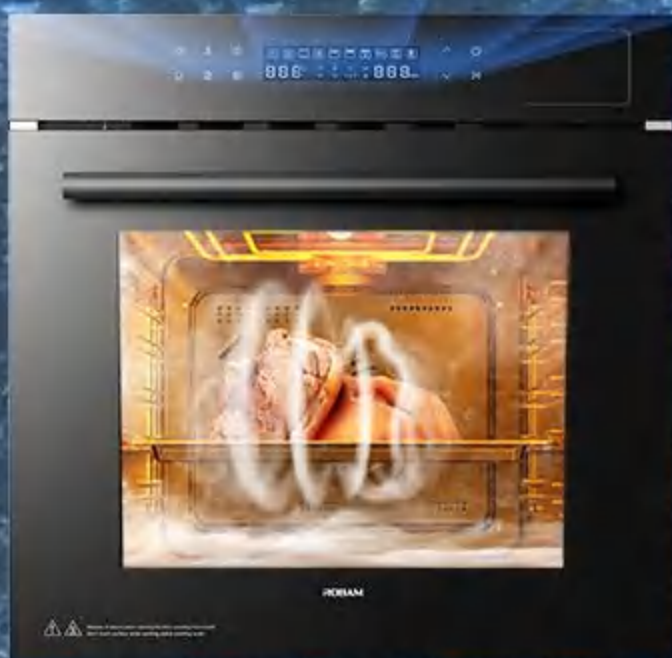


**ROBAM**  
Enjoy Cooking

# AUTOMATIC RECIPES **CQ926H01** INSTRUCTION



World Class Leader of Premium Kitchen Appliances

# Combi Steam Oven CQ926H01

## P01 × Egg custard

Steamed egg custard is a home-made dish made of eggs, which tastes delicate, tender and smooth.

### 『 Ingredients 』

- 2 eggs (about 100g)
- 1.5g salt, 3g fresh soy sauce, 3g sesame oil, 2g green onion, 200g warm water (egg:water = 1:2)



### 『 Directions 』

1. Break the eggs into a bowl and stir well. Prepare 200g warm water and add salt into it. Pour the water into the egg liquid and stir thoroughly to remove the scum.
2. Place the bowl on the perforated steaming tray, then place the perforated steaming tray on the third floor of the steam oven, close the door, fill the water tank with water, select the recipe, and press the "Confirm/Pause" button to start cooking.
3. After cooking, take out the bowl, add the fresh soy sauce, sesame oil, and chopped green onions. Then you can enjoy the delicious egg custard.



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# Combi Steam Oven CQ926H01

## P02 × Fish Head with Chopped Chill

Fish head is rich in lecithin and unsaturated fatty acid which are essential for human body and beneficial for reducing blood fat, invigorating brain and anti-aging.

### 『 Ingredients 』

- One fish head (about 700g)
- 200g Chopped pepper sauce, 45g edible oil, 10g green onion, 15g cooking wine, 1.5g salt, 0.5g white pepper powder



### 『 Directions 』

1. Chop the green onion into segments, clean the fish head and cut it in half but don't cut it off.
2. Add 15g cooking wine, 1.5g salt and 0.5g white pepper power to marinate the fish head for 1h.
3. Put the fish head on a large plate, and spread the chopped pepper onto it.
4. Place the plate with fish head on the perforated steam tray, and put the perforated steam tray on the third floor of the steam oven. Close the door, fill the water tank with water, select the recipe, and press the "Start/Pause" button to start steaming.
5. Take the steamed fish head out of the oven, sprinkle it with chopped green onion, heat the edible oil in a hot pan and then pour the hot oil on the fish head.
6. Start to serve.



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# Combi Steam Oven CQ926H01

## P03 × Steamed perch

Steamed Perch is one of the traditional dishes with Guangdong characteristics and belongs to the Cantonese cuisine.

### 『 Ingredients 』

- Perch 400g (1 perch)
- 20g Edible oil, 20g ginger, 15g cooking wine, 15g fish steaming soy sauce, 10g green onion, 2g salt



### 『 Directions 』

1. Kill the fish, remove the guts, wash the fish and drain the water. Then make a few cuts on both sides of the fish.
2. Smear salt evenly on the fish, pour in cooking wine, and marinate it for 10min. Then place the fish on a plate covered with green onion segments and shredded ginger and put the rest of shredded ginger into the knife edge and fish belly.
3. Put the plate on the perforated steam tray, and then place the perforated steam tray on the third floor of the steam oven. Close the door, fill the water tank with water, select the recipe, and press the "Confirm/Pause" button to start cooking.
4. Take the steamed perch out of the oven and pour out the excess soup.
5. Pour in fish steaming soy sauce and sprinkle it with chopped green onion. Heat the edible oil in a hot pot and pour the hot oil on the fish.



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# Combination Steam Oven CQ926HC

## P04 × Steamed prawn

Steamed Prawns is a dish mainly made of prawns. It is easy to cook, delicious and nutritious.

