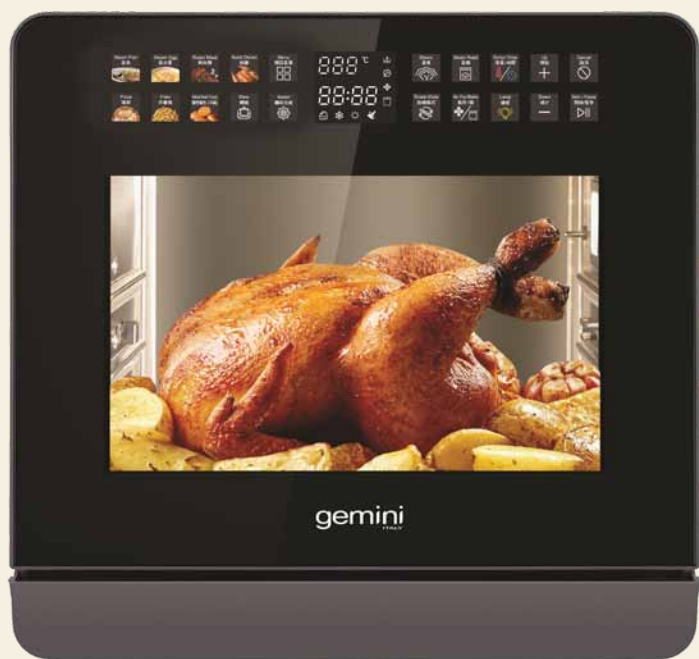


geminipro
ITALY

家常美味提案

一台氣炸蒸焗爐 豐富你的餐桌美學



g18氣炸蒸焗爐 · 50款中西食譜



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This recipe is only applicable for model GSAO18BK
此食譜只適用於型號 GSAO18BK

使用前需知

- 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)。
- 操作期間或之後打開門時，蒸焗爐將釋放高溫蒸汽或高溫氣流，打開門時應保持安全距離，以免燙傷。
- 建議使用從純淨水注入水箱。若使用自來水或食用水，會較容易產生水垢，請定期清潔。
- 烹調效果可能會因應食材差異而有所不同，你可因應食材烹煮時間按“溫度/時間”鍵微調烹煮時間。
- 使用預設菜單時，預設溫度不能更改，預設的烹煮模式也不能更改。

Read before use

- Please allow at least 5 cm of clearance at the rear and on both sides of the product to ensure proper ventilation (Refer to the Installation Manual for detailed clearance requirements.)
- During or after operation, opening the door will release high-temperature steam or hot air flow. Please maintain a safe distance when opening the door to avoid scalding
- Use purified water, otherwise limescale may form. Please descaled regularly to maintain the performance.
- Cooking results may vary depending on the ingredients, you can manually adjust the cooking time by pressing the “Temp/Time” button, depending on the ingredients and your preferred level of cooking.
- ** Please note that the preset temperature and preset cooking mode cannot be modified for this program when using the preset menu.



P01 Steamed eggs / 蒸水蛋

🔥 100°C ⌚ 12mins 📶 Lower layer 下層

食材：

雞蛋：2隻

蝦仁：5隻

水：200g

蔥：1棵

料酒 / 生抽 / 食用油 / 鹽：適量

製法：

1. 將蝦仁清洗乾淨後，食用料酒醃製10分鐘以上，切蔥花放置一邊備用。
2. 將雞蛋用打蛋器打成微白色狀後，加入食用油、鹽繼續攪拌均勻加入水後攪拌均勻倒入淺碟上，然後放置在蒸盤上，放入蒸烤箱下層。
3. 選擇預設菜單程式P01，啟動工作。
4. 運行結束後取出，加上生抽和蔥花即可。

Ingredients:

Eggs: 2pcs

Shrimp: 5pcs

Water: 200g

Scallions: 1 stalk

Cooking wine / light soy sauce / oil / salt:
appropriate amount

Method:

1. Rinse the shrimp thoroughly, marinate them in cooking wine for at least 10 minutes, then finely chop the green onion and set aside.
2. Whisk the eggs with an egg beater until they turn pale white. Add cooking oil and salt, stir well, then pour in the water and mix evenly. Pour the mixture into a shallow dish, place it on the steaming tray, and put it on the lower rack of the steam oven.
3. Select menu program P01 and start the operation.
4. After the program ends, take out the dish, drizzle with light soy sauce and sprinkle with the chopped green onion.



P02 Steamed fish / 清蒸魚

🔥 100°C ⌚ 15mins 📶 Lower layer 下層

食材：

鱸魚：1 條 (約 350g)

蔥：2 棵

生抽 / 植物油 / 鹽 / 薑絲：適量

製法：

1. 將魚清洗乾淨，瀝乾水分，整條烹飪，加入植物油、鹽抹上魚身各處醃製15分鐘左右，魚身可切幾刀方便入味。
2. 將魚放置在淺碟上，底部和魚上都適量加上薑絲，然後放置在蒸盤上，放入蒸烤箱下層。
3. 選擇預設菜單程式 P02，啟動工作。
4. 運行結束後取出，加上生抽和蔥花即可。

Ingredients:

Perch: 1 (about 350g)

Scallions: 2 stalks

Light soy sauce / Vegetable oil / salt / Shredded ginger: appropriate amount

Method:

1. Clean the Perch and drain well. Keep the fish whole, rub vegetable oil and salt all over the fish, and marinate for about 15 minutes. You can score the fish lightly to help it absorb flavor better.
2. Place the fish on a shallow plate. Put some shredded ginger under and on top of the fish, then set the plate on a steaming tray and place it on the lower layer of the steam oven.
3. Select the preset program P02 and start cooking.
4. Take out the fish when done, garnish with light soy sauce and chopped green onions, and serve.



P03 Steamed chicken / 蒸雞

🔥 100°C ⌚ 40mins 📏 Lower layer 下層

食材：

雞：1隻 (0.5-1kgs)
蔥：3棵
植物油、食鹽：適量

製法：

1. 將雞洗淨，抹乾水分。
2. 放在可放入蒸焗爐的深碟上，全雞抹一層食用鹽和一層植物油，小蔥打好結塞進雞肚子裡，然後放在蒸盤上。
3. 放入蒸烤箱下層，選擇預設菜單程式P03，啟動工作。
4. 運行結束後取出，放涼切塊，可自行沾醬油食用。

Ingredients:

Chicken: 1 whole chicken
Green onions: 3 stalks
Vegetable oil, salt: appropriate amount

Method:

1. Clean the chicken and pat dry.
2. Place it on a deep plate suitable for the steam oven. Rub a layer of salt and a layer of vegetable oil all over the chicken. Tie the green onions into knots and stuff them into the chicken cavity, then put it on the steaming tray.
3. Place on the lower rack of the steam oven, select the preset program P03, and start.
4. Take out when finished, let cool, then cut into pieces. Serve with soy sauce for dipping if desired.



P04 Steamed pork with rick flour / 粉蒸肉

🔥 110°C ⌚ 35mins 📏 Lower layer 下層

食材：

五花腩肉：400g

蒸肉米粉：150g

薯仔：200g

蔥、薑、生抽：適量

製法：

1. 五花腩肉切片，薯仔去皮切小塊，薑蔥切碎用少量開水泡 10 分鐘。
2. 肉片加入蔥、薑、生抽、蒸肉米粉抓拌均勻。
3. 蒸盤鋪上牛油紙，薯仔塊墊底，再鋪上五花腩肉。
4. 放入蒸烤箱下層，選擇預設菜單程式 P04，啟動工作。
5. 運行結束後取出即可食用。

Ingredients:

Pork belly: 400g

Steamed rice flour: 150g

Potatoes: 200g

Green onions, ginger, light soy sauce:
appropriate amount

Method:

1. Slice the pork belly, peel the potatoes and cut into small pieces, mince the ginger and green onions, then soak in a small amount of boiling water for 10 minutes.
2. Add the soaked ginger and green onions, light soy sauce, and steamed rice flour to the pork slices, and mix well.
3. Line the steaming tray with parchment paper, place the potato pieces at the bottom, then arrange the pork belly slices on top.
4. Insert the tray into the lower layer of the steam oven. Select preset program P04 and start the operation.
5. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P05 Steamed seafood / 蒸海鮮

🕒 100°C ⌚ 15mins 📏 Lower layer 下層

食材：

蝦：250g
鮑魚：6 個
魷魚鬚：200g
海蜆：300g
檸檬：1 個
清水：300ml
青紅辣椒圈：大半碗
蒜末 / 芝麻 / 花椒：各小半碗
芫茜：1 小束
香醋 / 生抽 / 蠔油：各 1 匙
熱油 / 鹽 / 糖：各適量

製法：

1. 鮮蝦去掉鬚和腳，取出蝦腸，魷魚、鮑魚切花刀，所有海鮮洗淨待用。
2. 整齊地鋪入淺碟裡，放在蒸盤上放入蒸烤箱下層，選擇預設菜單程式 P05，啟動工作。
3. 結束後取出，過冰水瀝乾水分。
4. 調製料汁：芝麻、辣椒圈、蒜末、花椒澆上熱油，加入所有調味料攪拌均勻，淋在海鮮上，放冰箱冷藏1小時後食用。

Ingredients:

Shrimp: 250g
Abalone: 6 pieces
Squid tentacles: 200g
Razor clams: 300g
Lemon: 1
Water: 300ml
Sliced green and red chili: half a large bowl
Minced garlic, sesame seeds, Sichuan peppercorns: each half a small bowl
Cilantro: 1 small bunch
Balsamic vinegar, light soy sauce, oyster sauce: 1 tablespoon each
Hot oil, salt, sugar: appropriate amount

Method:

1. Remove the whiskers and legs from the shrimp, devein them. Score squid and abalone with a cross pattern. Clean all seafood and set aside.
2. Arrange neatly on a shallow plate, place on a steaming tray, then put on the lower rack of the steam oven. Select preset program P05 and start.
3. Take out after cooking, soak in ice water, then drain well.
4. Make the sauce: pour hot oil over sesame seeds, chili slices, minced garlic and Sichuan peppercorns. Add all seasonings and mix well. Drizzle over the seafood, refrigerate for 1 hour before serving.



