

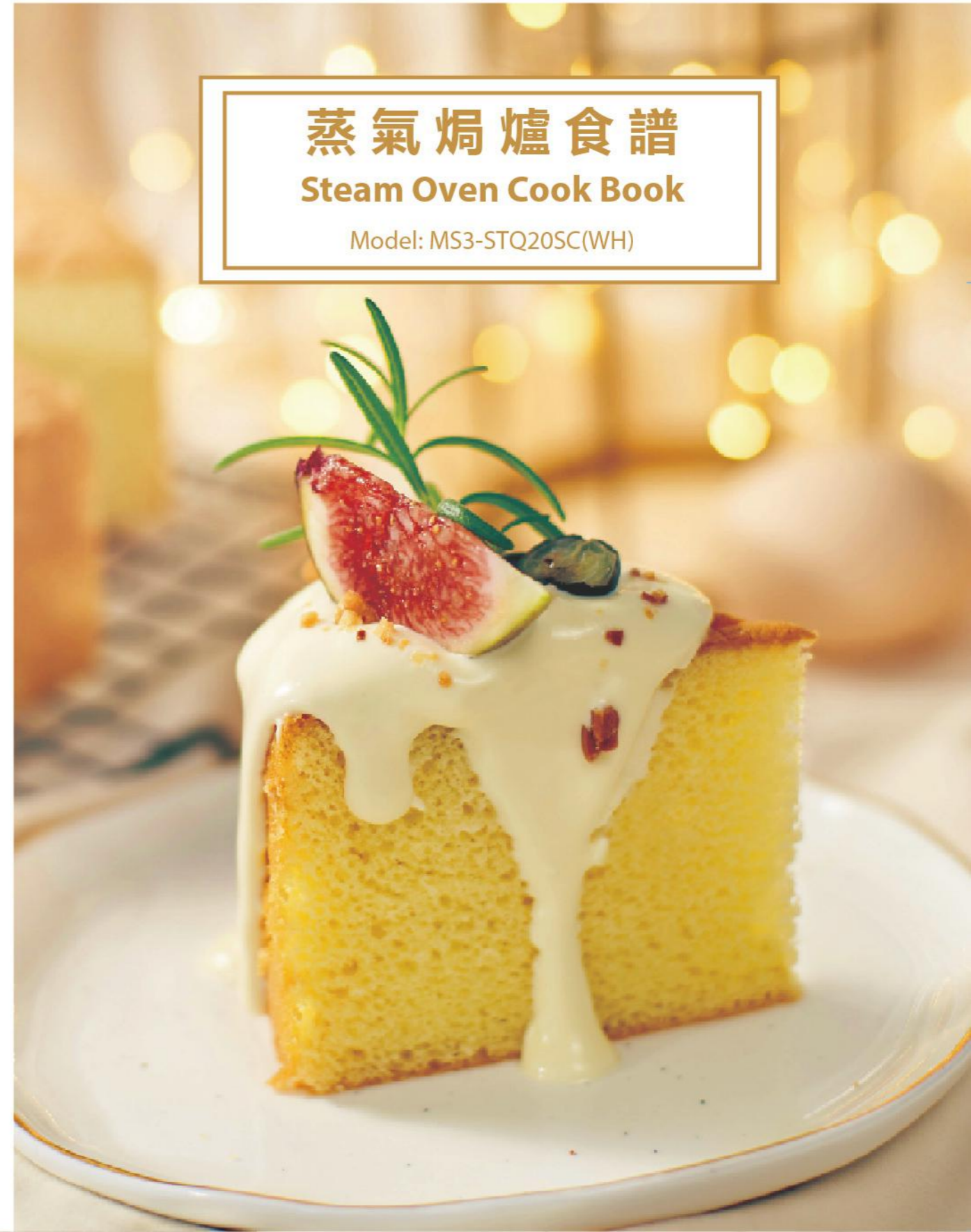
**TOSHIBA**



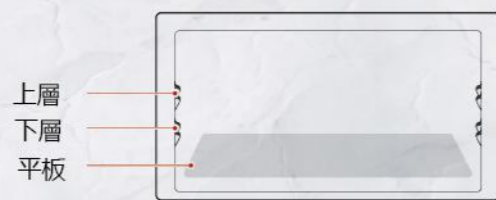
東芝蒸氣焗爐  
Toshiba Steam Oven  
MS3-STQ20SC(WH)

**蒸氣焗爐食譜**  
**Steam Oven Cook Book**

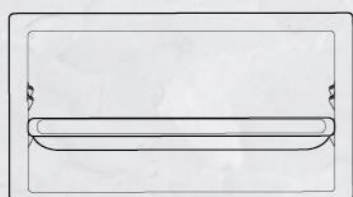
Model: MS3-STQ20SC(WH)



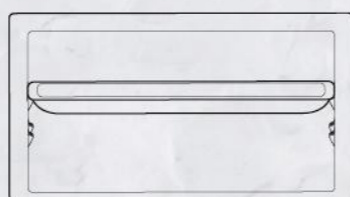
## 放置層說明



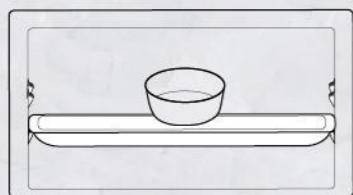
內部結構展示



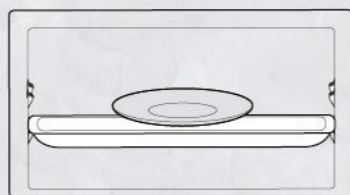
下層烤盤 / 蒸盤使用



上層烤盤 / 蒸盤使用



蒸盤與茶碗結合使用



蒸盤與平底淺碟結合使用

### 小貼士

- 可根據食材實際重量情況增減烹飪時間。
- 使用含“蒸氣”的巧能烹飪前，務必將水箱先加滿凍開水。
- 食譜份量均為推薦份量，僅供參考。

## 自動功能操作指引

食譜名稱	份量	烹飪時間	火力	層級	使用配件
01 清蒸檸檬鱸魚	400g	預熱熱風對流烤焗5分鐘 + 蒸氣8分20秒	熱風對流烤焗180°C + 蒸氣	下層	適用碟 + 蒸盤
02 蒜蓉粉絲蒸蝦	400g	約7分30秒	快蒸 100°C	下層	適用碟 + 蒸盤
03 日式茶碗蒸	600g	約24分鐘	純蒸 100°C	下層	茶碗 + 蒸盤
04 蒸娃娃菜	500g	約12分鐘	快蒸 100°C	下層	適用碟 + 蒸盤
05 牛肉灌湯包	600g	約20分鐘	快蒸 100°C	下層	蒸盤
06 戚風蛋糕	8寸	約50分鐘	熱風對流烤焗 150°C	下層	烤盤
07 海鮮披薩	1個	約15分鐘	熱風對流烤焗 220°C	下層	烤盤
08 香烤雞翼	600g	約25分鐘	熱風對流烤焗 220°C	下層	烤盤
09 蜜汁燒肋骨	500g	約10分鐘 + 約15分鐘	熱風對流烤焗 220°C + 熱風對流烤焗 180°C	下層	烤盤
10 黑椒牛扒	250g	約20分鐘	熱風對流烤焗 230°C	下層	烤盤
11 迷迭香烤羊架	500g	約40分鐘	熱風對流烤焗 230°C	下層	烤盤
12 烤秋刀魚	兩條	約15分鐘	熱風對流烤焗 220°C	下層	烤盤
13 炸蝦天婦羅	8隻	約18分鐘	熱風對流烤焗 200°C	下層	烤盤
14 紙杯蛋糕	12個	約23分鐘	熱風對流烤焗 170°C	下層	烤盤
15 香辣烤魚	500g	約15分鐘	熱風對流烤焗 200°C	下層	烤盤
16 蔓越莓餅	15塊	約16分鐘	熱風對流烤焗 160°C	下層	烤盤
17 葡撻	12個	約25分鐘	熱風對流烤焗 200°C	下層	烤盤
18 牛油卷	9個	約12分鐘	熱風對流烤焗 180°C	下層	烤盤
19 香蔥芝士曲奇	16塊	約10分鐘	熱風對流烤焗 180°C	下層	烤盤
20 香烤紅薯	4個	約50分鐘	熱風對流烤焗 230°C	下層	烤盤
21 焦糖布丁	12個	約15分鐘	熱風對流烤焗 140°C	下層	烤盤
22 剁椒魚頭	800g	約20分鐘	快蒸 100°C	下層	適用碟 + 蒸盤
23 玉子豆腐蒸蝦仁	200g	約10分鐘	快蒸 100°C	下層	適用碟 + 蒸盤
24 蒸燒賣	12個	約16分鐘	快蒸 100°C	下層	蒸盤
25 蒸急凍食品	12個	約15分鐘	快蒸 100°C	下層	蒸盤
26 三文魚蒸飯	130g	約8分鐘	純蒸 100°C	下層	適用碟 + 蒸盤
27 蒸米飯	300g	約45分鐘	純蒸 100°C	下層	寬口徑大碗 + 蒸盤
28 豉汁蒸排骨	500g	約20分鐘	快蒸 100°C	下層	適用碟 + 蒸盤
29 菠菜紅豆草餅	300g	約20分鐘	純蒸 100°C	下層	適用碟 + 蒸盤
30 燉燕窩	1500g	約50分鐘	純蒸 100°C	下層	寬口徑深容器 + 蒸盤



## 翻熱及烹調建議

食譜名稱	份量	烹飪時間	火力	層級	使用配件	備註
01 翻熱燒賣	冷凍 9粒	10分鐘	純蒸 100°C	下層	蒸盤	燒賣約25g /粒， 9粒約220g
	冷藏 9粒	10分鐘	純蒸 100°C	下層	蒸盤	
02 翻熱腸粉	冷凍 200g	9分鐘	純蒸 100°C	下層	蒸盤	/
	冷藏 200g	12分鐘	純蒸 100°C	下層	蒸盤	
03 翻熱糯米雞	冷凍 4個	18分鐘	純蒸 100°C	下層	蒸盤	糯米雞約65g /個， 4個約260克
	冷藏 4個	26分鐘	純蒸 100°C	下層	蒸盤	
04 翻熱饅頭	冷藏 4-8個	9分鐘	純蒸 100°C	下層	蒸盤	饅頭約25g /個，8個約200g
05 翻熱白飯	冷凍 300g	22分鐘	純蒸 100°C	下層	蒸盤	200g-300g 建議烹調時間：20-22分鐘
	冷藏 250g	15分鐘	純蒸 100°C	下層	蒸盤	200g-300g 建議烹調時間：14-16分鐘
06 翻熱鹽焗雞	已切件 200-400g	11分鐘	純蒸 100°C	下層	蒸盤	/
07 翻熱牛奶	冷藏 1-2杯 (150g杯)	5分鐘	純蒸 100°C	下層	蒸盤	/
08 翻熱粥	冷藏 250g	16分鐘	純蒸 100°C	下層	蒸盤	/
09 翻熱湯	冷藏 400g	15分鐘	純蒸 100°C	下層	蒸盤	/
10 翻熱 Pizza	冷藏 320g	8-10分鐘	熱風對流烤焗 (有預熱) 230°C	下層	烤盤	/
11 翻熱雞翼	冷藏 300g	11分鐘	蒸氣烤焗 190°C	下層	烤盤	/
12 急凍春捲	冷凍 250g	16分鐘	熱風對流烤焗 (有預熱) 190°C	下層	烤盤 (烤盤鋪上牛油紙)	春捲表面塗一層薄薄的油
13 蒸娃娃菜	/ 400g	10分鐘	純蒸 100°C	下層	蒸盤+碟	/
14 焗雞翼	/ 400g	20-23分鐘	熱風對流烤焗 (有預熱) 210°C	下層	烤盤 (烤盤鋪上牛油紙)	/



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## 清蒸檸檬鱸魚


自動功能

烹飪時間：約 13 分 20 秒 難度指數：★★★★

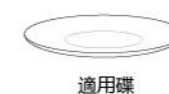
### 材料

新鮮鱸魚.....	1 條	青檸醬汁:	
400g 左右 ( 去掉內臟、魚鰓、魚鱗後重量)		紅辣椒.....	3 個
薑片.....	4 片	蒜.....	6 瓣
		香蔥.....	2 條
		魚露.....	3 湯匙
		檸檬 ( 擠汁 ) .....	3 湯匙

### 做法

- 1 殺魚，除去內臟、魚鰓、魚鱗，洗淨後抹乾水分。
- 2 沿鱸魚魚肚兩側剪開，使魚趴在碟上。
- 3 魚盤上墊筷子，將處理好的魚臥着放於墊有筷子的魚盤上。在魚身上放幾片薑片，用於去腥。
- 4 切好薑片放入凍水中浸泡，備用。
- 5 選擇  自動功能 1【清蒸檸檬鱸魚】，待提示預熱完成後，將魚盤放入蒸盤，置於蒸烤箱下層，開始蒸魚。
- 6 烹飪結束後，把蒸魚盤取出，去掉薑片、筷子，倒掉魚裏面的湯汁，然後在魚四周淋上青檸醬汁即可享用

### 器皿參考



適用碟



蒸盤

# 蒜蓉粉絲蒸蝦

自動功能

烹飪時間：約7分30秒 難度指數：★★★★



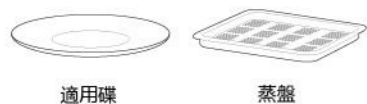
## 材料

鮮蝦（九節蝦）.....	400g
（約25g/隻）	
鹽.....	1g
幼砂糖.....	5g
粟米油.....	30g
生抽.....	15g
蒜頭.....	20g
粉絲.....	20g

## 做法

- 1 準備好所有食材，鮮蝦洗淨，剪去蝦腳，切開蝦背，取出蝦腸。
- 2 將蝦平鋪在碟子上，粉絲提前用冷水泡發半小時後撈起備用。
- 3 將蒜切碎，在平底鍋中倒入粟米油，油燒熱後倒入蒜蓉，關火。
- 4 翻炒片刻，炒出香味，再加入食鹽、幼砂糖、生抽攪拌均勻，成蒜蓉醬。
- 5 蒸烤箱水箱裝滿水，把碟子放蒸盤上，把蒸盤在蒸氣焗爐下層，選擇 自動功能2【蒜蓉粉絲蒸蝦】啟動
- 6 烹調結束，即可取出享用。

## 器皿參考



適用碟

蒸盤

## 小貼士

- 蝦屬於高蛋白食材，需要保證新鮮，現殺現做，否則容易影響口感。

# 日式茶碗蒸

自動功能

烹飪時間：約24分鐘 難度指數：★★★



## 材料

雞蛋.....	2枚
乾香菇.....	4小粒
雞胸肉.....	100g
虎蝦仁.....	4隻
調料A	
清酒.....	1/3大勺
日式醬油.....	1/3大勺
調料B	
水.....	400g
日式醬油.....	1小勺
日式味淋.....	2小勺
食鹽.....	少許
蔥碎.....	少許

## 做法

- 1 乾香菇浸發備用。
- 2 雞胸肉去筋，均勻切開4片，加入調料A醃5分鐘。
- 3 蝦仁洗淨，抽出蝦線。
- 4 充分攪拌雞蛋，加入調料B，混合均勻。
- 5 在茶碗蒸專用茶碗中放入香菇、雞肉、蝦仁，倒入蛋液至8分滿，把表面的泡沫去掉，然後蓋上茶碗蓋。
- 6 把蒸盤放置於蒸氣焗爐下層，把茶碗加蓋放蒸盤中心。
- 7 關上爐門，水箱加水，選擇 自動功能3【日式茶碗蒸】。

