 1 Minute



Heating Start

(Standard to heating time is approx. 1 minutes)

Manual Microwave 600W Approx. 1 minute 10 seconds

## Leek Balls

Microwave

No accessories



**Ingredients/For one serving**

Egg .....	1 (Size M)	Soy sauce .....	½ tsp.
Leek (cut into around 3 cm chunks) .....	3 leaves	Sesame oil .....	to taste
Mirin .....	1 tsp.		
A Mayonnaise .....	½ tsp.		
Chicken stock (granules) .....	to taste		

### How to cook

- 1 Crack an egg into a heat-resistant container (pottery) and beat.
- 2 Add **1** to the leek and **A** then mix.
- 3 Place **2** without a cover in the **center** inside then heat.
- 4 After heating, pour on soy sauce and sesame oil then mix as though beating.



QUICK/EASY

14 Appetizers 1 Minute



Heating Start

(Standard to heating time is approx. 1 minutes)

Manual Microwave 600W Approx. 1 minute 10 seconds

## Curry Flavoured Canned Mackerel and Cabbage

Microwave

No accessories



**Ingredients/For one serving**

Cabbage .....	50 g	A	Ketchup .....	1 tsp.		
Mackerel in water (can) .....	Net 50 g				Ginger (Grated ginger, tube) .....	½ tsp.
Curry powder .....	½ tsp.				Garlic (Grated, tube) .....	to taste
Sauce .....	1 tsp.					

### How to cook

- 1 Into a heat-resistant container (pottery), put in **A** and mix in separated mackerel pieces.
- 2 Chop the cabbage roughly into around 4 cm chunks and add to **1** then mix.
- 3 Cover **2** with plastic wrap loosely, place on the **center** inside and heat.
- 4 After heating is complete, mix lightly.



QUICK/EASY

14 Appetizers 1 Minute



Heating Start

(Standard heating time is approx. 1 minute 10 seconds)

Manual Microwave 600W Approx. 1 minute 20 seconds

## Sweet and Spicy Green Pepper and Dried Young Sardines

Microwave

No accessories



### Ingredients/For one serving

Green pepper ..... 50 g (Around 1 ½)	Sugar ..... ½ tsp.
Dried young sardines ..... 5 g (1 tbsp.)	Soy sauce ..... 1 tsp.
Sesame oil ..... ½ tsp.	Seven-spice chilli (to your taste)
	..... Proper quantity

Manual Microwave 600W Approx. 1 minute 20 seconds

### How to cook

- 1 Remove the tops of the green peppers, cut in half vertically and remove the seeds. Place them on their sides and cut into 1cm thick slices.
- 2 Put sugar and soy sauce into a heat-resistant container (pottery) and dissolve sugar in it.
- 3 Add **1** to **2**, dried young sardines, and sesame oil and mix.
- 4 Cover **3** loosely with plastic wrap, place on the **center** inside and heat.

QUICK/EASY

No Accessories

14 Appetizers 1 Minute

Start Increase 1 Heating Start

(Standard heating time is approx. 1 minute 10 seconds)

- 5 After heating, mix lightly, serve in a bowl and put on the seven-spice chilli to your taste.

## Enoki Mushrooms with Butter and Soy Sauce

Microwave

No accessories



### Ingredients/For one serving

Enoki Mushrooms ..... 50 g	Butter ..... 1 tsp. (4 g)
Chikuwa ..... 1	Soy sauce ..... ½ tsp.
	Water ..... 1 tsp.
	Thin strip cut nori ..... Proper quantity

Manual Microwave 600W Approx. 1 minute 20 seconds

### How to cook

- 1 Cut Enoki mushrooms into halves lengthwise. Cut the chikuwa into halves vertically and cut diagonally into thin slices.
- 2 Add Enoki mushrooms, butter, soy sauce and water to a heat-resistant container (pottery) and mix.
- 3 Cover **2** loosely with plastic wrap, place on the **center** inside and heat.

QUICK/EASY

No Accessories

14 Appetizers 1 Minute

Start Increase 1 Heating Start

(Standard heating time is approx. 1 minute 10 seconds)

- 4 After heating, add in chikuwa, mix and serve in a bowl with thin strip cut nori.

## Deep Fried Tofu

Microwave

No accessories



### Ingredients/For one serving

Deep fried tofu ..... 80 g (around ½ a sheet)	Ground white sesame seeds ..... Proper quantity
Soup for noodles (diluted 1:3) ..... 1 tsp.	Lobar (thinly sliced) ..... Proper quantity
Sesame oil ..... ½ tsp.	

Manual Microwave 600W Approx. 1 minute 10 seconds

### How to cook

- 1 Cut the deep fried tofu into bite-sized chunks of about 1 cm.
- 2 Put **1**, noodles soup and sesame oil into a heat resistant container (pottery), then mix them together.
- 3 Cover **2** loosely with plastic wrap, place on the **center** inside and heat.

QUICK/EASY

No Accessories

14 Appetizers 1 Minute

Start Heating Start

(Standard to heating time is approx. 1 minutes)

- 4 After heating, mix lightly, serve in a bowl, scatter over ground sesame seeds and put on the lobar.

# Homemade Tofu

Microwave

No accessories



## How to cook

- 1 Pour soy milk and bittern into a bowl. Whisk it with a spoon gently, not to make bubbles (Soy milk mixture).
- 2 Add **1** into each heat resistant cups in equal amounts. Cover each cup with plastic wrap gently. (Remove bubbles on the surface with a spoon to get a neat finish)
- 3 Line the container of **2** on the **center** inside and heat.



- 4 After heating is complete, leave inside for around 5 minutes.
  - After heating, it's delicious either warm or cooled in the fridge.

Ingredients/For 2 servings (2 small heat resistant wide cups)  
 Soy milk (Pure / Suitable for tofu) ..... 250 ml  
 ※ Please use soy milk chilled in the fridge (at temperature below 10° C).  
 Bittern ..... Follow the instruction and use specified quantities on the package

For 4 serving  
 Microwave 500W Approx. 4 minutes  
 → Leave for around 5 minutes inside, as is.  
 • Double the ingredients and use 4 containers.

Manual

- For softer finish:  
 → Use soy milk with 10~12% soybean solids
- For harder finish:  
 → Use soy milk with more than 12% soybean solids
- Depending on the type of soy milk and bittern, finish (method of lumping) may be different.
- When the variation recipes, please use soy milk with more soybean solids.
- Bitterns at the stores contain different concentrations according to the manufactures and types. Please follow the instructions of usage quantity (Ratio of soy milk and bitterns) specified on the package.

# Large Stewed Hamburg

Microwave

No accessories



## How to cook

- 1 Have **B** mixed together.
- 2 **1**. Put **A** into a bowl and mix. (So that the whole thing is mixed together. If you do it too much, it will get hard so beware)  
 2. Slap the meat mix from **1** down into the base of the bowl several times to remove air.
- 3 In a deep and large heat-resistant plate, spread **2** to have diameter of around 20 cm and around 1.5 cm high and scatter the separated maitake mushroom
- 4 Pour **1** over **3**, mix them together and cover with plastic wrap loosely.
- 5 Place **4** in the **center** inside and heat.



- 6 After heating, serve the sauce around it into the container too.

Ingredients/For 4 servings

<p><b>A</b></p> <ul style="list-style-type: none"> <li>Minced pork and beef ..... 400 g</li> <li>Salt ..... ½ tsp.</li> <li>Pepper, nutmeg ... to taste</li> <li>Fried onions ..... 15 g</li> <li>Fine Bread Crumbs ... ⅓ cup</li> <li>Sake ..... 80 ml</li> <li>Beaten egg ..... 1 (Size M)</li> </ul>	<p><b>B</b></p> <ul style="list-style-type: none"> <li>Maitake mushroom ..... 100 g</li> <li>Onions (grated) ..... 60 g</li> <li>Tomato ketchup ... 70 g</li> <li>Thick worcester sauce ..... 60 g</li> <li>Soy sauce ..... 1 tsp.</li> <li>Sake ..... 2 tbsp.</li> </ul>
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Easy menu

- Other -

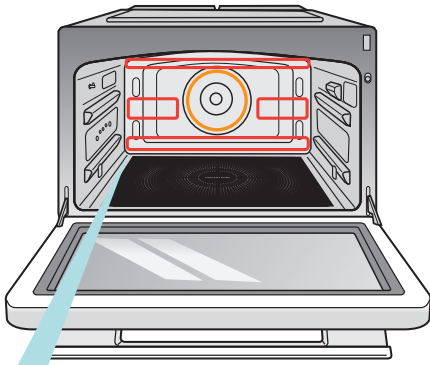
# Stone kiln / heating mechanism



The heating mechanism differ greatly between convection. Finish may improve just by being a little bit careful about where you place it!

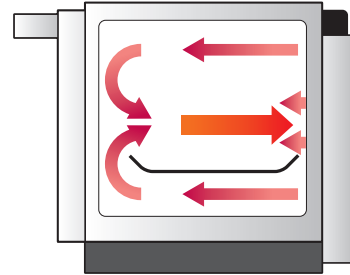
Understand how it works and use the convection intelligently.

- Hot winds will blow out from the back of the inside.



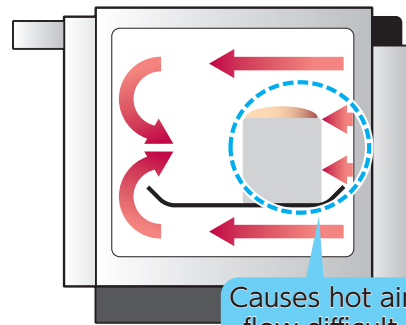
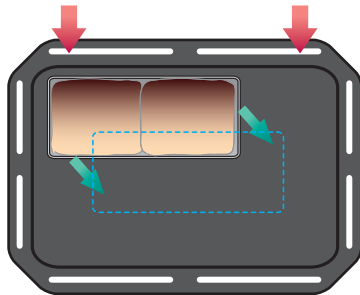
Hot air comes out of the area marked around with red

If you look at the hot air movement from the side...

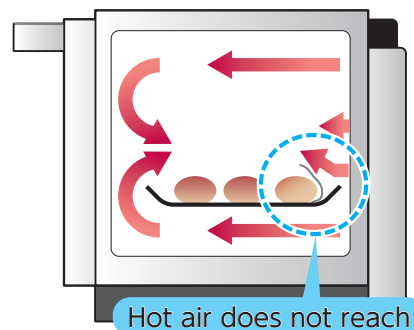
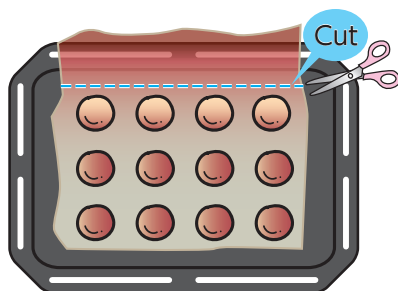


Hot air seen from the top and the bottom flows toward the suction vent in the center (the part surrounded by yellow on the diagram on the left).

- If you place food near the vent...
    - The hot air will hit the food directly and the finish may be dark.
  - If you place tall foods, etc. in the correct position (center for bread), there will be a good finish.
- The key is not to make a wall with food!



- If there is cooking sheet over food close to the vent...
    - Hot air may not hit the food and the finish may be a light colour.
- Cut the cooking sheet around the tray.

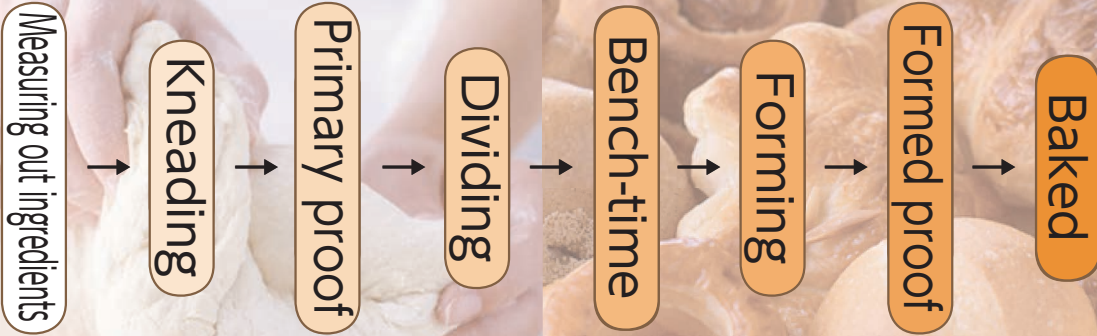




Enjoy handmade freshly baked bread!

### Bread making process

Each and every process is important for bread making



### Easy bread (Level of difficulty: 1)



Bread which does not require proofing or bread that can be proofed in a short time have been featured.

- ◆ It's easy bread (automatic menu, so there is no need to set the temperature or times. Proofing which takes a long time is done in the microwave so bread can be made in around 1 hour)

### Basic bread / French bread (Level of difficulty: 2)



Let's understand the basics of bread making such as kneading and forming.

Once you have mastered the basics of bread making, make variations of it by adding fillings, etc.! This will increase your repertoire of bread.

- ◆ Round bread (it's a foundational bread)
- ◆ Butter roll (shape variation, using round bread dough!)

### Hard bread / Bread which is hard to make (Level of difficulty: 3)



By challenging bread which is hard to prove or that requires advanced techniques, polish your bread making skills even further.

- ◆ French bread
- ◆ Croissant
- ◆ Melon bread





Primary proof with the microwave and finish in the convection!

# Easy Bread



Microwave Convection



Ingredients / For 8 (one shelf)  
 Bread flour (sieved) ..... 160 g  
 Milk ..... 110 g  
 Butter (cut into small chunks, at room temperature) ..... 20 g  
 Sugar ..... 20 g  
 Salt ..... 2 g  
 Dry yeast (Regular type which does not require pre-fermentation) ..... 4 g

**Manual**  
 <Formed proof>  
 Proofing 40°C  
 1 shelf: Approx. 15 minutes,  
 2 shelves: Approx. 19 minutes  
 <Baking>  
 Convection (Without preheating) 190°C  
 1 shelf: 15 - 20 minutes,  
 2 shelves: 16 - 21 minutes

• 16 (2 shelves) can also be made automatically.  
 Double the ingredients to make the dough and heat.

## How to cook

**1** 1. Put milk, butter and sugar in a heat-resistant glass bowl, place in the **center** with no cover and heat.



※ We recommend heat-resistant glass bowl when using 2 shelves. Heating time is 1 minutes 10 seconds - 1 minute 30 seconds.

2. Mix well with a whisk and melt butter. (Temperature here should be less than 40°C)

3. Add dry yeast to 2 and mix well.

4. Add ½ of bread flour to 3 and mix well with a whisk.

5. Mix the remaining bread flour and salt, add to 4 and mix with a rubber spatula until the powderiness disappears.  
 • If it's hard to mix, please knead by hand.

**2** 1. Lightly flatten the dough of 1.

2. Cover the bowl in 1, place in the **center** inside and prove.



(Standard heating time Total approx. 39 minutes)  
 • Primary proof approx. 7 minutes

• Please do not use the tray for microwave heating.

※ When using 2 shelves, select [31-2 Easy Bread]. (Standard heating time Total approx. 46 minutes, primary proof approx. 9 minutes)

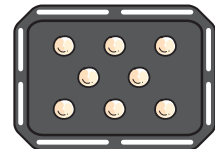
**3** If the buzzer sounds part of the way through\*, take 2 out.

\*Please do not press the cancel button.

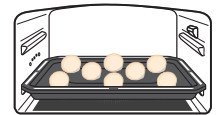
• Dough will only rise a little following the primary proof. It will not rise much like ordinary bread dough but it's not a problem.

**4** Gather together the dough, divide into 8 (around 38 g each), form the shape by pushing the cut ends into the inside and seal the join properly  
 ※ Divide into 16 when using 2 shelves.

**5** Line up on the **square tray** with the join on the bottom, cover with tightly wrung wet cloth and rest for 10 minutes.



**6** Take the wet cloth of 5 and start after placing it on the **lower shelf**.  
 • Formed proof and baking are carried out one after the other.



Lower shelf • Formed proof / baking Approx. 32 minutes

※ Put into the upper and lower shelf when using 2 shelves. (Approx. 37 minutes)

• If the finish looks too light in colour, please leave inside after the end of cooking time and keep monitoring. It will get colour with the remnant heat.

2-2



Shelf indicator (Until start, shelf number and reference page will be shown alternately)

**Add powder such as cocoa, coffee and matcha to dough**

Add the ingredients described in **Step 1-4** and mix.

●Cocoa bread●



Cocoa powder...5 g

●Coffee bread●



Instant coffee...5 g

●Matcha bread●



Match ...5 g

**Add larger fillings such as raisins, walnuts, blueberries, etc.**

After **step 1-5**, add the materials described and mix.

●Raisin bread●



Raisins...40 g

●Walnut bread●



Walnut...40 g

●Blueberry bread●



Dried blueberries...40 g

**Roll or wrap the dough around sausage, cheese or red bean paste**

After **Step 5**, add the filling and shape.

●Sausage bread●



Sausages...8

- Once you finish **Step 5**, wrap around dough made into rope form around the sausage.

●Cheese bread●



Processed cheese...40 g

- After **Step 5** has finished, wrap around cheese which has been divided into eight and cut in a cross pattern.

●Matcha and red bean paste bread●



Matcha...5 g, red bean paste...160 g

- Add matcha at **Step 1-4**.
- Once **Step 5** has finished, roll the red soy bean paste split into eight into balls.

※Please close the dough properly when placing filling inside. The filling may spill out whilst it's baking.

※Please split the dough into 8 (approx. 38 g each). It may not finish well if the amounts are different.

# Easy Melon Bread



Microwave Convection



- Ingredients / For 6 (for one shelf)
- <Bread dough>  
 Bread flour (sieved) ..... 160 g  
 Milk ..... 110 g  
 Butter (cut into small chunks, at room temperature) ..... 20 g  
 Sugar ..... 20 g  
 Salt ..... 2 g  
 Dry yeast (Granular type which does not require pre-fermentation) ..... 4 g
- <Cookie dough>  
 Butter (cut into small chunks, at room temperature) ..... 35 g  
 Milk ..... 1 tbsp. (15 g)  
 Sugar ..... 3 tbsp. (27 g)  
 Weak flour ..... 7 tbsp. (63 g)  
 Vanilla essence ..... Proper quantity  
 Granulated sugar (for topping) ..... Proper quantity

Manual  
 <Formed proof>  
 Proofing 40°C Approx. 15 minutes  
 <Baking>  
 Convection (Without preheating) 190°C 15 - 20 minutes

## How to cook

**1** Making the cookie dough

- Put butter for cookie dough and milk into a heat-resistant container and place on the **center** with no cover and heat.

After heating has finished, mix together and mix with butter and milk.

- Add the sugar of the cookie dough, the bread flour and the vanilla essence to the ingredients of the instruction 1 and mix well with a rubber spatula.
- Leave it cooling in the fridge.

**2** Dough making

- Place milk, butter, sugar into a heat-resistant glass bowl, place in the **center** without wrap and heat.

- Mix well with a whisk and melt the butter. (Temperature here should be less than 40°C)
- Add dry yeast to 2 and mix well.
- Add half the bread flour to 3 and mix well with a whisk.
- Mix the remaining bread flour and salt, add to 4 and mix with a rubber spatula until the powderiness disappears.
  - Please knead with your hands when it's hard to mix.

**3** Primary proof

- Put the dough in 2 lightly flat.
- Cover the bowl in 1, place in the center **inside** and prove.

(Standard heating time Total approx. 39 minutes)  
 • Primary proof Approx. 7 minutes

• Please do not use the tray for microwave heating.

**4**

Once a buzzer sounds part of the way through \*, take out 3.

\*Please do not press the cancel button.  
 • The dough will only rise a little after the primary proof. It will not rise like ordinary bread dough but this is not a problem.

**5** Bench-time

- Gather together the dough and divide into six with a spatula or a knife (around 50 g each), tidy the shape by wrapping in the cut edge toward the middle and properly close the join.
- Place with the join on the bottom side, put over a tightly wrung wet cloth and rest for around 10 minutes.

**6** Forming

- Press the bread dough of 5 with your hands, make slightly flat shapes and line them up on a **square tray**.
- Take out the cookie dough of 1, divide into six and make into balls. Use both hands to stretch out flat, cover over bread dough of 1 and stick them together.
- Cut in a lattice-shaped markings on the surface and scatter with granulated sugar.

**7** Formed proof - baking

Put 6 into the **lower shelf** press start.

- Bake straight after formed proof.

• Formed proof / baking Approx. 32 minutes

3-2

Shelf indicator (Until start, shelf number and reference page will be shown alternately)

Primary proof with a microwave and cook in the convection!

# Easy Curry Bread



Microwave

Convection



Ingredients / For 4 (for one shelf)

- <Bread dough>
- Bread flour (sieved) ..... 160 g
- Milk ..... 110 g
- Butter (cut into small chunks and let it get to room temperature) ... 20 g
- Sugar ..... 20 g
- Salt ..... 2 g
- Dry yeast (Granular type which does not require pre-fermentation) ..... 4 g
- <Filling>
- Ready-made curry ..... 200 g
- <Batter>
- Breadcrumbs.....Proper quantity

Manual  
 <Formed proof>  
 Proofing 40°C Approx.15 minutes  
 <Baking>  
 Convection (Without preheating)  
 190°C 18 - 23 minutes

## How to cook

**1** Lay two layers of kitchen paper on a heat-resistant container, put in the ready made curry, cover with wrap and place in the **center** then heat.

No Accessories Microwave 600W 4 - 5 minutes Start Heating Start

• The way it stews varies depending on the curry used hence please heat whilst checking that it's not burning.

**2.** After heating, transfer to a tray and refrigerate for 20-30 minutes.

• It will become hard when cooled and becomes easier to wrap.

**2** Put milk, butter and sugar into a heat-resistant glass bowl, place in the **center** without a cover and heat.

No Accessories Microwave 600W 30 - 50 minutes Start Heating Start

**2.** Mix well with a whisk and melt the butter. (The temperature here should be less than 40°C)

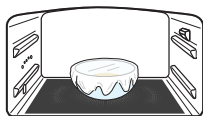
**3.** Add dry yeast to **2** and mix well.

**4.** Add ½ of bread flour to **3** and mix well with a whisk.

**5.** Mix the remaining bread flour and salt, add to **4** and mix with a rubber spatula until the powderiness disappears.  
 • If it's hard to mix, please knead by hand.

**3** Lightly flatten the dough of **2**.

**2.** Cover the bowl in **1**, place in the **center** inside and prove.



No Accessories 31-1 Easy Bread Stronger 2 Proofing Start

(Standard heating time Total approx. 42 minutes)  
 • Primary proof Approx. 7 minutes

• Please do not use the tray for microwave heating.

**4** Once a buzzer sounds part of the way through \*, take out **3**.

\*Please do not press the cancel button.

• The dough will only rise a little after the primary proof. It will not rise like ordinary bread dough but this is not a problem.

**5** **1.** Bring the dough together and divide into four with a spatula or a knife (around 76 g each), make the round shapes neat by wrapping in the cut sides and properly close the join.

**2.** Put the joint side down, cover with tightly wrung wet cloth and let it rest for around 10 minutes.

**6** **1.** Stretch out the dough of **5** to be a large circle shape and divide the cooled curry into four, place in the center and close together properly by sticking the edges of the bread dough together. Wrap around the joint a bit more and join properly again.  
 • Try to ensure that there is no curry in the join of the bread dough. If there is curry on it, the join may not stick together properly.

**2.** Roll so that both edges are thin, mould and wet the hands lightly and cover the whole surface of the bread dough. Place the bread dough on a surface covered in breadcrumbs and apply the breadcrumbs all over.

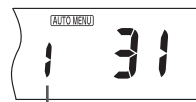
**3.** Put the join on the bottom side and line them up on the **square tray**.

**7** Put **6** into the **lower shelf** and start.  
 • Bake straight after formed proof.

Lower shelf Heating Start

• Formed proof / baking Approx. 35 minutes

3-2



Shelf indicator (Until start, shelf number and reference page will be shown alternately)

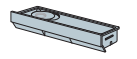
Primary proof with microwave, superheated steam and convection for the baking! Easily in around 60 minutes.

