## Panasonic

## Model No. NU-SC280W



Delicious, Healthy, Quick COOK BOOK

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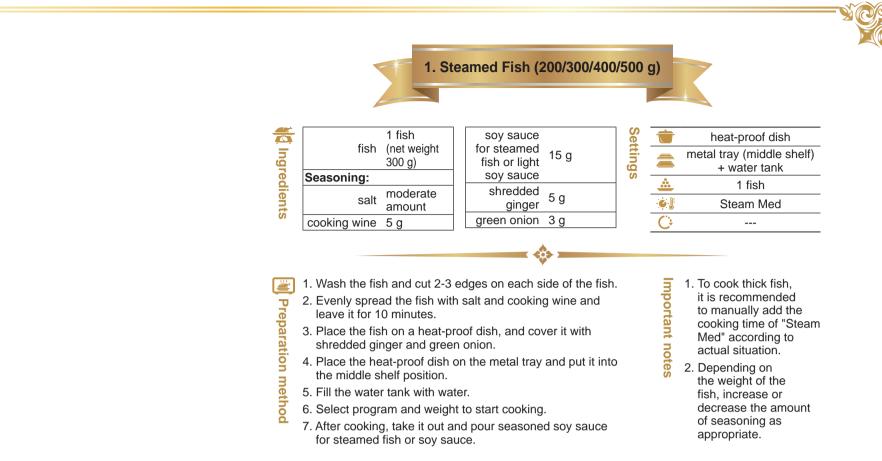
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baby mushiooni deasoning i owder	100

$\dot{\mathbf{t}}$	Utensils
	Accessories
<u></u>	Serving/Weight
÷.	Cooking mode
Ċ	Cooking time















		3 eggs (Shelled with	Seasoning: light soy sauce	2 a	Sett	<b></b>	Heat-proof dish with about 20 cm in diameter
Ingred	eggs	about 50 g each)	cooking wine	2 g	ings		metal tray (middle shelf) + water tank
dients	warm water (around 40°C)	260 g	salt	moderate amount		<u></u>	150 g
Its			sesame oil	moderate amount		<u>.</u>	
						Ú	

- 1. Beat the eggs well. Add light soy sauce, cooking wine and salt. Stir well. Pour in warm water while stirring it. After filtering it, pour it into heat-proof dish and remove foam.
- Preparation 2. Place the heat-proof dish on metal tray, cover it with plastic wrap, and place it on the middle shelf position.
  - 3. Fill the water tank with water.

method

- 4. Select a program and start cooking.
- 5. After cooking, take it out and add a few drops of sesame oil.











(1 level/12 p	cs)					
	Dough after	dried		Se	Ť	
in No dough Auto "Stea Bun I	fermentation in No.72 Auto Menu	(amount after	50 g	Settings		wave tray (middle shelf) + water tank
	"Steamed	soaking) light soy			<u></u>	12 pcs
	Bun Dough	sauce	15 g			Steam Med
	(Ferment)"	caster sugar	10 g		C;	
Filling:		dark soy		1	<u> </u>	
ground pork	300 g	sauce	6 g			
	60 g (soak	sesame oil	5 g			
	shredded	salt	4 g			
water with green onion and ginger	ginger and green onion in water for	white pepper	moderate amount			
	30 minutes in advance)			_		

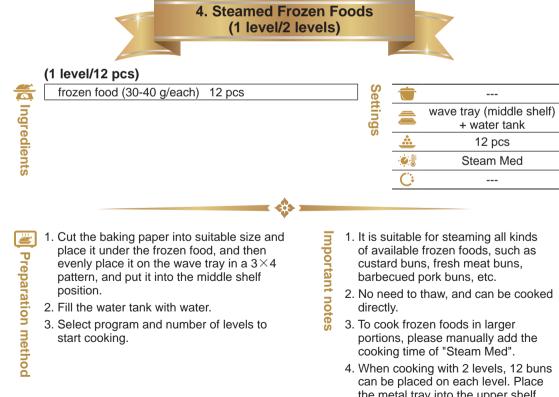
- 1. Fillings preparation: Soak dried mushrooms in water, then cut them into fine pieces. Add ground pork to other fillings except green onion and ginger water. Stir it well, and add green onion and ginger water several times while stirring in one direction until the meat filling is sticky.
   2. Take the fermented dough out of the heat-proof
- 2. Take the fermented dough out of the heat-proof container and divide it into 12 equal portions. Roll them into shapes of a circle, which is thick in the middle and thin on the sides of the dough. Wrap it with about 35 g of meat fillings.
  - 3. Cut the baking paper into suitable size and place it under the bun, and then evenly place them on the wave tray in a  $3 \times 4$  pattern, and put it into the middle shelf position.
  - 4. Fill the water tank with water.
  - 5. Select program and the desired number of levels to start cooking.
  - 6. Take it out after cooking.

- 1. The ingredients listed in this menu are the preparation for 12 meat buns, please adjust the amount of ingredients in proportion when cooking other quantities.When cooking with 2 levels (24 buns), 12 buns can be placed on each level. Cover the metal tray and wave tray with double levels of baking paper, and placed them in upper and middle shelf positions respectively. Select "2 levels".
  - When temperature of oven cavity is too high, "U50" will be shown in the display window. Please wait until the cavity temperature drops and "U50" disappears before operating. It is also possible to ferment at room temperature, and set the cooking time manually using the "Steam Med" function.





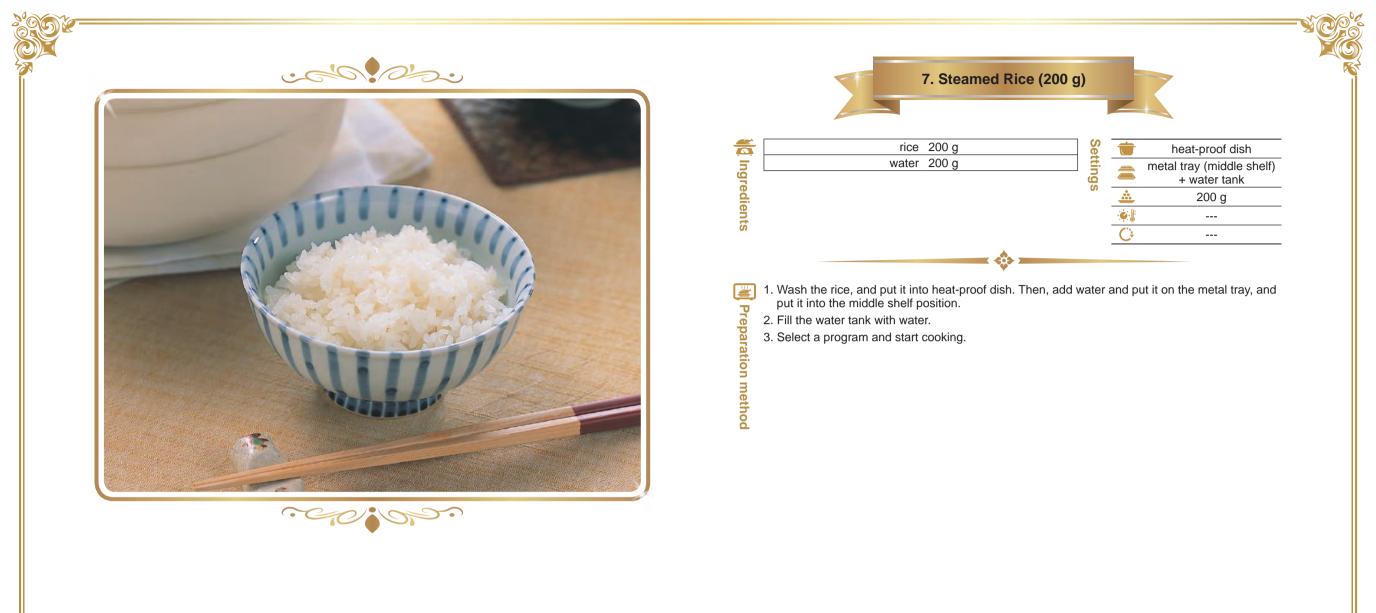




- the metal tray into the upper shelf position, and the wave tray into the middle shelf position. Select "2 levels".



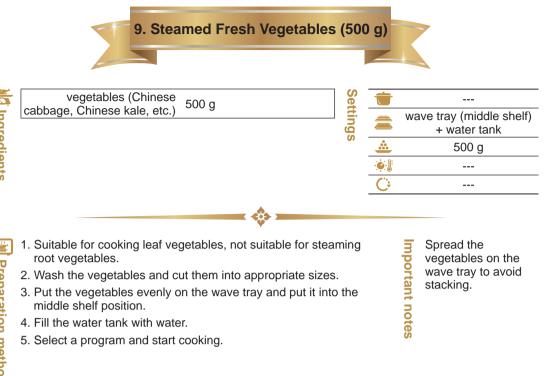














	baby cabbage	250 g	salt	2 g	Set	t	heat-proof dish
n	bacon	50 g	water	150 g	Ē	-	metal tray (middle shelf)
gr	preserved eggs	1 pc	Dense Soup Jelly	1 pc	, i i i i		+ water tank
ed	fresh	30 g	Jelly	i pc	S	<u></u>	3 serves
ier	mushrooms	50 g	ginger	2 slices		÷.	
Its	Seasoning:		chopped green	moderate			
	oil	20 g	onion	amount		<u>C</u> ÷	

- 1. Wash the baby cabbages, cut each cabbage into six equal parts, and place them in heat-proof dish.
  - 2. Dice bacon and preserved eggs, and wash and dice fresh mushrooms.
- **Preparation method** 3. Pour oil into the pot, and heat it up. Then add ginger slices and fry them until it has a smell of sweetness. Add diced bacon, preserved eggs and mushrooms, and continue to fry for a few times. Add salt, water and a piece of Dense Soup Jelly to boil the soup.
  - 4. Pour the soup over baby cabbages.
- 5. Place heat-proof dish on the metal tray and put it into the middle shelf position.
- 6. Fill the water tank with water.
- 7. Select a program and start cooking.
- 8. Take it out after the end of program, and sprinkle with chopped green onion to complete.

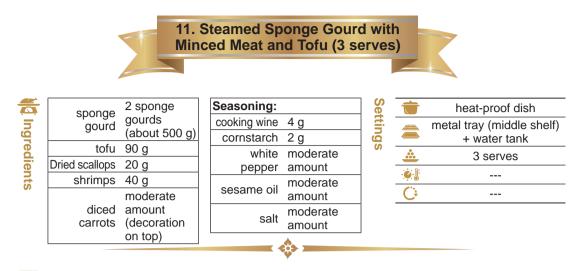












- 1. After washing dried scallops, add 40 g warm water (not including the amount). Soak them until they are soft, rub them and cut them into fine pieces. Cut up the shrimps and mix it with scallops. Add seasonings and stir it well.
  - 2. Mash the tofu. Then, stir well with the mixture (step 1) to make the fillings.
- Preparation 3. Peel the sponge gourds after washing them, and cut them into sections with about 4 cm each. Dig a hole with about 2.5 cm depth in the center.
- 4. Stuff the sponge gourds with fillings, and put them in heat-proof dish. Place it on the metal tray, method and put it into the middle shelf position.
  - 5. Fill the water tank with water.
  - 6. Select a program and start cooking.