## 器皿參考



茶碗

蒸盤

## 小貼士

- 烹調結束後，取出，開蓋後撒入適量蔥碎即可享用。

# 蒸娃娃菜

自動功能

烹飪時間：約 12 分鐘 難度指數：★★



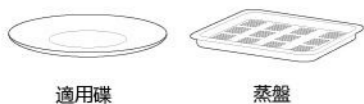
## 材料

娃娃菜	3 顆 (約 500g)
蒜頭	7-8 瓣
生抽	1 匙
蠔油	半匙
砂糖	半匙
植物油	1 匙
鹽	1 匙

## 做法

- 1 娃娃菜掰開，洗淨，放於碟中。
- 2 蒜頭切碎，蒜碎中拌入生抽、蠔油、植物油和鹽調配成醬汁，備用。
- 3 在娃娃菜上淋上步驟 2 的醬汁，把碟放入蒸盤上，蒸盤置於蒸氣焗爐下層。
- 4 關上爐門，水箱加水，選擇 自動功能 4【蒸娃娃菜】，啟動即可。

## 器皿參考



適用碟

蒸盤

# 牛肉灌湯包

自動功能

烹飪時間：約 20 分鐘 難度指數：★★★★



## 材料 (以 24 個, 25g/ 每個, 共 600g)

麵粉	200g
牛肉	150g
雞蛋	1 個
生粉	5g
芝麻油	2ml
薑碎	10g
雞粉	2g
生抽	3ml
蔥花	30g
鹽	2g
清水	2 茶匙
滾水	50g
凍水	50g

## 做法

- 1 將洗淨的牛肉切成小塊，再剁碎，盛入碗內待用。
- 2 在裝有牛肉的碗中，放入芝麻油、薑碎、雞粉、生抽、蔥花、鹽，攪拌均勻，加入 2 茶匙清水，同方向攪拌均勻，製成餡料，待用。
- 3 把麵粉均勻分成 2 份，一份加滾水，一份加凍水，分別揉成光滑的 2 個麵團，然後再把兩個麵團搓在一起，揉成一個光滑的麵團，蓋上蓋子，醒發 30 分鐘後，備用。
- 4 將醒發後的麵團搓成長條狀，用刀切成幾個大小均衡的小麵團。
- 5 使用麵粉棍把小麵團 (約 10g) 壓扁，擀成包子皮。取適量餡料 (約 15g) 放在包子皮上，捏緊製成生包子。
- 6 在蒸盤鋪上牛油紙，將包好的包子擺放整齊。
- 7 把裝包子的蒸盤放入蒸氣焗爐下層，水箱加水，選擇 自動功能 5【牛肉灌湯包】，啟動。
- 8 烹飪結束後，取出蒸盤即可。

## 器皿參考



蒸盤



## 戚風蛋糕


自動功能

烹飪時間：約 50 分鐘

難度指數：★★★★★

雞蛋 .....	4 個	粟粉 .....	10g
低筋麵粉 .....	100g	植物油 .....	60g
白砂糖 .....	110g	純牛奶 .....	60g

### 做法

- 1 準備 2 個無油的乾淨深盆，將蛋黃與蛋白分離，蛋白用打蛋器高速攪拌出泡沫，再慢慢分 3 次加入白砂糖，使用打蛋器連續攪拌使其呈尖角凝固狀。
- 2 取另一容器，將蛋黃、牛奶和植物油混合，用打蛋器像畫圓一樣低速攪拌，直到表面形成一層泡沫，再加入過篩後的麵粉，繼續像畫圓一樣垂直攪拌均勻。
- 3 取三分之一打發的蛋白加入蛋黃糊中用刮刀翻拌均勻（由底部向上翻拌，不要用畫圓的方式，防止蛋白消泡），再將剩餘打發好的蛋白全部倒入蛋黃糊中，翻拌均勻。
- 4 將拌勻的蛋糕糊倒入 8 寸的戚風蛋糕模具中，微震將氣泡排出。
- 5 選擇  自動功能 6【戚風蛋糕】預熱，預熱結束後，蛋糕模具放在烤盤上，置入蒸氣焗爐下層，烹飪結束後，取出倒扣，放涼後即可脫開蛋糕模。

### 器皿參考



烤盤



# 海鮮披薩

## 自動功能

烹飪時間：約 15 分鐘 難度指數：★★★★



### 材料

麵團	
水	150g
牛油	15g
鹽	5g
幼砂糖	18g
普通麵粉	300g
酵母	6g
Pizza 餡料	
煙肉	80g
蝦仁	60g
馬蘇里拉芝士	150g
番茄醬	3 大勺

### 做法

- 1 將麵團的所有材料混合、揉成光滑的麵團，利用自動功能 33 【恒溫發酵】功能，40°C，發酵 40-50 分鐘，發酵至原體積 2 倍大。
- 2 麵團發酵的時候，準備其他材料：煙肉切小塊，蝦仁去蝦線（可用急凍蝦仁代替）。
- 3 把發酵後的麵團擠出空氣，用手掌按扁，用麵粉棍將麵團擀成約 8 寸大小、中間薄、四周厚的圓形麵餅；然後用叉子在上面叉一些小孔，防止烤焗時，餅底鼓起來。
- 4 烤盤上鋪上牛油紙，把面餅鋪在烤盤上，在面餅表面刷一層番茄醬（餅外圍大約 1cm 不需要塗醬），再鋪上準備好的煙肉和蝦仁，撒上芝士。
- 5 選擇 ☹️ 自動功能 7 【海鮮披薩】預熱，預熱結束後，把烤盤放入蒸氣焗爐下層，烹飪結束後即可取出。

### 器皿參考



烤盤

# 香烤雞翼

## 自動功能

烹飪時間：約 25 分鐘 難度指數：★★★



### 材料

雞全翼	5 個 (約 600g)
橄欖油	2 大勺
紅辣椒	5 個
紅辣椒粉	1 大勺
蒜	4 瓣
整粒黑胡椒	1/2 小勺
檸檬	1 個
蜂蜜	1 大勺
鹽	適量

### 做法

- 1 將去蒂的辣椒、整粒黑胡椒、鹽和去皮的蒜瓣放入石臼搗碎。
- 2 入紅椒粉、橄欖油。1/2 個檸檬的皮擦碎，擠出檸檬汁，一起放入石臼研磨成泥。
- 3 最後在石臼中，倒入蜂蜜，拌勻，完成辣椒醬的準備。
- 4 把雞翼放入保鮮袋中，倒入辣椒醬，用手揉搓，讓雞翼表面均勻沾滿醬料，密封後放進雪櫃，醃一晚。
- 5 選擇 ☹️ 自動功能 8 【香烤雞翼】預熱。
- 6 預熱結束後，將醃好的雞翼用錫紙包裹，放在烤盤上，放進蒸氣焗爐下層，烹飪至結束即可。

### 器皿參考



烤盤

# 蜜汁燒肋骨

自動功能

烹飪時間：約 25 分鐘 難度指數：★★★



## 材料

豬肋骨	500g
叉燒醬	60g
生抽	15g
蠔油	30g
蜂蜜	10g
紹興酒	30g

## 做法

- 1 豬肋骨砍成 8cm 左右的段，用暖水清洗淨，然後控乾水分。
- 2 豬肋骨里加入紹興酒、生抽、蠔油、叉燒醬、蜂蜜拌勻。
- 3 拌勻以後將豬肋骨裝入保鮮袋，放入雪櫃冷藏醃一晚。
- 4 醃好之後的豬肋骨均勻放入墊有牛油紙的烤盤上（醃制剩餘的汁水不要倒入，避免烤焦），肉多的一面朝上，滴入多餘的醬汁。
- 5 選擇 自動功能 9【蜜汁燒肋骨】預熱，將排骨放入預熱好的蒸氣焗爐下層，至烹飪至結束即可

## 器皿參考



烤盤

# 黑椒牛扒

自動功能

烹飪時間：約 20 分鐘 難度指數：★★★



## 材料

牛扒	1塊(約250g)
黑胡椒	適量
牛油	20g
迷迭香	適量
鹽	適量
大蒜	2瓣(切碎)

## 做法

- 1 提前 1 小時將牛扒從雪櫃中取出，室溫解凍。
- 2 將鹽、黑胡椒、迷迭香、牛油、大蒜均勻涂抹在牛扒上，醃 5 分鐘。
- 3 選擇 自動功能 10【黑椒牛扒】預熱。
- 4 將牛排置於烤盤上，置於預熱好的蒸氣焗爐下層，烹飪至結束即可。

## 器皿參考



烤盤

## 迷迭香烤羊架

自動功能

烹飪時間：約 40 分鐘 難度指數：★★★



### 材料

羊排 .....	3 塊
洋蔥 .....	半個
黑胡椒 .....	適量
橄欖油 .....	適量
粗鹽 .....	適量
迷迭香 .....	適量

### 做法

- 1 提前 1 小時將羊排從雪櫃中取出，室溫解凍，並將洋蔥切成洋蔥圈。
- 2 將黑胡椒、粗鹽、橄欖油和迷迭香混合在一起，制成醃料。
- 3 將醃料均勻塗抹在羊排上，醃半小時。
- 4 選擇 自動功能 11【迷迭香烤羊架】預熱。
- 5 將羊排和洋蔥圈一起放入烤盤上，置於蒸氣焗爐下層，烤至約剩下 10 分鐘時翻一面，烹飪至結束即可。

### 器皿參考



烤盤

## 烤秋刀魚

自動功能

烹飪時間：約 15 分鐘 難度指數：★★★



### 材料

秋刀魚 .....	2 條
白醋 .....	3 滴
鹽 .....	適量
橄欖油 .....	適量

### 做法

- 1 秋刀魚洗淨，把表面較硬的少量魚鱗刮掉，開膛，把內臟清除乾淨，均勻抹上白醋，在表面均勻撒鹽，室溫放置半小時。
- 2 選擇 自動功能 12【烤秋刀魚】預熱，在烤盤中墊一層錫紙，在錫紙上刷上薄薄的一層橄欖油。
- 3 將醃好的秋刀魚放入烤盤中，置於蒸氣焗爐下層，烤 10 分鐘，取出翻面，再繼續烘烤到結束即可。

### 器皿參考



烤盤

# 炸蝦天婦羅

自動功能

烹飪時間：約 18 分鐘 難度指數：★★★★



## 材料

蝦 .....	8 隻
低筋麵粉 .....	5g
醬材料	
低筋麵粉 .....	30g
水 .....	30g
蛋黃醬 .....	20g

## 做法

- 1 去除蝦殼，但最後一節不要去掉，頭和蝦線去掉，腹部切三刀，使它不能彎曲。
- 2 將醬材料混合均勻。
- 3 將蝦與原料的低筋麵粉混合均勻。
- 4 將麵粉混合後的蝦沾上醬，放入鋪好烘焙紙的烤盤中。
- 5 選擇 自動功能 13【炸蝦天婦羅】預熱，預熱結束後，把烤盤放進蒸氣焗爐下層，烹飪結束後即可取出。

## 器皿參考



烤盤

# 紙杯蛋糕

自動功能

烹飪時間：約 23 分鐘 難度指數：★★★★



## 材料

牛油 .....	170g
幼砂糖 .....	170g
雞蛋 .....	3 個
低筋麵粉 .....	225g
泡打粉 .....	7g
鹽 .....	0.25g

## 做法

- 1 將牛油室溫軟化備用，在軟化後牛油中加入幼砂糖，用打蛋器攪拌至軟，顏色呈灰白色，備用。
- 2 將雞蛋打散，分 3 次倒入 1) 中，攪拌均勻。
- 3 再將篩過的麵粉，泡打粉，鹽倒入，攪拌均勻。
- 4 在每個小蛋糕模中倒入 28g 左右蛋糕漿，把蛋糕模均勻地擺放在烤盤上。
- 5 選擇 自動功能 14【紙杯蛋糕】預熱，預熱結束後，把烤盤放進蒸氣焗爐下層，烹飪結束後即可取出。

## 器皿參考



烤盤

# 香辣烤魚

自動功能

烹飪時間：約 15 分鐘 難度指數：★★★



## 材料

- 羅非魚..... 1 條 (約 500g)
- 薯仔..... 1 個
- 洋蔥..... 半個
- 青椒..... 半個
- 西蘭花..... 1 棵
- 粟粉..... 適量
- 油..... 30g
- 醬料
- 薑..... 20g
- 蒜..... 20g
- 豆瓣醬..... 50g
- 剁椒..... 30g
- 生抽..... 15g

## 做法

- 1 將魚清洗乾淨，魚背上劃上幾刀，用鹽、胡椒粉、料酒等醃 20 分鐘。將蔬菜切成小塊，薑、蒜切成碎。
- 2 將醃好的魚拍上粟粉，用油炸至表皮脆。
- 3 炒鍋燒熱放油，將薑蒜炒香，加入醬料，把切好的蔬菜炒香。
- 4 將炒好的蔬菜和烤魚放到烤盤上。
- 5 選擇 自動功能 15【香辣烤魚】預熱，把烤盤蒸氣焗爐下層，烹飪結束後即可取出。

### 醃料

- 鹽..... 適量
- 胡椒粉..... 適量
- 紹興酒..... 適量

### 器皿參考



烤盤

# 蔓越莓餅

自動功能

烹飪時間：約 16 分鐘 難度指數：★★★★



## 材料

- 牛油..... 300g
- 糖粉..... 150g
- 全蛋液..... 50g
- 蔓越莓乾..... 150g
- 低筋麵粉..... 350g
- 奶粉..... 25g

## 做法

- 1 準備好所有食材，室溫軟化牛油。
- 2 將蔓越莓乾切碎，放入碗中，加入少許低粉（配方中）攪拌均勻。
- 3 將糖粉倒入牛油中，用手動打蛋器攪拌均勻，不需要打發。
- 4 分 3 次將蛋液加入碗中，每一次與牛油攪拌均勻後，再加入下一次。
- 5 加入蔓越莓乾，攪拌均勻後，再加入過篩後的麵粉、奶粉，以刮刀切拌成沒有乾粉的面糊。
- 6 把面糊放在保鮮膜上，放入餅乾模具中整好型，倒出放入雪櫃冷凍 1-2 小時左右。
- 7 將冷凍好的餅乾取出，切成約 5mm 厚的片狀，如果餅乾凍得太硬，可以常溫回溫一會再切。
- 8 把切好的餅乾有間隔地鋪在墊有牛油紙的烤盤上。
- 9 選擇 自動功能 16【蔓越莓餅】預熱，預熱結束後，把烤盤放進蒸氣焗爐下層，烹飪結束後即可取出。

### 器皿參考



烤盤



## 葡撻


自動功能

烹飪時間：約 25 分鐘 難度指數：★★★★

### 材料

雞蛋 .....	2 個	淡忌廉 .....	185g
幼砂糖 .....	25g	煉奶 .....	10g
牛奶 .....	100g	葡式蛋撻皮 .....	12 個 (大個)

### 做法

- 1 準備好所有食材。
- 2 將牛奶、幼砂糖、雞蛋混合，用手動打蛋器攪拌均勻至糖融化。
- 3 在蛋奶液中加入淡忌廉，用手動打蛋器攪拌均勻。
- 4 將蛋撻液過篩一次。
- 5 過篩後的蛋撻液倒入蛋撻皮內，至八分滿即可。
- 6 選擇  自動功能 17【葡撻】預熱，預熱結束後，把烤盤放進蒸氣焗爐下層，烹飪結束後即可取出。

### 器皿參考



烤盤

### 小貼士

- 建議最後五分鐘觀察烤箱中蛋撻的顏色，烤到自己喜歡的焦黃的程度，即可停止。

# 牛油卷

自動功能

烹飪時間：約 12 分鐘 難度指數：★★★★



## 材料

高筋麵粉.....	225g
幼砂糖.....	40g
蛋液.....	20g
牛奶.....	90g
淡忌廉.....	30g
酵母.....	3g
鹽.....	1g
牛油.....	15g

## 做法

- 1 將主料除牛油以外的所有材料放入廚師機內，攪拌均勻後，再加入牛油，繼續攪拌麵團直至可以拉成薄膜狀。
- 2 利用自動功能 33【恒溫發酵】功能，40°C，發酵 40-50 分鐘至兩倍大。
- 3 發酵好後，取出排氣，平均分成 9 份，搓圓，蓋上保鮮膜在室溫下放置 10 分鐘。
- 4 將麵團分別用麵粉棍擀成淚滴形，再卷起來成型。
- 5 成型後的麵團放入鋪有烘焙紙的烤盤裡，利用自動功能 33【恒溫發酵】功能，40°C，發酵 40-50 分鐘至兩倍大。
- 6 選擇 ⊖ 自動功能 18【牛油卷】預熱，預熱結束後，烤盤送入蒸氣焗爐下層，烹飪結束後，取出即可。