# Easy French Bread



Microwave

Superheated steam  
Convection



Ingredients / Approx. 35 cm 1 piece	
Bread flour	120 g
Weak flour	50 g
Salt	2 g
Sugar	3 g
Luke warm water (30 - 35°C)	120 g
Dry yeast (Granule type that doesn't require pre-fermentation)	2 g

<Baking>	
Manual	Superheated steam (with preheating) 240°C
	1: Around 10 minutes, 2: Around 13 minutes
	↓
	Convection (Without preheating) 240°C
	1: Around 5 minutes, 2: Around 6 minutes

• 2 (twice the amount) can be done automatically too. Double the ingredients, make dough and heat.

**How to cook** \*Put water into the **water tank** and set in place.

- 1 Making the dough**
1. Sieve Bread flour and weak flour together and put into a heat-resistant glass bowl.  
\*We recommend using a large heat-resistant glass bowl when making two.
  2. Add salt to 1 and mix.
  3. Add sugar to luke warm water, mix and once the sugar has dissolved, add the dried yeast and mix well.
  4. Add 2 to 3 and mix with a rubber spatula until it's not floury.

- 2 Primary proof**
1. Make the dough in 1 flat.
  2. Cover the bowl in 1, place in the **center** and prove.



**32-1 Easy French Bread** Start Proofing Start

(Standard to heating time excluding preheating Total is approx. 34 minutes)  
• Primary proof approx. 13 minutes

• Please do not use the tray for microwave heating.

\*When making two, select [32-2 Easy French bread].  
(Standard heating time excluding preheating Total approx. 43 minutes, primary proof approx. 16 minutes)

- 3 Forming**
1. If a **buzzer sounds** part of the way through\*, take out 2, then take the dough out onto a surface with bread flour (not included in ingredients) on it.  
\*Please do not press the cancel button.  
\*When making two, split the dough into two.
  2. Stretch out the dough into stretched circle shapes.  
\*Dough sticks easily to the hands so mould whilst using bread flour (not included in the ingredients).
  3. Pull 1/3 from the back, fold and press down the join with the base of your thumbs.
  4. Fold over from the front too and squeeze the join with the base of your thumbs.
  5. Fold over to the front and close together the join properly.  
• Press the join with your thumbs and use the other hand to squeeze together the join makes it easier.
  6. Put the join on the bottom side, roll with both hands and form into cigar shapes around 35 cm in length. (Around 32 cm when making 2)

- 4 Formed proof**
1. On a cooking sheet cut to the size of a **square tray**, place 3 with the join at the bottom diagonally so that the left goes to the back and the right is toward the front.  
\*If making two, line them up sideways.
  2. Place the bread dough on the cooking sheet and place the whole thing near the **center** inside and proof after covering with wet cloth.





**Proofing Start**

• Formed proof Approx. 6 minutes  
(Approx. 8 minutes when you are making 2)

• Please do not use the tray for microwave heating.

3. If the buzzer sounds a part of the way through, \*take the bread dough out along with the cooking sheet and place on the **square tray**.  
\*Please do not press the cancel button.

• Next, it's heater heating so please ensure you take them out along with the cooking sheet.

- 5 Baking**
1. **Preheating**  
Preheat empty convection.  
 **Preheating Start**  
(Standard preheating time is approx. 10 minutes)
  2. Just before preheating ends, use a knife with oil on diagonally to put in three cuts. (Markings)
  3. **Bake**  
After the end of preheating, place 2 on the **lower shelf** and heat.  
 **Heating Start**  
• Baking approx. 15 minutes (Approx. 19 minutes when making 2)

2-2



Shelf indicator (Until start, shelf number and reference page will be shown alternately)

Primary proof with a microwave and cook in the convection!

# Easy Pizza



Microwave

Convection



Ingredients/Diameter 22cm For 1 (1 shelf)  
 Bread flour (sieved) ..... 120g  
 Milk ..... 80g  
 Sugar ..... 10g  
 Salt ..... 2g  
 Dry yeast  
 (Granule type that doesn't require pre-fermentation) ..... 2g  
**<Filling>**  
 Green pepper (finely cut) ... 1 medium  
 Onions (cut thinly) ..... 50g  
 Bacon (cut thinly) ..... 25g  
 Mushroom (sliced and in water) ... 20g  
 Shop bought pizza sauce ..... 50g  
 Cheese for pizza ..... 100g

**Manual**  
 <Baking>  
 Convection (with preheating) 210°C  
 1 shelf: 8 - 13 minutes, 2 shelves: 10 - 15 minutes

• 2 (2 shelves) can also be produced under 'automatic'.  
 Double the ingredients, make dough and heat.

## How to cook

**1** Put milk and sugar in a heat-resistant glass bowl, place in the **center** with no cover and heat.



※ We recommend a large heat resistant glass bowl when using 2 shelves. Heating time is 40 seconds - 1 minute.

**2** Mix well with a whisk and dissolve the sugar. (The temperature here should be less than 40°C)

**3** Add dry yeast to **2** and mix well.

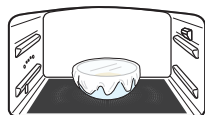
**4** Add ½ of bread flour to **3** and mix well with a whisk.

**5** Mix the remaining bread flour and salt, add to **4** then mix with a rubber spatula.

**6** Once it starts to come together, roll together with your hands. Fold the dough toward you in the bowl, squash and fold in half from the right, squash and fold to the far end in half then squeeze and fold in half from the left. Repeat this until the dough becomes powdery.

**2** 1. Lightly flatten the dough from **1**.

2. Cover the bowl from **1**, place in the **center** then proof.



(Standard to heating time excluding preheating Total approx. 18 minutes)  
 • Primary proof approx. 7 minutes

• Please do not use the tray for microwave heating.

※ When using 2 shelves, select [33-2 Easy pizza].  
 (Standard heating time excluding preheating Total around 22 minutes, primary proof Approx. 9 minutes)

**3** If the buzzer sounds during the **process\***, take out **2**, re-roll the dough and rest for around 10 minutes.

\*Please do not press the cancel button.  
 • The dough will only rise a little after the primary proof. It will not rise like ordinary bread dough but this is not a problem.  
 ※ When using 2 shelves, cut the dough into two then form them into balls.

**4** Stretch the dough out into a circle of diameter 22 cm using a rolling pin and place on a **square tray**.  
 Cover and let it rest for around 10 minutes.

**5** 1. **Preheating**  
 Preheat empty convection.



(Standard preheating time is approx. 7 minutes)

**2** Take the wrap off **4**, cover with pizza sauce, line up with topping and put cheese on at the end.

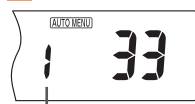
**3. Bake**  
 After preheating has finished, put **2** into the **lower shelf** and heat.



• Baking Approx. 11 minutes

※ Put into the upper and lower shelf when using 2 shelves. (Approx. 13 minutes)

2-2



Shelf indicator (Until start, shelf number and reference page will be shown alternately)

# Grissini



Convection



Ingredients / For 10 (1 shelf)  
 Bread flour (sieved) ..... 125 g  
 Dry yeast  
 (Granular type which does not  
 require pre-fermentation) ..... 1 g  
 Luke warm water (30 - 35°C) 65 - 75 g  
 Olive oil ..... 2 tsp.  
 Salt ..... ½ tsp.  
 Sugar ..... ¼ tsp.

• You can enjoy by adding at 1 your favourites like pepper, sesame seeds, fennel seeds, aniseed, caraway seeds, poppy seeds and dried herbs.

2 shelves Convection (with preheating) 200°C  
 12~19 Minutes

• If cooking on 2 shelves, double the ingredients.

## How to cook

**1** Making the dough  
 1. Put bread flour in a bowl and make a dip in the middle. Add into the dent half the dried yeast, sugar, luke warm water and mix with flour whilst dissolving yeast. Once it's been mixed roughly, add salt, remaining warm water and olive oil and mix. Knead well until the surface of the dough becomes smooth.

2. Stretch 1 to be 1 cm thick and 10 cm wide using a rolling pin. Place on a **square tray** with bread flour (not included in ingredients) on, cover the surface of the dough with olive oil and cover with plastic wrap.

**2** Proofing  
 Place 1 on the **lower shelf** and proof until it's doubled in thickness.

Lower shelf Ferment 40°C Decide 50 - 60 minutes Start Proofing Start

**3** Forming  
 Cut the dough in 2 into 1cm wide pieces, stretch out each of them to around 30 cm to match the **square tray** size, place around 1cm apart on a **square tray** covered in bread flour (not included in ingredients).

**4** Baking  
 1. Preheating  
 Preheat empty convection.

No Accessories Convection (With preheating) 200°C Start Preheating Start  
 (Standard preheating time is approx. 5 minutes)

2. Bake  
 After the end of preheating, put 3 in the **lower shelf** and heat.

Lower shelf 10 - 15 minutes Start Heating Start



# Foccacia



Convection



Ingredients/ Diameter approx. 18cm For 1 (for 1 shelf)  
 Bread flour (sieved) ..... 160 g  
 Dry yeast  
 (Granule type that doesn't require pre-fermentation) ..... 2 g  
 Luke warm water (30 - 35°C) ... 95 - 105 g  
 Olive oil ..... 1 tsp.  
 Salt ..... A little  
 (Oil for finishing)  
 A [ Olive oil ..... 1 tbsp.  
    Salt ..... A little  
    Water ..... 1 tsp.  
 (Topping (to your preference))  
 [ Rosemary ..... Suitable amount  
    Olives ..... Suitable amount  
    Anchovy ..... Suitable amount  
    Dried tomatoes ..... Suitable amount

2 shelves  
 Convection (with preheating) 220°C  
 13 - 19 minutes

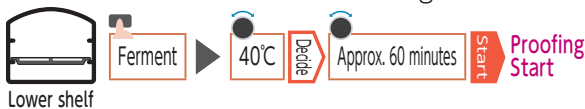
• When using 2 shelves to cook, double the ingredients.

## How to cook

**1** Making the dough  
 1. Put bread flour in a bowl and make a dip in the middle. Add ½ of the dried yeast and luke warm water in the dent and mix with flour whilst dissolving the yeast. Once it's roughly mixed, add salt, remaining luke warm water and olive oil then mix. Knead well until the surface of the dough is smooth and there is elasticity.

**2** Primary proof  
 2. Roll dough to be flat, lay on a **square tray** with bread flour (not included in ingredient) on and spread out to be about 10 cm in diameter. Coat the surface with olive oil in order to prevent drying (not included in the ingredients) and cover with plastic wrap.

**3** Forming  
 3. Put **1** in the **lower shelf** and proof until it rises to be around double the height.



**4** Formed proof  
 4. After the end of proofing, stretch the dough on the **square tray** to be around 1-1.5 cm thick without squashing the air bubbles.

**5** Baking  
 5. Place **3** in the **lower shelf** and proof.



**1. Preheating**  
 Take out **4** along with the **square tray** and preheat.



(Standard preheating time is approx. 8 minutes)

**2. Bake**  
 2. Make holes in the dough with your fingers and coat generously with **A**, using a brush. Add to the holes olives, dried tomatoes, anchovies, etc. to your taste or scatter rosemary on top.

**3. Bake**  
 3. After the end of preheating, place **2** on the **lower shelf** and heat.





# Tips for Bread Making

## Environment for bread making

### Before starting to make bread



- ◆ Keep the ingredients in a cool place with low humidity.
- ◆ Dough making should ideally be done in an environment with room temperature 20 - 25°C and humidity 50 - 70%.
- ◆ Get the equipment together before starting to make it and measure out the required ingredients. (Measure the ingredients out accurately!)
- ◆ "Return to room temperature" expressed in the recipe means that the "room temperature is around 25°C".

## Dough making / proofing

### Handling the dough



- ◆ Handle the dough carefully.
- ◆ Depending on room temperature and humidity, please adjust the liquids (milk or water) by around 5g.
- ◆ When dividing it, use a knife, a spatula or a card.  
If you tear it apart with your hands, the gluten layer may be cut, making it difficult to rise.
- ◆ Please be careful that the dough does not dry during proofing, bench-time, whilst forming the shape or during preheating.

### The dough doesn't come together no matter how much I knead, it sticks to the hands



- ◆ Dough with a lot of ingredients such as fats and milk take a long time.
- ◆ Please do not add flour just because it's sticky. Please knead well until it comes together.  
If you gather together and clean off the dough that's stuck to your hands or the surface, it would make your work easier.  
However if the water temperature is high in the summer, it could make it sticky even after kneading and doesn't come together.

### I don't know how much to knead



- ◆ The guide is to be thin enough when you stretch the dough a bit so that the other side can be seen.
- ◆ Characteristics differ depending on the dough so not all dough will stretch to be see through. Please knead until the dough starts to shine and stretches well.
- ◆ Please knead using the time and times as described as guide and decide when it's ready based on the state of the dough.

### I don't know what I'm looking out for with formed proof



- ◆ As a guide, until it becomes about twice the size from the forming stage.  
Depending on the composition and state on proofing, it may not rise to be twice the size. It is complete if, when you gently touch the surface of the dough, there is some elasticity such that a slight dent of your fingers remain in the dough.
- ◆ If the forming and proofing is done over a short period (insufficient proofing), the proofing wins over the stretching of the dough and it may not rise neatly or the base and the sides may tear open.  
If the forming and proofing is done over a long time (excessive proofing), the dough will not be able to grow further in the kiln hence will not rise and the bread will end up coarse with thick skin.



## Check based on the state of the finish!

### IT is coarse inside



- ◆ If sufficient gas has not been removed when forming, or if it's proved for too long, it can easily become coarse.
- ◆ Bread baked in a mould may become coarse due to too much proofing if the amount of dough is small compared to the mould. Conversely, if there is a lot of dough relative to the mould, it may not prove sufficiently causing dense bread to be produced.

### Hard skin



- ◆ If the surface of the dough dries before baking or if the convection temperature is kept low during baking, it may become hard. Please spray water on the dough before baking and bake once preheating has been done properly.
- ◆ Bread may still have a hard skin once cooled. Once it's cooled down to be around body temperature after cooking, please put into a plastic bag to prevent drying.

### It's hard all over with low volume



- ◆ If there is insufficient moisture the dough can become hard and may not stretch, meaning that the bread does not become big.
  - Isn't the water being mixed with the flour too hot? → Yeast weakens and proofing is insufficient.
  - Have the ingredients been measured out accurately?
  - Is the proofing not enough or too much?

### The base or the sides of the baked bread tears



- ◆ If the forming and proofing is insufficient or dough surface is dry, it may crack or tear. When the bread becomes large in the convection (kiln), if there is not enough give on the surface of the dough, it cannot rise sufficiently and it will try and rise through the base or where it is thin. As a result, the base or the sides may crack or tear.
  - Spray the dough with water before baking and help with the kiln rise.

### The shape and the height of the bread changes every time I make it



- ◆ The shape, colour and height of the bread can be easily impacted by the room temperature, ingredients (flour, water, etc.)' temperature and quality, the composition, so even if you make it in the same way and bake in the same way, the rise and finish may differ. Until you get used to bread making, please first get used to "making bread" by doing it under the same conditions and using the same ingredients. Once you get use to it, make bread to your preferene by changing conditions a little at a time.



# Round Bread



Convection



Ingredients / For 12 (1 shelf)

Bread flour (sieved) .....	250 g
Dry yeast (Granule type that doesn't require pre-fermentation) .....	3.5 g
Milk (at room temperature) .....	145 g
Sugar .....	20 g
Salt .....	2.5 g
Egg .....	25 g (1/2 Size M)
Butter (room temperature) .....	45 g
<b>&lt;Delyle&gt;</b>	
Egg yolk .....	1 Size M
Water .....	1 tbsp.

Equipment  
required



Manual

Preheating: Convection 210°C  
Baking: Convection 200°C  
1 shelf 7 - 12 minute,  
2 shelves 9 - 14 minutes

- 24 (2 shelves) can also be made automatically. Double the ingredients.

## How to cook

1

Making the dough

1. Sieve bread flour into a bowl, add dry yeast and mix.

2. Put milk (room temperature) and beaten egg into the container and add salt and sugar then dissolve well.



- Bread using skimmed milk shall be dissolved in water instead of milk.
- For bread without eggs, eggs are not necessary.

3. Put a dent in the center of 1, put in 2, break down the bread flour surrounding it a little at a time, mix lightly with finger tips and mix the bread flour and water evenly.



4. Mix so that the water goes through to all of it.



5. Add creamed butter to 4 and mix in so that the butter mixes in with the rest.

※Omit for dough containing no oils such as butter.



6. Take out 5 onto a surface covered with bread flour (not included in the ingredients) and knead until it comes together with a rubbing action. Once it begins to come together, knead well until a smooth dough is obtained.



- It will be sticky at the beginning but as you knead it, it will stop sticking to the surface or the hands.

7. When you stretch it out and you get a membrane like form and you can see through to your fingers, that is the end of the kneading.



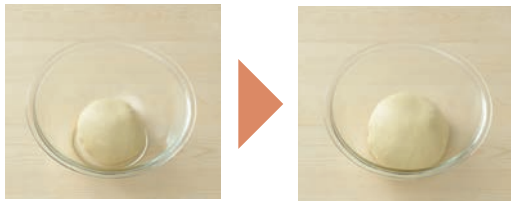
8. Make into balls so that the surface is smooth, properly seal the join, place in a heat-resistant bowl lightly covered with vegetable oil (not included in ingredients) and cover with plastic wrap.



**2**

Primary proof

Place **1** on the **square tray**, place on the **lower shelf** then proof until it becomes twice the size.

**3**

Finger test

Check the state of proofing. Put bread flour on your fingers (not included in ingredients), poke into the center of the dough, if the finger mark remains, the proofing is complete.



### The finger marks disappear

Proofing is insufficient



The bread is hard and heavy

Please add the time for primary proof. If it doesn't rise even with the time increased, the ingredients may be old so please check.



### The finger marks stay

Proofing is excessive



It will produce dry bread

There may be too much proofing depending on the room temperature or initial temperature of the dough, etc. Please reduce the time of proofing from next time.

**4**

Gas removal

Squash the dough a little and gather around the edges toward the middle and remove gas. (If you play with it too much, elasticity will be gone)

**5**

Dividing

**4** Use a knife or a spatula to divide into 12 (around 40 g each).

**6**

Bench-time

Round the bread dough so that a smooth surface is present, cover with tightly wrung wet cloth or a wrap and rest for around 10 minutes.

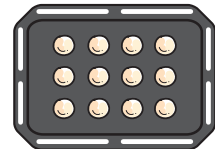
**7**

Forming

1. Gently press the bread dough which has been rested, roll so that the surface is smooth and close the join properly.

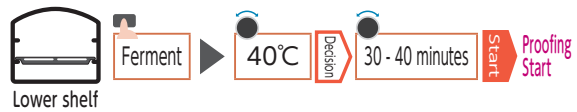


2. Put the join on the bottom side and line up on a **square tray**.

**8**

Formed proof

Spray the bread dough of **7** and the inside with water, place on the **lower shelf** and prove until it's about twice the size.



\*When using 2 shelves, put into the **upper and lower shelf**.

• If the surface of the dough dries, it won't prove well. If it tends to dry, please increase the number of times you spray the inside with water during the forming and proving.

**9**

Baking

### 1. Preheating

Take out the **8** along with the **square tray** and preheat.



(Standard preheating time is approx. 7 minutes)



Shelf indicator (Until start, shelf number and reference page will be shown alternately)

※When using 2 shelves, select **【35-2 Butter Roll】** (2 shelves displayed).

2. Coat the surface of the dough using a brush.



### 3. Bake

After preheating is complete, put **2** into the **lower shelf** and heat.



Lower shelf (Standard preheating time is approx. 9 minutes)

※When using 2 shelves, put into the **upper and lower shelf**.

(Standard to heating time for 2 shelves Approx. 12 minutes)

4. After the end of heating, cool on cooling rack.

If you notice that the finish is uneven, be careful not to burn and  
 1 shelf: Switch the front and the back of the square tray when there is 3-5 minutes remaining  
 2 shelves: Switch the front and back of the square tray and switch the upper and lower shelves when there is 4-6 minutes remaining

# Butter Roll



Convection



Ingredients/For 12 (1 shelf)  
 Bread flour (sieved) ..... 250 g  
 Dry yeast  
 (Granular type which does not  
 require pre-fermentation) ..... 3.5 g  
 Milk (at room temperature) ... 145 g  
 Sugar ..... 20 g  
 Salt ..... 2.5 g  
 Egg ..... 25 g (½ Size M)  
 Butter (room temperature) ..... 45 g  
 (Delyle)  
 Egg yolk ..... For 1 Size M  
 Water ..... 1 tbsp.

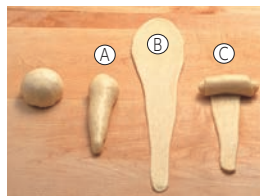
Manual  
 Preheating: Convection 210°C  
 Baking: Convection 200°C  
 1 shelf 7 - 12 minutes, 2  
 shelves 9 - 14 minutes

● 24 (2 shelves) can also be made automatically.  
 Double the ingredients, make dough and heat.

## How to cook

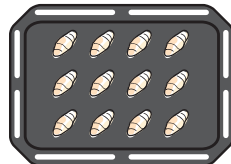
**1** Make the bread dough, tear into 12 equal amounts (around 40 g each) and let it have the bench-time. (See pages 152 - 153 **Step 1~6** for making round bread)

**2** **Forming**  
 1. Make the bread dough that's rested into carrot shapes of around 8 cm in size (Photo (A)) and stretch out into triangles around 20 cm long using a rolling pin. (Photo B)

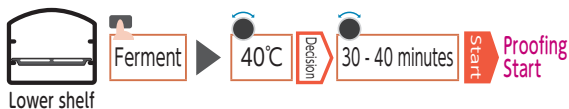


2. Pull the thinner end of the bread dough stretched into a triangle and roll as though you are bringing the fatter end toward you. (Photo C)

3. Put the end of the roll on the bottom side and line them up on the **square** tray.



**3** **Formed proof**  
 Spray the bread dough of **2** and the inside with water spray, place on the **lower shelf** and prove until it rises to twice the size.



\*When using 2 shelves, put into the upper and the lower shelves.

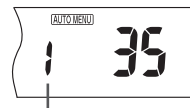
● If the surface of the dough dries out, it won't proof well.  
 If it tends to dry, please increase the number of times you spray the inside with water during the forming and proving.

**4** **Firing**  
 1. **Preheating**  
 Take out **3** and preheat.



**35-1 Butter Roll** **Start** **Preheating Start**

(Standard preheating time is approx. 7 minutes)



Shelf indicator (Until start, shelf number and reference page will be shown alternately)

\*When using 2 shelves **[35-2 Butter Roll]** select (display number of shelves **2**).

2. **Bake**

Coat the surface of the dough with delyle using a brush and after the end of preheating, place on the **lower shelf** and heat.



**Start** **Heating Start**

Lower shelf (Standard preheating time is approx. 9 minutes)

\*When using 2 shelves, put into the upper and the lower shelf.

(Standard to heating time for 2 shelves is approx. 12 minutes)

3. After the end of heating, cool on cooling rack.

If you notice that the finish is uneven, be careful not to burn and  
 1 shelf: Switch the front and the back of the square tray when there is 3-5 minutes remaining  
 2 shelves: Switch the front and the back of the square tray and upper and lower shelf when there is 4-6 minutes remaining

## Butter roll variation How to cook

Ingredients/For 12 (for 1 shelf)  
 Ingredients for butter roll ... All  
 Raisins ..... 55 g

- 1 Soften the raisings by soaking in luke warm water and remove the moisture.
- 2 After **Step 1-7** for making round bread (see page 152), add the raisins from **1** a little at a time and mix.
- 3 Make it by referring to **Step 2 - 4** for making a butter roll.

## Raisin Butter Roll

## Butter roll variation

Level of difficulty




★For basic step for bread dough making, etc. please see page 152-153 for “round bread” and page 154 for “butter roll”.



### Mayonnaise Bread

Ingredients/For 12 (for 1 shelf)  
 Ingredients for butter roll..... All  
 Mayonnaise ..... 125 g  
 Frozen mixed vegetables (defrost) ..... 125 g

#### How to cook


- 1 Have the mixed vegetables and mayonnaise mixed together.
- 2 At the end of the bench-time, form the bread dough into lemon-shaped balls.
- 3 Proof in the same way as the **step 3** for making **butter rolls**.
- 4 After proofing has finished, cut into the center of the dough and place equal amounts of 1. 
- 5 Cook by referring to the **step 4** for cooking **butter rolls**.