### 『 Ingredients 』

- 400g Prawns
- 15g Cooking wine, 10g ginger, 5g green onion, 2g salt



### 『 Directions 』

1. Clean the prawns, remove the whiskers, slice the ginger, and chop the green onion into segments.
2. Put the prawns on a plate, put ginger slices on it, pour in cooking wine, and sprinkle some salt.
3. Put the plate on the perforated steam tray, put the perforated steam tray on the third floor of the steam oven, close the door, fill the water tank with water, select the recipe, and press the "Confirm/Pause" button to start cooking.
4. Take the steamed prawns out of the oven.
5. Sprinkle the dish with chopped green onion.



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# Combi Steam Oven CQ926H01

## P05 × Steamd Scallops with Vermicelli

Scallop, also known as sea fan, has delicious meat and rich nutrition. Its adductor muscle, after dried, is called "dried scallop" which is listed as one of the eight treasures. Vermicelli is rich in carbohydrate, dietary fiber, protein, niacin, and minerals such as Ca, Mg, Fe, K, P, and Na. Cooked with scallops, the vermicelli is also very delicious.

### 『 Ingredients 』

- 6 scallops, 30g vermicelli
- 60g Garlic chili sauce, 30g light soy sauce, 12g green onion



### 『 Directions 』

1. Kill the scallops and wash them clean. Soak the vermicelli soft. Wash the green onion and cut them into sections.
2. Put the well-soaked vermicelli between the scallop meat and shell.
3. Put the scallops with vermicelli on a plate and place the plate on the perforated steam tray. Then put the perforated steam tray on the third floor of the steam oven. Close the door and fill the water tank with water. Select the recipe and press the "Confirm/Pause" button to start cooking.
4. Take the steamed scallops out of the oven, pour garlic chili sauce and soy sauce on the scallops, and sprinkle the scallops with chopped green onion.



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# Combi Steam Oven CQ926H01

## P06 × Steamd with Rice Powder

Steamed Pork with Sweet Potato is rich in fat and contains a certain amount of protein and trace elements such as Ca and Fe. It is conducive to digestion and absorption, and is a good tonic.

### 『 Ingredients 』

- 400g streaky pork, 300g sweet potato, 40g pork steaming power
- 5g Green onion, 5g ginger, 5g cooking wine



### 『 Directions 』

1. Cut the streaky pork into small pieces, chop the green onion into sections, cut the ginger into slices, and cut the sweet potato into small pieces.
2. Mix the pork steaming power, ginger slices, green onion, and cooking wine with streaky pork to marinate it for 30 minutes.
3. Put the sweet potato pieces and marinated pork into a plate, mix them well, and let stand for 10 minutes.
4. Put the plate on the perforated steam tray, and then put the perforated steam tray on the third floor of the steam oven. Close the door, fill the water tank with water, select the recipe, and press the "Start/Pause" button to start steaming.
5. Take the steamed pork out of the steam oven.
6. Start to serve.



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# Combi Steam Oven CQ926H01

## P07 × Steamed Chicken

The Steamed Chicken tastes delicious and has a strong meat flavor. It also has the beautifying, weight loss, detoxification, blood replenishing, and anti-aging effects.

### 『 Ingredients 』

- 1,200g chicken
- 15g salt, 10g cooking wine, 5g spring onion, 5g ginger, 5g codonopsis pilosula, and 5g chinese angelica

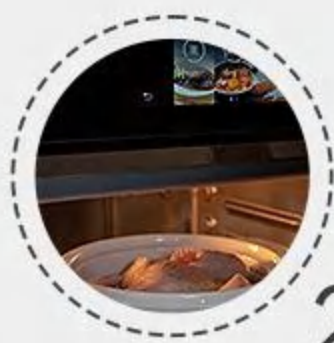


### 『 Directions 』

1. Clean the chicken, cut off the chicken feet, and put it into the soup pot. Sprinkle cooking wine evenly on the chicken, smear the inside and outside of the chicken with salt, and put the spring onion segments, ginger slices, codonopsis pilosula, and Chinese angelica into the chicken belly.
2. Put the soup pot with chicken on the perforated steam tray, place the perforated steam tray on the third floor of the steam oven, close the door, fill the water tank with water, select the recipe, and press the "Confirm/Pause" button to start cooking.
3. Take the steamed dish out of the steam oven.
4. Serve it on a plate.



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# Combi Steam Oven CQ926H01

## P08 × Steamed corn

Sweet corns have at least five medical and health care effects on human body, including preventing constipation, gastrointestinal disease, and cholelithiasis, effectively reducing cholesterol and slowing down the formation of arteriosclerosis, stimulating human brain cells and enhancing memory, and effectively inhibiting the side effects of anti-cancer drugs on human body. It is an ideal health food for people.

### 『 Ingredients 』

- 1500g Corn cob (about 4 corn cobs)



### 『 Directions 』

1. Clean the chicken, cut off the chicken feet, and put it into the soup pot. Sprinkle cooking wine evenly on the chicken, smear the inside and outside of the chicken with salt, and put the spring onion segments, ginger slices, codonopsis pilosula, and Chinese angelica into the chicken belly.
2. Take the steamed corns out of the steam oven.
3. Serve them on a plate.