P06 Steamed scallops with vermicelli / 蒸粉絲扇貝

🔥 100°C ⌚ 15mins 📦 Lower layer 下層

食材：

扇貝：8隻(約750g)

蒜蓉：50g

粉絲：1 把

蔥：2 根

鹽 / 生抽 / 植物油：各適量

製法：

1. 扇貝一分為二，去掉內臟，洗乾淨，擺放在蒸盤上。
2. 粉絲用溫水泡發，瀝乾水分後取適量鹽和植物油醃製備用。
3. 蒜蓉加入植物油，食鹽做成蒜蓉醬，蔥切花備用。
4. 在扇貝上鋪上適量粉絲，淋上蒜蓉醬，將蒸盤放入蒸烤箱下層。
5. 選擇預設菜單程式 P06，啟動工作。
6. 結束後取出，加上蔥花即可食用。

Ingredients:

Scallops: 8 pcs (approx. 750g)

Garlic: 50g (minced)

Vermicelli: 1 bundle

Scallions: 2 stalks

Seasoning: Salt, light soy sauce, vegetable oil (appropriate amount)

Method:

1. Halve the scallops, remove the internal organs, wash thoroughly, and arrange them on the steaming tray.
2. Soak the vermicelli in warm water until soft. Drain well, then marinate with a proper amount of salt and vegetable oil.
3. Combine minced garlic with vegetable oil and salt to make a garlic sauce. Chop the scallions for later use.
4. Place a portion of vermicelli onto each scallop and top with the garlic sauce. Slide the tray into the lower layer of the steam oven.
5. Select preset program P06 and start the operation.
6. Once finished, remove the tray, garnish with chopped scallions, and serve.



P07 Reheat Pastries / 翻熱麵點

🌡️ 100°C ⌚ 20mins 🍳 Lower layer 下層

食材：

冷凍包子 / 饅頭

製法：

1. 將包子放在蒸盤上。
2. 放入蒸烤箱下層。
3. 選擇預設菜單程式 P07，啟動工作。
4. 運行結束後取出，即可食用。

Ingredients:

Frozen Buns / Mantou

Method:

1. Place the frozen buns evenly on the steaming tray.
2. Insert the tray into the lower layer of the steam oven.
3. Select preset program P07 and start the operation.
4. After the cooking program finishes, remove from the steam oven and serve.





P08 Steamed buns / 蒸饅頭

🕒 100°C ⌚ 25mins 📦 Lower layer 下層

食材：

面粉：280g
白砂糖：30g
水：約 150g
酵母：4g
鹽：適量

製法：

1. 將麵粉、酵母粉、白砂糖、鹽與水混合後，揉成光滑麵團，發酵 40°C/60 分鐘，直至麵團漲大 2 倍。
2. 將發酵好的麵團揉透（可適量增加麵粉），揉成長條狀，均勻切成 6 份。
3. 搓成圓形光滑團狀放置在鋪有孔油紙的蒸盤上，放入蒸烤箱下層。
4. 然後二次發酵 15 分鐘後。
5. 選擇預設菜單程式 P08，啟動工作。
6. 運行結束後取出，即可食用。

Ingredients:

Flour: 280g
Sugar: 30g
Water: approx. 150g
Yeast: 4g
Salt: to taste

Method:

1. Combine flour, yeast, sugar, salt, and water. Knead into a smooth dough. Proof at 40°C for 60 minutes until the dough has doubled in size.
2. Knead the proofed dough thoroughly (add a small amount of flour if necessary) and roll it into a long strip. Divide evenly into 6 pieces.
3. Shape them into smooth, round buns. Place the buns on a steaming tray lined with perforated parchment paper. Insert the tray into the lower layer of the steam oven.
4. Allow the buns to undergo a second proofing for 15 minutes.
5. Select preset program P08 and start the operation.
6. After the cooking program finishes, remove from the steam oven and serve.



P09 Steamed pork ribs / 蒸排骨

🔥 100°C ⌚ 25mins 📏 Lower layer 下層

食材：

香芋：100g
排骨：300g
蒜：3 瓣
紅辣椒：1 個
薑、鹽：適量
食用鹼水：2g

製法：

1. 將排骨衝乾淨血水（用水一直衝），香芋切塊，薑切成片，蒜切末，辣椒切段。
2. 將所有食材放入淺碟，加入適量鹽攪拌均勻，醃製1小時。
3. 將淺碟放在蒸盤，放入蒸烤箱下層。
4. 選擇預設菜單程式 P09，啟動工作。
5. 運行結束後取出，即可食用。

Ingredients:

Taro: 100g
Pork Ribs: 300g
Garlic: 3 cloves (minced)
Red Chili: 1 pc
Seasoning: Ginger, salt : appropriate amount
Alkaline water: 2g

Method:

1. Rinse the pork thoroughly to remove blood. Cube the taro, slice the ginger, mince the garlic, and chop the chili.
2. Place all ingredients ribs in a shallow dish, add salt, and mix well. Marinate for 1 hour.
3. Place the dish on the steaming tray and insert it into the lower layer of the steam oven.
4. Select preset program P09 and start the operation.
5. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P10 Steamed baby cabbage / 蒸娃娃菜

🔥 100°C ⌚ 18mins 📦 Lower layer 下層

食材：

娃娃菜：3 棵 (約 300g)

粉絲：1 束 (約 60g)

蒜泥：3 - 4 勺

蔥：1 棵

蠔油 / 植物油 / 生抽 / 白砂糖 / 鹽：適量

製法：

1. 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。
2. 蔥切花，蒜頭拍成蒜泥，蒜泥加入生抽、蠔油、植物油、鹽調製成醬汁備用。
3. 把粉絲平鋪在淺碟上，再放入娃娃菜擺放整齊，在娃娃菜上面澆上剛才調製好的醬汁，放置在蒸盤上。
4. 放入蒸烤箱下層。
5. 選擇預設菜單程式 P10，啟動工作。
6. 運行結束後取出，即可食用。

Ingredients:

Baby Cabbage: 3 heads (approx. 300g)

Vermicelli: 1 bundle (approx. 60g)

Garlic: 3-4 tbsp (minced into paste)

Scallion: 1 stalk

Seasoning: Oyster sauce, light soy sauce, sugar, salt, vegetable oil (to taste)

Method:

1. Soak the vermicelli in water until soft, then cut into shorter segments and mix with a pinch of salt. Set aside. Separate the baby cabbage leaves by hand and wash them thoroughly.
2. Chop the scallion for garnish. Combine the minced garlic with light soy sauce, oyster sauce, vegetable oil, and salt to create a sauce.
3. Spread the vermicelli evenly on a shallow dish, then arrange the baby cabbage leaves neatly on top. Drizzle the prepared garlic sauce over the cabbage and place the dish on the steaming tray.
4. Insert the tray into the lower layer of the steam oven.
5. Select preset program P10 and start the operation.
6. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P11 Steamed Sweet Potatoes / 蒸蕃薯

🌡️ 115°C ⌚ 45mins 📏 Lower layer 下層

食材：

蕃薯：3個 (每個約 300g)

製法：

1. 蕃薯洗淨，放在蒸盤上。
2. 將蒸盤放入蒸烤箱下層。
3. 選擇預設菜單程式P11，啟動工作。
4. 運行結束後取出，即可食用。

Ingredients:

Sweet Potatoes: 3 pcs (approx. 300g each)

Method:

1. Wash the sweet potatoes thoroughly and place them on the steaming tray.
2. Insert the tray into the lower layer of the steam oven.
3. Select preset program P11 and start the operation.
4. After the cooking program finishes, remove from the steam oven and it is ready to serve.





P12 Baby Milk Warming / 嬰兒溫奶

🌡️ 90°C

🕒 13mins

📶 Bottom plate 底板

食材：
奶瓶

製法：

1. 奶瓶放入蒸烤箱底板上。
2. 選擇預設菜單程式 P12，啟動工作。
3. 運行結束後取出，即可食用。
(注意：請在餵食前檢查牛奶溫度。)

Ingredients:
Baby Bottle

Method:

1. Place the baby bottle directly on the bottom plate of the steam oven.
2. Select preset program P12 and start the operation.
3. After the cooking program finishes, remove from the steam oven and it is ready to serve. (Note: Please check the milk temperature before feeding.)





P13 Heating Sake / 加熱清酒

🌡️ 90°C

🕒 8mins

📏 Bottom plate 底板

食材：
清酒

製法：

1. 酒壺放入蒸烤箱底板上。
2. 選擇預設菜單程式 P13，啟動工作。
3. 運行結束後取出，即可飲用。
(注意：飲用前請先檢查溫度。)

Ingredients:

Sake (as needed)

Method:

1. Place the sake carafe (tokkuri) directly on the bottom plate of the steam oven.
2. Select preset program P13 and start the operation.
3. After the cooking program finishes, remove from the steam oven and it is ready to serve. (Note: Please check the temperature before drinking.)





P14 Steamed Glutinous Rice / 蒸糯米

🌡️ 100°C ⌚ 40mins 📶 Lower layer 下層

食材：

糯米：適量

製法：

1. 糯米浸泡 6-8 小時；
2. 將浸泡好的米飯放入適合的耐熱盤中，放入蒸烤箱的下層。
3. 選擇預設菜單程式 P14，啟動工作。
4. 運行結束後取出，即可食用。

Ingredients:

Glutinous Rice: As needed

Method:

1. Soak the glutinous rice in water for 6-8 hours.
2. Place the soaked rice in a suitable heatproof dish and insert it into the lower layer of the steam oven.
3. Select preset program P14 and start the operation.
4. After the cooking program finishes, remove from the steam oven and it is ready to serve.