### Red bean paste bread

Ingredients/For 12 (for 1 shelf)  
 Ingredients for butter roll..... All  
 Red bean paste ..... 360 g  
 Poppy seeds ..... Proper quantity

#### How to cook

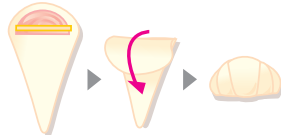
- 1 Stretch out the bread dough into a thick circle of around 10 cm in diameter. Divide the red bean paste into 12, place in the center of the dough, wrap the dough around and squeeze the joint properly. 
- 2 On a **square tray**, arrange 1 upside down and put in dents.
- 3 Proof in the same way as **Step 3** for making **butter roll**.
- 4 After the proofing has finished, coat the surface of the dough with delyle and scatter over poppy seeds.
- 5 Cook by referring to the **step 4** for cooking **butter rolls**.



### Ham and Cheese Bread

Ingredients/For 12 (for 1 shelf)  
 Ingredients for butter roll..... All  
 Processed cheese (in stick form, 12) ..... 75 g  
 Slices of ham (cut in half) ..... 6

#### How to cook

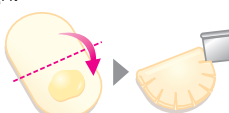
- 1 Make bread dough and place ham and processed cheese in the **Step 2** for making **butter roll** and roll them in together. 
- 2 Make based on the **Step 3**- **4** for making a **butter roll** as reference.



### Cream Bread / Chocolate Bread

Ingredients/For 12 (for 1 shelf)  
 Ingredients for butter roll..... All  
 Custard cream or chocolate cream ..... ½ the amount

#### How to cook

- 1 Make based on custard cream or chocolate cream (page 199). Divide into 12 once cooled.
- 2 Make the bread dough, stretch out into a long circle shape and place the cream from 1 in the center of a half of the dough.
- 3 Coat the edge with delyle, fold in two and cut marks into the join. 
- 4 Make it by referring to **Step 3** - **4** for making a **butter roll**.

# Tear and Share Bread



Convection



Ingredients/For one bowl (24 : 3 types × 8)	
〈Plain dough〉	
Bread flour (Sieved)	130 g
Milk(room temperature)	85 g
Sugar	30 g
Salt	1 g
Dry yeast(granular type that does not require pre-fermentation)	2 g
Butter	15 g
〈Kabocha dough〉	
Bread flour (Sieved)	130 g
Milk (room temperature)	50 g
Sugar	30 g
Salt	1 g
Dry yeast(granular type that does not require pre-fermentation)	2 g
Butter	15 g
Kabocha (peeled)	50 g
〈Cocoa dough〉	
Bread flour (Sieved)	130 g
Cocoa powder	7 g
Milk(room temperature)	85 g
Sugar	30 g
Salt	1 g
Dry yeast(granular type that does not require pre-fermentation)	2 g
Butter	15 g

## How to cook

- 1 Peel the kabocha and cut into square chunks of approx. 3 cm. Place in a heat-resistant container, place in the **center** with no cover and heat until it's soft on, then squash into a paste-like format.

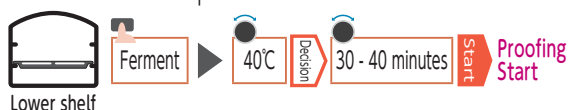


- 2 **Dough making**
  1. Make the plain dough. (See page 152 **Step 1** for making round bread)
  2. Make the kabocha dough. (See page 152. **Step 1-2** for making round bread add kabocha of **1** to this step)
  3. Make the cocoa dough. (See page 152. **Step 1-1** for making round bread with bread flour and cocoa powder also sieved together)
  4. Make the knead dough into a ball so that there is a smooth surface on the outside and properly close together the join.

- 3 **Primary proof - bench-time**
  1. Make a divide with a cooking sheet in a large heat-resistant bowl coated with vegetable oil (not included in ingredients), place the dough with the join on the bottom and cover with plastic wrap.



2. Place **1** on the **square tray** and place on the **lower shelf** and prove until it's doubled in size.



3. Check the status of the proof. (See page 153 **Step 3** for making round bread)
4. Remove gases from the dough (see page 153 **Step 4** for making round bread), divide each dough into eight, make into balls so that the surface is smooth, cover with plastic wrap and rest for around 10 minutes.

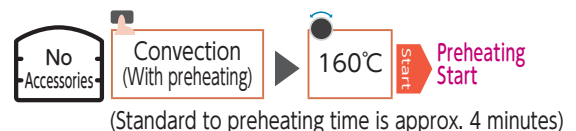
- 4 **Forming** Gently press the bread dough that's rested, round into a ball again so that there is smooth surface, properly join and line on a **deep tray** with cooking sheet. (6 horizontally x 4 vertically)

- 5 **Formed proof** Spray the dough of the bread in **4** and the inside with water, place on the **upper shelf** then proof.



- It does not proof well if the surface of the dough dries. If it tends to dry, please increase the number of times you spray the inside with water during the forming and proving.

- 6 **Baking**
  1. **Preheating** Remove **5** and preheat without anything inside.



2. **Bake** After the end of preheating, heat after putting into the **upper shelf**.



3. After heating has finished, take out whilst still on a cooking sheet and cook on a rack.

# Fluffy White Bread




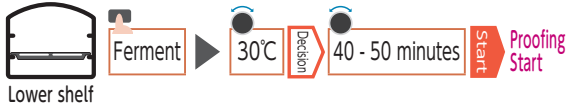
Convection

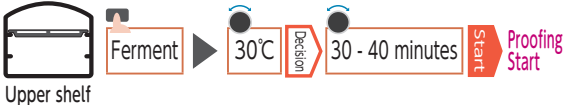
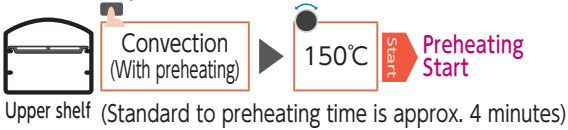



## Ingredients / For 5 servings

	Bread flour (sieved) .....	250 g
	Dry yeast	
A	(Granule type that doesn't require pre-fermentation) ...	3 g
	Salt .....	3 g
	Milk .....	175 g
	Honey .....	33 g
	Butter (unsalted) .....	10 g

## How to cook

- 1 Dough making**
- Put milk into a heat-resistant container, place in the **center** without plastic wrap cover and heat. (Temperature of milk around 24°C)
- 
- After the end of heating, add honey and dissolve well.
  - Combine ingredients **A** with **1** and mix as though you are making the milk be absorbed by all the flour. Once it's come together, transfer to a surface covered with a little bread flour (not included in ingredients). Put your body weight on your palms and hit the dough onto the surface from a low position a few times.
  - Once it's smooth, add butter and knead well. Once it becomes smooth with butter mixed in and a thin membrane results when dough is stretched, the kneading is complete. (Kneading temperature around 27°C. For status see page 152 **Step 1-7 for making round bread**)
  - Round **4** so that a smooth surface results, place into a heat-resistant bowl coated with butter with the join on the bottom (unsalted butter, not included in ingredients) then cover with plastic wrap.
- 2 Primary proof - bench-time**
- Place **1** on a **square tray**, put onto the **lower shelf** and prove.
- 
- Bench-time**  
After the end of proofing, remove gases (see page 153 **Step 4 for making round bread**), divide into five and make into a ball. Place a dry cloth, wet cloth then a plastic wrap and let it rest for around 15 minutes.

- 3 Forming - Formed proof**
- Forming**  
After the completion of bench time, correct the roundness, press the dough hard with scrapper or thick chopsticks and make a stripe.
  - Formed proof**  
Put a cooking sheet on a **square tray**, line up with **1** on top and put on a dry cloth, wet cloth, place on the **upper shelf** and prove.
- 
- ! Please be careful**  
Please check the temperature set before pressing the start button. If you set it to be over 100°C by mistake, there is a chance that the canvas material or cloth may catch fire.
- After the end of proving, remove the dough with the cooking sheet from the **square tray** and cover with plastic wrap so that it doesn't dry before baking.
- 4 Baking**
- Preheating**  
Put just the **square tray** onto the **upper shelf** and preheat.
- 
- (Standard to preheating time is approx. 4 minutes)
- Bake**  
After preheating, put on the mittens for commercial oven and remove the **square tray**. Transfer the bread dough **3** along with the cooking sheet\* and sprinkle with strong flour (appropriate amount). Put into the **upper shelf** and heat.  
\*It becomes easier to transfer if you place it on a board.
- 



# Rolled Sausage Bread



Convection



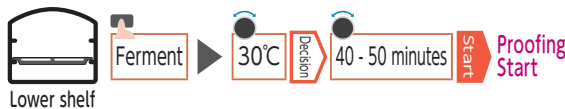
Ingredients / For 6 pieces

A	Bread flour	175 g
	Weak flour	45 g
	Dry yeast	
	(Granular type which does not require pre-fermentation)	3 g
	Sugar	4 g
	Salt	4 g
	Water	135 g
	Lard	4 g
	Cheese slices for melting	6 slices
	Finely chopped cabbage	36 g
	Long sausage	6
	Salt, coarse black pepper	A little of each
	Finely cut cheese for melting	Proper quantity
	Dried parsley	Proper quantity
	(Delye)	
	Egg (beaten)	Proper quantity

## How to cook

- 1 Dough making**
- Place sugar, salt, half the water in a bowl and dissolve well. Mix together the combined and sieved **A** and dry yeast, then add the remaining water and mix well.
  - Once it's all come together, transfer to a surface covered with a little bread flour (not included in ingredients). Press down onto the palms with your weight and hit the dough from a low position to the table at times.
  - Once the dough has mixed together and become smooth, stretch the dough and place lard on 3-4 places. Knead as though you are folding inward and mix plenty of lard into the dough.
  - Knead for a while and if you can stretch a part of the dough to produce a thin membrane, the kneading is complete.

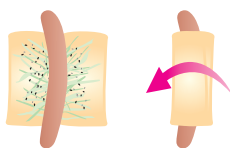
- 2 Primary proof - bench-time**
- Roll the dough neatly, place in a heat-resistant bowl with lard coating (not included in ingredients) then cover with dry cloth and wet cloth.
  - Place **1** on a **square tray**, place on the **lower shelf** and proof.



3. After the end of proofing, remove gases (see page 153 **Step 4 for making round bread**).

- 4. Bench-time**
- Divide **3** into 6, form into balls, cover with dry cloth, wet cloth and plastic wrap then let it rest for around 15 minutes.

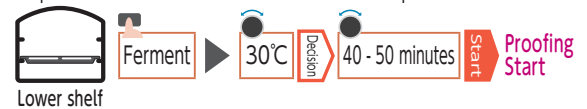
- 3 Forming**
- Place cabbage on the cheese slice, add salt and pepper, place sausage on top, roll. Make six of these.



- Stretch **2** thinly to around 40 cm long and wrap around **1**. Properly secure the start and the end of the wrapping around.
- Press the dough down over the middle of the sausage to make it easier to roll.



- 4 Formed proof**
- Put a cooking sheet on a **square tray**, line up **3** and cover with dry cloth, wet cloth then plastic wrap. Put onto the **lower shelf** and proof.

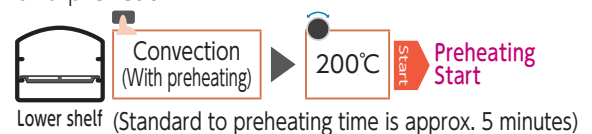


**Please be careful**

Please check the temperature set before pressing the start button. If you set it to be over 100°C by mistake, there is a chance that the canvas material or cloth may catch fire.

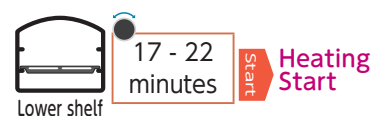
- 5**
- After proofing, take out the dough along with the cooking sheet and **square tray** and cover with wrap so that the dough doesn't dry out before baking.

- 6 Baking**
- 1. Preheating**
- Place just the **square tray** into the **lower shelf** and preheat.



- 2.** Immediately before the preheating finishes, coat the surface of the dough with a brush and scatter over the grated cheese.

- 3. Bake**
- After the end of preheating, use commercially available oven gloves, take out the **square tray** and transfer the dough in **2** along with a cooking sheet.\*
- \*It becomes easy to transfer if you place it on a board or something similar.
- Put into the **lower shelf** and heat.



- 4.** After the end of heating, scatter over with drier parsley. Put ketchup on to your taste.

# Melon Bread



Convection



Ingredients / For 5 pieces

(Cookie dough (skin of the melon bread))

A	Weak flour	100 g
	Baking powder	1/3 tsp.
	(Sieve together)	
Butter (unsalted)	30 g	
Sugar	30 g	
Egg	14 g	
Melon liquor	1 tbsp.	
Granulated sugar (for scattering on top)	13 g	
(Bread dough)		
Bread flour (sieved)	125 g	
Sugar	20 g	
Dry yeast (Granule type that doesn't require pre-fermentation)	3 g	
Salt	2 g	
Butter (unsalted)	13 g	
Egg	28 g	
Milk	50 g	

## How to cook

- 1** **Dough making - Forming**
- 1. (Cookie dough)**  
Add to eggs the sugar and soft butter, and add melon liquor and mix. Furthermore, sieve with **A** and then add it and mix well. Once it has come together, divide into five and cool in the fridge.
  - 2. (Bread dough making)**  
Make the bread dough and divide into five. (See pages 152 - 153 Step **1**~**4** for making round bread)
  - 3. Bench-time**  
Roll the dough in **2** into a ball so that the surface is smooth and cover with wet cloth or plastic wrap and rest for around 15 minutes. During bench-time, stretch the cookie dough in **1** to have diameter of around 10 cm.
  - 4. Forming**  
After the end of bench-time, cover the cookie dough after putting it on top of the bread dough. (Leave the back side to be around a 500 yen size)
  - Put granulated sugar in container, put in dough as though you are flipping it over, then cover the cookie dough with granulated sugar. Cut into the surface diagonal lattices and line up on to a **tray** with a cooking sheet on top.

- 2** **Formed proof**
- Put **1** into the **upper shelf** and prove it.
  - After the proofing is complete, remove the dough along with the cooking sheet and the square tray.
- 3** **Baking**
- 1. Preheating**  
Preheat with just the **square tray** on the **upper shelf**.  
  
Upper shelf (Standard to preheating time is approx. 4 minutes)
  - 2. Bake**  
After preheating, put on oven gloves, take it out onto a tray and transfer the dough of **2** along with the cooking sheet\*.  
\*It becomes easy to transfer if you place it on a board or something similar.  
Heat on the **upper shelf**.  
  
Upper shelf

## Melon bread variations

### Soft cookie dough

Weak flour	30 g	Egg	25 g (1/2 Size M)
Baking powder	1/4 tsp.	Melon liquor	1/2 tbsp.
Butter (unsalted)	20 g	Granulated sugar (for putting Sugar	20 g on the surface)
Sugar	20 g	Granulated sugar (for putting Sugar	13 g on the surface)

- When rounding the dough in Step **1**-**3**, form the dough into a flat shape with a dent in the center.
- In Step **1**-**4**, don't put on the cookie dough but just form and prove the bread dough.
- After the end of forming and proving, flatten the cookie dough, place on the bread dough and scatter granulated sugar evenly.

★ For ingredients for the bread dough and the basic method, please see "melon bread".

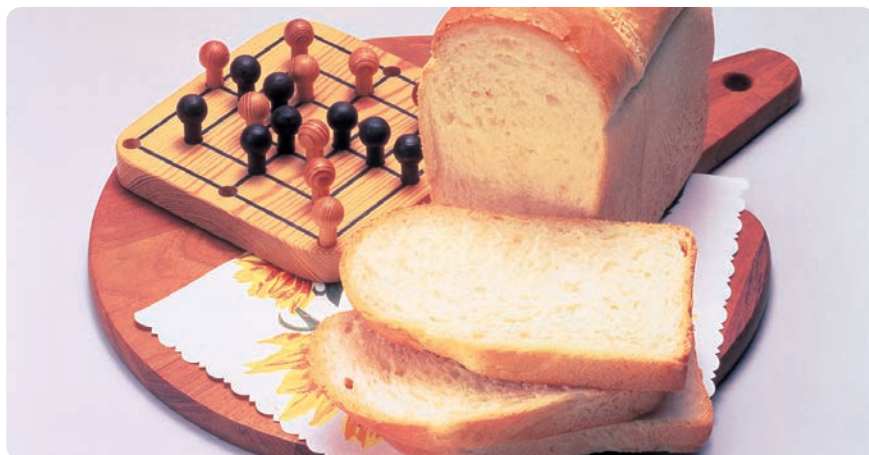
### Cookie dough without the liquor

Weak flour	90 g	Egg	25 g (1/2 Size M)
Baking powder	1/4 tsp.	Melon essence	1/4 tsp.
Butter (unsalted)	20 g	Granulated sugar (for putting Sugar	40 g on the surface)
Sugar	40 g	Granulated sugar (for putting Sugar	13 g on the surface)

# Bread



Convection



Ingredients/Metallic Approx. 11×21×10 cm Bread mould x for 1 Pain

Bread flour (sieved)	400 g
Dry yeast (Granule type that doesn't require pre-fermentation)	5 g
Water	290 g
Skimmed milk	15 g
Sugar	25 g
Salt	6 g
Butter	15 g

Manual  
Preheating: Convection 210°C  
Baking: Convection 200°C  
25 - 30 minutes

## How to cook

**1** 1. Make the bread dough. (See pages 152 - 153 Step 1 - 4 for making round bread)

**2. Bench-time**  
Remove gas from the dough, divide into two, around them into balls so that the surface is smooth, then rest for around 30 minutes with a cloth covering.

**3. Forming**  
Stretch the rested dough one at a time to be rectangles of around 10 cm by 15 cm using a rolling pin and roll it. Put the join in the center, stretch so that it's about 10 cm thick using a rolling pin, roll from the side closest to you and make a spiral.

**4. Coat a bread mould with plenty of butter (not included in ingredients) and put in 3 to the mould so that the knots go along the long side of the mould with the end of the roll on the bottom.**

Dough making - Forming

**2** Place 1 on a **square tray**, spray the bread dough and the inside with mist, place on the **lower shelf** and proof until the surface becomes as tall as the height of the mould.

**3** **1. Preheating**  
After the end of proofing, take 2 out with the **square tray** and preheat.

**2. Bake**  
After the end of preheating, place 2 on a **square tray**, put on the **lower shelf** and heat.

**3.** After heating, take out of the mould, place on a rack, brush with butter (not included in ingredients) whilst still hot and then cool.

Formed proof

Baking

## Bread variation

### Raisin Bread

Material/Metallic Approx. 11×21×10 cm Bread mould x for 1 pain

Bread flour	400 g	Skimmed milk	8 g
Dry yeast (Granular type that does not require pre-fermentation)	5 g	Sugar	48 g
Water	290 g	Salt	6 g
		Butter	15 g
		Raisins	80 g

#### How to cook

- 1 Soften the raisins by soaking in luke warm water and remove the moisture.
- 2 Make the bread dough. (See pages 152 - 153 Step 1 - 4 for making round bread)  
※After Step 1-7, add raisins from 1 a little at a time and mix in.
- 3 Make using step for making bread as reference.

### Walnut Bread

Material/Metallic Approx. 11×21×10 cm Bread mould x for 1 pain

Bread flour	400 g	Skimmed milk	8 g
Dry yeast (Granular type that does not require pre-fermentation)	5 g	Sugar	48 g
Water	270 g	Salt	6 g
		Butter	16 g
		Walnuts	80 g

#### How to cook

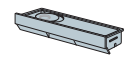
- 1 Make the bread dough. (See pages 152 - 153 Step 1 - 4 for making round bread)  
※After Step 1-7, add smashed walnuts a little at a time and mix in.
- 2 Make using Method for making bread as reference.

# Bagel (Plain)



Convection

Steam



## Ingredients / For 4 Pieces

A	Bread flour (sieved) .....	270 g
	Light brown sugar .....	15 g
	Dry yeast (Granule type that doesn't require pre-fermentation) ...	3 g
	Salt .....	3 g
	Water .....	140 g
	Honey or caramel syrup .....	15 g
	Luke warm water .....	30 g

Manual

3-1: Steamed 6 - 8 minutes

3-3: Convection (without preheating)  
190°C 13 - 20 minutes

## How to cook \*Put water into the water tank and set in place.

**1** 1. Place **A** into a bowl, mix so that the water is being absorbed by all the flour, then once it comes together, transfer to a surface cover in a little bread flour (not included in ingredients). Press down onto the palms with your weight and hit the dough from a low position to the table at times. If the dough is hard, please add water whilst monitoring it. Kneading is done once the dough becomes smooth and thin membrane results when stretched. (Kneading temperature, approx 25°C. For status, see page 152, **Step 1-7 for making round bread**)

2. Divide the dough in **1** to 4 equal parts, cover with wet cloth and prove for around 10 minutes.

### 3. Forming

After the end of proofing, stretch it out into a 25 cm long roll, twist once and form into a doughnut shape. Line on a cooking sheet on a **tray** and cover with wet a wet cloth.

**2** 1. Put **1** with the **square tray** into the **lower shelf** and prove.



**! Please be careful**  
Please check the temperature set before pressing the start button. If you set it to be over 100°C by mistake, there is a chance that the canvas material or cloth may catch fire.

2. After the end of proofing, take the **square tray** out and take off the wet cloth.

**3** 1. Put the **square tray** onto the **lower shelf** and heat.



Lower shelf

38 Bagel

Start Heating Start

(Standard heating time is approx. 23 minutes 30 seconds)

• Start with steam heating.

2. If the **buzzer sounds** a part of the way through\*, take out the **tray** and coat with honey diluted with warm water or caramel syrup.

\*Approx. 7 minutes after the start (when there is about 16 minute and 30 seconds remaining)

3. Put **2** in the **lower shelf** again and heat.



Lower shelf

Start Heating Start

## Bagel variation

★For basic step of how to make, please see “bagel (plain)” on page 161.  
Please sieve the bread flour before use.

### Walnut



#### Ingredients/For 4 pieces

Bread flour	270 g	Walnuts	46 g
Light brown sugar	13 g	Water	140 g
Dry yeast		Honey or caramel	
A (Granular type that		syrup	15 g
does not require		Warm water	30 g
pre-fermentation)	3 g		
Salt	3 g		

#### How to cook

- 1 Roast the walnuts using <Convection (without preheating) • 120°C • approx.15 minutes>, break down into 5-8 mm chunks and cool.
- 2 For basic step of how to make bagel (plain), refer to 1 - 3.  
\*Add walnuts once the dough is fairly together.

### Fig



#### Ingredients/For 4 pieces

Bread flour	270 g	Dried figs (semi-dry)	53 g
Light brown sugar	13 g	Water	130 g
Dry yeast		Honey or caramel	
A (Granular type that		syrup	15 g
does not require		Warm water	30 g
pre-fermentation)	3 g		
Salt	3 g		

#### How to cook

- 1 For basic step of how to make bagel (plain), refer to 1 - 3.  
\*Add figs once the dough is fairly together.

### Orange ginger



#### Ingredients/For 4 pieces

Bread flour	270 g	Water	120 g
Light brown sugar	13 g	Honey or caramel	
Dry yeast		syrup	15 g
A (Granular type that		Warm water	30 g
does not require			
pre-fermentation)	3 g		
Salt	3 g		
Orange peel	53 g		
Ginger (grated)	8 g		

#### How to cook

- 1 Cut orange peel into 5 mm chunks.
- 2 For basic step of how to make bagel (plain), refer to 1 - 3.

### Apple ginger



#### Ingredients/For 4 pieces

Bread flour	270 g	Apple jam	75 g
Light brown sugar	13 g	Water	90 g
Dry yeast		Honey or caramel	
A (Granular type that		syrup	15 g
does not require		Warm water	30 g
pre-fermentation)	3 g		
Salt	3 g		
Ginger (grated)	4 g		
Cinnamon	A little		

#### How to cook

- 1 Have the apple jam dissolved in water.
- 2 For basic step of how to make bagel (plain), refer to 1 - 3.