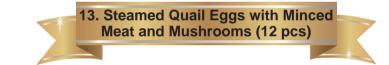




12. Steamed Dried Scallops with Enoki Mushroom (3 serves)

	dried scallops	25 g	cornstarch	5 g	Se	Ť	heat-proof dish
Ingred	enoki mushrooms	300 g	chopped green onion	moderate amount	etting		metal tray (middle shelf) + water tank
ed	Seasoning:		shredded	2 g	S		3 serves
ients	light soy sauce	15 g	ginger	- 9		<u>.</u>	
Its	caster sugar	5 g					
		5 g				<u>C</u> ÷	
		J J	A				

- 1. After washing dried scallops, add shredded ginger. Then add 30 g of warm water (not including the amount). Soak them until they are soft and then rub them for later use.
- Preparation 2. Wash enoki mushrooms, cut off the roots and place them in heat-proof dish. Then, spread the shredded dried scallops out on the top. Place heat-proof dish on the metal tray and put it into the middle shelf position.
  - 3. Fill the water tank with water.
- 4. Select a program and start cooking.(Strain out the steamed soup for later use)
- method 5. Fry the oil in the pot, and heat it to 50% with medium heat. Then, pour in light soy sauce, caster sugar and steamed enoki mushroom soup and boil it. Add cornstarch to thicken the soup, and drizzle over the enoki mushrooms. Finally, sprinkle with chopped green onion for serving.



		12 pcs	cooking wine	3 g	Se		heat-proof dish
Ing	mushrooms	(250 g)	oil	7 g	. <b>≣</b> . '	-	metal tray (middle shelf)
Igr	ground pork	150 g	white pepper	moderate	ng:		+ water tank
jredi	quail eggs	12 pcs	white pepper	amount	S	<u>.</u>	12 pcs
lients	chopped green	moderate	sesame oil	6 g	· ·		·
Its	onion	amount	ground green	0	.		
	Seasoning:		onion	3 g		Ċ	
	salt	moderate	light soy sauce	8 g			
	5011	amount	dark soy sauce	5 g			
			<b>A</b>				

**∝ ∢">** 

2. Wash and remove the roots of fresh mushrooms. Add ground pork with seasoning and stir well.

- 2. Make sure the bottom of fresh mushrooms face upwards with meat fillings spread, and form a Preparation ring with low center and high surrounding. Then, put it in heat-proof dish. Lastly, beat the quail eggs in the center of meat fillings.
  - 3. Place heat-proof dish on the metal tray and put it into the middle shelf position.
  - 4. Fill the water tank with water.
  - 5. Select a program and start cooking.
- method 6. Sprinkle with chopped green onion for serving.











	shrimps	300 g	Seasoning:	Settings		heat-proof dish
_	fatty pork	25 g	salt 2 g	ŧ	-	metal tray (middle shelf
	egg white	30 g	caster sugar 2 g	ອີ		+ water tank
	cornstarch	10 g	cooking wine 5 g	0	*	10 pcs
	carrot slices	10 pcs	sesame oil 5 g			
	baby cabbage	50 g (10 pcs)			<u> </u>	
	diced carrots	moderate amount (decoration on top)				

- لگا mash them one by one with knife, and use the back of knife to lightly chop them up into ground shrimps.
  - 2. Put the ground shrimps in a bowl. Then, add cooking wine, salt, caster sugar, cornstarch and mix them well. Next, add egg white and stir vigorously in one direction with hands.

  - 3. Add in fatty pork and sesame oil, and mix well.
- Preparation method 4. Take out the heat-proof dish and spread the baby cabbages evenly. Next, put a slice of carrot on each piece of vegetables, and take about 35 g of shrimp paste, mix it into round shrimp balls and place each shrimp ball on one carrot slice. Sprinkle diced carrots on top for decoration.
  - 5. Fill the water tank with water.
  - 6. Put the prepared shrimp balls together with heat-proof dish on the metal tray, and put it into the middle shelf position.
  - 7. Select a program and start cooking.





15. Thai Lemon Shrimp (500 g)

	white shrimp		Seasoning:		Set	1	heat-proof dish
n	ground chili	10 g	lemon juice	45 g		-	metal tray (middle shelf)
gr	minced ginger	10 g	salt	2 g	ຼຼ		+ water tank
edi	ground coriander	5 g	caster sugar	15 g	S	<b>…</b>	500 g
ent	coriander	- 0				÷.	
S						Ċ	

1. Remove the black lines from the shrimps, and cut their long antennae off. Wash and drain them, and place them on heat-proof dish. Preparation

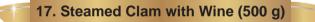
2. Mix ground chili, minced ginger, ground coriander and all seasonings together to make a sauce, then pour it over the shrimps.

3. Place heat-proof dish on the metal tray and place it into the middle shelf position.

4. Fill the water tank with water.

5. Select a program and start cooking. method





	clam	500 g	Se	<b>†</b>	heat-proof dish
_	Seasoning:		ttin		metal tray (middle shelf)
gr	minced ginger	3 g	Ö		+ water tank
edi	ground green onion	3 g	0	<u></u>	500 g
Ingredients	white wine	25 g			
ts	diced butter	10 g		Ch	

1. After washing the clams, spread them out on heat-proof dish without overlapping. Sprinkle them with diced butter, minced ginger and ground green onion, and drizzle with white wine. **Preparation method** 2. Place heat-proof dish on the metal tray and put it into the middle shelf position.

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3. Fill the water tank with water.

4. Select a program and start cooking.



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**18. Steamed Scallop with Mashed** Garlic (8 pcs) Settings Ingredients Seasoning: 8 pcs ---scallop (about oil 50 g metal tray (lower shelf) 120 g each) cooking wine 25 g + water tank vermicelli 50 g soy sauce for steamed fish 35 g <u>...</u> 8 pcs minced 50 g .... ---ginger chopped green onion 6 g Ċ --red pepper 4 g (shredded) **~**•> 1. Remove sand from scallops, and wash them. Put them in a bowl and Thick shellfish Important notes 2 pickle with cooking wine to remove the fishy smell. Then clean the inside requires a few **Preparation method** and the outside of the shells. The vermicelli are soaked and soften in cuts. boiling water. 2. Heat the oil, and add minced ginger and shredded red pepper. Fry them until minced ginger turns into a light yellow colour. Then, put them into a bowl, and add chopped green onion. Add in soy sauce for steamed fish and mix well. 3. Roll up vermicelli with chopsticks and spread it on scallop shell. Place scallop meat on the vermicelli, and pour the prepared minced ginger together with the oil evenly on the top of scallop. Then, place them evenly on the metal tray. 4. Fill the water tank with water.

- 5. Select the program to start preheating.
- 6. After preheating, put the metal tray into the lower shelf position and start cooking.





19. Steamed Razor Clam (500 g)

Seasoning: pickle

pickled cabbage juice 15 g

heat-resistant deep bowl
metal tray (middle shelf)
+ water tank
500 g
-------

Remove sand from clams, and wash them. Put them upside down neatly into a bowl that is flat or deeper.
 Insert green onion pieces and shredded ginger, and pour in pickled cabbage juice.Put them on metal tray and put it in the middle shelf position.
 Fill the water tank with water.
 Select a program and start cooking.

razor clams 500 g

shredded ginger 3 g

green onion 3 g

- 1. If there is no pickled cabbage juice, you can use other sauce instead. Mix the soy sauce for steamed fish with sugar and salt, and then pour it on the clams.
  - 2. As seafood itself has salty taste, those who want its original flavor can directly use green onion and cooking wine without adding any seasonings.

## Tips

The taste of clams is sweet and salty, and cold in nature. It will affect heart, liver, and kidney network. They have the benefits of nourishing, clearing heat, eliminating irritability and detoxification.



	fish head	1 pc	salt	moderate	Set	$\mathbf{t}$	heat-proof dish
Ing	chopped		shredded	amount	ting		metal tray (middle shelf) + water tank
red	pepper sauce	140 g	ginger	5 g	S	*	1000 g
ie	Seasoning:		green onion	5 g		·	
nts	cooking wine	15 g					
	· · · · · · · · · · · · · · · · · · ·	-				Ċ	

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- 1. Wash the fish head and cut it in the middle, but don't break it.Marinate it with cooking wine, salt, shredded ginger and green onion pieces for 1 hour. **Preparation method** 
  - 2. Put the fish head on heat-proof dish and cover it with chopped pepper sauce.
  - 3. Place heat-proof dish on the metal tray and put it into the middle shelf position.
  - 4. Fill the water tank with water.
  - 5. Select a program and start cooking.









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21. Steamed Chicken with Mushrooms (500 g)

Ingredients

chicken thighs	500 g
fresh	150 g
mushrooms	150 g
Seasoning:	
oil	10 g
oyster sauce	30 g
cooking wine	25 g
sesame oil	25 g

light soy sauce	10 g	Se	T	heat-proof dish
shredded ginger	moderate amount	Settings		metal tray (middle shelf) + water tank
white pepper	moderate amount	- N	<u></u>	500 g
	moderate		٤	
salt	salt amount		Ċ	
		-		

2. Cut the chicken thighs into small pieces, and cut the mushrooms into large pieces.

2. Marinate the chicken with all seasonings for 30 minutes.

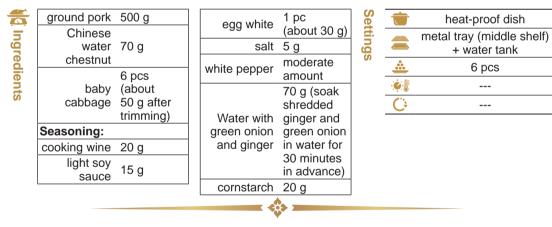
3. Take a heat-proof dish, and spread the mushrooms first. Then, add the chicken and marinade.

**E** < 🔆 > 2

- 4. Place heat-proof dish on the metal tray and put it into the middle shelf position.
- **Preparation method** 5. Fill the water tank with water.
  - 6. Select a program and start cooking.

		<b></b> ¥
	22. Chinese White Sliced Chicken (1000 g)	
<image/>	Image: State in the s	er, uice





- 21. Add ground pork and other seasonings except green onion and ginger water. Stir it well, and add green onion and ginger water in one direction until the meat filling is strong. (The amount of water can be adjusted according to actual situation)
- Preparation 2. Peel the water chestnut, and cut it into small pieces. Add them into the mixed meat filling, and continue to stir evenly. Let stand for 5 minutes.
- 3. Trim baby cabbages and place them in heat-proof dish.
- method 4. Take about 115 g of ground meat, and beat with both hands alternately to form large balls. Place them on the baby cabbages, with little space in between.
  - 5. Place heat-proof dish on the metal tray and place it into the middle shelf position.
  - 6. Fill the water tank with water.
  - 7. Select a program and start cooking.

1. For making meatballs, if you think that the meat filling is sticky, you can put it in the refrigerator for about 10 minutes. 2. If you are looking for texture, you

Important notes

can beat the meat for a few times after meat filling is strong.