P15 Stewed Bird's Nest / 燉燕窩

🔥 100°C ⌚ 40mins 🍲 Bottom plate 底板

食材：

燕窩：3g

純淨水：約120毫升

製法：

1. 使用純淨水泡燕窩4-5小時，燕窩體積會膨脹數倍。
2. 洗乾淨燕窩的雜質，挑去絨毛。
3. 將燕窩撕成條放進耐熱玻璃瓶內，加入純淨水或冷開水，水量要高過燕窩一手指節。
4. 蒸烤爐內水箱注意裝滿水。
5. 純蒸模式不用預熱，將蒸烤盤放進蒸烤爐下層，然後將裝好燕窩的小玻璃瓶放在蒸烤盤上。
6. 選擇預設菜單程式P15，啟動工作。
7. 運行時間結束後，即可取出食用。

Ingredients:

Bird's Nest (Dry): 3g

Purified Water: approx. 120ml

Method:

1. Soak the dry bird's nest in purified water for 4-5 hours until it expands several times its original size.
2. Rinse the bird's nest thoroughly to remove impurities and pick out any fine feathers.
3. Tear the bird's nest into strands and place them into a heatproof glass jar. Add purified water or cooled boiled water; the water level should be about one finger-joint higher than the bird's nest.
4. Ensure the water tank of the steam oven is filled.
5. Place the glass jar on the steaming tray, then insert the tray into the lower layer of the steam oven. (Preheating is not required for Pure Steam mode).
6. Select preset program P15 and start the operation.
7. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P16 Papaya Stewed with Milk / 木瓜燉鮮奶

🌡️ 95°C ⌚ 30mins 🍲 Bottom plate 底板

食材：

木瓜 / 紅棗 / 冰糖 / 杞子：適量
純牛奶 / 清水 2:1

製法：

1. 木瓜去皮去籽後切成小塊、紅棗去核，放入燉碗裡。
2. 加入一碗清水、少許冰糖、紅棗、杞子、純牛奶。
3. 放入蒸烤箱底板。
4. 選擇預設菜單程式P16，啟動工作。
5. 運行結束後取出即可食用。

Ingredients:

Papaya, Red Dates, Rock Sugar, Goji Berries: As needed

Liquid: Whole Milk and Purified Water (Ratio 2:1)

Method:

1. Peel and de-seed the papaya, then cut into small cubes. Remove pits from the red dates. Place them into a stewing bowl.
2. Add a bowl of purified water, a small amount of rock sugar, red dates, goji berries, and whole milk into the bowl.
3. Place the stewing bowl directly on the bottom plate of the steam oven.
4. Select preset program P16 and start the operation.
5. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P17 Braised Pork Belly / 紅燒肉

Steam+Air fry / 蒸煮+氣炸 🔥 100°C + 200°C

🕒 30mins + 15mins 📦 Lower layer 下層

食材：

五花腩肉：500g

啤酒：200-250ml

白冰糖：30g

蔥 / 生姜 / 八角 / 生抽老抽 / 鹽 / 胡椒

粉 / 乾辣椒 / 雞粉：適量

製法：

1. 選擇條狀五花腩肉，切成小方塊，放鹽水泡 10 分鐘，泡出雜質。

2. 起鍋不放油，倒入五花腩肉炒至八面金黃上色，把肥油炒出來。

3. 放入蔥薑片、乾辣椒、八角、冰糖，小火炒化讓五花肉裹上一層焦糖色。

4. 加入 200ml 啤酒、生抽、老抽、鹽、胡椒粉、雞精調味調色，煮開後，倒入湯煲裡，放入蒸烤箱底板上，選擇預設菜單程式 P17，啟動工作。

5. 烹調結束前倒數剩餘 30 分鐘後按“開始 / 暫停”鍵暫停程式，打開蒸烤箱門，小心地取下湯煲。

6. 烤盤鋪上錫箔紙，紅燒肉均勻擺上，放入烤箱下層，關閉蒸烤箱門，再按“開始 / 暫停”鍵繼續烹調過程，運行結束後取出撒上蔥即可。

Ingredients:

Pork Belly: 500g (cut into cubes)

Beer: 200-250ml

Rock sugar: 30g

Aromatics - Scallion, ginger, star anise, dried chili: appropriate amount

Seasonings - Light/dark soy sauce, salt, pepper, chicken powder: appropriate amount

Method:

1. Soak pork cubes in salt water for 10 minutes to remove impurities.

2. Sear the pork in a pan (no oil needed) until golden brown to render out the fat.

3. Add aromatics (scallion, ginger, chili, star anise) and rock sugar. Stir until the pork is coated in a caramel color.

4. Add beer and seasonings. Bring to a boil, then transfer to a stew pot. Place the pot on the bottom plate and select preset program P17 and start the operation.

5. When the timer shows 30 minutes remaining, press the “Start/Pause” button to pause the program. Open the steam oven door and carefully remove the stewing pot.

6. Line a baking tray with aluminum foil. Arrange the braised pork pieces evenly on the tray and insert it into the lower layer of the steam oven. Close the steam oven door, then press the “Start / Pause” button again to resume the cooking process. After the program finishes, remove from the steam oven and garnish with chopped scallions. It is now ready to serve.



P18 Grilled Steak / 烤牛排

🔥 220°C ⌚ 8mins 📏 Bottom plate 底板

食材：

牛排：200g

無鹽牛油：8-15g

鹽：3g

胡椒粉

(或者是已醃制好的牛排1包)

製法：

1. 牛排解凍致常溫。

2. 烤盤上塗一層無鹽牛油，牛油區域擺上牛排/已醃製好的牛排。

3. 機器設定預熱220°C，待預熱結束後，放入蒸烤箱底板上。

4. 選擇預設菜單程式P18，啟動工作。

5. 運行結束後取出，加上黑胡椒粉即可。

Ingredients:

Steak: 200g (or 1 pack of pre-marinated steak)

Unsalted Butter: 8-15g

Salt: 3g

Black Pepper: To taste

Method:

1. Preparation: Thaw the steak until it reaches room temperature.

2. Setup: Grease the baking tray with a layer of unsalted butter. Place the steak (or pre-marinated steak) onto the buttered area.

3. Preheat the steam oven to 220°C. Once preheating is complete, place the tray directly on the bottom plate of the steam oven.

4. Select preset program P18 and start the operation.

5. After the cooking program finishes, remove from the steam oven. Season with black pepper and it is ready to serve.



P19 Grilled Seafood / 烤海鮮

🔥 190°C ⌚ 19mins 📦 Lower layer 下層

食材：

鮑魚：4只
八爪魚：3只
花蛤/蝦：適量
粉絲：1束
金針菇：1包

調味：

蒜：2顆
蔥：2根
薑：適量
指天椒：2條
生抽 / 蠔油 / 香辣粉 / 白胡椒粉 /
料酒 / 鹽：適量

製法：

1. 鮮蝦去掉鬚和腳，放蔥薑蒜、生抽、蠔油、白胡椒粉、香辣粉、料酒拌均勻，冷藏醃製。
2. 準備一盆清水，放入少量鹽和香油，放入花蛤讓其吐沙乾淨養一上午。
3. 鮑魚清洗乾淨割花刀，和八爪魚一起加入料酒、鹽醃製一會。
4. 粉絲用溫水泡開，金針菇去掉根部，撕成小朵，大蒜切末，指天椒切成圈。
5. 蒜蓉醬：燒熱油倒入蒜末、指天椒、生抽、白胡椒粉，翻炒均勻出鍋備用。
6. 花蛤熱水下鍋開口撈出。
7. 烤盤鋪上一層錫紙，刷一層油，粉絲墊底再放上金針菇，鋪上海鮮，淋上一層蒜蓉醬。
8. 放入蒸烤箱下層，選擇預設菜單程式P19，啟動工作。
9. 結束後取出撒上蔥花即可。

Ingredients:

Seafood: Abalone (4 pcs), Baby Octopus (3 pcs), Clams and Shrimp (as needed)
Vegetables: Enoki Mushrooms (1 pack), Vermicelli (1 bundle)
Aromatics: Garlic (2 heads), Scallions (2 stalks), Ginger (as needed), Bird's Eye Chili (2 pcs)
Seasoning: Light soy sauce, Oyster sauce, Spicy powder, White pepper powder, Cooking wine, Salt, Sesame oil (to taste)

Method:

1. Trim the feelers and legs of the shrimp. Mix with scallions, ginger, garlic, light soy sauce, oyster sauce, white pepper, spicy powder, and cooking wine. Marinate in the refrigerator.
2. Soak the clams in a bowl of fresh water with a small amount of salt and sesame oil for half a day to allow them to purge sand.
3. Clean the abalones and score the surface (cross-hatch pattern). Marinate them with the baby octopus using cooking wine and salt for a short while.
4. Soak vermicelli in warm water until soft. Trim the roots of the enoki mushrooms and tear them into small bundles. Mince the garlic and slice the chili into rings.
5. Heat oil in a pan, add minced garlic, chili, light soy sauce, and white pepper. Stir-fry until fragrant, then set aside.
6. Blanch the clams in boiling water until they open, then remove and drain.
7. Line a baking tray with aluminum foil and brush with a layer of oil. Layer the vermicelli at the bottom, followed by enoki mushrooms and the assorted seafood. Drizzle the prepared garlic sauce over the top.
8. Insert the tray into the lower layer of the steam oven. Select preset program P19 and start the operation.
9. After the cooking program finishes, remove from the steam oven. Garnish with chopped scallions and it is ready to serve.



P20 Roasted Chicken Wings / 烤雞翼

🔥 200°C ⌚ 21mins 📏 Lower layer 下層

食材：

雞翼：400g

蔥：(切段)適量

姜：(切段)適量

醃料：蜜糖 (10g), 生抽、料酒、白砂

糖、蠔油：各1大匙, 老抽：半匙

蜜糖：10g (掃面用)

製法：

1. 雞翼解凍後，洗乾淨血水，瀝乾淨水分，在表面用刀劃2刀。
2. 將姜、蔥和醃料與雞翼攪拌均勻醃製2小時(其間可翻面使醃料均勻吸收)。
3. 烤盤鋪上吸油紙，均勻擺上雞翼，掃上一層蜜糖，放入烤箱下層。
4. 選擇預設菜單程式 P20，啟動工作。
5. 倒數剩餘6分鐘，按“開始 / 暫停”鍵暫停程式，打開蒸烤箱門，小心地取下烤盤，掃上一層蜜糖並翻面，將托盤放回蒸烤箱並關閉蒸烤箱門，再按“開始 / 暫停”鍵繼續烹調過程。
6. 運行結束後取出即可食用。

Ingredients:

Chicken Wings: 400g

Aromatics: Scallion (cut into sections), Ginger (shredded)

Marinade: Honey (10g), soy sauce, cooking wine, sugar, oyster sauce (1 tbsp each), dark soy sauce (0.5 tbsp), ginger, scallion

Glaze: Honey (10g) for brushing

Method:

1. After defrosting the chicken wings, wash away any blood and pat them dry. Score each wing with two shallow cuts on the surface to help the marinade penetrate.
2. Combine the ginger, scallion, and marinade with the chicken wings. Mix well and let marinate for 2 hours (flip the wings occasionally to ensure even absorption).
3. Line a baking tray with parchment paper. Arrange the wings evenly on the tray, brush with a layer of honey, and insert the tray into the lower layer of the steam oven.
4. Select preset program P20 and start the operation.
5. When the timer shows 6 minutes remaining for the cooking program ends, press the “Start / Pause” button to pause the process. Open the steam oven door and carefully remove the tray to brush another layer of honey and flip the wings over. Return the tray to the steam oven and close the steam oven door, then press the “Start / Pause” button again to resume the cooking process.
6. After the cooking program finishes, remove from the steam oven and serve.