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# Combi Steam Oven CQ926H01

## P09 × Grilled Chicken Wing with Sweet Sauce

Chicken wings have very little meat but the skin is rich in colloid. Chicken wings include the "arm" and the "tip". Chicken arm, the part that connects chicken body to the first joint of the chicken wing, has more meat than the wing tip. Eating chicken wings can strengthen the spleen, stomach, kidney and waist, etc. Compared with the wing tip and wing root, chicken wing middle joints are rich in collagen and are good for maintaining skin luster and enhancing skin elasticity.

### 『 Ingredients 』

- 15 chicken wing middle joints, 20g onion
- 35g honey, 25g cooking wine, 25g oyster sauce, 25g light soy sauce, 8g dark soy sauce, 8g sugar, 2g salt, 2g chicken extract, 3g chili powder, 1g cumin powder, 0.5g pepper powder



### 『 Directions 』

1. Clean the chicken wings and dry them. Draw two blades diagonally on both sides and put them into a bowl. Then add honey 20g and the cooking wine, oyster sauce, light soy sauce, dark soy sauce, sugar, salt, chicken power, chili power, cumin powder, and pepper power to marinate the chicken wings for 2 hours.
2. Put the marinated chicken wings on the fry&roast rack, brush honey on the chicken wing surface, and pave tinfoil on the baking tray to receive oil. Preheat the steam oven: select the recipe, wait until the preheating completion sounds, put the fry&roast rack on the third layer of the steam oven, place the baking tray on the first layer, close the door, and press the "Pause/Start" button to start cooking.
3. Take the roasted chicken wings out of the steam oven and serve them on a plate.



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# Combi Steam Oven CQ926H01

## P10 × Cake roll with cream

Cake roll has a light texture and soft taste. It is a good choice for afternoon tea.

### 『Ingredients』

- 5 eggs, 60g cake flour, 50g milk, 50g corn oil, 50g fine sugar



### 『Directions』

1. Mix the 5 egg yolks, milk, corn oil and sifted cake flour to make the egg yolk paste.
2. Add the fine sugar into the egg white in three times, mix well and beat, add a few drops of vinegar to remove the smell, and continue beating until a big hook can be produced when the egg whisk is lifted.
3. Mix 1/3 of the egg white paste with all the egg yolk paste, and then add the mixture into the rest 2/3 egg white paste and stir them well.
4. Pour the paste into a square mold (side length: 28cm) covered with oil paper, and scrape the surface flat with a scraper.
5. Add sugar powder to the light cream and beat it until it has a clear texture and a small sharp tip can be produced when the egg whisk is lifted. Cover it with plastic wrap and put it into the refrigerator for refrigeration.
6. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start baking.
7. Take the cake out of the oven.
8. After the cake cools down, cover it with oil paper, turn it over, and spread a layer of cream on it.
9. Roll the cake with a rolling pin and finalize for 2 minutes.
10. Open the oil paper and cut the cake into rolls.
11. Serve on a plate.



# Combi Steam Oven CQ926H01

## P11 × Cranberry cookies

Rich wheat flavor, sweet and sour cranberry, full of milk flavor.