## 器皿參考



烤盤

# 香蔥芝士曲奇

自動功能

烹飪時間：約 10 分鐘 難度指數：★★★★



## 材料

牛油.....	60g
低筋麵粉.....	80g
乾蔥.....	10g
糖.....	30g
鹽.....	2g
雞蛋.....	15g
芝士粉.....	10g

## 做法

- 1 牛油軟化後與糖、鹽攪拌均勻，分次加入全蛋液。
- 2 篩入低筋麵粉和芝士粉，攪拌均勻後再倒入乾蔥。
- 3 將麵團放在雪櫃中冷藏 2 小時，定形後，將麵團切片（約為 5mm 厚）。
- 4 選擇 ⊖ 自動功能 19【香蔥芝士曲奇】預熱，預熱結束後，把烤盤放進蒸氣焗爐下層，烹飪結束後即可取出。

## 器皿參考



烤盤

## 香烤红薯

自動功能

烹飪時間：約 50 分鐘 難度指數：★



### 材料

蕃薯 ..... 250g 左右 / 個 4 個

### 做法

- 1 將蕃薯洗淨，擦乾水分，用牙籤在表面扎上小孔排氣。
- 2 選擇 (⊖) 自動功能 20【香烤紅薯】，把烤盤放進蒸氣焗爐下層，烹飪結束後即可取出。

### 器皿參考



烤盤

## 焦糖布丁

自動功能

烹飪時間：約 15 分鐘 難度指數：★★★★★



### 材料

蛋黃 ..... 2 個 (約 37g)  
淡忌廉 ..... 210g  
幼砂糖 ..... 30g  
雲呢拿條 ..... 半條  
紅糖 ..... 適量 (用作焦糖皮)  
幼砂糖 ..... 適量 (用作焦糖皮)

### 做法

- 1 準備好所有食材。
- 2 把紅糖、幼砂糖加水加熱煮至淡棕色。
- 3 將熱好的焦糖倒入布丁模具中。
- 4 用刀將雲呢拿條對半剖開，把籽刮出來。
- 5 將雲呢拿籽、雲呢拿條、淡忌廉放在鍋中，攪拌均勻並慢火加熱到微微冒泡為止，注意不要煲開，然後蓋上鍋蓋，放涼備用。
- 6 將蛋黃與幼砂糖混合，均勻攪拌至糖融化。
- 7 放涼的淡忌廉液拿掉雲呢拿條，分三次慢慢的倒入蛋黃液中，每次倒入都要攪拌均勻，再進行下一次。
- 8 將蛋奶液倒入布丁碗中，放入烤盤中，在烤盤里倒入滾水，沸水蓋過布丁碗的一半。
- 9 選擇 (⊖) 自動功能 21【焦糖布丁】預熱，把烤盤放入蒸氣焗爐下層，烹飪結束後取出，等待凝固。

### 器皿參考



烤盤





## 剁椒魚頭


自動功能

烹飪時間：約 20 分鐘 難度指數：★★★

### 材料

大魚頭 .....	1 個 (約 750g)	剁辣椒 .....	50g
生抽 .....	2 勺	薑片 .....	4 片
調和油 .....	2 大勺	雞精 .....	1 勺
香蔥 .....	2 根	紹興酒 .....	1 大勺

### 做法

- 1 將魚頭洗淨從中間切開，不切斷，表面抹上紹興酒醃去腥味。
- 2 蔥切碎備用。
- 3 取大平底碟一個，鋪上薑片，把魚頭擺上，魚表面鋪上剁辣椒。
- 4 將碟子放置蒸盤上，蒸盤置於蒸氣焗爐下層，關上爐門，水箱加水，選擇  自動功能 22【剁椒魚頭】，啟動即可。
- 5 烹飪結束後把碟子拿出，倒掉多餘的湯汁，把生抽、蔥花、雞精、油鍋中爆香後，趁熱淋上即可食用。

### 器皿參考



適用碟



蒸盤

# 玉子豆腐蒸蝦仁

自動功能

烹飪時間：約 10 分鐘 難度指數：★★★★



## 材料

玉子豆腐	200g
鮮蝦	15 隻
鹽	適量
紹興酒	適量
青豆	15 粒
生抽	2 茶匙
紅蘿蔔	半條
生粉	1/4 茶匙
水	3 湯匙

## 做法

- 1 鮮蝦清洗後挑出蝦線去除外殼，洗淨。加鹽和紹興酒醃一下。
- 2 用刀把豆腐從中間切開（包裝外部有虛線提示，按提示操作），分成兩段後拎起包裝底部，輕輕把豆腐放到砧板上，切成 1 厘米的厚度。
- 3 紅蘿蔔切成薄圓片，均勻平鋪碟子底部。
- 4 將切好的玉子豆腐放於紅蘿蔔片上方；豆腐表面各放一隻蝦仁，並擺上青豆點綴。
- 5 撒少許鹽，把碟子放蒸盤上，置於蒸氣焗爐下層，關上爐門，水箱加水，選擇 自動功能 23【玉子豆腐蒸蝦仁】，啟動。
- 6 烹飪結束後把盤中蒸出來的水分倒入碗中，加少許生粉調均勻（如果水分過少，可適量添加少許凍水），加入少許生抽，倒入鍋中加熱 1 分鐘，趁熱淋在蒸好的玉子豆腐蒸蝦仁上。

## 器皿參考



適用碟

蒸盤

# 蒸燒賣

自動功能

烹飪時間：約 16 分鐘 難度指數：★★★



## 材料

雲吞皮	12 張
肉餡	
豬肉碎	150g
雞粉	2g
芝麻油	2ml
薑碎	10g
生抽	5ml
蔥花	10g
鹽	2g
雞蛋	1 隻
生粉	5g

## 做法

- 1 在裝有豬肉碎的碗中，放入雞粉、芝麻油、薑碎、生抽、蔥花、鹽、雞蛋、生粉攪拌，同方向攪拌均勻，做成餡料待用。
- 2 將蒸盤鋪上牛油紙，把包好的燒賣擺放整齊。
- 3 把裝燒賣的蒸盤放入蒸氣焗爐下層，水箱加水，選擇 自動功能 24【蒸燒賣】，啟動。
- 4 烹飪結束後，取出蒸盤即可。

## 器皿參考



蒸盤

## 蒸急凍食品

自動功能

烹飪時間：約 15 分鐘 難度指數：★



### 材料

急凍包..... 12 個 (約 25g/個)

### 做法

- 1 把冷凍的急凍包放入蒸盤，水箱加水，蒸盤放入蒸氣焗爐下層。
- 2 選擇☺自動功能 25【蒸急凍食品】，啟動即可。

### 器皿參考



蒸盤

## 三文魚蒸飯

自動功能

烹飪時間：約 8 分鐘 難度指數：★★★★



### 材料

芹菜..... 5g  
米飯..... 30g  
紅蘿蔔..... 20g  
三文魚..... 20g  
雞蛋..... 1個  
檸檬..... 2片

### 做法

- 1 紅蘿蔔去皮切成 2cm 大小丁，芹菜切粒備用。
- 2 三文魚切小粒後蓋上檸檬片醃 10 分鐘去腥。
- 3 在碗內打入雞蛋攪打均勻，將米飯、芹菜粒和三文魚粒倒入蛋液中攪拌均勻。
- 4 準備一個碟子，在底部墊上牛油紙或者刷上一層薄薄的食用油，倒入米飯糊並抹平表面。（也可以用圓碗，或者稍微深一點的盤子來代替）
- 5 把蒸盤放入蒸氣焗爐下層，把裝食物的容器放入蒸盤上面，水箱加水，選擇☺自動功能 26【三文魚蒸飯】，啟動即可。
- 6 烹調結束後，撕去油紙，切成嬰兒能一手抓握的小方塊即可。

### 器皿參考



適用碟

蒸盤

### 小貼士

- 對雞蛋過敏的小童，可以減去雞蛋，用 10g 麵粉和 20g 清水攪拌均勻，再加入蔬菜等食材攪拌均勻，同樣可以做出好吃的蒸飯。

# 蒸米飯

自動功能

烹飪時間：約 45 分鐘 難度指數：★



## 材料

米 .....	300g
水 .....	450g

## 做法

- 1 使用寬口徑深容器，把米洗淨後加水，不加蓋，放入蒸盤。
- 2 蒸盤放置於蒸氣焗爐下層，水箱加水，選擇 自動功能 27【蒸米飯】，啟動即可

## 器皿參考



寬口徑大碗



蒸盤

## 小貼士

- 烹調結束後焗 5 分鐘，至米飯全熟，顆粒完整，上表面輕微濕潤，內部鬆軟。

# 豉汁蒸排骨

自動功能

烹飪時間：約 20 分鐘 難度指數：★★★



## 材料

新鮮排骨 .....	500g
豆豉 .....	30g
薑絲 .....	12g
蒸魚豉油 .....	10g
粟米油 .....	20g
紹興酒 .....	1 湯匙
生抽 .....	1 湯匙
鹽 .....	2g
生粉 .....	3g

## 做法

- 1 排骨斬成小塊，洗淨瀝水，豆豉切碎，放小盆，加入薑、生抽、蒸魚豉油、粟米油、紹興酒、生粉、鹽抓勻後醃 2 小時。
- 2 將醃入味的排骨放入碟子。
- 3 選擇 自動功能 28【豉汁蒸排骨】，將碟子放入蒸盤，水箱加水，置於蒸氣焗爐下層，啟動開始即可。

## 器皿參考



適用碟



蒸盤

# 菠菜紅豆草餅

自動功能

烹飪時間：約 20 分鐘 難度指數：★★★★★



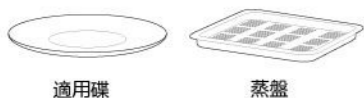
## 材料

糯米粉	100g
白糖	20g
溫水	50g
澄麵	30g
滾水	40g
菠菜	50g
食用油	10g
紅豆沙	120g

## 做法

- 1 準備好所有食材。
- 2 滾水中加入少許鹽，菠菜取菜葉洗淨，在滾燙的水中放入菠菜葉至變色後撈出，放入熱的滾水中過冷河。
- 3 用攪拌機將菠菜葉打成糊（越細越好），用細篩濾走汁水，菠菜糊留用。
- 4 糯米粉加入白糖及暖水，攪拌成半濕狀，澄麵沖入滾水攪成透明狀。
- 5 糯米粉與澄麵混合，趁熱加入食用油搓均勻。
- 6 將混合的食材放入容器裡，儘量，壓薄一點（易熟），蒸氣焗爐水箱裝滿水，把碟放蒸盤上，把蒸盤放入蒸氣焗爐下層，選擇☹自動功能 29【菠菜紅豆草餅】，啟動即可；（蒸完可用筷子撥開查看，若內部粉團是白色的，就需要再蒸一會兒；熟透的糯米團呈透明色，熱的時候黏度較高）。
- 7 將過濾出來的菠菜糊加入剛出爐的糯米團中，用力攪拌使糯米團上色（注意：用的是菠菜糊而不是菠菜汁，若覺得太乾，可以適當加一點菠菜汁）。
- 8 手上抹上一點食用油，將做好的青團等分成若干份，每份 30g 左右，反覆搓成均勻的青綠色糕團，紅豆沙也分成每份 20g 左右，反覆搓成均勻的糕團。
- 9 將紅豆沙包入青團，操作過程戴上手套、抹油。
- 10 包好的糕團表面刷上食用油，舒緩解青團變硬的問題，用剪好的保鮮紙包裹起來，即可。

## 器皿參考



適用碟

蒸盤

# 燉燕窩

自動功能

烹飪時間：約 50 分鐘 難度指數：★★★★★



## 材料

浸發燕窩	300g
水	1200ml
冰糖	50g
可加材料	
椰漿	1 罐（約 400g）

## 做法

- 1 乾燕窩 50g 用純淨水浸發 6 小時左右，挑毛洗淨。
- 2 把浸好的燕窩加水，放入大寬口徑深容器中，加水，加蓋放入蒸盤置於蒸氣焗爐下層，水箱加水，選擇☹自動功能 30【燉燕窩】啟動即可。
- 3 烹飪結束後取出加入冰糖（與椰漿）攪拌，即可。

## 器皿參考



大寬口徑深容器

蒸盤




## 冰糖燉雪梨

手動食譜

### 材料

雪梨	1個 (約350g)
杞子	10粒
冰糖	5g
水	50g

### 做法

- 1 雪梨洗淨，不要去皮，從上1/3處攔腰切開，用匙羹挖走梨芯。
- 2 梨窩中放入冰糖、杞子及水。
- 3 把切下的梨蓋蓋上，梨整個放入碟中，碟子放蒸盤上，蒸盤放入下層。
- 4 選擇  自動功能 32【穩火慢燉】功能，以100°C燉30-45分鐘 (時間因應梨的大小而定)。

### 器皿參考



適用碟



蒸盤

### 小貼士

- 可根據梨窩的大小適量調節水量，以裝滿為宜。
- 裝梨的容器可以用碗代替。
- 可根據個人喜好加入川貝粉，止咳化痰。

## 淮山杞子燉雞湯

手動食譜



### 材料

三黃雞	半隻 (約500g)
淮山	250g
杞子	8g
紅棗	10粒
薑片	3片
水	1200g
鹽	適量

### 做法

- 1 三黃雞去內臟和頭部，切小塊，用滾水飛水後，洗淨抹乾；淮山去皮，滾刀切塊，薑切片，紅棗、杞子用清水洗淨備用。
- 2 所有材料放入湯煲，加蓋放在蒸盤上，蒸盤放入下層。
- 3 選擇 (⊖) 自動功能 32【穩火慢燉】功能，以100°C燉120分鐘。

### 器皿參考



湯煲

蒸盤

## 原隻椰子燉雞湯

手動食譜



### 材料

椰子	2個
三黃雞	250g
紅棗	10g
杞子	5g
鹽	1g

### 做法

- 1 準備好所有食材。
- 2 將椰子從切口切開，切出1/4部分作蓋子用，倒出裏面的椰子水備用。
- 3 將紅棗切開兩半，去核。
- 4 將雞塊在滾水中氽水約1分鐘，撈出後沖洗乾淨表面泡沫，瀝乾水備用。
- 5 雞肉放入椰子內，加入紅棗和杞子，再加入剛才倒出備用的椰子水。
- 6 水箱加滿水，將整隻椰子放在碟子裡，放在蒸盤中，放入蒸氣焗爐下層，關上爐門，選擇 (⊖) 自動功能 32【穩火慢燉】功能，以100°C燉90分鐘。
- 7 烹調完成後，取出加入少許鹽調味即可。

### 器皿參考



適用碟

蒸盤

## 蒸沙薑雞

### 手動食譜



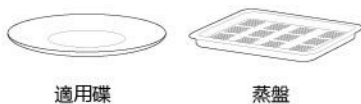
#### 材料

三黃雞	一隻約 1000g
老薑	3-4片
蔥 (切段)	2條
沙薑粉	10g
蔥 (切粒)	10g
薑 (薑蓉)	10g
鹽	1g
料酒	5g
生抽	5g
胡椒粉	3g
食用油	25g

#### 做法

- 1 先把雞洗淨，然後用廚房紙巾擦乾水分。把鹽，和酒均勻塗抹在雞的表面和內部，並抹少許胡椒粉，稍等一會，在均勻抹上沙薑粉醃制30分鐘。
- 2 選擇 ，以100°C預熱。
- 3 預熱完成後，水箱裝滿水，在碟上擺上薑片及蔥段，把醃好的雞擺放在碟內並放蒸盤上，把蒸盤放入蒸烤爐下層。
- 4 選擇 自動功能 31【大火快蒸】功能，以100°C蒸30分鐘，完成後再用餘溫焗10分鐘後才取出沙薑雞。
- 5 將油倒入熱鍋中，倒入薑蓉，油滾後薑微微上色即可熄火，利用餘溫倒入蔥粒，加少許鹽、生抽拌勻即可。