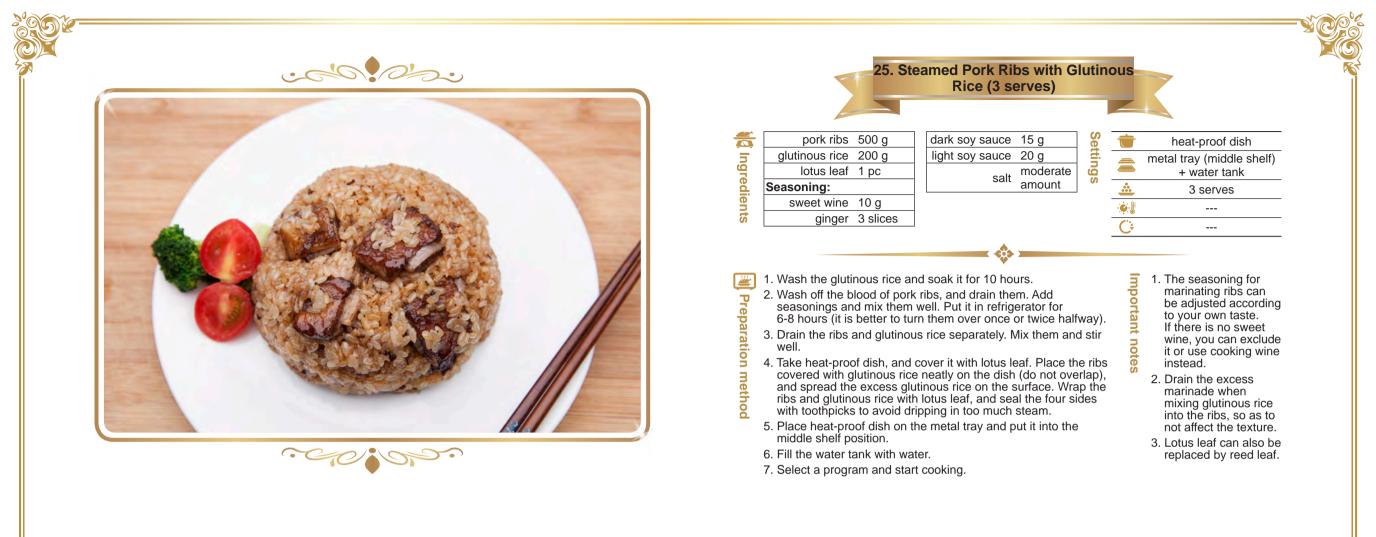




24. Steamed Pork with Rice Flour (500 g) Settings **Ingredients** pork belly 500 g caster sugar 5 g heat-proof dish available light soy metal tray (middle shelf) 15 g rice flour for steamed sauce + water tank 80 g moderate amount <u>...</u> 500 g salt pork . ----Seasoning: moderate white pepper Ċ cooking wine 6 g amount ----1. Cut the pork belly into slices of about 0.5 cm, and add seasonings to marinate it for 30 minutes. 2 2. Evenly coat the marinated meat slices with rice flour for steamed pork on both sides, and place them on heat-proof dish. Place the pan on the metal tray, and put it in the middle shelf position. **Preparation method** 

3. Fill the water tank with water.

4. Select a program and start cooking.



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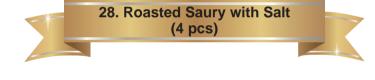


a Ingredients

1. Wash the scallops and cut them into thin slices.Brush and clean scallop shells. 

- 2. Grind the garlic, and heat the oil. Put half of the minced ginger into the pot with oil and fry Preparation it until it has a golden brown color. Mix it with another half of minced ginger, and add the seasoning. Mix them into golden and silver garlic sauce.
- 3. Place scallops in the scallop shells, and drizzle with gold and silver garlic sauce. Put the scallop shells on metal tray.
- 4. Select the program to start preheating.
- method 5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
  - 6. After cooking, sprinkle with chopped green onion.

27. Salmon Salad (3 serves)
salmon 2 pcs (about 200 g each)         vegetables for salad 200 g         Seasoning:         sea salt 3 g         crushed black pepper moderate amount         salad dressing moderate amount
<ul> <li>Propreto Total Science Scienc</li></ul>



	sauries	4 sauries (about 350 g)	Se	1	
	Seasoning:				metal tray (lower shelf)
Ingre	salt	5 g	s	<u>.</u>	4 pcs
ď	white vinegar	25 g			1 000
e	olive oil	5 g (for smearing)		· <b>Ø</b> · <b>J</b>	
nts		0 ( 0,		Ċ	
		🏠			

- 1. Wash the sauries and dry them. Apply white vinegar evenly on both sides, and sprinkle with salt. Marinate them for about 15 minutes. **Preparation method** 
  - 2. Spread aluminum foil on the metal tray, and spread a thin layer of olive oil evenly on the fish surface. Place the fish on metal tray as shown in the picture.
  - 3. Select the program to start preheating.
  - 4. After preheating is complete, put the metal tray into the lower shelf position and start cooking.



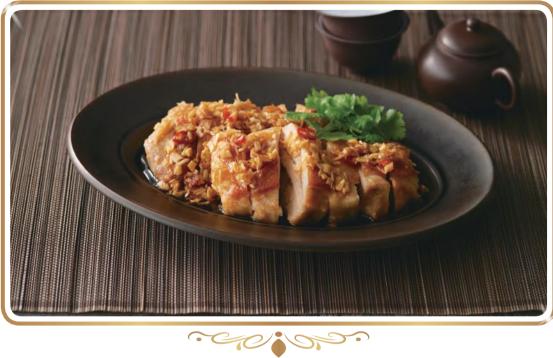




		). Teriyaki Chicken Wi (12 pcs)	ings		
				4	* _
a Ingredients	chicken wings	12 pcs (about 400 g)	Se	<b>†</b>	
5	Seasoning:		ettings	-	metal tray (lower shelf) +
	light soy sauce	30 g	io		water tank
2	oyster sauce	30 g	0	<u></u>	12 pcs
P D	caster sugar	5 g			
IJ	sesame oil	3 g		<u> </u>	
		•		<u> </u>	

- 22 1. Wash the chicken wings and prick the skin of chicken wings with a fork or bamboo skewer.
- 2. Mix chicken wings with all seasonings and marinate them for 30 minutes. **Preparation method** 
  - 3. Lay aluminum foil on the metal tray, and evenly arrange the marinated chicken wings on the metal tray in  $3 \times 4$  pattern.
  - 4. Fill the water tank with water.
  - 5. Select the program to start preheating.
  - 6. After preheating is complete, put the metal tray into the lower shelf position and start cooking.



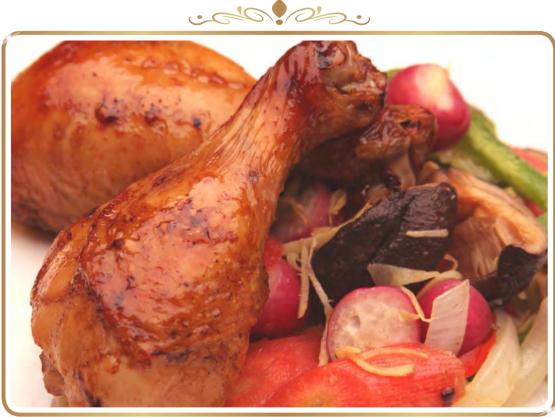




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2	1	1		
	2	2		

n 🎘	boneless		Seasoning:		Set		
In	chicken whole	`	coarse salt		ttin		metal tray (lower shelf)
gre	legs	450 g)	cooking wine	15 g	sbı	*	3 serves
ed		15 g	light soy sauce	15 g	0		3 Serves
gredients	coriander	(cut into sections)	chili oil	10 g		÷.	
Its	white sesame	/	white vinegar	5 g		Ċ	
	(cooked)		sesame oil	2 g			
	red shili	moderate	caster sugar	3 g			
	red chili	amount					

- 1. Wash the boneless chicken whole legs, and dry them thoroughly. Drizzle with cooking wine and coarse salt evenly. Put them in the refrigerator to marinate for 2-3 hours.
  - 2. Mix all other seasonings evenly and use it later as sauce.
- Preparation 3. Take out the marinated chicken thighs and roll them into long strips, and may tie them with rope to fix the shape.
- 4. Wrap the tied chicken legs tightly with aluminum foil without any gaps around them. Place them on metal tray, and put it into the lower shelf position. method
  - 5. Select a program and start cooking.
  - 6. After the program is over, let the chicken legs cool down. Then, put them in the refrigerator.
  - 7. Slice the chicken thighs when eating. Drizzle them with prepared sauce, and sprinkle with coriander, chili and white sesame.



	-					~	*
Š.	chicken	3 pcs	chili powder	1 g	Settings	1	
	drumsticks	(about	cumin powder	5 g	ŧ		metal tray (lower shel
S		450 g)	minced ginger	5 g	ຼິຍ	<u> </u>	3 pcs
2	Seasoning:		shredded ginger	5 g	07		1
Ş	oyster sauce	40 g	caster sugar	3 g		<u>.</u>	convection
5	light soy sauce	50 g	dark soy sauce	10 g			10 minutes
	cooking wine	20 g	honey	20 g			
	black pepper powder	1 g	white sesame	moderate amount			

- 1. Rinse chicken thighs with water, and dry them. Add all seasonings (except white sesame and honey), and marinate them for at least 4 hours. Flip a few times in between to make them more **Preparation method** tasty.
  - 2. Drain the marinated chicken drumsticks, and wrap the drumsticks completely with aluminum foil with no gaps around them. Then, place them on metal tray and put it into the lower shelf position.
  - 3. Select a program and start cooking.
  - 4. After the program is over, take out the metal tray. Take another piece of aluminum foil, and
  - lay it on the metal tray. Place the chicken thighs on the metal tray, then add 15 g of remaining marinade juice into honey and stir well. Brush it on the surface of chicken thighs respectively.
  - 5. Then put the metal tray and chicken thighs into the lower shelf position. Sprinkle it with white sesame, and select [Convection] (without preheating) 250 °C. Set for 10 minutes or the time for the surface of the chicken thighs to be colored, and then take it out to enjoy.

		(24 pc:	6)		
					*
•	quail eggs	24 pcs	e Se	<b></b>	
Seasoni	าg:		Settings		metal tray (lower she
	coarse salt	2 packs	ູຍ		water tank
	bay leaf	2 slices	0		24 pcs
	cinnamon	1 slice		· <b>ċ</b> .	 
	star anise	1 nc			

2. Put the seasoning in the pot and fry it until it has a smell of sweetness.

2. Spread a layer of fried coarse salt in the aluminum foil and place the quail eggs on it. Cover completely the quail eggs with remaining coarse salt and put them in metal tray. Preparation

3. Fill the water tank with water.

4. Select the program to start preheating.

5. After preheating is complete, put the metal tray into the lower shelf position and start cooking. method





ecos.