P21 Braised Oxtail / 紅燒牛尾

🔥 150°C ⌚ 90mins 🍲 Bottom plate 底板

食材：

牛尾 800g (洗淨、飛水去雜質)
馬鈴薯 2 個
紅蘿蔔 1 根 (均切塊)
薑片 5 片
蔥段 2 支
大蒜 5 瓣
八角 2 顆
桂皮 1 小塊
醬油 3 大勺、老抽 1 大勺 (上色用)、冰糖 1 小塊、米酒或紅酒 2 大勺、水適量

製法：

1. 牛尾與少許薑片放入冷水中煮沸，滾起後續煮 3-5 分鐘以逼出雜質，撈起洗淨備用。
2. 在平底鍋內放少許油，將牛尾兩面煎至微金黃，加入蔥、薑、蒜及八角爆香。隨後加入醬油、老抽及冰糖翻炒，讓牛尾均勻裹上醬色。
3. 將炒好的牛尾、醬汁、馬鈴薯及紅蘿蔔轉移到可放入蒸燉爐的深瓷碗或鑄鐵鍋中。
4. 加入適量清水 (或牛骨湯)，液體需蓋過食材。
5. 把碗放在烤箱底板上，選擇功能 P21，啟動運行。
6. 運行結束後取出，即可食用。

Ingredients:

Oxtail: 800g (washed and blanched to remove impurities)
Vegetables: 2 Potatoes,
1 Carrot (both cut into chunks)
Aromatics: 5 slices Ginger,
2 stalks Scallion (sections),
5 cloves Garlic, 2 Star Anise,
1 small piece Cinnamon stick
Seasoning: 3 tbsp Soy sauce, 1 tbsp Dark soy sauce (for color), 1 small piece Rock sugar, 2 tbsp Cooking wine or Red wine, Water (as needed)

Method:

1. Place the oxtail and a few ginger slices in cold water and bring to a boil. Let it boil for 3-5 minutes to force out impurities. Remove the oxtail, rinse clean, and set aside.
2. Heat a small amount of oil in a skillet. Sear both sides of the oxtail until slightly golden brown. Add the scallions, ginger, garlic, and star anise, and sauté until fragrant. Add soy sauce, dark soy sauce, and rock sugar, stirring until the oxtail is evenly coated in a rich caramel color.
3. Move the sautéed oxtail, sauce, potatoes, and carrots into a deep ceramic bowl or cast-iron pot suitable for the steam oven.
4. Add an appropriate amount of fresh water (or beef stock); the liquid should completely cover all ingredients.
5. Place the bowl on the bottom plate of the steam oven. Select preset program P21 and start the operation.
6. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P22 Stewed Pigeon Soup / 燉鴿湯

🔥 130°C ⌚ 58mins 🍲 Bottom plate 底板

食材：

鴿：1隻 (約350g)

杞子：5g

水：800ml

姜：3片

乾蟲草花：15g

鹽：適量

Ingredients:

Pigeon: 1 pc

Goji Berries: 5g

Water: 800ml

Ginger: 3 slices

Dried Cordyceps Flower: 15g

Salt: To taste

製法：

1. 去除鴿子的內臟和頭部，將其切成4大塊，用滾水氽水後，沖洗乾淨並瀝乾備用。
2. 把除鹽以外的所有食材放入燉盅內，蓋上蓋子。
3. 放在蒸烤箱底板上。
4. 選擇預設菜單程式 P22，啟動運行。
5. 運行結束後取出，加入鹽即可食用。

Method:

1. Remove the internal organs and head of the pigeon. Cut it into 4 large pieces. Blanch the pigeon in boiling water, then rinse thoroughly and drain for later use.
2. Place all ingredients except salt into a stewing pot. Cover the pot with a lid.
3. Place the stewing pot directly on the bottom plate of the steam oven.
4. Select preset program P22 and start the operation.
5. After the cooking program finishes, remove from the steam oven. Season with salt and it is ready to serve.



P23 Red Bean Paste / Porridge / 紅豆沙 / 粥

🕒 130°C ⌚ 75mins 📏 Bottom plate 底板

食材：

紅豆沙

紅豆：70-80克

水：700-800毫升

調味料：糖（可選）

粥

米：70-80g

肉：100g

自選蔬菜：約70-80g

水：700-1000ml

調味料：鹽（可選）

Ingredients:

For Red Bean Paste:

Red Beans: 70-80g

Water: 700-800ml

Sugar: To taste (optional)

For Porridge:

Rice: 70-80g

Meat: 100g

Assorted Vegetables: approx. 70-80g

Water: 700-1000ml

Salt: To taste (optional)

製法：

1. 將食材放到可放入蒸焗爐的深瓷碗或鑄鐵鍋中。
2. 把碗放在烤箱底板上
3. 選擇預設菜單程式P23，啟動運行。
4. 運行結束後取出，加入調味（如需要）即可食用。

Method:

1. Place all the chosen ingredients into a deep ceramic bowl or a cast-iron pot suitable for the steam oven.
2. Place the bowl directly on the bottom plate of the steam oven.
3. Select preset program P23 and start the operation.
4. After the cooking program finishes, remove from the steam oven. Add seasonings (sugar or salt) as needed, and it is ready to serve.



P24 Vietnamese pork rib soup / 越式排骨湯

🔥 130°C ⌚ 90mins 🍲 Bottom plate 底板

食材：

豬肋排：200g (用鹽水洗淨)

馬鈴薯：1 大個

紅蘿蔔：1 條

黃洋蔥：1/4 個

水：1000ml

調味料：

魚露 1.5 湯匙

鹽 1/2：茶匙

冰糖：1 小顆

白胡椒粉：適量

裝飾：

蔥花，芫荽：適量

製法：

1. 排骨與薑片放入冷水中煮沸，滾起後續煮 3-5 分鐘以逼出雜質，撈起洗淨備用。

2. 馬鈴薯及紅蘿蔔去皮切成滾刀塊。

3. 將食材放到可放入蒸焗爐的深瓷碗或鑄鐵鍋中。

4. 把碗放在烤箱底板上。

5. 選擇預設菜單程式 P24，啟動運行。

6. 運行結束後將其取出，放上裝飾即可食用。

Ingredients:

Main: Pork Ribs (200g, rinsed with salt water), Potato (1 large), Carrot (1 pc), Yellow Onion (1/4 pc), Water (1000ml)

Seasoning: Fish sauce (1.5 tbsp), Salt (1/2 tsp), Rock sugar (1 small pc), White pepper (to taste)

Garnish: Chopped scallions, Cilantro (as needed)

Method:

1. Place the pork ribs and ginger slices in cold water and bring to a boil. Continue boiling for 3-5 minutes to remove impurities. Remove the ribs, rinse thoroughly, and set aside.

2. Peel the potato and carrot, then cut them into wedge-shaped chunks (Rangiri).

3. Place all ingredients into a deep ceramic bowl or a cast-iron pot suitable for the steam oven.

4. Place the bowl directly on the bottom plate of the steam oven.

5. Select preset program P24 and start the operation.

6. After the cooking program finishes, remove from the steam oven. Add garnishes and it is ready to serve.



P25 Reheat bread (frozen) / 翻熱麵包 (冷藏)

🌡️ 180°C ⌚ 4mins 📶 Lower layer 下層

食材：
冷藏麵包

製法：

1. 麵包放在烤盤上。
2. 放入蒸烤箱下層，選擇預設菜單程式 P25，啟動工作。
3. 運行結束後取出即可食用。

Ingredients:

Frozen / Chilled Bread

Method:

1. Place the bread on the baking tray and insert it into the lower layer of the steam oven.
2. Select preset program P25 and start the operation.
3. After the cooking program finishes, remove from the steam oven and it is ready to serve.





P26 Reheated bread (room temperature) / 翻熱麵包 (室溫) **180°C** **3mins** **Lower layer 下層**

食材：
常溫麵包

製法：

1. 麵包放在烤盤上。
2. 放入蒸烤箱下層，選擇預設菜單程式 P26，啟動工作。
3. 運行結束後取出即可食用。

Ingredients:
Room-Temperature Bread

Method:

1. Place the bread on the baking tray and insert it into the lower layer of the steam oven.
2. Select preset program P26 and start the operation.
3. After the cooking program finishes, remove from the steam oven and it is ready to serve.





P27 Pizza / 薄餅

🔥 170°C ⌚ 17mins 📏 Lower layer 下層

食材：

低筋麵粉：45g
高筋麵粉：70g
酵母：3g
溫水：30g
糖：20g
鹽 / 植物油：適量
雞蛋：半個
牛油：8g
沙律油：15ml
牛奶：10ml

餡料：

蘑菇：2 個
番茄醬：適量
煙肉：2片
芝士：60-70g
彩椒：半個

Ingredients:

Dough: Low-gluten flour (45g), High-gluten flour (70g), Yeast (3g), Warm water (30g), Sugar (20g), Egg (half), Butter (8g), Milk (10ml), Salt & Vegetable oil (to taste).
Toppings: Mushrooms (2 pcs), Bacon (2 slices), Bell pepper (half), Cheese (60-70g), Tomato sauce (as needed), Vegetable oil (5ml).

Method:

1. Stir the yeast and warm water until well combined; set aside.
2. Whisk the half egg, then add sugar, salt, butter, and milk. Mix well, then stir in the yeast mixture.
3. Mix the flour with the liquid mixture to form a dough. Knead until the dough no longer sticks (test with a chopstick; add a small amount of flour if necessary).
4. Set the steam oven to Fermentation Mode and ferment the dough for approximately 30 minutes (ensure the water tank is filled).
5. Dice the mushrooms, bell pepper, and bacon. Shred the cheese and set aside.
6. Grease a pizza pan with oil and place the proofed dough inside. Press it evenly into a thin crust. Prick the center area with a fork, spread a layer of tomato sauce, and add bacon, mushrooms, and bell pepper. Lightly brush the toppings with salad oil.
7. Place the pizza pan on the baking tray and insert it into the lower layer of the steam oven. Select preset program P27 and start the operation.
8. When the timer shows 4 minutes remaining for the cooking program ends, press the "Start/Pause" button to pause the process. Open the steam oven door and carefully remove the tray to sprinkle the shredded cheese over the pizza. Return the tray to the steam oven and close the steam oven door, then press the "Start/Pause" button again to resume the cooking process.
9. After the cooking program finishes, remove from the steam oven and it is ready to serve.