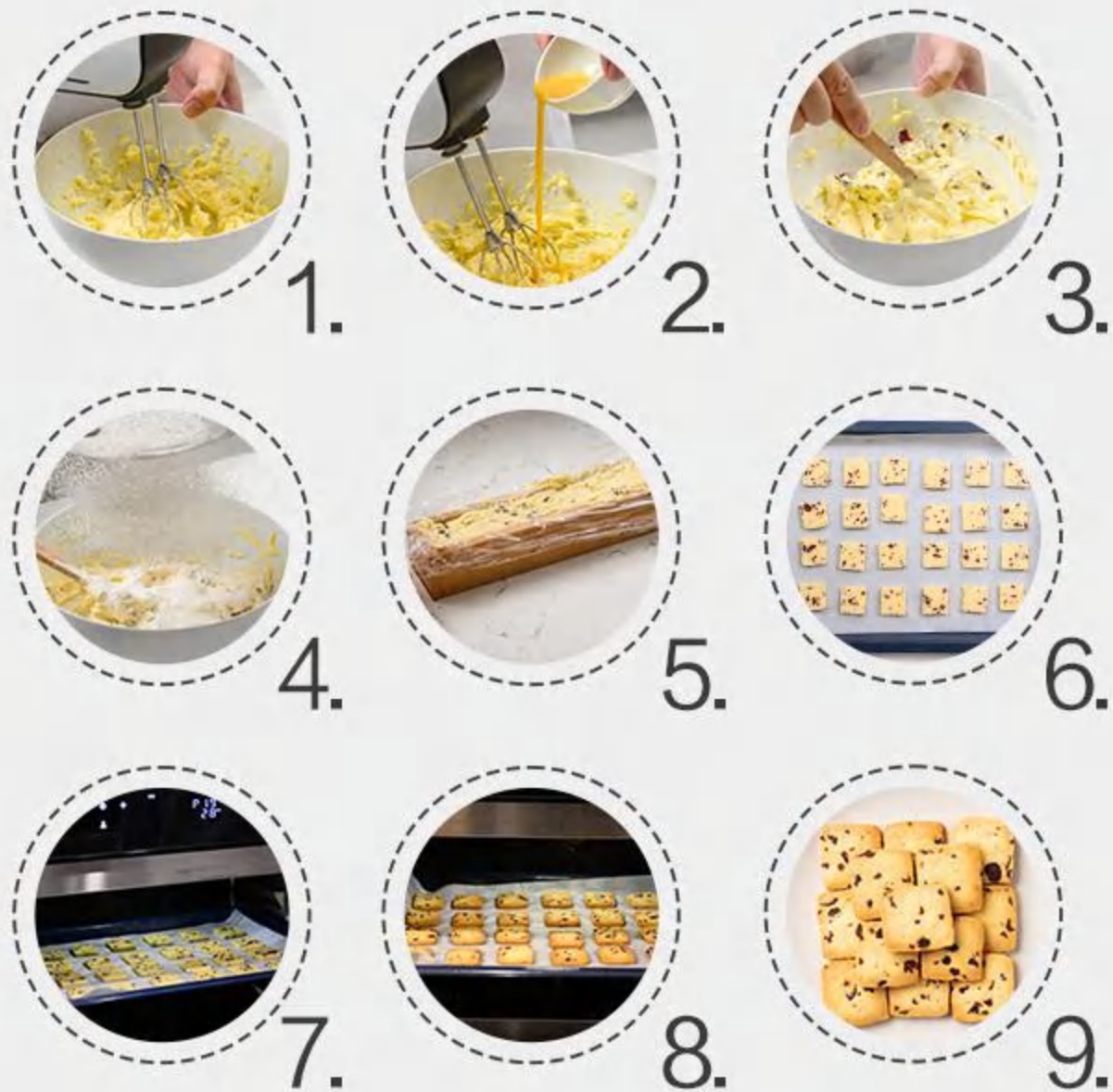
### 『 Ingredients 』

- 120g cake flour, 75g butter, 60g sugar powder, 15g egg liquid, 15g dried cranberry



### 『 Directions 』

1. Add sugar powder into the softened butter, stir well, and beat slightly.
2. Add the egg liquid in twice and beat until the butter color turns light.
3. Add dried cranberries and stir well.
4. Add sifted cake flour and mix well.
5. Cover the cranberry cookie mold with a layer of plastic wrap, leaving 10cm on both sides of the plastic wrap, pour the dough into the mold, shape the dough into the mold according to the size of the mold, wrap the dough with the plastic wrap, and freeze it in the refrigerator for 1h.
6. Take out the dough, cut it into 0.5cm thick slices, and lay the slices on a shallow baking tray covered with oil paper.
7. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
8. Take the baked cranberry cookies out of the oven.
9. Serve on a plate.



# Combi Steam Oven CQ926H01

## P12 × Bake Pizza

You can choose the condiments if you make pizza by yourself. It is simple and convenient, and suitable for parties.

### 『 Ingredients 』

- 1 piece of quick frozen pizza crust (8 inches)
- 15g Tomato ketchup, 100g mozzarella cheese, 60g sausage granules, 30g fresh shrimp, 25g diced green pepper, 25g diced red pepper, 20g diced onion



### 『 Directions 』

1. Put the thawed pizza crust on an 8-inch pizza plate and pierce the surface with a fork.
2. Cover the crust with a layer of tomato ketchup, spread 40g mozzarella cheese, sprinkle the diced onions, sausage, diced green and red peppers and shrimp, and then spread the rest of mozzarella cheese.
3. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the pizza plate on the grill, and then put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start cooking.
4. Take the pizza out of the oven.
5. Serve on a plate.



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# Combi Steam Oven

CQ926H01

## P13 × Egg yoly crisp

Traditional Chinese pastry made of wheat flour, lard, egg yolk and other ingredients.

### 『 Ingredients 』

- Oil skin: 150g all purpose flour, 30g white sugar, 52g lard, 60g water
- Crisp: 120g cake flour, 60g lard
- Filling: 320g bean paste, 16 pieces of salted duck egg yolk
- Surface decoration: 1 egg, some black sesame



### 『 Directions 』

- Mix the all purpose flour, water, sugar and lard and knead into a ball.
- Knead the oil skin material until it can pull out thin film, i.e. become oilskin. Wrap it with plastic wrap and refrigerate it for 20min.
- Mix the cake flour and lard evenly to make the crisp. Roll into a ball, wrap it with plastic wrap and refrigerate for 20min.
- Take out the frozen oil skin and crisp, divide them respectively into 16 equal portions, and knead them round.
- Take one oil skin and press it into a round piece. Put one crisp in the middle of the oil skin piece, wrap it well and close the mouth and then place it with the mouth facing downward.
- Use a rolling pin to press each wrapped oil skin into an oval shape, turn it over, and roll it up. Then let stand and relax for 15min.
- Press each oil skin into slices again, roll them up, and let them stand and relax for another 15min.
- Divide the bean paste into 16 equal portions, 20g each, and then wrap the egg yolk into the bean paste to make the filling.
- Press the relaxed crisp from the middle with your thumb, fold the two ends to the position where your thumb is pressed, and press it into a round piece with a rolling pin. Then wrap the filling, close the mouth, and put it down with the mouth facing downward.
- Put the wrapped egg yolk pastry into the shallow baking tray covered with oil paper, place it neatly, brush the surface with egg liquid, and sprinkle some black sesame seeds on the top.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking. Continue baking until the egg yolk pastry is colored.
- Take the baked egg yolk pastry out of the oven, and serve on a plate.



