



MS5-STR30SC(BK)

# 蒸氣焗爐食譜

**TOSHIBA**



# 蒸菜小技巧

## 營養技巧

- 【食材要新鮮】因蒸製時原料中的蛋白質不易溶解於水，調味品也不易滲透到原料中，故食材質地要嫩、多汁。
- 【注意分層擺放】蒸菜時，還要注意分層擺放，湯水少的才放在上面，湯水多的菜放在下面淡色菜放在上面，深色菜放在下面，不易熟的菜放在上面易熟的菜放在下面。

## 美味技巧

- 【火候】蒸蛋、雙皮奶用95度[☁️] 原味純蒸]功能，能避免出現蜂窩狀的情況，獲得鮮嫩滑爽的口感。造型類的菜式，為保持造型，亦可參考此做法。
- 【時間】體積大的食材蒸的時間比較長，小塊或者片狀食材時間短。

# 烘烤模式說明

**熱風對流** · 適用於烘焗色澤金黃的食物。如肉類、炸物、烘焙蛋糕、麵包等

**上管熱風** · 適合烤蔬菜、漢堡肉等少而薄的食物

**上管燒烤** · 適合少分量烹飪或局部上色




**蒸氣烤焗** · 適用於需鎖住食物內部水分，外脆內多汁的食物。如蔬菜、麵包蛋糕、肉類。



# 滋味提醒

## 蒸氣加熱原理和方法提醒

烹調時以蒸氣加熱，一般無需加蓋。每次使用前，應將水盒加滿水。開門時請小心烹飪中產生的充沛蒸氣燙手。

蒸氣模式	適用類型
 原味純蒸	適用於肉類(如排骨、雞肉)、蒸蛋、包點等家常菜
 高溫蒸氣	適用於魚類、海鮮(蝦、貝類、蟹等)、蔬菜、急凍食物
 營養慢燉	適用於燉品、燉肉、慢煮

## 烘焗加熱原理和方法提醒

利用熱風對流和發熱器加熱，預熱完成後，請盡量縮短中途開門時間，以保持爐內溫度。烹飪完成後，請立刻取出以免食物烤色變深。

## 時間調整說明

烹調方法和食物特性密切相關，本機自動功能表的程式與所給食材份量、時間為最佳匹配，請按建議操作。

蒸氣類自動功能表的時間可依個人喜好進行微調，以肉類食譜為例，增加時間，口感更韌；減少時間，口感更嫩。

程式開始運行後，向左轉動()減少時間,向右轉動()則增加時間。

## 本書中所用配料所需的容量對照表

1 湯匙(1 Table Spoon) = 15cc = 2 個小樽蓋

1 茶匙(1 Tea Spoon) = 5cc = 1 個小樽蓋

½ 茶匙(½ Tea Spoon) = 2.5cc = ½ 小樽蓋

¼ 茶匙(¼ Tea Spoon) = 1.2cc = 2 滴

\* 如果對份量把握不好，建議寧少勿多。小瓶蓋大小參考普通550ml 純淨水瓶蓋。

# 自動功能目錄

## 烤焗

01 香草烤雞	9
02 法式小羊架	11
03 脆皮叉燒	13
04 德國鹹豬手	14
05 黑椒牛排	17
06 芝士焗龍蝦	18
07 芝士焗扇貝	20
08 醬燒豬肋骨	23
09 香烤鱈魚	24
10 黑椒蜜糖雞翼	26
11 蒜香蝦肉串	28
12 蒜香烤蝦	30
13 蘆筍煙肉卷	32
14 沙嗲雞肉串	34
15 蔬菜雞肉卷	37
16 咖哩雞肉串	39
17 海鮮薄餅	40

## 蒸

18 栗子蒸雞	45
19 孔雀開屏魚	46
20 梅菜扣肉	48
21 清蒸龍脷柳	50
22 花蟹蒸蛋	52
23 南瓜蒸排骨	55
24 鮮味蘆筍	56
25 松茸燉羊排	57
26 清蒸石斑魚	58
27 白菜豬肉蒸餃	60
28 香菇鮮肉包	62
29 蒸沙薑雞	64
30 冰糖燉雪梨	65
31 紅棗薑汁糕	67
32 艾草茶粿	68

## 烘焙

33 杏仁瓦片	72
34 蔓越莓餅乾	75
35 裸麥麵包	76
36 蔓越莓麵包	79

## 小知識

如何打發蛋白 80

如何打發牛油 81

乳酪發酵技巧 82

麵糰發酵技巧 83



# 烤焗











## 自動功能01

## 香草烤雞

### 食材

三黃雞	1100g	百里香	1g
植物油	15g	食用鹽	4g
羅勒葉	1g	生抽	7g

### 器皿放置參考

工具：烘焙紙+烤盤

放置：下層



烤盤

🕒 約41分鐘

### 做法

- 1 將雞去頭、腳爪、內臟後，放水裡浸幾分鐘去血水；
- 2 加入羅勒葉、百里香、植物油、鹽和生抽，用按摩的方式將這些醃料均勻塗抹，裝入保鮮袋放雪櫃冷藏醃製4小時（過夜更入味）；
- 3 將醃製好的雞取出，放在墊有烘焙紙的烤盤上；
- 4 將烤盤放入蒸烤箱下層，選擇 🍷 自動功能01，按確認鍵開始烹飪；
- 5 烹飪結束後，取出即可享用。





## 自動功能02

## 法式小羊架

### 食材

#### 主料

7骨羊排	1包 (不切開)		
西芹	50g	淡忌廉	20g
白唎酒	20g	法式黃芥末	30g
洋蔥	30g	鹽	5g
麵包糠	80g	黑胡椒粉	5g
橄欖油	30g		

### 器皿放置參考

工具：烘焙紙+烤盤

放置：中層



烤盤

🕒 約35分鐘

### 做法

- 1 準備好所有材料；
- 2 連排7骨羊排解凍後，把羊排周邊的多餘肥膏剔淨，西芹和洋蔥切成碎末，7骨羊排加上鹽、黑胡椒粉、唎酒醃製20分鐘；
- 3 洋蔥碎、西芹碎和麵包糠混合，淋上橄欖油混合均勻備用；
- 4 在醃好的羊排表面先抹黃芥末醬（黃芥末醬與淡忌廉混勻），再在表面均勻地沾滿混合好的麵包糠混合物，然後放在墊有烘焙紙的烤盤上。
- 5 選擇 🍷 自動功能02，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱中層，按確認鍵開始烹飪；
- 6 烹飪結束後，取出裝盤，切塊享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。





## 自動功能03

## 脆皮叉燒

### 食材

五花腩 450g

調味料

叉燒醬 25g

料酒 10g

生抽 10g

黑椒粉 1g

蜜糖 1小勺

麵包糠 50g

### 器皿放置參考

工具：烘焙紙+烤盤

放置：中層



烤盤

⌚ 約45分鐘

### 做法

- 1 準備好所有材料。
- 2 將五花腩洗乾淨，切成3~4cm左右厚，用牙籤在肉表面紮孔，以便醃製入味。加入除了蜜糖、麵包糠以外其他調味料，用手抓拌均勻，然後包好保鮮膜，醃製2個小時以上。
- 3 醃製結束後，將五花腩上下面均勻的刷一層蜜糖，然後在將五花腩表面裹上一層均勻的麵包糠。
- 4 準備一個墊有烘焙紙的烤盤，把五花腩放到烤盤中央處。
- 5 選擇☺自動功能03，進入預熱程式，待提醒預熱完成後，將烤盤放入蒸氣焗爐中層，按確認鍵，烹飪約45分鐘。
- 6 烹飪完成後取出，稍放涼後切塊，可以根據個人口味，蘸上酸甜醬一起食用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。



## 自動功能04

## 德國鹹豬手

### 食材

豬手	1300g	海鹽	10g
德國小麥啤酒	250ml	蒜香粉	5g
德國酸菜	50g	孜然粉	5g
洋蔥	半個	黑胡椒粉	5g
新鮮百里香	1枝	橄欖油	10g

### 器皿放置參考

工具：烘焙紙+烤盤  
放置：下層



烤盤

🕒 約146分鐘

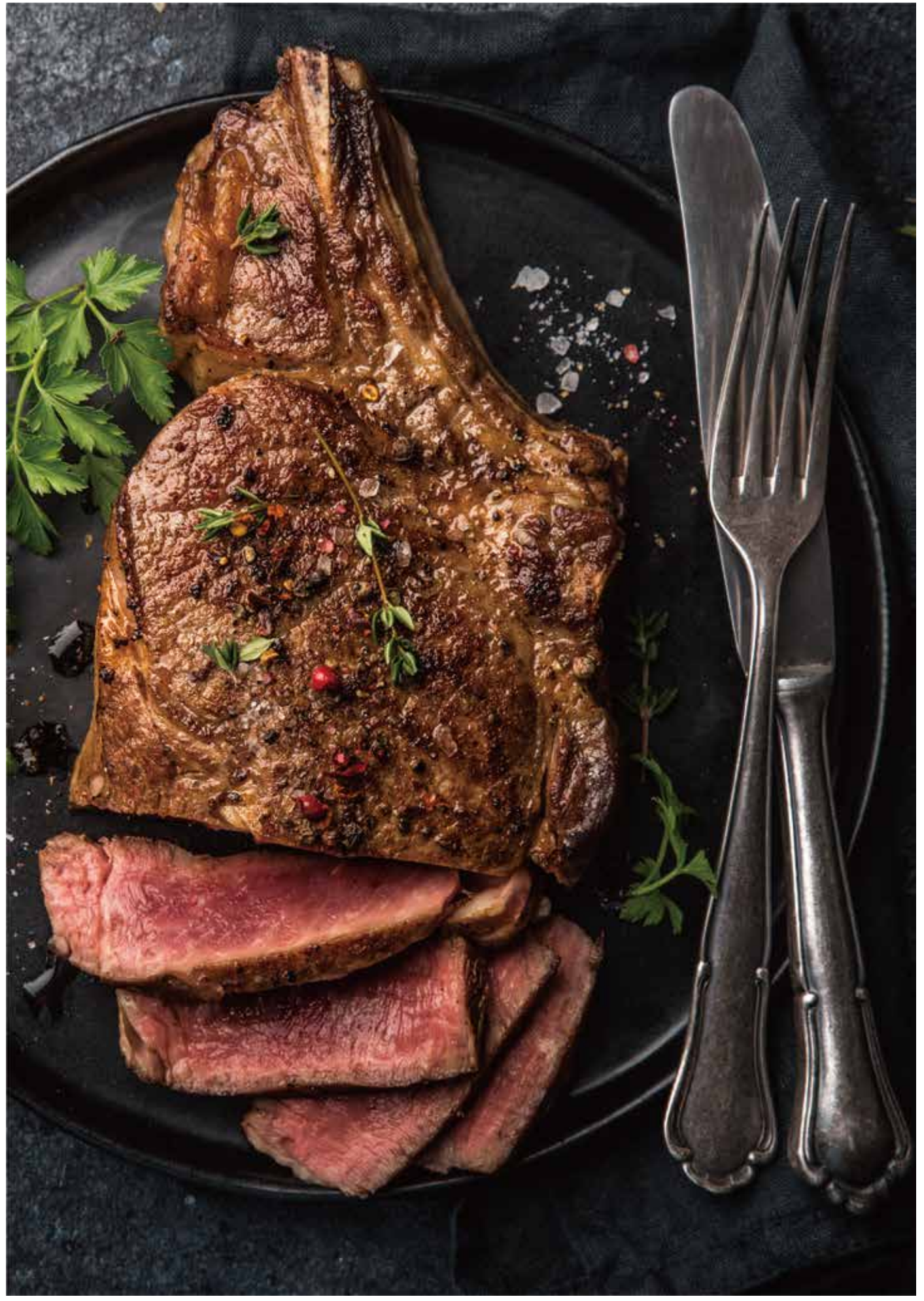
### 做法

- 1 準備好所有材料。
- 2 豬手洗乾淨，並用廚房紙擦乾水分（挑選皮下脂肪較多的豬手）。
- 3 用針在豬皮上紮孔，將半個洋蔥切碎、啤酒、海鹽、黑胡椒粉、蒜香粉、孜然粉、德國酸菜、百里香、橄欖油加入到裝有豬手的容器中，混合均勻，按摩豬手。
- 4 之後放入雪櫃，醃製1小時左右，不宜時間太長。
- 5 將醃製好的豬手瀝乾水分，打直放入（切面與烘焙紙接觸）墊有烘焙紙的烤盤中，放入蒸烤箱下層。
- 6 將蒸烤箱水盒加滿水，選擇☰自動功能04，啟動。
- 7 烹飪結束後，取出享用。

### 小貼士

- 醃製過程中建議翻面並為豬手按摩。









## 自動功能05

## 黑椒牛排

### 食材

#### 主料

冷凍牛排 2片 (250g/片約2.5cm厚)

#### 配料

橄欖油 20g                      海鹽                      4g  
黑胡椒碎 4g

### 器皿放置參考

工具：烘焙紙+烤盤

放置：上層



烤盤

🕒 約10分鐘

### 做法

- 1 準備好所有食材，冷凍牛排，不要拆開真空袋，提前放在常溫水中自然解凍。
- 2 解凍後，拆開包裝，用廚房紙吸乾牛排表面血水。
- 3 在牛排上撒上黑胡椒碎、海鹽醃製10分鐘。
- 4 烤盤表面刷一層油，將醃好的牛排擺在烤盤上，表面刷一層橄欖油。
- 5 選擇 🍷 自動功能05，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱上層，按確認鍵開始烹飪。
- 6 烹飪結束後取出，靜置3分鐘左右，切塊食用，可以根據個人口味，蘸上黑椒醬一起食用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。



## 自動功能06

## 芝士焗龍蝦

### 食材

波士頓龍蝦1隻（約650g）

西芹	10g	洋蔥粒	60g
蒜蓉	20g	馬蘇里拉芝士	80g
橄欖油	40g	牛油	10g

### 器皿放置參考

工具：烘焙紙+烤盤  
放置：中層



烤盤

🕒 約17分鐘

### 做法

- 1 準備好所有材料。
- 2 將新鮮波士頓龍蝦清洗乾淨，將龍蝦一分為二，去除龍蝦的蝦線和腮，再次清洗乾淨，將2個半隻龍蝦對稱放在墊有烘焙紙的烤盤上。
- 3 在煎鍋裡放入橄欖油，將洋蔥粒、蒜蓉放入鍋中炒出香味，盛出，放入西芹拌均勻，把調好的該配料均勻的鋪滿龍蝦面。
- 4 在煎鍋裡加入10g牛油，放入80g馬蘇里拉芝士，使其融化。
- 5 待芝士融化，均勻塗抹在龍蝦的上表面。
- 6 選擇☰自動功能06，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱中層，按確認鍵開始烹飪；
- 7 烹飪完成後，取出即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。





## 自動功能07

## 芝士焗扇貝

### 食材

#### 主料

冷凍半殼扇貝8隻(約550g)