製法：

1. 將酵母與溫水攪拌均勻，放置在一邊。
2. 將雞蛋用攪拌器攪拌均勻後，加入白砂糖、鹽、牛油、牛奶攪拌均勻，再加入酵母液攪拌均勻。
3. 將麵粉與以上調液攪拌成麵團狀，直至使用筷子戳麵團不沾即可，中途可適量加入麵粉。
4. 設置發酵模式，發酵 30 分鐘左右（注意水盒加水）。
5. 將蘑菇、彩椒、煙肉切成小塊狀，芝士切絲狀備用。
6. 披薩盤底部塗油，放入發酵好的麵團，用手按壓成厚度均勻的薄餅狀，並在放餡區域使用叉子戳孔，塗上番茄醬，放入煙肉、蘑菇、彩椒等，並塗上沙律油，放在烤盤上，放入蒸烤箱下層。
7. 選擇預設菜單程式P27，啟動工作。
8. 倒計時剩餘4分鐘按“開始/暫停”鍵暫停程式，打開蒸烤箱門，小心地取下烤盤放入芝士，將烤盤放回蒸烤箱並關閉蒸烤箱門，再按“開始/暫停”鍵繼續烹調過程。
9. 運行結束後取出即可食用。



P28 Roast beef / 烤牛肉

🔥 200°C ⌚ 20mins 📦 Lower layer 下層

食材：

牛肉：400g

金菇：200g

洋蔥：半個

調味：清水：3匙 / 胡椒粉 / 鹽 / 蠔油 / 生抽 / 料酒 / 生粉 / 植物油 / 老抽 / 白砂糖：適量

製法：

1. 牛肉切成薄片，先加入除了生粉和植物油以外的所有調料和清水，抓拌均勻後，再加入生粉抓勻，再加入植物油醃制20分鐘。
2. 金菇去除根部，撕成小朵，洋蔥切絲。
3. 烤盤鋪上錫紙，擺入洋蔥絲、金菇和牛肉片，再蓋一張錫紙，四邊卷好密封起來。
4. 放入蒸烤箱下層。
5. 選擇預設菜單程式P28，啟動工作。
6. 看到錫紙鼓起來就可以取出，中間劃開錫紙，撒上蔥花和指天椒即可。

Ingredients:

Main: Beef (400g)

Enoki Mushrooms (200g)

Onion (half)

Seasoning: Water (3 tbsp), White pepper, Salt, Oyster sauce, Light soy sauce, Cooking wine, Cornstarch, Vegetable oil, Dark soy sauce, Sugar (to taste)
Garnish: Chopped scallions, Bird's eye chili (as needed)

Method:

1. Slice the beef into thin pieces. Add water and all seasonings except cornstarch and vegetable oil; mix well by hand. Then, add cornstarch and mix again. Finally, stir in the vegetable oil and let it marinate for 20 minutes.
2. Trim the roots of the enoki mushrooms and tear them into small bundles. Slice the onion.
3. Line a baking tray with aluminum foil. Layer the sliced onions, enoki mushrooms, and marinated beef. Cover with another piece of foil and crimp the edges tightly to create a sealed pouch.
4. Insert the tray into the lower layer of the steam oven.
5. Select preset program P28 and start the operation.
6. Once the foil pouch has puffed up and the program finishes, remove from the steam oven. Carefully cut open the center of the foil, garnish with chopped green onions and chili, and it is ready to serve.



P29 Roasted sweet potatoes / 燴蕃薯

🔥 220°C ⌚ 40mins 📏 Lower layer 下層

食材：

蕃薯 (中薯)：多個

鹽：適量

製法：

1. 蕃薯洗乾淨。
2. 放入鹽水浸泡20分鐘，(減輕腹脹，增加甜味)。
3. 煲開一鍋水，放入蕃薯煮10分鐘，(烤出來的蕃薯不乾，糖汁更多)。
4. 烤盤鋪上錫紙，放上蕃薯，放入蒸烤箱下層。
5. 選擇預設菜單程式P29，啟動工作。
6. 運行結束後取出即可食用。

Ingredients:

Sweet Potatoes (Medium size): Several

Salt: As needed (for soaking)

Method:

1. Wash the sweet potatoes thoroughly.
2. Soak the sweet potatoes in salt water for 20 minutes. (This helps reduce bloating and enhances their natural sweetness).
3. Bring a pot of water to a boil. Add the sweet potatoes and cook for 10 minutes. (This prevents the potatoes from drying out and helps release more syrup during roasting).
4. Line the baking tray with aluminum foil. Place the sweet potatoes on the tray and insert it into the lower layer of the steam oven.
5. Select preset program P29 and start the operation.
6. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P30 Roasted corn / 燒粟米

🔥 180°C ⌚ 30mins 📏 Lower layer 下層

食材：

粟米：2條

孜然粉 / 黑胡椒碎 / 油：適量

製法：

1. 粟米洗乾淨並用廚房紙抹乾。

2. 烤盤鋪上錫紙，刷上油，放上粟米，放入蒸烤箱下層。

3. 選擇預設菜單程式P30，啟動工作。

4. 運行結束後取出，撒點孜然黑胡椒碎

5. 調味完成後便可食用。

Ingredients:

Corn on the Cob: 2 pcs

Cumin Powder: As needed

Crushed Black Pepper: As needed

Cooking Oil: As needed

Method:

1. Wash the corn thoroughly and pat it dry with a paper towel.

2. Line the baking tray with aluminum foil and brush it with a layer of oil. Place the corn on the tray and insert it into the lower layer of the steam oven.

3. Select preset program P30 and start the operation.

4. After the cooking program finishes, remove from the steam oven. Sprinkle with cumin powder and crushed black pepper.

5. Once seasoned, it is ready to serve.





P31 Cookies / 曲奇

🔥 150°C ⌚ 15mins 📏 Lower layer 下層

食材：

低筋麵粉：200g

雞蛋：1 個

糖：70g

蔓越莓乾：50g

牛油：125g

製法：

1. 將牛油在室溫下軟化，雞蛋打成蛋液放置一邊。
2. 牛油軟化後加入糖攪拌至均勻發白狀，加入蛋液（分 2 次加入）攪拌均勻，再加入低筋麵粉攪拌均勻，再加入蔓越莓乾攪拌均勻。
3. 將攪拌好的面團做成所需餅乾的厚度（建議在 5 - 6mm 之間），放進冰箱冷凍 2 個小時以上。
4. 烤盤上鋪上牛油紙，取出冷凍好的面團，用模型製作出餅乾形狀，整齊擺放在烤盤上，放入蒸烤箱下層。
5. 選擇預設菜單程式 P31，啟動工作。
6. 運行結束後取出放涼後放入密封器皿保存。

Ingredients:

Low-gluten Flour: 200g

Egg: 1 pc (beaten)

Sugar: 70g

Dried Cranberries: 50g

Butter: 125g (softened at room temperature)

Method:

1. Soften the butter at room temperature. Whisk the egg in a separate bowl and set aside.
2. Cream the softened butter and sugar together until the mixture is pale and fluffy. Add the beaten egg in two batches, mixing well after each addition. Stir in the low-gluten flour, followed by the dried cranberries, and mix until well combined.
3. Shape the dough into the desired thickness (recommended between 5-6mm). Wrap and place the dough in the freezer for at least 2 hours.
4. Line a baking tray with parchment paper. Remove the frozen dough and use cookie cutters to create your desired shapes. Arrange them neatly on the tray.
5. Insert the tray into the lower layer of the steam oven. Select preset program P31 and start the operation.
6. After the cooking program finishes, remove the cookies from the steam oven and let them cool completely. Store in an airtight container to maintain crispness.



P32 Baked Egg Tart / 蛋撻

🔥 180°C ⌚ 16mins 📏 Lower layer 下層

食材：

蛋撻皮 (直徑7cm)：6 - 8個

雞蛋：2隻

幼砂糖：25g

淡忌廉：50克

純牛奶：60g

製法：

1. 雞蛋打散加入幼砂糖，純牛奶和淡忌廉，攪拌均勻，過篩一遍，篩入量杯裡。
2. 取出冷凍的蛋撻皮，均勻地擺在鋪有牛油紙的烤盤，將蛋撻液倒入蛋撻皮內8-9分滿。
3. 將烤盤放入蒸烤箱底層。
4. 選擇預設菜單程式 P32，啟動工作。
5. 運行結束烤制金至黃色取出。

Ingredients:

Egg Tart Shells (7cm diameter): 6-8 pcs (frozen)

Eggs: 2 pcs

Caster Sugar: 25g

Whipping Cream: 50g

Whole Milk: 60g

Method:

1. Whisk the eggs and mix in the caster sugar, whole milk, and whipping cream. Stir until well combined. Strain the mixture through a fine sieve into a measuring cup for a smooth texture.
2. Arrange the frozen egg tart shells evenly on a baking tray lined with parchment paper. Pour the egg tart liquid into the shells until they are 80-90% full.
3. Insert the baking tray into the lower layer of the steam oven.
4. Select preset program P32 and start the operation.
5. After the cooking program finishes and the tarts are baked to a golden brown, remove from the steam oven and it is ready to serve.



P33 Roasted Chestnuts / 焗栗子

🌡️ 180°C ⌚ 25mins 📏 Lower layer 下層

食材：

板栗：500g
幼砂糖：40g
植物油：25g

製法：

1. 栗子洗乾淨，背部切十字刀備用。
2. 鍋中加入清水和幼砂糖煮沸，放入栗子，轉小火蓋上鍋蓋煮 20分鐘。
3. 瀝乾水分，放入食用油拌勻。
4. 烤盤中鋪上牛油紙，將栗子倒在烤盤上。
5. 放入蒸烤箱中層，選擇預設菜單程式 P33，啟動工作。
6. 運行結束後取出即可食用。

Ingredients:

Chestnuts: 500g
Caster Sugar: 40g
Vegetable Oil: 25g

Method:

1. Wash the chestnuts thoroughly. Use a knife to cut a cross-hatch (X-shape) on the back of each chestnut.
2. Bring water and caster sugar to a boil in a pot. Add the chestnuts, reduce to low heat, cover with a lid, and simmer for 20 minutes.
3. Drain the chestnuts well and toss them with vegetable oil until evenly coated.
4. Line a baking tray with parchment paper and spread the chestnuts onto the tray. Insert the tray into the middle layer of the steam oven.
5. Select preset program P33 and start the operation.
6. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P34 Pineapple bun / 菠蘿包

🔥 160°C ⌚ 27mins 🍳 Lower layer 下層

食材：

高筋粉：200g
牛奶：110g
牛油：15g
白砂糖：20g
奶粉：10g
酵母：4g
鹽：2.5g

菠蘿皮材料：

牛油：48g
牛奶：15g
糖粉：27g
低筋粉：80g

Ingredients:

Dough: High-gluten flour (bread flour) (160g), Milk (110g), Butter (15g), Sugar (20g), Milk powder (10g), Yeast (4g), Salt (a pinch).