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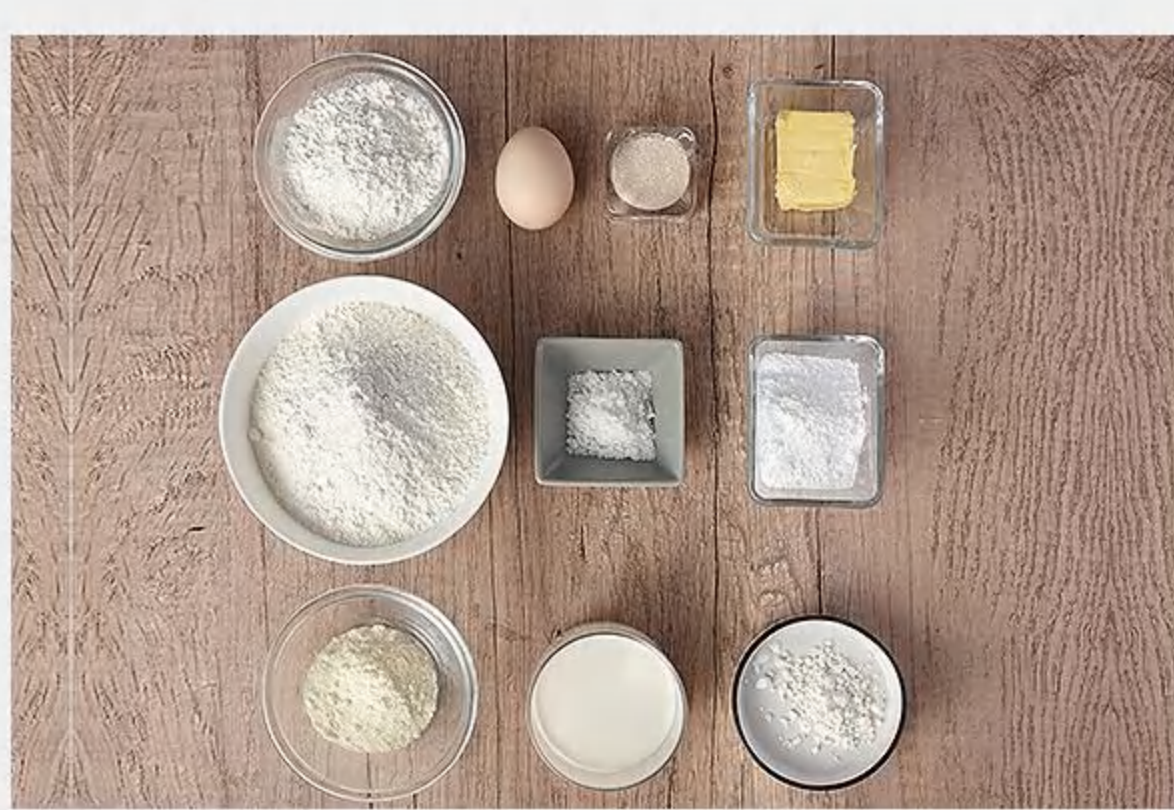
# Combi Steam Oven CQ926H01

## P14 × Pineapple Bun

Pineapple buns have a golden yellow surface after baking. This dessert got its name because its crispy skin looks like pineapple.

### Ingredients

- Crispy skin: 125g cake flour, 60g butter, 75g sugar powder, 7g milk powder, 10g egg  
Soft roll: 330g strong flour, 12g milk powder, 54g sugar powder, 4g salt, 20g butter, 30g egg, 12g yeast, 200g milk, 3g improver



### Directions

- Mix 330g strong flour, 12g milk powder, 54g sugar powder, 4g salt, 3g improver and 12g yeast evenly.
- Pour in 200g milk and 30g egg liquid, and mix them into snowflakes.
- Knead and beat the dough until the surface becomes smooth.
- Add 20g butter and continue kneading and beating until it can be pulled into thin film.
- Roll the dough round, wrap it with a plastic wrap, and wake up for 50min.
- Mix 75g fine sugar and 60g butter and beat them into light yellow.
- Add 10g egg liquid in three times, and mix them evenly each time.
- Add 125g cake flour and 7g milk powder, fold and knead them into a ball.
- Take 50g for each dough and 20g for each skin. Press the skin into a circle and place it on the dough.
- Produce the diamond pattern on the surface, place them on the shallow baking tray covered with oil paper, select the fermentation mode, and set the temperature to 30 °C. Wait about 40 min, the dough will be about twice the original size.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to continue baking.
- Take the baked pineapple buns out of the oven.
- Serve on a plate.



# Combi Steam Oven CQ926H01

## P15 × Portuguese Egg Tart

Portuguese Egg Tart has caramel black surface and strong taste hierarchy, and tastes sweet but not greasy.