#### 配料

馬蘇里拉芝士碎	40g	牛油	15g
淡忌廉	100g	橄欖油	15g
洋蔥	60g	麵粉	5g
西芹	20g	水	30g

### 器皿放置參考

工具：錫紙+烤盤

放置：上層



烤盤

🕒 約9分鐘

### 做法

- 1 準備好所有食材。
- 2 洋蔥、西芹切成小粒。
- 3 扇貝清理乾淨後，用廚房紙巾吸乾水分，把平底鍋燒熱，加入橄欖油，油熱後下扇貝肉，每面煎20秒後立即盛出，放回扇貝殼中，放在墊好錫紙的烤盤上。
- 4 鍋燒熱後加入牛油，略融化後，放入洋蔥炒3分鐘至透明之後，然後放入西芹略炒，接著倒入淡忌廉翻炒均勻。
- 5 5g麵粉用30g水攪拌均勻後，倒入鍋中小火繼續翻炒，需要不停攪拌防止結塊，加熱到合適的濃稠度即可關火。
- 6 煮好的醬汁放在碗中，放至微溫再使用。
- 7 將煮好的忌廉醬汁均勻的淋在扇貝上，再撒上芝士碎，選擇☰自動功能07，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱上層，按確認鍵開始烹飪。
- 8 烹飪結束後，取出即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。







## 自動功能08

## 醬燒豬肋骨

### 食材

#### 主料

排骨 500g

#### 配料

蒜頭 10g

洋蔥 50g

新鮮百里香 6g

白蘭地 10g

白霖酒 20g

法式芥末 10g

黑胡椒粉 3g

海鹽 2g

韓式燒烤醬40g

### 做法

- 1 準備好所有材料。
- 2 將洋蔥，蒜頭切碎，連排豬肋剝成約10cm左右的條後清洗乾淨，用廚房紙吸乾水分。
- 3 排骨加入所有調味料攪拌均勻，蓋上保鮮膜，放入雪櫃冷藏醃製半小時以上。
- 4 醃製好的排骨放在墊有烘焙紙的烤盤上。
- 5 蒸烤箱水箱加滿水，將烤盤放入蒸烤箱中層，選擇☺自動功能08，按確認鍵開始烹飪。
- 6 烹飪結束後，取出即可享用。

### 器皿放置參考

工具：烘焙紙+烤盤

放置：中層



烤盤

🕒 約36分鐘



## 自動功能09

## 香烤鱈魚

### 食材

主料			
鱈魚	220g		
配料			
海鹽	2g	食用油	10g
黑胡椒碎	3g		

### 器皿放置參考

工具：烘焙紙+烤盤  
放置：上層



烤盤

🕒 約9分鐘

### 做法

- 1 準備好所有食材。
- 2 鱈魚沖洗乾淨，用廚房紙吸乾水分，兩面均勻撒上黑胡椒碎，抹上鹽，醃10分鐘左右，讓鱈魚更加入味。
- 3 烤盤上刷上一層油，醃好的鱈魚放在烤盤上，在鱈魚兩面刷上一層薄油。
- 4 選擇☺ 自動功能09，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱上層，按確認鍵開始烹飪。
- 5 烹飪結束後，取出即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。







## 自動功能10

## 黑椒蜜糖雞翼

### 食材

主料			
雞翼	500g		
醃料			
蒜粉	5g	生抽	8g
蠔油	5g	黑胡椒	5g
叉燒醬	30g	蜂蜜	15g
料理酒	15g		

### 器皿放置參考

工具：烘焙紙+烤盤

放置：中層



烤盤

🕒 約17分鐘30秒

### 做法

- 1 準備好所有材料。
- 2 雞翼洗乾淨，瀝乾水分。
- 3 將蒜粉、蠔油、叉燒醬、料理酒、生抽、黑胡椒加入雞翼中，抓勻。放入雪櫃醃製2小時或以上。
- 4 將醃好的雞翼放入墊有烘焙紙的烤盤上，裝有食物的烤盤放入蒸烤箱的中層，選擇☰自動選單10，啟動即可。剩餘2分鐘時，取出表面刷上蜂蜜，繼續烘烤。
- 5 烘烤結束後，取出冷卻食用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。





## 自動功能11

## 蒜香蝦肉串

### 食材

#### 主料

大草蝦15隻（約40g/隻）

#### 調料

蒜香粉	5g	老抽	0.5g
黑胡椒碎	2g	橄欖油	15g
鹽	1g	香蔥	10g

### 器皿放置參考

工具：烤盤

放置：上層



烤盤

🕒 約10分鐘

### 做法

- 1 準備好所有材料。
- 2 鮮蝦去頭、剥殼去蝦線，洗淨後吸乾多餘水分，用調料將處理好的蝦攪拌均勻醃製15分鐘。
- 3 用竹籤串入醃製好的蝦，烤盤上放上蝦串，選擇☺自動功能11，進入預熱程式，提醒預熱完成後，將烤盤放入蒸氣焗爐上層，按確認鍵，烹飪約10分鐘。
- 4 烹飪結束後，取出，可以撒上少許香蔥食用。

#### 小貼士

- 斑節蝦或者青蝦可替代大對蝦。
- 每年6-7月，蝦最鮮甜肥美，蝦肉含有豐富的鎂，有利於保護心血管系統，用黑椒加蒜蓉烹調，做出不一般的獨特風味。

- 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。





## 自動功能12

## 蒜香烤蝦

### 食材

主料

大草蝦 250g

配料

蒜香燒烤醬 30g

食用油 10g

### 器皿放置參考

工具：烤盤

放置：上層



烤盤

🕒 約7分鐘

### 做法

- 1 準備好所有材料。
- 2 草蝦清洗乾淨，剪去須，用剪刀剪開蝦背，用牙線挑出蝦線。
- 3 往處理乾淨的蝦裏面倒入蒜香燒烤醬，充分拌均勻，再抹上食用油。
- 4 竹籤提前泡水10分鐘左右，避免烤焦。
- 5 一手拿著草蝦，一手拿著竹籤從尾部往頭部串。
- 6 蝦串整齊擺放在抹了少許食用油的烤盤裡，選擇 🕒 自動功能12，進入預熱程序，待提示音提醒預熱完成後，將烤盤放入蒸烤箱上層，按確認鍵開始烹飪。
- 7 烹飪結束後，取出後即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。





## 自動功能13

## 蘆筍煙肉卷

### 食材

蘆筍	100g	金針菇	50g
煙肉	100g	黑胡椒粉	1g
紅蘿蔔	適量		

### 器皿放置參考

工具：烘焙紙+烤盤

放置：中層



烤盤

⌚ 約8分鐘

### 做法

- 1 準備好所有材料。
- 2 煙肉一切兩段。
- 3 蘆筍根部去老皮，切去老莖，洗淨切段。
- 4 取一段蘆筍，加入少量金針菇、紅蘿蔔條後，用煙肉將其卷起，每三個煙肉卷串一串，把蘆筍煙肉卷放在鋪有烘焙紙的烤盤上，然後撒上黑胡椒粉。
- 5 選擇⊖自動功能13，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱中層，按確認鍵開始烹飪。
- 6 烹飪完成後，取出即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。







## 自動功能14

## 沙嗲雞肉串

### 食材

主料

沙嗲雞肉串8條（約200g）

### 器皿放置參考

工具：烘培紙或錫紙+烤盤

放置：上層



烤盤

🕒 約17分鐘

### 做法

- 1 將沙嗲雞肉串從雪櫃拿出，解凍至常溫。
- 2 將烘焙紙或錫紙鋪在烤盤上，取8條沙嗲雞肉串均勻放在上面。
- 3 選擇 🍷 自動功能14，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱上層，按確認鍵開始烹調。
- 4 烹飪結束後，取出即可享用。

· 提前開啟適用的自動，啟動預熱程式，可省去等待時間。







## 自動功能15

## 蔬菜雞肉卷

### 食材

#### 主料

雞腿 400g (中等大小) 西芹 60g  
紅蘿蔔 60g

#### 配料

薑 5g 胡椒粉 0.5g  
燒烤醬 15g 鹽 4g  
料理酒 15g 蔥 5g

### 器皿放置參考

工具：錫紙+烤盤

放置：中層



烤盤

🕒 約28分鐘

### 做法

- 1 準備好所有材料。
- 2 雞腿洗淨去骨，用刀背拍鬆。
- 3 加鹽、薑、胡椒粉、料理酒醃製雞腿肉至少20分鐘。
- 4 紅蘿蔔、西芹、蔥切成與雞腿肉長度一致的細長條，將醃好的雞腿肉包入這些蔬菜。
- 5 用錫紙包好，捲緊。
- 6 烤盤鋪錫紙，放雞腿卷。
- 7 選擇☰自動功能15，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱中層，按確認鍵開始烹飪。
- 8 烤焗20分鐘後，會聽到提示音後，打開爐門，取出，去錫紙，塗上燒烤醬再繼續烘烤。
- 9 烹飪結束後，取出稍微放涼後再切片食用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。





## 自動功能16

## 咖哩雞肉串

### 食材

#### 主料

雞腿肉 淨重500g  
新鮮菠蘿肉 250g  
青紅椒 150g

#### 輔料

椰漿	60g	香茅	1枝
咖喱粉	20g	竹籤	8隻
蜂蜜	10g	花生碎	20g
鹽	2g	青檸碎	4g

### 器皿放置參考

工具：錫紙+烤盤  
放置：中層



烤盤

🕒 約15分鐘

### 做法

- 1 準備好所有材料。
- 2 雞腿肉切大塊，香茅切小段，咖喱粉用椰漿拌開，加入蜂蜜及鹽攪拌均勻再放入雞腿肉，冷藏醃制1個小時（可根據個人口味調整醃料）。
- 3 菠蘿及青紅椒切成及雞腿同樣大小的塊狀，用竹籤將依次串入菠蘿、青紅椒及醃製好的雞腿肉。
- 4 烤盤鋪上錫紙，放上肉串，裝有食物的烤盤放入蒸烤箱的中層，選擇 ☰ 自動功能16，按確認鍵開始烹飪。
- 5 烘烤結束後，撒上花生碎及青檸檬碎即可食用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。



## 自動功能17

## 海鮮薄餅

### 食材

#### 薄餅餅皮

高筋麵粉	150g	食用油	15g
低筋麵粉	60g	鹽	5g
砂糖	15g	溫水	115g
酵母	3g		

#### 薄餅餡料

煙肉	2片	薄餅醬	15g
大蝦仁	6隻	小蕃茄	2個
青椒	50g	馬蘇里拉芝士	60g
洋蔥	50g		

### 器皿放置參考

工具：烘焙紙+烤盤

放置：中層



烤盤

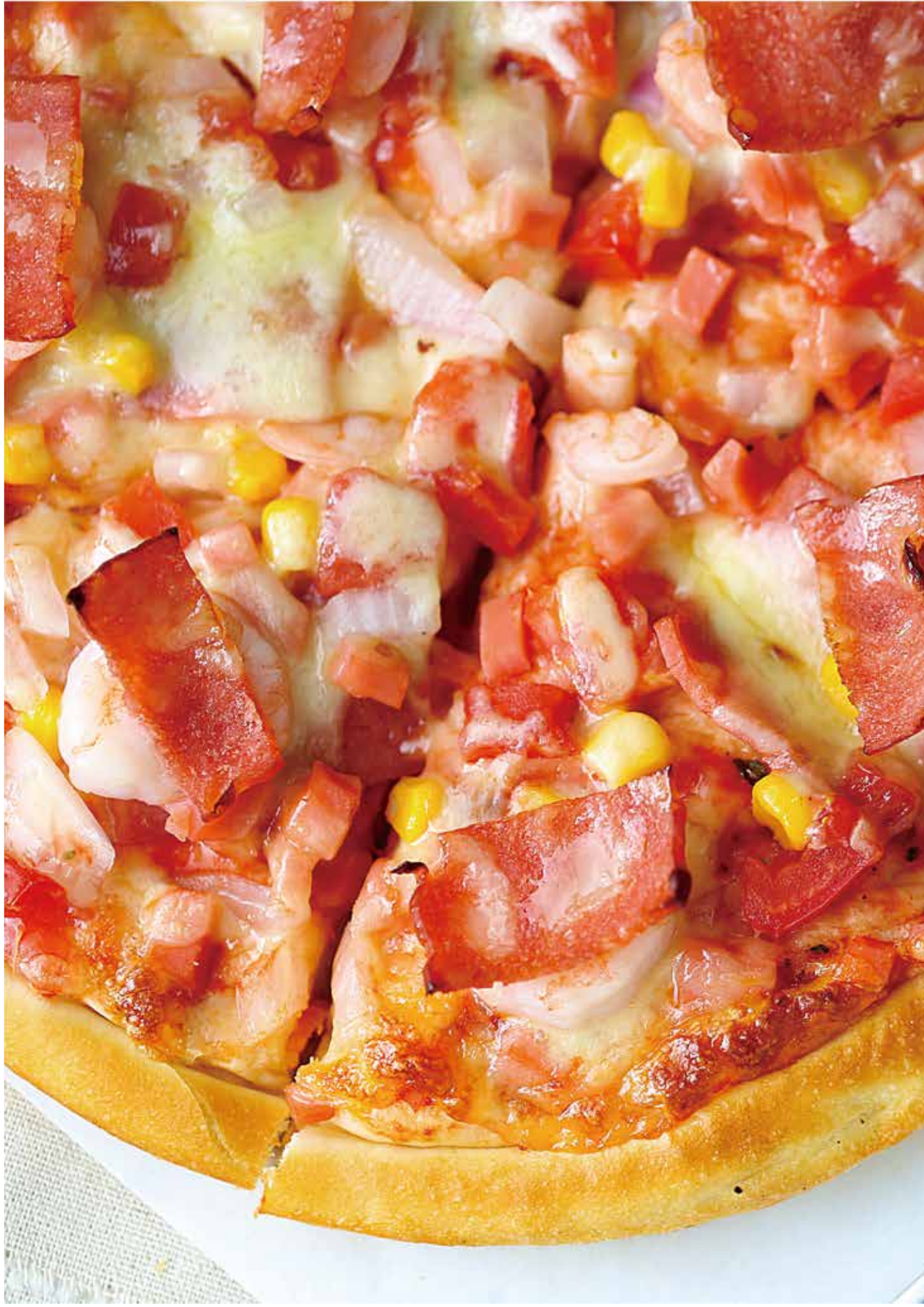
🕒 約24分鐘

### 做法

- 1 準備好所有材料。
- 2 將意大利薄餅餅皮裡的所有原料搓成光滑的麵團，直到擴展階段，能拉出大片薄膜，蓋上保鮮膜，利用☺“低溫發酵”功能，30°C，50分鐘，發酵至兩倍大。
- 3 青椒和洋蔥切絲，小蕃茄和煙肉切成片。
- 4 發好的麵團放到搓麵墊上充分搓勻。
- 5 用保鮮膜蓋著靜置10分鐘。
- 6 把麵團搓成23cm左右的餅皮。
- 7 烤盤上鋪上烘焙紙，把搓好的餅皮鋪上，平鋪後對餅皮邊緣進行整理一下，用叉子在面皮上戳出小孔，然後均勻的刷滿意大利薄餅醬。
- 8 撒一層馬蘇里拉芝士約20g；鋪上小蕃茄，再撒一層芝士20g，再放上煙肉和蝦仁，最後放上一層芝士20g。
- 9 選擇☺自動功能17，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱中層，按確認鍵開始烹飪。
- 10 烹飪結束後，取出即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。







蒸









## 自動功能18

## 栗子蒸雞

### 食材

#### 主料

土雞 500g  
栗子 300g

#### 配料

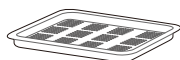
西蘭花	80g	生抽	5g
薑	20g	鹽	3g
蔥	15g	花椒	5g
料理酒	6g	八角	3g
蠔油	5g	花生油	5g