### Marmalade



#### Ingredients/For 4 pieces

Bread flour	270 g	Marmalade	75 g
Light brown sugar	13 g	Water	90 g
Dry yeast		Honey or caramel	
A (Granular type that		syrup	15 g
does not require		Warm water	30 g
pre-fermentation)	3 g		
Salt	3 g		

#### How to cook

- 1 Have marmalade dissolved in water.
- 2 For basic step of how to make bagel (plain), refer to 1 - 3.  
\*The finish may vary depending on the type of jam. When the dough is hard, please add water whilst monitoring the situation.

### Blueberry



#### Ingredients/For 4 pieces

Bread flour	270 g	Blueberry jam	75 g
Light brown sugar	13 g	Water	90 g
Dry yeast		Honey or caramel	
A (Granular type that		syrup	15 g
does not require		Warm water	30 g
pre-fermentation)	3 g		
Salt	3 g		

#### How to cook

- 1 Have the blueberry jam dissolved in water.
- 2 For basic step of how to make bagel (plain), refer to 1 - 3.  
\*The finish may vary depending on the type of jam. When the dough is hard, please add water whilst monitoring the situation.

## Bagel variation

★For basic step of how to make, please see “bagel (plain)” on page 161. Please sieve the bread flour before use.

### Tomato



#### Ingredients/For 4 pieces

A	Bread flour	270 g	Tomato juice (no added salt)	145 g
	Light brown sugar	13 g	Honey or caramel syrup	15 g
	Dry yeast (Granular type that does not require pre-fermentation)	3 g	Warm water	30 g
	Salt	3 g		

#### How to cook

- 1 Use tomato juice instead of water and for basic step of how to make bagel (plain), refer to 1 - 3.

### Cafe au lait



#### Ingredients/For 4 pieces

A	Bread flour	270 g	Coffee (sugar free)	105 g
	Light brown sugar	13 g	Milk	38 g
	Dry yeast (Granular type that does not require pre-fermentation)	3 g	Honey or caramel syrup	15 g
	Salt	3 g	Warm water	30 g

#### How to cook

- 1 Have the coffee and milk mixed together.
- 2 Use 1 instead of water and for basic step of how to make bagel (plain), refer to 1 - 3.

### Black sesame



#### Ingredients/For 4 pieces

A	Bread flour	270 g	Black sesame seeds paste	30 g
	Light brown sugar	13 g	Water	125 g
	Dry yeast (Granular type that does not require pre-fermentation)	3 g	Honey or caramel syrup	15 g
	Salt	3 g	Warm water	30 g
	Ground black sesame seeds	13 g		

#### How to cook

- 1 Have the black sesame paste dissolved in water.
- 2 For basic step of how to make bagel (plain), refer to 1 - 3.

### Italian



#### Ingredients/For 4 pieces

A	Bread flour	270 g	Dried herbs*	1 tsp.
	Light brown sugar	13 g	*Use your favourite dried herbs such as basil, oregano, parsley.	
	Dry yeast (Granular type that does not require pre-fermentation)	3 g	Honey or caramel syrup	15 g
	Salt	3 g	Warm water	30 g
	Water	140 g		
	Dried tomatoes	20 g		
Powdered cheese	26 g			
Garlic	3 g			
Anchovy	3 g			

#### How to cook

- 1 Cut dried tomatoes roughly into small slices of around 3-5 mm and cut anchovies and garlic finely.
- 2 For basic step of how to make bagel (plain), refer to 1 - 3.  
\*Add powdered cheese, dried herbs and 1 once the dough has come together to a certain extent.

### Bacon onion



#### Ingredients/For 4 pieces

A	Bread flour	270 g	Bacon (finely chopped)	40 g
	Light brown sugar	13 g	Onion (thinly cut)	53 g
	Dry yeast (Granular type that does not require pre-fermentation)	3 g	Honey or caramel syrup	15 g
	Salt	3 g	Warm water	30 g
	Pepper	¼ tsp.		
	Water	115 g		

#### How to cook

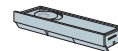
- 1 Fry bacon in a frying pan, add onions and fry until there is a little colour.
- 2 For basic step of how to make bagel (plain), refer to 1 - 3.  
\*Add 1 once the dough has come together a certain extent.

# French Bread



Convection

Steam



Ingredients/For 2 pieces, approx. 30 cm each	
Flour for French bread (for putting on top)	300 g
Dry yeast (Granule type that doesn't require pre-fermentation)	2 g
Powdered malt	2 g
Salt	6 g
Water	190 g

### <Things to prepare>

- Bread thermometer (stick thermometer is fine)
- Canvas material
- Cooking sheet
- Coup knife
- Board for transferring the dough

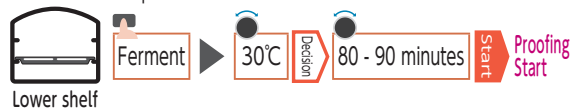


**How to cook** \*Put water into the **water tank** and set in place.

- 1** 1.Put salt in the water and dissolve well.
- 2** 2.Put French bread flour into a bowl as well as dry yeast and malt powder and lightly mix by hand.
- 3** 3.Pour the water from **1** into **2** and mix as though you are mixing the water into all the powder. Once it has come together, transfer to a board covered lightly with bread flour (not included in ingredients).
- 4** 4.Press down with your body weight onto the palms of your hand as you knead, hit it against a surface from a low position at times and knead for around 8 - 10 minutes.
- 5** 5.Once there is a thin membrane when you stretch out the dough, the kneading is complete. Dough kneading temperature approx. 24°C.

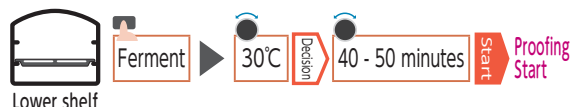


- 2** **1. The first time**
- Put dough from **1** into a heat-resistant bowl covered with vegetable oil (not included in ingredients). Cover with plastic wrap and proof at a temperature of 25 - 27°C for approximately 120 minutes.
- When using oven proofing... Place on a **square tray**, put onto the **lower shelf** and prove until it rises to double the size.



- 2** 2.Once the dough has proved sufficiently, carry out the finger test. (For status, see page 153, **Step 3 for making round bread**) remove gas lightly as though you are re-rolling and try not to remove too much gas.

- 3. The 2nd time**
- Put **2** into a bowl, cover with plastic wrap again and prove for around 60 minutes in an environment which is around 25 - 27°C .
- When using oven proofing... Place on a **square tray**, then on the **lower shelf** and prove until it's around twice the size.



- 3** **1** 1.Take out the dough from **2** gently onto a surface covered with bread flour (not included in ingredients), divide into two, put the cut side inside and make it come together gently to the extent that the surface is slightly tesne.
- 2** 2.Place the dough on half the canvas material, cover with the remaining half, then further cover over with wet cloth and rest for around 30 minutes somewhere warm.

Making the dough

Primary proof

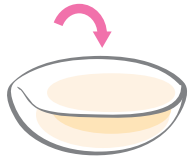
Bench-time

**4** Forming

1. Transfer to a surface with a little bread flour (not included in ingredients) the dough from **3** and stretch out into an oval shape.



2. Fold a  $\frac{1}{3}$  from the back toward the front, press the joint down using the base of the thumbs.



3. Fold over from the front too, press down the joint with the base of your thumbs.



4. Further fold over the dough from the far end, press down the joint yet again with your thumbs and close by pressing down properly as though you are making one core within the dough.



5. If the dough is soft, repeat **4** again. Make into cigar shapes around 30 cm long by rolling using both hands.

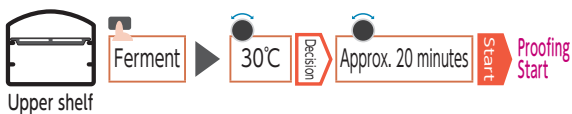


**5** Formed proof

1. Lay a canvas cloth on a **square tray** and make a wall by gathering together the canvas material. Put the join at the bottom between the cloths and line the dough up. Cover from the top using the remaining canvas material.



2. Put **1** on the **upper shelf** and proof.



**Please be careful**

Please check the temperature set before pressing the start button. If you set it to be over 100°C by mistake, there is a chance that the canvas material or cloth may catch fire.

**6**

After the end of proofing, so that it doesn't dry before baking, wrap with wrap with the canvas still on it and transfer it along with the canvas material to a flat and warm place.

**7** Baking

**1. Preheating**

Put just the **square tray** into the **upper shelf** and preheat.



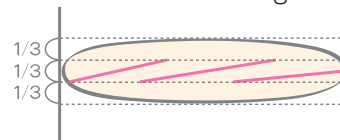
**34 French Bread** Start Preheating Start

Upper shelf (Standard to preheating is approx. 11 minutes)

2. Replace onto a cooking sheet cut to the size of the **square tray** using the board so that the join of the dough is at the bottom.

**3. Marking with a knife**

Immediately before finishing preheating, use a coup knife to mark 3 cuts within  $\frac{1}{3}$  of the center of the dough. Make the middle cut longer and the ends of the cuts to be in around the center of the dough.



Use the center of the coup knife blade and mark as though you are gently pulling apart to a gap of the width of a 1-yen piece.



**4. Bake**

After the end of preheating, use commercially available oven gloves to take out the **square tray** and transfer the dough from **3** along with the cooking sheet.\*

\*It becomes easier to transfer if you place it on a board.

Heat on the **upper shelf**.



Start Heating Start

Upper shelf (Standard to heating time is approx. 28 minutes)

• For tips on making French bread, please see page 167.



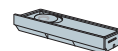
# Epi

## Petit France (French bread)



Convection

Steam



**<Epi>**  
Ingredients/For 3 of 30 cm epi shaped sticks

Flour for French bread (for putting on top)	300 g
Dry yeast (Granule type that doesn't require pre-fermentation)	2 g
Powdered malt	2 g
Salt	6 g
Water	190 g
Bacon	Proper quantity

**<Small French bread>**  
Ingredients/For 9 of 7 cm round pieces

Flour for French bread (for putting on top)	300 g
Dry yeast (Granule type that doesn't require pre-fermentation)	2 g
Powdered malt	2 g
Salt	6 g
Water	190 g

**How to cook** \*Put water into the water tank and set in place.

**1** Dough making  
1. Make the dough based on page 164 **Step 1 - 3 for making French bread** and divide into three equal pieces for epi or nine equal pieces for small French bread.

2. Put the cut side of **1** inside and lightly gather together so that the surface is slightly tense. Place on half the canvas material, cover with the remaining half, cover with a wet cloth and rest for around 30 minutes in a warm place.

**2** Forming  
**<Epi>**  
Transfer to a surface covered with a little bread flour (not included in the ingredients) the dough from **1** and mould referring to page 165, **step 4 for making French bread**. If putting in bacon, **put bacon in the center at step 4** and join once you have rolled vertically.

**<Small French bread>**  
Transfer to a surface with a little bread flour (not included in ingredient) the dough from **1** and close the join properly after gently rolling it together.

**3** Formed proof  
Form into shapes and proof based on page 1165 **Step 5 for making French bread**.



**Please be careful**

Please check the temperature set before pressing the start button. If you set it to be over 100°C by mistake, there is a chance that the canvas material or cloth may catch fire.



**4**  
After the end of proofing, cover with canvas sheet so that the dough does not dry before baking and transfer to a warm and flat place with the canvas still on it.

**5** Baking  
**1. Preheating**  
Place just the **square tray** onto the **upper shelf** and preheat.



**34 French Bread**



**Increase 1**

**Preheating Start**

Upper shelf

(Standard to preheating is approx. 11 minutes)

**2.** Transfer using a board so that the join of the dough comes to the bottom onto a cooking sheet cut to the size of the **square tray**.

**3. Coupe (Cutting the surface)**

**<Epi>**

Just before completion of preheating, make a deep cut laying the kitchen scissors on its side and separate the left and right sides.



**<Small French bread>**

Just before preheat is complete, cut in cross shape with a coupe knife.



**4. Bake**

After the end of preheating, use a commercially available oven gloves to remove the **square tray** and transfer the dough in **3** along with the cooking sheet.\*

\*It becomes easy to transfer if you place it on a board or something similar.

Heat on the **upper shelf**.



**Heating Start**

Upper shelf

(Standard to heating time is approx. 26 minutes)

\*For tips on making French bread, please see page 167.

# Tips on baking French bread



This is one of the difficult bread to bake that the advanced bakers can challenge. Referring the points shown below, then try it repeatedly and learn the tips!

## Ingredients and tools

Special ingredients (such as special flour for French bread, and powdered malt) are required. These are available at a confectionery store. Small amount of powdered malt is nutritional to yeast and accelerates its processing. Precise measurement of the ingredients is a must.

Essential tools for French bread making  
Canvas sheet : for bench time and proof  
Bread meter : to measure dough temperature  
(Bar thermometer can be used)  
Coupe knife : for cutting in coupe

## Unlike butter roll dough

You might see slight unevenness on the kneaded dough. (May slightly stretch or not stretch at all, after spreading by fingers.)  
Kneading temperature is set at 24°C. Adjust ingredient temperature and room temperature accordingly.

## Temperature

Temperature control is essential.  
Measure precisely dough temperature in each process and adjust well.  
Room temperature at 20-25°C is the most suitable. In summer, ingredients should be stored in the fridge.  
Set flour at 23°C and water at 12°C, which is the most appropriate temperature for kneading.

## Proofing

Proof time and condition may vary according to the temperature of kneaded dough, container to be used, or ingredient combination.  
Monitor the conditions and adjust proof time accordingly so the dough expands to double size.

## Degassing

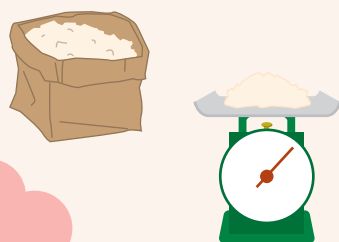
Timing  
By observing when dough expands to double size, or check by finger test.  
Tips  
Try cupping it gently. Make sure not to degas too much or not to touch the dough too much.

## Bench time / Forming

In winter, pay more attention to the temperature not to let the dough get cold.  
During bench time, make sure the dough does not get dried.  
Do not press or stretch the dough too hard.  
Handle dough gently and do not touch the dough too many times.

## Coupe knife

Use a coupe knife to superficially coupe (cut) the dough skin surface.  
If the cut is done vertically to the dough or the cut is deep, the lemon shape that is characteristic to French bread may not be formed after baking.



### Trivia Types of French bread

#### ● Batard ●

40~41 cm long,  
cut into three slices.  
280 g after baking.

#### ● Parisienne ●

People from Paris.  
67~68 cm long,  
cut into three slices.  
500 g after baking.

#### ● Baguette ●

Cane stick.  
67~68 cm long,  
cut into seven slices.  
280 g after baking.

#### ● Champignon ●

Mushroom  
Thin circular dough topped  
on round dough.

#### ● Coupe ●

It also can be pronounced as 'kup-pe.'  
Straight cut in the middle.

#### ● Boule ●

Ball  
Round dough with cuts.  
Grids on big dough or a cross  
on small dough.

Crispy crusts and a pleasant taste of sesame and sweet potato fill your mouth. Addictive flavor.

# Sweet Potato France Bread



Convection



Ingredients / For 1 roll	
<b>&lt;Bread dough&gt;</b>	
Special Flour for French bread (Sifted)	200 g
Sugar	10 g
<b>A</b> Dry yeast (Granule type that doesn't require pre-fermentation)	4 g
Salt	4 g
Water	120 g
Shortening	10 g
Toasted black sesame oil	14 g
<b>&lt;Filling&gt;</b>	
Sweet potato	160 g
Sugar	50 g
Lemon juice	From 1/8 of a lemon
Water	Proper quantity
Salt	to taste

## How to cook

- 1** Cut sweet potato with the skin into cubes of 1 cm. Boil in a pot by adding sugar, lemon juice and water to the level that covers the potato. Add salt once it softens. Boil in a pot till the water evaporates (The prepared quantity is approximately 190 g).

**Make the filling**
- 2** 1. Put the ingredients **A** in a bowl. Add water and mix together until the powder completely dissolves. Once everything gets together, move onto a surface floured lightly with Bread Flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the surface.

**Dough making**

2. Once it becomes smooth, add shortening and black sesame seed and knead thoroughly. When the dough becomes soft after adding shortening, stretch the dough. If a thin film is formed, it indicates that kneading is complete (the best temperature for kneading is about 26 °C. Kneaded dough should meet the standards set in **steps 1-7 of instruction in making round bread** on page 152).

3. Make **3** into a round shape such that a smooth surface is formed. Turn the seam to face downwards. Place in a heat resistant bowl to which shortening (not included in the ingredients) has been thinly applied and cover with plastic wrap.
- 3** 1. Place **2** on a **square tray**, place on the **lower shelf** and prove. Remove from the inside once part of the way through, and punch the gas out.

**Primary proof - bench-time**

**2. Bench-time**  
After proofing has finished, remove gasses (see page 153, **Step 4 for instruction in making round bread**) and form into balls. Place a dry cloth, wet cloth and plastic wrap on top in that order and let it rest for around 15 minutes.
- 4** 1. Stretch to around 30x26 cm using a rolling pin, scatter the filling with around 3 cm space vertically and 2 cm on the right and the left, then roll from the side nearest to you. Close the ends properly by squeezing in the left and the right and tidy the shapes.

**Forming**

2. Line a **square tray** with a canvas sheet, make walls by gathering the canvas material and place the dough from **1** in between the cloth walls. Cover with the remaining canvas material and further add on wet cloth.

- 5** Place **4** in the **lower shelf** and prove.

**Formed proof**

**FERMENT** 35°C **Decision** 40 - 50 minutes **Start** **Proofing Start**

**Please be careful**  
Please check the temperature set before pressing the start button. If you set it above 100°C by mistake, there is a risk that canvas materials or cloths will catch fire.
- 6** 1. **Marking**  
After the proofing has finished, take out the dough from the **square tray** with the canvas material and put in three diagonal cuts with a sharp knife. Cover with plastic wrap on top of the canvas material so that it does not dry out before baking.

**Baking**

2. **Preheating**  
Put **square tray** only in **lower shelf** and preheat.

**Lower shelf** **Convection (With preheating)** 180°C **Start** **Preheating Start**  
(Standard to preheating time is approx. 5 minutes)

3. Gently transfer onto a cooking sheet cut to the size of the **square tray** the bread dough from **1** using a board, etc.

4. **Bake**  
After the end of preheating, put on some commercially available oven gloves and take out the **square tray**. Move the dough in **3** along with the cooking sheet\*.  
\*It will be easier to move if you place it on a board or something similar.  
Spray the dough with water, place on the **lower shelf** and heat.

**Lower shelf** 27 - 32 minutes **Start** **Heating Start**

# Croissant



Convection



## Ingredients/For 9 Pieces

Flour for French bread (for putting on top)	120 g
Weak flour (sieved)	30 g
Instant Dry yeast (Granule type that doesn't require pre-fermentation)	3 g
Sugar	8 g
Salt	3 g
Water	90 g
Butter (unsalted)	15 g
Butter for folding (unsalted)	90 g

## How to cook

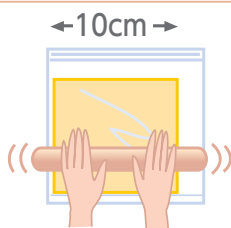
1

Making the dough

1. Add sugar, salt,  $\frac{1}{3}$  of the water then dissolve in by mixing with a whisk.
2. Put French bread flour and weak flour into 1 and mix gently as though you are letting the water be absorbed by all the powder.
3. Whilst it's still powdery, add instant dry yeast, mix lightly 2-3 times and take out onto the board whilst it's still not fully mixed.
4. Tear the butter a little at a time and fold into the dough as though you are painting it onto the surface.
5. Push along the table as though you are folding the butter in until it all mixes in.
6. Once the butter has mixed in, gather it all together, cover with plastic wrap and cool for around 30 minutes in the fridge.

2

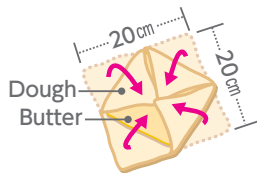
2. Make sheet butter whilst the dough is cooling. Once the butter (90 g) has softened in room temperature, put into a plastic bag, stretch out to be a sheet of around 10x10 cm using a rolling pin and cool in the fridge.



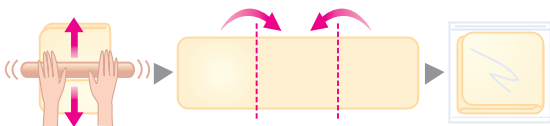
3

Folding in butter

1. Take 1 out for the fridge, stretch out to around 20x20 cm with a rolling pin, place 2 in the middle and enclose it so that there is no gap and close the join properly.



2. Stretch 1 from the centre outwards as though you are pushing down with the rolling pin so that it's a rectangle of about 6 mm thickness, fold the dough into three, cover with plastic wrap and rest for 30 minutes in the fridge.

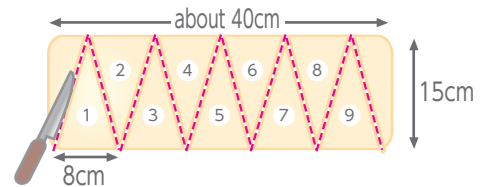


3. Stretch out into a rectangle again, fold threefold and cool for around 30 minutes.
4. Stretch it out again into a rectangle, fold threefold and cool for around 60 minutes.

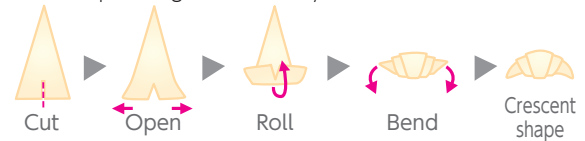
4

Forming

1. Stretch 3 into a 15x40 cm rectangle and divide into 9 isosceles triangles with 8 cm base.



2. Put a 1 cm cut in the centre of the base and roll it up once spreading it out sideways.



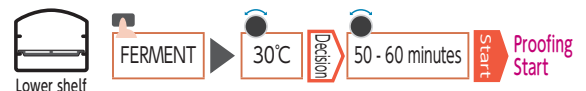
5

5. Line the square tray with a cooking sheet and with the rolled ends of 4 at the bottom, line up nine of them.

6

Proofing

1. Spray 5 with water and prove after putting it onto the lower shelf.



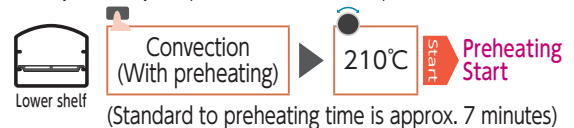
2. After proofing has finished, take the dough out along with the cooking sheet from the square tray.

7

Baking

### 1. Preheating

Put square tray only in lower shelf and preheat.



### 2. Bake

After the end of preheating, put on shop bought oven gloves, take out the square tray and move the dough from 6 along with the cooking sheet.\*

\*It becomes easier to transfer if you place it on a board. Put into the lower shelf and heat.

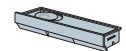


# Stone Convection Bread



Convection

Steam



Ingredients / For 1 piece of 23 cm diameter	
Bread flour .....	375 g
Whole wheat flour (fine) .....	125 g
Instant Dry yeast (Granule type that doesn't require pre-fermentation) .....	6 g
Sugar .....	2 tsp.
Salt .....	2 tsp.
Lemon juice .....	1 tsp.
Lukewarm water (30 - 35°C) .....	290 - 320 g
Olive oil .....	2 tbsp.

**How to cook** \*Put water into the **water tank** and set in place.

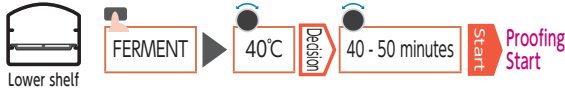
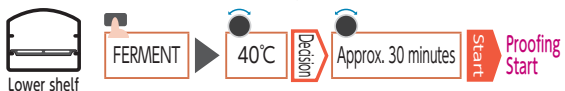
1

Making the dough

1. Sift bread flour and whole wheat flour in a large bowl. Form a mountain and make a hole in the center. Add instant dry yeast and sugar to the hole, then gradually pour  $\frac{2}{3}$  of the lukewarm water and mix. Once blended, add lemon juice and salt. Then, gradually pour in the remaining lukewarm water until the mixture becomes soft, like an earlobe.
2. Once the dough becomes firm, knead while striking the dough to the bowl. When the surface becomes smooth, add olive oil and knead it until it is blended well. Once the dough becomes smooth, use your both hands to spread it gently and knead it until your fingers can see through (For status see page 152 **Step 1-7 of instruction in making round bread**).
3. Make **2** into balls so that the surface become smooth, place the join on the bottom, place in a heat-resistant bowl coated thinly with olive oil (not included in ingredients) and cover with plastic wrap.