33. Duck Confit (2 pcs)	
-------------------------	--

		2 pcs	bay leaf	2 slices	Se	<b> </b>	heat-proof container
Ind	duck legs	`	salt	5 g	Ē		(17 cm x 18 cm x 7 cm)
-		400 g)	white pepper	3 g	- ng		metal tray (lower shelf)
ed	olive oil	450 g		0	S L	*	2 pcs
e	Seasoning:						2 963
nts	thyme	6 pcs				·•••	
0	garlic slices	8 g	_			Ċ	

**≖ <;} =** 

- 1. Spread salt and white pepper evenly on the duck legs. Put it in the refrigerator to marinate for 12 hours.
  - 2. Take out the duck legs, and rinse the duck legs with water. Then, dry the surface with kitchen towel.
- Preparation 3. Put the duck legs in deeper heat-proof container, and add thyme, garlic slices and bay leaves. Pour in olive oil to a level just submerging the duck legs.
  - 4. Place the heat-proof container on the metal tray and put it into the lower shelf position.
  - 5. Select a program and start cooking.

method

70

6. After the program is over, take out the duck legs.Before eating, put a little cooking olive oil in the pan and fry the duck legs to make it become crispy.













34. Roasted Pigeon (2 pcs)

-C-3

**Ingredients** 

pigeons	2 pcs (about 350 g/each)
Seasoning:	
maltose	15 g

white vinegar 20 g red vinegar 13 g

rice wine	5 g	Se	Ċ	
marinade	moderate amount	ettings		metal tray (lower shelf) + water tank
	(submerge pigeons)		<u></u>	2 pcs
water	· • /		÷.	
			Ċ	

- 1. The pigeons are prepared, washed and drained, then æ marinated in brine for 4 hours.
- Preparation 2. Pour water into the pot and boil it, then change to low heat. Add maltose, white vinegar, rice wine and red vinegar, stir well and make a sauce for later use.
- 3. Lay aluminum foil on the metal tray. Wrap the head, neck, wing tips and end of leg bones of pigeons with a layer of method aluminum foil. Then, wrap it with a layer of sauce, and place it on the metal tray with back facing down.
- 4. Fill the water tank with water.
- 5. Select the program to start preheating.
- 6. After preheating, put the metal tray into the lower shelf position and start cooking. When a beep sound is heard, open the oven door. Turn the squab over, and continue cooking.

Production of brine: add Important 1 water to the available package of ingredients to make brine. Then, add cooking wine, light soy notes sauce, dark soy sauce, salt, and rock sugar, and boil it. Available brine can also be purchased directly.

2. The amount of dark soy sauce, light soy sauce and sugar in the brine will affect convection color of the pigeons. You can adjust the amount according to your own taste.

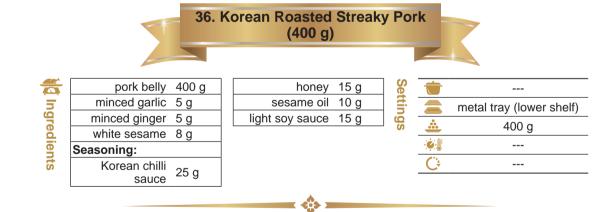
		35. Barbecue Pork (600	g)			
	pork collar butt 600 g	oyster sauce 75 g	Se	t		
Ingredients	maltose (or honey) 45 g	fermented red bean curd juice 52 g	Settings	-		y (lower shelf)
.ed	water 45 g	light soy sauce 45 g	S	<u>.</u>		600 g
ien	Seasoning:	dark soy sauce 30 g		÷.		
ts	caster sugar 135 g	minced ginger 15 g		<u>C</u>		
	fermented red bean curd 120 g	allspice 3 g				
		🚸				
2	<ol> <li>Pour all seasonings into a bowl, stir until completely even distribution as barbecued pork sauce.</li> </ol>					In order to maintain
Preparation method	of about 3-4 cm.Put the po a fork several times for be	2. Wash and dry the pork collar butt, and cut it into strips with thickness of about 3-4 cm.Put the pork collar butt in an airtight box (prick it with a fork several times for better flavor), and pour in enough barbecued sauce (submerge the meat). Mix well, and put it in refrigerator to				
	3. Drain the marinated BBQ p with aluminum foil.	pork and place it on a metal tra	y cov	ered	Ö.	the oven door when brushing
bo	4. Select the program to start	t preheating.				syrup.
	<ol> <li>After preheating is complete, put the metal tray into the lower shelf position and start cooking.</li> </ol>					

 Mix the maltose and water to make syrup. Take out the BBQ pork after hearing the beep sound, dip a brush in syrup and brush the surface of BBQ pork. Then, turn it over and put it back on the lower shelf position to continue cooking.(two beeps in between)



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A state 1. Cut the pork belly into 3 mm thick slices, and mix minced ginger, minced garlic and white sesame into the pork belly. Then, add all the seasonings respectively, mix well and marinate it **Preparation method** for 15 minutes.

2. Select the program to start preheating.

3. Place aluminum foil on the metal tray and spread the marinated pork belly evenly on it. 4. After preheating is complete, put the metal tray into the lower shelf position and start cooking.



	37. Spa	are Rib	s with (	Garlic (	(600 g)	
--	---------	---------	----------	----------	---------	--

	pork ribs	600 g	caster sugar	15 g	Se		
Б	minced garlic	70 g	minced ginger	5 g	ŧ		metal tray (lower shelf)
gr	Seasoning:		red pepper ring	4 g	, in the second		• • •
ed	sov sauce for		red pepper ring	(1 pc)	S		600 g
lie	soy sauce for steamed fish	30 g		20 g		¢.	
nts	oyster sauce	45 g				Ċ	

2. After heating oil in the frying pan, add half of bruised garlic. Fry until it smell good and set aside.

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2. Mix all the remaining seasonings to make a sauce, marinate the pork ribs for 4-5 hours.

**Preparation method** 3. Lay aluminum foil on the metal tray, and arrange the ribs well. Spread the sautéed minced ginger together with oil on the pork ribs.

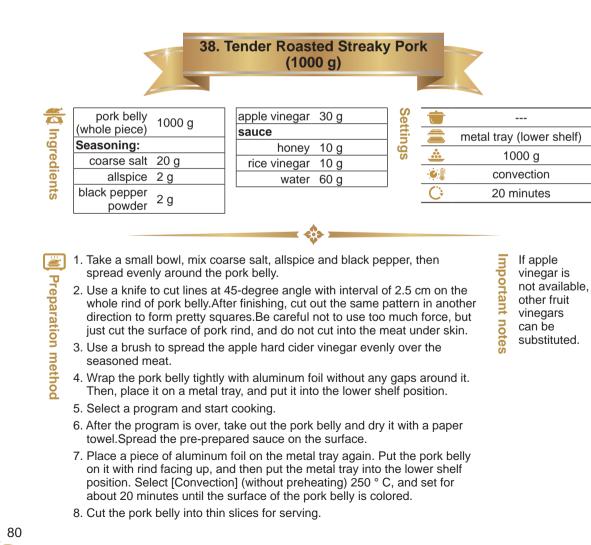
4. Select the program to start preheating.

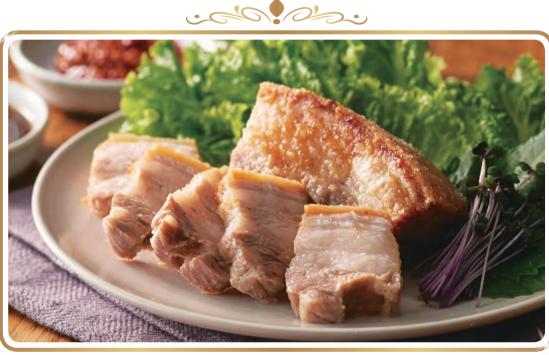
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.





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#### Settings A Ingredients whole pork rib 800 g allspice 1 g ----Seasoning: garlic paste 25 g metal tray (lower shelf) cornstarch 6 g caster sugar 30 g <u>...</u> 800 g honey 20 g light soy sauce 45 g .... convection garlic granules 20 g salt 3 g black pepper 1 g Ċ 14-15 minutes powder <...>

39. Tender Roasted Pork Ribs (800 g)

- 1. Wash and dry the pork ribs, sprinkle with all seasonings (except honey and garlic) and spread them evenly. Marinate for about an hour. Preparation
  - 2. Wrap the marinated pork ribs tightly with aluminum foil without any gaps around it. Then, place it on a metal tray, and put it into the lower shelf position.
  - 3. Select a program and start cooking.
  - 4. Mix 10 g of the remaining marinade with honey to make a sauce for later use.
  - 5. After the program is completed, take out the ribs and dry the gravy on the surface. Then, brush the prepared sauce on the surface, and sprinkle it with garlic.
- method 6. Take another piece of clean aluminum foil and spread it on the metal tray. Place the ribs on the aluminum foil, and put it into the lower shelf position. Select [Convection] (without preheating) 250 °C, and set about 14-15 minutes, or increase or decrease the time to the desired coloring level.







40. Tender Roasted Beef (800 g)

	chuck roll steak	800 g	Set		
Ing	Seasoning:		ttin		metal tray (lower shelf)
gre	sea salt	<u> </u>	SÖ	<u></u>	800 g
dier	crushed black pepper olive oil	-		÷.	
nts			-	Ċ	

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- 1. Sprinkle salt and black pepper evenly on surface of the beef. If the meat is loose, use a rope to tie the meat.
- Preparation 2. Pour olive oil into the pan, fry the top, bottom, left and right surfaces of the beef to quickly lock the water inside the beef.
- 3. Wrap the fried beef tightly with aluminum foil without any gaps around it, then place it on the metal tray and put it into the lower shelf position. method
  - 4. Select a program and start cooking.
  - 5. After the program is over, take out the slices and put them on a plate.

This Auto Menus Important notes sets the beef from medium well to well-done.For medium, please set the cooking time manually (recommended to select baking temperature as 70 °C, and set 4 hours).







		(6 pcs)			
	lamb chops	6 pcs (about 450 g)	Set	$\mathbf{t}$	
Ingredients	Seasoning:				metal tray (lower shelf)
gre	dark soy sauce	0	s	<u> </u>	6 pcs
ď	light soy sauce	25 g			0 000
er	cumin	moderate amount			
Its				Ċ	

42. Roasted Lamb Chops with Cumin

1. Drain the blood on the surface of the lamb chops with paper towel. 2. Mix the seasoning well, put in the lamb chops and marinate for about

- Preparation 2 hours.
  - 3. Lamb chops are evenly placed on a metal tray covered with aluminum foil.
  - 4. Select the program to start preheating.
  - 5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
- method 6. After cooking, please take out the lamb chops as soon as possible. Then, wrap them in aluminum foil, and set aside for 3 minutes before eating.
- Important notes medium-well lamb chops. The cooking time can be adjusted according

This menu

is suitable

for cooking

to individual preferences.

		43.	Sliced Beef (50	with Wine 9 00 g)	Sauce	9	
	beef shank	500 g		3 slices	Settin	<b></b>	heat-proof stew pot (1.5 L) with lid
Ingredients	Seasoning: green onion ginger	10 g 3 slices	marinated cooking wine	moderate amount	tings		metal tray (middle shelf) + water tank
lient	star anise	1 green onion	pure water	moderate amount			500 g
S	cinnamon	1 small piece				Ċ	
				*>			

1. Wash the beef shank, cut it into long strips with diameter of about 4.5 cm. Submerge it with water, and blanch with the green onion and ginger to wash off the scum. 

