g32微波氣炸蒸焗爐

家常到盛宴・一機搞掂



gemini pro
ITALY

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此食譜只適用於型號 **GMSO32BK**

This recipe is only applicable for model GMSO32BK

層架說明

*本產品配件只附帶蒸盤、烤盤及烤架, 其他配件需要使用者自行配備。

Layers Instruction

This machine only includes a perforated tray, baking tray, and grill rack.

Other accessories must be purchased separately by the user.



使用前需知

1. 請在產品後方及兩側預留各5公分的空間以確保通風良好 (請參閱安裝說明書以了解詳細的散熱空間要求)。
2. a. 本焗爐在烹飪過程中會釋出高溫蒸氣，請避免靠近排氣口。
   b. 在打開玻璃門時，請先開放一小段，以便釋出蒸氣，待蒸氣釋出後才完全打開玻璃門，取出食物。
   c. 在烹飪期間，無論任何情況下，打開玻璃門時，必須預留適當的安全距離，使用隔熱手套，以免燙傷。
3. 建議使用純淨水注入水箱。若使用自來水或食用水，會較容易產生水垢，請定期清潔。
4. 烹調效果可能會因應食材差異而有所不同，請因應食材烹煮時間按“溫度/時間”鍵微調烹煮時間。
5. 預設溫度不能更改，預設的烹煮模式也不能更改。
6. 使用純微波功能時，不能使用任何金屬器皿，以免發生危險。
7. 使用純微波功能時，器皿必須放在微晶板中心位置。

Read before use

1. Please leave 5 cm of space behind and to the sides of the product to ensure good ventilation (please refer to the installation instructions for detailed heat dissipation space requirements).
2. a. This oven releases high-temperature steam during cooking; please avoid approaching the exhaust vent.
   b. When opening the glass door, open it only slightly to allow steam to escape before fully opening the door to remove the food.
   c. During cooking, under all circumstances, always maintain a safe distance when opening the glass door and wear heat-resistant gloves to avoid burns.
3. It is recommended to use purified water to fill the water tank. Using tap water or drinking water will easily cause limescale buildup; please clean it regularly.
4. Cooking results may vary depending on the ingredients; please adjust the cooking time slightly using the “Temperature / Time” button.
5. The preset temperature and cooking mode cannot be changed.
6. When using the microwave function only, do not use any metal utensils to avoid danger.
7. When using the microwave function only, the container must be placed in the center of the bottom glass plate.

蒸饅頭
Steamed Buns

100°C　25分鐘 / mins　第一層 / Level 1
使用容器 / Use Utensil：蒸盤 / Perforated tray



食材：
麵粉：320 克
水：約170 克
白砂糖：18 克
酵母：4 克
鹽：少許

製法：
1. 水箱加入純淨水最少500 ml。

2. 將麵粉、酵母粉、白砂糖、鹽與水混合後，揉成光滑麵糰，發酵40分鐘，直至麵糰漲大2倍。

3. 將麵排氣（如需要可加一點麵粉），然後揉成長條狀，平均切成6份，並搓成圓形光滑小球，放置在鋪有有孔烘焙紙的蒸盤上，放入焗爐第一層然後關上爐門。

4. 將6個成型的麵糰二次發酵15分鐘後，選擇預設菜單C01啟動工作直至工作完成即可食用。

Ingredients :
Flour : 320 g
Water : Approx. 170 g
White Sugar : 18 g
Yeast : 4 g
Salt : A pinch

Method :
1. Fill the water tank with at least 500 ml of purified water.

2. Combine the flour, yeast, sugar, salt, and water. Knead into a smooth dough and let it ferment for 40 minutes until it doubles in size.

3. Punch down the dough (add a little flour if needed), then roll into a long log. Divide evenly into 6 portions and shape into smooth balls. Place them on the perforated tray lined with perforated parchment paper. Place the tray on Level 1, then close the oven door.

4. Allow the 6 shaped dough balls to proof for 15 minutes. Select Auto Menu C01 and start. Serve once the cycle is complete.

蒸手工包
Steamed Handmade Buns

100°C　35分鐘 / mins　第一層 / Level 1
使用容器 / Use Utensil：蒸盤 / Perforated tray



食材：

麵糰：
麵粉：300 克
水：150 克
白砂糖：50 克
鹽：少許
酵母：4 克

餡料：
豬肉餡：200 克
蔥：1 棵
紅蘿蔔：1 條
白砂糖/生抽/鹽：適量

製法：

1. 水箱加入純淨水最少500 ml。
2. 將紅蘿蔔切碎，蔥切粒與豬肉餡一起放進盤子，加入生抽、白糖、鹽攪拌均勻。
3. 將麵粉、酵母、白糖、鹽和水混合，揉成光滑麵糰發酵40分鐘，直至麵糰漲大2倍。
4. 將發酵好的麵糰平均分為6份，揉成圓形麵皮狀，包入肉餡做成包子形狀，放置在鋪有烘焙紙的蒸盤上，放入焗爐第一層，然後關上爐門。
5. 二次發酵15分鐘後，選擇預設菜單C02啟動工作，直至工作完成即可食用。

Ingredients :

Dough :
Flour : 300 g
Water : 150 g
White Sugar : 50 g
Salt to taste
Yeast 4 g

Filling :
Ground pork : 200 g
Scallion : 1 stalk
Carrot: 1 pc
White sugar/soy sauce/salt: as needed

Method :

1. Fill the water tank with at least 500 ml of purified water.
2. Finely chop the carrot and scallion. Mix them with the ground pork in a dish, adding light soy sauce, sugar, and salt. Stir well.
3. Combine the flour, yeast, sugar, salt, and water. Knead into a smooth dough and ferment for 40 minutes until it doubles in size.
4. Divide the fermented dough into 6 equal portions. Roll each into a circular wrapper, fill with the meat mixture, and shape into buns. Place them on the perforated tray lined with parchment paper and insert into Level 1, then close the oven door.
5. Let the buns to proof for 15 minutes. Select Auto Menu C02 to start. Serve once the cycle is complete.

蒸急凍水餃
Steamed Frozen Dumplings

100˚C　26分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材 :
急凍水餃：24 隻

製法 :
1. 水箱加入純淨水最少500 ml。

2. 將急凍水餃平鋪在陶瓷淺碟上，將淺碟放置在蒸盤上，放入焗爐第一層然後關上爐門。

3. 選擇預設菜單C03啟動工作直至工作完成即可食用。

Ingredients :
Frozen Dumplings：24 pcs

Method :
1. Fill the water tank with at least 500 ml of purified water.

2. Spread the frozen dumplings evenly on a shallow ceramic dish. Place the dish onto the perforated tray and insert it into Level 1, then close the oven door.

3. Select Auto Menu C03 and start. Serve once the cycle is complete.

蝦仁蒸蛋
Steamed Egg with Shrimp

100°C　12分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
雞蛋：2 隻
蝦仁：5 隻
水：200 克
蔥：1 棵
調味料：料酒、生抽、植物油、鹽：適量

製法：
1. 水箱加入純淨水最少500 ml。
2. 將蝦仁清洗乾淨後，用料酒醃製10　分鐘以上，切蔥花放置一邊備用。
3. 將雞蛋用打蛋器打至微白色狀後，加入植物油、鹽繼續攪拌均勻，再加入水攪拌均勻後倒入陶瓷淺碟上。
4. 將淺碟放置在蒸盤上，放入焗爐第一層然後關上爐門。
5. 選擇預設菜單C04啟動工作直至工作完成後取出加上生抽和蔥花即可食用。

Ingredients :
Eggs : 2 pcs
Shrimps : 5 pcs
Water : 200 g
Scallion : 1 stalk
Seasonings : Cooking wine, Light soy sauce, Vegetable oil, Salt: to taste

Method :
1. Fill the water tank with at least 500 ml of purified water.
2. Rinse the shrimps and marinate them in cooking wine for at least 10 minutes. Chop the scallion and set aside.
3. Whisk the eggs until slightly pale. Add vegetable oil and salt, stirring well. Add water, mix thoroughly, and pour the mixture into a shallow ceramic dish.
4. Place the dish onto the perforated tray and insert it into Level 1, then close the oven door.
5. Select Auto Menu C04 and start. Remove when cycle completed, add soy sauce and chopped scallions, and serve.

清蒸魚
Steamed Fish

100°C　16分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
花斑魚：1 條 (約 400 克)
蒸魚豉油：2 大匙
植物油：2 大匙
鹽：1 小匙
蔥：2 棵
薑絲：適量

製法：
1. 水箱加入純淨水最少500 ml。

2. 將魚清洗乾淨，瀝乾水分，整條烹飪。加入油、鹽抹上魚身各處醃製15分鐘左右，魚身可切幾刀方便入味。

3. 將魚放置在陶瓷淺碟上，底部和魚上都加上適量薑絲，然後放置在蒸盤上，放入焗爐第一層然後關上爐門。

4. 選擇預設菜單C05啟動工作直至工作完成後取出加上蒸魚豉油和蔥花即可食用。

Ingredients :
Spotted Grouper : 1 pc (approx. 400 g)
Seasoned Soy Sauce for Seafood : 2 tbsp
Vegetable Oil : 2 tbsp
Salt: 1 tsp
Scallions : 2 stalks
Ginger strips : as needed

Method :
1. Fill the water tank with at least 500 ml of purified water.