2

Primary proof - formed proof

1. **Primary proof**  
Place **1** on a **square tray**, place on the **lower shelf** and proof until it approximately doubles in size.  

2. Check the status of proofing and remove gases. (See page 153, **Step 3 - 4 of instruction in making round bread**).
3. **Bench-time**  
Make a round shape such that a smooth surface will be outside. Cover with plastic wrap and allow to rest for approximately 15 minutes.
4. Place on a **square tray** with cooking sheet on it, spread **3** so that it's around 20 cm in diameter and 5 cm in height and spray lightly with water.
5. **Formed proof**  
Put **4** into the **lower shelf** and prove.  


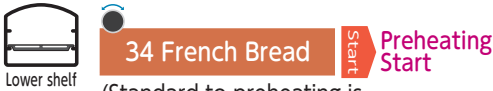
3


Baking

- After the end of proofing, take out the dough along with the cooking sheet and **square tray**. Put bread flour (not included in the ingredients) on the surface of the dough and cover with plastic wrap until baking so that the dough does not dry out.

4

Baking

1. **Preheating**  
Put **square tray** only in **lower shelf** and preheat.  


**34 French Bread**  
(Standard to preheating is approx. 11 minutes)
2. **Marking**  
Mark the surface of **3** diagonally using a sharp tip of a knife.
3. **Bake**  
After the end of preheating, use commercially available oven gloves, take out the **square tray** and transfer the dough in **2** along with a cooking sheet.\*  
\*It becomes easier to transfer if you place it on a board. Put into the **lower shelf** and heat.  


(Standard heating time is approx. 28 minutes)

The position of the accessory indicated is "upper shelf" but it will rise a lot so please cook on the "lower shelf".

Bread • pizza

# English Muffin



Convection

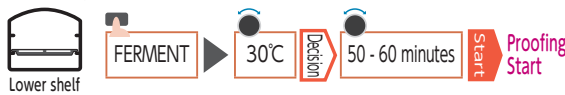


Ingredients/For 6 pieces of 10 cm diameter × 2.5 cm height metal circle mold

A	Bread flour (sieved) .....	150 g
	Sugar .....	5 g
	Instant Dry yeast (Granule type that doesn't require pre-fermentation) .....	3 g
	Salt .....	3 g
	Shortening .....	4 g
	Water .....	100 g
	Cornmeal .....	Proper quantity

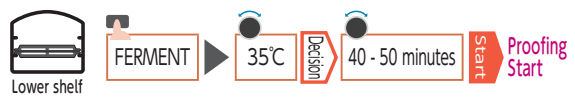
● If you don't have a circle one ●  
Wrap foil around 33 cm (1 cm for tab) × 2.5 cm cardboard and make a circle and staple it in place.



## How to cook

- 1 Dough making**
  1. Place **A** into a bowl, mix so that the water is being absorbed by all the flour, then once it comes together, transfer to a surface cover in a little bread flour (not included in ingredients). Use your body weight and the palm of your hands to knead and swing the dough down onto a table from a low position a few times. Kneading is done once the dough becomes smooth and thin membrane results when stretched. (Kneading temperature approx. 26°C. For status see page 152 **Step 1-7 of instruction in making round bread**).
  2. Make **1** into a ball with a smooth surface, place in a heat-resistant bowl covered with shortening (not included in ingredients) so that the join is at the bottom and cover with plastic wrap.
- 2 Primary proof - bench-time**
  1. **Primary proof**  
Place **1** on a **square tray** and prove on the **lower shelf**. Part of the way through, take out once and punch to remove gases.  

  2. After the end of proofing, remove the gas (see page 153, **Step 4 of instruction in making round bread**).
  3. **Bench-time**  
Divide **2** into 6, make into balls and cover with dry cloth, wet cloth then plastic wrap and rest for around 15 minutes.
- 3 Forming**

Line a **square tray** with cooking sheet and line up the mould then put cornmeal on the base of the moulds. Re-gather the dough, press with your hands to flatten and put into the mould with cornmeal on top. (There is no need to make it exactly the size of the mould. It will get bigger in the subsequent processes)

- 4 Formed proof**

Cover **3** with a cooking sheet and put another **square tray** on top upside down then prove on the **lower shelf**.  

- 5**

After proofing has finished, remove the cooking sheet along with the **square tray** and cover with plastic wrap so that the dough does not dry out before baking.
- 6 Baking**
  1. **Preheating**  
Put **square tray** only in **lower shelf** and preheat.  
  
 (Standard to preheating time is approx. 5 minutes)
  2. **Bake**  
After the end of preheating, put on commercially available oven gloves, take out the **square tray** and transfer the dough in **5** along with the cooking sheet.\*  
\*It becomes easy to transfer if you place it on a board or something similar.  
Cover the dough with cooking sheet and put another **square tray** on top upside down, then place on the **lower shelf** and heat.  


● Please split the English muffin into two and eat after cooking in a toaster.

The shape of the Stollen is said to represent the body of Jesus Christ wrapped around with a covering. It is a German sweet bread for Christmas.

# Stollen



Convection



## Ingredients / For 2 Pieces

	Flour for French bread (for putting on top) .....	250 g
	Sugar-resistant dry yeast (Granule type that doesn't require pre-fermentation) .....	13 g
A	Sugar .....	40 g
	Salt .....	3 g
	Egg .....	1 (Size M)
	Cinnamon .....	½ tsp.
	Nutmeg, vanilla oil .....	to taste of each
	Milk .....	85 - 90 g
	Butter (unsalted) .....	70 g
	Raisins .....	100 g
	Mixed fruits soaked in western alcohol .....	50 g
B	Lemon zest .....	From ½ a lemon
	Sliced almond .....	40 g
	<b>&lt;Topping (for 2)&gt;</b>	
	Sliced almond .....	40 g
	Granulated sugar .....	40 g
C	Weak flour .....	3 g
	Egg whites (beaten) .....	½ (Size M)
	Egg yolk .....	½ (Size M)
	<b>&lt;For finishing&gt;</b>	
	Melted butter .....	50 g
	Icing sugar .....	Proper quantity

## How to cook

**1** **Dough making**

- On a square tray lined with a cooking sheet, spread out the sliced almonds from **B**, place on the **lower shelf** and heat.
 

Convection  
(Without preheating)

150°C

Decision

Approx. 15 minutes

Start

Heating Start

After heating has finished, open the door and cool.
- Pour hot water on the raisins and then remove the moisture.
- Place **A** into a bowl, mix so that milk is absorbed by all the flour and once it comes together, transfer to a surface covered with a little bread flour (not included in ingredients). Put your body weight on your palms and hit the dough onto the surface from a low position a few times.
- Once smooth, divide butter into two portions, add them and knead well. Once the butter mixes in, add **B** and knead well. Stretch the dough and if a thin membrane forms, the kneading is complete. (Kneading temperature approx. 23°C. For status see page 152 **Step 1-7 of instruction in making round bread**).
- Make **4** into a ball so that the surface is smooth and place in a heat-resistant bowl coated in butter (not included in ingredients) with the join on the bottom and cover with plastic wrap.

**2** **Primary proof**

- Primary proof**  
Place **1** on a **square tray** and prove on the **lower shelf**.  
※ Please carry out the first proofing once the inside has cooled.
 

FERMENT

30°C

Decision

40 - 50 minutes

Start

Proofing Start
- After the end of proofing, remove the gas (see page 153, **Step 4 of instruction in making round bread**).

**3** **Forming**

- Bench-time**  
Divide **2** into 2, make into balls and cover with dry cloth, wet cloth then plastic wrap and rest for around 20 minutes.
- Fold in half **2** after stretching it out into a sideways ellipse with a rolling pin, line up on a **square tray** and cover with dry and wet cloth.

**4** **Formed proof**

Place **3** on the **lower shelf** and prove.

FERMENT

30°C

Decision

30 - 40 minutes

Start

Proofing Start

**Please be careful**  
Please check the temperature set before pressing the start button.  
If you set it above 100°C by mistake, there is a risk that canvas materials or cloths will catch fire.

**5** After the proofing has finished, cover with plastic wrap so that the dough does not dry before cooking.

**6** **Baking - finishing**

- Preheating**  
Preheat empty convection.
 

No Accessories

Convection  
(With preheating)

180°C

Start

Preheating Start

(Standard to preheating time is approx. 5 minutes)
- Mix **C** well, make the topping, coat the surface of the dough with egg yolk and spread out the topping.
- Bake**  
After the end of preheating, place **2** on the **lower shelf** and heat.
 

17 - 22 minutes

Start

Heating Start
- After heating, cover with melted butter and put sugar over it once it's fully cooled.

# Brioche



Convection



Ingredients/Metallic Brioche Moulds x 9 Piece

	Bread flour (sieved)	190 g
	Dry yeast (Granule type that doesn't require pre-fermentation)	4 g
A	Salt	2 g
	Sugar	20 g
	Egg	1 (Size M)
	Milk	50 g
	Butter (unsalted) (Delye)	90 g
	Egg yolk	1 (Size M)
	Water	1 tbsp.

## How to cook

**1** Place **A** into a bowl, mix so that milk is absorbed by all the flour and once it comes together, transfer to a surface covered with a little bread flour (not included in ingredients). Put your body weight on your palms and hit the dough onto the surface from a low position a few times.

**2** Once smooth, divide the butter into three and knead well. Once the butter has mixed in and is smooth, and a thin membrane results when the dough is stretched, the kneading is complete. (Kneading temperature approx. 30°C. For status see page 152 **Step 1-7 of instruction in making round bread**).

**1. Primary proof**  
Make **1** into a ball so that the surface is smooth, place in a bowl covered in butter (not included in ingredients) with the join on the bottom, cover with plastic wrap and prove at around room temperature (25°C).

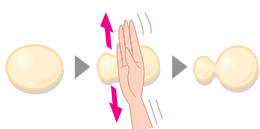
**2** After the end of proofing, place in a vat with plastic wrap lining, flatten, place in a plastic bag wrapped in plastic wrap and leave in the fridge for six hours - overnight.

**3** Remove the gasses after the end of proofing (See page 153, **Step 4 of instruction in making round bread**).

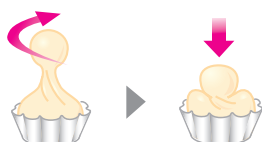
**4. Bench-time**  
Divide **3** into 9, make into balls and cover with dry cloth, wet cloth then plastic wrap and rest for around 15 minutes.

**1** Rub butter (not included in ingredients) in a brioche mould.

**2** Make **2** round again, roll  $\frac{1}{4}$  -  $\frac{1}{3}$  of the dough and make into a shape like butternut squash.

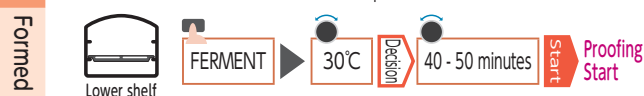


**3** Put into the mould with small side up and arrange the shape by twisting and pressing into the dough.



**4** Line **3** on the **square tray**, cover with dry and wet cloth.

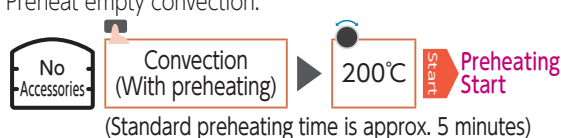
**4** Place **3** on the **lower shelf** and proof.



**Please be careful**  
Please check the temperature set before pressing the start button. If you set it above 100°C by mistake, there is a risk that canvas materials or cloths will catch fire.

**5** After the proofing has finished, cover with plastic wrap so that the dough does not dry before cooking.

**1. Preheating**  
Preheat empty convection.



**2** Coat the surface of the dough with delye with a brush during preheating.

**3. Bake**  
After preheating has finished, put **2** into the **lower shelf** and heat.



• If the room temperature is high or the temperature of the dough has risen, please work whilst cooling it in the fridge.



It means "cheesy bread" in Portugese. With tapioca powder, it's crunchy on the outside and gooey in the middle.

# Pon De Quejo



Convection



Ingredients / For 16 Pieces	
Tapioca flour	200 g
Milk	110 g
Water	110 g
Vegetable oil	40 g
Salt	to taste
Egg	1 (Size M)
Powdered cheese	100 g

• If you don't knead properly in Step 1-3, it will be powdery.

## How to cook

**1** Dough making

- Place **A** in a heat-resistant container, place in the centre with not cover and heat until it boils.

- Add **1** into a bowl with tapioca, at once and swiftly knead with a spatula. Cover with wet cloth and steam for 2-3 minutes in a warm place.
- Add beaten egg a bit at a time to **2**, mix well and then add cheese and mix again. Once it has cooled a little, knead with your hands, taking care not to burn yourself. (It becomes hard to knead once the dough has cooled so knead fast)

**2** Baking

- Preheating**  
Preheat empty convection.

(Standard preheating time is approx. 5 minutes)

- Divide **1** into 16, make them into balls and line on a square tray.
- Bake**  
After the end of preheating, place **2** on the lower shelf and heat.

# Nan



Convection



Ingredients / For 2 Pieces	
Bread flour (sieved)	150 g
Dry yeast (Granule type that doesn't require pre-fermentation)	2 g
Sugar	12 g
Salt	2 g
Milk	80 g
Water	50 g
Melted butter	Proper quantity

The kneading of the dough is such that it's softer and sticks more easily compared to bread dough such as for butter roll.

## How to cook

**1** Dough making

- Put bread flour, dry yeast, sugar, salt, milk and water into a bowl and knead well for 5-10 minutes.
- Make **1** into a ball with smooth surface, place in a bowl coated with vegetable oil (not included in ingredients), cover with plastic wrap and proof for around 30 minutes at room temperature.
- Divide into two after proofing has finished, make them into balls, place on a surface with bread flour (not included in ingredients) and rest for around 15 minutes with plastic wrap cover.

**2** Preheating

Preheat empty convection.

(Standard preheating time is approx. 20 minutes)

**3** Forming

Use **1** the weight of the dough to stretch the whole thing into a long triangle.

**4** Baking

- Place **3** on a square tray.
- After the end of preheating, immediately place 1 on the lower shelf and heat.**

• Please be aware that once 10 minutes elapses after the buzzer sounds for the end of preheating, the setting will be cancelled.

- After heating has ended, coat with melted butter to your preference.

# Crispy Pizza



Convection



- Ingredients/Diameter 23 cm For 1 Piece (1 shelf)  
(Pizza dough)
- Bread flour, weak flour (sieved) ..... 20 g each
  - Dry yeast
  - A (Granular type that does not require pre-fermentation) ..... ½ (1 g) tsp.
  - Sugar, salt ..... One teaspoon each
  - Olive oil ..... Just under ½ tbsp. (5 g)
  - Milk (at room temperature) ..... 20 g
  - (Filling)
  - Basil ..... 5 leaves
  - Natural cheese (for pizza) ..... 35 g
  - (Tomato sauce)
  - B [ Tomato puree ..... 25 g
  - Oregano, salt, garlic (grated) ..... to taste of each

	Convection (with preheating) 350°C
Manual	1 shelf 3-5 minutes, 2 shelves 4-6 minutes

- 2 shelves can be done automatically too. Double the ingredients.

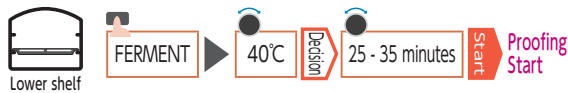
## How to cook

1 Dough making

1. Put **A** in a bowl. Pour milk and check the process so that the dough does not become sticky. Mix thoroughly till the dough settles, and place the dough on a table to knead thoroughly till the dough becomes uniform.
2. Make the dough into a ball, place in a heat-resistant bowl covered in olive oil (not included in ingredients) and cover with plastic wrap.

2 Primary proof

1. **Primary proof**  
Place **1** on a **square tray**, put on the **lower shelf** and prove.



2. After proofing has finished, make into a ball, cover with plastic wrap and let it rest for around 10 minutes.  
※ When using two shelves, cut the dough into two then form them into balls.

3 Preheating

- 3 Put the **square tray** only onto the **lower shelf** and pre-heat.



Number of shelves  
(Until start, number of shelves and referring page will be shown alternatively)

- ※When using 2 shelves, put them onto the upper and lower shelves and select **[36-2 Tomato & Cheese Pizza]** (Number of shelves is **2**) (Decrease 2).

4

- 4 Brush aluminium foil of the same size as the **square tray** with olive oil (not included in ingredients). Stretch **2** to a circle of around 23 cm in diameter with a rolling pin and transfer onto aluminium foil. Coat with tomato sauce mixed with **B** and place cheese on top.

5 Baking

- 5 **1. Immediately after the end of preheating**, put on commercially available oven gloves, take out the **square tray**, then transfer **4** along with the **square tray** onto aluminium foil.※  
※It becomes easy to move if you place on a board.

- ! Please be careful  
The square tray will be hot so please be careful.

2. Place **1** on the **lower shelf** and heat.



Put into the upper and lower shelves when using two shelves.  
(Standard to heating time for two shelves Approx. 5 minutes)

- The settings are cancelled 10 minutes after the end of preheating buzzer so please beware.

6

- 6 Place basil after the end of heating.  
If you want to cook further, please either extend the cooking time or heat whilst monitoring under manual oven (without preheating) 250°C.

# Tomato and Mozzarella Pizza



Convection



Ingredients/Diameter 23 cm For 1 Piece (1 shelf)

<b>&lt;Pizza dough&gt;</b>	
Bread flour (sieved) .....	25 g
Weak flour (sieved) .....	25 g
Dry yeast (Granular type that does not require pre-fermentation)	
.....	½ tsp. (1.5 g)
Sugar .....	1 pinch
Salt .....	¼ tsp. (1.5 g)
Olive oil .....	½ tsp. (6 g)
Milk (at room temperature) .....	25 g
<b>&lt;Filling&gt;</b>	
Basil .....	5 leaves
Mozzarella cheese (cut into 1cm chunks) .....	70 g
<b>&lt;Tomato sauce&gt;</b>	
Tomato puree .....	30 g
Oregano, salt, garlic (grated) .....	to taste of each

	Convection (with preheating) 350°C
Manual	1 shelf 3-6 minutes, 2 shelves 4-7 minutes

• 2 shelves can be done automatically too. Double the ingredients.

## How to cook

**1** Making the dough

- Put **A** into a bowl and add milk whilst monitoring so that the dough does not get sticky but come together well. Once it's been mixed well until the dough has come together, knead well on a surface until it's all even.
- Make the dough into a ball, place in a heat-resistant bowl covered in olive oil (not included in ingredients) and cover with plastic wrap.

**2** Primary proof

Place **1** on a **square tray** and proof on the **lower shelf**.

**3**

After proofing has finished, make into a bowl, cover with plastic wrap and rest for around 10 minutes.

**4** Preheating

Put only the **square tray** into the **lower shelf** and pre-heat.

36-1 Tomato & Cheese Pizza

(Standard to preheating time is approx. 20 minutes)

Number of shelves (Until start, number of shelves and referring page will be shown alternatively)

※When using two shelves, place on the upper and lower shelves and select [36-2 Tomato & Cheese Pizza] (Number of shelves is 2).

**5**

Cover aluminium foil cut to the size of a **square tray** with olive oil (not included in ingredients). Stretch **3** to be a circular shape of around 23 cm diameter with a rolling pin and transfer to aluminium foil. Coat with tomato sauce made by mixing together **B** and place cheese on top.

**6**

Immediately after **preheating has ended**, put on commercially available oven gloves, take out the **square tray** along with the **5** aluminium foil and transfer to the **square tray**※.

※ It becomes easier to transfer if you place it on a board.

**Please be careful**  
Please be careful as the square tray will be hot.

**7** Baking

Place **6** into the **lower shelf** and heat.

Heating Start

(Standard to heating time is approx. 4 minute 30 seconds)

- Please beware because once 10 minutes elapse after the buzzer for the end of preheating sounds, menu settings will be cancelled.
- ※ Put into the upper and lower shelves when using two shelves. (Standard to heating time for two shelves Approx. 5 minute 30 seconds)

**8**

Put basil on top after heating.  
If you want to cook further, please either extend the cooking time or heat whilst monitoring under annual oven (without preheating) 250°C.

## Tomato and Cheese pizza variation

※For pizza dough and tomato sauce please refer to the ingredients for tomato and cheese pizza and use all of the ingredients.

### Prosciutto and roquette pizza

Ingredients/Diameter 23 cm Filling for one	
Prosciutto (slices) .....	40 g
Roquette .....	3 - 4 sheets
Olive oil .....	Proper quantity
Pepper .....	Proper quantity
Natural cheese (parmigiano) .....	15 g

#### How to cook

- Make the dough referring to **Step 1 - 3** for making tomato and cheese pizza. In the **step 4**, select [36-1 Tomato & Cheese Pizza] (Decrease 1). Use the **step 5** as reference and stretch the dough out, coat with just the tomato sauce. Heat referring to **Step 6-7**. (Standard heating time Approx. 4 minutes 20 seconds)
- Pour olive oil over the roquette and add a little pepper for taste.
- After heating has ended, put the prosciutto and roquette from step 2. Top up with thinly shredded cheese.
  - Try cress or spinach instead of roquette.

# Pizza (Bread dough)



Convection



Ingredients / Diameter 23 cm For one piece

**(Pizza dough)**

- Bread flour (sieved) ..... 120 g
- Milk (at room temperature) ..... 55 g
- Sugar ..... 10 g
- Salt ..... ½ tsp.
- Egg ..... 25 g (½ Size M)
- Dry yeast (Granule type that doesn't require pre-fermentation) ..... 2 g

**(Filling)**

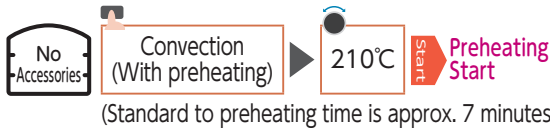
- Green pepper (finely chopped) ..... 1 medium
- Onion (cut thinly) ..... 60 g
- Bacon (cut thinly) ..... 30 g
- Mushroom (cut thinly) ..... 25 g
- Natural cheese (for pizza) ..... 100 g
- Olives ..... Proper quantity

**(Tomato sauce)**

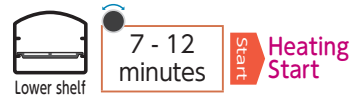
- Tomato puree ..... 60 g
- A Oregano, tabasco ..... Proper quantity

## How to cook

- 1** Dough making  
1. Follow the same steps as making bread up to the gas removal stage. (See pages 152 - 153 **Step 1 - 4** of instruction in making round bread).
- 2** Stretch the dough into a circle of around 23 cm in diameter with a rolling pin, cover with wet cloth that's been tightly wrung out or plastic wrap and rest for around 20 minutes.
- 3** Preheating  
Preheat empty convection.



- 4** Place the dough onto the **square tray**, coat with tomato sauce made of **A** mixed together, place the topping and top with cheese.
- 5** Baking  
After the end of preheating, place **4** on the **lower shelf** and heat.



• It's easy if you use a shop-bought pizza sauce instead of tomato sauce.

## Pizza (bread dough) variation

※Please refer to and prepare all the ingredients for pizza dough and tomato sauce as per pizza dough (bread dough) .

### Seafood Pizza

- Ingredients / Diameter 23 cm  
Filling for one piece
- Squid ..... 100 g
  - Prawns ..... 30 g
  - White wine ..... ¼ tbsp.
  - Salt/Pepper ..... to taste
  - Onion ..... 60 g
  - Green pepper ..... 1 medium
  - Natural cheese (for pizza) ..... 75 g

#### How to cook

- 1** Make pizza dough by referring to **Step 1 - 2** for making pizza (bread dough).
- 2** Cut the body of the squid into 7 mm rings, cut away the legs one at a time and cut into 2-3 cm chunks. Take the shells and veins off the prawns. Cut onions thinly and green peppers into rings.
- 3** Put **2** into a heat-resistant container, put salt and pepper on as well as white wine and cover with plastic wrap.
- 4** Place **3** in the **centre** and heat using (microwave 600W, approx. **3 minutes**). After the end of heating, take away the extra heat and remove moisture.
- 3** Baking pizza by referring to **Step 3 - 5** for making pizza (bread dough).