#### 器皿參考



適用碟

蒸盤

## 蒸海鮮拼盤

### 手動食譜



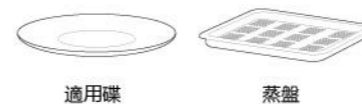
#### 材料 (以 24 個, 25g/ 每個, 共 600g)

蝦	10隻 (300g)
花蛤	200g
蜆子	200g
魷魚	100g
粉絲	20g
蒜頭	30g
紅辣椒	5g
薑	10g
鹽	3g
糖	3g
豉油	10g
食用油	15g
蔥	10g

#### 做法

- 1 將花蛤和蜆子放入水中，加一勺鹽（食材以外）和幾滴油，吐沙約2小時，沖洗乾淨。
- 2 準備好所有食材，將鮮蝦洗淨，剪去蝦腳，開背去蝦腸。將魷魚去掉內臟、眼部及外面的一層膜。小尖椒洗淨、切碎。
- 3 將粉絲提前用冷水泡發半小時，撈起備用。
- 4 在處理好的鮮蝦中，加一半薑絲、適量鹽、細砂糖、豉油，醃製15分鐘以上。
- 5 在平底鍋中倒入食用油，油燒熱後倒入蒜蓉，關火，翻炒片刻，炒出香味。放入小尖椒翻炒，再倒入適量生抽、鹽，翻炒均勻即可。
- 6 取一個較大的碟，在碟底鋪一層粉絲，將所有小海鮮放在上面，再均勻澆上蒜蓉醬汁。
- 7 將裝滿海鮮的碟放於蒸盤上，蒸盤放入蒸氣焗爐下層，水盒加滿水，選擇 自動功能 31【大火快蒸】功能，以100°C蒸12分鐘。
- 8 結束後取出，撒上蔥花即可享用。

#### 器皿參考



適用碟

蒸盤





## 清蒸大閘蟹

手動食譜

### 材料

大閘蟹 ..... 6隻 (120-130g /隻)  
薑 ..... 6片

### 做法

- 1 大閘蟹洗淨，腹部向上，切一片薑，放在上面。
- 2 放到蒸盤上。蒸盤放在下層。
- 3 選擇 Ⓑ 純蒸功能，以100°C蒸17分鐘至大閘蟹變紅色（全熟）。

### 器皿參考



蒸盤

## 蒸三文魚

### 手動食譜



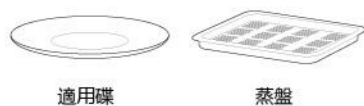
#### 材料

三文魚	300g (2塊)
白酒	5g
鹽	適量

#### 做法

- 1 三文魚洗淨，用廚房紙吸乾水分，加入白酒和鹽，混合均勻，醃15分鐘。
- 2 將三文魚放到碟子上，碟子放蒸盤上，蒸盤放入下層。
- 3 選擇 (III) 純蒸功能，以100°C蒸14分鐘即可。

#### 器皿參考



適用碟

蒸盤

## 秋葵蒸蛋

### 手動食譜



#### 材料

雞蛋	2個
新鮮秋葵	2條
暖水	1小碗
生抽	1茶匙
暖水與雞蛋的比例	2:1

#### 做法

- 1 準備好所有食材，將秋葵切薄片。
- 2 將雞蛋洗淨，打散，加入暖水，快速攪拌均勻。
- 3 將步驟2的蛋液用濾網過濾一遍（蒸蛋口感更細膩）。
- 4 將秋葵鋪在蛋液上，將碟子置於蒸盤中，放入蒸氣焗爐下層。
- 5 將水盒加滿水，選擇 (III) 純蒸功能，以100°C蒸10分鐘。
- 6 結束後取出，根據各人口味淋少許生抽即可享用。

#### 器皿參考



適用碟

蒸盤

#### 小貼士

- 暖水溫度推薦在40-60°C，即用手觸摸較熱即可。
- 餐具推薦陶瓷碟和玻璃碟，尺寸為7寸（直徑大約22cm）。
- 烹飪時需覆蓋保鮮紙。



### 材料

花蜆肉 .....	50g
雞蛋 .....	100g
暖水 .....	150g
蔥花 .....	10g
紹興酒 .....	4毫升
鹽 .....	2g

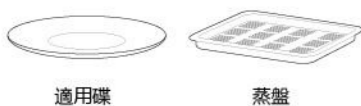
### 做法

- 1 將花蜆肉洗淨裝入碗內，淋入少許紹興酒，加鹽拌勻，醃大約10分鐘。
- 2 將雞蛋洗淨，打散，加入暖水和鹽，快速攪拌均勻。
- 3 將步驟2的蛋液用濾網過濾一遍（蒸蛋口感更細膩）。
- 4 把醃好的花蛤肉放入蛋液裡，覆蓋保鮮紙並留孔透氣。將碟子置於蒸盤中，放入蒸氣焗爐下層，水盒加滿水，選擇 (III) 純蒸功能，以100°C蒸10分鐘。
- 5 結束後取出，根據個人口味淋少許香油與生抽，撒上蔥花即可。

### 小貼士

- 暖水溫度推薦在40-60°C，即用手觸摸較熱即可。
- 餐具推薦陶瓷碟和玻璃碟，尺寸為7寸（直徑大約22cm）。
- 根據自己喜好可調節蛋水比例（1: 1.8-1: 2.2）。
- 烹飪時需覆蓋保鮮紙。

### 器皿參考



適用碟

蒸盤



### 材料

麵粉 .....	400g
砂糖 .....	40g
牛奶 .....	220g
酵母 .....	4g

### 做法

- 1 先將麵粉混合過篩，加入酵母、砂糖及牛奶混合搓成麵團，搓至麵團光滑，覆蓋保鮮紙，利用 (III) 自動功能33【恒溫發酵】功能，40°C，發酵40-50分鐘至體積增大2倍以上。
- 2 將發酵完的麵團重新揉搓至麵團光滑，把麵皮擀成長40cm，寬15cm的尺寸，表面噴水再卷起卷緊。
- 3 將麵團收口向下，切成3cm的圓柱體放入蒸盤。
- 4 將蒸盤放在蒸氣焗爐下層，關上爐門，讓饅頭二次發酵20分鐘。
- 5 發酵結束後，選擇 (III) 純蒸功能，以100°C蒸20分鐘。
- 6 烹飪結束後，在爐中利用餘溫焗5分鐘後，即可取出。

### 器皿參考



蒸盤



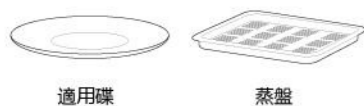
### 材料

山藥	500g
糖	20g
煉奶	8g
桂花醬	適量

### 做法

- 1 準備好所有食材，將山藥洗淨，去皮，切小塊放在碟子裡。
- 2 將碟子置於蒸盤中，蒸盤放入蒸氣焗爐下層，水盒加滿水。
- 3 選擇 **Ⓜ** 純蒸功能，以100°C蒸25分鐘。
- 4 將蒸熟的山藥用壓薯器搗碎，加入適量煉奶，攪拌均勻。
- 5 將山藥揉捏成小個的、均勻的糰（差不多是模具的大小）。
- 6 將山藥糰用模具壓成好看的形狀，脫模取出。
- 7 在山藥糕上淋上桂花醬即可享用。

### 器皿參考



### 材料

蛋黃糊	
粟米油	40g
低筋麵粉	50g
牛奶	50g
鹽	少許 (0.5g)
蛋黃	4個
蛋白糊	
蛋白	3個
幼砂糖	45g
檸檬汁	3滴

### 做法

- 1 蛋糕模具內塗抹一層薄薄的牛油，剪好牛油紙，貼在模具底部及周邊。
- 2 粟米油加熱至70°C。
- 3 加入過篩後的低筋麵粉，用手動打蛋器輕輕攪拌均勻至無粉粒即可。
- 4 加入牛奶、鹽，用手動打蛋器輕輕攪拌均勻。
- 5 蛋黃分次加入，攪拌均勻。
- 6 烤盤內加入熱水，放入下層，選擇 **Ⓢ** 熱風對流烤焗功能，再按 **Ⓜ**，以150°C預熱。
- 7 在蛋白內加入幾滴檸檬汁，打發蛋白，砂糖分3次加入，打發至拉起打蛋器時，蛋白糊會下垂約10cm的尖而不會滴下。
- 8 放1/3的蛋白入蛋黃糊裏面，用翻、拌、切的方法攪拌均勻。
- 9 拌勻的麵糊倒入剩餘蛋白中，用刮刀從下往上，輕快地翻拌均勻。
- 10 將混合均勻的蛋漿倒入蛋糕模具中，凌空20cm高處將蛋糕自由落下2~3次，以排出內部氣泡。
- 11 預熱完成後，以150°C熱風對流烤焗功能，焗65分鐘。

### 小貼士

- 當烹飪進行時，用筷子夾在爐門的兩邊，可令蛋糕蓬鬆度及口感較好，成功率更高。
- 此食譜使用的蛋糕模具為非活動模具，底部尺寸185\*185\*50mm。如選用底部可活動的模具，則需要在模具外包上兩層錫紙，以防入水。
- 如選用其他模具，烹飪時間可根據實際需要調整，一般加熱時間約60~70分鐘。

### 器皿參考





材料

豬梅頭肉	700g
叉燒醬	48g
蔥	30g
蒜頭	20g
玫瑰露酒	20g
鹽	3g
白胡椒粉	5g
蜜糖	5g (可不加)

做法

- 1 將所有豬梅頭肉切成接近1.5~2cm厚，打上花刀，蒜頭切片，蔥切段。
- 2 豬梅頭肉放入深盆中，加入鹽、玫瑰露酒、白胡椒粉、蔥、蒜片和叉燒醬攪拌均勻，蓋上保鮮紙放入冰箱冷藏醃大約3小時或者以上。
- 3 取出醃好的梅頭肉，放在墊有錫紙的烤盤上（不要倒入醬汁）。
- 4 選擇 熱風對流烤焗功能，再按 ，以180°C預熱。
- 5 預熱完成後，烤盤放入下層，以180°C熱風對流烤焗功能焗30分鐘。
- 6 若想焗出來的叉燒更金黃，可在最後5分鐘時取出叉燒並掃上蜜糖再焗。

器皿參考



烤盤



材料

白飯	150g
蕃茄	1個 (約150g)
洋蔥	80g
植物油	少許
鹽	少許
豬扒	150g
芝士	60g (鋪滿即可)

做法

- 1 選擇 熱風對流烤焗功能，再按 ，以210°C預熱。
- 2 蕃茄洗淨切塊，洋蔥切塊，起鑊加油加鹽炒熟備用。
- 3 將白飯平鋪放在耐熱碟上，放入炒好的蕃茄及洋蔥。
- 4 豬扒切塊平鋪放在碟上，撒滿芝士，將碟放在烤盤上。
- 5 預熱完成後，烤盤放入下層，以210°C熱風對流烤焗功能焗14分鐘。

器皿參考



適用碟



烤盤



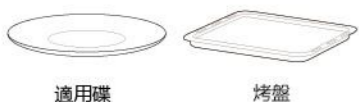
### 材料

三黃雞	1100g
植物油	15g
羅勒葉	15g
百里香	1g
食用鹽	4g
生抽	7g
薯仔	1個 (約200g)
紅蘿蔔	1個 (約150g)
小蕃茄	5個
檸檬	1個
新鮮迷迭香	1枝

### 做法

- 1 將雞去頭、去內臟後，放水中浸泡幾分鐘去血水。
- 2 加入羅勒葉、百里香、植物油、鹽和生抽，用按摩的方式將以上醃料均勻塗抹，裝入保鮮袋中並放入冰箱冷藏醃制4小時（過夜更入味）。
- 3 薯仔、紅蘿蔔滾刀切塊，鋪在碟上。
- 4 將醃好的雞取出，放入鋪有薯仔和紅蘿蔔的碟中。放上小蕃茄、新鮮迷迭香。檸檬切半後再切4片，放入碟中。（如直接放在烤盤上，請在烤盤上墊錫紙）
- 5 將碟放入烤盤中，烤盤放入焗爐下層。
- 6 選擇 熱風對流烤焗功能，以220°C焗45分鐘。
- 7 烹飪結束後，取出，擠上剩餘的半個檸檬汁後享用。

### 器皿參考



適用碟

烤盤



### 材料

薯仔	4個 (約200每個)
煙肉	50g
蛋黃醬	2湯匙
黑胡椒	少許
海鹽	少許
Mozzarella芝士	適量

### 做法

- 1 選擇 熱風對流烤焗功能，再按 ，以220°C預熱。
- 2 將薯仔洗淨，對半切開，放入沸騰的水中煮15分鐘。
- 3 薯仔放涼後，掘出薯泥（注意薯皮留邊5mm，後面會把薯仔泥釀回去）。
- 4 煙肉切小塊，炒至出油。
- 5 薯仔泥壓碎，加入煙肉、鹽、蛋黃醬、黑胡椒，並攪拌均勻，將攪拌好的薯仔泥釀回去薯皮中。
- 6 在烤盤上鋪一層烘焙紙，將薯仔擺放進去，在薯仔表面撒上Mozzarella芝士。
- 7 預熱完成後，烤盤放入下層，以220°C熱風對流烤焗功能焗20分鐘，最後幾分鐘注意觀察顏色，表面金黃，微微有點焦即可。

### 器皿參考



烤盤

## 焗芝士西蘭花

手動食譜



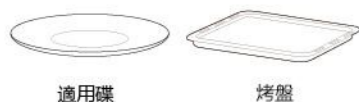
### 材料

白汁	
牛油	7g
低筋麵粉	7g
牛奶	100ml
鹽	少許
胡椒	少許
西蘭花	200g
Mozzarella芝士	40g (鋪滿即可)

### 做法

- 1 選擇 蒸氣烤焗功能，再按 , 以210°C預熱。
- 2 將牛油和低筋麵粉放入鍋中，小火加溫至牛油融化，然後一邊加入牛奶，鹽和胡椒一邊攪勻，注意不要起筋。加熱至白汁呈濃稠狀態，離火備用。
- 3 西蘭花用滾水汆1分鐘，瀝乾水分。
- 4 將西蘭花放入焗爐碟，倒入白汁，鋪上Mozzarella芝士。
- 5 預熱完成后，將碟放入烤盤中，烤盤放入焗爐下層，以210°C蒸氣烤焗功能焗13分鐘。

### 器皿參考



適用碟

烤盤

## 焗蔬菜

手動食譜



### 材料

茄子，蘆筍， 青椒，紅蘿蔔，薯仔	共350g
橄欖油	10g
生抽	10g
黑胡椒碎	少許
鹽	少許

### 做法

- 1 選擇 熱風對流烤焗功能，再按 , 以210°C預熱。
- 2 茄子，紅蘿蔔，薯仔切片，約1cm厚度。
- 3 青椒對半切開，去籽；蘆筍根部老的部分去皮，切段。
- 4 將蔬菜放入大碗中，加入橄欖油，生抽，黑胡椒碎，鹽，混合均勻，醃製10分鐘。
- 5 在烤盤上鋪牛油紙，將蔬菜擺到平鋪到烤盤上，烤盤放入下層。
- 6 預熱完成后，烤盤加入下層，以210°C熱風對流烤焗功能焗16分鐘。