- 2. Put the meat in heat-proof stew pot, and pour in water to submerge it. Add star anise, cinnamon, bay leaves, and then cover it.
- 3. Fill the water tank with water.
- Preparation 4. Put the stew pot on the metal tray and put it into the middle shelf position.
  - 5. Select a program and start cooking.
- 1 method 6. After the program is over, soak the cooked beef in ice water until it is completely cooled. Then cut it into slices.
  - 7. Mix the marinated cooking wine with appropriate amount of clean water, and soak the sliced beef for 1-2 hours.





	44. Stewed Rib Soup (6 s	erves	)	
<b>5</b>	spare ribs 500 g	Set	<b></b>	300 ml stew pots (6 pots)
Ing	carrot 200 g	ttin		with lids
gree	sweet corn 200 g	- S		metal tray (middle shelf) + water tank
die	dried mushrooms 6 pcs water 1200 ml	-		6 serves
Ingredients	salt moderate amount	-		
L			C	
	I. Soak the dried mushrooms in advance, wash the spare	ribs an	d blar	nch them in water.
	2. Peel the carrots and cut them into large pieces. Cut eve			
	B. Put ingredients of item 1 and 2 into 6 stew pots evenly. Place them on the metal tray, and put into the middle sh	Then, a	add wa	
	4. Fill the water tank with water.			

- 5. Select a program and start cooking.
- tion method 6. Take it out after cooking, and add salt to taste.







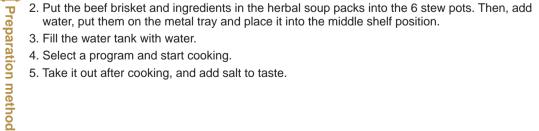






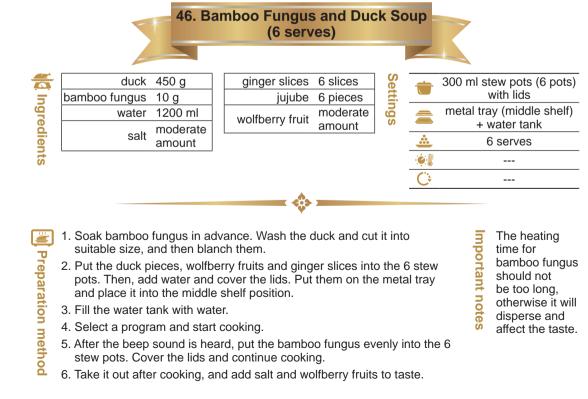


1. Wash the beef brisket, cut it into suitable size and blanch it. **\*** 



- 3. Fill the water tank with water.
- 4. Select a program and start cooking.

5. Take it out after cooking, and add salt to taste.













	pear 6 pcs	-	stew pot (6 pots)
Ingredients	rock sugar 30 g		metal tray (middle shelf)
lre	wolfberry fruit 10 g		+ water tank
<u>ä</u> .		<u></u>	6 serves
ent		÷.	
S		Ċ	
Preparation method	<ol> <li>Wash the pears, cut off a third from the top as a lid, hollow out the core in the middle, and try not to dig through the bottom.</li> <li>Put 5 g of rock sugar and 5-6 pieces of wolfberry fruits in the middle of each pear. Fix the pears with toothpick, and put it into the stew pot.</li> <li>Place the stew pot on the metal tray and put it into the middle shelf position.</li> <li>Fill the water tank with water.</li> <li>Select a program and start cooking.</li> </ol>	Important notes	<ol> <li>You can use other varieties of pears instead, and the weight of each pear is about 300 g.</li> <li>Both cold and hot servings can relieve cough and moisten the lungs.</li> </ol>





48. 1	Peach Gum and Lotus Dessert (8 serves)	Seed	
peach gum	20 g	Se	all 200 ml stew pots (8 pots)
locust seeds	20 g	] ∰.	with lids

metal tray (middle shelf)

+ water tank 8 serves ----

----

**Ingredients** 

peach gum	20 g	Se	-
locust seeds	20 g	ŧ	
rock sugar	16 g	Bu	
water	1000 g	S	
			<u></u>
			÷.
			$C_{2}$

1. Soak peach gums and locust seeds one night in advance.

2. Put the washed peach gums, lotus seeds and rock sugar into 8 stew pots, add water and cover Preparation them.

3. Place the stew pot on the metal tray and put it into the middle shelf position.

4. Fill the water tank with water.

5. Select a program and start cooking. method



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49.	Grilled Fish Fillets (1	level)		
hairtail	300 g (about 16 pcs)	Se	<b>T</b>	
oil	15 g	Settin		metal tray (lower shelf)
cornstarch	15 g	s	<u></u>	1 level
cooking wine	12 g	07		
salt	3 g		· • • • •	
			Ċ	
1. Wash the hairtail, and cut se	ections of about 6 cm each.			

2. Mix the hairtail sections with cooking wine and salt, and marinate for 30 minutes.

Preparation method 3. Spread baking paper on the metal plate, and coat the hairtail with thin layer of cornstarch. Then, brush evenly with oil and place it on the metal tray with evenly arranged  $4 \times 4$  pattern.

4. Select the program to start preheating.

M Ingredients

5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.





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50	Fried	Shrimn	Cutlote	(1 level)	
50.	<b>FIIEU</b>	SIIIIID	Guileis		

	shrimp meat	350 g	chopped	10 g	Set		
Įnį	fatty pork		green onion light sov	5	ttin		metal tray (lower shelf)
gre	carrot	<u> </u>	light soy sauce	10 g	S		1 level
Ö.	king trumpet mushroom	85 g	fish sauce	5 g		<u>.</u>	
ent	Seasoning:		salt	moderate amount		<u> </u>	
0)	oil	15 g		amount	]	<u> </u>	

1. Shred carrots and king trumpet mushrooms and blanch them. After squeeze out the water, cut them into pieces for later use. 

- 2. Grind the deveined shrimp into puree. Add fatty pork, oil, fish sauce, chopped green onion, salt, light soy sauce, and mix well. Marinate it for 5 minutes.
- Preparation 3. Lay aluminum foil on the metal tray, and mix item 1 and 2 and stir evenly. Divide it into 20 equal servings, and spread them on the metal tray evenly in a 4 $\times$ 5 pattern. Flatten them into the shape of cutlet. method
  - 4. Select the program to start preheating.
  - 5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

If you use Important notes sea shrimps, they will have salty taste by themselves. You don't need to add salt by adding salty and umami taste of fish sauce and light soy sauce.





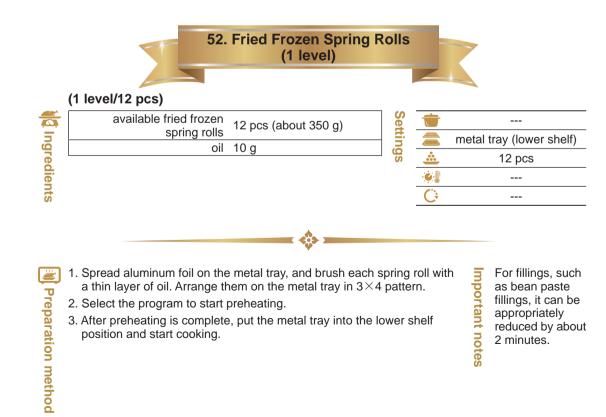
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		(1 level)			*
<b>*</b>	fresh shrimp (with shell)	400 g (about 20 shrimps)	دور	<b></b>	
<b>Ingredients</b>	liquid egg	25 g	Settin		metal tray (lower shelf)
gre	bread crumbs	50 g	- S	*	1 level
die	Seasoning:	25	4		
ň		25 g	_		
0	salt	•	4	<u> </u>	
	white pepper	moderate amount			
		�			

- shrimp from rolling up). Add salt and white pepper to marinate it for later use.
- 2. Put bread crumbs and oil in a bowl and mix well.
- 3. Place baking paper on the metal tray. Dry the shrimps with paper towel, and coat them with liquid egg and bread crumbs one by one. Place them evenly on the metal tray.
- 4. Select the program to start preheating.
- 5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
- reparation method



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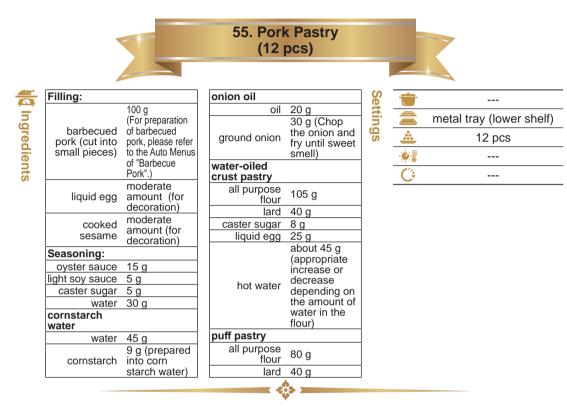












- 1. Put light soy sauce, oyster sauce, caster sugar and 30 g water in a pot **\*** and boil it with low heat. Slowly pour in the cornstarch, and stir while Preparation pouring to prevent sticking to the pot and cook it evenly.
  - 2. After the sauce is thick and smooth, remove the pot. Cool it to lukewarm, and pour in the onion oil and cover the lid. Cover it with plastic wrap, and refrigerate it overnight.
  - 3. Fully mix the diced barbecue pork and 100 g refrigerated sauce, and refrigerate it for later use.
  - Knead all the ingredients of water-oiled crust pastry into a smooth 4.
- method dough. 5. Knead all the ingredients of the puff pastry together also into a dough.
  - Divide the water-oiled dough and puff pastry dough into 12 equal 6.
  - servings, and let them rest for about 15 minutes.
  - 7. Press the water-oiled dough slightly flat, and wrap the puff pastry with round closed end. Place the wrapped dough on the chopping board with closed end facing up, and let it rest for 15 minutes.
  - 8. Take a piece of dough and flatten it, roll it into long oval shape. Then, roll it up from outside toward inside, and roll the rolled dough into long oval slice with rolling pin again and roll it up.
  - 9. Flatten the rolled dough, roll it into your favorite shape, and wrap it in the filling, with compacted edges.
  - 10. Evenly place the wrapped barbecued pork pastry puffs on the metal tray covered with baking paper in 3\*4 pattern.
  - 11. Select the program to start preheating.
  - 12. Brush liquid egg on the surface of barbecued pork pastry puffs, and sprinkle cooked sesame with appropriate amount.
  - 13. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

- 1. The process of sealing the oil and standing still
- Important can prevent the wrapped slurry from forming a
  - lump, and the length of
  - sealing oil affects the
- notes effect of meat starching. 2. When wrapping the
  - filling, barbecue pork filling should not be exposed. Since the filling will melt when heated, it is easy to expand and flow out, so the edge must be compacted.
  - 3. The preparation method of barbecue pork filling in the recipe can be used together with the Auto Menus of "Steamed Chinese Bun (Raw)" to make barbecued pork buns.
  - 4. The fillings can be changed to curry beef or chicken according to personal preference, but cooked fillings must be used.