### 『Ingredients』

- 15 egg tart shells (medium), 170g light cream, 85g pure milk, 43g sugar powder, 40g egg yolk, 20g egg liquid



### 『Directions』

1. Mix the egg liquid and egg yolk and disperse them, then add milk, light cream and sugar powder and stir them evenly to form the egg tart liquid.
2. Arrange the egg tart shells on the shallow baking tray, sieve the egg tart liquid, and evenly pour it into the egg tart shells until each one is 70% full.
3. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start baking.
4. Take the baked Portuguese egg tarts out of the oven, and serve on a plate.



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# Combi Steam Oven CQ926H01

## P16 × Butter Cookies

It tastes crispy with strong aroma. One bite of it will leave you with endless aftertaste.

### 『Ingredients』

- 80g butter, 1g fine salt, 50g sugar powder, 115g cake flour, 5g milk powder, 42g fresh animal cream (light cream)



### 『Directions』

1. Mix the sugar powder, salt and softened butter and stir well. Then add the light cream, and beat the mixture into feather-like paste.
2. Add 115g sifted cake flour and 5g milk powder, and continue stirring until there are no particles.
3. Put the paste into a pastry bag, and use a 1cm nozzle to extrude the paste evenly (2 and a half circles) onto the shallow baking tray covered with oil paper.
4. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
5. Take the baked butter cookies out of the oven.
6. Serve on a plate.



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# Combi Steam Oven CQ926H01

## P17 × Chiffon Cake

Chiffon Cake, with a fluffy texture and high moisture content, tastes smooth, delicate and not greasy.

### 『 Ingredients 』

- 5 eggs, 79g fine sugar, 70g pure milk, 55g corn oil, 105g cake flour, and 2g salt



### 『 Directions 』

1. Add 9g fine sugar into the egg yolk and stir well. Add milk and stir well. Then add salt and salad oil and stir well.
2. Add sifted cake flour into the egg yolk paste, turn it evenly with a rubber knife, and set aside.
3. Add 70g fine sugar in three times into the egg white, beat the egg white quickly with an egg whisk, and continue beating until a small and upright sharp tip can be produced when you lift the egg whisk, and then set aside for use later.
4. Mix 1/3 of the egg white paste into the egg yolk paste.
5. Pour the rest 2/3 egg white paste into the egg yolk paste and stir them evenly. Pour the mixed paste into an 8-inch round mold, 80% full. Shake the mold on the table for several times to shake out big bubbles and place it on the shallow baking tray.
6. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
7. After the baking process ends, insert a bamboo stick into the cake. If there is no sticky powder on the bamboo stick, the cake is well baked. Otherwise, you need to put the cake back and continue baking for some time. Take out the well baked cake, shake it a few times immediately, buckle it upside down on the air grid to prevent collapse, wait for it to cool down, and release the mold.
8. Serve on a plate.



# Combi Steam Oven CQ926H01

## P18 × Coconut Sandwich Bread

Coconut sandwich bread tastes soft, moist and slightly sweet. The aroma of coconut and eggs are mixed together, giving the bread a rich taste and a lingering fragrance in your mouth.

### 『Ingredients』

- Dough: 360g strong flour, 40g egg liquid, 140g water, 20g milk powder, 60g fine sugar, 6g yeast, and 70g butter
- Filling: 120g coconut, 100g butter, 2 eggs, 50g powdered sugar
- Surface decoration: 60g coconut



### 『Directions』

1. Mix the strong flour, fine sugar, milk powder and yeast and stir them well.
2. Add the egg liquid and water to the flour, and beat it into a ball.
3. Add 70g butter and continue to beat the dough until film can be pulled out from it. Then roll the dough round, put it in a basin, seal it with plastic wrap. Put the basin on a perforated steam tray, put the perforated steam tray on the third layer of the steam oven, close the door, fill the water tank, select the fermentation mode, and set the temperature to 30 °C for 50 min to ferment the dough to 2 to 2.5 times the original size (dip your finger with flour into the dough, the finger hole shall not shrink).
4. Separate egg yolk and egg white, mix the sugar powder and butter, add egg yolk, and continue to mix well.
5. Pour 120g coconut, stir it into a ball, and put it into the refrigerator for 10min.
6. Take the dough out from the refrigerator, divide it into 12 small parts, cover them with plastic wrap and relax them for 15min. Divide the filling into 12 parts and roll each part into a ball.
7. Roll each relaxed dough into a round shape, wrap a filling into it, squeeze the mouth tightly and close it downward. Then brush the surface with a layer of egg white and stick a layer of coconut.
8. Place the dough evenly on the shallow baking tray covered with oil paper, put the tray on the third layer of the steam oven, select the fermentation mode, set the temperature to 30 °C for 40 min to ferment the dough for the second time to 1.5–2 times the original size.
9. Preheat the steam oven: Select the recipe. When you hear the preheating complete sound, put the shallow baking tray on the third layer of the steam oven, close the door, and press the "Confirm/Pause" button to start cooking.
10. Take the tray out when the time is up.
11. Put the coconut bread onto a plate.



# Combi Steam Oven CQ926H01

## P19 × Baguette

The soft European Bread with pitaya tastes sweeter and is helpful for intestinal digestion.