2. Clean the fish and pat dry, rub the fish with oil and salt and marinate for about 15 minutes. You may make a few slashes on the body to help the flavors penetrate.

3. Place the fish on a shallow ceramic dish. Add ginger strips (as needed) underneath and on top of the fish. Place the dish onto the perforated tray and insert it into Level 1, then close the oven door.

4. Select Auto Menu C05 and start. Remove when cycle completed, add seasoned soy sauce and chopped scallions, and serve.

剁椒魚頭
Steamed Fish Head with Chopped Chili

100°C　24分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
大頭魚魚頭：1 個 (約 400 克)
老豆腐：1 塊
香蔥：3 棵
生薑：3 - 4 片
剁辣椒 / 黃辣椒 / 蒜蓉：各 3 大匙
生抽 / 植物油 / 料酒：適量

製法：
1. 水箱加入純淨水最少500 ml。

2. 將魚頭洗乾淨後從中間切開但不切斷，表面抹上料酒去腥和植物油。

3. 將豆腐切成塊狀，蔥切花，薑片切成絲放置一邊備用。

4. 將豆腐塊放在陶瓷淺碟底層，將魚頭再放上面，魚頭表面撒上剁椒和黃椒醬，將淺碟放置在蒸盤上，放入焗爐第一層然後關上爐門。

5. 選擇預設菜單C06啟動工作直至工作完成後取出加上生抽和蔥花即可食用。

Ingredients :
Bighead Carp fish head: 1 pc (approx.400 g)
Block of Firm Tofu : 1 pc
Scallions : 3 stalks
Fresh Ginger : 3 - 4 slices
Chopped Red Chili / Yellow Chili / Minced Garlic :
3 tbsp each
Light soy sauce, vegetable oil, cooking wine :
as needed

Method :
1. Fill the water tank with at least 500 ml of purified water.

2. Clean the fish head and butterfly it (slice down the middle without cutting all the way through). Rub the surface with cooking wine (to remove fishiness) and vegetable oil.

3. Slice the tofu into blocks, chop the scallions, and julienne the ginger. Set aside.

4. Arrange the tofu blocks at the bottom of a shallow ceramic dish, then place the fish head on top. Spread the chopped red and yellow chili sauce over the fish head. Place the dish on the perforated tray and insert it into Level 1, then close the oven door.

5. Select Auto Menu C06 and start. Remove when cycle completed, add soy sauce and chopped scallions, and serve.

粉絲扇貝
Steamed Scallops with Glass Noodles

100°C　14分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
扇貝：8 個 (約 750 克)
龍口粉絲：1 把
蔥：2 棵
蒜蓉：50 克
鹽 / 生抽 / 植物油：適量

製法：
1. 水箱加純淨水500 ml以上。
2. 將扇貝一分為二，去掉內臟，洗乾淨，擺放在蒸盤上。
3. 龍口粉絲用溫水泡發，瀝乾水分取適量鹽和植物油醃製備用。
4. 蒜蓉加入植物油、食鹽做成蒜蓉醬，蔥切花備用。
5. 在扇貝上鋪上適量粉絲，澆上蒜蓉醬，然後將蒸盤放入第一層，關上爐門。
6. 選擇預設菜單C07啟動工作直至工作完成後取出加上生抽和蔥花即可食用。

Ingredients :
Scallops : 8 pcs (approx. 750 g)
Glass noodles : 1 bundle
Scallions : 2 pcs
Minced Garlic : 50 g
Salt, Light soy sauce, Vegetable oil : as needed

Method :
1. Fill the water tank with at least 500 ml of purified water.
2. Halve the scallops, remove the viscera, wash thoroughly, and arrange them on the perforated tray.
3. Soak the glass noodles in warm water until soft. Drain and marinate with a small amount of salt and vegetable oil.
4. Mix the minced garlic with vegetable oil and salt to make a garlic sauce. Chop the scallions and set aside.
5. Place a portion of glass noodles on each scallop, top with the garlic sauce, and insert the perforated tray into Level 1, then close the oven door.
6. Select Auto Menu C07 and start the operation. Remove when cycle completed, add chopped scallions, and serve.

蒜蓉蒸蝦
Steamed Prawns with Garlic

100°C　14分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
蝦：500 克
蒜蓉：50 克
蔥：1 棵
生抽 / 鹽 / 植物油：適量

製法：
1. 水箱加純淨水500 ml以上。
2. 將蝦清洗乾淨去掉蝦線，放置一邊。
3. 蒜蓉加入植物油和鹽攪拌後做成蒜蓉醬（也可以自己 DIY 其他口味），蔥切成蔥花。
4. 將蝦平放在淺碟上，在上面澆上蒜蓉醬，再將碟子放置在蒸盤上，放入第一層，關上爐門。
5. 選擇預設菜單C08啟動工作直至工作完成後取出加上生抽和蔥花即可食用。

Ingredients :
Shrimp : 500 g
Minced Garlic : 50 g
Scallion : 1 stalk
Light soy sauce, Salt, Vegetable oil : as needed

Method :
1. Fill the water tank with at least 500 ml of purified water.
2. Wash the prawns and remove the devein (shrimp line), then set aside.
3. Mix the minced garlic with vegetable oil and salt to make a garlic sauce (you can also DIY other flavors). Chop the scallion into small pieces.
4. Arrange the prawns flat on a shallow dish, drizzle with the garlic sauce, then place the dish onto the perforated tray and insert into Level 1, then close the oven door.
5. Select Auto Menu C08 and start. Remove when cycle completed, add light soy sauce and chopped scallions, and serve.

豉椒蒸花甲
Steamed Clams with Black Bean Sauce

100°C　19分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
花甲：750 克
蒜頭：5 瓣
豆豉：15 克
蔥：1 棵
紅辣椒、鹽、植物油、生抽、雞粉：
適量

製法：
1. 水箱加約500ml純淨水。
2. 將花甲放入水中加入少量鹽，使之吐出泥沙，約1小時左右。
3. 將蒜頭拍碎，辣椒切粒，豆豉洗乾淨用刀拍扁備用。
4. 洗乾淨花甲，瀝乾水分，把所有食材和調料放入淺碟中攪拌均勻，再將淺碟放置在蒸盤上，放入第一層，關上爐門。
5. 選擇預設菜單C09啟動工作直至工作完成後取出加上蔥花即可食用。

Ingredients :
Clams : 750 g
Garlic : 5 cloves
Fermented black beans : 15 g
Scallion : 1 stalk
Red chili, Salt, Vegetable oil, Light soy sauce, Chicken powder : as needed

Method :
1. Fill the water tank with at least 500ml of purified water.
2. Soak the clams in water with a bit of salt for about 1 hour to let them spit out sand.
3. Crush the garlic, dice the chili, and rinse the black beans (flatten them with a knife).
4. Rinse and drain the clams. Mix all ingredients and seasonings in the shallow dish, place the dish on the perforated tray, and insert into Level 1, then close the oven door.
5. Select Auto Menu C09 to start. Remove when cycle completed, add chopped scallions, and serve.

蒸娃娃菜
Steamed Baby Cabbage

100°C　18分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
娃娃菜：3 棵 (約 300 克)
龍口粉絲：1 把 (約 60 克)
蒜泥：3 - 4 匙
蔥：1 棵
蠔油、植物油、生抽、白糖、鹽：適量

製法：
1. 水箱加約500 ml純淨水。

2. 粉絲用水泡發，切成小段，加入適量食鹽備用。娃娃菜用手掰開，洗乾淨。

3. 蔥切花，蒜頭拍成蒜泥，將蒜泥、生抽、蠔油、植物油和鹽調製成醬汁備用。

4. 把粉絲平鋪在淺碟上，再放入娃娃菜擺放整齊，在上面澆上調好的醬汁，將淺碟放置在蒸盤上，放入第一層，關上爐門。

5. 選擇預設菜單C10啟動工作直至工作完成後取出即可食用。

Ingredients :
Baby cabbages : 3 pcs (approx. 300 g)
Glass noodles : 1 bundle (approx. 60 g)
Minced garlic : 3 - 4 tbsp
Scallion : 1 stalk
Oyster sauce, Vegetable oil, Light soy sauce, Sugar, Salt : as needed

Method :
1. Fill the water tank with approximately 500 ml of purified water.

2. Soak the glass noodles in water until soft, cut into short sections, and season with a bit of salt. Hand-tear the baby cabbage and wash thoroughly.

3. Chop the scallion and mince the garlic. Mix minced garlic, light soy sauce, oyster sauce, vegetable oil, and salt to make the sauce.

4. Spread the glass noodles evenly on a shallow dish, arrange the baby cabbage on top, and drizzle with the prepared sauce. Place the dish on the perforated tray and insert into Level 1, then close the oven door.