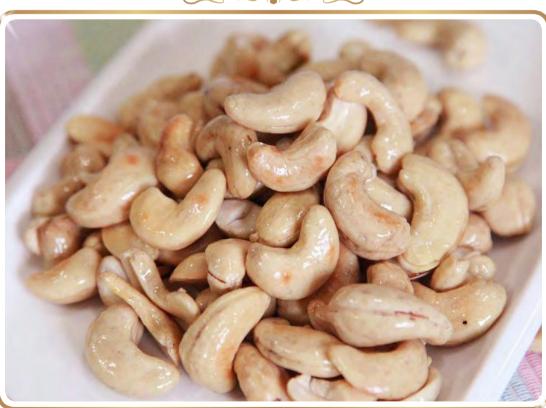
56	Roaste	ed Cas	shew I	Nuts	(500 a)	

	raw cashews	500 g	Se	$\overline{\mathbf{t}}$	
Ingred	Seasoning:		ttin		metal tray (lower shelf)
gr	oil	20 g	s		500 g
ed	caster sugar	20 g	0	<u> </u>	500 g
lients	salt	10 g		١	
Its	chili powder	moderate amount		Ċ	
	salt and pepper	moderate amount			

1. Put raw cashews into sealing bags, and add seasonings. Mix it well, pour out and spread on the metal tray covered with baking paper. **Preparation method** 

2. Select the program to start preheating.

3. After preheating is complete, put the metal tray into the lower shelf position and start cooking. 4. When beep sound is heard, take it out and stir, and continue cooking.



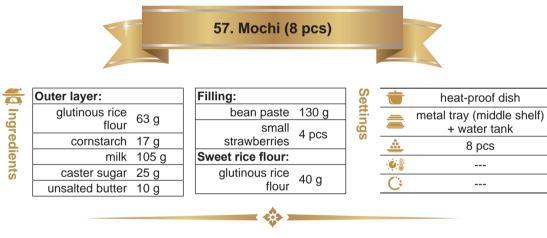
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### Preparation of outer layer:

- 1. Mix glutinous rice flour, cornstarch and milk in heat-proof dish, and add caster sugar. Continue to stir until even.
- 2. Fill the water tank with water.
- Preparation 3. Place heat-proof dish on the metal tray and put it into the middle shelf position.
  - 4. Select a program and start cooking.

# Preparation of filling:

- 1. Wash the strawberries and drain, then cut it into two.
- 2. Divide the bean paste into 8 portions with 16 g each, and wrap the strawberries with bean paste.

# Baked:

method

- 1. Take another 40 g glutinous rice flour and fry it in the pot as rice flour.
- 2. Put the steamed outer layer into unsalted butter and knead well.
- 3. Dip hands with rice flour, and divide the outer layer into 8 equal parts. Wrap the filling with closed end, and shape it into ball.

The strawberries mportant notes in the filling can also be replaced with soft fruits such as mangoes. After putting it in refrigerator, it will have a better taste for serving.



		58	3.	Home-ma	de Pizza (1	pc)		
ing D		No.73 Auto Menus "Pizza Dough		green peppers (thin slices)	20 g	Settings		 metal tray (lower shelf)
Ingredients	pizza base	(Ferment)" for dough after fermentation		Buffalo Mozzarella (for pizza	100 g	SD		1 pc 
່ຜ	Filling:			` only)			Ċ÷	
	onion (small	20 g		ketchup	40 g			
	grains)	20 9			5 g			
	mushrooms (thin slices)	20 g		oil	(for smearing)			
	sausage (thin slices)	40 g						

- 1. Sprinkle a thin layer of flour on the table, and place the fermented dough on the table. Press it around with hands, and remove the air inside. 2 Preparation
  - 2. Use rolling pin to roll pizza base into a dough with diameter of about 22 cm.Place the pizza on pre-greased metal tray, adjust the shape and pinch the pizza edges.
  - 3. Select the program to start preheating.
  - 4. Poke some holes in the pizza base.Spread ketchup evenly on the pizza base, and sprinkle it with half of the cheese. Then, sprinkle the filling and finally cover it with other half of the cheese.
- method 5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.





		59. Chiffon Cake (8 inc	h)		
					*
lng	eggs	5 eggs	Se	$\overline{\mathbf{t}}$	8 inch chiffon cake mold
П	caster sugar	0	Ē		metal tray (lower shelf)
gre	salad oil	*	s	<u></u>	8 inch
redien		50 g			
en	cake flour	120 g			
ີ່	essence	2~3 drops		- C÷	

- 1. Separate the yolks and whites of the eggs. **\*** 
  - 2. Put egg yolks and half of caster sugar (45 g) into the container of electric egg beater, and beat it at high speed until foamy white.
  - 3. Change the speed to medium, and slowly add salad oil, milk, and essence, and mix them well.

**K 400 X** 

- 4. Sieve the cake flour and mix them well with spatula.
- Preparation 5. Take another container, and add egg whites and remaining caster sugar. Beat it with electric egg beater until foamy, and can be stood upright (beat until egg whites will not flow out by method tilting the container).
  - 6. Add foamed egg whites to the batter in 3 batches, stirring thoroughly with spatula at each time, until fully mixed.
  - 7. Select the program to start preheating.
  - 8. Pour the mixture into cake mold, and shake it on the table for a few times to release air bubbles.
  - 9. After preheating, place the metal tray with cake molds above into the lower shelf positions, and then start cooking.
  - 10. After cooking, take it out. Shake out heat, and turn it upside down. Demold it after cooling.













					~	
Cake base:		sour cream	200 g	Setting		cake mold with 8 inch
digestive cookies	100 g	caster sugar	120 g	Ē.		metal tray (lower shelf) +
digestive cookies unsalted butter Cake embryo: cream cheese cream	40 g	unsalted butter	50 g	Bu		water tank
Cake embryo:		cornstarch	60 g	S		8 inch
cream cheese	250 g	lemon juice	50 g			8 1101
cream	150 g	lemon peel	20 g		<b>Ø</b>	
	2 pieces	crumbs	20 g		C	
eggs	(100 g)	essence	2~3 drops		<u> </u>	
		<b></b>				

60. Cheese Cake (8 inch)

### Cake base: 2

- 1. Break the digestive cookies into small pieces, and put them in food storage bags. Use rolling pin to make the dough into fine grains.
- Preparation 2. Melt the butter into liquid and mix it with cookie crumbs evenly.
  - 3. Cover the bottom and inner part of the mold with baking paper. Spread the cookie crumb mixture evenly on the bottom, and then press it tightly.Put the mold in refrigerator for later use.

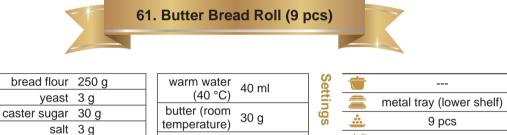
### Cake embryo:

- 1. Cut the cream cheese and butter into small pieces, and soften it at room temperature.
- method 2. Put the cream cheese, sour cream and butter into the container of electric egg beater, and beat them at
  - high speed until evenly mixed.
  - 3. Drop in essence, and add lemon peel crumbs. Then, stir it well with spatula.
  - 4. Then add caster sugar, eggs, cornstarch, cream and lemon juice one by one. Continue to stir until all ingredients are fully mixed.
  - 5. Fill the water tank with water.
  - 6. Select the program to start preheating.
  - 7. Take out the mold from refrigerator, and pour in the cake base. Smooth the surface, and shake it on the table for a few times to release air bubbles.
  - 8. After the preheating is complete, place the mold on the metal tray. Put it into the lower shelf position, and start cooking.
  - 9. After cooking, take it out and cool it. Put it in the refrigerator for about 4 hours before eating.









5 g (for

smearing)

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liquid egg 50 g

milk

-Ingredients

milk (room 65 ml

temperature)

**ä** Preparation method

- 1. Put flour, butter, sugar, salt, milk and liquid egg into the container. Yeast is mixed with 25 ml of warm water in advance and add into it after evenly mixed. 2. Knead the dough evenly, and add the remaining warm water according
- to humidity of the dough.(May not add all of them)
- 3. Roll out the dough, and divide it into 9 small doughs. Roll them into balls and let them rest for 15-20 minutes.
- 4. Knead the small dough to shape like water droplets, and roll them thin. Roll up slowly from the wide end. Be careful to roll it tightly and not to leave any gaps.
- 5. Spread baking paper on the metal tray, and arrange the bread rolls on it obliquely in  $3 \times 3$  pattern. Put them into the lower shelf position.
- 6. Select [Ferment], and set 40 °C. Then, set 50-55 minutes for fermentation. (For better fermentation, long press the [Start] button to add steaming for 1 minute in the early stage of fermentation)
- 7. When fermentation is complete, remove the metal tray and brush the rolls with milk.
- 8. Select the program to start preheating.
- 9. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

temperature of oven cavity is too high, "U50" will be shown in the display window. Please wait until the cavity temperature drops and "U50" disappears before fermentation again.

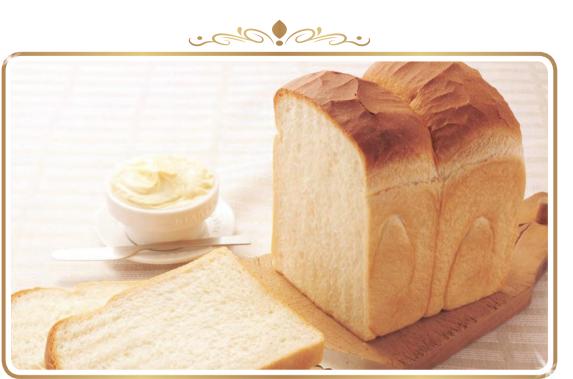
ferment

50-55 minutes

2. When

Important

notes



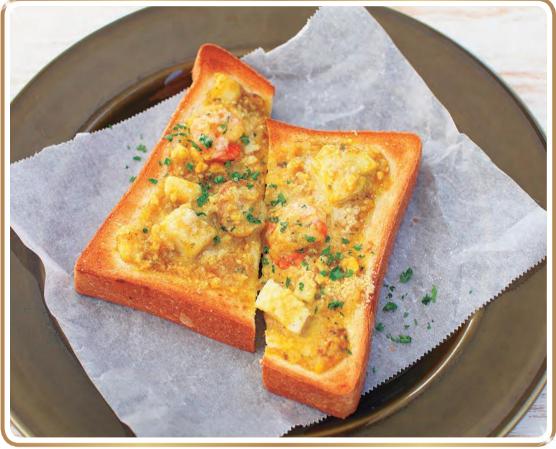
	-*-	62. Milk Toast (2 pcs)			
	bread flour	500 g	Settings	<b></b>	450 g toast molds
n	dry yeast	7 g	Ē		(2 pcs)
Ingredients	caster sugar	50 g	SBL		metal tray (lower shelf)
di	salt	•		<u></u>	2 pcs
en	liquid egg	100 g		· <b>ċ</b> .]	Ferment
S	milk	230 g			1 hour to 1 hour
	unsalted butter	70 g		Ċ	30 minutes

- 1. Put all ingredients together except the butter, and knead to expansion stage.(Do not put salt 2 and yeast together, but put them on two sides separately) After kneading the dough for a few Preparation minutes, add butter and knead it until completely expanded that the film can be pulled out.
  - 2. Divide the dough into 6 equal parts. After rolling them to ball shape, cover with plastic wrap and let them rest for 15-20 minutes.
  - 3. Roll the relaxed dough into oval, and turn it over with smooth side down. Roll it up from top to bottom.Then roll again into oval and roll it up.
  - 4. Put the rolled dough into toast molds, with 3 doughs in each mold. Place them evenly on metal tray without covering them, and put them into the lower shelf position.
  - 5. Select [Ferment], set 40 °C, and choose 1 hour to 1 hour and 30 minutes. Depending on the fermentation situation, dip fingers in dry powder and gently press toast surface, without shrinking or slowly shrinking, and ferment it to 80% full. At the beginning of fermentation or halfway fermented, press and hold the [Start] button to add steaming for 1-2 minutes to maintain certain humidity in the oven cavity.
  - 6. After fermentation is complete, take out metal tray and the toast, and cover the toast mold.
  - 7. Select the program to start preheating.

method

- 8. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
- 9. After taking it out of the oven, shake the mold and demold immediately. Lay it with a side down on the cooling rack to cool down.