### 『 Ingredients 』

- 445g Queen Premium Bread Flour , 300g red pitaya pulp
- 50g fine sugar, 5g salt, 4g dry yeast, 30g olive oil, 3g lemon juice, 120g mochi paste



### 『 Directions 』

1. Stir the red pitaya pulp into a fine pulp, add lemon juice, and mix well. Reserve 5g bread flour for decoration.
2. Add bread flour 440g, dry yeast and fine sugar and mix them evenly. Then add the olive oil, and add the fire pitaya pulp in several times while at the same time knead the dough into smooth dough.
3. Put the round dough into an egg beat basin, cover it with plastic wrap, select the fermentation mode, and set the temperature to 30 °C and time to 50min to start the first fermentation. When the dough becomes about twice the original size, fermentation will stop.
4. Divide the dough into four equal parts, round them, cover them with plastic wrap and relax for 15min.
5. Wrap 30g mochi paste in each relaxed dough, shape them into triangles, put them on a shallow baking tray covered with oil paper with the opening facing down, select the fermentation mode, set the temperature to 30 °C and time to 30min to start the second fermentation. The dough will be fermented to about 1.5–2 times the original size.
6. Filter a layer of strong flour on the surface of the dough with a fine mesh sieve, and use a knife to make a few cuts on the surface as decoration.
7. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, fill the water tank, close the door, and press the "Confirm/Pause" button to start cooking.
8. Take the bread out of the oven and serve on a plate.



# Combi Steam Oven CQ926H01

## P20 × Roastde steak

Sirloin Steak contains a certain amount of fat. It is the outside ridge of cattle, and tastes hard and chewy.

### 『 Ingredients 』

- Sirloin steak (200g, about 1.2–1.5cm thick)
- 20g red wine, 1g salt, 0.5g black pepper power, 10g butter



### 『 Directions 』

1. Beat the steak on both sides until it is soft.
2. Add red wine, black pepper power and salt to the steak, smear it evenly with butter, and marinate it for 30min. Place the marinated steak on a shallow baking tray covered with tinfoil.
3. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start cooking.
4. Take out the roasted steak.
5. Serve on a plate.



# Combi Steam Oven

## CQ926H01

### P21 × Cream Puffs

The cream puff has a crisp shell and a smooth, tender and sweet inside. It can have different flavors if filled with different creams.

#### Ingredients

- Puffs: 125g all purpose flour, 188g net egg, 63g butter, 163g water  
Cream: 125g light cream, 25g fine sugar  
Decoration: 3g frosting



#### Directions

1. Weigh the clear water by weight, put it in a pot and boil it over high heat (it is better to use a non stick pot). After the water produces bubbles, put the butter in.
2. Keep boiling until the butter is completely melted (stir while boiling). After the butter
3. Mix the flour quickly with a turner. After the flour absorbs water, turn off the fire and make use of the remaining heat to mix the flour particles evenly (note that the flour must not burn).
4. Take the flour out and put it into a stainless steel basin.
5. Break one or two eggs into the dough at a time while the dough is still hot and use an egg whisk to mix them well. The dough well stirred is shown in the figure below (it is better to use an egg whisk with a fixed seat, because it is very tiring to operate with a hand-held egg whisk. It is recommended that one of your hand hold the egg whisk stationary and the other hand rotate the basin. Do not hold the egg whisk too high, otherwise, the dough would be easy to splash. When breaking eggs in, it is recommended that you use a low speed and do not use a high speed until the dough is mixed evenly).
6. Put a layer of oil paper on the shallow baking tray, put the paste into a pastry bag (a cloth pastry bag is recommended), and use a five or six corner nozzle to form the patterns. Note that the puffs should be high. Otherwise, it is easy to collapse after baking. When squeezing, it should be done at one go without stopping, otherwise the puffs would be discontinuous.
7. Preheat the oven while squeezing the puffs: select the recipe, wait until you hear the preheating completion sound, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking. Do not open the door before the baking process is finished.
8. Take out the baked puffs.
9. When you are waiting for the puffs to cool down, whip the cream. Add fine sugar to the cream and beat it until it reaches the stiff peak.
10. After the puffs cool down, make a small opening at the bottom of each of them, squeeze the cream into the openings, and sprinkle a layer of frosting on the surface.
11. Serve on a plate.



# Combi Steam Oven CQ926H01

## P22 × Banana Muffin

For those who like bananas, it is undoubtedly very enjoyable to have this dish.

### 『 Ingredients 』

- 150g cake flour, 90g milk, 5g baking powder, 60g fine sugar, 1 egg (50g), 30g butter, 1 ripe banana with skin (150g)



### 『 Directions 』

1. Peel the banana and put it into a plastic wrapping bag. Mash the banana with a rolling pin.
2. Pour 90g milk, 60g fine sugar, 50g egg liquid, 150g mashed banana and 30g butter into a deep container, and stir them well with an egg whisk so that they form a smooth paste.
3. Pour 150g cake flour and 5g baking powder, fold them evenly with a scraper, so that the paste is completely moist and looks rough and lumpy.
4. Put the paste into a pastry bag and squeeze it into the oiled mold, 70% full is OK.
5. Put the mold on the grill and preheat the oven: select the recipe, wait until you hear the preheating completion sound, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start baking.
6. Take the grill out after baking is completed.
7. Remove the mold while it is hot and serve the food on a plate.



1.



2.



3.



4.



5.



6.



7.