### 器皿參考



烤盤



## 香草泡芙

## 手動食譜



烤盤

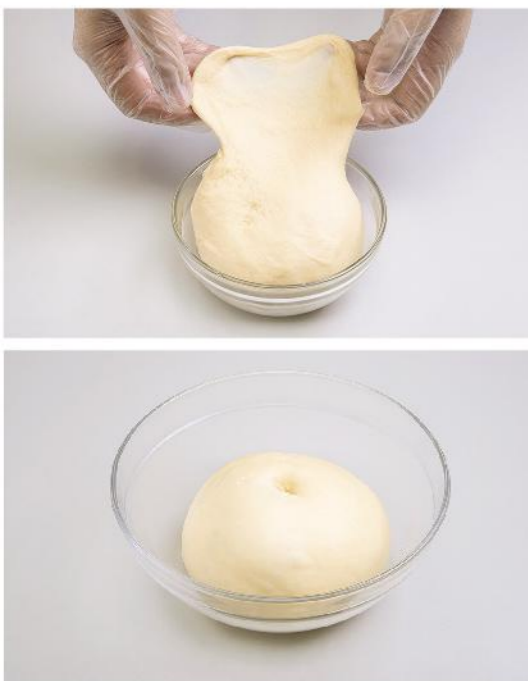
### 材料

無鹽牛油	80g	香草餡	
雞蛋	250g (約5個)	蛋黃	80克 (約4個)
低筋麵粉	120g	純牛奶	330g
海鹽	1g	細砂糖	75g
水	150g	低筋麵粉	15g
淡忌廉	150ml	粟粉	15g
糖	40g	香草莢	1條

### 做法

- 1 將低筋麵粉過篩備用。
- 2 把雞蛋打散備用。
- 3 將鹽、水和牛油放入鍋中煮滾。
- 4 牛油水煮滾後，在沸騰的狀態下，一次性把過篩後的麵粉全部加入。
- 5 用打蛋器迅速攪拌均勻，進行糊化（如溫度不夠，麵粉的糊化不好，就會影響泡芙成型）。
- 6 用刮刀接壓，把乾粉拌勻。
- 7 加入一半的蛋漿，攪拌均勻。
- 8 剩餘的蛋漿要分數次加入泡芙麵糊內，每次加入都攪拌均勻再加入。
- 9 攪拌麵糊至微微滑落的狀態便可，放入擠花袋內。
- 10 選擇 熱風對流烤焗功能，再按 ，以190°C預熱。
- 11 在烤盤上鋪一層牛油紙，擠出圓形麵糊在牛油紙上，每個大概是5cm，用手指沾些水，把表面突起的部分抹平。
- 12 預熱完成後，烤盤放入下層，以190°C熱風對流烤焗功能焗約27分鐘至金黃色，完成後取出待涼。
- 13 將香草莢的籽取出來。
- 14 將牛奶和香草莢放進鍋裡煮沸，中途不停攪拌。
- 15 將細砂糖和蛋黃混合，攪拌均勻。
- 16 將低筋麵粉和粟米澱粉過篩加入蛋黃裡攪拌均勻，看不到乾粉為止。
- 17 將沸騰的牛奶慢慢的，一點點的加入蛋黃糊裡，同時攪拌均勻（若一次倒太多，高溫牛奶會把蛋黃沖熟）。
- 18 牛奶和蛋黃糊混合均勻之後，再倒回鍋裡，小火加熱，中途一直攪拌，不讓底部結塊，至濃稠狀，紋路不會消失即可（如果火太大，提起攪拌器，還是有凝固結塊的，可以先把鍋移開，放在桌面上攪拌至順滑的無結塊狀態。此時再移回火上，加熱至濃稠）。
- 19 將煮好的香草餡倒入盤子中鋪平，越薄越好，蓋上保鮮膜（保鮮膜貼緊香草餡），放入冰箱冷藏。
- 20 將香草餡從冰箱拿出來，按壓順滑，裝入裱花袋裡，將香草餡擠進事先烤好的泡芙裡。





### 材料

麵糰 ..... 500 克

### 做法

- 1 將揉好的麵糰放入大碗中;
- 2 將玻璃容器直接放在烤盤上，烤盤置於蒸氣焗爐下層；
- 3 選擇 (⊖) 自動功能 33【恆溫發酵】功能，設定30分鐘-1小時，啟動；
- 4 結束後取出使用

- 酵母**
- 酵母用量越多，發酵速度越快；反之，則相反。保管不當或貯藏時間過長的酵母，色澤較深、發酵力低、發酵速度慢。
- 水溫**
- 在常溫下採用40°C左右的暖水和麵，製成的麵糰溫度為27°C左右，此溫度最適宜酵母繁殖。水溫過高，酵母易被燙死；水溫過低，酵母繁殖較慢。
- 鹽和糖**
- 一般來說，500克麵粉添加2-3克食鹽，對酵母生長發育有利。使用占麵糰5%左右的糖，可以為酵母繁殖提供營養，使酵母繁殖速度加快。但要注意，糖和鹽的使用都不要過量。
- 溫度**
- 一般要求為28°C-30°C，可以通過提高或降低和麵用的水溫來調節。春天室溫在20°C左右時，水溫可控制在35°C-40°C。夏季室溫在30°C以上時，水溫可控制在13°C-15°C。

**麵糰發酵成熟的標誌**

- 麵糰頂部鼓起，摸上去很乾燥。用手提，麵糰很自然地拉長，鬆手後慢慢回縮。此時麵糰內部多氣孔，並散發出酒香味。

- 其他**
- 溫度管理困難的法式麵包等，建議在室溫下發酵。
  - 冬季室溫低時，請設定較長時間，並測量麵糰溫度邊發酵。

### 器皿參考



蒸盤

大碗



### 材料

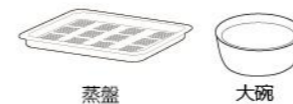
原味乳酪 ..... 200 克  
純牛奶 ..... 1000 克

### 做法

- 1 將乳酪和純牛奶裝入已消毒的大碗中，混合均勻；
- 2 將碗放入烤盤中，烤盤置於蒸氣焗爐下層，關上爐門；
- 3 選擇 (⊖) 自動功能 33【恆溫發酵】功能，設定8小時，啟動；
- 4 烹飪結束後取出食用

- 牛奶選擇**
- 選用純牛奶，常溫奶或巴氏殺菌奶均可，加一些奶粉會讓乳酪的質地更加醇厚。
- 發酵劑選擇**
- 推薦使用乳酸菌粉，操作方便，出品穩定，做出的乳酪味道溫和。也可以根據個人喜好用乳酪成品做引或使用開菲爾菌粒。
- 發酵劑選擇**
- 推薦使用乳酸菌粉，操作方便，出品穩定，做出的乳酪味道溫和。也可以根據個人喜好用乳酪成品做引或使用開菲爾菌粒。
- 容器消毒**
- 容器內的細菌可能會影響乳酪的品質，所以一定要做好消毒殺菌工作，最簡便的做法是用開水燙一下。
- 冷藏調口感**
- 將做好的乳酪放入冰箱冷藏8小時以上，乳酪會變得更加濃厚，香味也會更豐富。
- 調酸度**
- 如果覺得自釀的乳酪太酸，可以選擇低酸度菌粉，或者在乳酪凝固的前提下，縮短發酵時間，並盡快食用。食用之前加入蜂蜜、果醬或麥片也是個不錯的方法。

### 器皿參考



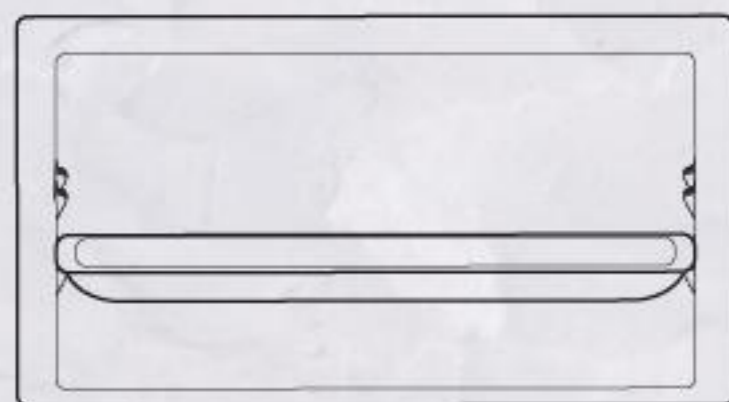
蒸盤

大碗

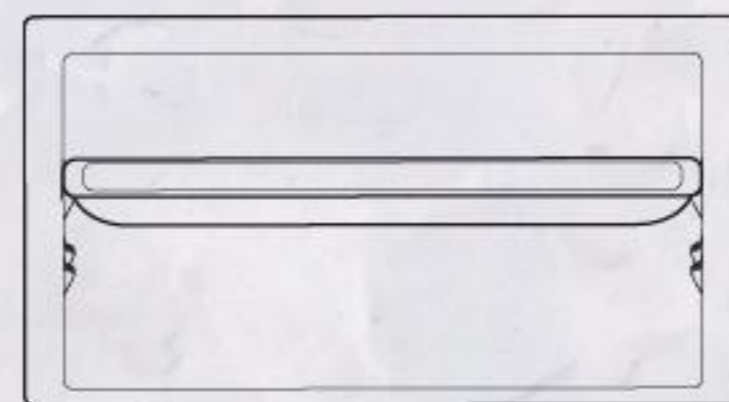
## Shelf Description



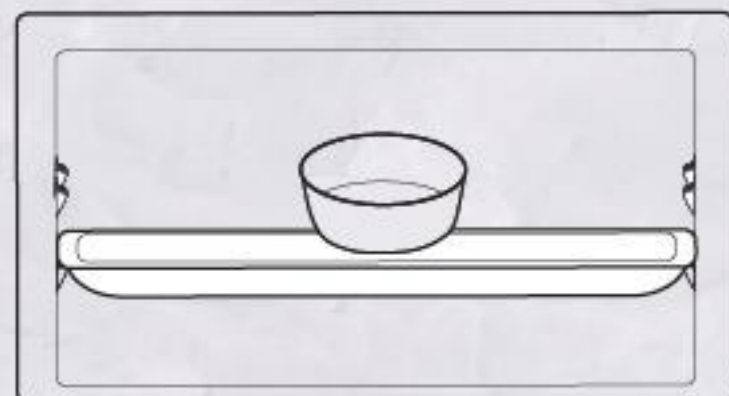
Internal Structure



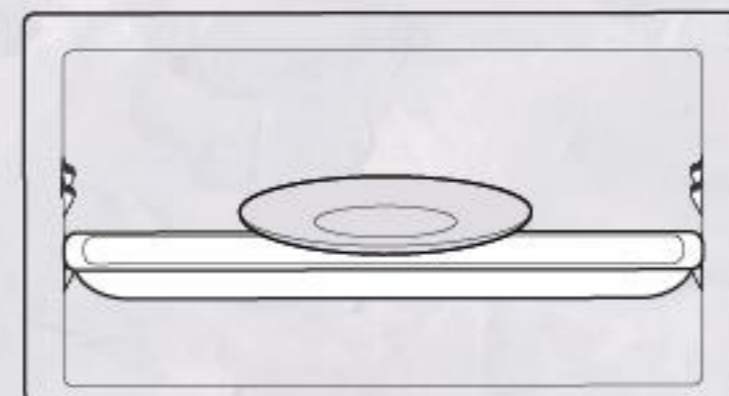
Baking/ Steam Tray is placed on lower layer



Baking/ Steam Tray is placed on upper layer



Tea Bowl and Steam Tray are placed on lower layer



Dish and Steam Tray are placed on lower layer

### Tips

- The cooking time can be adjusted according to the actual weight of ingredients.
- Be sure to fill the water box with purified water before cooking with "steam".
- The weights of ingredients in the recipes are recommended for reference.

## Auto Menu Guide

Menu Name	Recommend Quantity or Weight	Time	Power	Layer	Container and Accessories
01 Steamed Sea Bass with Lime	400g	Convection preheat (5 minutes) + Steam (8 minutes and 20 seconds)	Convection (180 °C) + Steaming with full power	Lower	Suitable dish + Steaming tray
02 Steamed Garlic Shrimp with Vermicelli Noodles	400g	About 7 minutes 30 seconds	Quick Steam (100 °C)	Lower	Suitable dish + Steaming tray
03 Japanese Steamed Egg Custard	600g	About 24 minutes	Full steaming (100 °C)	Lower	Tea bowl + steaming tray
04 Steamed Baby Cabbage	500g	About 12 minutes	Quick Steam (100 °C)	Lower	Suitable dish + Steaming tray
05 Soup Dumplings with Beef	600g	About 20 minutes	Quick Steam (100 °C)	Lower	Steaming tray
06 Chiffon Cake	8 inches	About 50 minutes	Convection (150 °C)	Lower	Baking tray
07 Seafood Pizza	1 Pc	About 15 minutes	Convection (220 °C)	Lower	Baking tray
08 Roasted Chicken Wings	600g	About 25 minutes	Convection (220 °C)	Lower	Baking tray
09 Honey Glazed Ribs	500g	About 10 minutes + About 15 minutes	Convection (220 °C) + Convection (180 °C)	Lower	Baking tray
10 Roasted Steak with Black Pepper	250g	About 20 minutes	Convection (230 °C)	Lower	Baking tray
11 Roasted Lamb Chop with Rosemary	500g	About 40 minutes	Convection (230 °C)	Lower	Baking tray
12 Grilled Saury	2 pieces.	About 15 minutes	Convection (220 °C)	Lower	Baking tray
13 Shrimp Tempura	8 pieces.	About 18 minutes	Convection (200 °C)	Lower	Baking tray
14 Cupcake	12 Pc	About 23 minutes	Convection (170 °C)	Lower	Baking tray
15 Spicy Grilled Fish	500g	About 15 minutes	Convection (200 °C)	Lower	Baking tray
16 Cranberry Cookies	15 pieces	About 16 minutes	Convection (160 °C)	Lower	Baking tray
17 Portuguese Egg Tarts	12 Pcs	About 25 minutes	Convection (200 °C)	Lower	Baking tray
18 Butter Roll	9 Pc	About 12 minutes	Convection (180 °C)	Lower	Baking tray
19 Chives and Cheese Cookies	16 pieces.	About 10 minutes	Convection (180 °C)	Lower	Baking tray
20 Roasted Sweet Potato	4 Pcs	About 50 minutes	Convection (230 °C)	Lower	Baking tray
21 Caramel Pudding	12 Pc	About 15 minutes	Convection (140 °C)	Lower	Baking tray
22 Steamed Fish Head with Chili Pepper	800g	About 20 minutes	Quick Steam (100 °C)	Lower	Suitable dish + steaming tray
23 Steamed Tamago Tofu with Shrimp	200g	About 10 minutes	Quick Steam (100 °C)	Lower	Suitable dish + steaming tray
24 Steamed Siumai	12 Pc	About 16 minutes	Quick Steam (100 °C)	Lower	Steaming tray
25 Steamed Frozen Food	12 Pc	About 15 minutes	Quick Steam (100 °C)	Lower	Steaming tray
26 Salmon Steamed Rice	130g	About 8 minutes	Full steaming (100 °C)	Lower	Suitable dish + steaming tray
27 Steamed Rice	300g	About 45 minutes	Full steaming (100 °C)	Lower	Wide-mouth bowl + steaming tray
28 Steamed Pork Ribs with Black Bean Sauce	500g	About 20 minutes	Quick Steam (100 °C)	Lower	Suitable dish + steaming tray
29 Sweet Green Rice Ball	300g	About 20 minutes	Full steaming (100 °C)	Lower	Suitable dish + steaming tray
30 Stewed Bird's Nest	1500g	About 50 minutes	Full steaming (100 °C)	Lower	Wide-mouth deep container + steaming tray



## Reheating & Other Cooking Suggestions

Menu Name		Recommend Quantity or Weight	Time	Power	Layer	Container and Accessories	Remarks
01 Reheat Siumai	Frozen	9pcs	10mins	Steam 100°C	Lower	Steaming tray	Siumai ~25g /pc, 9pcs~220 g
	Refrigerated	9pcs	10mins	Steam 100°C	Lower	Steaming tray	
02 Reheat Rice Noodle Rolls	Frozen	200g	9mins	Steam 100°C	Lower	Steaming tray	/
	Refrigerated	200g	12mins	Steam 100°C	Lower	Steaming tray	
03 Reheat Glutinous Rice Chicken	Frozen	4 pcs	18mins	Steam 100°C	Lower	Steaming tray	Glutinous Rice Chicken ~65g /pc, 4pcs~260g
	Refrigerated	4 pcs	26mins	Steam 100°C	Lower	Steaming tray	
04 Reheat Chinese Steamed Bun	Refrigerated	4-8pcs	9mins	Steam 100°C	Lower	Steaming tray	Chinese Steamed Bun ~25g /pc, 8pcs~200g
05 Reheat Rice	Frozen	300g	22mins	Steam 100°C	Lower	Steaming tray	200g-300g Suggested cooking time : 20-22mins
	Refrigerated	250g	15mins	Steam 100°C	Lower	Steaming tray	200g-300g Suggested cooking time : 14-16mins
06 Reheat Salt Baked Chicken	Cuted	200-400g	11mins	Steam 100°C	Lower	Steaming tray	/
07 Reheat Milk	Refrigerated	1-2cups (150g/cup)	5mins	Steam 100°C	Lower	Steaming tray	/
08 Reheat Congee	Refrigerated	250g	16mins	Steam 100°C	Lower	Steaming tray	/
09 Reheat Soup	Refrigerated	400g	15mins	Steam 100°C	Lower	Steaming tray	/
10 Reheat Pizza	Refrigerated	320g	8-10mins	Covection (preheat)230°C	Lower	Baking tray	/
11 Reheat Chinken Wing	Refrigerated	300g	11mins	Combi 190°C	Lower	Baking tray	/
12 Frozen Spring Rolls	Frozen	250g	16mins	Covection (preheat)190°C	Lower	Baking tray (with Baking Paper)	Coat a thin layer of oil on the surface of the spring rolls
13 Steamed Baby Cabbage	/	400g	10mins	Steam 100°C	Lower	Steaming tray+dishes	/
14 Roasted Chicken Wings	/	400g	20-23mins	Covection (preheat) 210°C	Lower	Baking tray ( with Baking Paper )	/



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## Steamed Sea Bass with Lime

Auto Menu

Cooking time: about 13 minutes and 20 seconds  
Difficulty index: ★★★★★

### Ingredients

Fresh sea bass.....1.piece.  
About 400 g (weight after removing  
internal organs, gills and scales)

Sliced ginger.....4.pieces.