### Tuna and Sweetcorn Pizza

- Ingredients / Diameter 23 cm  
Filling for one piece
- Can of tuna ..... 40 g
  - Can of sweetcorn (whole corn) ..... 40 g
  - Tomatoes ..... 60 g
  - Onions ..... 60 g
  - Natural cheese (for pizza) ..... 100 g

#### How to cook

- 1** Make the pizza dough referring to **Step 1 - 2** for making pizza (bread dough).
- 2** Take the seeds out of the tomatoes, cut thinly and properly remove the moisture. Remove moisture from the tuna and sweetcorn. Cut onions thinly.
- 3** Baking pizza by referring to **Step 3 - 5** for making pizza (bread dough).

# Toast / toast (frozen)

Grill



# Steamed toast

Grill

Steamed



### Ingredients

Bread..... 1 - 2 slices

※ 1 or 2 slices can be toasted.

### Grilling (1-2 slices)

Place a **gridiron** on a **square tray** and place the bread in the **center**. Put onto the **upper shelf** and cook for 3 minute 30 - 4 minute 30 seconds. Flip over as soon as the buzzer sounds and cook for 1 minute - 2 minute 30 seconds.

### Convection (With preheating) 250°C 2 - 7 minutes (1 - 4 slices)

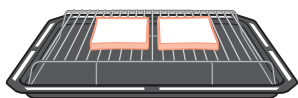
Place only the **square tray** on the **lower shelf** and Preheat. (Preheating time around 11 minutes)  
After the end of preheating, wear commercially available oven gloves, take the tray out, place the bread and Place on the **lower shelf** and cook.

- Steamed toast cannot be done in the manual setting.
- If you cook frozen bread in the aforementioned fashion, inside may be luke warm or colour may be uneven.

## Instructions

Flip the bread over when the buzzer sounds during cooking.

- 1 **Example: Toast x 2 (thickness of bread: cut into 6))**  
Place a **gridiron** on the **square tray** and place two slices of bread in the **center**.  
• For "48 Steam Toast", put water in a water tank and set in place.



- 2 Place **1** on the **upper shelf** and cook with **course** and the **number of slices** set.



46-2 Toast

Start Heating Start

(Standard heating time for both size is approx. 5 minutes 30 seconds.)

- The time remaining is displayed after starting with **3**.
- ※ For frozen bread, please set it to be "47 Toast (Frozen)".



※Turn the dial to change the number of slices displayed (1→2).

Number of shelves  
(Until start, number of shelves and referring page will be shown alternatively)

- You may choose the finish depending on your preference.  
Turn the dial within 15 seconds after the start.  
• There are three stages for both (Decrease) and (Increase).

### Different thicknesses, adjustments for recommended finish

• There is a heater in the ceiling inside hence baking using the standard setting results in thick bread to be dark and thin bread to be lighter.



Cut into 6

Cut into 4

Cut into 8

- 3 **Flip**  
After the buzzer sound, flip the breads right away and press **START** to start baking (Please place the breads in the **center**)

### ! Please be careful

Square tray and gridiron can be hot so wear commercially available oven gloves  
Please take out the square tray.

- 4 It's done when the buzzer sounds. Please take out immediately.

※ If the finish is pale, put the side you want baked more on the top and bake whilst monitoring the situation for a longer time or under the manual "grill" setting. (You cannot cook more whilst it's cooking)

- Thick bread, bread with lots of sugar or fat content can cook to be dark.
- The colour of the finish may change depending on the type, size, water content of the bread, internal temperature and timing of flipping it over.
- Frozen bread may finish with a different colouring depending on type, size, thickness and state of frozenness and may not heat in the center.

※"48 Steam Toast" by using the steam, will results as crusty outside and soft inside.

### Estimated heating time

Course	46 Toast	47 Toast (Frozen)	48 Steam Toast
Heating time	Approx. 5 minutes 30 seconds	Approx. 7 minutes 40 seconds	Approx. 6 minutes 30 seconds
Until flipping	Approx. 4 minutes	Approx. 5 minutes 20 seconds	Approx. 4 minutes 30 seconds

# Apple Pie

Convection



Ingredients / For 21 cm. metal pie mould x 1

**<Pie pastry>**

A [ Weak flour ..... 145 g  
 Strong flour ..... 35 g  
 Butter ..... 145 g  
 Cold water ..... 75 ml


**<Filling>**

[ Apple (Red) ..... 4 (800 g)  
 Sugar ..... 100 - 120 g  
 Lemon juice ..... ½ a lemon  
 Rum ..... 1 tbsp.  
 Cinnamon Suitable amount




**<Egg wash>**

[ Egg yolk ..... 1 (Size M)  
 Water ..... 1 tbsp.

## How to cook

- 1** How to make the filling
1. Peel the apples, cut them into 5mm thick butterfly shapes, put into a heat-resistant container, add lemon juice, scatter sugar on it and put a lid on.
  2. Place **1** in the **center** and heat. Mix 2-3 times during it to get an even finish.
- 
3. After heating, leave to rest for 1~2 hours. Drain out the cooking liquid, pour the rum in and add cinnamon.
- 2** Pie pastry making
1. Sift **A** into a bowl, add butter cut into 1cm chunks and mix with a knife or a pie blender until they are in red bean sized lumps.
  2. Add cold water in 3-4 goes to **1**, mix so that it doesn't get sticky and once it becomes a little moist, gather it together, cover with cling film and rest for around 30 minutes in the cool room.
  3. Spread step **2** into a rectangular form, fold into 3 and cover with plastic wrap. Allow to rest in the fridge for approx. 20 minutes. Repeat this process 5 times.
- 

- As this dough requires plenty of butter, it is sensitive to temperature. Prepare the ingredients in a cool room, use the refrigerator, keep tools and ingredients cool and prepare quickly.
- While letting the dough rest, it is essential to cover with plastic wrap. Leave it on a flat plate, and store in the refrigerator. Resting the dough will make it easier to handle.
- If dough is not rolled out with even thickness, it will expand unevenly during baking. When folding in three and rolling out, the rolling pin needs to be level and evenly pressed against the dough so that the thickness is leveled.
- Commercially available frozen pie sheet (400g) is useful.

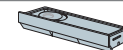
- 3** Forming shapes
1. Divide the dough into 2 equal portions. Roll out one portion to 3 mm. thick and lay it on the pie dish. Cut excess dough by leaving the edge of 5 mm. Make holes at the bottom with a fork, and place apple from **1**.
- 
2. Spread remaining dough to 25 x 21 cm. Cut into 10 strips of 1.5 cm. width, and 3 strips of 2 cm. width.
- 
- 3.1 Interlace 1.5 cm. strips from step 2 to form a grid pattern. The place the 2 cm. wide dough around the edge, and cut off any excess dough. Brush egg wash on overlapping area, and store in the fridge for approx. 30 minutes.
- 

- 4** Preheating
- 4 Preheat the empty oven.
- 
- (Standard preheating time is approx. 5 minutes)

- 5** Bake
- 5 After the end of preheating, coat the surface of **3** with egg wash, place on a **square tray**, place on the **lower shelf** and heat.
-

# Sponge Cake

Convection Steamed



Ingredients / For 18 cm. diameter metal cake mould x 1

Weak flour (sifted) .....	90 g	{Whipped cream} Double cream ..... 300 ml Sugar ..... 55 g Brandy ..... 1 tbsp. Strawberries ... Proper quantity
Egg white .....	3 (Size M)	
Egg yolk .....	3 (Size M)	
Sugar (sifted) .....	90 g	
Milk .....	1 tbsp.	
Butter (chopped finely) .....	15 g	
Vanilla essence .....	To taste	

**Pre-preparation**

- Cover the base and the sides of the mould with a little butter (not included in ingredients) and lay a cooking sheet.

Manual

Convection (preheating) 180°C 27 - 32 minutes

Reduced sugar recipe → Please see page 182.

**How to cook** \* Put water into the **water tank** and set in place.

**1** Put egg white in a bowl and gently whip the white in a cutting motion. Divide ½ amount of sugar into 2-3 portions and add them in while whisking. Continue whisking until peaks form.  
• Hand mixer using is allowed for the easier whisking.

Meringue

**2** Mix the egg yolk, remaining sugar, butter and vanilla essence in another bowl. Whip until the yolk turns a pale and thick.

Whisking egg yolks

**3** Add step 2 into step 1. Whip until letters can be written in the mixture when the mix is raised with a whisk.

**4** Put butter and milk in a heat-resistant container, place **in the center** with no cover, heat and melt the butter.

No Accessories Microwave 600W 20 - 30 seconds Heating Start

**5** Sift cake flour into the ingredients from 3 at once.

**6** Quickly mix by scooping up the dough with a spatula so that the air bubbles are not squashed.

**7** With a little flour remaining, add melted butter along the spatula and mix 6 quickly in a similar way until flour and butter become invisible.

Melted butter

**8** Preheat the empty oven.

No Accessories 41 Sponge Cake Preheating Start Preheating Start (Standard preheating time is approx. 5 minutes)

**9** Pour the dough into the mould and drop from about 5-10cm high two or three times to remove large air bubbles.

**10** After the end of preheating, place 9 on a **square tray**, put onto the **lower shelf** and heat.

Lower shelf Heating Start (Standard heating time is approx. 30 minutes)

- It's ready if you put in a bamboo skewer and it comes out dry.

**11** After baking, drop the mould down straight from a height of 20~30 cm. to release the air. Turn it upside down, and leave on gridiron. Softly remove the oven sheet, and let the cake cool down.

**12** Decorate 11 with whipped cream and strawberries.

- If there is moisture, oil or dirt on equipment such as bowl and whisk, meringue may not whisk and stiffen easily or air bubbles may get squashed. Please ensure that the equipment is always washed well and dried well.
- The meringue doesn't whisk up well so please don't use it if even a little egg yolk gets mixed in with the egg white.

## Checking the finish





### A good finish

Fine and even.  
Elastic and has good shape.

• If it doesn't finish well, please read the following table and how to cook before making.

<Cross section>



State of the finish <Cross section>	Cause
It doesn't rise well and is dense. 	<ul style="list-style-type: none"> <li>● Insufficient whisking of the eggs.</li> <li>● Mixed too much after adding flour.</li> <li>● It wasn't baked straight after the dough was made.</li> </ul>
It's coarse and there are lumps of flour that remain. 	<ul style="list-style-type: none"> <li>● Flour was not sifted.</li> <li>● Flour insufficiently mixed.</li> </ul>
Powdery. The middle has fallen in. 	<ul style="list-style-type: none"> <li>● Egg was whisked too much.</li> <li>● When dough was put into the mould, air was not removed.</li> </ul>
There are creases that are noticeable on the surface. 	<ul style="list-style-type: none"> <li>● After baking, air was not removed.</li> </ul>

※The rise or the finish may vary depending on the whisking or the method of mixing the dough or the material of the mould. If it doesn't work even when you follow the method properly, please try adjusting it by 10 - 20°C higher or lower.

### ■ Guide to amounts and heating time for different cake sizes

	12 cm	15 cm	21 cm
Egg white	1 (Size M)	2 (Size M)	4 (Size M)
Egg yolk	1 (Size M)	2 (Size M)	4 (Size M)
Sugar	30 g	60 g	120 g
Weak flour	30 g	60 g	120 g
Milk	1 tsp.	2 tsp.	1 ½ tbsp.
Butter	5 g	10 g	20 g
Heating method	Convection (With preheating) 180°C		
Guide to heating time	21 - 26 minutes	22 - 30 minutes	27 - 32 minutes

### Whipped cream

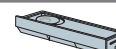
Pour double cream, sugar and brandy into a bowl. Put water with ice under the bowl and whip until the mixture turns creamy. When it's been over whipped or when the temperature is too high, the mixture is separated and the form may disappear later. By keeping the temperature below 10°C with water with ice, whip the ingredients vigorously. Metal bowl that is easy to be cooled down makes whipping easier.



## Chocolate Sponge Cake

Convection

Steamed



Ingredients/For 18 cm. diameter metal cake mould x 1

Weak flour ..... 80 g  
Cocoa powder ..... 10 g  
Egg white ..... 3 (Size M)  
Egg yolk ..... 3 (Size M)  
Sugar (sifted) ..... 90 g  
Milk ..... 1 tbsp.  
Butter (chopped finely) ..... 15 g

Manual Convection (preheating) 180°C  
27 - 32 minutes

**How to cook** \* Put water into the **water tank** and set in place.

**1** Coat the base and the sides of the mould with a little butter (not included in the ingredients) and lay the cooking sheet. Sift the weak flour and cocoa powder together.

**2** Follow step **1** - **12** from **How to cook a sponge cake**.  
• Air bubbles can easily burst due to the oil content of the cocoa hence please mix the dough as few times as possible.





# Reduced Sugar Sweets

For details of how to make, please refer to the basic recipe for each. It is less sweet than the basic recipe with a different texture and flavour.

## Reduced sugar•Sponge cake

**Energy**: Approx. **96** kcal\*<sup>1</sup> (1/4 slice) • Approx. **25%** cut\*<sup>2</sup>  
**Sugar**: Approx. **10** g\*<sup>1</sup> (1/4 slice) • Approx. **50%** cut\*<sup>2</sup>

Ingredients/For 18 cm. diameter metal cake mould x 1  
Weak flour ..... 60 g  
Almond poodle..... 30 g  
Egg white..... 3 (Size M)  
Egg yolk ..... 3 (Size M)  
Sugar (sifted) ..... 30 g  
Silken tofu ..... 30 g  
Milk ..... 10 g (2 tbsp.)  
Vanilla essence ..... To taste

Basic sponge cake→Page 180

A part of the weak flour is replaced with almond poodle hence it will rise less.

### How to cook

- ① Sift the weak flour and almond poodle together.
- ② Squash the tofu down with a rubber spatula and make it into a paste.
- ③ Refer to sponge cake **1** and make a meringue. Add sugar (the whole quantity) by dividing it into 2-3 at a time.
- ④ Refer to sponge cake **2**, Refer from above, whisk the egg yolk, add ② and mix.
- ⑤ Add ④ to ③, refer to sponge cake **3** and whisk well.
- ⑥ Add to ⑤, ① once it's been sieved again, and refer to sponge cake **6**, mix quickly and add milk and mix in.
- ⑦ Start with sponge cake **8** then turn the dial within 15 seconds, set it to be finish **(stronger 1)** and Preheat.
- ⑧ Refer to sponge cake **9** - **12** and heat. (Heating time Approx.31 minutes)

## Reduced sugar•Whipped cream

**Energy**: Approx. **117** kcal\*<sup>1</sup> (1/2 the amount) • Approx. **35%** cut\*<sup>2</sup>  
**Sugar**: Approx. **4g**\*<sup>1</sup> (1/2 the amount) • Approx. **45%** cut\*<sup>2</sup>

Ingredients/For 18 cm. cake mould x 1  
Plant based whipped cream ... 200 ml  
Plain yoghurt ..... 100 g  
Sugar ..... 24 g

Basic whipped cream→Page 181

### How to cook

- ① Place a basket within a bowl, lay a kitchen paper on it, put yoghurt in and remove water in the fridge over three hours.
- ② Put sugar into whipped cream and whisk.
- ③ Add smoothed to ②, ① divided into two portions, then mix.

Freeze it for a healthy ice cream!

## Reduced sugar•muffin

**Energy**: Approx. **223** kcal\*<sup>1</sup>(1) • Approx. **30%** cut\*<sup>2</sup>  
**Sugar**: Approx. **19g**\*<sup>1</sup> (1) • Approx. **45%** cut\*<sup>2</sup>

Ingredients/For 6 cm. diameter muffin moulds x 6  
A [ Weak flour ..... 70 g  
Almond poodle ..... 110 g  
Baking powder ..... 1 tsp.  
Plain yoghurt ..... 100 g  
Sugar ..... 45 g  
Egg ..... 2 (Size M)  
Milk ..... 30 g

Basic muffin→Page 189

A light muffin that uses yoghurt instead of butter.

### How to cook

- ① Put yoghurt and sugar in a bowl, whisk and add beaten egg and milk a little at a time and mix well.
- ② Sift **A** into ① and mix. Put equal amounts into the moulds and place them on the **square tray**.
- ③ Follow step **3** from how to cook a muffin and preheat.
- ④ Follow step **4** from how to cook a muffin and heat. (Heating time 18-25 minutes)

## Reduced sugar•Brownie

**Energy**: Approx. **99** kcal\*<sup>1</sup>(1/6 slice) • around **40%** cut\*<sup>2</sup>  
**Sugar**: Approx. **6g**\*<sup>1</sup>(1/6 slice) • Approx. **55%** cut\*<sup>2</sup>

Ingredients/For 18 cm. square mould (no base) x 1  
Sugar ..... 55 g  
Silken tofu ..... 200 g  
Egg ..... 2 (Size M)  
A [ Weak flour ..... 20 g  
Almond poodle ..... 80 g  
Cocoa powder (sugar-free) ..... 15 g  
Baking powder ... 2g (1/2 tsp.)  
B [ Walnuts..... 40 g  
Almond ..... 40 g

Basic brownie → Page 195

It's a light brownie made of tofu.

### How to cook

- ① Cut **B** into 7 - 8 mm pieces.
- ② Put tofu into a bowl and mix until the lumps become small with a whisk. Add sugar and mix.
- ③ Add to ② beaten egg and mix well.
- ④ Sift **A** into ③, and mix with a rubber spatula, then add 1 and mix.
- ⑤ Follow step **6** from how to cook a brownie and preheat.
- ⑥ Follow step **7** - **8** from how to cook a brownie and heat. (Heating time 23 - 30 minutes)

\*1 : Value based on Ministry of Education, Culture, Sports, Science and Technology "Japanese Food Standards Composition Table (version 7)". (Sugar is the amount of carbohydrates with food fibre removed from it)

\*2 : Comparison with basic recipes in the recipe collection. Please use as a guide.

# Pound Cake

Convection



Ingredients/For 8x17x6 cm. metal pound cake mould x 1

Weak flour	.....	100 g
Baking powder	.....	1 tsp.
Butter (room temperature)	.....	90 g
Sugar	.....	70 g
Egg	.....	2 (Size M)
A	[ Raisins	..... 50 g
	[ Drained cherry	..... 20 g
	[ Orange peel	..... 15 g
Brandy	.....	2 tbsp.

## How to cook

- 1** Line a mould with a cooking sheet. Sift weak flour and baking powder together.
- 2** Chop ingredient **A** and soak in brandy.
- 3** Put softened butter and sugar into bowl and blend by whisking until the mixture changes to slightly white in its color. Gradually add in beaten egg and blend some more.
- 4** Add **2** (pre-prepared ingredient **A**) to **3** and mix gently with wooden spatula.
- 5** Add sifted weak flour and baking powder from **1** to **4**, mix in a cutting motion.
- 6** Preheat the empty oven.

Preheating

(Standard preheating time is approx. 5 minutes)

- 7** Place the dough from step **5** in a cake mould and leave a vertical line in the center.
- 8** After preheating has finished, place **7** on a square tray, place on the lower shelf and heat.

Bake



Lower shelf

35 - 45 minutes

Start Heating Start

- 9** After finish baking, place on grill, remove the cooking sheet and let the cake cool down completely.

## Pound cake variation

★For basic ingredients / How to cook, please see "pound cake".  
(There is not work in step **2**)

### Tea and walnut

- In step **4**, add tea leaves (5g) and smashed walnuts (50g) instead of ingredient **A**.



### Carrot

- In step **4**, add grated carrots (70g) instead of ingredient **A**.



### Lotus root

- In step **4**, add coarsely chopped lotus root (100g) instead of ingredient **A**.



# Chiffon Cake

Convection



Ingredients/For 20 cm. diameter aluminium Chiffon cake mould x 1

Weak flour (sifted)	150 g
Egg yolk	5 (Size M)
Egg white	7 (Size M)
Sugar (sifted)	130 g
Water	100 ml
Vegetable oil	80 ml
Vanilla essence	To taste

Manual Convection (With preheating)  
170°C 47 - 57 minutes

## How to cook

**1** Put egg yolk and  $\frac{1}{3}$  of the sugar in a bowl, use a whisk until the whole thing becomes pale.

Whisking egg yolks



**2** Gradually add vegetable oil into **1** and mix well. So that it doesn't separate further, mix well whilst gradually add a little water, add vanilla essence and mix.

**3** Add weak flour to **2** and mix with a whisk until flour is mixed.

**4** Put egg whites in a separate bowl, whisk lightly with a hand mixer and add the remaining sugar divided into 2-3 portions. Whisk properly so that the peaks form and it doesn't fall out when you turn the bowl upside down.

Meringue



**5** Add  $\frac{1}{3}$  of the meringue to **3**, mix well with a whisk and add the remaining  $\frac{1}{2}$  and mix further. Add the remaining meringue and mix until there are no lumps of meringue as though you are scooping up from the bottom without squashing the bubbles.

- Once the meringue becomes dry, add after you've whisked again.



**6** Put mixture **5** into a clean chiffon mould and, gently drop the mould 2-3 times, to release bubbles in the mixture.



**7** Preheat the empty oven.

Preheating



42 Chiffon Cake Start Preheating Start

(Standard preheating time is approx. 4 minutes)

Bake



Start Heating Start

(Standard heating time is approx. 52 minutes)

**9** After baking, turn the mould upside down immediately so that the cake does not sink. Place the mould on the tube with proper height, and leave to cool down.



**10** Once cooled down, insert the palette knife between the mould and the cake. Rotate such that the inner side of the mould is scrapped and remove the cake from the mould. Use a knife to remove the dough from bottom.







- If there is water or oil, dirt, on the equipment such as bowl, whisk or mould, the meringue or egg yolk may not whisk well or the air bubbles may burst. Please wash the equipment well and use them once very dry.
- The meringue doesn't whisk up well so please don't use it if even a little egg yolk gets mixed in with the egg white.
- Fluorine or silicone based moulds may cause the dough to slip and it may not bake well. Please use aluminium ones.
- When using with a non-aluminium mould (fluorine, paper, silicone), please heat whilst monitoring the situation on a tray under manual setting.
- If the top is too brown after cooking, please cover with aluminium foil part of the way through.

## Checking the finish

Instead of using additive agents (such as baking powder), the cake expands because of the meringue, made by whipping egg whites.  
 • If it doesn't turn out well, please whisk the egg whites properly and refer to the table below or how to cook carefully.

※The rise and finish may differ depending on the whisking or the mixing of the dough, material of the mould, etc. If it doesn't work even when you follow the method properly, please try adjusting it by 10 - 20°C higher or lower.

State of the finish	Cause / how to deal with it
The finish has a poor rise 	<ul style="list-style-type: none"> <li>● Egg whites have been whisked insufficiently. →Use cooled eggs and whisk really well so that it doesn't fall out even when you turn the bowl upside down.</li> </ul>
There was a large hole in the cake 	<ul style="list-style-type: none"> <li>● Air got in when pouring into the mould. →Pour the dough all at once from a high place.</li> <li>● After putting the dough into the mould, air was removed with strong smashing of the base. →Tap lightly and remove air.</li> <li>● Air got in when mixing the egg whites with the egg yolk dough.</li> </ul>
There was a large hole at the base of the cake 	<ul style="list-style-type: none"> <li>● Phenomenon known as clogging. This is a natural phenomena caused by the air bubbles which had expanded get smaller along with the reducing temperature.</li> </ul>
Top part of the finished cake (when in the mould) is dense 	<ul style="list-style-type: none"> <li>● After baking, remove from the mould once it's cooled completely.</li> </ul>
The cake has shrunk	

### Guide to amounts and heating time for different cake mould sizes

	Aluminium based 17cm
Weak flour	80g
Egg yolk	3 (Size M)
Egg white	4 (Size M)
Sugar	80g
Water	50ml
Vegetable oil	40ml
Vanilla essence	To taste
Heating method	Convection (With preheating) 170°C
Guide to heating time	40 - 50 minutes

## Chiffon cake variation

★For basic ingredients and how to cook, please see "Chiffon cake".

### Tea



Ingredients/For 20 cm. diameter aluminium Chiffon cake mould x 1  
 Ingredients for chiffon cake (excluding vanilla essence) ..... For 1  
 Tea leaves ..... 10 g

- Mix tea leaves with sieved weak flour.