Pineapple Crust (Topping): Butter (softened, 48g), Milk (15g), Icing sugar (27g), Low-gluten flour (cake flour) (80g).

製法：

1. 麵團：將除牛油和鹽以外的麵團材料都加入到廚師機中，攪打至麵團能拉出厚膜，加入牛油和鹽，繼續攪打至出薄膜即可。
2. 麵團蓋上保鮮膜，設置發酵模式40°C 發酵1小時，至手指按壓下去回彈緩慢即可。
3. 麵團發酵時，製作酥皮：將軟化好的牛油加入糖粉、牛奶攪拌均勻，篩入低筋麵粉，成6份後放入雪櫃保鮮格冷藏。
4. 發酵好的麵團取出排氣，然後分成6等份，揉圓鬆弛10分鐘。將菠蘿皮成圓形，然後鋪到麵團上，用刮刀(或者牙籤)壓出菠蘿的紋路。
5. 將麵團放在烤盤上，放入蒸烤箱下層，設置發酵模式40°C 發酵15分鐘左右或至1.5倍大小。
6. 取出刷上一層蛋黃液，放入預熱好的蒸烤箱下層，選擇預設菜單程式 P34，後部熱風模式150°C烤製15分鐘。
7. 運行結束後取出即可食用。

Method:

1. Add all dough ingredients except butter and salt into a stand mixer. Knead until a thick membrane forms. Add the butter and salt, and continue kneading until the dough reaches the windowpane stage (a thin, translucent membrane).
2. Cover the dough with plastic wrap. Set the steam oven to Fermentation Mode at 40°C and proof for 1 hour, or until the dough springs back slowly when pressed with a finger.
3. While proofing, prepare the crust. Mix the softened butter with icing sugar and milk until smooth. Sift in the low-gluten flour and mix well. Divide into 6 portions and store in the refrigerator.
4. Degas the fermented dough and divide into 6 equal portions. Roll into balls and let them rest for 10 minutes. Flatten the pineapple crusts into circles, place them over the dough balls, and use a scraper (or toothpick) to score the characteristic pineapple pattern on top.
5. Place the buns on a baking tray and insert into the lower layer of the steam oven. Set to Fermentation Mode at 40°C for about 15 minutes or until they grow to 1.5 times their original size.
6. Select preset program P34 and start the operation
7. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P35 Chiffon Cake / 雪芳蛋糕

🕒 130°C ⌚ 42mins 🍳 Bottom plate 底板

食材：

低筋麵粉：50g
雞蛋：3隻
純牛奶：40g
檸檬汁：2滴
幼砂糖：55g
粟粉：5g
植物油：35g

製法：

1. 蛋黃和蛋白分離，放入兩個乾淨無油無水的容器(打發蛋白最好用不銹鋼盆)。牛奶、植物油混合，攪拌至水和油充分乳化。篩入低筋麵粉，Z字型攪拌，直至無乾粉，加入蛋黃攪拌均勻。
2. 蛋白霜：蛋白加入檸檬汁打至魚泡狀態後，分三次加入幼砂糖，第三次加入幼砂糖時加入玉米澱粉，中高速打發至提起打蛋器有大彎鉤狀。
3. 取1/3蛋白霜加入到蛋黃麵糊中用橡皮刮刀翻拌均勻後，再把蛋黃糊加入剩餘的蛋白霜裡上下翻拌均勻。
4. 倒入6寸戚風模具中，在桌上震幾下。
5. 放入蒸烤箱底層，選擇預設菜單程式P35，啟動工作。
6. 運行結束後取出並立即震一下排出大熱氣，然後馬上倒扣在網架上，等完全冷卻後才脫模。

Ingredients:

Main: Low-gluten flour (50g), Eggs (3 pcs), Whole milk (40g), Lemon juice (2 drops), Caster sugar (55g), Cornstarch (5g), Vegetable oil (35g)

Method:

1. Separate the egg whites and yolks into two clean, oil-free, and water-free containers (stainless steel is recommended for egg whites). Mix milk and vegetable oil until fully emulsified. Sift in the low-gluten flour and whisk in a Z-pattern until no dry powder remains. Add the egg yolks and stir until smooth.
2. Add lemon juice to the egg whites and whisk until large bubbles form. Add the caster sugar in three batches. When adding the final batch of sugar, include the cornstarch. Whisk at medium-high speed until firm peaks form (the tip should form a slight hook when the whisk is lifted).
3. Take 1/3 of the meringue and fold it into the yolk batter using a rubber spatula. Then, pour the yolk batter back into the remaining meringue and fold gently with an up-and-down motion until well combined.
4. Pour the batter into a 6-inch chiffon cake mold. Tap the mold firmly on the counter a few times to release air bubbles.
5. Place the mold in the lower layer of the steam oven. Select preset program P35 and start the operation.
6. After the cooking program finishes, remove the cake and immediately tap it once to release hot steam. Invert the mold onto a cooling rack immediately. Wait until completely cooled before removing the cake from the mold.
7. Once removed from the mold, it is ready to serve.



P36 Puffs / 泡芙

🔥 170°C ⌚ 18mins 🍳 Lower layer 下層

食材：

低筋麵粉：60g
牛油：40g
清水：75g
雞蛋(室溫)：2隻
白砂糖：5g
鹽：1g

奶油餡：

淡忌廉：200g
白砂糖：15g

製法：

1. 牛油、白砂糖、鹽倒入奶鍋裡，加入清水，小火加熱至沸騰，離火。
2. 立刻倒入60g過篩的低筋麵粉攪拌成團至無乾粉狀。
3. 再開小火加熱1分鐘，邊加熱邊攪拌麵糊至鍋底有層粘膜即可(這一步是讓麵粉充分燙熟)然後取出散熱至50-60度。
4. 雞蛋打散，分3-5次加入麵糊裡充分攪拌均勻，每次混合均勻再加入下一次至麵糊光滑。
5. 刮刀攪起呈倒三角狀即可，即使蛋液有多也可以不用完。
6. 用八齒裱花嘴將麵糊裝入裱花袋，均等地擠鋪有油紙的烤盤上。
7. 放入蒸烤箱下層，選擇預設菜單程式P36，啟動工作。
8. 運行結束後，燜2-3分鐘後再取出晾涼。
9. 鮮奶油+白砂糖打發到有紋路，擠入泡芙底部即可品嚐(餡料也可以自行DIY，加入果醬、吉士醬等都可)。

Ingredients:

Choux Pastry: Low-gluten flour (60g, sifted), Butter (40g), Water (75g), Eggs (2 pcs, room temperature), Sugar (5g), Salt (1g).

Cream Filling: Whipping cream (200g), Sugar (15g).

(Note: Fillings can be customized with jam, custard, etc.)

Method:

1. Combine butter, sugar, salt, and water in a saucepan. Heat over low heat until the mixture reaches a rolling boil, then remove from heat.
2. Immediately pour in the sifted low-gluten flour. Stir quickly until a dough forms and no dry powder is visible.
3. Return to low heat and cook for about 1 minute, stirring constantly until a thin film forms on the bottom of the pan (this ensures the flour is fully gelatinized/cooked). Remove from heat and let it cool to 50-60°C.
4. Whisk the eggs and add them to the dough in 3-5 batches. Mix thoroughly after each addition, ensuring the mixture is smooth before adding the next batch.
5. Stop adding eggs once the batter falls off the spatula leaving a “hanging triangle” (inverted triangle) shape. You may not need to use all the egg liquid.
6. Fit a piping bag with an 8-tooth star nozzle. Transfer the batter to the bag and pipe equal portions onto a baking tray lined with parchment paper.
7. Insert the tray into the lower layer of the steam oven. Select preset program P36 and start the operation.
8. After the program finishes, let the puffs rest in the steam oven for 2-3 minutes before removing them to cool completely.
9. Whisk the whipping cream and sugar until stiff peaks/textures form. Pipe the cream into the bottom of the cooled puffs, and it is ready to serve. (Note: Fillings can be customized with jam, custard, etc.)



P37 Bagel / 比高包

🔥 160°C ⌚ 18mins 📏 Lower layer 下層

食材：

麵團

清水：80ml

白砂糖：10g

鹽、酵母：3g

高筋麵粉：150g

黑芝麻：12g

輔料

清水：1000ml

白砂糖：50g

Ingredients:

Dough: Water (80ml), Sugar (10g), Salt (3g), Yeast (3g),

High-gluten flour (150g), Black sesame seeds (12g), .

Poaching Liquid: Water (1000ml), Sugar (50g).

Method:

製法：

1. 麵團材料依照先液體後乾粉的順序(除牛油黑芝麻以外)，放入廚師機桶中，中低速揉15分鐘(除牛油黑芝麻以外)揉成團。
2. 加入牛油繼續揉至出膜，最後放入黑芝麻繼續揉至均勻。
3. 麵團蓋保鮮紙發酵20分鐘，平均分成6份，取一個麵團擀開，長22-25cm，下面3/1對折過去上邊3/1對折過來，用手掌根部壓緊，防止有空氣，再捏緊。
4. 一頭壓扁，另一端弄比較尖細，用扁的那端包覆繞成圓形。均勻放入鋪好牛油紙的烤盤，放入蒸烤箱發酵30分鐘。
5. 鍋裡加入水和細砂糖，微微煮沸時把發酵好的比高包放入，正反面各煮30秒。
6. 撈出放入烤盤，放入提前預熱好的蒸烤箱選擇預設菜單程式P37，啟動工作。
7. 運行結束後取出即可食用。

1. Add dough ingredients into the stand mixer bowl following the "liquids first, then dry powders" rule (exclude butter and black sesame). Knead at medium-low speed for 15 minutes until a dough forms.
2. Incorporate the butter and continue kneading until the dough reaches the windowpane stage (a thin membrane forms). Finally, add the black sesame seeds and knead until evenly distributed.
3. Cover with plastic wrap and let the dough ferment for 20 minutes. Divide into 6 equal portions. Roll out a portion into a rectangle (22-25cm long). Fold the bottom 1/3 up and the top 1/3 down. Press firmly with the heel of your palm to remove air, then seal the edges tightly.
4. Flatten one end of the dough strip and taper the other. Wrap into a ring, using the flattened end to overlap and secure the tapered end. Place evenly on a baking tray lined with parchment paper and ferment in the steam oven for 30 minutes.
5. In a pot, combine water and sugar for the poaching liquid. Bring to a light simmer. Place the fermented bagels into the water and cook for 30 seconds on each side.
6. Remove the bagels from the water and place them back onto the baking tray. Insert the tray into the preheated steam oven. Select preset program P37 and start the operation.
7. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P38 Macaron / 馬卡龍