5. Select Auto Menu C10 to start. Serve once the cycle is complete.

南瓜蒸排骨
Steamed Pork Ribs with Pumpkin

100°C　27分鐘 / mins　第一層 / Level 1
使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
排骨：250 克
南瓜：350 克
蔥：1 棵
薑：3 片 (切絲)
鹽、生抽、植物油、料酒：
各適量

製法：
1. 水箱加約 500 ml 純淨水。
2. 將排骨洗乾淨後瀝乾，切成小塊狀，加入適量鹽、生抽、料酒、植物油醃製 30 分鐘左右。
3. 南瓜去皮洗乾淨切塊，與醃製好的排骨攪拌均勻。
4. 將南瓜平鋪在陶瓷淺碟底層，上層再鋪上排骨，再將淺碟放置在蒸盤上，放入第一層，關上爐門。
5. 選擇預設菜單C11 啟動工作直至工作完成取出加上蔥花即可食用。

Ingredients :
Pork Ribs : 250 g
Pumpkin : 350 g
Scallion : 1 stalk
Ginger (julienned) : 3 slices
Salt/Light Soy Sauce/Vegetable Oil/Cooking Wine : as needed

Method :
1. Fill the water tank with at least 500 ml of purified water.
2. Wash and drain the ribs, cut into small pieces, and marinate with salt, soy sauce, cooking wine, and oil for about 30 minutes.
3. Peel and cube the pumpkin, then mix evenly with the marinated ribs.
4. Spread pumpkin at the bottom of the ceramic dish, top with ribs, place on the tray, and insert into Level 1, then close the oven door.
5. Select Auto Menu C11 and start. Remove when cycle completed, add chopped scallions, and serve.

香菇蒸雞塊
Steamed Chicken with Shiitake Mushrooms

100°C　26分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：蒸盤及陶瓷淺碟 / Perforated tray & Shallow Ceramic Dish



食材：
雞塊：380 克
香菇：20 克
木耳：20 克
蔥：1 棵
薑片：4 塊
生抽/鹽/植物油/粟粉：適量

製法：
1. 水箱加約500 ml 純淨水。
2. 將雞塊洗乾淨後瀝乾，加入適量鹽、生抽、料酒、粟粉和植物油醃製20分鐘左右。
3. 將木耳和香菇用熱水泡發後切成小片，擠乾水分與雞塊混合放入陶瓷淺碟中，加入薑片。
4. 將擺好食材的淺碟放置在蒸盤上，放入第一層，關上爐門。
5. 選擇預設菜單C12啟動工作直至工作完成後取出加上蔥花即可食用。

Ingredients :
Chicken pieces :380 g
Shiitake mushrooms :20 g
Black fungus : 20 g
Scallion : 1 stalk
Ginger : 4 slices
Soy sauce/Salt/Vegetable oil/Corn starch: as needed

Method :
1. Add approximately 500 ml of purified water to the water tank.
2. Wash and drain the chicken pieces; marinate with salt, soy sauce, cooking wine, corn starch, and vegetable oil for about 20 minutes.
3. Soak black fungus and shiitake mushrooms in hot water until soft, then slice. Squeeze out excess water, mix with the chicken in a shallow ceramic dish, and add ginger slices.
4. Place the dish onto the perforated tray and insert it into Level 1, then close the oven door.
5. Select Auto Menu C12, and start. Remove when cycle completed, add chopped scallions, and serve.

奧爾良雞翼
Orleans Chicken Wings

200°C　25分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤架及烤盤 / Grill Rack & Baking Tray



食材：
雞翼：15 隻 (約 750 克)
奧爾良醃料：45 克

製法：
1. 雞翼解凍後，洗淨血水並瀝乾水分。
2. 將奧爾良醃料與雞翼攪拌均勻，醃製後放入冰箱3 - 4小時。
3. 將醃好的雞翼放在烤架上，放進烤盤放入焗爐第二層再關上爐門。
4. 選擇預設菜單E01啟動工作。
5. 倒計時剩餘6分鐘時，打開爐門取出烤架掃上植物油並翻轉雞翼，放回烤架並關上爐門繼續工作直至完成後即可食用。

Ingredients :
Chicken wings : 15 pcs (approx. 750 g)
Orleans-style marinade powder : 45 g

Method :
1. Thaw the chicken wings, wash away any blood, and pat dry.
2. Mix the wings thoroughly with the Orleans marinade powder and refrigerate for 3 - 4 hours.
3. Place the marinated wings on a baking rack, place them on a baking tray, then place them into level 2 and close the oven door.
4. Select Auto Menu E01, and start.
5. When 6 minutes remain on the timer, open the door, remove the grill rack to brush the chicken wings with vegetable oil and flip them over. Return to the oven to continue cooking until cycle completed, and serve.

貼士：烤架和烤盤需同時組合使用，可以在烤盤上鋪上烘焙紙接油方便清洗。

Tips: The grill rack & baking tray need to be used together. You can line the baking tray with parchment paper to catch the dripping oil and make cleaning easier.

烤雞肉串
Grilled Chicken Skewers

200°C　26分鐘 / mins　第二層 / Level 2

使用容器 / Use Utensil：烤架及烤盤 / Grill Rack & Baking Tray



食材：
雞胸肉：380 克
彩椒：2 個
奧爾良醃料：15 克
鹽/油/黑胡椒粉：適量

製法：
1. 雞胸肉洗乾淨後切成小塊，用奧爾良醃料、少許鹽醃製1小時左右。
2. 將彩椒洗乾淨後切成小塊，將醃製好的雞肉和彩椒串成小串。
3. 擺放在烤架上，放進烤盤放入焗爐第二層再關上爐門。
4. 選擇預設菜單E02啟動工作。
5. 倒計時還有8分鐘時，打開爐門取出烤架掃上植物油再翻轉雞肉串，放回烤架並關上爐門，繼續工作直至完成後即可食用。

貼士：烤架和烤盤需同時組合使用，可以在烤盤上鋪上烘焙紙接油方便清洗。

Ingredients :
Chicken breast : 380 g
Bell peppers : 2 pcs
Orleans marinade : 15 g
Salt/oil/black pepper powder : as needed

Method :
1. Wash the chicken breast and cut into small pieces; marinate with Orleans marinade and a pinch of salt for about 1 hour.
2. Wash and cut the bell peppers into small pieces, then thread the marinated chicken and peppers onto skewers.
3. Place the skewers on the grill rack, place them on a baking tray, then place them into level 2 and close the oven door.
4. Select Auto Menu E02, and start.
5. When 8 minutes remain on the timer, open the door remove the grill rack to brush the skewers with vegetable oil and flip them over. Put back the grill rack to oven and close the door to continue cooking until cycle completed, and serve.

Tips: The grill rack & baking tray need to be used together. You can line the baking tray with parchment paper to catch the dripping oil and make cleaning easier.

香草烤雞
Roasted Herb Chicken

200°C　40分鐘 / mins　第一層 / Level 1
使用容器 / Use Utensil：烤架及烤盤 / Grill Rack & Baking Tray



食材：
雞：1 隻 (約 1400 克)
香草：1 棵
奧爾良醃料：50 克

製法：
1. 將整雞清洗乾淨，瀝乾水分後，加入奧爾良醃料醃製 4 - 5 小時（中途 2 小時左右把雞翻轉醃製）。
2. 將雞翼折彎到雞背上，並用錫箔紙將雞腳輕輕包裹住，在雞的表面上刷一層醃製的醃料，撒上香草碎。
3. 機器設置預熱 200°C，預熱結束後，將處理好的整雞放在烤架上（雞胸朝上），放進烤盤放入焗爐第一層再關上爐門。
4. 選擇預設菜單 E03 啟動工作。
5. 倒計時剩餘 20 分鐘時打開爐門取出烤架翻面（上下左右翻），放回烤架並關上爐門繼續工作直至完成，取出即可食用。

貼士：烤架和烤盤需同時組合使用，可以在烤盤上鋪上烘焙紙接油方便清洗。

Ingredients :
Whole chicken : 1 pc (approx. 1400 g)
Sprig of herbs : 1 stalk
Orleans-style marinade powder : 50 g

Method :
1. Clean the whole chicken thoroughly, drain the water, and marinate with Orleans marinade powder for 4 - 5 hours (flip the chicken halfway through after about 2 hours).
2. Tuck the wings behind the back and wrap the chicken feet lightly with aluminum foil. Brush a layer of marinade over the surface and sprinkle with dried herbs.
3. Preheat the appliance to 200°C. Once preheated, place the prepared chicken on the grill rack (breast side up), place them on a baking tray, then place them into level 1 and close the oven door.
4. Select Auto Menu E03, and start.
5. When the countdown reaches 20 minutes, take out the grill rack to flip the chicken over (all sides). Then put back to oven and close the door to continue cooking until cycle completed, and serve.

Tips: The grill rack & baking tray need to be used together. You can line the baking tray with parchment paper to catch the dripping oil and make cleaning easier.