### 器皿放置參考

工具：碟子+蒸盤  
放置：中層



碟子



蒸盤

🕒 約30分鐘

### 做法

- 1 準備好所有食材。
- 2 土雞洗淨切塊，鍋中加水放入土雞，加入蔥、薑、料理酒、花椒、八角大火煮滾水撈出。
- 3 取出煮好的雞，加入少許的鹽、蠔油、生抽拌勻。
- 4 栗子放在盤子底部，再放入雞塊。
- 5 把裝食物的碟子放在蒸盤上，將蒸盤放入蒸烤箱中層，關上爐門，蒸烤箱水盒加滿水，選擇☰自動功能18，按確認鍵開始烹飪。
- 6 烹調完成後，鍋中放水煮沸，加幾滴油和一點鹽，放入西蘭花焯一下撈出，放在蒸好的雞肉周圍即可。



## 自動功能19

## 孔雀開屏魚

### 食材

#### 主料

桂花魚 1條 (約500g)

#### 配料

薑 4片 (約10g)

蔥白段 3g

米酒 5g

#### 配料

紅椒 10g

鹽 2g

蒸魚豉油 20g

食用油 30g

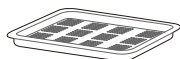
### 做法

- 1 桂花魚去鱗後砍掉魚頭魚尾，洗淨內腔。從魚的背部切片，厚度為0.5cm。魚腹部處留出1cm不要切斷，米酒和鹽塗抹在魚上，醃製10分鐘去除腥味。
- 2 在蒸魚盤底部放入薑片和蔥白段，再放入切好的魚擺出孔雀開屏的形狀；
- 3 將蒸魚盤放在蒸盤上，放入蒸箱中層，蒸烤箱水盒加滿水，選擇☺自動功能19，按確認鍵開始烹飪；
- 4 烹調結束後，取出蒸好的魚，倒掉盤裡多餘水，挑出蔥薑，魚肉表面擺上紅椒，淋上熱油，倒入蒸魚豉油即可。

### 器皿放置參考

工具：蒸盤

放置：中層



蒸盤

🕒 約18分鐘

· 寓意吉祥的孔雀開屏魚，造型美觀，味道鮮嫩





## 自動功能20

## 梅菜扣肉

### 食材

#### 主料

帶皮五花腩1塊(約1000g)

梅菜乾 50g

#### 配料

乾花椒 1g                      蔥 1根  
薑 3片

#### 醃料

老抽 3g

#### 調料

柱候醬	2g	海鮮醬	2g
紅腐乳汁	5g	白砂糖	2g
老抽	1g	米酒	5g
生抽	10g		

### 器皿放置參考

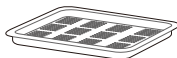
工具：砂鍋+深碗+蒸盤+烤盤  
放置：下層



砂鍋



深碗



蒸盤



烤盤

🕒 約60分鐘

### 做法

- 1 梅菜乾洗淨，放入溫水中浸泡15分鐘。調料混合攪拌均勻待用；
- 2 五花腩洗淨和配料一起放進砂鍋內，蓋上鍋蓋，留小孔出氣，放進機器，使用【🌀 原味純蒸】功能，烹調15分鐘；
- 3 烹調結束後，稍微洗淨五花腩表面，印乾水分，用針將豬皮紮出密密麻麻的孔，用老抽均勻塗抹在肉面和肉皮上，烤盤鋪上錫箔紙放上五花腩，肉朝下；
- 4 使用【🌀 熱風對流】功能，溫度調至230°C，進入預熱程式，預熱結束後，使用【🌀 熱風對流230°C】，將烤盤放入蒸烤箱下層，焗20分鐘；
- 5 烹飪結束後，取出稍微晾涼後從肉皮往下切，底部不要切斷；
- 6 將浸泡好的梅菜乾擠乾水分，玻璃碗內放入切好的肉片，皮朝下淋上調料，再把梅菜乾鋪在上面，按壓嚴實；
- 7 把裝食物的碗放入蒸盤上，將蒸盤放入蒸烤箱下層，關上爐門，蒸烤箱水盒加滿水，選擇🍲自動選單20，按確認鍵開始烹飪；
- 8 烹飪結束後，將碗中的湯汁倒出來，在碗上面倒扣一個盤子，翻轉過來即可。

#### 小貼士

扣肉蒸好後需要先倒掉裡面的汁水，再倒扣過來，以免燙傷。







## 自動功能21

## 清蒸龍脷柳

### 食材

主料

龍脷柳 500g

配料

蔥 20g

檸檬汁 30g

蒸魚豉油 30g

植物油 45g

### 器皿放置參考

工具：蒸魚碟+蒸盤

放置：中層



蒸魚碟



蒸盤

🕒 約18分鐘

### 做法

- 1 準備好所有食材。
- 2 龍脷魚取出解凍後，用清水沖洗一下，印乾水分，切成寬度3cm左右的塊。
- 3 擺入盤中，在上面擠上檸檬汁。
- 4 把裝食物的碟子放在蒸盤上，將蒸盤放入蒸烤箱中層，關上爐門，水箱加水，選擇☰自動功能21，按確認鍵開始烹飪。
- 5 烹飪結束後取出，放入蔥絲，淋上蒸魚豉油，淋上熱油即可。





## 自動功能22

## 花蟹蒸蛋

### 食材

主料	
花蟹	120g
雞蛋	120g
配料	
溫水	150g
料理酒	10g

### 器皿放置參考

工具：淺碟+蒸盤  
放置：中層



淺碟



蒸盤

🕒 約10分鐘

### 做法

- 1 準備好所有材料。
- 2 花蟹洗乾淨，一開二，用料酒醃製10分鐘去腥。
- 3 雞蛋打入蒸碗中，打散調勻，倒入150克溫水，快速攪拌勻。
- 4 放入花蟹，倒入蛋液，去掉表面泡沫備用。
- 5 把裝食物的碟子放入蒸盤上，蒸盤置於中層，關上爐門，水盒加水，選擇 🍲 自動功能22，按確認鍵開始烹飪即可。
- 6 烹飪結束後取出，撒上蔥花即可。







## 自動功能23

## 南瓜蒸排骨

### 食材

主料

排骨 300g

南瓜 300g

配料

鹽 4g

白糖 5g

粟粉 10g


豆豉 15g

薑 10g

蒜 10g

老抽 8g

### 做法

- 1 準備好所有材料。
- 2 南瓜去皮切片（約1cm厚）。
- 3 薑蒜切碎，排骨洗淨後，加入老抽、豆豉、蒜、薑、鹽、糖、粟粉抓勻後醃製入味。
- 4 南瓜鋪底，再放醃製好的排骨。
- 5 把裝食物的碟子放在蒸盤上，將蒸盤放入蒸烤箱中層，關上爐門，蒸烤箱水箱加滿水，選擇  自動功能23，按確認鍵開始烹飪。
- 6 烹飪結束後，取出即可享用。

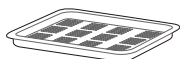
### 器皿放置參考

工具：淺碟+蒸盤


放置：中層



淺碟



蒸盤

 約18分鐘



## 自動功能24 鮮味蘆筍

### 食材

蘆筍	300g	芝麻油	5g
薑	10g	白糖	5g
蒜頭	15g	植物油	15g
小紅辣椒	2個	鹽	2g
生抽	20g	水	適量

### 器皿放置參考

工具：烘焙紙+烤盤+碟子  
放置：中層




碟子

⌚ 約9分鐘



烤盤

### 做法

- 1 準備好所有食材。
- 2 蘆筍根部去老皮，切去老莖，洗淨切長段。薑蒜切碎，小紅辣椒切圈。
- 3 把蘆筍放在鋪有烘焙紙的烤盤。
- 4 選擇  自動功能24，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱中層，按確認鍵開始烹飪。
- 5 烹飪結束後，取出放入碟子。
- 6 取一隻碗，倒入生抽、白糖、鹽和適量白開水攪拌均勻，淋在蘆筍上，再撒上薑末和小紅辣椒圈。
- 7 鍋中燒適量熱油，至約200°C左右，馬上淋在薑蒜末上即可。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。





## 自動功能25

## 松茸燉羊排

### 食材

#### 主料

羊肚菌	10g	羊排	400g
姬松茸	10g	清水	1500g

#### 配料

枸杞	2g	薑	4片
紅棗	4顆	鹽	3g

### 做法

- 1 羊肚菌、姬松茸、紅棗、枸杞沖洗乾淨，羊肚菌和姬松茸分別用40℃溫水浸泡30分鐘。
- 2 羊排洗淨斬塊，焯水備用。砂鍋中放入羊排、羊肚菌、姬松茸和紅棗、薑片，倒入清水，蓋上鍋蓋，留小孔出氣。
- 3 蒸烤箱水盒加滿水，食物放在蒸盤上，放入下層，選擇 ☰ 自動功能25，按確認鍵開始烹飪。
- 4 剩餘5分鐘時，聽到提示音後，取出加入枸杞，繼續烹飪。
- 5 烹飪結束後，根據個人口味加入適量鹽。

### 器皿放置參考

工具：湯煲+蒸盤  
放置：下層



砂鍋



蒸盤

🕒 約90分鐘

#### 小貼士

- 加入猴頭菇、海參等食材可令口味更香濃。
- 寒冬裡，一碗熱氣騰騰的羊肉湯，抵禦風寒，滋補身體，加入羊肚菌、姬松茸等名貴菌類營養更豐富。



## 自動功能26

## 清蒸石斑魚

### 食材

石斑魚	490g	植物油	15g
蔥絲	5g	蒸魚豉油	20g
薑絲	5g		

### 器皿放置參考

工具：蒸魚碟+蒸盤  
放置：中層



蒸魚碟



蒸盤

🕒 約15分鐘

### 做法

- 1 準備好所有材料。
- 2 殺魚，將魚肚剖開，將內臟、魚鰓取出，將魚鱗刮乾淨，洗淨。沿著魚主脊骨處切開，使魚能夠趴著，將魚趴著放置於墊有筷子的蒸魚碟裡。
- 3 魚背上放幾片薑片，用於去腥。
- 4 高溫蒸氣120°C預熱，預熱結束後，將裝有魚的魚盤放在蒸盤上，放置於蒸烤箱中層，選擇 🍲 自動功能26，按確認鍵開始烹飪。
- 5 烹飪結束後取出，取出薑片，將盤中湯汁倒掉，撒上蔥絲、薑絲，然後淋上熱油，最後倒入蒸魚豉油。

### 小貼士

- 石斑魚品種多樣，肉質鮮嫩、結實，高溫蒸氣烹飪口感更佳。
- 如果石斑魚重量超過490g，建議追加蒸氣烹飪時間。
- 可以根據個人喜好，調整蒸魚豉油、植物油分量。
- 沿著魚主脊骨處切開大約切1~2cm。





## 自動功能27

## 白菜豬肉蒸餃

### 食材

#### 主料

豬肉碎	300g
大白菜	200g
餃子皮	500g

#### 配料

薑末	1g	白胡椒粉	1g
蔥白末	1g	食用油	20g
雞蛋白	10g	蠔油	2g
鹽	1g	香油	1g
米酒	5g	白砂糖	1g
老抽	10g	生粉	10g

### 做法

- 1 大白菜洗淨放鍋裡燙過，並擠乾多餘的水分並切碎，在豬肉碎中加入所有配料順著一個方向攪拌，再加入大白菜繼續攪拌均勻，封保鮮膜放雪櫃冷藏20分鐘，製成餡料。
- 2 在餃子皮中間放入餡料，把兩邊的餃子皮往中間彎起，在餃子皮一端捏出一個「凹」形，然後捏緊，把一邊餃子皮往中間推，再把另一邊餃子皮交叉地往中間推，捏緊，重複這個動作直到餃子尾部，最後按壓一下捏緊。
- 3 在蒸盤上鋪一層烘焙紙，把處理好的餃子雛型整齊擺放在上面；
- 4 蒸烤箱水盒加滿水，蒸盤放入蒸烤箱中層，選擇 自動功能27，按確認鍵開始烹飪；
- 5 烹飪完成後，取出即可享用。

### 器皿放置參考

工具：烘焙紙+蒸盤

放置：中層



蒸盤

🕒 約20分鐘

#### 小貼士

- 餃子餡可以提前處理好放冰櫃冷藏，包餃子的時候更好塑形。
- 大白菜屬於冬季蔬菜，爽脆鮮甜，富含纖維素，促進腸胃蠕動，幫助消化。





## 自動功能28

## 香菇鮮肉包

### 食材

#### 麵團

普通麵粉	260g	白砂糖	30g
水	約135g	食鹽	2g
酵母	3g		

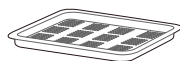
#### 餡料

豬肉餡	200g	生抽	1大勺
乾香菇	5-6粒	白砂糖	少許
香蔥	1根	食鹽	適量

### 器皿放置參考

工具：烘培紙或者包紙+蒸盤

放置：中層

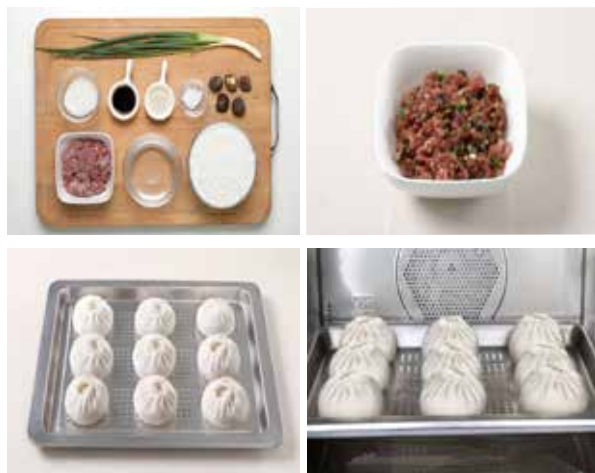


蒸盤

⌚ 約25分鐘

### 做法

- 1 將乾香菇泡發後切碎，蔥洗淨切末，將豬肉餡、香菇和香蔥放入碗中，加入生抽、白糖、食鹽，往一個方向攪拌均勻備用。
- 2 將麵粉、酵母、白砂糖、食鹽和水混合，搓成光滑麵團。
- 3 把搓好的麵團（連搓麵的盆加蓋）放入蒸盤，置於下層，選擇☁️低溫發酵40°C，時間：40-50分鐘左右發酵至麵團大小為原來的約2倍大小，麵團裡面充滿蜂窩狀的小孔時，說明已經發酵好，再一次搓搓麵團，充分搓壓出內部的起泡。
- 4 把搓好的麵團搓成長條形，切成40g左右的小塊。
- 5 將小塊按扁，然後用搓麵棍將它搓成中間略厚邊緣稍薄的面皮。
- 6 把適量肉餡放入面皮中，由一處開始先捏出一個褶子，然後繼續朝一個方向捏褶子，直至將面皮邊緣捏完，收口，成包子雛型。
- 7 在蒸盤上鋪一層烘培紙（或者包紙），把處理好的包子雛型整齊擺放在上面。
- 8 把裝食物的蒸盤置於層架中層，關上爐門，水盒加水，選擇☁️低溫發酵40°C，時間：20分鐘，按確認鍵開始烹飪。
- 9 繼續醒發結束後，選擇☹️自動功能28，按確認鍵開始烹飪。
- 10 烹調結束，等待5分鐘再打開爐門，以防包子由於瞬間降溫導致表皮嚴重收縮影響外觀。