63. Seafood Toast (4 pcs)

	sliced toast	4 pcs	Seasoning:		Se	1	
<u>Jul</u>	Buffalo Mozzarella	100 g	salt	moderate amount	ttin		metal tray (lower shelf)
gree	shrimp meat	100 g	ginger slices		SG	<u></u>	4 pcs
die	cuttlefish		green onion			÷.	
nts	pieces	100 g	Ketchup			Ċ	

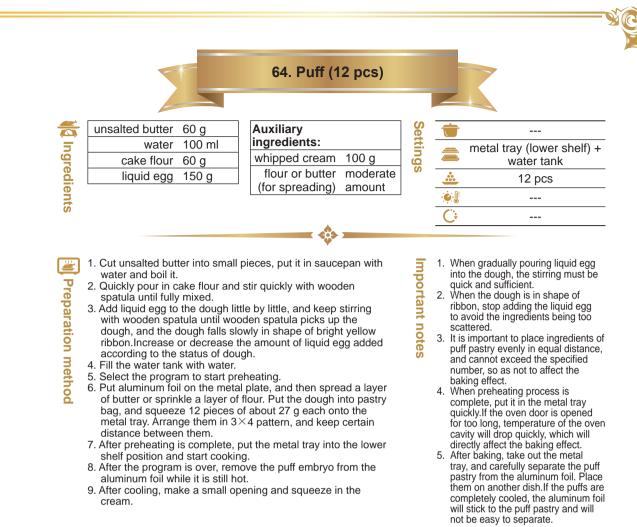
1. Wash the shrimp meat and cuttlefish pieces. Put them in the pot. Add salt, ginger slices and green onion, and then cook.Remove the green onion and ginger, and then drain them.

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- 2. Lay baking paper on the flat pan, and place sliced toast on a metal tray.
- 3. Spread ketchup on the sliced toast, and evenly sprinkle half of the Buffalo Mozzarella. Then spread the prepared shrimp meat and cuttlefish pieces, and finally sprinkle the remaining Buffalo Mozzarella.
- 4. Select the program to start preheating.

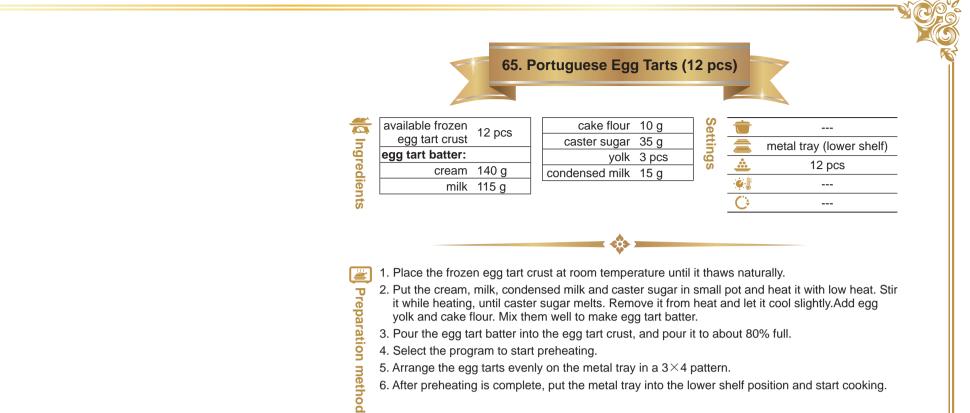
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

**Preparation method** 



















66. Chocolate Cookies (1 level)

	cake flour	130 g	Se	<b>T</b>	
jul	unsalted butter	•	ttin		metal tray (lower shelf)
ng	powdered sugar	65 g	S	*	1 level
ed	liquid egg	35 g		<u></u>	i level
ier	cocoa powder		ĺ .	÷.	
nts	· · · ·		1	Ċ÷	

1. Cut unsalted butter into small pieces. After it is soften at room temperature, beat it with powdered sugar until being pale.

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- **Preparation method** 2. Add liquid egg in two batches, and beat evenly with egg beater.
  - 3. Sieve in the cake flour and cocoa powder, and mix them well with spatula.
  - 4. Put the batter into pastry bag and squeeze it onto metal tray covered with aluminum foil in 4\*6 pattern, with about 11 g each.
  - 5. Select the program to start preheating.

36

6. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

67. Almond Tuiles (2 levels)							
	almond slices	140 g	ا ي [	-			
5	egg white	•	Settii		wave tray (upper shelf) +		
Ingredients	caster sugar	35 g	s an		metal tray (lower shelf)		
di	unsalted butter	0		<u></u>	2 levels		
ent	cake flour	•					
้ง	vanilla extract	1 g (optional)		C			

1. Beat egg whites with hand mixer. Add caster sugar and vanilla extract and mix them well. Then add sliced almonds, melted unsalted butter, and mix them. Cover with plastic wrap and let it Preparation rest at room temperature for 1 hour.

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- 2. Add cake flour, and stir well. Continue to let it rest at room temperature for 30 minutes. Spread baking paper on the wave tray and metal tray, and spread the mixed almond batter onto the wave tray and the metal tray evenly at equal distances of about 11 g each in a  $3 \times 4$  pattern. Spread the batter flat as possible.(Too thick will affect the taste)
- 3. Select the program to start preheating.
- 4. After the preheating is complete, put the wave tray into the upper shelf position and the metal tray into the lower shelf position to start cooking.







139

method

	68. Su	igar Free Salty Cheese (1 level)	e Stic	ks	
M Ingredients	cake flour (sieved)	120 g	s sgr		
	cheese powder	10 g			metal tray (lower shelf)
	unsalted butter (cut into small pieces)	50 g		<u></u>	1 level
	Cheddar cheese (shredded)	20 g		<u>.</u>	
	water	20 g		Ċ	
	egg white	1 pc			
	white sesame	65 g			

1. Mix cake flour, cheese powder and unsalted butter, and knead them into even and loose oily 2 dough mixture.

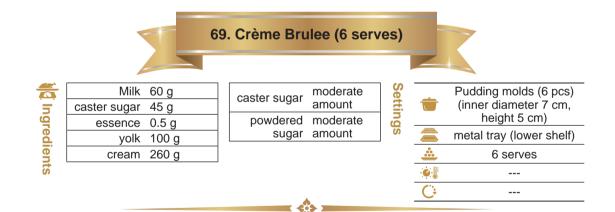
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- 2. Add Cheddar cheese and water to the oily dough mixture in step 1, and knead it to even dough.
- 3. Put the dough into food storage bag, and use rolling pin to roll it into 24×15 cm pieces of slice shape. Refrigerate them for about 2 hours and cut them into long strips of about 1.5×15 cm.
- Preparation 4. Lay baking paper on the metal tray, and brush egg whites evenly on each piece of dough. Wrap it with sesame, and twist it into braided ring shape. Place it horizontally on the metal tray. method
  - 5. Select the program to start preheating.
  - 6. After preheating is complete, put the metal tray into the lower shelf position and start cooking. Tips

Completely sugar-free cookie sticks, which are crunchy but not greasy. There is enough nutrition after adding cheese powder and white sesame, especially suitable for pregnant women and children







- 1. Put milk, caster sugar and essence in the pot and heat it to around 70 °C, until caster sugar is all melted.
- Preparation 2. Stir egg yolk and cream evenly, and add a small amount of item 1 for several times. Stir and then sieve for 2 times to make a pudding cream.
  - 3. Pour the prepared pudding cream into 6 pudding molds, about 70 g per cup.Cover each pudding mold with foil and wrap tightly.
  - 4. Select the program to start preheating.

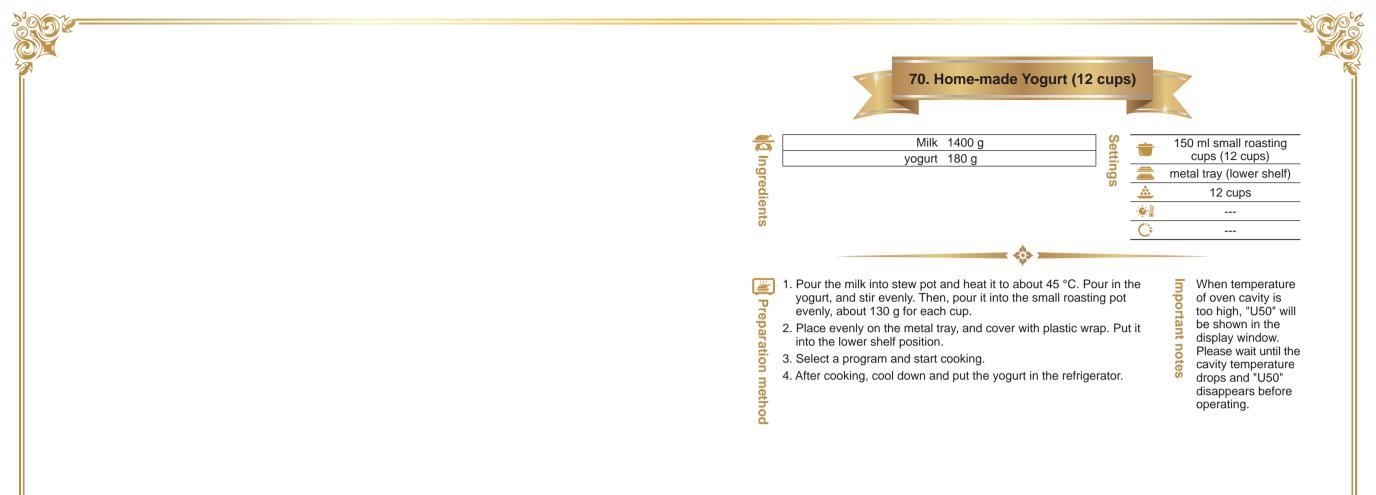
method

- 5. After the preheating is complete, place the pudding mold on the metal tray. Put it into the lower shelf position, and start cooking.
- 6. At the end of the program, after the pudding has cooled, put it in the refrigerator for more than 4 hours.
- 7. After taking it out, sprinkle a thin layer of caster sugar or powdered sugar on the pudding surface, heat it with flamethrower until the sugar is caramelized, then it is ready for serving.