孜然烤排骨
Roasted Pork Ribs with Cumin

200°C　21分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
排骨：280 克
孜然燒烤料：14 克
蒜頭：3 個
蜂蜜/蠔油/蔥花/料酒/生抽/白胡椒粉/鹽：適量

製法：
1. 排骨切塊(約2指長度一塊)，清洗乾淨並瀝乾水分。
2. 將蒜泥、生抽、料酒、蠔油、白胡椒粉、孜然粉與排骨攪拌均勻後，放置冰箱冷藏醃製5 - 6小時。
3. 將醃製好的排骨均勻擺放在鋪有錫紙的烤盤上，放入第二層並關上爐門。
4. 選擇預設菜單E04啟動工作。
5. 倒計時還有6分鐘時，打開爐門取出烤盤架掃上調料並翻轉排骨（調料是蜂蜜加上少許水），放回烤盤並關上爐門，繼續工作直至完成，取出即可食用。

Ingredients :
Pork ribs : 280 g
Cumin BBQ seasoning : 14 g
Garlic : 3 cloves
Honey/oyster sauce/chopped scallions/cooking wine/light soy sauce/white pepper powder/salt : as needed

Method :
1. Cut the pork ribs into sections (about 2 fingers long each), wash thoroughly, and drain excess water.
2. Mix the ribs evenly with minced garlic, light soy sauce, cooking wine, oyster sauce, white pepper powder, and cumin powder; refrigerate and marinate for 5-6 hours.
3. Arrange the marinated ribs evenly on a baking tray lined with aluminum foil and insert into Level 2, then close the oven door.
4. Select Auto Menu E04, and start.
5. When the countdown reaches 6 minutes, open the door and take out the baking tray to brush on the glaze (honey mixed with a little water) and flip the ribs. Then put back the baking tray and close the door and continue cooking until finished. Garnish and serve.

烤雞軟骨串
Grilled Chicken Soft Bone Skewers

200°C　22分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤架及烤盤 / Grill Rack & Baking Tray



食材：
雞軟骨：10 串
植物油：適量

製法：
1. 將雞軟骨串取出後常溫解凍10分鐘。
2. 將解凍好的雞軟骨串均勻擺放在烤架上，放進烤盤放入焗爐第二層再關上爐門。
3. 選擇預設菜單E05啟動工作。
4. 倒計時還有6分鐘時，打開爐門取出烤架掃油並翻轉食物，放回烤架並關上爐門，繼續工作直至工作完成即可食用。

Ingredients :
Chicken soft bone skewers : 10 pcs
Vegetable oil : as needed

Method :
1. Remove the skewers and thaw at room temperature for 10 minutes.
2. Arrange the thawed skewers evenly on the grill rack, place them on a baking tray, then place them into level 2 and close the oven door.
3. Select Auto Menu E05, and start.
4. When 6 minutes remain on the timer, open the door, Remove the grill rack to brush with oil and flip the skewers. Return to the oven to continue cooking until cycle completed, and serve.

貼士：烤架和烤盤需同時組合使用，可以在烤盤上鋪上烘焙紙接油方便清洗。

Tips: The grill rack & baking tray need to be used together. You can line the baking tray with parchment paper to catch the dripping oil and make cleaning easier.

醬烤魷魚
Grilled Squid with Sauce

200°C　21分鐘 / mins　第一層 / Level 1
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
魷魚：3 隻 (約 400 克)
芝麻：5 克
辣椒醬：20 克
辣椒粉：8 克
蒜泥：8 克
彩椒：1 個 (切塊)
料酒：3 匙 (去腥)
生薑：3 片
芝麻油、生抽、食用鹽：各適量

製法：
1. 清洗乾淨魷魚，特別是魷魚的牙齒要去除掉，後切成大片（方便燒烤時用竹籤串起來）。

2. 將魷魚與辣椒醬、辣椒粉、蒜泥、薑片、生抽、料酒、鹽、芝麻油、彩椒一起攪拌均勻，醃製30 - 40分鐘。

3. 使用竹籤將魷魚與彩椒串在一起後，均勻擺放在鋪有錫紙（鋁箔紙）的烤盤上，將烤盤放入焗爐第一層然後關上爐門。

4. 選擇預設菜單E06啟動工作。

5. 倒計時剩餘8分鐘時，打開爐門取出烤盤掃刷油、撒上白芝麻並翻轉食物，放回烤盤並關上爐門繼續工作直至完成後撒上白芝麻和黑胡椒粉後即可食用。

Ingredients :
Squid : 3 pcs (approx. 400 g)
Sesame seeds : 5 g
Chili paste : 20 g
Chili powder : 8 g
Minced garlic : 8 g
Bell pepper (cut into chunks) : 1 pc
Cooking wine(for deodorizing) : 3 tbsp
Fresh ginger : 3 slices
Sesame oil, Light soy sauce, Salt : To taste

Method :
1. Clean the squid thoroughly, making sure to remove the "teeth," then cut into large pieces (easier for skewering).

2. Mix the squid with chili paste, chili powder, minced garlic, ginger slices, soy sauce, cooking wine, salt, sesame oil, and bell peppers. Marinate for 30 - 40 minutes.

3. Use bamboo skewers to thread the squid and bell peppers together. Arrange them evenly on a baking tray lined with aluminum foil, then place the tray on Level 1 and close the oven door.

4. Select Auto Menu E06, and start.

5. When 8 minutes remain on the timer, open the door, remove the baking tray to brush with oil, sprinkle with white sesame seeds, and flip the skewers. Return to the oven to continue cooking until cycle completed, sprinkle with white sesame seeds and black pepper before serving.

椒鹽焗蝦
Roasted Shrimp with Salt and Pepper

180°C　18分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
蝦： 500 克
菜油：15 克
蒜頭： 4 顆
椒鹽、鹽、糖、料酒：各適量

製法：
1. 將蝦清洗乾淨後，剪掉蝦鬚，從背部切開去除蝦線。
2. 將蒜泥、鹽、椒鹽、料酒、菜油、糖與蝦攪拌均勻後，醃製30分鐘。
3. 將醃製好的蝦均勻擺放在鋪有錫紙的烤盤上，將烤盤放入焗爐第二層然後關上爐門。
4. 選擇預設菜單E07啟動工作直至工作完成即可食用。

Ingredients :
Shrimp : 500 g
Vegetable oil : 15 g
Garlic : 4 cloves
Salt and pepper seasoning, Salt, Sugar, Cooking wine : as needed

Method :
1. Wash the shrimp thoroughly, trim off the feelers (rostrum/legs), and devein by slicing open the back.
2. Mix the minced garlic, salt, salt and pepper seasoning, cooking wine, vegetable oil, and sugar with the shrimp. Marinate for 30 minutes.
3. Arrange the marinated shrimp evenly on a baking tray lined with aluminum foil, then place the tray on Level 2 then close the oven door.
4. Select Auto Menu E07, and start. Serve once the cycle is complete.

香燒秋刀魚
Roasted Pacific Saury

200°C　26分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
秋刀魚：3 條（約 400 克）
檸檬汁、料酒、生薑（去腥）、植物油、鹽、黑胡椒粉、蠔油、蒜頭：各適量

製法：
1. 清洗秋刀魚，把內臟和魚鰓一起取出，清洗乾淨外皮魚鱗。
2. 醃製秋刀魚：在魚身劃開幾個口子方便入味，將以上調料（鹽、黑胡椒粉、料酒、蠔油、蒜頭、生薑各少許）均勻塗抹魚身，醃製約1小時左右。
3. 將醃製好的秋刀魚均勻擺放在鋪有錫紙的烤盤上（錫紙刷上植物油），在魚身上抹上植物油，後將烤盤放入焗爐第二層然後關上爐門。
4. 選擇預設菜單E08啟動工作。
5. 倒計時剩餘10分鐘時，打開爐門取出烤盤掃一次植物油，放回烤盤然後關上爐門，繼續工作直至完成，取出即可食用。

Ingredients :
Pacific Saury : 3 pcs (approx. 400 g)
Lemon juice, Cooking wine, Fresh ginger (for deodorizing), Vegetable oil, Salt, Black pepper powder, Oyster sauce, Garlic: To taste

Method :
1. Wash the Pacific saury, remove the internal organs and gills, and clean the skin and scales thoroughly.
2. Marinate the fish: Score the fish body with a few slits for better flavor absorption. Rub the seasonings (a bit of salt, black pepper, cooking wine, oyster sauce, garlic, and ginger) onto the fish and marinate for about 1 hour.
3. Place the marinated fish evenly on a baking tray lined with aluminum foil (brush the foil with vegetable oil first). Brush the fish with vegetable oil as well, then place the tray on Level 2, then close the oven door.
4. Select Auto Menu E08, and start.
5. When 10 minutes remain on the timer, open the door, remove the baking tray to brush on another layer of vegetable oil. Return to the oven to continue cooking until cycle completed, and serve.