## 自動功能29

## 蒸沙薑雞

### 食材

#### 主料

三黃雞 1隻(約1100g)  
沙薑 150g

#### 醃料

老薑	3-4片	胡椒粉	3g
蔥(切斷)	2條	鹽	6g
紹興酒	10g		

#### 醬料

薑蓉	10g	熱油	25g
蔥粒	10g	鹽	1g

### 做法

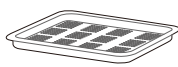
- 1 先把雞洗淨，然後用廚房紙巾擦乾水分。把鹽，和酒均勻塗抹在雞的表面和內部，並抹少許胡椒粉，稍等一會，在均勻抹上沙薑粉醃製30分鐘。
- 2 選擇 爐腔預熱，以100°C預熱。
- 3 預熱完成後，水箱裝滿水，在碟上擺上薑片及蔥段，把醃好的雞擺放在碟內並放蒸盤上，把蒸盤放入蒸烤爐下層。
- 4 選擇 自動功能 29，以110°C蒸30分鐘，完成後再用餘溫焗10分鐘後才取出沙薑雞。
- 5 將油倒入熱鍋中，倒入薑蓉，油滾後薑微微上色即可熄火，利用餘溫倒入蔥粒，加少許鹽、生抽拌勻即可。

### 器皿放置參考

工具：淺碟+蒸盤 放置：下層



淺碟



蒸盤

約40分鐘





## 自動功能30

## 冰糖燉雪梨

### 食材

雪梨	2個	杞子	10g
冰糖	50g	雪耳	15g
水	1000g		

### 器皿放置參考

工具：深碗+蒸盤  
放置：下層




深碗



蒸盤

🕒 約60分鐘

### 做法

- 1 雪梨洗淨，去皮去核，切小塊。將杞子及雪耳浸泡至軟。
- 2 將雪梨、杞子、雪耳及水放入燉盅大，蒸盤放入蒸烤箱下層，選擇  自動功能30，按確認鍵開始烹飪。
- 3 最後 10 分鐘時會有聲音提示，燉盅中加入冰糖並攪拌，然後繼續加熱至烹飪結束。





## 自動功能31

## 紅棗薑汁糕

### 食材

#### 紅棗漿

紅棗 500g  
清水（紅棗水用） 800ml  
冰糖 300g  
馬蹄粉 150g  
枸杞 10g  
清水（馬蹄粉用） 500ml

#### 薑糖漿

薑 適量  
清水（薑汁用） 40ml  
冰糖 100g  
清水 180g  
馬蹄粉 100g  
清水（馬蹄粉用） 220ml

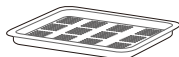
### 器皿放置參考

工具：平底深碗+蒸盤

放置：下層



平底深碗



蒸盤

🕒 約45分鐘

### 做法

- 1 紅棗洗淨去核，加800ml清水煮半小時，煮好後把紅棗擠乾水濾去剩渣，再把煮紅棗的水加入冰糖煮至冰糖融化。
- 2 枸杞用冷水浸泡片刻，然後去水備用。
- 3 150g馬蹄粉加500ml清水混合均勻。
- 4 把煮好的紅棗糖水倒進馬蹄粉水中，一邊倒一邊快速順時針方向攪拌，調成紅棗漿。
- 5 薑去皮切小塊，加40ml清水打成薑汁，濾去剩渣。
- 6 黃冰糖、薑汁、180ml清水倒入鍋中煮開。
- 7 100g馬蹄粉加220ml清水拌勻後倒入薑糖水中，快速順時針拌勻，調成薑糖水。
- 8 在方盤中刷一層油，把紅棗漿倒入盤中，漿量約1cm厚，食物放在蒸盤上，放入下層，選擇☺自動功能31，啟動。
- 9 把紅棗漿倒入盤中，漿量約1cm厚，蒸10分鐘待表面凝固後。
- 10 聽到語音提示再放入枸杞，倒入同樣厚度的薑糖漿，繼續蒸10分鐘。
- 11 再次聽到聲音提示後，倒入一層紅棗漿蒸25分鐘定型；
- 12 取出蒸好的紅棗枸杞薑汁糕，待完全冷卻後脫盤切件食用。

#### 小貼士

- 可用紅糖替代冰糖。
- 烹飪時建議覆蓋保鮮膜，以免冷凝水滴到食物表面。
- 在冬季，食用紅棗、枸杞和薑汁可以補氣益血，增強體質抵抗寒冷，一口香甜軟糯的紅棗枸杞薑汁糕，熱乎乎的滋味，十分溫暖。



## 自動功能32

## 艾草茶粿

### 食材

#### 主料

糯米粉	300g	白糖	20g
澄粉	45g	紅豆沙	200g
冰水	60g (用於冷卻)	艾草	40g
	40g (用於搓麵)	清水	100g
溫開水180g (約70-80°C)			

#### 配料

開水	45g
豬油	25g

### 器皿放置參考

工具：烘焙紙+蒸盤  
放置：中層



蒸盤

⌚ 約12分鐘30秒

### 做法

- 1 新鮮的艾草摘下葉子，清洗乾淨，艾草和100g清水放入玻璃碗內，放在蒸盤上，蒸盤放入腔體中層，關上爐門，蒸烤箱水盒加滿水，使用【 原味純蒸】功能，烹調4分鐘；
- 2 烹調結束後，迅速把艾草放進冰水中冷卻，再撈出擠乾水分，用攪拌機打成泥（適量加點水），攪拌後濾去汁水取艾草泥備用；
- 3 盆內放入澄粉、倒入45g開水攪拌至沒有顆粒，製成澄粉團；
- 4 用另外一個盆倒入糯米粉、白糖、溫開水攪拌均勻，加入冷水40g將麵團搓勻，再把澄粉團加入，最後加入艾草泥和豬油充分搓勻；
- 5 將搓好的茶粿皮分成12份，約30g/份，豆沙約20g/份，取一個茶粿皮搓圓按扁，捏成四周薄中間厚的皮，放上豆沙餡，把皮向中間收圓捏緊，搓圓即可。
- 6 蒸盤內放上烘焙紙，再放入包好的艾草團，將蒸盤入蒸烤箱中層，蒸烤箱水盒加滿水，選擇自動功能32，按確認鍵開始烹飪；
- 7 烹飪結束後，取出即可享用。

清明時節，艾草芬芳瀰漫，用鮮綠的艾草做成軟糯甜蜜的艾粿，不論配搭甜味或者鹹味的餡料同樣美味。



# 烘焙







## 自動功能33

## 杏仁瓦片

### 食材

低筋麵粉	30g	蛋清	100g
杏仁片	100g	白砂糖	80g
牛油	15g		

### 器皿放置參考

工具：烘焙紙+蒸盤  
放置：中層



蒸盤

⌚ 約24分鐘

### 做法

- 1 將所有的食材準備好，室溫軟化牛油，將蛋白和蛋黃分離。
- 2 將蛋白和砂糖隔水攪拌至砂糖融化。
- 3 將室溫軟化好的牛油加入蛋白液中拌勻備用。
- 4 將杏仁片放入烤箱中，選擇 熱風對流功能150℃，焗3-4分鐘，烤至表面輕微上色，取出備用。
- 5 將過篩好的低筋麵粉和杏仁片加入混合蛋漿中拌勻。
- 6 用勺子將拌好的麵粉漿，每5g一個，勺入鋪有烘焙紙的蒸盤中，攤平成5cm乘5cm面積的方形。
- 7 選擇 自動功能33，進入預熱程式，待提示音提醒預熱完成後，將蒸盤放入蒸烤箱中層，按確認鍵開始烹飪。
- 8 烘焙完成，將食物取出即可。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。









## 自動功能34

## 蔓越莓餅乾

### 食材

低筋麵粉	170g	牛油	125g
蔓越莓乾	50g	全蛋漿	25g
奶粉	9g	糖粉	70g

### 器皿放置參考

工具：烘焙紙+蒸盤  
放置：中層



蒸盤

⌚ 約23分鐘

### 做法

- 1 準備好所有材料，室溫軟化牛油。
- 2 蔓越莓乾切碎。
- 3 糖粉倒入軟化的牛油中，用手動打蛋器攪拌均勻，不需要打發。
- 4 蛋漿分3次加入牛油中，每一次與牛油攪拌均勻後，再加入下一次。
- 5 接著加入蔓越莓乾攪拌均勻，再加入過篩的麵粉、奶粉，用刮刀切拌成沒有乾粉的麵粉漿。
- 6 麵粉漿放在保鮮膜上，放入餅乾模具中整好型，倒出放入雪櫃冷凍1小時左右。
- 7 取出冷凍好的餅乾，切成約5mm厚的片狀，如果餅乾凍得太硬，可以常溫回溫稍後再切。
- 8 切好的餅乾有間距地鋪在墊有烘焙紙的蒸盤上，選擇☰自動功能34，進入預熱程式，待提示音提醒預熱完成後，將蒸盤放入蒸烤箱中層，按確認鍵開始烹飪。
- 9 烹飪結束後，取出即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。



## 自動功能35

## 裸麥麵包

### 食材

裸麥粉	100g	砂糖	10g
高筋麵粉	200g	水	180g
鹽	4g	牛油	10g
酵母	4g		

### 器皿放置參考

工具：烘焙紙+烤盤

放置：中層



烤盤

🕒 約21分鐘

### 做法

- 1 準備好所有材料。
- 2 將所有材料（除牛油）搓至光滑有彈性，加入牛油搓至拉開有薄膜即可，麵團放入焗爐，選擇 🍷 低溫發酵功能，30°C，發酵50分鐘。
- 3 將麵團分割成250g一個滾圓鬆弛10分鐘。
- 4 整形成橄欖型，放在墊好烘焙紙的烤盤上。
- 5 選擇 🍷 低溫發酵功能，30°C，發酵40分鐘，發酵至兩倍大。
- 6 表面撒粉，在表面劃上花刀（深度要求8mm，花式不限）。
- 7 選擇 🍷 自動功能35，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱中層，按確認鍵開始烹飪。
- 8 烹飪結束後，取出即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。







## 自動功能36

## 蔓越莓麵包

### 食材

#### 麵團

高筋麵粉	200g	乾酵母	4g
全麥粉	25g	清水	125g
細鹽	3g	牛油	20g
紅糖粉	40g		

#### 餡料

蔓越莓	35g
秣酒	15g

### 器皿放置參考

工具：烘焙紙+烤盤

放置：中層



烤盤

⌚ 約25分鐘

### 做法

- 1 準備好所有材料，蔓越莓提前一晚用秣酒浸泡。
- 2 把麵團材料除牛油外全部加入到廚師機攪拌桶中，搓成能拉出薄膜的光滑麵團後，加入常溫軟化的牛油，繼續搓至擴展階段，可以扯出較為結實的，不容易破的半透明薄膜；
- 3 取出搓好的麵團，放在搓面墊上，加入酒漬蔓越莓，搓均勻後滾圓麵團，放入大碗中，蓋好保鮮膜，選擇 低溫發酵功能，30°C，發酵50分鐘，發酵至2-2.5倍大。
- 4 發酵成功的麵團用手指蘸粉在麵團戳孔是不回彈不塌陷的狀態。
- 5 將發酵好的麵團取出，在搓面墊上輕拍排氣，平均分成4份，分別滾圓後蓋好保鮮膜，常溫鬆弛20分鐘左右。
- 6 取一份鬆弛好的麵團，正面朝上，用手掌輕拍按扁，拍出氣泡，翻面後把兩邊的角向內折，把最後一遍收口向內折，收口捏緊，翻面，將邊角整理圓潤。
- 7 烤盤墊上烘焙紙，麵包依次處理好後有間距的擺好，選擇 低溫發酵功能，30°C，50分鐘，進行2次發酵，發酵到1.5倍後取出。
- 8 在麵包的表面撒少許高粉，用割包刀快速割出花紋。
- 9 選擇 自動功能36，進入預熱程式，待提示音提醒預熱完成後，將烤盤放入蒸烤箱中層，按確認鍵開始烹飪。
- 10 烹飪結束後，取出即可享用。

· 提前開啟適用的自動選單，啟動預熱程式，可省去等待時間。

# 小知識

## 如何打發蛋白

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### 步驟1

將蛋白置於乾淨的打蛋盆中，加入1/3細砂糖，用電動打蛋器低速打至蛋白呈粗泡狀態；



### 步驟2

加入剩餘的1/2細砂糖，打蛋器轉中低速打至蛋白呈細密的乳沫狀泡泡；



### 步驟3

加入剩餘的細砂糖，打蛋器轉高速打至蛋白出現輕易不易消失的紋路，提起打蛋頭呈現大彎角，這階段稱為濕性發泡；



### 步驟4

電動打蛋器轉中速繼續打發，打至蛋白霜有明顯阻力感，提起打蛋頭，蛋白霜呈直立小尖角，這階段稱為乾性發泡。

---



## 如何打發牛油



步驟1 將牛油切成小塊或片狀，放在25°C左右的環境中（室溫）中軟化至軟膏狀，用手指輕輕一按可留下痕迹，這個狀態最適合打發；

步驟2 用電動打蛋器以低速把牛油稍微打發，至顏色變淺一些；

步驟3 加入細砂糖或者糖粉，用電動打蛋器低速把牛油和糖打勻，轉中速打發；牛油會顏色變淺、體積變大；

步驟4 當牛油漿體積變大、出現紋路的時候，把電動打蛋器轉高速打發，當牛油呈現輕盈蓬鬆狀、顏色發白即完成打發。



步驟1



步驟2



步驟3



步驟4

## 乳酪發酵技巧

### [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感更加醇厚。

### [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製成品代替或使用開菲爾菌粒。

### [容器消毒]

容器內的細菌可能會影響乳酪的品質，所以一定要小心進行消毒殺菌工作，最簡便的做法是用開水燙一下。

### [冷藏調口感]

將預備好的乳酪放入雪櫃冷藏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。

## 食材

原味乳酪——— 200g

純牛奶——— 200g

## 做法

- 1 將乳酪和純牛奶裝入大碗中，混合均勻；
- 2 將碗放入烤盤中，烤架至於蒸氣焗爐下層，關上爐門；
- 3 選擇 低溫發酵功能，設定8小時，啟動；
- 4 烹飪結束後取出食用。





## 麵團發酵技巧

### [酵母]

在合適的範圍內，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℃左右的溫水和麵，製成的麵團溫度為27℃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，500g麵粉添加2~3g食鹽，對酵母生長發育有利。使用佔麵團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℃~30℃，可以通過提高或降低和麵用的水溫來調節。春天室溫在20℃左右時，水溫可控制在35℃~40℃。夏季室溫在30℃以上時，水溫可控制在13℃~15℃。

### [麵團發酵成熟的標誌]

麵團頂部鼓起，摸上去很乾燥。用手提，麵團很自然地被拉長，鬆手後慢慢回縮。此時麵團內部多氣孔，並散發出酒香味。



**#DetailsMatter**



MS5-STR30SC(BK)

# STEAM OVEN COOKBOOK

**TOSHIBA**



# Tips for steaming dishes

## Tips for keeping dishes nutritious

- [Choose fresh ingredients] The ingredients should be tender and juicy because it's not easy either for the proteins in them to dissolve in water or for the seasonings to penetrate into the ingredients during the steaming process.
- [Arrange the dishes in layers] Do arrange the dishes in layers. Dishes with less soup, pastel and hard-to-cook dishes go to the upper layer while dishes with more soup, dark and easy-to-cook ones should be placed in the bottom layer.