Green Lime Sauce:

Red Chili..... 3 pieces


Garlic..... 6 pieces

Chive..... 2 pieces

Seasoned soy sauce for seafood... 3 spoon

Fresh Lemon juice ..... 3 spoon

### Recipe

- 1 Remove internal organs, gills and scales of the sea bass. Dry the fish after rinse it.
- 2 Cut the fish along two sides of its chine and keep the sea bass lying on the front.
- 3 Place chopsticks on a dish and place the sea bass on the chopsticks. Put a few slices of ginger on the fish to remove fishy smell.
- 4 Prepare shredded ginger in cold water for later use.
- 5 Select  auto menu 1 [Steamed Sea Bass with Lime]. After preheating, put the fish plate on the steam tray. Then put the steam tray on the lower layer of the oven and start steaming.
- 6 When cooking is done, take out the plate. Remove the ginger slices and chopsticks and pour out the soup in the dish. Then sprinkle shredded green onion and shredded ginger on the fish, pour hot oil on the fish, and pour seasoned soy sauce for seafood around the fish (you may add some seasoning according to your own taste).

### Recommended Container and Accessories



Suitable dish



Steaming tray

# Steamed Garlic Shrimp with Vermicelli Noodles

Auto Menu

Cooking time: about 7 minutes and 30 seconds Difficulty index: ★★★★★



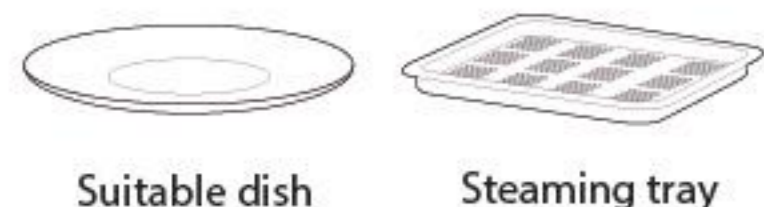
## Ingredients

Fresh shrimp..... 400g  
Salt..... 1g  
Castor sugar ..... 5g  
Corn oil..... 30g  
Light soy sauce..... 15g  
Garlic bulb..... 20g  
Vermicelli Noodle.....20g

## Recipe

- 1 Prepare fresh shrimps, rinse them with water, Cut off the legs and whiskers of the shrimps. Also cut the shrimps from tail to head with scissors and devein the shrimps.
- 2 Place the shrimp flat on a plate; soften the vermicelli noodles with room-temperature water for 30 minutes
- 3 Mince the garlic; heat up the wok with strong heat and pour corn oil on it. After the oil becomes hot, pour it onto the minced garlic and turn off the heat.
- 4 Stir the mixture of garlic and corn oil until fragrant. Then add salt, sugar and light soy sauce.
- 5 Fill the water box of the steaming oven with water and put the dish on the steam tray. Then put the steam tray on the lower layer of the oven and start (☰) the auto menu 2 [Steamed Garlic Shrimp with Vermicelli Noodles].
- 6 Enjoy your dish when the cooking is finished.

## Recommended Container and Accessories



Suitable dish

Steaming tray

### Tips

- The shrimp is a high-protein food, so it needs to be fresh. Keep it alive until you cook it, otherwise, the taste will be affected.

# Japanese Steamed Egg Custard

Auto Menu

Cooking time: about 24 minutes Difficulty index: ★★★



## Ingredients

Egg..... 2 pieces.  
Dried mushroom..... 4 pieces. (small)  
Chicken breast..... 100g  
Shelled tiger shrimp..... 4 pieces.  
Seasoning A  
Sake..... 1/3 spoon  
Japanese soy sauce..... 1/3 spoon  
Seasoning B  
Water..... 400g  
Japanese soy sauce... 1 teaspoon  
Miso..... 2 teaspoons  
Salt..... A little  
Shredded chives..... A little

## Recipe

- 1 Soak the dried mushrooms in water for later use.
- 2 Remove the tendons of chicken breast and cut into the chicken breast into 4 pieces evenly. Then add seasoning A and marinate for 5 minutes.
- 3 Rinse and devein the shrimps.
- 4 Stir the eggs, add seasoning B, and mix well.
- 5 Put the mushrooms, chicken breast and shrimps in a special tea bowl. Pour the egg liquid to 80% full, remove the bubbles of egg liquid on the surface and then cover the tea bowl.
- 6 Place the steam tray on the lower layer of the steaming oven and put the covered tea bowl at the center of the tray.
- 7 Close the oven door, add water to the water box, and select (☰) the auto menu 3 [Japanese Steamed Egg Custard].

## Recommended Container and Accessories



Tea bowl

Steaming tray

### Tips

- After cooking, take the tea bowl out, open the lid, and sprinkle shredded chives on it.

# Steamed Baby Cabbage

Auto Menu


Cooking time: about 12 minutes    Difficulty index:★★



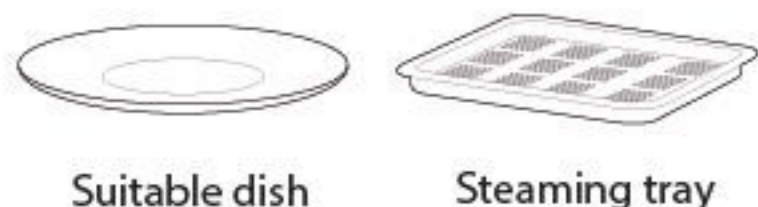
## Ingredients

- Baby cabbage..... 3 pieces.  
(about 500 g)
- Garlic bulb..... 7-8 cloves
- Light soy sauce..... 1 spoon
- Oyster sauce..... Half a spoon
- White sugar..... Half a spoon
- Vegetable oil..... 1 spoon
- Salt..... 1 spoon

## Recipe

- 1 Free the baby cabbage leaves, rinse it, and put it on a dish.
- 2 Mince the garlic cloves and mix them with light soy sauce, oyster sauce, vegetable oil and salt to make a sauce for later use.
- 3 Pour the sauce from step 2 on the baby cabbage. Then put the dish on the steam tray, and place the steam tray on the lower layer of the steaming oven.
- 4 Close the oven door, add water to the water box, and start  the auto menu 4 [Steamed Baby Cabbage].

## Recommended Container and Accessories



Suitable dish

Steaming tray

# Soup Dumplings with Beef

Auto Menu

Cooking time: about 20 minutes    Difficulty index:★★★★



## Ingredients

(for 24 dumplings, weighing 25 g each and 600 g in total)


- Flour..... 200g
- Beef..... 150g
- Egg..... 1 piece
- Starchy flour..... 5g
- Sesame oil..... 2ml
- Chicken powder..... 2g
- Light soy sauce..... 3ml
- Bruised ginger..... 10g
- Chopped green onions..... 30g
- Salt..... 2g
- Water..... 2 spoons
- Boiling water..... 50g
- Cold water..... 50g

## Recommended Container and Accessories



Steaming tray

## Recipe

- 1 Cut the washed beef into small pieces, chop it, and put it in a bowl for later use.
- 2 Add sesame oil, bruised ginger, chicken powder, light soy sauce, chopped green onions and salt in the bowl with beef and stir them well. Add 2 tablespoons of water and stir well in the same direction to make into the stuffing for later use.
- 3 Divide the flour in two even parts, one added with boiling water and the other with cold water. Knead them into two smooth doughs. Then knead the two doughs together into a smooth dough. Cover the dough and wait for 30 minutes.
- 4 Rub the proofed dough into a rope, and cut it into segments of equal size.
- 5 Use a rolling pin to flatten the segments (about 10g) and roll them into dumpling wrappers. Take a proper amount of stuffing (about 15g) and put it on the wrapper, and pinch it tightly into a raw dumpling.
- 6 Pave the steam tray with oil-absorbing paper, and put the wrapped dumplings on the tray in order.
- 7 Put the steam tray with dumplings on the lower layer of the steaming oven, add water to the water box, and start  the auto menu 5 [Soup Dumplings with Beef].
- 8 After cooking, take out the steam tray.



## Chiffon Cake


Auto Menu

Cooking time: about 50 minutes  
Difficulty index: ★★★★★

### Ingredients

Egg.....	4 pieces.	Corn starch.....	10g
Weak flour.....	100g	Vegetable oil.....	60g
White sugar.....	110g	Milk.....	60g

### Recipe

- 1 Prepare two clean oil-free deep pots. Separate egg yolks from egg whites and beat the egg whites with the whisk attachment on high speed until bubbles appear. Then, slowly add in white sugar (1/3 at a time) and keep mixing until stiff peaks form.
- 2 Take another container. Mix the egg yolks, milk and vegetable oil and stir them with the whisk attachment on low speed like drawing circles until there is a layer of foam on the surface. Then, add in sifted flour and stir vertically like drawing circles.
- 3 Add 1/3 of the whisked egg whites to the egg yolk paste and stir evenly with a spatula (stir upwards from the bottom instead of drawing circles to prevent the egg whites from defoaming). Then, pour all the remaining whisked egg whites into the egg yolk paste and stir evenly.
- 4 Pour the well-mixed cake paste into an 8-inch chiffon mold, and discharge bubbles by shaking the mold slightly.
- 5 Select  the auto menu 6 [Chiffon Cake] for preheating. After preheating, put the cake mold on the baking tray, and put the baking tray on the lower layer of the steaming oven. After cooking, take out the mold and invert it. Cool it down before demolding.

### Recommended Container and Accessories



Baking tray



# Seafood Pizza

Auto Menu

Cooking time: about 15 minutes    Difficulty index:★★★★



## Ingredients

### Dough ingredients

Water.....	150g
Butter.....	15g
Salt.....	5g
Castor sugar.....	18g
Plain flour.....	300g
Yeast.....	6g

### Pizza toppings

Bacon.....	80g
Shelled shrimp.....	60g
Mozzarella cheese.....	150g
Tomato sauce.....	3 spoons

## Recipe

- 1 Mix all the ingredients of pizza dough, knead it into a smooth dough. Select the auto menu 33 [Fermentation] with temperature 40°C and 40-50 minutes fermenting time. The dough will become twice the size afterward.
- 2 While the dough is fermenting, prepare other Ingredients. Cut the bacon into small pieces. Peel and devein the shrimps (frozen shelled shrimps can be used instead).
- 3 Squeeze the fermented dough to discharge air. Flatten the dough with your palms and roll it into an 8-inch round piece that is thinner in the middle with a rolling pin. Then, make some small holes on it with a fork to prevent it from bulging from the bottom when baking.
- 4 Put a piece of parchment paper on the baking tray. Put the dough on the baking tray, spread the tomato sauce on the surface of the dough (leaving a space of about 1 cm from the edge). Spread the prepared bacon and shrimps, and sprinkle the cheese.
- 5 Select ⊞ the auto menu 7 [Seafood Pizza] to preheat. After preheating, put the baking tray on the lower layer of the steaming oven and take it out after cooking.

## Recommended Container and Accessories



Baking tray

# Roasted Chicken Wings

Auto Menu

Cooking time: about 25 minutes    Difficulty index:★★★



## Ingredients

Chicken wings.....	5 pieces (about 600 g)
Olive oil.....	2 spoons
Capsicum frutescens.....	5 pieces
Red pepper powder.....	1 spoon
Garlic.....	4 cloves
Whole black pepper..	1/2 teaspoon
Lemon.....	1 piece
Honey.....	1 spoon
Salt.....	of appropriate amount

## Recipe

- 1 Mash the capped pepper, whole black pepper, salt and peeled garlic cloves in a stone mortar.
- 2 Add red pepper powder and olive oil in stone mortar. Rub 1/2 of the lemon for lemon zest and squeeze juice from it. Put the juice and the lemon zest in the stone mortar and mash them.
- 3 Pour honey and mix well, and the chili sauce is ready.
- 4 Put the chicken wings in a fresh-keeping bag and pour the chili sauce. Mix them with your hands to make the surface of chicken wings evenly covered with sauce. Seal the bag, put it in the refrigerator, and marinate the chicken wings for one night.
- 5 Select ⊞ the auto menu 8 [Roasted Chicken Wings] to preheat.
- 6 Wrap the marinated chicken wings with tinfoil and put them on the baking tray. Put the baking tray on the lower layer of the steam oven and cook till it is done.

## Recommended Container and Accessories



Baking tray

# Honey Glazed Ribs

Auto Menu

Cooking time: about 25 minutes    Difficulty index:★★★



## Ingredients

Pork ribs..... 500g  
 Barbecued pork sauce..... 60g  
 Light soy sauce..... 15g  
 Oyster sauce..... 30g  
 Honey..... 10g  
 Cooking wine..... 30g

## Recipe

- 1 Chop the ribs into 8-cm segments, rinse them with warm water, and dry them up.
- 2 Add in cooking wine, light soy sauce, oyster sauce, barbecued pork sauce and honey and mix them well.
- 3 After mixing well, put the ribs in a fresh-keeping bag, and put the bag in the refrigerator to marinate for one night.
- 4 Put a layer of parchment paper on baking tray. Then put the marinated ribs evenly on it with the fleshy side facing up (do not pour in the remaining sauce to avoid over-baking). Drip off the excess sauce.
- 5 Select the auto menu 9 [Honey Glazed Ribs] to preheat. Put the baking tray on the lower layer of the preheated steaming oven and cook till it is done.

## Recommended Container and Accessories



Baking tray

# Roasted Steak with Black Pepper

Auto Menu

Cooking time: about 20 minutes    Difficulty index:★★★



## Ingredients

Beef steak..... 1 piece.  
(about 250 g)  
 Black pepper.....of appropriate amount  
 Butter.....20g  
 Rosemary.....of appropriate amount  
 Salt..... of appropriate amount  
 Garlic..... 2 cloves  
(chopped)

## Recipe

- 1 Take the steak out of the refrigerator one hour in advance and thaw it at room temperature.
- 2 Spread salt, black pepper, rosemary, butter and garlic evenly on the steak and marinate it for 5 minutes.
- 3 Select Auto menu 10 [Roasted Steak with Black Pepper] to preheat the oven.
- 4 Put the steak on the baking tray, place it in the lower layer of the preheated steam oven and cook till it is done.