黑椒牛排
Black Pepper Steak

220˚C　10分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
牛排：200 克
鹽：3 克
牛油：8 - 15 克
黑胡椒醬：8 - 15 克

或者是醃製好的牛排 1 包

製法：
1. 牛排解凍至常温。

2. 焗爐預熱至220˚C。

3. 在烤盤上塗一層牛油，將醃製好的牛排平放在烤盤牛油區域，放入預熱好的烤箱第二層，然後關上爐門。

4. 選擇預設菜單E09 啟動工作直至工作結束後取出，加上黑胡椒粉即可食用。

Ingredients :
Steak : 200 g
Salt : 3 g
Butter : 8 - 15 g
Black pepper sauce : 8 - 15 g

Alternatively, 1 pack of pre-marinated steak

Method :
1. Thaw the steak to room temperature.

2. Preheat the appliance to 220˚C.

3. Spread a layer of butter on the baking tray. Place the marinated steak flat on the buttered area of the tray, then place the tray into the preheated oven on Level 2, then close the oven door.

4. Select Auto Menu E09, and start. Remove when cycle completed, sprinkle with black pepper before serving.

意大利薄餅
Italian Pizza

190°C　30分鐘 / mins　第二層 / Level 2

使用容器 / Use Utensil：烤架、烤盤及薄餅盤 / Grill Rack, Baking tray & Pizza Pan



食材：

餅皮：
低筋麵粉：45 克
高筋麵粉：70 克
雞蛋：半隻
牛奶：10 毫升
溫水：30 克
酵母：3 克
糖：20 克
牛油：8 克
菜油：5 毫升
鹽：適量

餡料：
蘑菇：2 顆 (切塊狀)
番茄醬：適量
煙肉：2 片 (切塊狀)
芝士：60 - 70 克 (切絲)
彩椒：半個 (切塊狀)

製法：
1. 將酵母與溫水攪拌均勻，放置在一邊。
2. 將雞蛋攪拌均勻後，加入白砂糖、鹽、牛油、油、牛奶攪拌均勻，再與酵母液攪拌均勻。
3. 將麵粉與雞蛋混合物攪拌成麵糰狀，直至使用筷子戳麵糰不粘即可，中途可加適量麵粉。使用發酵模式，發酵大約30分鐘（注意水箱需加水）。
4. 將發酵好的麵糰放在薄餅盤上塗油，用手壓成薄餅狀，用叉子戳孔塗上番茄醬，放上餡料並塗上菜油。
5. 焗爐預熱190°C，預熱結束後，將薄餅盤放置在烤架上，放入焗爐第二層然後關上爐門。選擇預設菜單E10啟動工作。
6. 當計時器剩下4分鐘時，打開爐門取出薄餅盤加入芝士。放回薄餅盤並關上爐門繼續工作直至完成後即可食用。

貼士：烤架和烤盤需同時組合使用。

Ingredients :

Dough :
Low-gluten flour : 45 g
High-gluten flour : 70 g
Egg : 1/2 pc
Milk : 10 ml
Warm water : 30 g
Yeast : 3 g
Sugar : 20 g
Butter : 8 g
Vegetable oil : 5 ml
Salt : To taste

Toppings :
Mushrooms : 2 pcs (cut into pieces)
Tomato sauce : To taste
Bacon : 2 slices (cut into pieces)
Cheese (Mozzarella) : 60 - 70 g
Bell pepper : 1/2 pc (cut into pieces)

Method :
1. Mix the yeast with warm water thoroughly and set aside.
2. Whisk the egg, then add sugar, salt, butter, oil, and milk. Mix well, then combine with the yeast mixture.
3. Mix the flour with the liquid mixture until it forms a dough. The dough is ready when it no longer sticks to a chopstick; you may add a little extra flour if needed. Use the Fermentation Mode to let the dough rise for about 30 minutes (Ensure the water tank is filled).
4. Place the fermented dough on an oiled pizza pan. Press into an even round base. Prick with a fork, spread with tomato sauce, add toppings, and drizzle with oil.
5. Preheat the appliance to 190°C. Once preheated, place the pizza pan on the grill rack, insert it into Level 2, then close the oven door. Select Auto Menu E10, and start.
6. When 4 minutes remain on the timer, open the door, remove the pizza pan to add the cheese. Return to the oven to continue baking until cycle completed, and serve.

Tips: The grill rack & baking tray need to be used together.

芝士焗番薯
Baked Sweet Potato with Cheese

180°C　28分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
番薯：3 個
牛油：15 克
純牛奶：45 克
白砂糖：25 克
芝士碎：50 克

製法：
1. 將洗乾淨的番薯用微波1000瓦火力檔加熱15分鐘（中途翻面）。番薯熟透後取出，將其對半切開，挖出番薯肉，保留番薯外皮不丟棄。

2. 將番薯肉壓成泥狀，加入牛油、牛奶、白砂糖並攪拌均勻，再填回番薯皮中。

3. 將番薯放置在烤盤上，將烤盤放入焗爐第二層然後關上爐門。

4. 選擇預設菜單E11啟動工作。

5. 倒計時剩餘4分鐘時，打開爐門取出烤盤撒上芝士，放回烤盤然後關上爐門繼續工作直至完成後即可食用。

Ingredients :
Sweet potatoes : 3 pcs
Butter : 15 g
Pure milk : 45 g
White sugar : 25 g
Shredded cheese : 50 g

Method :
1. Microwave the cleaned sweet potatoes at 1000W for 15 minutes (flip them halfway through). Once cooked through, remove and cut them in half. Scoop out the flesh, keeping the skins intact.

2. Mash the sweet potato flesh into a smooth paste. Add butter, milk, and white sugar, mixing thoroughly. Spoon the mixture back into the skins.

3. Place the stuffed sweet potatoes on the baking tray and insert it into Level 2, then close the oven door.

4. Select Auto Menu E11, and start.

5. When 4 minutes remain on the timer, open the door, remove the baking tray to sprinkle the shredded cheese on top. Return to the oven to continue cooking until finished, and serve.

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

烤風味蔬菜串
Roasted Savory Vegetable Skewers

180°C　25分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤架及烤盤 / Grill Rack & Baking Tray



食材：
薯仔：1 個 (約 290 克)
紅蘿蔔：1 個 (約 290 克)
黃彩椒：1 個
鹽、油、黑胡椒、芝麻：各適量

製法：
1. 蔬菜清洗乾淨後切成均勻薄片，用油、鹽、芝麻醃製10分鐘左右，將醃製好的蔬菜片串成小串。

2. 將蔬菜串均勻擺放在烤架上，放進烤盤放入焗爐第二層再關上爐門。

3. 選擇預設菜單E12啟動工作。

4. 倒計時剩餘10分鐘時，打開爐門取出烤架和烤盤並翻轉食物，放回烤架然後關上爐門繼續工作直至完成後撒上胡椒粉即可食用。

Ingredients :
Potato : 1 pc (approx. 290 g)
Carrot : 1 pc (approx. 290 g)
Yellow bell pepper : 1 pc
Salt, Oil, Black pepper, Sesame seeds : as needed

Method :
1. Wash the vegetables and cut into even slices. Marinate with oil, salt, and sesame seeds for about 10 minutes, then thread the slices onto small skewers.

2. Arrange the vegetable skewers evenly on the grill rack and place them on a baking tray, then place them into level 2 and close the oven door.

3. Select Auto Menu E12, and start.

4. When 10 minutes remain on the timer, open the door, remove the grill rack and baking tray to flip the skewers. Return to the oven to continue cooking until cycle completed, and serve.

貼士：烤架和烤盤需同時組合使用，可以在烤盤上鋪上烘焙紙接油方便清洗。

Tips: The grill rack & baking tray need to be used together. You can line the baking tray with parchment paper to catch the dripping oil and make cleaning easier.

蔓越莓曲奇
Cranberry Cookies

160˚C　24分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
低筋麵粉：200 克
蔓越莓乾：50 克
雞蛋：1 個
牛油：125 克
糖：70 克

製法：
1. 把牛油在常溫下軟化，雞蛋打成蛋液放置一邊。

2. 牛油軟化後加入白糖，攪拌至均勻發白狀，再加入蛋液（分2次加入）並攪拌均勻。接著加入低筋麵粉攪拌均勻後，加入蔓越莓乾攪拌均勻。將攪拌好的麵糰按所需形狀用模具定型，放入冰箱急凍2小時以上。

3. 在烤盤上鋪上烘焙紙，取出急凍好的麵糰，按照所製作的模型切出餅乾形狀，餅乾厚度建議在5 - 6 mm之間，將其整齊擺放在烘焙紙上。

4. 焗爐設置預熱160˚C，預熱完成後，將烤盤放入烤箱第二層，關上爐門。

5. 選擇預設菜單E13啟動工作直至工作完成即可食用。

Ingredients :
Low-gluten flour : 200 g
Dried cranberries : 50 g
Egg : 1 pc
Butter : 125 g
Sugar : 70 g

Method :
1. Soften the butter at room temperature. Whisk the egg and set aside.