## Tips for keeping dishes delicious

- [Heat] Generally, egg custard and double-layer milk custard can be steamed by using (☁️) Steam function with 95 degrees. This can avoid the honeycomb state and get a fresh and smooth taste. For shaped dishes, can use the same method to prevent from ruining the shape.
- [Time] It takes longer to steam large-bodied ingredients, while small pieces or flakes take less time..

# Instructions on baking mode

## Convection

·Suitable for baking foods that need browning, such as meat, fried foods, cakes and breads.

## Convection Grill

·Suitable for small and thin foods such as vegetables and hamburgers

## Grill

·Suitable for cooking with low air volume or partial coloring

## Combi.




·Suitable for cooking foods that need the inside to be juicy and outside to be crispy, such as vegetables, breads, cakes, and meats.



# Taste Reminder

## Reminder of the principle and method of steaming and cooking

When cooking, use steaming to heat without a cover. The water box should be filled with water before using. When opening, please be careful of the abundant steam generated in the cooking

Steaming mode	Applicable type
 <b>Steam</b>	Suitable for meat (such as ribs, chicken), steamed eggs, buns and other homemade dishes
 <b>High Temp. Steam</b>	Suitable for fish, seafood (shrimp, shellfish, crab, etc.), vegetables, frozen food
 <b>Stew</b>	Suitable for stew, stew, slow cooking



## Reminder of the principle and method of baking heating

Use hot air convect and heater to heat. After preheating, please shorten the time to open the door as far as possible to maintain the temperature in the furnace. After cooking, please take it out immediately so as not to darken the food.

## Time adjustment description

Cooking methods are closely related to food characteristics. The program of the local automatic menu is best matched with the amount and time of the ingredients given. Please follow the recommendations.

The time of the steam automatic menu can be fine-tuned according to individual preferences. Take meat recipes as an example, if you increase the time, the taste will be tougher; if you spend less time, the taste will be tenderer.

After the mode starts running, turn to the left (  ) to decrease the time, and turn to the right (  ) to increase the time.

## Capacity table for ingredients used in this book

1 Table Spoon = 15cc = 2 bottle caps

1 Tea Spoon = 5cc = 1 bottle cap

1/2 Tea Spoon = 2.5cc = 1/2 bottle cap

1/4 Tea Spoon = 1.2cc = 2 drops

\* If you don't have a good grasp of the weight, please don't give too much. For the size of the bottle cap, please refer to the ordinary 550ml water bottle cap.



# Auto Menu Category

## Roasting

01	Roast Chicken	9
02	French Lamb Rack	11
03	Crispy Golden Char Siu	13
04	German Pork Knuckle	14
05	Roasted Steak with Black Pepper	17
06	Baked Lobster with Cheese	18
07	Baked Scallops with Cheese	20
08	Barbecue Pork Ribs	23
09	Grilled Cod Fish	24
10	Honey Black Pepper Chicken Wings	26
11	Shrimps Skewers	28
12	Grilled Shrimps	30
13	Bacon Asparagus Roll	32
14	Satay Chicken Skewers	34
15	Julienne Vegetable -Stuffed Chicken	37
16	Curry Chicken Skewers	39
17	Seafood Pizza	40

## Steamed

18	Braised Chicken with Chestnuts	45
19	Steamed Osmanthus fish	46
20	Steamed Pork Belly with Preserved Vegetable	48
21	Steamed Sole Fillet	50
22	Steamed Eggs with Crab	52
23	Steamed Pork Ribs with Pumpkin	55
24	Steamed Asparagus	56
25	Stewed Lamb Chops with Matsutake	57
26	Steamed Sea Bass	58
27	Pork and Cabbage Dumplings	60
28	Pork and Mushroom Steamed Buns	62
29	Steamed Chicken with Sand Ginger Powder	64
30	Steamed Pear with Rock Sugar	65
31	Jujube and Ginger Juice Steamed Cake	67
32	Sweet Green Rice Ball	68

## Baking

33	Almond Tuiles	72
34	Cranberry Cookies	75
35	Rye Bread	76
36	Cranberry Bread	79





## Tips

How to whisk egg white 80

How to whisk the butter 81

Fermentation skill of yoghurt 82

Fermentation skills of dough 83



# ROASTING









Auto Menu 01

# Roast Chicken

## Ingredients

Sanhuang chicken	1100g
Vegetable oil	15g
Basil leaf	1g
Thyme	1g
Edible salt	4g
Light soy sauce	7g

## Vessel placement reference


Tools: baking paper + baking tray  
Placement: bottom layer



baking tray

🕒 About 41 minutes

## Directions

- 1 After removing the head and viscera of the chicken, soak the chicken in water for a few minutes to remove the blood.
- 2 Add basil leaves, thyme, vegetable oil, salt and light soy sauce, apply these marinades evenly by massaging, the chicken put them in a fresh-keeping bag and put them in the refrigerator and marinate for 4 hours (more flavoursome overnight).
- 3 Take out the pickled chicken and put it on a baking tray covered with baking paper.
- 4 Put the baking tray into the bottom layer of the steaming oven, select  auto menu 01 , and start.
- 5 After cooking, take it out and enjoy.





## Auto Menu 02

# French Lamb Rack

### Ingredients

#### Main materials

7-bone lamb chops	1 pack (not cut)
Fresh parsley	50g
White rum	20g
Onion	30g
Breadcrumbs	80g
Olive oil	30g
Whipping cream	20g
French yellow mustard	30g
Salt	5g
Ground black pepper	5g

### Vessel placement reference

Tools: baking paper + baking tray


Placement: middle layer



baking tray

🕒 About 35 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 After defrosting the 7-bone lamb chops, remove the extra fat around the lamb chops; cut the parsley and onions into pieces, and marinate the 7-bone lamb chops with salt, black pepper and rum for 20 minutes.
- 3 Mix chopped onions, chopped parsley and breadcrumbs. Sprinkle with olive oil and mix well. Set aside.
- 4 First spread yellow mustard (mixed yellow mustard and light cream) on the surface of the pickled lamb chops, then evenly dip the surface with the mixture of breadcrumbs, and then place it on a baking tray covered with baking paper.
- 5 Select  auto menu 02, enter the preheating program, wait for the tone to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take out the dish and cut it into pieces.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







## Auto Menu 03

# Crispy Golden Char Siu

### Ingredients

Pork belly	450g
Sauce	
Char siu sauce	25g
Cooking wine	10g
Light soy sauce	10g
Ground black pepper	1g
A spoon of honey	
Breadcrumbs	50g

### Vessel placement reference

Tools: baking paper + baking tray  
Placement: middle layer



baking tray

🕒 About 45 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Wash the pork belly, cut it into 3~4cm thick pieces, pierce holes in the meat surface with toothpicks to marinate. Add all other seasonings except for honey and breadcrumbs, grasp and mix well, then wrap it with the plastic wrap and marinate for more than 2 hours.
- 3 After pickling, brush the meat with honey on the top and bottom, and then wrap the surface of meat with breadcrumbs.
- 4 Prepare a baking tray covered with baking paper and place the above pickled meat in the center of the baking tray.
- 5 Select 🍷 auto menu 03, enter the preheating program, wait for the tone to remind you that the preheating is complete; then put the baking pan into the middle layer of the steaming oven and press the confirmation button to start cooking. The cooking process will last for about 45 minutes.
- 6 After cooking, take it out, cool it a little and cut it into pieces. It can be eaten with sweet and sour sauce according to your taste.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



## Auto Menu 04

# German Pork Knuckle

### Ingredients

Pork elbow 1300g  
German wheat beer 250ml  
German sauerkraut 50g  
Half an onion  
1 fresh thyme  
Sea salt 10g  
Garlic powder 5g  
Cumin powder 5g  
Ground black pepper 5g  
Olive oil 10g

### Vessel placement reference

Tools: baking paper + baking tray  
Placement: Bottom layer



baking tray

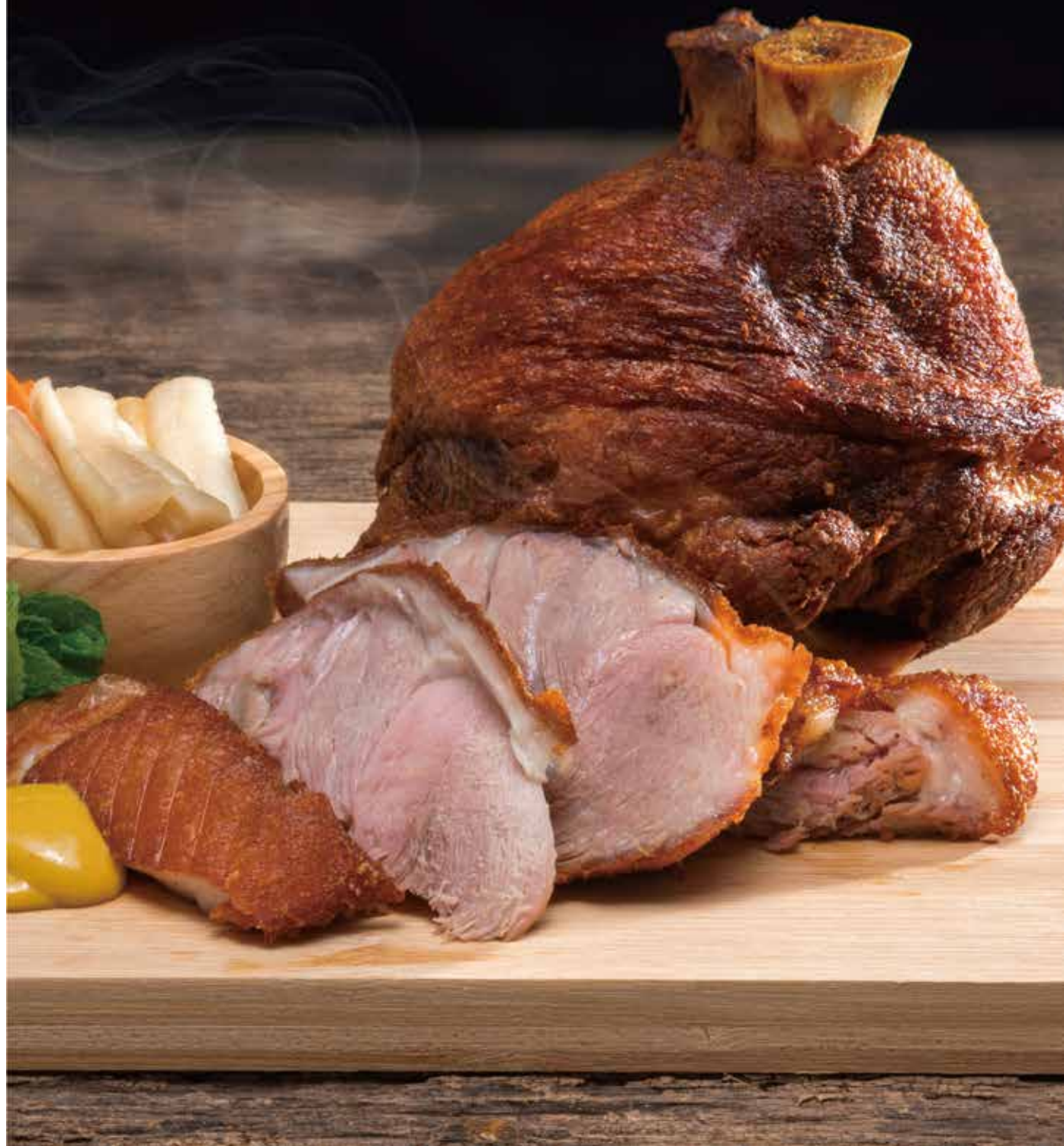
🕒 About 146 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Wash the pork elbow and dry it with kitchen paper (choose the pork elbow with more subcutaneous fat);
- 3 Add half an onion, beer, sea salt, ground black pepper, garlic powder, cumin powder, sauerkraut, thyme and olive oil to a container containing the pork elbow, mix well, pierce holes in pork's skin with needles and massage the pork elbow.
- 4 After that, put it in the refrigerator and marinate for about 1 hour. It should not take too long.
- 5 Drain the pickled pig elbow, put it vertically in a baking tray covered with baking paper (in contact with oil paper), and place it in the bottom layer of the steaming oven.
- 6 Fill the water box of the steaming oven with water, select ☰ auto menu 04, and start.
- 7 After cooking, take it out and enjoy.

#### Tips

- It is recommended to turn over and massage the pig elbow during the pickling process.







## Auto Menu 05

# Roasted Steak with Black Pepper

### Ingredients

#### Main materials

2 slices of frozen steak (250g/slice, about 2.5cm thick)

#### Ingredients

Olive oil 20g

Ground black pepper 4g

Sea salt 4g

### Vessel placement reference

Tools: baking paper + baking tray


Placement: top layer



baking tray

🕒 About 10 minutes

### Directions

- 1 Prepare all the ingredients, do not remove the vacuum bag for the frozen steak. Put it in the normal temperature water in advance and defrost naturally.
- 2 After defrosting, unpack the package and use kitchen paper to dry the surface of the steak.
- 3 Sprinkle the steak with ground black pepper and marinate with sea salt for 10 minutes.
- 4 Brush the surface of the baking tray with oil, put the pickled steak on the baking tray, and coat it with olive oil.
- 5 Select  auto menu 05 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray on the top layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take it out, let it sit for about 3 minutes, cut into pieces and eat it. According to your taste, dip it in black pepper sauce and eat it together.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



## Auto Menu 06

# Baked Lobster with Cheese

### Ingredients

A Boston lobster (about 650g)  
Parsley 10g  
Minced garlic 20g  
Olive oil 40g  
Minced onion 60g  
Mozzarella cheese 80g  
Butter 10g

### Vessel placement reference

Tools: baking paper + baking tray  
Placement: middle layer



baking tray

🕒 About 17 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Wash the fresh Boston lobster, divide the lobster into two, remove the lobster glands and gills, wash it again, and place lobsters symmetrically on a baking tray covered with baking paper.
- 3 Pour olive oil in the frying pan, stir-fry the onion and minced garlic in the pan, bring out, add parsley and mix well, and spread the ingredients evenly over the lobster.
- 4 Put 10g butter and 80g Mozzarella cheese in the frying pan to melt.
- 5 When the cheese melts, spread it evenly on the upper surface of the lobster.
- 6 Select 🍽 auto menu 06, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press confirmation button to start cooking.
- 7 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





## Auto Menu 07

# Baked Scallops with Cheese

### Ingredients

#### Main materials

8 frozen half-shell scallops (about 550g)

#### Ingredients

Mozzarella cheese 40g

Whipping cream 100g

Onion 60g

Celery 20g

Butter 15g

Olive oil 15g

Flour 5g

Water 30g

### Vessel placement reference

Tools: Tin foil + baking tray


Placement: top layer



baking tray

🕒 About 9 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Cut onions and celery into small pieces;
- 3 After the scallops are cleaned, suck up the water with kitchen paper towels, heat the pan, add olive oil and heat the scallop meat, fry each side for 20 seconds, put it back into the fan shell and place it on a tin foil baking tray.
- 4 Heat the pan, add the butter, melt slightly, stir-fry the diced onions for 3 minutes until transparent, then add the diced celery, then pour in the whipping cream and stir well.
- 5 After mixing 5g flour with 30g water, pour it into the pan and continue to stir over low heat. Keep stirring to prevent caking. Heat to a proper consistency and turn off the heat.
- 6 Put the boiled sauce in a bowl and cool it to a low temperature before using.
- 7 Pour the cooked cream sauce evenly over the scallops, sprinkle with chopped cheese, select  auto menu 07, enter the preheating program, wait for the beep sound to remind you that the preheating program is completed, put the baking tray on the top layer of the steaming oven and press the confirm button to start cooking.
- 8 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.