## Recommended Container and Accessories



Baking tray

## Roasted Lamb Chop with Rosemary

Auto Menu

Cooking time: about 40 minutes    Difficulty index:★★★



### Ingredients

Single lamb chop..... 3 pieces  
Onion..... half  
Black pepper.....of appropriate amount  
Olive oil.....of appropriate amount  
Coarse salt.....of appropriate amount  
Rosemary.....of appropriate amount

### Recipe

- 1 Take the lamb chops out of the refrigerator one hour in advance and thaw them at room temperature. Then cut the onions into onion rings.
- 2 Mix black pepper, coarse salt, olive oil and rosemary to make condiment sauce.
- 3 Spread the condiment sauce evenly on the lamb chops and marinate them for half an hour.
- 4 Select ☰ Auto menu 11 [Roasted Lamb Chop With Rosemary] for preheating.
- 5 Put the lamb chops and onion rings together on the baking tray and place them in the lower layer of the steam oven. Bake the lamb chops until the last 10 minutes or so and turn them over. Cook until it is done.

### Recommended Container and Accessories



Baking tray

## Grilled Saury

Auto Menu

Cooking time: about 15 minutes    Difficulty index:★★★



### Ingredients

Saury.....2 pieces  
White vinegar..... 3 drops  
Salt..... of appropriate amount  
Olive oil..... of appropriate amount

### Recipe

- 1 Rinse the saury. Scrape off some hard scales on the surface. Cut it open and remove internal organs. Spread white vinegar and salt on the surface of saury evenly. Marinate it at room temperature for half an hour.
- 2 Select ☰ Auto menu 12 [Grilled Saury] for preheating. Put a layer of tinfoil on the baking tray and brush a thin layer of olive oil above.
- 3 Put the marinated saury in the baking tray. Put it in the lower layer of the steam oven and bake it for 10 minutes. Take it out and turn it over. Then continue baking until it is done.

### Recommended Container and Accessories



Baking tray

# Shrimp Tempura

Auto Menu


Cooking time: about 18 minutes    Difficulty index:★★★★



## Ingredients

- Shrimp..... 8 pieces.
  - Weak flour..... 5g
- Sauce Ingredients
- Weak flour..... 30g
  - Water..... 30g
  - Mayonnaise..... 20g

## Recipe

- 1 Remove the shrimp shell except the shrimp tail part. Remove the head and devein it. Cut the abdomen three times to let the shrimp keep straight.
- 2 Mix the sauce Ingredients evenly.
- 3 Mix shrimps with flour evenly.
- 4 Dip sauce onto the shrimps that mixed with flour. Then put them in the baking tray that covered with a piece of oil paper.
- 5 Select  Auto menu 13 [Shrimp Tempura] to preheat the oven. After preheating, put the baking tray in the upper layer of the steam oven and take it out after the end of cooking.

## Recommended Container and Accessories



Baking tray

# Cupcake

Auto Menu


Cooking time: about 23 minutes    Difficulty index:★★★★



## Ingredients

- Butter..... 170g
- Castor sugar..... 170g
- Egg..... 3 pieces.
- Weak flour..... 225g
- Baking powder..... 7g
- Salt..... 0.25g

## Recipe

- 1 Melt the butter at room temperature for backup. After the butter is melted, stir it and castor sugar with an egg beater until the color turns grayish white.
- 2 Beat up eggs one by one, pour them into 1), and whisk them evenly.
- 3 Then add the sifted flour, baking powder and salt. Stir them evenly.
- 4 Pour about 28 grams of cake paste into each small cake mold and place the cake molds evenly on the baking tray.
- 5 Select  Auto menu 14 [Cupcake] to preheat the oven. After preheating, put the baking tray in the lower layer of the steam oven and take it out after the end of cooking.

## Recommended Container and Accessories



Baking tray

# Spicy Grilled Fish

Auto Menu

Cooking time: about 15 minutes    Difficulty index:★★★



## Ingredients

- Tilapia..... 1 pieces (a bout 500g)
- Potato..... 1 piece
- Onion..... half
- Green pepper..... half
- Broccoli..... 1 piece
- Corn flour.....of appropriate amount
- Oil..... 30g
- Sauce
- Ginger..... 20g
- Garlic..... 20g
- Thick broad-bean sauce..... 50g
- Chopped chili..... 30g
- Light soy sauce..... 15g
- Marinade
- Salt.....of appropriate amount
- Pepper powder..of appropriate amount
- Cooking wine.....of appropriate amount

## Recipe

- 1 Clean the fish and cut the back of the fish several times. Marinate it with salt, pepper powder and cooking wine for 20 minutes. Cut vegetables into small pieces. Mince ginger and garlic.
- 2 Apply corn starch onto the marinated fish and fry it until its skin becomes crisp.
- 3 Preheat the wok and then pour oil into it. Stir-fry the ginger and garlic until fragrant. Then add the sauce and vegetables and stir-fry them.
- 4 Put the well-fried vegetables and grilled fish on the baking tray.
- 5 Select ☰ Auto menu 15 [Spicy Grilled Fish] to preheat the oven. Put the baking tray in the lower layer of the steam oven. Take it out after the end of cooking.

## Recommended Container and Accessories



Baking tray

# Cranberry Cookies

Auto Menu

Cooking time: about 16 minutes    Difficulty index:★★★★



## Ingredients

- Butter..... 300g
- Powdered sugar..... 150g
- Egg pulp..... 50g
- Dried cranberries..... 150g
- Weak flour..... 350g
- Milk powder..... 25g

## Recipe

- 1 Prepare all ingredients and melt the butter at room temperature.
- 2 Mince dried cranberries and put them into a bowl. Add some cake flour (showed in the formula) and stir them evenly.
- 3 Pour the powdered sugar into the butter, and stir them evenly with a whisk, without whisking.
- 4 Add the egg liquid into the bowl in three time. Make sure that the butter is evenly stirred every time you add the egg liquid.
- 5 Add dried cranberries, stir them evenly. Add sieved flour and milk powder. Use a spatula to stir and mix them into the batter without dry powder.
- 6 Put the batter on the plastic wrap. Put it into the biscuit mold for shaping. Demold it and put it in the refrigerator for freezing for about 1-2 hours.
- 7 Take out the frozen biscuits and cut them into about 5mm thick slices. If the biscuits are too hard to cut after freezing, you can wait until they are brought to normal temperature and cut again.
- 8 Put a layer of parchment paper on the baking tray. Place the biscuits on it and leave space for each other.
- 9 Select ☰ Auto menu 16 [Cranberry Biscuits] to preheat the oven. After preheating, put the baking tray in the lower layer of the steam oven and take it out after the end of cooking.

## Recommended Container and Accessories



Baking tray




## Steamed Pear with Rock Sugar

Manual Recipe

### Ingredients

Fresh pear .....	1 piece (about 350g)
Chinese wolfberry .....	10 pieces
Rock sugar .....	5g
Water .....	50g

### Recipe

- 1 Clean the pear and keep the peel. Then cut off the top part of the pear (about 1/3 of total height) and dig out the pear core with a spoon.
- 2 Fill the hole of the pear with rock sugar, Chinese wolfberry and water.
- 3 Cover the pear with top part of the pear that was previously cut off. Put it on a dish. Then place the dish on the steam tray which is placed on the lower layer.
- 4 Select  Auto Menu 32 [Slow Stew], 100°C stew 30-45 minutes. (Time can be adjusted according to the size of the pear)

### Utensil Reference



Suitable dish



Steaming tray

### TIPS

- Water can be adjusted based on the pear which dig out and better to fill it up.
- Container for pears can be replaced by a bowl.
- Fritillary can be added

## Stewed Chicken Soup with Yam and Wolfberry

Manual Recipe



### Ingredients

Sanhuang chicken .....	About 500g
Chinese yam .....	250g
Chinese wolfberry .....	8g
Red dates .....	10slices
Ginger .....	3slices
Water .....	1200g
Salt .....	appropriate amount

### Recipe

- 1 Remove the giblets and head of the yellow hair chicken, cutting the chicken into small pieces. Then wash and drain it after parboil the chicken with boiling water. Cut the Chinese yam into chunks after peeling it. Red dates and Chinese wolfberry also need to be washed for standby.
- 2 Put all the ingredients in the soup pot and put them in the steam tray without cover and plastic wrap. Place the steam tray on the lower layer.
- 3 Select Auto Menu 32 [Slow Stew], 100°C stew 120 minutes.

### Utensil Reference



Soup pot

Steaming tray

## Coconut Stewed Chicken Soup

Manual Recipe



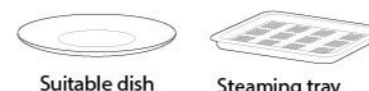
### Ingredients

Coconuts .....	2pcs
Sanhuang chicken .....	250g
Red dates .....	10g
Lycium chinense .....	5g
Salt .....	1g

### Recipe

- 1 All ingredients are prepared well
- 2 Cut out about 1/4 top part of the coconut as the cover and keeping the small cover for standby and pour out of coconut water for standby;
- 3 Red dates are cut into two parts and de-cored for standby;
- 4 Chicken blanching: stewing a pot of water, placing the flushed chicken in the pot after boiling of the water to boil for a minute, and then taking out of it for standby;
- 5 The chicken is placed in the coconut and added with red dates and lycium Chinese. Then, coconut water is pour into it;
- 6 Fill the water box with water. Put the coconut on the plate and place it on the lower layer of steam oven. Select Auto Menu 32 [Slow Stew], 100°C stew 90 minutes.
- 7 After steaming is finished, take it out and flavor it with a little salt;

### Utensil Reference



Suitable dish

Steaming tray

# Steamed Chicken with Sand Ginger Powder



Manual Recipe



## Ingredients

Yellow hair chicken.....	about 1000g
Old ginger.....	3-4slices
Scallion (sliced).....	2sheets
Sand ginger powder.....	10g
Onion (diced).....	10g
Ginger (ginger paste).....	10g
Salt.....	1g
Cooking wine.....	5g
Soy sauce.....	5g
Pepper.....	3g
Edible oil.....	25g

## Recipe

- 1 Wash the chicken and dry it with kitchen paper. Distribute salt and wine evenly on the surface and inside of the chicken. Put a little pepper on it for a while then marinate it with sand ginger powder for 30 minutes.
- 2 Select , use 100℃ to preheat.
- 3 After preheating is completed, fill the water box of the steam oven with water. Put ginger slices, spring onion and marinated chicken on the plate. Then place it on the steam tray and place the steam tray on the lower layer of the steaming oven.
- 4 Select  Auto Menu 31 [Quick Steam], 100℃ steam 30 minutes. After cooking, leave it for 10 minutes.
- 5 Spour oil into a hot wok, then put the grated ginger in. Remove the wok from the heat when the oil is boiled; then put the scallion, salt and light soy sauce in the oil and stir.

## Utensil Reference



Suitable dish

Steaming tray

# Steamed Seafood Platter


Manual Recipe



## Ingredients

Shrimp.....	10pieces (300g)
Clams.....	200g
Razor clams.....	200g
Squid.....	100g
Bean vermicelli.....	20g
Garlic.....	30g
Hot pepper.....	5g
Shredded ginger.....	10g
Salt.....	3g
Granulated sugar.....	3g
Light soy sauce.....	10g
Oil.....	15g
Chive.....	10g

## Recipe

- 1 Clams and razor clams are placed in the water and added with a spoon of salt (excluding food ingredients) and several drops of sesame oil to spit of sand for about 2 hours; then, it should be ushed well;
- 2 All food ingredients are prepared well, i.e. washing the fresh shrimp, cutting the shrimp beard, cutting open the back of the shrimp to take out of shrimp sausage; removing viscera of the squid, and a layer of film on the eyes and external part. Hot pepper is washed well and cut up;
- 3 Bean vermicelli is soaked in the cold water for half an hour in advance and then shed out for standby;
- 4 The handled fresh shrimp should be added with half shredded ginger, appropriate amount of salt, granulated sugar and light soy sauce to marinate for more than 5 minutes;
- 5 Corn oil is poured into the pan. After the oil is heated up, it's necessary to pour into garlic paste, turn off the fire, and stir-fry it for a second to give a good scent. Then, hot pepper should be added for stirring and frying. Finally, appropriate amount of light soy sauce and salt should be added to stir and fry evenly;
- 6 It is necessary to take a large shallow dish, pave a layer of bean vermicelli on the bottom of the dish, place all seafood on it and then evenly water it with garlic sauce;
- 7 Shallow dish which is full of seafood is placed on the steam tray, which is then placed in the lower layer of the steam oven, after that, it's required to ensure that the water box is full of water. Select  Auto Menu 31 [Quick Steam], 100℃ steam 12 minutes.
- 8 After steaming, you can take out of it and scatter chopped green onions on it to eat.

## Utensil Reference



Suitable dish

Steaming tray






## Steamed Hairy Crabs

Manual Recipe

### Ingredients

Hairy crabs ..... 6 pieces (120-130/each)  
Ginger ..... 6 pieces

### Recipe

- 1 Clean all of the hairy crabs, place their belly up and put 1 piece of ginger on top ;
- 2 Put them onto the steaming tray and place the tray in the lower layer of the steam oven.
- 3 Select  Steam, 100°C steam 17 minutes (crabs are ready when they turn red)

### Utensil Reference



Steaming tray

# Steamed Salmon

Manual Recipe



## Ingredients

- Salmon ..... 300g (2pieces)
- Liqueur ..... 5g
- Salt ..... appropriate amount

## Recipe

- 1 Rinse the salmon and soak up the water with kitchen paper. Add white wine and salt, mix well, and marinate for 15 minutes.
- 2 Place salmon on a plate and put it on the steaming tray. Place the tray on the lower layer of the steam oven
- 3 Select Steam, 100 °C steam 14 minutes

## Utensil Reference



Suitable dish      Steaming tray

# Steamed Eggs with Okra

Manual Recipe



## Ingredients

- Eggs ..... 2 pieces
- Fresh okra..... 2pieces
- Warm water..... 1small bowl
- Light soy sauce..... 1tea spoon
- Water to eggs ..... 2:1

## Recipe

- 1 All ingredients are prepared well, i.e. okra is cut into thin slices;
- 2 Eggs are cleaned, scattered and added with warm water to be rapidly stirred evenly;
- 3 Egg liquid obtained in step 2 is filtered by the filter screen again (the taste of the steamed egg is more delicate);
- 4 Okra is placed on the egg liquid and dish is placed on the steam tray, which is then placed in the lower layer of the steam oven.
- 5 Ensure that the water box is full of water. Select Steam, 100 °C steam 10 minutes.
- 6 Please take out of it after steaming, and sprinkle little light soy sauce as desired to eat.

## Utensil Reference



Suitable dish      Steaming tray

## TIPS

- The temperature of warm water is recommended to be 40-60 °C
- Ceramic plates and glass plates (7 inches which about 22cm in diameter) are recommended.
- Cover with plastic wrap when cooking

## Steamed Eggs with Clam

Manual Recipe



### Ingredients

Clam .....	50g
Eggs .....	100g
Warm water .....	150g
Chopped green onion ...	10g
Cooking wine .....	4ml
Salt .....	2g

### Recipe

- 1 Clam is washed well, put in the bowl, sprinkled with little cooking wine, and added with salt for stirring evenly, so as to marinate for 10 minutes;
- 2 Eggs are cleaned, scattered and added with warm water and salt to be rapidly stirred evenly;
- 3 Egg liquid obtained in step 2 is filtered by the filter screen again (the taste of the steamed egg is more dedicate)
- 4 The marinated clam meat is placed in the egg liquid and covered with preservative film, which has hole for ventilation. The dish is placed on the steam tray, which is then placed in the lower layer of the steam oven. After that, it is required to ensure that the water box is full of water. Select Steam, 100°C steam 10 minutes.
- 5 Please take out of it after steaming, sprinkle little sesame oil and light soy sauce as desired and scatter the chopped green onion.

### TIPS

- The temperature of warm water is recommended to be 40-60°C
- Ceramic plates and glass plates (7 inches which about 22cm in diameter) are recommended.
- Egg & water ratio can be adjusted according to your own preferences (1:1.8-1:2.2).
- Cover with plastic wrap when cooking.