2. Once the butter is softened, add sugar and beat until the mixture is pale and fluffy. Gradually add the egg wash (in 2 batches) and mix well. Fold in the low-gluten flour, then stir in the dried cranberries. Shape the dough using a mold or into a log, then place in the freezer for at least 2 hours.

3. Line the baking tray with parchment paper. Take out the frozen dough and slice or mold into cookie shapes (recommended thickness: 5 - 6 mm). Arrange them neatly on the tray.

4. Preheat the appliance to 160˚C. Once preheated, place the baking tray onto Level 2, then close the oven door.

5. Select Auto Menu E13, and start. Serve once the cycle is complete.

葡式蛋撻
Portuguese Egg Tarts

220°C　24分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
蛋撻皮：9 個
蛋撻液：1 包

製法：
1. 將蛋撻液解凍。
2. 將蛋撻皮在烤盤上放置好，將蛋撻液分別倒入蛋撻皮內至7 - 8分滿即可。
3. 焗爐預熱至220°C，預熱結束後，將烤盤放入烤箱第二層，然後關上爐門。
4. 選擇預設菜單E14啟動工作直至工作完成即可食用。

Ingredients :
Egg tart shells : 9 pcs
Egg tart custard filling : 1 pack

Method :
1. Thaw the egg tart custard filling.
2. Arrange the tart shells on the baking tray. Pour the filling into each shell until they are 70 - 80% full.
3. Preheat the appliance to 220°C. Once preheated, place the baking tray onto Level 2, then close the oven door.
4. Select Auto Menu E14, and start. Serve once the cycle is complete.

戚風蛋糕
Chiffon Cake

150°C　45分鐘 / mins　第一層 / Level 1

使用容器 / Use Utensil：烤架、烤盤及8寸活底蛋糕模 / Grill Rack, Baking tray & 8-inch loose-bottom cake mold



食材：

低筋麵粉：100 克　牛奶：60 克
細砂糖：110 克　植物油：60 克
雞蛋：4 個　檸檬汁：5 滴
粟粉：10 克

製法：

1. 將蛋黃與蛋白分開。將蛋黃、牛奶、植物油混合，用打蛋器以畫圓方式低速攪拌至表面形成一層泡沫，再篩入低筋麵粉，同樣以畫圓方式垂直攪拌均勻。
2. 蛋白加入幾滴檸檬汁，用打蛋器高速打出泡沫，分3次加入細砂糖，攪拌使蛋白霜呈現直立的尖角狀（硬性發泡）。
3. 將打發好的蛋白分三次加入到蛋黃糊中，用刮刀翻拌均勻（從底部向上翻拌，不要用畫圓方式，防止蛋白消泡），倒入蛋糕模具中。
4. 焗爐預熱至150°C，預熱結束後，將蛋糕模具放在烤架上，放進烤盤放入焗爐第一層再關上爐門。
5. 選擇預設菜單E15啟動工作。
6. 工作完成後取出，模具倒置自然冷卻1小時後即可脫模取出蛋糕。

貼士：

- 攪拌盆/打蛋盆使用前必須保證無油、無水且乾燥。
- 蛋白與蛋黃分離時，必須確保蛋白中沒有混入蛋黃。
- 必須先處理蛋黃糊，再打發蛋白。
- 烤架和烤盤需同時組合使用。

Ingredients :

Low-gluten flour : 100 g　Milk : 60 g
Caster sugar : 110 g　Vegetable oil : 60 g
Eggs : 4 pcs　Lemon juice : 5 drops
Corn starch : 10 g

Method :

1. Separate the egg yolks from the whites. Mix yolks, milk, and vegetable oil; use a whisk in a circular motion at low speed until a layer of foam forms on the surface. Sift in the flour and whisk vertically in a circular motion until smooth.
2. Add lemon juice to the egg whites. Beat at high speed until foamy, then add sugar in 3 batches. Continue beating until stiff peaks form.
3. Gently fold the egg whites into the yolk mixture in three batches using a spatula (use a folding motion from bottom to top; do not stir in circles to prevent deflating the whites). Pour into the cake mold.
4. Preheat the appliance to 150°C. Once preheated, place the mold on the grill rack and place on baking tray, then place into Level 1 and close the oven door.
5. Select Auto Menu E15, and start.
6. Once finished, remove and invert the mold to cool naturally for 1 hour before removing the cake.

Tips:

- Ensure the mixing bowls and whisk are completely oil-free, water-free, and dry.
- When separating eggs, ensure no yolk gets into the whites.
- Prepare the yolk batter first before beating the egg whites.
- The grill rack & baking tray need to be used together.

牛油捲
Butter Roll

160°C　28分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
高筋麵粉：250 克
牛奶：110 克
雞蛋：2 隻
白砂糖：40 克
酵母：4 克
鹽：適量
牛油：30 克

製法：
1. 牛油解凍成液體狀。
2. 將高筋麵粉、白糖、雞蛋1隻、牛奶、淡奶油、酵母、鹽全部用攪拌機攪拌均勻，再加入牛油攪拌均勻，可以適量增加麵粉，把麵胚揉成一糰。
3. 取出麵糰，放在鋪有高筋粉的檯面上，用力揉搓約10分鐘，直至整體均勻有韌性，柔軟程度像耳垂，拉伸麵胚能透著看到手指就是最佳狀態。
4. 將麵糰放入焗爐，設置發酵40°C，1小時，漲大至2倍後取出。
5. 切成8份，每份約50g，用揉麵杖揉成三角狀（可以網上搜索具體方法），再捲起來成型。
6. 將成型的麵糰放在鋪有烘焙紙的烤盤上，繼續放進焗爐二次發酵20分鐘後取出。
7. 將1隻雞蛋把蛋黃和蛋白分開，蛋白不要，把蛋黃攪拌均勻，刷在麵糰上，撒上白芝麻。
8. 焗爐預熱至160°C，預熱完成後，將烤盤放入焗爐第二層然後關上爐門。
9. 選擇預設菜單E16啟動工作，結束後取出即可食用。

Ingredients :
High-gluten flour : 250g
Milk : 110g
Eggs : 2 pcs
White sugar : 40g
Yeast : 4g
Salt : To taste
Butter : 30g

Method :
1. Melt the butter into liquid form.
2. Mix high-gluten flour, sugar, 1 egg, milk, heavy cream, yeast, and salt in a mixer until combined. Add the melted butter and continue mixing. You may add a little extra flour if needed to form the dough.
3. Remove the dough and place it on a surface dusted with flour. Knead vigorously for about 10 minutes until elastic and as soft as an earlobe. The “windowpane test” (stretching the dough until translucent) indicates the best state.
4. Place the dough in the appliance. Set to Fermentation Mode at 40°C for 1 hour until doubled in size.
5. Divide into 8 portions (approx. 50 g each). Roll each into a triangle shape and roll them up into crescents.
6. Place the shaped rolls on a baking tray lined with parchment paper. Return to the appliance for a second fermentation of 20 minutes, then remove.
7. Separate the second egg. Discard the white, whisk the yolk, and brush it over the rolls. Sprinkle with white sesame seeds.
8. Preheat the appliance to 160°C. Once ready, place the tray on Level 2, then close the oven door.
9. Select Auto Menu E16, and start. Serve once the cycle is complete.

炸薯條
French Fries

200˚C　26分鐘 / mins　第一層 / Level 1
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
急凍薯條：200 克
鹽：適量

製法：
1. 將薯條用少許食用油、鹽攪拌一下，然後將薯條倒入烤盤中，鋪放均勻備用。
2. 焗爐預熱至200˚C，預熱結束後，將烤盤放入第一層， 關上爐門。
3. 選擇預設菜單E17啟動工作直至工作完成後即可食用。

Ingredients :
Frozen French fries : 200 g
Salt : To taste

Method :
1. Toss the frozen fries with a small amount of cooking oil and salt. Spread them evenly across the baking tray.
2. Preheat the appliance to 200˚C. Once preheated, place the baking tray onto Level 1, then close the oven door.
3. Select Auto Menu E17, and start. Serve once the cycle is complete.

炸雞粒
Popcorn Chicken

200˚C　25分鐘 / mins　第二層 / Level 2
使用容器 / Use Utensil：烤盤 / Baking Tray



食材：
急凍炸雞粒：300 克

製法：
1. 烤盤鋪上錫紙，將急凍炸雞粒均勻擺放好備用。
2. 焗爐設置預熱200˚C，預熱結束後，將烤盤放入焗爐第一層然後關上爐門。
3. 選擇預設菜單E18啟動工作直至工作完成後即可食用。

Ingredients :
Frozen popcorn chicken: 300 g

Method :
1. Line the baking tray with aluminum foil. Arrange the frozen popcorn chicken evenly on the tray.
2. Preheat the appliance to 200˚C. Once preheating is complete, place the baking tray onto Level 1, then close the oven door.
3. Select Auto Menu E18, and start. Serve once the cycle is complete.