Auto Menu 08

# Barbecue Pork Ribs

## Ingredients

### Main materials

Pork ribs 500g

### Ingredients

Garlic 10g

Onion 50g

Fresh thyme 6g

Brandy 10g

White rum 20g


French mustard 10g

Ground black pepper 3g

Sea salt 2g

Korean barbecue sauce 40g

## Directions

- 1 Get all the ingredients ready;
- 2 Chop the onions and garlic, chop the pork ribs into strips about 10cm long, wash them, and dry them with kitchen paper.
- 3 Add all the seasonings and stir well, cover with cling film, refrigerate and marinate for more than half an hour;
- 4 The pickled ribs are placed on a baking tray covered with baking paper;
- 5 Fill the water box with water, put the steaming plate into the middle layer of the steaming oven, select  auto menu 08, and press the confirm button to start cooking;
- 6 After cooking, take it out and enjoy.


## Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray

 About 36 minutes



## Auto Menu 09

# Grilled Cod Fish

### Ingredients

#### Main materials

Cod 220g

#### Ingredients

Sea salt 2g

Edible oil 10g

Chopped black pepper 3g


### Vessel placement reference

Tools: baking paper + baking tray


Placement: top layer



baking tray

 About 9 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Rinse the cod, dry it with kitchen paper, sprinkle with chopped black pepper on both sides, spread salt on both sides, and marinate for about 10 minutes to make the cod taste more delicious.
- 3 Brush the baking tray with a layer of oil, put the marinated cod on the baking tray, and brush a thin layer of oil on both sides of the cod.
- 4 Select  auto menu 09, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking pan into the top layer of the steaming oven and press the confirmation button to start cooking.
- 5 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 10

# Honey Black Pepper Chicken Wings

## Ingredients

### Main materials

Chicken wings 500g

### Ingredients

Garlic powder 5g

Oyster sauce 5g

Barbecued pork sauce 30g

Cooking wine 15g

Light soy sauce 8g

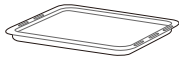
Black pepper 5g

Honey 15g

## Vessel placement reference

Tools: baking paper + baking tray


Placement: middle layer



baking tray

🕒 About 17 minutes and 30 seconds

## Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken wings and drain;
- 3 Add garlic powder, oyster sauce, barbecued pork sauce, cooking wine, light soy sauce, and black pepper to the chicken wings and grasp well. Put it in the refrigerator and marinate for more than 2 hours.
- 4 Put the marinated chicken wings on a baking tray lined with greased paper, put the baking tray with food in the middle layer of the steaming oven, select  Auto menu 10, and start it. When 2 minutes are left, take out the surface and brush it with honey and continue baking.
- 5 After baking, take it out and let it cool for consumption.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





# Auto Menu 11

## Shrimps Skewers

### Ingredients

#### Main materials

15 prawns (about 40g of one )

#### Seasoning

Garlic powder 5g

Ground black pepper 2g

Salt 1g

Dark soy sauce 0.5g

Olive oil 15g

Chopped chives 10g

### Vessel placement reference

Tools: baking tray


Placement: top layer



baking tray

🕒 About 10 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Remove the head of the shrimp, peel the shell and remove the shrimp line, wash and absorb excess water. Mix the treated shrimp with seasoning and marinate for 15 minutes.
- 3 Put the marinated shrimp with bamboo sticks, put the shrimp kebabs on the baking tray, select  auto menu 11, enter the preheating program, wait for the beep sound to remind you that preheating is complete, put the baking tray on the top layer of the steaming oven and press the confirmation button to start cooking.
- 4 When the cooking is over, take the dish out and sprinkle with chives.

#### Tips

·Spotted shrimp or green shrimp can replace prawns.

·From June to July every year, the shrimp is the freshest and fattest, and shrimp meat is rich in magnesium, which helps to protect the cardiovascular system. It is cooked with black pepper and minced garlic to make an unusual and unique flavor.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







## Auto Menu 12

# Grilled Shrimps

### Ingredients

#### Main materials

Prawn 250g

#### Ingredients

Oil 10g

Garlic barbecue sauce 30g

### Vessel placement reference

Tools: baking tray


Placement: top layer



baking tray

🕒 About 7 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Clean shrimps, cut off the whiskers; cut the back of the shrimp with scissors, pick out the shrimp line with floss.
- 3 Pour garlic barbecue sauce to the shrimp, mix well, and then add the cooking oil.
- 4 Soak bamboo swabs in water for about 10 minutes in advance to avoid scorching.
- 5 With prawns in one hand and bamboo swabs in the other, string from the tail to the head.
- 6 Place shrimps neatly in a baking tray with a little cooking oil; select  auto menu 12 to enter the preheat program; when the (a reminding sound will be on), put the baking tray in the upper layer of the steaming oven, press the confirmation key to start cooking.
- 7 After cooking, take it out and enjoy. You may add some minced green onions.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





## Auto Menu 13

# Bacon Asparagus Roll

### Ingredients

Asparagus 100g  
Bacon 100g  
Enoki 50g  
Ground black pepper 1g  
Carrot appropriate amount

### Vessel placement reference


Tools: baking paper + baking tray  
Placement: middle layer



baking pan

🕒 About 8 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Cut the bacon into two pieces;
- 3 Remove the old skin from the root of asparagus, cut off the old stem, wash and cut into sections.
- 4 Take a section of asparagus, a small amount of enoki, and a section of carrot roll it up with bacon, string every three bacon rolls, place the asparagus bacon roll on a baking tray covered with baking paper, then sprinkle with black pepper.
- 5 Select  auto menu 13 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



## Auto Menu 14



# Satay Chicken Skewers

### Ingredients

#### Main materials

8 satay chicken skewers (about 200g)

### Vessel placement reference

Tools: baking paper or tin foil + baking tray


Placement: top layer



baking tray

🕒 About 17 minutes

### Directions

- 1 Take the satay chicken kebabs out of the refrigerator and defrost them to room temperature.
- 2 Spread baking paper or aluminum foil on the baking tray and put 8 satay chicken kebabs on top.
- 3 Select  auto menu 14 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the top layer of the steaming oven and press the confirmation button to start cooking.
- 4 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.









Auto Menu 15

# Julienne Vegetable–Stuffed Chicken

## Ingredients

### Main materials

Chicken leg 400g (medium size)

Carrots 60g

Celery 60g

### Ingredients

Ginger 5g

Barbecue sauce 15g

Cooking wine 15g

Pepper powde 0.5g

Salt 4g

Scallion 5g

## Vessel placement reference

Tools: Tin foil + baking tray

Placement: middle layer



baking tray

🕒 About 28 minutes

## Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken leg and remove the bone and pat it loose with the back of the knife.
- 3 Marinate chicken legs with salt, ginger, pepper and cooking wine for at least 20 minutes.
- 4 Cut the carrots, celery and scallion into slender strips that are the same length as the chicken legs. Wrap the pickled chicken legs into these vegetables.
- 5 Wrap it in tin foil and roll it tightly;
- 6 The baking tray is covered with tin foil. Put chicken leg wraps on it.
- 7 Select 🍽️ auto menu15 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 You will hear a reminder sound after baking for 20 minutes,, open the oven door, take it out, remove the tin foil, spread it with barbecue sauce and continue baking;
- 9 After cooking, remove and cool slightly before slicing.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



## Auto Menu 16



# Curry Chicken Skewers

### Ingredients

#### Main materials

Chicken thigh meat 500g  
Fresh pineapple meat 250g  
Green and red peppers 150g

#### Ingredients

Coconut milk 60g  
Curry powder 20g  
Honey 10g  
Salt 2g  
Lemongrass 1 piece  
Bamboo skewers 8 pieces  
Chopped peanuts 20g  
Chopped lime 4g

### Vessel placement reference

Tools: Tin foil + baking tray


Placement: middle layer



baking tray

🕒 About 15 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Cut the chicken thighs into large pieces, cut the lemongrass into small sections, mix the curry powder with coconut milk, add honey and salt and stir well, then add the chicken thighs, and marinate in cold storage for 1 hour (the marinade can be adjusted according to personal taste).
- 3 Cut the pineapple and green and red peppers into pieces the same size as the chicken thighs, and skewer the pineapple, green and red peppers and marinated chicken thighs in sequence with a bamboo stick.
- 4 Cover the baking tray with greased paper, put the meat skewers, put the baking tray with food into the middle layer of the steaming oven, select  auto menu 16, and start it.
- 5 After baking, sprinkle with chopped peanuts and chopped lime and serve.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



# Auto Menu 17

## Seafood Pizza

### Ingredients

#### Pizza crust

High gluten flour	150g
Cake flour	60g
Sugar	15g
Yeast	3g
Edible oil	15g
Salt	5g
Warm water	115g

#### Pizza stuffing

2 slices of bacon	
6 shrimps	
Green pepper	50g
Onion	50g
Pizza sauce	15g
2 cherry tomatoes	
Mozzarella cheese	60g

### Vessel placement reference



Tools: baking paper + baking tray  
Placement: middle layer



baking tray

🕒 About 24 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Knead all the ingredients in the pizza crust into a smooth dough until the expansion stage, pull out a large film, cover with plastic wrap, use  Fermentation, 30 C, about 50 minutes, ferment to twice the size in a warm place.
- 3 Shred green peppers and onions, cut tomatoes and bacon into slices;
- 4 Put the dough on the kneading mat and knead well;
- 5 Cover with cling film and let stand for 10 minutes;
- 6 Roll the dough into a crust of about 23cm.
- 7 Spread the baking paper on the baking tray, spread the rolled crust, tidy up the edges of the crust, poke a small hole in the crust with a fork, and then brush it evenly with pizza sauce.
- 8 Sprinkle a layer of Mozzarella cheese 20g, spread tomatoes, sprinkle another layer of cheese 20g, add bacon and shrimps, and finally put a layer of cheese 20g.
- 9 Select  auto menu 17, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 10 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





**STEAMED**

A top-down view of a dining table with a light grey, textured surface. In the upper right, a white bowl contains a yellow sauce. A blue cloth napkin is folded on the table. A white plate is partially visible in the lower right, with a single steamed shrimp on it.









## Auto Menu 18

# Braised Chicken with Chestnuts

### Ingredients

#### Main materials

Chicken 500g

Chestnut 300g

#### Ingredients

Broccoli 80g

Ginger 20g

Green onion 15g

Cooking wine 6g

Oyster sauce 5g

Light soy sauce 5g


Salt 3g

Sichuan pepper 5g

Star anise 3g

Peanut oil 5g

### Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken and cut it into pieces, add water and put chicken to the pot, put green onions, ginger, cooking wine, pepper and star anise to boil and remove them.
- 3 Take out the boiled chicken and add a little salt, oyster sauce and light soy sauce to mix well.
- 4 Put the chestnuts at the bottom of the tray and put in the chicken nuggets.
- 5 Put the food plate on the steaming tray, put the steaming tray in the middle layer of the steaming oven, close the stove door, add water to the water box, select  auto menu 18, and start.
- 6 After finishing cooking the chicken, boil the water in the pot, add a few drops of oil and a little salt. Boil the broccoli until cooked and place around the steamed chicken.

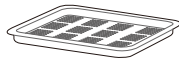
### Vessel placement reference

Tools: dish + steaming tray


Placement: middle layer



dish



steaming tray

 About 30 minutes

## Auto Menu 19



# Steamed Osmanthus fish

## Ingredients

### Main materials

A osmanthus fish (about 500g)

### Ingredients

4 slices of ginger (about 10g)

Green onion white 3g

Rice wine 5g

Salt 2g

Steamed fish soy sauce 20g

Edible oil 30g

### Ingredients

Red pepper rings 10g

## Vessel placement reference

Tools: steamed tray

Placement: middle layer



steaming tray

🕒 About 18 minutes

## Directions

- 1 Remove the scales of the osmanthus fish, cut off the head and tail of the fish, and wash the inner cavity. Slice from the back of the fish, the thickness is 0.5cm. Leave 1cm on the belly of the fish and do not cut it off. Spread rice wine and salt on the fish. Marinate for 10 minutes to remove the fishy smell.
- 2 Put sliced ginger and onion white at the bottom of the steamed tray, and then put in the cut fish to make the peacock look like a screen.
- 3 Put the steamed tray on the steaming plate, put it into the middle layer of the steaming box, fill the water box with water, select ☰ auto menu 19, and start.
- 4 After cooking, take out the steamed tray, pour out the excess water on the plate, pick out spring onions and ginger, put red pepper rings on fish noodles, pour hot oil and pour in steamed fish soy sauce.





## Auto Menu 20

# Steamed Pork Belly with Preserved Vegetable

### Ingredients

#### Main materials

1 piece of pork belly with skin (about 1000g)  
 Dried preserved vegetables 50g

#### Ingredients

Dried sichnan pepper 1g  
 3 slices of ginger  
 1 green onion

#### Marinade

Dark soy sauce 3g

#### Seasoning

Chu Hou sauce 2g  
 Sauce of red preserved bean curd 5g  
 Dark soy sauce 1g  
 Light soy sauce 10g  
 Seafood sauce 2g  
 Sugar 2g  
 Rice wine 5g

### Vessel placement reference

Tools: casserole + deep bowl +  
 steaming tray + baking tray

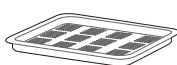
Placement: bottom layer



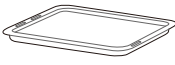
casserole



deep bowl



steaming tray



baking tray

⌚ About 60 minutes

#### Tips

·After the meat is steamed, you need to pour out the juice and then buckle it upside down to avoid scalding.

### Directions

- 1 Wash the dried preserved vegetables and soak them in warm water for 15 minutes. Mix seasoning and stir evenly for use.
- 2 Wash the pork belly and put the ingredients in the casserole, cover the pot, leave a small hole for air, put it into the machine, use the function of [🌀 Steam], cook for 15 minutes;
- 3 After cooking, wash the pork surface slightly, absorb the water, pierce the pigskin through dense holes with a needle, smear it evenly on the meat noodle and skin with old soy sauce, spread the tin foil on the baking tray and put the belly meat on the baking tray, and the meat is facing down.
- 4 Select the [🌀 Convection] function, set the temperature to 230 °C and enter the preheating procedure. After preheating, put the baking tray into the lower layer of the steaming oven and bake for 20 minutes.
- 5 After cooking, take out and cool slightly, then cut down from the meat skin, do not cut off at the bottom.
- 6 Squeeze out the soaked preserved vegetables, put the sliced meat in a glass bowl, pour the skin down with seasoning, then spread the preserved vegetables on top and press firmly.
- 7 Put the food plate on the steaming tray, put the steaming tray into the bottom layer of the steaming oven, close the door, add water to the water box, select [☰ auto menu 20], and start.
- 8 After cooking, pour out the soup from the bowl, buckle a tray upside down and turn it over.