🔥 140°C ⌚ 25mins 🏠 Lower layer 下層

食材：

蛋白：33g
杏仁粉：43g
糖粉：43g
色素：適量
白砂糖：30g
白醋：1-2滴

餡料：

無鹽牛油：20g
糖粉：20g
忌廉芝士：35g

製法：

1. 杏仁粉和糖粉混合過篩至少一遍(杏仁粉可提前放入烤箱熱風模式120度烤20分鐘烘乾)。
2. 蛋白放到常溫然後加入1-2滴白醋(助打發)，分三次加入白砂糖打發到硬性發泡，即蛋白能豎起不彎曲(大概是接近12點鐘方向)。
3. 加入色素打發均勻。
4. 分多次加入杏仁粉，用力壓拌均勻，使蛋白消泡麵糊細膩。
5. 擠入矽膠墊上，將烤盤從10cm處摔下震出氣泡，有大的氣泡可用牙籤戳破，晾至表皮不沾手大概30-50分鐘(看馬卡龍大小)。
6. 放入蒸烤箱，選擇預設菜單程式 P38。
7. 運行結束後取出放涼後放置密封罐或冷藏保存。

Ingredients:

Shells: Egg whites (33g, room temperature), Almond flour (43g), Icing sugar (43g), Sugar (30g), Food coloring (as needed), White vinegar (1-2 drops).

Filling: Unsalted butter (20g), Icing sugar (20g), Cream cheese (35g).

Method:

1. Mix and sift the almond flour and icing sugar at least once. (Tip: Almond flour can be pre-dried in the oven using Convection Mode at 120°C for 20 minutes).
2. Add white vinegar to room-temperature egg whites. Add granulated sugar in three batches and whisk until stiff peaks form (the peaks should point straight up without bending, approximately at a "12 o'clock" angle).
3. Add food coloring and whisk until the color is evenly distributed.
4. Add the almond flour mixture in several batches. Fold and press firmly to deflate the egg whites until the batter becomes smooth and ribbon-like.
5. Pipe the batter onto a silicone mat. Tap the baking tray from a height of 10cm to release air bubbles; use a toothpick to prick any remaining large bubbles. Let the shells dry for 30-50 minutes (depending on size) until the surface is no longer sticky to the touch.
6. Place the tray into the lower layer of the steam oven. Select preset program P38.
7. After the cooking program finishes, remove from the steam oven and let them cool completely. Store in an airtight container or keep refrigerated.



P39 Grilled pacific saury / 烤秋刀魚

🔥 190°C ⌚ 20mins 📦 Lower layer 下層

食材：

秋刀魚：3條400g
檸檬汁 / 料酒 / 生薑適量（去腥）/
植物油 / 食鹽 / 黑胡椒粉 / 蠔油 /
蒜頭：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. 在魚身上切幾刀方便入味，加入調味料，醃制約1個小時左右。
3. 烤盤鋪上錫紙，塗上植物油，均勻擺上醃制好的秋刀魚，在魚身上塗上植物油，放入蒸烤箱下層。
4. 選擇預設菜單程式 P39，啟動工作。
5. 計時剩餘 6分鐘時按“開始 / 暫停”鍵暫停程式，打開蒸烤箱門，小心地取下烤盤，在魚身上塗一次植物油，將烤盤放回蒸烤箱並關閉蒸烤箱門，再按“開始 / 暫停”鍵繼續烹調過程。
6. 運行結束後取出即可食用。

Ingredients:

Pacific Saury (Sanma) (3 pcs, approx. 400g), Lemon juice, Cooking wine, Fresh ginger (for removing fishy smell), Vegetable oil, Salt, Black pepper, Oyster sauce (to taste), Garlic (as needed).

Method:

1. Wash the Pacific saury. Remove the internal organs and gills, then thoroughly clean the skin and scales.
2. Score the fish with a few shallow diagonal cuts to help the flavors penetrate. Add the marinade ingredients and seasonings, and let it marinate for approximately 1 hour.
3. Line a baking tray with aluminum foil and brush it with vegetable oil. Arrange the marinated fish evenly on the tray and brush the surface of the fish with another layer of vegetable oil. Insert the tray into the lower layer of the steam oven.
4. Select preset program P39 and start the operation.
5. When the timer shows 6 minutes remaining for the cooking program ends, press the “Start / Pause” button to pause the process. Open the steam oven door and Carefully remove the tray to brush another layer of vegetable oil over the fish, Return the tray to the steam oven and close the steam oven door, then press the “Start / Pause” button again to resume the cooking process.
6. After the cooking program finishes, remove from the steam oven and it is ready to serve.



P40 Crispy toast / 脆烤多士

200°C 3.5mins Lower layer 下層

食材：

方包：2片

牛油：10g

製法：

1. 將牛油塗抹在方包片上，放入烤盤。
2. 再放入蒸烤箱下層，選擇預設菜單程式P40，啟動工作。
3. 倒計時剩餘1分鐘時按“開始 / 暫停”鍵暫停程式，打開蒸烤箱門，小心地取下烤盤，翻面一次，將烤盤放回蒸烤箱並關閉蒸烤箱門，再按“開始 / 暫停”鍵繼續烹調過程。
4. 運行結束後取出即可食用。

Ingredients:

Sliced Bread: 2 pcs

Butter: 10g (softened)

Method:

1. Spread the butter evenly on the sliced bread and place them on the baking tray.
2. Insert the tray into the lower layer of the steam oven. Select preset program P40 and start the operation.
3. When the timer shows 1 minute remaining for the cooking program ends, press the “Start / Pause” button to pause the process. Open the steam oven door and carefully remove the tray to flip the toast once. Return the tray to the steam oven and close the steam oven door, then press the “Start / Pause” button again to resume the cooking process.
4. After the cooking program finishes, remove from the steam oven and it is ready to serve.





P41 Crispy roasted steamed buns / 脆烤饅頭

🔥 180°C ⌚ 12mins 📏 Lower layer 下層

食材：

常溫小饅頭：8 個
植物油 / 煉奶：適量

製法：

1. 饅頭均勻地擺放在烤盤上，刷上一層植物油。
2. 放入蒸烤箱下層，選擇預設菜單程式 P41，啟動工作。
3. 倒計時剩餘4分時，按“開始 / 暫停”鍵暫停程式，打開蒸烤箱門，小心地取下烤盤並翻動麵包一次。將烤盤放回蒸烤箱並關閉蒸烤箱門再按“開始 / 暫停”鍵繼續烹調過程。
4. 運行結束後蒸烤箱取出，搭配煉奶一起沾食。

Ingredients:

Mini Mantou (Room temperature): 8 pcs

Vegetable Oil: As needed

Condensed Milk: As needed (for dipping)

Method:

1. Arrange the mini mantou (steamed buns) evenly on the baking tray and brush each one with a layer of vegetable oil.
2. Insert the tray into the lower layer of the steam oven. Select preset program P41 and start the operation.
3. When the timer shows 4 minutes remaining for the cooking program ends, press the “Start / Pause” button to pause the process. Open the steam oven door and carefully remove the tray to flip the buns once. Return the tray to the steam oven and close the steam oven door, then press the “Start / Pause” button again to resume the cooking process.
4. After the cooking program finishes, remove from the steam oven. Serve with condensed milk for dipping.



P42 Roast meat / 烤肉

🔥 190°C ⌚ 25mins 📏 Lower layer 下層

食材：

五花肉：400g

蠔油：1 匙

大蒜：3 個

生抽 / 白胡椒粉 / 鹽：適量

製法：

1. 五花肉切片，放入所有調料醃制半個鐘。
2. 烤盤鋪上吸油紙，均勻擺放五花肉，放入蒸烤箱下層。
3. 選擇預設菜單程式P42，啟動工作。
4. 運行結束後取出即可食用。

Ingredients:

Pork Belly: 400g

Oyster Sauce: 1 tbsp

Garlic: 3 cloves

Light Soy Sauce: As needed

White Pepper Powder: As needed

Salt: As needed

Method:

1. Slice the pork belly into pieces. Mix with all the seasonings and let it marinate for 30 minutes.
2. Line a baking tray with parchment paper and arrange the pork belly slices evenly. Insert the tray into the lower layer of the steam oven.
3. Select preset program P42 and start the operation.
4. After the cooking program finishes, remove from the steam oven and it is ready to serve.





P43 Grilled fish / 烤魚

🔥 200°C ⌚ 30mins 📦 Lower layer 下層

食材：

- 金鯧魚：1 條
- 檸檬：適量
- 醃料：
- 生抽：3 匙
- 料酒：2 匙
- 蠔油：1 匙
- 辣椒粉：3 匙
- 五香粉：1 匙
- 孜然粉：1 匙
- 鹽：少許
- 植物油：少許(掃面用)

製法：

1. 金鯧魚去內臟清洗乾淨，花刀劃格子，剪掉魚脊。
2. 調製醃料：生抽、料酒、蠔油、鹽、辣椒粉、五香粉、孜然粉、拌制均勻塗抹在魚身，醃制5-10分鐘。
3. 烤盤鋪上錫紙，放上魚，刷一層油。
4. 放入蒸烤箱下層，選擇預設菜單程式 P43，啟動工作。
5. 當倒計時剩餘10分鐘時，按“開始 / 暫停”鍵，打開蒸烤箱門翻面，小心地取下烤盤並刷上剩餘醃料，將烤盤放回蒸烤箱並關閉蒸烤箱門，再按“開始 / 暫停”鍵繼續烹調過程。
6. 運行結束後從烤箱取出，擠上新鮮檸檬汁在魚上然後一起食用。

Ingredients:

Main: Golden Pomfret (1 pc), Lemon (as needed)
Marinade: Light soy sauce (3 tbsp), Cooking wine (2 tbsp), Oyster sauce (1 tbsp), Chili powder (3 tbsp), Five-spice powder (1 tbsp), Cumin powder (1 tbsp), Salt (a pinch), Vegetable oil (for brushing)

Method:

1. Clean the golden pomfret and remove the internal organs. Cut a cross-hatch pattern (diamond scores) into the flesh on both sides and trim off the dorsal fins (spines).
2. Mix the light soy sauce, cooking wine, oyster sauce, salt, chili powder, five-spice powder, and cumin powder to create the marinade. Coat the fish thoroughly and let it marinate for 5-10 minutes.
3. Line a baking tray with aluminum foil. Place the fish on the tray and brush the surface with a layer of oil.
4. Insert the tray into the lower layer of the steam oven. Select preset program P43 and start the operation.
5. When there are 10 minutes remaining for the cooking program ends, press the “Start / Pause” button to pause the process. Open the steam oven door and carefully remove the tray to flip the fish over, and brush with the remaining marinade. Return the tray to the steam oven and close the steam oven door, then press “Start / Pause” button again to resume the cooking process.
6. After the cooking program finishes, remove from the steam oven. Squeeze some fresh lemon juice over the fish and it is ready to serve.