### Chocolate



Ingredients/For 20 cm. diameter aluminium Chiffon cake mould x 1  
 Ingredients for chiffon cake (excluding vanilla essence) ..... For 1  
 Cocoa powder ..... 15 g

- Sift weak flour and cocoa powder together. Air bubbles can easily burst so try and mix the dough as few a time as possible.

### Matcha



Ingredients/For 20 cm. diameter aluminium Chiffon cake mould x 1  
 Ingredients for chiffon cake (excluding vanilla essence) ..... For 1  
 Matcha ..... 1 tsp.

- Sift the weak flour and matcha together.

### Spices



Ingredients/For 20 cm. diameter aluminium Chiffon cake mould x 1  
 Weak flour ..... 150 g  
 Egg yolk ..... 5 (Size M)  
 Egg white ..... 7 (Size M)  
 Sugar (sifted) ..... 120 g  
 Water ..... 100 ml  
 Vegetable oil ..... 80 ml  
 Ginger ..... 1 tsp.  
 Cinnamon ..... 1 tbsp.  
 Nutmeg ..... ½ tsp.  
 Cloves ..... ½ tsp.

- Sift weak flour and spices together.



### Coffee



Ingredients/For 20 cm. diameter aluminium Chiffon cake mould x 1  
 Weak flour ..... 150 g  
 Egg yolk ..... 5 (Size M)  
 Egg white ..... 7 (Size M)  
 Sugar (sifted) ..... 130 g  
 Instant coffee ..... 10 g  
 Warm water ..... 30 ml  
 Water ..... 70 ml  
 Vegetable oil ..... 80 ml

- Dissolve instant coffee with warm water and add water. Use instead of water in the Step 2.

# Roll Cake

Convection



Ingredients / For 1 roll  
 Weak flour (sifted) ..... 75 g  
 Egg (room temperature) 4 (Size M)  
 Sugar (sifted) ..... 75 g  
 Milk ..... 1 tbsp.  
 Butter (cut small) ..... 12 g  
 (Whipped cream)  
 A [ Double cream ..... 100 ml  
     Sugar ..... 10 g  
     Vanilla essence ..... To taste  
 Yellow peach (can)  
 (Cut into 7 vertically) ..... 3 slices  
 Kiwi fruit (cut vertically into 8) ..... 2

## How to cook

**1** Spread a cooking sheet that matches to the bottom and sides of the **square tray** (As the mixture rises, spread out approximately 1 cm. outside the square tray).

**2** Break the eggs into the bowl, add sugar and mix with a whisk. Put the bowl in a hot water bowl (hot water 60-70 ° C) and warm the egg liquid. When the temperature reaches about human skin (35-40 ° C), remove it and whisk until becomes creamy and firm enough to write letters.

**3** Put milk and butter into a heat-resistant container and place **in the center** with no cover on and melt the butter.



**4** Preheat with nothing placed inside.



**5** Add weak flour to **2** as though you are spreading it and mix until there is no flour visible as though you are scooping up with a spatula from the base, being careful not to burst the bubbles. Add melted butter by running it down a spatula and quickly mix in a similar way.

**6** Pour dough into **1**, flatten the surface, slap the base of the tray and remove large air bubbles. After the end of preheating, place on the **lower shelf** and heat.



**7** After baking, remove the cooking sheet, cover with a damp cloth, and let it cool down completely.

**8** Make whipped cream with ingredient **A**. (See page 181 **whipped cream**)

**9** So that the dough **7** is easy to roll, mark the side closer to you with three knife marks. Coat all of it with whipped cream, place fruits on the nearside, cover with plastic wrap, put the end of roll at the bottom and let it settle by leaving it in the fridge for a while.

## Roll Cake variation

★For basic ingredients and how to cook, please see “Roll Cake”.

**Tea** • Once you add weak flour in the step **5**, add the tea leaves (5g) all over.

**Matcha** • Mix weak flour with matcha (1 tsp.) and sift together.

**Cocoa** • Add cocoa powder (10g) to the weak flour and sift together.



As the air bubbles can easily break, reduce the number of times you mix the dough.

Use cocoa roll cake to make

## Bush De Noel

Ingredients / For 1 roll  
 Roll Cake (with cocoa) ..... For 1 roll  
 (Chocolate cream)  
 Double cream ..... 300 ml  
 Chocolate (chopped) ..... 150 g  
 Rum ..... 1 tbsp.



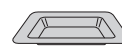
## How to cook

- 1 Prepare the cocoa mixture.
- 2 Prepare the chocolate cream. Put the cream in a bowl, whip with whisk for 7 minutes.
- 3 In another bowl, melt the chocolate with hot water. After the chocolate melts, add ½ quantity of **2** and mix. After mixed, add remaining whipped cream and rum.
- 4 Prepare the roll cake using ½ of the cream from step **3**. Cool for approximately 30 minutes in the refrigerator.
- 5 Cut the end of step **4** diagonally and make a stump. Spread a thin layer of cream on the diagonally cut stump. Place on the bigger piece.
- 6 Spread cream on the entire rolled cake and make stripes with a fork.
- 7 Decorate the cake with preferred decorations available in the market.



# Square Cake

Convection



Ingredients/For 1 deep tray  
 Weak flour (sifted) ..... 75 g  
 Egg (room temperature) 4 (Size M)  
 Sugar (sifted) ..... 75 g  
 Milk ..... 1 tbsp.  
 Butter (cut small) ..... 12 g  
 • Whipped cream and fruits to your preference.

**Pre-preparation**

• Mix in a **deep tray** and line with cooking sheet.

## How to cook

**1** Follow step **2** - **3** from how to cook a roll cake and continue with dough making.

**2** Preheat with nothing inside.

**Preheating**

No Accessories | Convection (With preheating) | 170°C | Start | Preheating Start

(Standard preheating time is approx. 4 minutes)

**3** Make dough following step **5** from how to make roll cake, pour into a **deep tray** with cooking sheet lining it, flatten the surface, tap the base of the **deep tray** with your palms and remove large air bubbles.

**4** After the end of preheating, place **3** on the **upper shelf** and heat.

**Bake**

Upper shelf | 12 - 17 minutes | Start | Heating Start

**5** Follow step **7** from how to make a roll cake and cool the sponge cake. Cut into your preferred size and decorate with whipped cream and fruits.

# French Toast

Convection



Ingredients/For 2 servings  
 Bread (cut into four slices) 2 slices  
 (Egg sauce)  
 Egg ..... 3 (Size M)  
 Milk ..... 250 g  
 Sugar ..... 3 tbsp.  
 Vanilla essence ..... To taste  
 Butter ..... 15 g

## How to cook

**1** Lay a cooking sheet in a **deep tray**.

**2** Place butter in a heat-resistant bowl, place in the **center** with no cover and melt the butter.

No Accessories | Microwave 600W | 20 - 30 seconds | Start | Heating Start

**3** Beat eggs in a bowl, mix in sugar and mix in milk.

**4** Add melted butter and vanilla essence to **3** and mix.

**5** Put **4** into a **deep tray** and soak the bread. Turn over after around a minute and soak for around 10 minutes.

**6** Place **5** on the **upper shelf** and heat.

**Bake**

Upper shelf | Convection (No preheating) | 230°C | Decision | 15 - 21 minutes | Start | Heating Start

# Scone

Convection



Ingredients / For 9 pieces	
A	Weak flour ..... 200 g
	Baking powder ..... 1 tbsp.
	Sugar ..... ½ tbsp.
	Salt ..... To taste
Butter ..... 100 g	
Milk ..... ½ cup (over 100 ml)	

**Pre-preparation**

- Cut butter into 1 cm. cubes and leave to cool in a fridge.

## How to cook

- Mix and sift ingredient **A** into a bowl. Chop butter in small pieces with a confectionery card and mix together. Once the mix is rubbed in, store in the refrigerator for approx. 30 minutes, and gradually add the milk and knead by hand.
- Gather dough step **1** together and knead on a board with a layer of weak flour (not included in the ingredient) 4-5 times. Roll out to a rectangular shape and fold in three. Cover with plastic wrap and store in the refrigerator for approx. 20 minutes.
- Roll step **2** out to an even thickness of 2~2.5 cm. with a rolling pin.

**4** Preheat with nothing placed inside.

**Preheating**

- Press **3** and lightly turn with a 5-6 cm. diameter mould (a cup can be used if mould is not available). Make 9 pieces and arrange on **square tray**. Coat small quantity of milk with a brush (not included in the ingredients).

**6** After preheating, put **5** on the **lower shelf** and heat.

**Bake**

## Scone variation

★For basic ingredients and how to cook, please see “Scone”.

### Sesame seeds

- In Step **1**, put in roasted sesame seeds (1 tbsp.) before the milk.



### Nuts

- In Step **1**, put in your choice of nuts (50g) before the milk.



### Tomato

Ingredients / For 9 pieces	
Weak flour ..... 200 g	Tomato stewed in water (whole) ..... 70 g (excluding the juice)
Baking powder ..... 1 tbsp.	Egg ..... 25 g (½ Size M)
Sugar ..... 1 tbsp.	Dried parsley ..... 2 g
Salt ..... To taste	Cheese for pizza ..... 50 g
Butter ..... 60 g	



- Cut butter into 1cm cubes and leave them in the fridge.
- Beat the eggs and mix with cut tomatoes. → Use it instead of milk. (Egg sauce)
- In Step **1**, add parsley and cheese then add in the pre-prepared egg sauce.



# Muffin

Convection



Ingredients/For 6 cm. diameter muffin mould x 6

A	Weak flour	180 g	Sugar	80 g
	Baking powder	1 tsp.	Egg	2 (Size M)
	Butter (room temperature)	100 g	Milk	50 g

Reduced sugar recipe → Please see page 182.

## How to cook

- Put butter and sugar in a bowl and mix with a hand mixer until it becomes white. Add beaten egg and milk a little at a time and mix well.
- Add **A** to **1**, by sifting it in, then mix until the powderiness is gone by scooping up from the base with a rubber spatula. Put equal amounts into the moulds and place on a **square tray**.

- Preheat the empty oven.

Preheating

(Standard preheating time is approx. 5 minutes)

- After preheating, put **2** on the **lower shelf** and heat.

Bake

Lower shelf

**Muffin variation** ★For basic ingredients / how to cook, please see “Muffin”. (Please add in Step **2**)

- Choc chip...30g
- Processed cheese (cut into 7-8mm chunks)...80g
- Nuts (broken down into 7 - 8mm chunks)...50g



# Baked Cheesecake

Convection



Ingredients/For 18 cm. diameter metal cake mould x 1		
Cream cheese (room temperature)...	200 g	
Egg	2 (Size M)	
Sugar	80 g	
Weak flour	3 tbsp.	
Lemon juice	2 tbsp.	
Double cream	150 g	
<b>&lt;Topping&gt;</b>		
A	Apricot jam	1 tbsp.
	Water	½ tbsp.

- Please use a mould whose base comes out. If the base doesn't come out, it becomes hard to remove from the mould.
- Once finished, please take out from the mould once it has cooled. If it is removed from the mould before cooling, the shape will be lost.

## How to cook

- Place **A** in a heat-resistant container and cover with plastic wrap. Place in the **center inside** and heat.

Preheating

- Coat the base and the edge of the cake mould with butter (not included in ingredients) and line with cooking sheet.

- Put softened cream cheese in a bowl and mix until smooth.

- Add sugar, egg, weak flour, double cream and lemon juice in that order to **3** and mix each time you add each ingredient.

- Preheat with nothing placed inside.

Preheating

(Standard preheating time is approx. 4 minutes)

- Pour **4** into **2** and platten the surface.

- After the end of preheating, place **6** on a **square tray**, place on the **lower shelf** and heat.

Bake

Lower shelf

- After the end of heating, cool whilst still in the cake mould. Coat the surface of the cheesecake with **1**.



# No-Bake Cheese Cake

Microwave

No accessories



Ingredients/For 18 cm. diameter metal cake mould x 1

Cream cheese (room temperature)...	200 g	Lemon juice	2 tbsp.
Sugar	50 g	A [ Biscuits	100g
Double cream (7 minutes whisk)...	150 g	Melted butter	70g
Plain yoghurt	50 g	B [ Gelatin	5g
		Water	2 tbsp.

- Please use a mould whose base comes out. If the base doesn't come out, it becomes hard to remove from the mould.

## How to cook

- 1 Coat the base and the edge of the cake mould with butter (not included in ingredients) and line with cooking sheet.
- 2 Make a base with **A**. Put biscuits in a plastic bag and smash into small crumbs. Add butter, mix well and pack tightly into the base of the **1** mould. (Press down solidly from the top)

- 3 Put **B** in a heat resistant container and have the gelatin soaking.

- 4 Put softened cream cheese into a bowl and mix well until smooth.

- 5 Place **3** without covering with plastic wrap in the **center** and heat.



- 6 Add sugar, yoghurt, lemon juice **5** double cream in that order to **4** and mix.

- 7 Pour **6** into **2** flatten the surface then cool and harden in the fridge.

# Cut Out Cookies

Convection



Ingredients/For 48 pieces (1 tray)  
 Weak flour ..... 230 g  
 Butter (room temperature) ... 100 g  
 Sugar ..... 80 g  
 Egg ..... 50g (1 Size M)  
 Vanilla essence ..... To taste

Manual  
 Convection (With preheating)  
 170°C  
 1 shelf 10 - 15 minutes,  
 2 shelves 13 - 18 minutes


- Automatic setting cannot be used when using two shelves. Heat under manual. Double the ingredients.

## How to cook

**1** Put softened butter and sugar in a bowl and rub together with a whisk until it's slightly white.



**2** Add beaten egg to **1** a little at a time and add vanilla essence.



**3** Sift weak flour into **2** all at once and once it's not powdery after mixing with a wooden spoon, gather it all together.





**4** Divide into suitable amounts, place in plastic bags, stretch out to be around 5mm thick with a rolling pin and rest for around 30 minutes in a cooling room.



**5** Take the dough of **4** onto a surface with flour (not included in ingredients) on, cut out using cutters (diameter around 3cm) and line with around 48 pieces on the **square tray**.

**6** Place **5** on the **lower shelf** and heat.

Bake  **39 Cookies**  **Heating Start**  
 Lower shelf (Standard heating time is approx. 23 minutes)

**7** After heating has finished, cool on a rack.

- The finish may vary depending on the thickness, shape and size of the dough. If you reduce the temperature and extend the time, the finish improves on the whole thing.

## Cut out cookie variation

★For basic ingredients and how to cook, please see "Cut out cookie".

### Cocoa



- Mix cocoa powder (10g) with weak flour.

### Tea



- In **How to cook** step **3**, add the tea leaves (10g) together.

# Rock Cookie

Convection



Ingredients/For 48 pieces (1 tray)  
 A [ Weak flour ..... 150 g  
 Baking powder ..... 1 tsp.  
 Butter (room temperature) ..... 70 g  
 Egg ..... 25g (½ Size M)  
 Sugar ..... 70 g  
 Coconut ..... 20 g  
 Vanilla essence ..... To taste

Manual Convection (With preheating)  
 170°C  
 1 shelf 7 - 12 minutes,  
 2 shelves 11 - 17 minutes

- Automatic setting cannot be used when using two shelves. Heat under manual. Double the ingredients.

## How to cook

- Put softened butter and sugar in a bowl and mix well with a whisk until it's white.
- Add beaten egg to **1** a little at a time and add vanilla essence.
- Put **A** into **2**, after it's been mixed and sieved, mix roughly with a wooden spoon, add coconut and mix further.
- Spoon 48 of **3** on the **square tray** by adding little at a time to adjust the size.

- Place **4** on the **lower shelf** and heat.

Bake **39 Cookie** **Decrease 1** **Heating Start**  
 Lower shelf (Standard heating time is approx. 21 minutes)

- After heating has finished, cool on a rack.

## Rock Cookie Variation

★For the basic ingredients and how to cook, please see "rock cookie" .

In **How to cook** setp **3**, add choc chip (35g) instead of coconut and mix.

# Ganache

Microwave

No accessories



Ingredients  
 Chocolate(Sweet or black) ... 170 g  
 Double cream ..... 100 g  
 Cocoa powder (sugar free)  
 ..... Proper quantity

Manual Desired Temp. 50°C

- ※If using milk chocolate, use 250g of chocolate. After heating, leave in the fridge for more than four hours. It will be smoother than sweet (black) chocolate.

## How to cook

- Break the chocolate down into fine chunks, put into a shallow heat-resistant container, add double cream and mix well.
- Place **1** without covering with plastic wrap in the **center** and heat.

**43 Fresh Chocolate** **Heating Start**  
 (Standard heating time is approx. 1 minute 30 seconds)

- After heating is complete, dissolve by mixing with a whisk.
- Pour **3** it into a flat container lined with cooking sheet and leave in the fridge for more than two hours. Once it's hard, cut out into bite-sized chunks and cover with cocoa powder.

- Even if there were lumps in **How to cook** step **3**, they should disappear as you mix them. If the chocolate has not fully melted, please heat whilst monitoring the situation at **microwave 600W**.

# Fondant Chocolate

Convection



Material/For 6.5 cm. diameter metal cream caramel mould x 4

Sweet chocolate (broken into chunks).....	90 g
Milk chocolate (broken into chunks).....	20 g
Butter (unsalted).....	80 g
(Cut into small chunks and return to room temperature)	
Egg .....	2 (Size M)
Weak flour .....	25 g

- Please eat as soon as it's ready. If time elapses, the chocolate inside becomes hard. If it's cooled down, if you heat with **<microwave 600W • 10 - 20 seconds>**, the chocolate inside becomes soft.

## How to cook

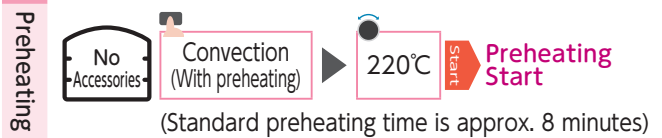
**1** Thinly coat the cream caramel mould with butter (not included in ingredients), scatter over the weak flour (not included in ingredients) and remove excess flour.

**2** Put shaved chocolate (2 types) and butter in a heat resistant container. Without covering with plastic wrap, place in **the center of the oven chamber**. During heating, mix 2-3 times. After heating, blend until the chocolate and butter melt, and are thoroughly mixed together.



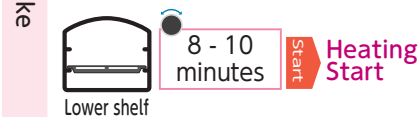
**3** Add beaten egg to **2**, mix well, sift in weak flour and mix lightly.

**4** Preheat the empty oven.



**5** Pour up to 8/10 of the bowl **3** and drop lightly to remove air.

**6** After preheating, put **5** on **square tray**. Place the tray on **lower shelf** and start heating.



**7** After heating has ended, remove immediately from the mould and plate up.



Dessert

# Gateau au Chocolat

Convection



Ingredients / For 18 cm. diameter metal cake mould x 1

A	[ Sweet chocolate (broken into chunks) .....	100 g
	[ Double cream .....	50 g
	Butter (unsalted, cut into small chunks and returned to room temperature) .....	60 g
	Egg yolk .....	3 (Size M)
	Sugar .....	50 g
	Weak flour .....	20 g
	Cocoa powder .....	30 g
	(Meringue)	
	[ Egg white .....	3 (Size M)
	[ Sugar .....	60 g
	Icing sugar .....	To taste
	Double cream (whipped) .....	Proper quantity

## How to cook

- 1** Coat the base and the edge of the cake mould with a little butter (not included in ingredients) and line with cooking sheet.
- 2** Place in a heat-resistant container, **A**, place without covering with plastic wrap in the **center** and heat. Mix 2-3 times part of the way through.
- 3** After the end of heating, add butter to **2** and mix.
- 4** Place in a separate bowl egg yolk and sugar and whisk until the egg yolk becomes white.
- 5** Add **3** to **4** mix and sift the weak flour and cocoa powder together then mix roughly with a wooden spoon.
- 6** Put in egg whites and  $\frac{1}{3}$  of the sugar in a different bowl, whisk it and add in the other two remaining batches of sugar. Whisk until peaks form and it doesn't fall out the bowl even when it's turned upside down in order to make the meringue.

- Make sure to add sugar in 3 portions! While whisking, it will harden. After it becomes glossy, add the next portion of sugar and whisk.

- 7** Add **6** into **5** in two portions, and mix without whipping the air out of the mixture.
- 8** Preheat the empty oven.
 

(Standard preheating time is approx. 4 minutes)
- 9** Pour in dough from **7** into a cake mould.
- 10** After the end of preheating, place **9** on a **square tray**, place on the **lower shelf** and heat.
- 11** Take out from the mould after heating has ended and peel off the cooking sheet and cool. Scatter icing sugar to finish. Add double cream to your taste.



# Brownie

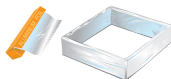
Convection



Ingredients/For 18 cm. square mould (no base) x 1

A	Sweet chocolate ... 80 g	:	C	Sweet chocolate ... 40 g
	Milk ..... 2 tbsp.	:		Walnuts ..... 40 g
	Sugar ..... 60 g	:		Almond ..... 40 g
	Butter (unsalted, returned to room temperature) ..... 100 g	:		
	Egg ..... 2 (Size M)	:		
B	Weak flour ..... 80 g	:		
	Almond poodle ... 20 g	:		

• If you have no mould, make a frame of around 4cm in height with aluminium foil and use as mould.



Reduced sugar recipe → Please see page 182.

## How to cook

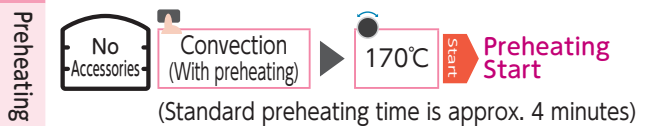
- 1 Break **C** down into 7–8 mm chunks.
- 2 Crumble the chocolate in **A**, put it in a heat-resistant container, add milk and place **in the center** without plastic wrap, heat, then mix and dissolve.



- 3 Put softened butter and sugar into a bowl and rub together and mix with a whisk until it's slightly white.
- 4 Add beaten egg to **3** a little bit at a time and add **2** then mix well.

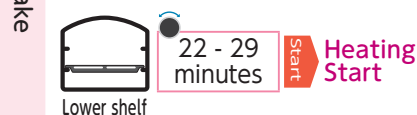
- 5 Add **4** to **B** by sieving it in then mix with a wooden spoon then add **1** and mix briefly.

- 6 Preheat with nothing placed inside.



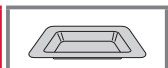
- 7 Place a cooking sheet on a **square tray**, place the mould on top, pour in **5** and flatten.

- 8 After preheating, put **7** on the **lower shelf** and heat.



# Brownie (deep tray)

Convection



Ingredients/For 1 deep tray

A	Sweet chocolate ... 160 g	:	B	Weak flour ..... 160 g
	Milk ..... 4 tbsp.	:		Almond poodle ... 40 g
	Sugar ..... 120 g	:		Sweet chocolate ... 80 g
	Butter (Unsalted, return to room temperature) ... 200 g	:	C	Walnuts ..... 80 g
	Egg ..... 4 (Size M)	:		Almond ..... 80 g

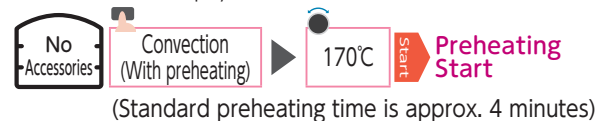
## How to cook

- 1 Refer to step **2** from **How to make a Brownie** and heat the chocolate and milk.



- 2 Refer to step **1**, **3**, **5** from **How to cook a Brownie**. Make and pour into a deep dish with cooking sheets, and make it flat.

- 3 Preheat the empty oven.



- 4 After the end of preheating, place **2** on the **upper shelf** and heat.



# Cream Puff

Convection



Ingredients/For 12 pieces (1 tray)  
 Weak flour (sifted) ..... 60 g  
 Butter (cut into 1cm chunks and returned to room temperature) ... 60 g  
 Water ..... 95 ml  
 Egg (beaten and at room temperature) ..... 2 - 3 (Size M)  
**Whipped cream)**  
 A [ Double cream.....1 cup (200 ml)  
     [ Sugar ..... 20 g  
     [ Vanilla essence ..... To taste  
 Strawberries, kiwi fruit  
     ..... Proper quantity

Two shelves  
 Convection (With preheating)  
 180°C 33 - 43 minutes

• Ingredients should be doubled when using two shelves.