## Auto Menu 21



# Steamed Sole Fillet

### Ingredients

#### Main materials

Sole fillet 500g

#### Ingredients

Green onion 20g

Lemon juice 30g

Steamed fish soy sauce 30g

Vegetable oil 45g

### Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer




dish



steaming tray

🕒 About 18 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 After the sole fillet is taken out and thawed, rinse with clean water then dry moisture, and cut into pieces about 3 cm width.
- 3 Put it on a plate and squeeze lemon juice on top;
- 4 Put the food plate on the steaming tray, put the steaming tray into the middle layer of the steaming oven, close the door, add water to the water box, select  auto menu 21, and start.
- 5 After cooking, remove, add shredded green onions, sprinkle with steamed fillet soy sauce and sprinkle with hot oil.





Auto Menu 22

# Steamed Eggs with Crab

## Ingredients

### Main materials

Sea crab 120g

Eggs 120g

### Ingredients

Warm water 150g

Cooking wine 10g

## Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish



steaming tray

🕒 About 10 minutes

## Directions

- 1 Get all the ingredients ready;
- 2 Wash the sea crabs and chop them into two servings, and marinate them with cooking wine for 10 minutes to remove the fishy.
- 3 Beat the eggs into the steaming bowl, beat and mix well, pour in 150 grams of warm water, and stir well.
- 4 Put in the sea crabs, pour in the egg liquid, remove the surface foam and set aside.
- 5 Put the food plate on the steaming tray, put the steaming tray in the middle of the steaming oven, close the stove door, add water to the water box, select 🍲 the auto menu 22, and start.
- 6 After cooking, remove and sprinkle with chopped green onion.









## Auto Menu 23

# Steamed Pork Ribs with Pumpkin

### Ingredients

#### Main materials

Pork ribs 300g

Pumpkin 300g

#### Ingredients

Salt 4g

Sugar 5g

Cornstarch 10g


Fermented soya bean 15g

Ginger 10g

Garlic 10g

Soy sauce 8g

### Directions

- 1 Get all the ingredients ready;
- 2 Peel and slice the pumpkin (about 1 cm thick).
- 3 Minced ginger and garlic, wash ribs, add soy sauce, fermented soya bean, garlic, ginger, salt, sugar, corn starch and marinate them;
- 4 Lay the pumpkin at the bottom and put the ribs on top;
- 5 Put the food plate on the steaming tray, put the steaming tray into the middle layer of the steaming oven, close the door, top to the water box, select  auto menu 23, and start.
- 6 After cooking, take it out and enjoy.

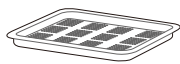
### Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish



steaming tray

 About 18 minutes



## Auto Menu 24 Steamed Asparagus

### Ingredients

Asparagus	300g	Sesame oil	5g
Ginger	10g	Sugar	5g
Garlic	15g	Vegetable oil	15g
2 Little red peppers		Salt	2g
Light soy sauce	20g		
Water of desired amount			

### Vessel placement reference

Tools: Baking paper + baking tray + dish

Placement: middle layer



dish




baking tray

🕒 About 9 minutes

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.

### Directions

- 1 Get all the ingredients ready;
- 2 Remove the old skin from the asparagus root, cut off the old stem, wash and cut into long sections. Minced ginger and garlic, and little red peppers into circles;
- 3 Put the asparagus on a baking tray covered with baking paper.
- 4 Select  auto menu 24, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 5 After cooking, take it out and put it on the plate.
- 6 Take a bowl, pour in light soy sauce, sugar, salt and some boiled water, mix well, pour over asparagus, sprinkle with minced ginger and small red pepper rings.
- 7 Heat the desired amount of hot oil in the pot to about 200 °C and pour it on the minced ginger and garlic immediately.



## Auto Menu 25

# Stewed Lamb Chops with Matsutake

### Ingredients

#### Main materials

Morchella 10g  
 Agaricus blazei Murrill 10g  
 Lamb chop 400g  
 Water 1500g

#### Ingredients

Wolfberry 2g  
 4 red jujube  
 4 slices of ginger  
 Salt 3g

### Vessel placement reference

Tools: casserole + steaming tray

Placement: bottom layer



casserole



steaming tray

🕒 About 90 minutes

#### Tips

·Add hericium erinaceus, sea cucumber and other ingredients to taste more fragrant.

·In the cold winter, a bowl of steaming mutton soup can resist the wind and cold, nourish the body, and add valuable fungi such as Morchella and Agaricus blazei Murrill to make it more nutritious.

### Directions

- 1 Wash Morchella, Agaricus blazei Murrill, red jujubes and Chinese wolfberry. Soak Morchella and Agaricus blazei Murrill in warm water at 40 °C for 30 minutes.
- 2 Wash and cut lamb chops, then clean it with boiled water and set aside. Put lamb chops, Morchella, Agaricus blazei Murrill, red jujubes and sliced ginger in a casserole. Pour in water, cover the pot and leave a small hole for air.
- 3 The water box of the steamer is full of water, put the food on the steaming tray, put it on the lower layer, select ☰ auto menu 25, and start.
- 4 When you have 5 minutes left, reminding sound will be on, take out and add Chinese wolfberry and continue cooking.
- 5 After cooking, add the desired salt according to your taste.



## Auto Menu 26

# Steamed Sea Bass

### Ingredients

Grouper 490g  
Shredded green onion 5g  
Shredded ginger 5g  
Vegetable oil 15g  
Steamed fish soy sauce 20g

### Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer




dish



steaming tray

🕒 About 15 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Kill the fish, cut open the fish belly, remove the internal organs and gills, scrape the fish scales clean and wash them. Cut along the main spine of the fish so that the fish can lie on its stomach and place the fish on its stomach in a steamed fish plate covered with chopsticks.
- 3 Put a few slices of ginger on the back of the fish for deodorization;
- 4 Put the steamed fish plate with fish on the steaming tray, put it in the middle layer of the steaming oven, select  auto menu 26, and start it.
- 5 After cooking, take out the sliced ginger, pour out the soup on the plate, sprinkle with shredded green onions and shredded ginger, then sprinkle with hot oil, and finally pour in steamed fish soy sauce.

#### Tips

- Grouper is numerous in variety, fresh, tender and solid meat.
- The taste of high-temperature steam cooking is better.
- If the weight of grouper exceeds 490g, it is recommended to add steam cooking time.
- Cut about 1~2cm along the main spine of the fish.

You can adjust the amount of steamed fish soy sauce and vegetable oil according to your personal preference.





## Auto Menu 27

# Pork and Cabbage Dumplings

### Ingredients

#### Main materials

Minced pork	300g
Chinese cabbage	200g
Dumpling skin	500g

#### Ingredients

Minced ginger	1g
Minced onion white	1g
Egg white	10g
Salt	1g
Rice wine	5g
Dark soy sauce	10g
Ground white pepper	1g
Edible oil	20g
Oyster sauce	2g
Sesame oil	1g
Sugar	1g
Corn flour	10g

### Directions

- 1 Wash the cabbage and put it into a pot, squeeze out the excess water and cut it into pieces. Add all the ingredients in the minced pork and stir in one direction. Then add the cabbage and continue to stir well. Seal the plastic wrap and refrigerate for 20 minutes to make the stuffing.
- 2 Put the stuffing in the middle of the dumpling skin, bend the two sides of the dumpling skin to the middle, squeeze a "concave" shape at one end of the dumpling skin, then squeeze it tightly. Push one side of the dumpling skin to the middle, and then push the other side, squeeze it tightly. Repeat this action until the end of the dumpling, and finally press and squeeze it tightly.
- 3 Spread a layer of baking paper on the steaming tray and put the raw embryos of the dumplings neatly on top.
- 4 Fill the water box with water, put the steaming tray into the middle layer of the steaming oven, select auto menu 27, and start.
- 5 After cooking, take it out and enjoy.

### Vessel placement reference

Tools: baking paper + steaming tray

Placement: middle layer



steaming tray

About 20 minutes

#### Tips

- Dumpling stuffing can be prepared in advance and refrigerated in the refrigerator so that it can be better shaped when making dumplings.
- Chinese cabbage is a winter vegetable, crisp and sweet, rich in fiber. It can promote gastrointestinal peristalsis and help digestion.





## Auto Menu 28



# Pork and Mushroom Steamed Buns

## Ingredients

### Dough

Ordinary flour 260g  
Water about 135g  
Dry yeast 3g  
Sugar 30g  
Salt 2g

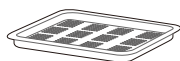
### Stuffing

Pork mince 200g  
5-6 dried shitake mushrooms  
1 chive  
1 tablespoon of soy sauce  
A little sugar  
Salt the right amount

## Vessel placement reference

Tools: baking paper + steaming tray

Placement: middle layer

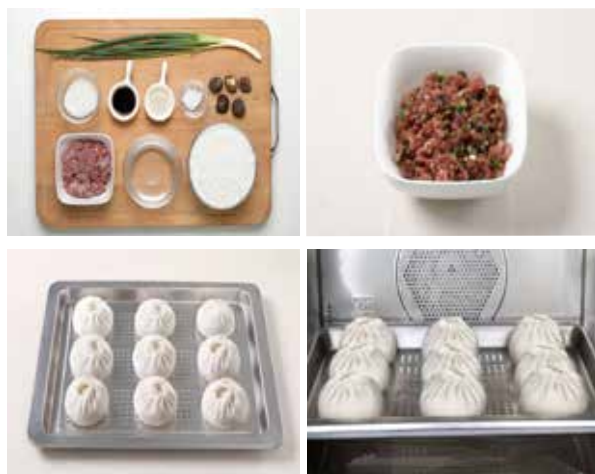


steaming tray

⌚ About 25 minutes

## Directions

- 1 Chop dried shitake mushrooms after soaking, wash and chop onions, put minced pork, shitake mushrooms and chives into a bowl, add light soy sauce, sugar and salt, stir in one direction and set aside.
- 2 Mix flour, yeast, sugar, salt and water to form a smooth dough.
- 3 Put the kneaded dough (with the cover of the kneading basin) on the steaming tray, then put it on the lower layer. Choose the intimate function Low Temp. Fermentation at 40 °C for about 40-50 minutes until the dough is about 2 times the original size. When the dough is filled with honeycomb holes, it has been fermented. Knead the dough again and fully knead the foaming inside.
- 4 Knead the dough into strips and cut it into small agents of about 40g.
- 5 Press the agent flat, then roll it out with a rolling pin into a dough with a thicker middle and thinner edges;
- 6 Put the right amount of meat stuffing into the dough, squeeze out a fold from one place, and then continue to squeeze the fold in one direction, until the edge of the crust is finished, the mouth is closed, and the steamed stuffed bun is born.
- 7 Spread a layer of baking paper (or wrapping paper) on the steaming plate and put the steamed buns on it neatly.
- 8 Put the food steaming tray in the middle layer of the shelf, close the furnace door, add water to the water box, select [🍲 Fermentation] at 40 °C, Time: 20 minutes, Start;
- 9 After waking up, select [☰] auto menu 28 and start.
- 10 When the cooking is over, wait 5 minutes before opening the stove door, in case the steamed stuffed bun's skin shrinks seriously and affects its appearance due to an instant drop in temperature.







## Auto Menu 29

# Steamed Chicken with Sand Ginger Powder



### Ingredients

#### Main materials

Yellow hair chicken (about 1000g)

Sand ginger 150g

#### Ingredients

Old ginger 3-4 slices

Scallion (sliced) 2 sheets

Shaoxing wine 10g

Pepper powder 3g

Salt 6g

#### Seasoning

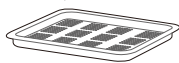
Grated ginger 10g      Hot oil 25g

Chopped chives 10g      Salt 1g

### Vessel placement reference

Tools: Shallow dish + steamed tray

Placement: lower layer



shallow dish      steaming tray

🕒 About 40 minutes

### Directions

- 1 The chicken is firstly washed and dried by using a kitchen paper. Salt and wine are evenly smeared on the surface and internal part of the chicken, and little pepper powder should also be smeared to marinate for half an hour; sand ginger powder is evenly smeared to marinate for half an hour.
- 2 Select 🕒 Preheat function; preheat the oven at 100°C.
- 3 After finishing preheat, top up the water box. Ginger slice and scallion section are arranged on the disk and marinated chicken is placed on the dish and then placed on the steam tray; then, steam tray is placed in the lower layer of steam oven.
- 4 Select ☰ Auto menu 29. Steam the chicken at 110°C for 30 minutes first. Then keep it in the oven for 10 more minutes.
- 5 Pour oil into a hot wok, then put ginger powder and cook it until gingers are light brown. Turn off the heat; then put minced garlic, salt and soy sauce in and stir.



Auto Menu 30



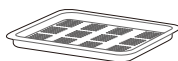
# Steamed Pear with Rock Sugar

## Ingredients

Pears 2 pieces  
Rock sugar 50g  
Water 1000g  
Wolfberry 10g  
Snow fungus 15g

## Vessel placement reference

Tools: deep bowl + steamed tray  
Placement: lower layer




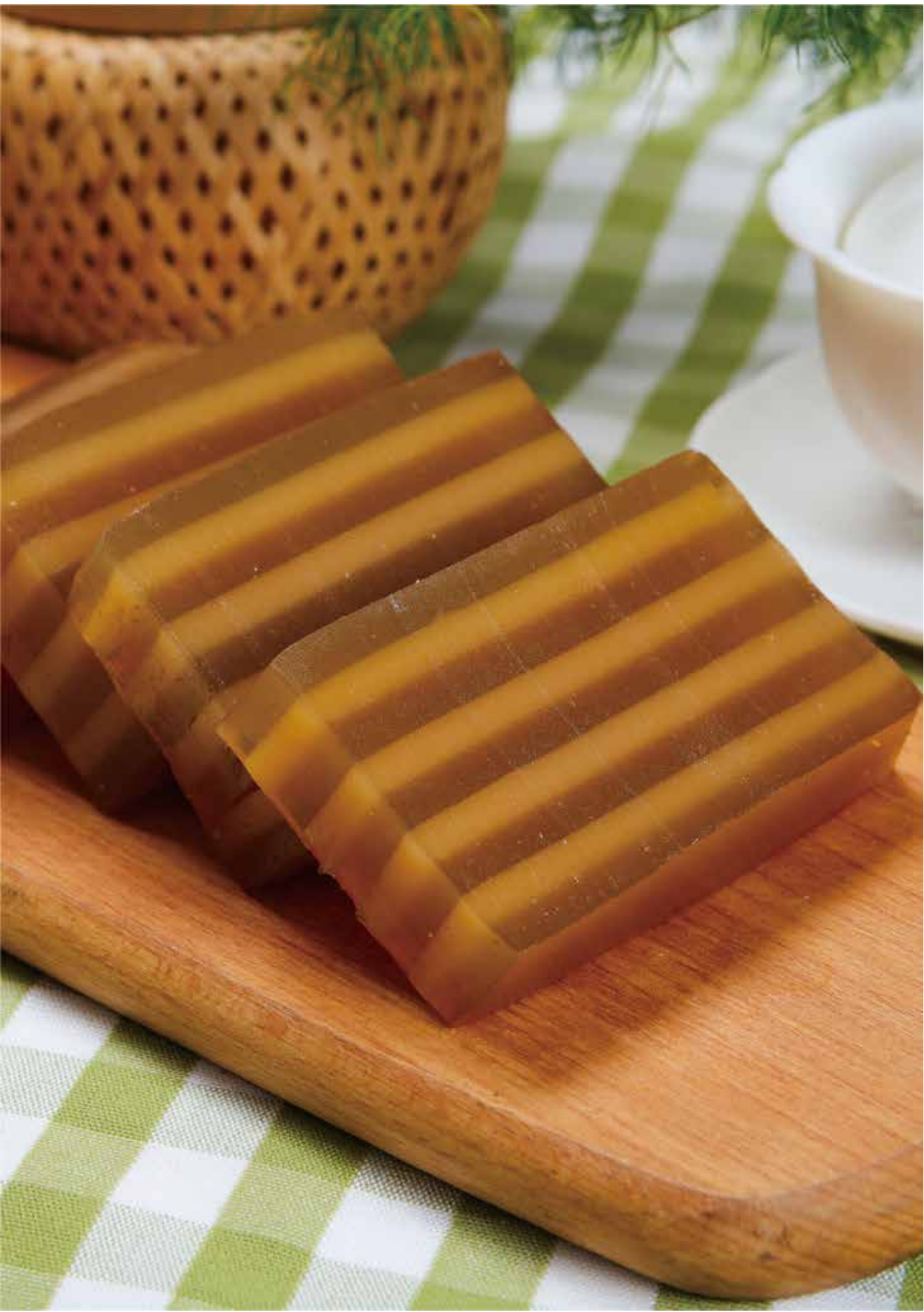
bowl

steaming tray

🕒 About 60 minutes

## Directions

- 1 Wash pears, remove the peel and the core, and cut into small pieces. Soak the wolfberry and snow fungus until soft.
- 2 Except the rock sugar, put the above-mentioned ingredients together in a large and deep wide-mouthed container, put the steaming tray on the lower level, select  auto menu 30, and start.
- 3 Voice prompt in the last 10 minutes: add rock sugar, stir evenly, continue heating until the cooking is over.