薯仔燜排骨
Braised Pork Ribs with Potatoes

18分鐘 / mins (700W) + 18分鐘 / mins (500W)　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
薯仔：約 300 克
排骨：約 400 克
清水：500 克
花椒粒：20 - 30 粒
乾辣椒：6 個
八角：2 個
蔥：1 棵
植物油、鹽、老抽、料酒、豆瓣醬：
各適量

製法：
1. 排骨清洗乾淨，切成3厘米長塊狀，瀝乾水分，用適量鹽、生抽和料酒醃製10分鐘備用。

2. 薯仔去皮，切成大塊。蔥切絲段備用。

3. 把除蔥以外的其他所有材料放入燉盅內，燉盅放入爐內微晶板中心，加蓋。然後關上爐門。

4. 選擇預設菜單F01啟動工作直至工作完成後取出加上蔥花即可食用。

Ingredients :
Potatoes : approx. 300 g
Pork ribs : approx. 400 g
Water : 500 g
Sichuan peppercorns : 20 - 30 pcs
Dried chili : 6 pcs
Star anise : 2 pcs
Scallion : 1 stalk
Vegetable oil, Salt, Dark soy sauce, Cooking wine, Chili Bean sauce (Doubanjiang) : To taste

Method :
1. Wash the pork ribs and cut them into 3cm chunks. Drain well and marinate for 10 minutes with salt (as needed), light soy sauce, and cooking wine.

2. Peel the potatoes and cut into large chunks; slice the Scallion into sections.

3. Place all ingredients (except the Scallion) into the stew pot. Place the pot in the center of the bottom glass plate and cover with a lid. Then close the oven door.

4. Select Auto Menu F01, and start. Remove when cycle completed, add chopped scallions, and serve.

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

魚香肉絲
Yuxiang Shredded Pork

15分鐘 / mins (700W)　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷淺碟 / Shallow Ceramic Dish



食材：
豬里脊肉：200 克
泡發後木耳：100 克
紅蘿蔔：一條 (300 克)
水：50 克
姜片：3 片
蔥：1 棵
蒜瓣：5 瓣
粟粉、料酒、生抽、豆瓣醬、甜麵醬、醋、白糖、蠔油、胡椒粉：各適量

製法：
1. 將豬里脊肉清洗乾淨後切絲，加入生抽、胡椒粉、料酒、粟粉攪拌均勻，醃製10分鐘。
2. 將紅蘿蔔、木耳、薑切絲，蒜切片，蔥切段備用。
3. 將步驟1和2的食材與調料（豆瓣醬、甜麵醬、醋、白糖、蠔油）攪拌均勻，裝入陶瓷淺碟中，放入爐內微晶板中心，然後關上爐門。
4. 選擇預設菜單F02啟動工作直至工作結束後取出，加上蔥花即可食用。

Ingredients:
Pork tenderloin: 200 g
Soaked wood ear mushrooms: 100 g
Carrot: 1 pc (approx. 300 g)
Water: 50 g
Ginger: 3 slices
Scallion: 1 stalk
Garlic: 5 cloves
Corn starch, Cooking wine, Light soy sauce, Chili Bean sause (Doubanjiang), Sweet bean sauce, Vinegar, Sugar, Oyster sauce, Pepper powder: To taste

Method :
1. Wash the pork tenderloin and cut into shreds. Mix with light soy sauce, pepper powder, cooking wine, and corn starch. Marinate for 10 minutes.
2. Shred the carrot, wood ear mushrooms, and ginger. Slice the garlic and cut the Scallion into sections.
3. Mix the ingredients from steps 1 and 2 with the seasonings (chili bean sauce, sweet bean sauce, vinegar, sugar, and oyster sauce). Place the mixture in a shallow ceramic dish and put it in the center of bottom glass plate. Then close the oven door.
4. Select Auto Menu F02, and start. Remove when cycle completed, add chopped scallions, and serve.

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

肉碎茄子
Sauteed Eggplant with Minced Pork

13分鐘 / mins (1000W)　　微晶板 / Bottom Glass Plate

使用容器 / Use Utensil：陶瓷淺碟 / Shallow Ceramic Dish



食材：
茄子：320 克
豬肉碎：200 克
薑片：3 - 5 片
蒜頭：3 - 5 個
蔥頭：3 - 5 個
香蔥：1 棵
植物油、生抽、料酒、鹽：各適量

製法：
1. 將茄子清洗乾淨，切成1厘米寬、5厘米長的形狀，泡鹽水備用。薑片、蒜頭、蔥頭切成末備用。
2. 將豬肉碎加入適量植物油、鹽、生抽、料酒、薑蒜蔥末醃製入味。
3. 將泡好的茄子單獨放置在陶瓷淺碟上，放入爐內微晶板中心，然後關上爐門。
4. 選擇預設菜單F03啟動工作。
5. 倒計時剩餘8分鐘時，打開爐門取出陶瓷淺碟加入調好的肉碎醬，放回焗爐並關上爐門，繼續工作直至完成後取出，加上蔥花即可食用。

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

Ingredients :
Eggplant : 320 g
Minced pork : 200 g
Ginger : 3 - 5 slices
Garlic : 3 - 5 cloves
Shallots : 3 - 5 pcs
Scallion : 1 stalk
Vegetable oil, Soy sauce, Cooking wine, Salt : To taste

Method :
1. Wash the eggplant and cut into strips (1cm wide, 5cm long). Soak in salt water. Mince the ginger, garlic, and shallots.
2. Marinate the minced pork with vegetable oil, salt, soy sauce, cooking wine, and the minced ginger, garlic, and shallots.
3. Place the soaked eggplant pieces on a shallow ceramic dish and put it in the center of bottom glass plate. Then close the oven door.
4. Select Auto Menu F03, and start.
5. When 8 minutes remain on the timer, open the door and remove the ceramic dish to add the marinated minced pork sauce. Return to the oven to continue cooking until cycle completed, and the chopped Scallions before serving.

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

魚皮餃蛋花湯
Fish Skin Dumpling Soup with Egg Drop

13分鐘 / mins (1000W)　　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
魚皮餃：350 克
雞蛋：2 隻
滾水：900 毫升
蔥：1 棵
白胡椒、花生油、鹽各適量

製法：
1. 將魚皮餃放入燉盅，倒入滾水，加入油、鹽、白胡椒粉，蓋上蓋子，放入微晶板中心。

2. 蔥花切好，雞蛋打好蛋液，然後關上爐門。

3. 選擇預設菜單F04啟動工作直至工作結束後取出，加上蛋液和蔥花攪拌均勻後即可食用。

Ingredients :
Fish skin dumplings : 350 g
Eggs : 2 pcs
Boiling water : 900 ml
Scallion: 1 stalk
White pepper, Peanut oil, Salt : To taste

Method :
1. Place the fish skin dumplings into a ceramic stew pot. Pour in boiling water and add oil, salt, and white pepper. Cover with the lid and place it in the center of bottom glass plate.

2. Chop the Scallion and whisk the eggs into an egg wash. Then close the oven door.

3. Select Auto Menu F04, and start. Once the cycle is complete, remove the pot. Stir in the egg wash and chopped Scallions until well mixed, then serve.

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

蓮子銀耳湯
White Fungus Soup with Lotus Seeds

10分鐘 / mins (1000W) + 40分鐘 / mins (300W) + 25分鐘 / mins (100W)　微晶板 / Bottom Glass Plate

使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
水：1000 毫升
乾銀耳：10 克
蓮子：50 克
冰糖：50 克

製法：
1. 將銀耳用清水充分泡3-4個小時，洗乾淨切塊備用。
2. 在燉盅加入銀耳、蓮子、冰糖和水，加蓋放入爐內微晶板中心然後關上爐門。
3. 選擇預設菜單F05啟動工作直至工作完成即可食用。

Ingredients :
Water : 1000 ml
Dried white fungus : 10 g
Lotus seeds : 50 g
Rock sugar : 50 g

Method :
1. Soak the white fungus in water for 3-4 hours until fully rehydrated. Wash and cut into pieces.
2. Add the white fungus, lotus seeds, rock sugar, and water into the stew pot. Cover with the lid and place it in the center of bottom glass plate. Then close the oven door.
3. Select Auto Menu F05, and start. Serve once the cycle is complete.

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

木瓜燉雪蛤

Braised Snow Hash with Papaya and Coconut Milk

10分鐘 / mins (1000W) + 50分鐘 / mins (300W)　微晶板 / Bottom Glass Plate

使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
水：500 毫升
純牛奶：200 毫升
熟木瓜：1 個
椰漿：1 罐
乾雪蛤：10 克
冰糖：50 克

製法：
1. 乾雪蛤泡發後，去除黑膜，瀝水備用。木瓜去皮去籽，約3 - 4公分大小。

2. 將泡好的雪蛤和木瓜加水放進深口陶瓷燉盅裡面，蓋上蓋，放入爐內微晶板中心，關閉爐門。

3. 選擇預設菜單F06啟動工作。

4. 倒數還有15分鐘時，打開爐門取出燉盅然後加入冰糖、椰漿、牛奶並攪拌均勻，放入燉盅並關上爐門，繼續工作直至完成，結束後開門取出即可食用。

貼士：
建議使用外型比較寬大的燉盅，加水後要預留1/3空間。

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

Ingredients :
Water : 500 ml
Pure milk : 200 ml
Papaya : 1 pc
Coconut milk : 1 can
Dried snow frog : 10 g
Rock sugar : 50 g

Method :
1. Soak the dried snow hash until fully rehydrated. Remove the black membranes and impurities, then drain and set aside. Peel and de-seed the papaya, then cut it into chunks (approx. 3 - 4 cm).