P44 Fried tofu / 炸豆腐

🔥 230°C ⌚ 20mins 📦 Upper layer 上層

食材：

豆腐：1 盒（切成一口大小的塊狀）。
食用油噴霧：視需要而定

製法：

1. 在烤盤上噴一層油
2. 將豆腐塊放在烤盤上（不要太靠近），然後將烤盤放入蒸烤箱上層。
3. 選擇預設菜單程式 P44 功能，啟動工作。
4. 運行結束後取出即可食用。（溫度和時間可能會因豆腐的種類而異）。

Ingredients:

Tofu: 1 box (cut into bite-sized cubes)
Cooking Oil Spray: As needed

Method:

1. Lightly spray or brush a layer of oil onto the baking tray.
2. Arrange the tofu cubes on the baking tray (ensure they are not too close to each other). Insert the tray into the upper layer of the steam oven.
3. Select preset program P44 and start the operation.
4. After the cooking program finishes, remove from the steam oven and it is ready to serve. (Note: Cooking temperature and time may vary depending on the type of tofu used).





P45 Flower Cookies / 喇叭曲奇

🔥 155°C ⌚ 22mins 📏 Lower layer 下層

食材：

牛油：65g
糖粉：30g
鹽：0.5g
蛋白：15g
低筋麵粉：45g
高筋麵粉：35g
杏仁粉：12g (可不加)

Ingredients:

Butter: 65g (softened at room temperature)
Icing Sugar: 30g
Salt: 0.5g
Egg White: 15g
Low-Gluten Flour (Cake Flour): 45g
High-Gluten Flour (Bread Flour): 35g
Almond Flour: 12g (optional)

製法：

1. 把室溫軟化好的牛油和糖粉用電動打蛋器快速打發，打至發白蓬鬆。
2. 要分次加入蛋白，用中速打至蛋白融入牛油中。
3. 將低筋粉、高筋粉過篩倒入蛋白牛油混合物中，再加鹽，然後用刮刀拌勻。
4. 用曲奇喇叭嘴擠成花形在已鋪上牛油紙的焗盤上。
5. 放入蒸烤箱下層，選擇預設菜單程式 P45，啟動工作。
6. 運行結束/表面金黃上色即可。

Method:

1. Whisk the softened butter and icing sugar quickly with an electric hand mixer until the mixture is pale and fluffy.
2. Add the egg white in several small batches, whisking at medium speed until fully incorporated into the butter.
3. Sift the low-gluten and high-gluten flour into the mixture. Add salt and fold gently with a spatula until well combined.
4. Fit a piping bag with a star tip and pipe flower shapes onto a baking tray lined with parchment paper.
5. Place the tray on the lower layer of the steam oven. Select preset program P45 and start.
6. Remove once the surface is golden brown.



P46 Roast Chicken / 烤雞

🔥 190°C ⌚ 35mins Rotate mode with rotating fork 轉叉、旋轉支撐架

食材：

- 全雞：1隻 (1-2斤)
- 奧爾良醃料：20克
- 老抽、生抽：2匙
- 五香粉：5克
- 料酒：少量
- 牛油：蜂蜜：1:1

製法：

1. 整雞處理內臟洗淨後，去除雞頸、雞頭、雞爪，開腸破肚。
2. 加入上述醃料，全身抹均勻，蓋上保鮮膜，醃製4小時以上。
3. 將整雞用料理用棉繩把整個體綁緊，雞腳用錫箔紙包裹，刷上一層牛油蜂蜜汁。
4. 已固定好旋轉軸的旋轉烤叉固定整雞，放入旋轉叉 / 烤籃支架上，底部墊牛油紙接油。
5. 關上爐門，選擇預設菜單程式P46，啟動工作，烤製結束前5分鐘按“開始 / 暫停”鍵暫停程式，打開蒸烤箱門，小心地用取物架取下烤雞並去掉四肢的錫紙讓其上色。用取物架將烤雞放回蒸烤箱並關閉蒸烤箱門，再按“開始 / 暫停”鍵繼續烹調過程。
6. 運行結束後取出即可食用。

Ingredients:

- Whole Chicken: 1 (approx. 500g - 1000g)
- Orleans Marinade: 20g
- Dark Soy Sauce & Light Soy Sauce: 2 tablespoons each
- Five-spice Powder: 5g
- Glaze: Butter and Honey in a 1:1 ratio

Method:

1. Remove the internal organs and wash the chicken thoroughly. Cut off the neck, head, and feet. Butterfly the chicken by cutting through the breastbone or back.
2. Apply the marinade ingredients evenly all over the chicken. Cover with plastic wrap and marinate for at least 4 hours.
3. Use kitchen twine to bind the chicken body tightly. Wrap the ends of the drumsticks with aluminum foil to prevent burning. Brush a layer of the honey-butter mixture over the skin.
4. Secure the whole chicken onto the rotating fork and fixed the rotating shaft. Place it onto the rotating fork / basket holder inside the steam oven. Place parchment paper at the bottom to catch the dripping oil.
5. Close the steam oven door. Select the preset program P46 and start. 5 minutes before the cooking program ends, press the “Start / Pause” button to pause the process. Open the steam oven door and carefully use the rotisserie handle to remove the chicken and peel off the aluminum foil from the drumsticks to allow them to brown. Use the the rotisserie handle to return the chicken to the steam oven and close the steam oven door, then press the “Start / Pause” button again to resume the cooking process.
6. Once the program finishes, carefully remove the chicken from the steam oven using the rotisserie handle and it is ready to serve.



P47 Fries / 炸薯條

🔥 200°C ⌚ 20mins Rotate mode with rotating basket 轉籃、旋轉支撐架

食材：

冷凍薯條：150g

食用油 / 鹽：少許

Ingredients:

Frozen French Fries: 150g

Cooking Oil: A small amount

Salt: A pinch

製法：

1. 將薯條用少許食用油、鹽攪拌一下，
倒入旋轉烤籃中並固定旋轉軸。
2. 將已固定旋轉軸的旋轉烤籃放入蒸烤
箱的旋轉叉 / 烤籃支架上。
3. 選擇預設菜單程式P47啟動工作。
4. 運行結束後取出即可食用。

Method:

1. Toss the frozen fries with a small amount of cooking oil and salt in a bowl until evenly coated. Transfer the fries into the rotating basket and secure the rotating shaft.
2. Place the rotating basket (with the rotating shaft secured) onto the rotating fork / basket holder inside the steam oven.
3. Select preset program P47 and start the operation.
4. After the cooking program finishes, remove the basket carefully from the steam oven using the rotisserie handle and it is ready to serve.





P48 **Frying/Grilling / 煎炸/燒烤**

🌡️ **180°C** ⌚ **18mins** 📏 **Lower layer 下層**

技術說明

時間持續18分鐘(溫度和時間可調)。但是，在此功能下對流風扇將不會運轉。

使用者應在烹飪特定菜餚時選擇此選項。

Technical Note

Duration: 18 minutes (Temperature and time are adjustable).
Note: Please be aware that the convection fan will not operate under this specific function.

Usage Recommendation: Users should select this option only when cooking specific dishes that require a static heat environment.





P49 **Black garlic / 黑蒜**

🌡️ **60°C** ⌚ **8-12days** 📦 **Bottom plate 底板**

食材：

蒜（一整個）

製法：

1. 將大蒜放入托盤，
2. 將托盤放入烤箱的底板。選擇預設程式 P49（黑蒜功能）並開始操作。

建議：

如果是有很多小蒜瓣的大蒜：時間大約是 8 天。

如果是單瓣大蒜（大瓣），操作加工時間約 12 天。

Ingredients:

Garlic: (Whole bulbs)

Method:

1. Place the garlic bulbs onto the tray.
2. Insert the tray into the bottom plate of the steam oven. Select preset program P49 (Black Garlic function) and start the operation.

Recommendations:

Multi-clove Garlic (Standard bulbs with small cloves): The recommended processing time is approximately 8 days.

Single-clove Garlic (Large bulbs): The recommended processing time around 12 days.





P50 Yogurt / 乳酪

🔥 45°C



8hours



Lower layer 下層

食材：

純牛奶：900ml

白砂糖：50g

乳酸菌粉：1小袋 (1g)

製法：

1. 將制作乳酪需要用到的杯子、牛奶壺和刮刀放入蒸氣烤箱。使用純蒸氣模式（100°C）至少10分鐘，徹底消毒並徹底乾燥所有器具。
2. 將牛奶和糖倒入消毒過的鍋中。用小火加熱到約60°C。不要讓牛奶煮沸。
3. 讓牛奶冷卻至室溫（約30°C），然後加入乳酸菌粉，攪拌至充分混合。
4. 將混合物倒入乳酪罐中並蓋好蓋子。（乳酪需要無氧環境才能正常發酵。）
5. 把罐子放進蒸氣烤箱的下層。選擇預設菜單程式P50 並開始操作。
6. 發酵時間越長，乳酪就越堅硬。運行結束後將乳酪取出並冷藏保存後再食用。

Ingredients:

Whole Milk: 900ml

Caster Sugar: 50g

Yogurt Starter Culture (Lactic Acid Bacteria Powder): 1 sachet (1g)

Method:

1. Place the cups, milk pot, and spatula into the steam oven. Use the Pure Steam mode (100°C) for at least 10 minutes to sterilize and then dry all utensils thoroughly.
2. Pour the milk and sugar into the sterilized pot. Heat over low heat to approximately 60°C. Do not allow the milk to boil.
3. Let the milk cool down to room temperature (about 30°C), then add the yogurt starter culture and stir until well combined.
4. Pour the mixture into yogurt jars and secure the lids. (Yogurt requires an anaerobic environment for proper fermentation).
5. Place the jars into the lower layer of the steam oven. Select preset program P50 and start the operation.
6. The longer the fermentation, the firmer the yogurt will become. After the program finishes, remove and refrigerate the yogurt before serving.





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