## How to cook

**1** Put in water, butter, weak flour (1 tsp.) into a large heat-resistant container, place in the **center** without covering with plastic wrap and heat until it's boiling.

No Accessories Microwave 600W 2 minutes 30 seconds - 3 minutes 30 seconds Start Heating Start

• When using 2 shelves, (Microwave 600W • 4 minute 30 - 5 minute 30)

**2** Quickly put in the remaining weak flour at once to **1**.

**3** Mix **2** well, place on the **center** with no cover and heat. In order to get an even finish, mix 2-3 times and quickly mix after heating too.

No Accessories Microwave 600W 50 seconds - 1 minutes 10 seconds Start Heating Start

• When using 2 shelves, (Microwave 600W • 1 minute 20 - 1 minute 40)

**4** Add half of the eggs to **3** and mix well by moving a wooden spatula quickly until egg mixes in. Add the eggs a little at a time and mix well whilst monitoring it until you can scoop it up with a wooden spatula and the dough falls gently like a belt off it. (Egg may remain)



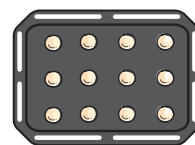
**5** Preheat the empty oven.

Preheating No Accessories Convection (With preheating) 180°C Start Preheating Start  
 (Standard preheating time is around 5 minutes)

**6** Put **4** into a piping bag attached with nozzle (round: opening 10-12mm).



**7** Squeeze 12 pieces of similar portion balls on the **square tray**. Hold the nozzle with your left hand, use a piping bag and stop once the diameter becomes about 5 cm. after you squeeze it with your right hand.



※If there is dough left even after squeezing 12, put the nozzle into smaller ones and pipe more out.

**8** Press down the top of the dough with a wet fork.

**9** After the end of preheating, spray **8** with water, place on the **lower shelf** and heat.

Bake Lower shelf 25 - 35 minutes Start Heating Start

**10** Cut the baked puff with the knife. Prepare whipped cream from ingredient **A** (Refer to page 181). Stuff puff with whipped cream and decorate with strawberry and kiwi fruit.



## Checking the finish of the choux pastry

### Good finish

It rises with a good shape with a hollow space inside.



- If you don't have a piping bag, please line them up by scooping them up with a spoon.
- Boil the butter sufficiently until bubbling. (See step 1 in "How to cook")
- When mixing weak flour or eggs, please do it quickly.

State of the finish	Cause
<p>It spreads sideways and doesn't rise.</p> 	<ul style="list-style-type: none"> <li>• Ingredients were not measured out correctly.</li> <li>• There was too much egg.</li> <li>• The heating time with the microwave was incorrect.</li> <li>• Butter was not heated until bubbling.</li> <li>• Flour was not added whilst the butter was boiling.</li> <li>• Insufficient mixing of the flour.</li> <li>• Dough that the flour was mixed with was cold.</li> <li>• The eggs were cold.</li> </ul>
<p>It's small and doesn't rise well.</p> 	

## Chocolate Cream Puff

Convection



Ingredients/For 12 pieces (1 tray)

Weak flour	60 g
Cocoa powder	3 g
(Sift together)	
Butter	60 g
Water	95 ml
Egg	2 - 3 (Size M)

- When using 2 shelves, double the ingredients.

### How to cook

**1** Cut the butter into 1cm chunks and return to room temperature. Beat the eggs and let them get to room temperature.

**2** Bake referring to Step **1** - **9** in **How to cook cream puff**.

### Cream puff variation

★Please bake whilst monitoring the situation.



Squeeze the choux pastry small to make bite-sized baby choux puffs. Display even more fun with tree like decorations.

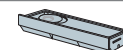
Make the choux pastry long to make children's favourite - eclairs. Add a coating of your preference, such as white chocolate.





# Cream Puff (Kiln)

Convection Steamed



What is Kiln type ...Compared to choux without using steam, it finishes with a nice golden colour.



Ingredients / For 12 pieces  
 Weak flour (sifted) ..... 80 g  
 Butter (cut into 1cm chunks and returned to room temperature) ...60 g  
 Water ..... 50 ml  
 Milk ..... 50 ml  
 Egg (beaten and at room temperature) ..... 125g (Size M 2 1/2))

Manual Convection (With preheating)  
 180°C 25 - 35 minutes

**\*When using manual...**

After the end of preheating, bake after spraying the choux pastry with water. (There's no need to prepare the water supplying cassette)

**How to cook** \*Put water into the **water tank** and set in place.

**1** Put water, milk and butter into a large heat-resistant container, put in weak flour (tsp.), place in the **center** **without covering with plastic wrap** and heat until it boils.



No Accessories Microwave 600W 4 minute 30 - 5 minute 30 Start Heating Start

**2** Quickly put in the remaining weak flour at once to **1**.



**3** Mix **2** well, place on the **center** without covering with plastic wrap and heat. In order to get an even finish, mix 2-3 times and quickly mix after heating too.




No Accessories Microwave 600W 1 minute 20 - 1 minute 40 Start Heating Start

**4** Add half the egg to **3**, divide the remaining into 2-3 portions, add and mix well. Each time you add the egg, mix well by moving the wooden spoon quickly until the egg mixes in and becomes smooth.

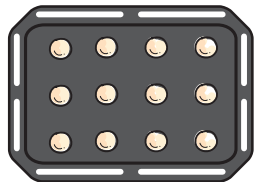
**5** Preheat the empty oven.

Preheating No Accessories 40 Choux Cream Start Preheating Start (Standard preheating time is approx. 11 minutes)

**6** Into a piping bag with a nozzle (round: opening approx. 10 - 12 mm) attached to it, put **4**.



**7** Squeeze 12 similar sized puffs onto the **square tray** with gaps in between. Hold the nozzle with your left hand, use a piping bag and stop once the diameter becomes about 5cm after you squeeze it with your right hand.



※If there is still some dough remaining even after piping 12, insert the nozzle into a small one and squeeze more out.

**8** Press the top of the dough down with a wet fork.

**9** After preheating, put **8** on the **lower shelf** and heat.

Bake Lower shelf Start Heating Start (Standard heating time is approx. 24 minutes)

**10** Stuff the cooked choux pastry with custard (see page 199) or whipped cream to your taste.

# Custard cream

Microwave

No accessories



## Ingredients

Weak flour	.....2 tbsp.
Cornflour	.....2 tbsp.
Sugar	..... 100 g
Milk	..... 400 ml
Egg yolk	..... 2 (Size M)
Vanilla essence	..... To taste

## How to cook

**1** Put weak flour, cornflour, sugar into a deep heat-resistant container, mix with a whisk, add milk, mix so that there are no lumps and add egg yolk and mix it all together.



**2** Place **1** without plastic wrap in the **center** and heat until it's thick. Mix 2-3 times part of the way through to get an even finish.



**3** After the end of heating, add vanilla essence and mix together.

**4** Once the excess heat is gone, wrap the custard cream with plastic wrap and cool in the fridge.



Microwave  
600W

Approx. 5 minutes  
30 seconds

Start Heating  
Start

## Custard cream variation

★For basic step, please refer to “Custard cream”.

## Chocolate cream

### Ingredients

Weak flour	..... 1 ½ tbsp.
Cornflour	..... 1 ½ tbsp.
Sugar	..... 80 g
Milk	..... 350 ml
Egg yolk	..... 1 ½ (Size M)
Vanilla essence	..... To taste
Bar of chocolate	..... 80 g

### How to cook

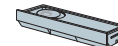
**1** Break the bar of chocolate into small pieces.

**2** Make in the same way as **How to cook custard creams**. (Add the finely broken bar of chocolate in Step **1**)



# Smooth Pudding

Steamed



Ingredients/For 7.5 cm. diameter metal pudding mould x 8

Egg	3 (Size M)
Sugar	80 g
Milk	400 ml
Vanilla essence	To taste
<b>&lt;Caramel sauce&gt;</b>	
Sugar	40 g
Water	1 tbsp.
Warm water	1 tbsp.

**Pre-preparation**

- Thinly coat the creme caramel moulds with butter (not included in ingredients).

Manual

Low Temp. Steam 80°C 21 - 25 minutes

## How to cook

\*Put water in the **water tank** and set in place.

- 1 Make caramel sauce. Put sugar and water in a small pan and heat up. Take away from the heat once you get the desired caramel colour. Add hot water and mix well, then put equal amounts into the pudding moulds. (Please use an oven glove as it may splatter when adding hot water)
- 2 Beat eggs in a large bowl, add sugar and mix well, being careful not to whisk.
- 3 Put milk in a heat-resistant container and place in the **center** without plastic wrap cover and heat.
 

No Accessories

Microwave 600W

▶ 3 - 4 minutes

Start Heating Start
- 4 Add **3** to **2** a little at a time and strain. Scoop up any large bubbles, add vanilla essence, pour equal amounts into **1** containers and put a cover on each with aluminium foil.

- 5 Line up on a **square tray**, place **4** on the **lower shelf** and heat.

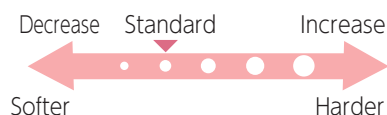


45 Smooth Creme Caramel Start Heating Start

Lower shelf (Standard heating time is approx. 23 minutes)

Depending on your preferred hardness of creme caramel, please set the finish adjustments to be (Increase) (Decrease).

### Adjustments for finish



Water in the water tank may run out part of the way through. If there is indication to supply water please add water.

- 6 After the heating has finished, once the extra heat has gone, cool in the fridge.

- Standard initial temperature for egg sauce is taken to be around 30-40°C. The hardness of the final product may vary depending on the initial temperature.
- If it's still soft after cooling in a fridge, it may lose shape once you remove them from the moulds.

## Smooth pudding variation

- ★For basic ingredients and how to cook, please see "Smooth pudding".
- ★Don't put in vanilla essence to tea, matcha, cocoa, coffee pudding.
- ★Caramel sauce to your preference

### Tea



- After heating in **Step 3**. Put four tea bags and produce tea.

### Matcha



- Add to matcha (2 tbsp.) the milk warmed in **Step 3** a little at a time and dissolve.

### Cocoa



- To sugar-free cocoa powder (10g), add the milk warmed in **Step 3** a little at a time and dissolve.

### Coffee



- After heating in **Step 3**, put in instant coffee (10g) and dissolve.

## Creamy pudding



Ingredients/For 7.5 cm. pudding glass moulds x 8

Egg yolk	4 (Size M)	Double cream	200 ml
Sugar	60 g	Vanilla essence	To taste
Milk	300 ml		

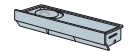
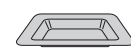
### How to cook

- 1 Beat the egg yolk in a large bowl, add sugar, mix well whilst being careful not to whisk it.
- 2 Put milk and double cream into a heat-resistant container, place without covering with plastic wrap in the **center** and heat using **<Microwave 600W•3 - 4 minutes>**. (Temperature of the milk 50 - 60°C)
- 3 Refer to **step 4** in how to cook smooth pudding to make the creme caramel sauce.
- 4 Line **3** with individual aluminium lids on a **square tray** on the **Lower tray** and heat using **<Low Temp. Steam•90°C•around 25 minutes>**.

Plenty of pudding in a deep tray - you won't believe it has no cream in! For entertaining!

# Smooth Pudding (deep tray)

Steamed



Ingredients/For 1 deep tray

Egg	6 (Size M)	(Caramel sauce) Sugar ..... 40 g Water ..... 1 tbsp. Warm water ..... 1 tbsp.
Sugar	160 g	
Milk	800 ml	
Vanilla essence	To taste	

**Pre-preparation**

- Coat a **deep tray** with a little butter (not included in ingredients).

Manual

Low Temp. Steam 85°C 21 - 25 minutes

## How to cook

\*Put water in the **water tank** and set in place.

- 1 Refer to page 200, Step **1** in **how to cook a smooth pudding to make the caramel sauce** and place in a deep tray. (Even if it's not even at this point, it will go through the whole thing during heating)
- 2 Refer to page 200, Step **2** - **4** in **how to cook a cream pudding to make the caramel sauce** and place in a deep tray from step **1**. (Don't put aluminium foil on top) Microwave heating for **smooth pudding 3**: Microwave 600W 7 - 8 minutes

- 3 Place **2** on the **upper shelf** and heat.



45 Cream Caramel



Stronger 2

Heating Start

Upper shelf (Standard heating time is approx. 23 minutes)

The accessory and position shown are "square tray" and "lower shelf" but please cook using "deep tray" and "upper shelf".

Water in the water tank may run out part of the way through. If there is indication to supply water please add water.

- 4 After the end heating, once it is no longer hot, cool in the fridge.

# Biscotti

Convection



Ingredients/For approx. 30 pieces

Egg	1 (Size M)
Sugar	80 g
A	Rice flour ..... 30 g Baking powder ..... ½ tsp. Cocoa powder ..... 1 tsp.
Tofu refuse	170 g
B	Nuts* (chopped) ..... 30 g Dried fruits* (chopped) ..... 60 g

- \* Please use soft nuts such as walnuts or almond slices and dried fruits like raisins, orange peel and currants.
- If there is a lot of water in the tofu refuse, put it in the microwave to drain water.

## How to cook

- 1 Put egg and sugar in a bowl, whisk until slightly sticky with a whisk, add **B** and mix well.
- 2 Add **A** to **1** and mix. Add tofu refuse and mix well until there are no white bits. (It mixes well if you use your hands)
- 3 Preheat with nothing placed inside.  
  
 (Standard preheating time is around 4 minutes)
- 4 Line a **square tray** with a cooking sheet and make **2** into two rectangles of thickness 1.5 cm. and around 15x6 cm. in size.

- 5 After the end of preheating, place **4** on the **lower shelf** and heat.

Bake



Approx. 15 minutes



Heating Start

Lower shelf

- 6 Once the remaining heat has gone, cut into 1cm slices with a sharp knife and with the cut side on top, line on the **square tray**. (If it crumbles, if you press and shape, it will stick back on whilst baking)

- 7 Place **6** on the **lower shelf** and further heat.

Bake



Convection (No preheating)



150°C



38 - 43 minutes



Heating Start

Lower shelf

Around 20 minutes later (remaining time displayed 18 - 23 minutes) flip over and bake again by pressing **start** again.

# Deep Fried Doughnut

Convection



Ingredients / For silicone mould x 6  
 \*Please use moulds that can withstand more than 200°C

Weak flour (sifted)	80 g
Baking powder	½ tsp.
Butter (room temperature)	80 g
Sugar	50 g
Egg yolk	1 (Size M)
Milk	50 g
Egg white	1 (Size M)
Vanilla essence	To taste

## How to cook

- 1** Add softened butter and sugar into a bowl and rub together and make it creamy. Add egg yolk and mix.
- 2** Add a little bit of milk at a time and add vanilla essence to **1**.
- 3** Add weak flour and baking powder to **2** and mix.
- 4** Add properly whisked egg whites to **3** and mix well.
- 5** Put **4** into mould divided into six and place on a **square tray**.

**6** Preheat the empty oven.

Preheating

No Accessories | Convection (With preheating) | 170°C | Start | Preheating Start

(Standard preheating time is approx. 4 minutes)

**7** After the end of preheating, place **5** on the lower shelf and heat.

Bake

Lower shelf | 17 - 24 minutes | Start | Heating Start

## Fried doughnut variation

★For basic ingredients / how to cook, please see “Fried doughnuts”.

### Sesame seeds



- Use 70g of weak flour.
- In **Step 4**, add roasted sesame seeds (1 tbsp.).



### Cocoa

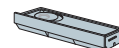
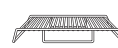


- Sift weak flour (70g) and cocoa (10g) together.
- In **Step 4**, add in choc chips (20g).



# Steamed Cake

Steamed



Ingredients / For 5 cm. diameter aluminium cups x 8	
Egg .....	1 (Size M)
Sugar .....	20 g
Pancake mix .....	150 g
Milk .....	100 g
Vanilla essence .....	To taste

**How to cook** \*Put water into the **water tank** and put in place.

- 1** Beat eggs into a bowl, add sugar and mix.
- 2** Add pancake mix, milk, vanilla essence to **1** and mix until it's all mixed together and make it creamy.
- 3** Pour in the dough from **2** to 8/10 of the aluminium cups.
- 4** Place a gridiron on a **square tray** and place a cooking sheet **on top of that and** line up **3** on top.

- 5** Place **4** on the **lower shelf** and heat.



Steam

18 - 23 minutes

Start

Heating Start

## Steamed Cake Variation

★For basic ingredients / how to cook, please see "steamed cake".

### Coffee



- Dissolve instant coffee (10g) in hot water (2 tbsp.), mix with milk and prepare 100g of it.

### Cocoa



- Mix cocoa (10g) with hotcake mix.

### Sweet potato



- Cut the sweet potato (70g) into 1cm chunks. Put into a heat-resistant container and heat with (microwave 600W • 1 - 2 minutes).
- Once you've made the dough using the Step **2**, add sweet potato. (Leave amounts for decoration)
- In Step **3**, place sweet potato on top of the dough.

### Pumpkin



- Cut pumpkin (70g) into 1cm. sized chunks. Put into a heat-resistant container and heat with (microwave 600W • 1 - 2 minutes).
- Once you make the dough with the Step **2**, add pumpkin. (Leave the amount for decoration)
- In Step **3**, place pumpkin on the dough.

# Jam (strawberry, apple, kiwi, blueberry)

Microwave

No accessories



## How to cook

- 1 Pre-prepare the fruits after washing them well and removing moisture.
- 2 Into a deep and large heat-resistant glass bowl, put in **1**'s fruit (1 type) and **A** then mix lightly.
- 3 Place **2** this without plastic wrap in the **center** and heat. Remove scum during the cooking 2-3 times and mix.

• If you wash the strawberries after you've taken the tops off, it may get watery, making it take longer to cook.

### Ingredients

A	Sugar .....	150 g	Fruit .....	300 g net each
	Lemon juice .....	2 tbsp.	Strawberries (with tops removed)	
	Vegetable oil .....	2 drops	Apple (Red, peel and grate)	
			Kiwi fruit (Peel and cut into 5 mm thick butterfly shapes)	
			Blueberry	

# Baked Sweet Potato

Convection



## How to cook

- 1 Wash the sweet potatoes, remove moisture, make several holes with a fork and line up on a **square tray**.
- 2 Place **1** on the **lower shelf** and heat.

(Standard heating time is approx. 45 minutes)

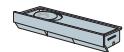
Manual Convection (no preheating) 350°C 43 - 48 minutes

Ingredients/For 4 servings  
Sweet potatoes (around 3-5cm wide) 4 (250g each)

# Steamed Sweet Potato

Microwave Steamed

No accessories



## How to cook

\*Put water into the **water tank** and put in place.

- 1 Wash the sweet potatoes and remove moisture. Make several holes using a fork and place on a heat resistant plate.
- 2 Place **1** without plastic wrap in the **center** and heat.

\*Select with "Steamed · superheated steam" button.

Manual For four servings  
Steam microwave Approx. 19 minutes  
• Cut the sweet potato into 4.

Ingredients/For 2 servings  
Sweet potatoes (around 3-5cm wide) 2 (250g each)

• Depending on the thickness of the sweet potato, the finish will vary.

# Sweet Potato

Convection



Ingredients/For 8 pieces  
 Sweet potato ..... Net 230 g  
 Butter ..... 15 g  
 Sugar ..... 25 g  
 Egg yolk ..... 1 (Size M)  
 Double cream (or milk)  
 ..... Proper quantity (0 - 40g)  
 Vanilla essence ..... To taste  
 A [ Egg yolk ..... 1 (Size M)  
 [ Water ..... 1 tbsp.

## How to cook

**1** Peel the sweet potatoes, cut them into 1cm circles and arrange them on a heat-resistant container so that they don't overlap. Cover with plastic wrap, place in the **center** and heat whilst monitoring the situation.



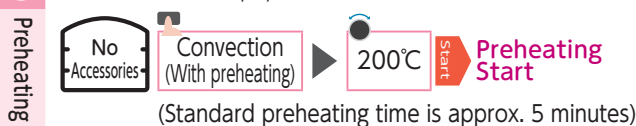
Mash after heating, whilst hot.

**2** Add the butter, sugar, egg yolk and vanilla essence in that order to **1** and mix every time you add an ingredient.

**3** Add double cream to **2** until it becomes hard enough to shape and rub together until smooth.

**4** Divide **3** into 8 portions, form then into circular shapes, line up on the **square tray** and coat with **A** mixed together.

**5** Preheat the empty oven.



**6** After the end of preheating, place **4** on the **upper shelf** and heat.

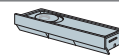


# Yomogi Daifuku with red bean paste

Microwave

Steamed

No accessories



Ingredients/For 10 pieces  
 Top-grade flour ..... 150 g  
 Rice flour ..... 50 g  
 Sugar ..... 40 g  
 Water ..... 170 ml  
 Yomogi flour ..... 5 g  
 Coarse red bean paste ... 250~300 g  
 Roasted soy bean flour  
 ..... Appropriate amount

## How to cook

\*Put water into the **water tank** and put in place.

**1** Soak Yomogi flour as per package instruction then remove moisture well.

**2** Divide coarse red bean paste into 10 portions and make them into balls.

**3** Put in glutinous rice flour, rice flour and water into a heat-resistant glass bowl, mix well, add sugar and mix well.

**4** Place **3** **inside** without plastic wrap and heat.



\*Select with "Steamed · superheated steam" button.

After heating has finished, mix well with wet wooden spoon.

**5** Add **1** to **4** and mix well whilst being careful not to get burns by putting water on your hands.

**6** Place **5** **inside** again without plastic wrap and heat.



\*Select with "Steamed·superheated steam" button.

**7** After heating has finished, mix well with wet wooden spoon. Furthermore, whilst being careful not to burn by putting water on your hands, mix well.

**8** Divide **7** into 10 portions, spread out to be ellipses, place red bean paste from **2** and fold in half. Scatter with roasted soy bean flour to finish.

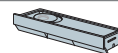


# Strawberry Stuffed Daifuku

Microwave

Steamed

No accessories



## Ingredients / For 8 pieces

Rice flour	70 g
Water	140 ml
Sugar	40 g
Strawberry	8 small
Strained red bean paste	120 g
Cornflour	Proper quantity

## How to cook

\*Put water into the **water tank** and put in place.

**1** Wash the strawberries, take off the tops and remove moisture. Divide the strained red bean paste into 8 portions (around 15g each) and wrap around with red bean paste so that the pointy part of the strawberry sticks out a little.

**2** Put rice flour in a heat-resistant glass bowl and mix well with a wooden spoon whilst adding in water a little at a time. Add more sugar and mix them well.

**3** Place **2** without cover in the **center** and heat.



**4** After heating, mix well with a wooden spoon and make it even out.

**5** Again, place **4** in the **center** with no covering and heat.



\*Select with "Steamed·superheated steam" button.

**6** After heating, mix again until the ingredients turn elastic. Transfer lightly floured with cornstarch tray and divide into 8 equal portions.

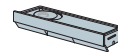
**7** Wrap **1** with dough from **6**. With the join on the bottom side, make a neat round shape.

# Steamed Chestnut and Red Bean Paste Jelly

Microwave

Steamed

No accessories



## Ingredients / For 1 stick

Strained red bean paste	250 g
Weak flour (sifted)	20 g
Cornflour	5 g
Sugar	20 g
Water	3 tbsp.
Salt	To taste
Sweet stewed chestnut	120~130 g
Sweet stewed chestnut syrup	2 tbsp.

## How to cook

\*Put water into the **water tank** and put in place.

**1** Cut the sweet stewed chestnut into your preferred size.

**2** Put in strained red bean paste, weak flour, cornflour, sugar and salt into a heat-resistant glass bowl and mix well until smooth with a wooden spoon.

**3** Add sweetly stewed syrup and water to **2**, mix well, then add chestnut from **1** and mix.

**4** Place **3** **inside** without cover and heat.



**5** After heating, mix well with a wooden spoon and make it even.

**6** Place **5** **inside** again without cover and heat.



\*Select with "Steamed·superheated steam" button.

**7** After the heating has ended, mix well with a wooden spoon and place on a bamboo mat covered with plastic wrap and whilst rolling, tidy the shape.