## Auto Menu 31

# Jujube and Ginger Juice Steamed Cake

### Ingredients

#### Main materials

Red dates 500g  
 Water (for red dates water) 800ml  
 Rock sugar 300g  
 Chestnut powder 150g  
 Wolfberry 10g  
 Water (for chestnut powder) 500ml

#### Ginger syrup

Ginger appropriate amount  
 Water (for ginger juice) 40ml  
 Rock sugar 100g  
 Water 180g  
 Chestnut powder 100g  
 Water (for chestnut powder) 220ml

### Vessel placement reference

Tools: Flat-bottomed deep plate  
 + steaming tray

Placement: bottom layer



Flat-bottomed deep plate steaming tray

⌚ About 45 minutes

· In winter, eating red dates, Chinese wolfberry and ginger juice can increase energy, nourish blood and enhance the physique to resist the cold. The sweet taste of soft red dates, Chinese wolfberry and ginger juice cake is very warm.

#### Tips

- Brown sugar can be used instead of rock sugar.
- It is recommended to cover with cling film when cooking to prevent condensed water from dripping onto the surface of the food.

### Directions

- 1 Wash red jujubes and remove their nuts. Add 800ml water and boil for half an hour. After cooking, squeeze the red jujubes dry and filter out the residue. Then add the water to the red jujubes and boil it until the sugar melts.
- 2 Soak Chinese wolfberry in cold water for a while.
- 3 Mix 150g chestnut powder with 500ml water.
- 4 Pour the boiled red jujubes sugar water into the chestnut powder water and stir quickly clockwise to make the red jujubes paste.
- 5 Peel the ginger and cut it into small pieces, then add 40ml water and beat to make ginger juice, then filter out the residue.
- 6 Pour the yellow rock sugar, ginger juice and 180ml water into the pot and boil it.
- 7 Mix 100g chestnut powder with 220ml water and pour into ginger syrup. Mix well quickly clockwise and mix into ginger syrup.
- 8 Brush a layer of oil in the deep plate, pour the red jujube paste into the plate, the paste is about 1cm thick, put the food on the steaming tray. Then put the steaming tray into the bottom layer of the oven, select auto menu 31, and start.
- 9 Pour in around 1cm thick layer of red jujubes paste into the deep plate, steam for 10 minutes to wait for the surface to solidify.
- 10 After hearing the beep sound, add the Chinese wolfberry, pour in the ginger paste of the same thickness, and steam for another 10 minutes.
- 11 After hearing the beep sound again, pour in a layer of red jujube paste and steam for 25 minutes.
- 12 Take out the Jujube and Ginger Juice Steamed Cake. Let it cool completely, remove the plate and cut into pieces to eat.

## Auto Menu 32



# Sweet Green Rice Ball

## Ingredients

### Main materials

Glutinous rice flour	300g
Wheat starch	45g
Sugar	20g
Red bean paste	200g
Wormwood	40g
Ice water	60g(for cooling) 40g(for dough)
Warm water	180g ( about70-80°C )
Water	100g

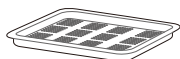
### Ingredients

Boiled water	45g
Lard oil	25g

## Vessel placement reference

Tools: baking paper + steaming tray



Placement: middle layer



steaming tray

🕒 About 12 minutes and 30 seconds

## Directions

- 1 Wash fresh wormwood leaves, put leaves and 100g water in a glass bowl, put it on the steaming tray, put in the middle layer of the steam oven, close the furnace door, fill the water box with water, select [  Steam] function and cook for 4 minutes.
- 2 After cooking, quickly put the wormwood leaves into ice water to cool, then remove and squeeze out the water, beat it into mud with a blender (add a little water), stir and filter out the juice and set aside.
- 3 Add the wheat flour in the basin, pour in 45g boiling water and stir until there are no particles to make the dough.
- 4 In another bowl, pour glutinous rice flour, sugar and warm water and stir well. Add 40g cold water to knead the dough, then add the dough, finally add wormwood paste and lard to knead well.
- 5 Divide the kneaded green ball skin into 12 parts, about 30g/part, and bean paste, about 20g/part. Knead a green ball skin round and press it flat, knead it into a skin that is thick in the middle and thin around, put on the bean paste filling on it, tighten the skin to the middle, and rub it round.
- 6 Put baking paper on the steaming tray, then put the wrapped wormwood ball on it. Put the steaming tray into the middle layer of the steaming oven, fill the water box with water, select  auto menu 32, and start.
- 7 After cooking, take it out and enjoy.







# BAKING





## Auto Menu 33



# Almond Tuiles

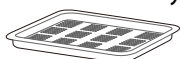
### Ingredients

Low gluten flour	30g
Almond tablets	100g
Butter	15g
Egg white	100g
Sugar	80g

### Vessel placement reference

Tools: baking paper + steaming tray

Placement: middle layer



steaming tray

🕒 About 24 minutes

### Directions

- 1 Prepare all the ingredients, soften the butter at room temperature, and separate the egg white from the yolk.
- 2 Stir the egg white and sugar until the sugar melts.
- 3 Add the butter softened at room temperature to the egg white liquid and mix well, and set aside.
- 4 Put the almond slices in the oven, choose the 🌀 Convection function at 150 °C, bake for 3-4 minutes, bake until the surface is slightly colored, remove and set aside.
- 5 Add the sifted low-gluten flour and sliced almonds to the egg mixture and mix well.
- 6 Spoon the batter, one for every 5g, into a steaming tray covered with baking paper and spread out into a 5cm x 5cm square.
- 7 Select 🍳 auto menu 33, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the steaming tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 After baking, take out the food.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







## Auto Menu 34

# Cranberry Cookies

### Ingredients

Low gluten flour	170g
Dried cranberries	50g
Milk powder	9g
Butter	125g
Stired egg	25g
Sugar flour	70g

### Vessel placement reference


Tools: baking paper + steaming tray  
Placement: middle layer



steaming tray

🕒 About 23 minutes

### Directions

- 1 Prepare all the ingredients and soften the butter at room temperature.
- 2 Chop up dried cranberries.
- 3 Pour the powdered sugar into the softened butter and stir well with a manual egg beater. There is no need to whip up.
- 4 Add the egg liquid to the butter in 3 times, stir well with the butter each time, and then add the next time.
- 5 Add the dried cranberries and stir well, then add the sifted flour and milk powder, cut and mix with a scraper to make a batter without dry powder;
- 6 Put the batter on the cling film, put it into the biscuit mold, pour it out and put it in the refrigerator for about an hour.
- 7 Take out the frozen biscuits and cut them into slices about 5mm thick. If the biscuits are too hard, they can be heated at room temperature for a while and then cut;
- 8 The cut biscuits are spaced on the steaming tray covered with baking paper, select  auto menu 34, enter the preheating program, and wait for the beep sound to remind you to preheat. Put the steaming tray into the middle layer of the steaming oven and press the confirmation button to start cooking;
- 9 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



## Auto Menu 35

# Rye bread

### Ingredients

Rye flour	100g
High gluten flour	200g
Salt	4g
Yeast	4g
Sugar	10g
Water	180g
Butter	10g

### Vessel placement reference




Tools: baking paper + steaming tray  
Placement: middle layer



baking tray

🕒 About 21 minutes

### Directions

- 1 Get all the ingredients ready;
- 2 Knead all ingredients (except butter) until smooth and elastic, add butter and knead until the mask is opened, put the dough into the oven, select  Fermentation
- 3 Divide the dough into 250g, round and relax for 10 minutes.
- 4 Form an olive shape and place it on a baking tray covered with baking paper.
- 5 Select  Fermentation at 30°C for 40 minutes; or ferment the dough twice the size.
- 6 Sprinkle powder on the surface and draw a few knife on the surface (8 mm in depth, unlimited in style)
- 7 Select  auto menu 35, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.









## Auto Menu 36

# Cranberry Bread

### Ingredients

#### Dough

High gluten flour	200g
Whole wheat flour	25g
Fine salt	3g
Brown sugar flour	40g
Dry yeast	4g
water	125g
butter	20g

#### Stuffing

Cranberry	35g
Rum	15g

### Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray

🕒 About 25 minutes

### Directions

- 1 Prepare all the ingredients and soak dried cranberries in rum one night in advance.
- 2 Add all the dough except butter to the mixing bucket of the chef's machine, knead it into a smooth dough that can pull out the film, add the butter softened at room temperature, and continue to knead to the expansion stage, you can pull out a relatively strong translucent film that is not easy to break.
- 3 Take out the kneaded dough, put it on the kneading mat, add wine-stained dried cranberries, knead it well, roll the dough, place it in a large bowl, cover with plastic wrap, select 🕒 Fermentation at 30°C for 50 minutes; and ferment to 2-2.5 times the size.
- 4 The fermented dough dips the flour with its fingers in the hole of the dough without springback or collapse.
- 5 Take out the fermented dough, gently pat and exhaust it on the kneading mat, divide it into 4 parts on average, roll it round and cover it with cling film and relax at room temperature for about 20 minutes.
- 6 Take a piece of loose dough, face up, pat and flatten with the palm to make air out, fold the corners inward after turning, fold the last side inward, close the mouth tightly, turn over, and arrange the corners to be round.
- 7 Put the baking paper on the baking pad, arrange the bread in turn, select 🕒 Fermentation at 30°C for 50 minutes; ferment it to 1.5 times, and then take it out.
- 8 Sprinkle a little high powder on the surface of the bread and quickly cut the pattern with a bag cutter.
- 9 Select 🍷 auto function 36, enter the preheating program, wait for the tone to remind you that the preheating is complete, put the baking pan into the middle of the steaming oven and press the confirmation button to start cooking.
- 10 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.

# Tips

## How to whisk egg white

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### STEP 1

Put the egg whites in a clean beating bowl, add 1/3 fine granulated sugar, and beat the egg white at a low speed with an electric beater until the egg white is in a coarse foamy state.

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### STEP 2

Add the remaining 1 beat 2 fine granulated sugar and beat the egg beater at medium and low speed until the egg whites are fine foam-like bubbles.

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### STEP 3

Add the remaining fine granulated sugar, beat the egg beater at high speed until the egg whites show lines that are not easy to disappear, and lift the egg head to show a large corner, which is called wet foaming.

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### STEP 4

The electric egg beater turns to medium speed and continues to beat until the egg white cream has an obvious sense of resistance. Lift the egg whites, and the egg whites show upright small sharp corners. This stage is called dry foaming.

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## How to whisk the butter

- STEP 1** Cut the butter into small pieces or slices and soften it to ointment in an environment of about 25 °C (room temperature). Gently press with your finger to leave a mark, which is the most suitable condition.
- STEP 2** Use an electric egg beater to whisk the butter slightly at a low speed until the color becomes lighter.
- STEP 3** Add fine sugar or powdered sugar, beat the butter and sugar with an electric egg beater at low speed and beat at medium speed; the butter will become lighter in color and larger in volume.
- STEP 4** When the size of the butter paste becomes larger and lines appear, turn the electric egg beater to a high speed, and finish it when the butter is light and fluffy and the color is white.



STEP 1



STEP 2



STEP 3



STEP 4

## Fermentation skill of yoghurt

### [Milk selection]

Use pure milk, normal temperature milk or pasteurized milk. Adding some milk powder will make the texture of yogurt more mellow.

### [Fermenter selection]

It is recommended to use lactic acid bacteria powder, which is easy to operate, stable and mild in taste. You can also introduce or use Kefir granules with finished yogurt according to your personal preference.

### [Container disinfection]

The bacteria in the container may affect the quality of yogurt, so be sure to do a good job of disinfection and sterilization. The easiest way is to scald it with boiling water.

### [Refrigerated taste]

Put the yogurt in the refrigerator for more than 8 hours, and the yogurt will become thicker and more fragrant.

### [Adjust acidity]

If you think the home-brewed yogurt is too sour, you can choose low acidity bacterial powder, or under the premise of yogurt solidification, shorten the fermentation time and eat it as soon as possible. It is also a good idea to add honey, jam or cereal before eating.

## Ingredients

Plain yogurt 200g

Milk 200g

## Practice

- 1 Mix plain yogurt and milk in a large bowl
- 2 Place the bowl on the baking pan; put the pan in the lower layer of the oven. Close the oven door.
- 3 Select Fermentation. function; set the time to 8 hours and start.
- 4 Enjoy healthy home-made yogurt when it is finished.





## Fermentation skills of dough

### [Yeast]

In a suitable range, the more yeast is used, the faster the fermentation speed is; on the contrary, the opposite is true. The yeast stored improperly or stored for too long has dark color, low fermentation power and slow fermentation speed.

### [Water temperature]

If you make a dough at room temperature with warm water at 40 °C and flour, the temperature of the dough will be 27 °C, which is the most suitable for yeast multiplication. If the water temperature is too high, the yeast can be easily killed by the hot water. If the water temperature is too low, the yeast multiplies too slowly.

### [Salt and sugar]

Generally speaking, adding 2 ~ 3g of salt to 500g of flour is beneficial to the growth and development of yeast. The use of sugar, which accounts for about 5% of the dough, can provide nutrition for yeast reproduction and speed up yeast reproduction. But be careful not to use too much sugar and salt.

### [Temperature]

The general requirement is 28 °C ~ 30 °C, which can be adjusted by increasing or decreasing the water temperature used for mixing noodles. When the room temperature is about 20 °C in spring, the water temperature can be controlled at 35 °C ~ 40 °C. When the room temperature is above 30 °C in summer, the water temperature can be controlled at 13 °C ~ 15 °C.

### [Sign of dough fermentation maturity]

The top of the dough bulges and feels dry. The dough is naturally elongated by hand, then slowly retracted after letting go. At this time, the dough is full of pores and gives off the aroma of wine.



**#DetailsMatter**