2. Place the prepared snow hash, papaya chunks, and 500 ml of water into the ceramic stew pot. Cover with the lid and place it in the center of bottom glass plate. Then close the oven door.

3. Select Auto Menu F06, and start the program.

4. When 15 minutes remain on the timer, open the door and carefully remove the pot. Add rock sugar, coconut milk, and milk, stirring until well combined. Return to the oven to continue cooking until cycle completed, and serve.

Tips :
Suggest to use a wide stew pot and leave at least one-third space after adding water.

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

花旗參燉雞湯
Ginseng Chicken Soup

20分鐘 / mins (1000W) + 70分鐘 / mins (300W)　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
烏雞：1 隻 (約600 克)
紅棗：10 粒
花旗參：10 克
枸杞：10 克
姜：3 片
水： 1400 克
鹽：少許

製法：
1. 將烏雞去內臟清洗乾淨並切塊，用沸水汆燙後瀝乾水分。清洗紅棗、枸杞及生薑備用。

2. 將除鹽以外的所有食材放入燉盅，蓋上蓋子，放置於爐內微晶板中心，關上爐門。

3. 選擇預設菜單F07啟動工作直至工作完成後取出加上適量鹽調味即可食用。

Ingredients :
Silkie Chicken : 1 whole (approx. 600 g)
Red Dates : 10 pcs
American Ginseng : 10g
Goji Berries : 10 g
Ginger : 3 slices
Water : 1400 g
Salt : To taste

Method :
1. Clean the silkie chicken, remove organs, and cut into pieces. Blanch in boiling water and drain. Wash the red dates, goji berries, and ginger.

2. Place all ingredients (except salt) into the stew pot. Cover with the lid and put it in the center of the bottom glass plate. Then close the oven door.

3. Select Auto Menu F07, and start. Remove carefully when cycle completed, season with salt to taste, and serve.

貼士：
建議使用外型比較寬大的燉盅，加水後要預留1/3空間。

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

Tips :
Suggest to use a wide stew pot and leave at least one-third space after adding water.

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

冰糖燉雪梨
Rock Sugar Stewed Pear

35分鐘 / mins (700W)　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
水： 800 毫升
雪梨：2 個 (約 600 克)
冰糖：50 克

製法：
1. 將雪梨洗乾淨，去皮去核，切成小塊。
2. 將雪梨、水和冰糖一起放入燉盅中，蓋上蓋子並放置於爐內微晶板中心，關上爐門。
3. 選擇預設菜單F08啟動工作直至工作完成即可食用。

Ingredients :
Water : 800 ml
Snow Pears : 2 pcs (approx. 600 g)
Rock Sugar : 50 g

Method :
1. Wash the snow pears, peel, remove the core, and cut into small pieces.
2. Add the pears, water, and rock sugar into the stew pot. Cover with a lid and put it in the center of the bottom glass plate. Then close the oven door.
3. Select auto-menu F08, and start. Serve once the cycle is complete.

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

桂圓紅棗湯
Longan and Red Date Soup

30分鐘 / mins (700W)　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
乾桂圓 (去皮)：50 克
紅棗：60 克
水：1000 毫升
枸杞：適量
紅糖：適量

製法：
1. 將桂圓乾和紅棗清洗乾淨後放入燉盅內，加上水和糖、枸杞，蓋上蓋子。
2. 將燉盅放入爐內微晶板中心，然後關上爐門。
3. 選擇預設菜單F09啟動工作直至工作完成即可食用。

Ingredients :
Dried Longan (peeled) : 50 g
Red Dates : 60 g
Water : 1000 ml
Goji Berries : As needed
Brown Sugar : As needed

Method :
1. Wash the dried longan and red dates, then place them in the stew pot. Add water, sugar, and goji berries, then cover with a lid.
2. Place the stew pot in the center of bottom glass plate. Then close the oven door.
3. Select auto-menu F09, and start. Serve once the cycle is complete.

貼士：
建議使用外型比較寬大的燉盅，加水後要預留1/3空間。

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

Tips :
Suggest to use a wide stew pot and leave at least one-third space after adding water.

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

蓮藕排骨湯
Lotus Root and Pork Rib Soup

20分鐘 / mins (1000W) + 40分鐘 / mins (300W)　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
排骨：280 克
蓮藕：360 克
薑片：3 片
水：1500 毫升
鹽：1 匙
蔥花：適量

製法：
1. 將蓮藕洗乾淨切塊。將排骨切大塊，用熱水汆燙後瀝乾水分備用。
2. 將以上食材加入鹽後一起放入燉盅，再把燉盅放入爐內微晶板中心，然後關上爐門。
3. 選擇預設菜單F10啟動工作直至工作完成即可食用。

Ingredients :
Pork Ribs : 280 g
Lotus Root : 360 g
Ginger Slices : 3 pcs
Water : 1500 ml
Salt : 1 scoop
Chopped Scallion : As needed

Method :
1. Wash and cut the lotus root into chunks; cut the pork ribs into large pieces, blanch them in hot water, and drain.
2. Add the ingredients and salt into the stew pot, and put it in the center of the bottom glass plate. Then close the oven door.
3. Select Auto Menu F10, and start Serve once the cycle is complete.

貼士：
建議使用外型比較寬大的燉盅，加水後要預留1/3空間。

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

Tips :
Suggest to use a wide stew pot and leave at least one-third space after adding water.

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

無花果瘦肉湯
Fig and Lean Pork Soup

20分鐘 / mins (1000W) + 50分鐘 / mins (300W)　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
水：1400 毫升
瘦肉：400 克
無花果：100 克
薑片：3 片
食鹽/蔥花：適量

製法：
1. 將無花果洗乾淨，瘦肉洗乾淨切成大塊，用熱水汆燙後瀝乾備用。
2. 將除鹽以外的其他食材一起放入燉盅中，加蓋後放入爐內微晶板中心，然後關上爐門。
3. 選擇預設菜單F11啟動工作直至工作完成後取出加上蔥花和適量鹽即可食用。

Ingredients :
Water : 1400 ml
Lean Pork : 400 g
Figs : 100 g
Ginger Slices : 3 pcs
Salt / Chopped Scallion : As needed

Method :
1. Wash the figs. Wash and cut the lean pork into large chunks, blanch them in hot water, and drain.
2. Place all ingredients (except salt) into the stew pot, cover with a lid, and put it in the center of the bottom glass plate. Then close the oven door.
3. Select Auto Menu F11, and start. Remove when cycle completed, add chopped Scallions and salt to taste, and serve.

貼士：
建議使用外型比較寬大的燉盅，加水後要預留1/3空間。

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

Tips :
Suggest to use a wide stew pot and leave at least one-third space after adding water.

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.

蟲草花燉鴿
Double-Stewed Pigeon with Cordyceps Flower

10分鐘 / mins (1000W) + 50分鐘 / mins (300W)　微晶板 / Bottom Glass Plate
使用容器 / Use Utensil：陶瓷燉盅 / Ceramic Stew Pot



食材：
水：800 毫升
鴿：1 隻 (約 350 克)
乾蟲草花：15 克
枸杞：5 克
薑片：3 片
鹽：適量

製法：
1. 將鴿去除內臟和頭部，切成4大塊，用開水汆燙後洗乾淨並瀝乾備用。

2. 把除鹽以外所有的食材放入燉盅內，加蓋後放入微晶板中心，關上爐門。

3. 選擇預設菜單F12啟動工作直至工作完成後取出加上適量鹽即可食用。

Ingredients :
Water : 800 ml
Pigeon : 1 whole pigeon, approx. 350 g
Dried Cordyceps Flower : 15 g
Goji Berries : 5 g
Ginger Slices : 3 pcs
Salt : As needed

Method :
1. Remove the internal organs and head of the pigeon, then cut it into 4 large pieces. Blanch in boiling water, wash thoroughly, and drain for later use.

2. Put all ingredients except salt into the stew pot, cover with a lid, and put it in the center of the bottom glass plate. Then close the oven door.

3. Select Auto Menu F12, and start. Remove when cycle completed, add a salt to taste, and serve.

貼士：
建議使用外型比較寬大的燉盅，加水後要預留1/3空間。

⚠ 注意：使用純微波功能時，不能使用任何金屬器皿，以免發生危險。

Tips:
Suggest to use a wide stew pot and leave at least one-third space after adding water.

⚠ Note : When using the microwave function only, do not use any metal utensils to avoid danger.








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