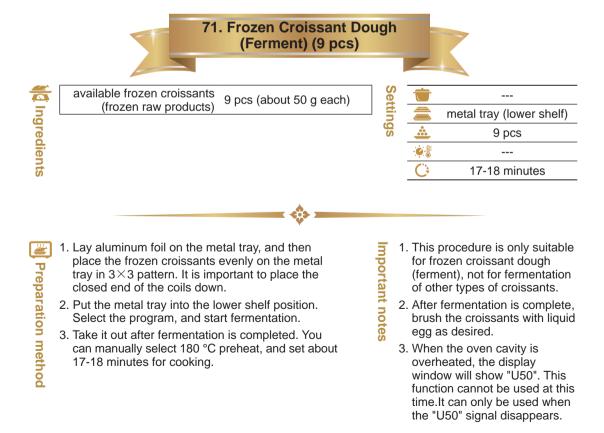








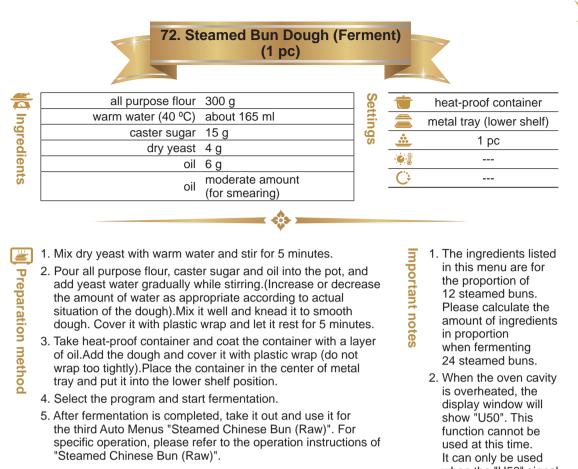
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when the "U50" signal disappears.



F	73. Pizza Dough (Fermen	t) (1 pc)	
	73. Fizza Dough (Fermen	it) (i pc)	

	cake flour	140 g	dry yeast	3 g	Se	t	heat-proof container
Ingredients	caster sugar	<u> </u>	caster sugar	1 g	ttin		metal tray (lower shelf)
	unsalted butter	10 g		moderate amount (for smearing)	s	*	1 pc
	milk powder	7 g	OII				Трс
	salt	3 g				<u> </u>	
	warm water (40	70 g				Ċ	
	(D°	- 3					

e\*4

- 1. Mix yeast and 1 g of caster sugar with warm water. Stir it well, and let sit rest for 5 minutes.
- Preparation 2. Fully mix the yeast water and remaining ingredients after the rest, and knead it to smooth dough.Coat the heat-proof container with oil, and put the dough into it. Then, cover it with plastic wrap (do not wrap too tightly).Place it in the center of the metal tray and put it into the lower shelf position. method
  - 3. Select the program and start fermentation. Remove the metal tray and container after the program is over.
  - 4. The fermented dough can be used in the 58th Auto Menus "Homemade Pizza". For specific operation, please refer to the operation instructions of "Home-made Pizza".

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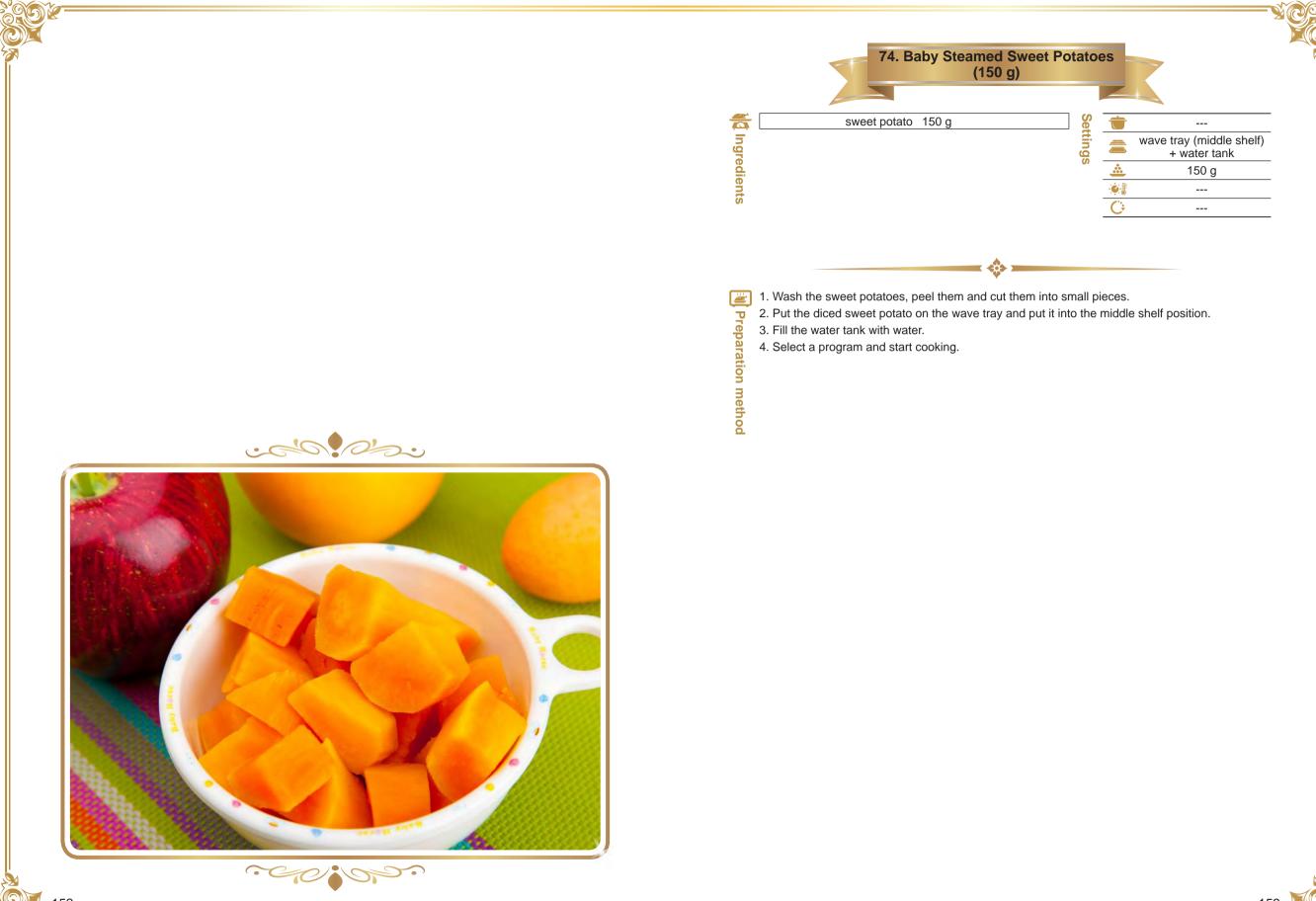
When the oven cavity is overheated, the display window will show "U50". This function cannot be used at this time. It can only be used when the "U50" signal disappears.

Important notes









	-*				
					*
	salmon (boneless)	300 g	Se	t	
	cooked sesame	15 g			wave tray (middle shelf)*
gr	crushed seaweed (optional)	moderate amount	ing 着		+ metal tray (lower shelf)
ed	Seasoning:		S I		+ water tank*
Ingredients	fish sauce	5 g		<u></u>	300 g
s	caster sugar	10 g		÷.	Steam Med
				Ċ	8 minutes

#### Salmon preprocessing: 2

- 1. Cut the salmon into slices of about 1 cm, and place them flat on the wave tray. Put them into the middle shelf position.
- 2. Fill the water tank with water.
- Preparation 3. Select [Steam Med], and set it for 8 minutes. Then, press [Start] to start cooking. After the program is over, take it out for cooling down.
  - Preparation of salmon flake:

method

- 1. Lay baking paper on the metal tray, and mash the fish as much as possible. Mix it with seasonings, and spread it flat on metal tray.
- 2. Select the program to start preheating.
- 3. After preheating is complete, put the metal tray into the lower shelf position and start cooking. When beep sound is heard, take it out and stir. Then, put it in the oven to continue baking.
- 4. After the program is over, take it out and let it cool down. Put it in baby food maker and smash it.
- 5. After crushing to smaller particles, you can add cooked sesame or seaweed according to your preference.

1. Store it in bags or cans for storage after cooled completely.

\*: used during preprocessing

- Important notes 2. If you like soft texture, you can grind it in
- blender after final baking is finished and cooled.
- 3. After the salmon is steamed and taken out. be sure to dry the water in oven cavity, otherwise it will affect the drying time of salmon.
- 4. Choose 100 °C Convection and bake for about 25-30 minutes if you like a more crispy texture or salmon flake with less fluffy texture. (You can choose convection time according to actual situation.)





-+-	76. Baby Yogurt Melts (1 level)	

	thick yogurt	30 g	Set	$\overline{\mathbf{t}}$	
Ing	baby milk powder	<u> </u>	tin		metal tray (lower shelf)
gre	egg white	1 pc	- Q	<u>.</u>	1 level
b,	cornstarch	8 g			1 10001
ier	powdered sugar	8 g		<u>.</u>	
Its	· · · · · · · · · · · · · · · · · · ·	a few drops	]	Ċ	

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- 1. Mix thick yogurt, cornstarch and baby milk powder evenly until smooth and free of particles, then set it aside for later use.
- Preparation 2. Beat egg whites with lemon juice and powdered sugar until dry foam appears.
  - 3. Mix stirred yogurt paste and beaten egg whites, then stir them evenly.
  - 4. Select your favorite pastry bag tip, and put it in the pastry bag. Pour in the mixed bean paste.
- method 5. Spread baking paper on the metal tray and squeeze it evenly onto the metal tray.
  - 6. Select the program to start preheating.
  - 7. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

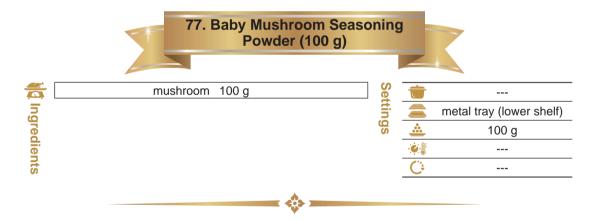
1. The yogurt must be thick yogurt or homemade yogurt. 2. There is no oil or sugar in the formula, so it should not be stored for a long time. It should be eaten as soon as possible after preparation.

Important notes









- 1. Wash the mushrooms and cut them into 3 mm thin slices.
- 2. Lay baking paper on the metal tray, and spread the mushroom slices on the metal tray (do not overlap).
- 3. Select the program to start preheating.
- 4. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
- 5. After cooking, put mushroom slices into food processor and grind them into powder.





2

Preparation

method

Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd. 888, 898 Long Dong Road, Pu Dong, Shanghai, 201203, China Web Site: http://www.panasonic.com

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