### Utensil Reference



Suitable dish

Steaming tray

## Chinese Steamed Bun

Manual Recipe



### Ingredients

Flour.....	400g
White sugar .....	40g
Milk .....	220g
Yeast .....	4g

### Recipe

- 1 Mix and sieve the flour. Add yeast, sugar, milk and knead them into a smooth dough. Select auto menu 33 [Fermentation] with temperature 40°C, fermenting time select 40-50 minutes until it is twice or more times of the original size.
- 2 Re-knead the fermented dough until it becomes smooth again. Roll the dough into a sheet of pastry with a width of about 15cm and a length of about 40cm. Spray water on the surface and tightly roll it up.
- 3 Cut the dough into cylinders of 3cm for each and put them in the steam tray;
- 4 Place the steam tray on the lower layer of the steaming oven. Close the oven door and ferment the steamed bun for 20 minutes.
- 5 When the fermentation is finished, select Steam, 100°C steam 20 minutes.
- 6 After cooking, leave it for 5 minutes and then enjoy.

### Utensil Reference



Steaming tray

# Yam Cake with Osmanthus Sauce

Manual Recipe



## Ingredients

Yam	500g
Sugar	20g
Condensed milk	8g
Osmanthus sauce	appropriate amount

## Recipe

- All ingredients are prepared well, i.e. the yam is cleaned and peeled off and cut into small pieces to be placed in the dish;
- The dish is placed on the steam tray, which is then placed in the lower layer of the steam oven. Ensure that the water box is full of water.
- Select Steam, 100°C steam 25 minutes.
- Mash the steamed yam and added condensed milk and sugar for even stirring;
- Yam is kneaded into small and even clusters (at appropriate size of the mold);
- Yam cluster is pressed into good shape by using the mold, and de-molded to take it out;
- Yam cake is sprinkled with Osmanthus sauce to eat.

## Utensil Reference



Suitable dish

Steaming tray

# Taiwanese Castella Cake

Manual Recipe



## Ingredients

Egg Yolk Batter	
Corn oil	40g
Cake flour	50g
Milk	50g
Salt	0.5g
Egg yolks	4pieces
Egg White Batte	
Egg whites	3pieces
Caster sugar	45g
Lemon juice	3drops

## Recipe

- Apply a thin layer of butter to the mold, then cut the greaseproof paper and stick it on the bottom and periphery.
- Heat up the corn oil to about 70°C.
- Add the sieved cake flour, and gently stir it evenly with a wire whisk until there is no dry powder.
- Add milk & salt and mix them well with the wire whisk.
- Add egg yolk in several times and mix them well.
- Fill the baking tray with hot water and place it on the lower layer, then select Convection and preheat at 150°C.
- Add a few drops of lemon juice to the egg whites and whisk the egg whites. Add the caster sugar in three times and whisk them until bubbles have tightened into a white foam with a soft ribbon that folds back.
- Add 1/3 of the egg whites into the egg yolk and mix them evenly by turning and stirring.
- Pour the well-mixed batter into the remaining protein, use a spatula from bottom to top, and mix evenly.
- Pour the evenly mixed egg batter into the mold and pour it 2-3 times at a height of 20cm to exhaust the air.
- Insert two mold chopsticks on both sides of the oven door. Bake it at 150°C for 65minutes by convection function.

## TIPS

- While cooking is in progress, chopsticks must be inserted on both sides of the oven door. It can make the cakes have better bulkiness and taste, and a higher success rate.
- Unmovable mold with a bottom size of 185\*185\*50mm is suggested to use. If a movable mold is used, two layers of tinfoil should be wrapped outside the mold to prevent water.
- If a different mold is used, the cooking time should be adjusted according to the actual needs, and the heating duration is generally about 60-70 minutes.

## Utensil Reference



Baking tray

## Char Siu

Manual Recipe



### Ingredients

Pork collar-butt.....	700g
Barbecued pork sauce.....	48g
Scallion .....	30g
Garlic .....	20g
Rose wine.....	20g
Salt .....	3g
White pepper powder.....	5g
Honey .....	5g (optional)

### Recipe

- 1 Cut the pork collar-butt into a pieces with a thickness close to 1.5-2cm. Score the surface of the pork with a knife. Then slice the garlic, and cut scallion into sections;
- 2 Put the pork in a deep pot, then add salt, rose wine, white pepper powder, scallion, garlic slices and barbecued pork sauce. Mix them well. Wrap the pot with plastic film and refrigerate it for about 3 hours or longer;
- 3 Take out the marinated meat, put it on the baking tray lined with greaseproof paper (do not pour the sauce into it).
- 4 Select Convection and preheat at 180°C.
- 5 After the preheating is complete, put the baking tray into the lower layer and bake it at 180°C for 30 minutes by convection function.
- 6 If you want the roasted char siu to be more golden, you can take out the char siu in the last 5 minutes and bake it with honey.

### Utensil Reference



Baking tray

## Baked Pork Chop Rice

Manual Recipe



### Ingredients

Cooked rice.....	150g
Tomato.....	1 pieces (about 150g)
Onion .....	80g
Vegetable oil .....	a little
Salt .....	a little
Pork chop .....	150g
Cheese .....	60 (distribute it fully)

### Recipe

- 1 Select Convection and preheat at 210°C.
- 2 Wash tomatoes. Then cut the tomatoes and onions into chunks. Then cook and stir them in a hot pot with oil and salt.
- 3 Spread the cooked rice on a heat-resistant plate and spread the tomatoes and onions on it.
- 4 Cut pork chop into pieces and spread them on a plate. Sprinkle the dish with cheese and place it on the baking tray.
- 5 After the preheating is complete, put the baking tray into the lower layer and bake at 210°C for 14 minutes by convection function.

### Utensil Reference



Suitable dish



Steaming tray

# Lemon & Herb Roasted Chicken

Manual Recipe



## Ingredients

Yellow hair chicken	1100g
Vegetable oil	15g
Basil	15g
Thyme	1g
Edible salt	4g
Light soy sauce	7g
Potato	1 piece (about 200g)
Carrot	1 piece (about 50g)
Cherry tomatoes	5 pieces
Lemon	1 piece
Fresh rosemary	1 branch

## Recipe

- 1 Remove the chicken giblets and head. Soak it in water for a few minutes to rinse the blood.
- 2 Add basil, thyme, vegetable oil, salt and light soy sauce. Distribute them evenly on chicken in a massage way. Then put them in a polythene bag and refrigerate them for 4 hours (It'll be more delicious if it is left to marinate over night).
- 3 Cut potatoes and carrots into chunks and distribute them on the plate.
- 4 Take the marinated chicken out and put it on the plate covered with potatoes and carrots. Add cherry tomatoes and fresh rosemary. Cut the lemon in half, then cut it into 4 slices and put it on the plate.
- 5 Put the plate in the baking tray. Place the baking tray on the lower layer of the steaming oven.
- 6 Select Convection and bake at 220°C for 45 minutes.
- 7 After cooking, take it out. Squeeze the remaining half lemon juice on it and enjoy it.

## Utensil Reference



Suitable dish

Steaming tray

# Baked Mashed Potatoes with Cheese

Manual Recipe



## Ingredients

Potatoes	4 pieces (about 200g/each)
Bacon	50g
Mayonnaise	2 tablespoons
Black pepper	a little
Sea salt	a little
Mozzarella Cheese	a little

## Recipe

- 1 Select Convection and preheat at 220°C.
- 2 Wash potatoes and cut them in half. Placed in the boiling water to boil for 15 minutes;
- 3 Let the potatoes cool down. Then scrape out inside (pay attention to leaving a width of 5mm. The mashed potatoes will be put back later);
- 4 Cut the bacon into small pieces and stir-fry it to golden brown and comes out of oil;
- 5 Crush the mashed potatoes. Mix them with bacon, salt, mayonnaise and black pepper. Then put the stirred mashed potatoes back to the hollowed-out potatoes;
- 6 Put the potatoes in and sprinkle the mozzarella cheese over the potatoes;
- 7 After preheating is finished, put the baking tray in, and bake at 220°C for 20 minutes. by convection function. Pay attention to the color in the last few minutes of cooking time. Stop baking when the surface of the food becomes slightly golden brown.

## Utensil Reference



Baking tray

# Cheesy Broccoli Bake

Manual Recipe



## Ingredients

Butter	7g
Low-gluten flour	7g
Milk	100ml
salt	a little
Pepper	a little
Broccoli	200g
Mozzarella cheese	40 (just spread it)

## Recipe

- 1 Select steam grill function, then press to preheat at 210°C.
- 2 Put butter and low-gluten flour into a pot, heat over low heat until the butter melts, then add milk, salt and pepper while stirring well, be careful not to get gluten. Heat until the white sauce is thick, remove from heat and set aside.  
Blanch broccoli in boiling water for 1 minute, drain.
- 3 Put the broccoli in the oven dish, pour in the white sauce, and spread the Mozzarella cheese.
- 4 After the preheating is complete, put the plate into the baking tray, put the baking tray into the lower layer of the oven, and bake for 13 minutes with the steam oven function at 210°C.

## Utensil Reference



Suitable dish

Steaming tray

# Baked Vegetables

Manual Recipe



## Ingredients

Eggplant, asparagus, green pepper, carrot, potato	350g in total
Olive oil	10g
Soy sauce	10g
Black pepper	a little
salt	a little

## Recipe

- 1 Select hot air convection grilling function, then press to preheat at 210°C.
- 2 Eggplant, carrot, potato slices, about 1cm thick.
- 3 Cut the green pepper in half, remove the seeds, peel the old part of the asparagus root, and cut into sections.
- 4 Put the vegetables in a large bowl, add olive oil, soy sauce, black pepper, salt, mix well, and marinate for 10 minutes.
- 5 Spread butter paper on the baking tray, arrange the vegetables on the baking tray, and put the baking tray on the bottom layer.
- 6 After the preheating is complete, add the lower layer to the baking tray, and bake for 16 minutes at 210°C convection oven function.

## Utensil Reference



Baking tray



## Vanilla Cream Puffs

### Utensil Reference





Baking tray

### Ingredients

Unsalted butter.....	80g	Vanilla stuffing	
Eggs .....	250g (about 5 pieces)	Yolk .....	80g (about 4 pieces)
Low-gluten flour .....	120g	Pure milk.....	330g
Sea salt .....	1g	Granulated sugar .....	75g
Water .....	150g	Low-gluten flour .....	15g
Whipping cream .....	150ml	Millet flour .....	15g
Sugar .....	40g	Vanilla pod .....	1 piece

### Recipe

- 1 Sieve the cake flour for use and beat and whisk the eggs;
- 2 After the oil-water boil, add all the sieved flour;
- 3 Put salt, water and butter into a pot and boil them;
- 4 After boiling of oil water, all filtered our should be added at one time duringboiling;
- 5 Egg-beater should be used to rapidly stir evenly and realize pasting (molding of puffs can be affected by non-high temperature and poor gelatinization of flour);
- 6 Mix the dry powder evenly with a spatula.
- 7 Add half of the egg mixture and mix well.
- 8 The remaining egg liquid should be added to the puff dough several times. Stirred the puff dough and egg liquid evenly before you add egg next time.
- 9 Stir the batter until it is slightly slippery and put it into the squeezing bag.
- 10 Select  Convection and  preheat at 190°C.
- 11 Squeeze the puff dough onto the baking tray with about 5cm each; Use the remaining egg liquid to smooth the small hook after the puff is extruded.
- 12 After preheating is finished, put the baking tray in, and bake at 190°C for 27 minutes.
- 13 Seeds of vanilla pod are taken out;
- 14 Milk and vanilla pod are placed in the pot for boiling, which is stirred continuously in the halfway;
- 15 Granulated sugar and yolk are mixed and stirred evenly;
- 16 Low-gluten flour and corn starch are filtered and then added to the yolk for stirring evenly, until disappearance of dry powder;
- 17 Boiling milk can be slowly added to yolk paste with a little amount, and stirred evenly at the same time (if too much is poured at one time, yolk can be cooked by high temperature milk);
- 18 After milk and yolk paste are mixed evenly, it is necessary to pour it back to the pot, heat at a little re, and stir continuously in the half-way, so as to prevent caking on the bottom, until it is thickened and its grains do not disappear; (if the fire is too large and there is solidified caking when the stirrer is lift, it is necessary to firstly remove the pot and place it on the desk for stirring, until it is smooth and without caking. At this time, it should be removed to above the fire again and heated to be thickened);
- 19 The boiled vanilla stuffing is poured into the dish for paving as thin as possible. Then, it is necessary to cover it with plastic wrap (plastic wrap is tightly close to vanilla stuffing) and place it in the refrigerator for cold storage;
- 20 After baking of puffs, vanilla stuffing is taken out of the refrigerator, pressed to be smooth, and enclosed in the pastry bag, so as to squeeze vanilla stuffing into the puffs baked in advance.



## Dough Fermentation



### Ingredients

Dough ..... 500g

### Recipe

- 1 The kneaded dough is placed in the big bowl .
- 2 Glass container is directly placed on the baking tray, which is then placed in the lower layer of the steam oven.
- 3 Select (☰) Auto Menu 33[Fermentation] set as 30-60 minutes for startup
- 4 It should be taken out for eating after completion.

Yeast • If more yeast is used, the fermentation speed is faster, and vice versa.

- Yeast with improper storage or too-longtime of storage is deep in color, low in fermentation effect and little in fermentation speed.

Water temperature • At normal temperature, warm water at about 40℃ should be used to knead dough. The temperature of prepared dough is about 27℃, which is optimum for reproduction of yeast. If the water is too hot, yeast may die from scald; if the water is too cold, yeast is slow in reproduction.

Salt and sugar • Generally, 2-3g table salt should be added to 500g four to be most beneficial for the growth of yeast. Sugar accounting for 5% of dough can be used to provide nutrient for reproduction of yeast, so as to quicken the reproduction of yeast. But, sugar and salt should be used at appropriate amount.

Temperature • It is 28℃-30℃ as generally required, which can be adjusted by increasing or reducing the temperature of water used for kneading dough. When the room temperature is about 20℃ in spring, water temperature should be controlled at 35℃-40℃. When the room temperature is above 30℃ in summer, water temperature should be controlled at 13℃-15℃.

Sign of maturity for dough fermentation • Top of the dough is heaved and it feels dry by hands. If pulling by hands, dough can be naturally stretched; after the hands are removed, it can be retracted slowly. At this time, there are many pores inside the dough and a favor of wine.

Others • It is recommended to ferment at room temperature for breads which are difficult to control the temperature such as baguettes .temperature such as baguettes.

- When the room temperature is low in winter, please set the expected time and measure the temperature of the dough while fermenting.

### Utensil Reference



Steaming tray



Big bowl

## Yogurt Fermentation



### Ingredients

Plain yogurt ..... 200g

Pure milk ..... 1000g

### Recipe

- 1 The cheese and pure milk are packaged in a large sanitized bowl for mixing evenly.
- 2 The bowl is placed in the baking tray and the grill is placed in the lower layer of steam oven to turn off the door of the furnace.
- 3 Select (☰) Auto Menu 33[Fermentation] set as 8 hours for startup
- 4 It can be taken out for eating after cooking.

Milk selection • Pure milk, normal temperature milk or pasteurized milk are available; some milk powder can be added to make texture of cheese more mellow and thick.

Selection of leavening agents • It is recommended to use lactic acid bacteria powder, which is easy to operate, stable in production, and realize gentle smell of the cheese. It is also necessary to use finished cheese as the starter or use kefir grains according to personal preference.

Container disinfection • Quality of the cheese may be affected by the bacteria in the container, so it is sure to do well in disinfection. The easiest method is to scald it by boiling water.

Adjustment of favor by cold storage • The prepared cheese is placed in the refrigerator for more than 8 hours. Then, the cheese will become more thick and fragrant.

Adjustment of acidity • If you think the self-brewed cheese is too acid, it is necessary to use low-acidity bacterial powder or shorten fermentation time on the premise of cheese solidification, and eat it as soon as possible. It is also a good method to add honey, jam or cereal before eating.

### Utensil Reference



Steaming tray



Bowl