# Combi Steam Oven CQ926H01

## P23 × Apricot bao mushroom

Air frying king oyster mushrooms is simple and convenient, and the meat is elastic.

### 『 Ingredients 』

- King oyster mushrooms 700g
- 10g salt, 30g barbecue sauce, 20g olive oil, 2g black pepper power, 2g chili powder, and 1 egg



### 『 Directions 』

1. Wash and dry the king oyster mushrooms, and hob cut them into pieces, about 15g each.
2. Mix the salt, black pepper power, chili powder, barbecue sauce, egg liquid and olive oil and stir well. Add the mixture liquid to king oyster mushrooms, mix well, and put the king oyster mushrooms on the grill.
3. Preheat the oven: select the recipe, wait until you hear the preheating completion sound, press the "Confirm/Pause" button, put the baking tray covered with tinfoil on the first layer of the oven (to receive oil), put the grill on the third layer, close the door, and press the "Confirm/Pause" button to start roasting.
4. After roasting for 10 minutes, you will hear a prompt sound, then take out the grill, turn the king oyster mushrooms over, put the grill back, and press the "Confirm/Pause" button to continue roasting.
5. Take the roasted king oyster mushrooms out from the oven and serve them on a plate.





# Combi Steam Oven CQ926H01

## P24×Luncheon meat

Every bite of the crispy pork luncheon meat is salty and juicy.

### 『 Ingredients 』

- 350g pork luncheon meat
- 50g potato chips, 20g yellow bread crumbs, 20g corn flour, 1 egg, and a proper amount of tomato ketchup



### 『 Directions 』

1. Cut the pork luncheon meat into strips, crush the potato chips and mix them with the yellow bread crumbs.
2. Wrap the pork luncheon meat with the corn flour, egg liquid and mixture of potato chips and yellow bread crumbs in turn, press them tightly, and place them on the grill.
3. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start roasting.
4. Take out the roasted pork luncheon meat and dip in the tomato ketchup to eat.



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2.



3.



4.

# Combi Steam Oven CQ926H01

## P25 × French fries

French fries made by air frying are more fresh and healthy.

### 『 Ingredients 』

- 200g quick-frozen French fries
- An appropriate amount of tomato ketchup



### 『 Directions 』

1. Spread the 200g French fries evenly on the grill.
2. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start roasting.
3. After roasting for 9 minutes, you will hear a prompt sound, then take out the grill, turn the French fries over, put the grill back, and press the "Confirm/Pause" button to continue roasting.
4. Take the roasted French fries out and dip in the tomato ketchup to eat.



1.



2.



3.



4.



# Combi Steam Oven

## CQ926H01

## P26 × Roastde steak

Crispy chicken legs that can be chewed by grasping in hand are fresh, juicy and full of meat flavor.

### 『 Ingredients 』

- 2 chicken legs (600g)
- 25g milk, 45g orleans powder, 5g salt, 5g green union, ginger 5g, edible oil 5g, plain flour 90g, corn flour 30g



### 『 Directions 』

1. Wash and dry the chicken legs, and use a toothpick to pierce several holes. Wash the green union and cut it into sections. Wash the ginger and cut it into slices.
2. Add milk, Orleans powder, salt, green union and ginger slices to the chicken legs, mix well and marinate the chicken legs for one night.
3. Mix the plain flour and corn flour.
4. Coat the marinated chicken legs with flour, shake off the excess flour, dip the coated chicken legs in water, and repeat this step for 3 times.
5. Put the chicken legs on the grill, and brush them with a layer of edible oil.
6. Put the chicken legs on the grill, and preheat the oven: Select the recipe, wait until you hear the preheating completion sound, put the grill on the third layer of the oven, and put the baking tray covered with tinfoil on the first layer to receive oil, close the door, and press the "Confirm/Pause" button to start roasting.
7. Take the roasted chicken legs out of the oven.
8. Serve on a plate.



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4.



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6.



7.



8.



# Combi Steam Oven CQ926H01

## P27 × Chicken Rice Krispies

Can be eaten one at a time. Air frying is healthy and convenient.

### 『 Ingredients 』

- 400g quick-frozen popcorn chicken
- An appropriate amount of tomato ketchup



### 『 Directions 』

1. Spread the popcorn chicken evenly on the grill.
2. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill rack on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start roasting.
3. After roasting for 9 minutes, you will hear a prompt sound, then take out the grill, turn the popcorn chicken over, put the grill back, and press the "Confirm/Pause" button to continue roasting.
4. Take the roasted popcorn chicken out and dip in tomato ketchup to eat.



1.



2.



3.



# Combi Steam Oven CQ926H01

## P28×T Teriyaki Salmon

With the outside burnt and the inside tender, the dish is salty and sweet, and tastes fresh and delicious.

### 『 Ingredients 』

- 400g salmon
- 50g teriyaki sauce, 8g lemon juice, 1.5g salt, 0.5g pepper powder, 50g water, and a little white sesame



### 『 Directions 』

1. Prepare a small milk pan, add in the teriyaki sauce and water, and stir well. Boil the liquid for 4min over low heat, stir while boiling, and then let it cool for use later.
2. Cut the lemon in half, wipe the salmon dry with kitchen paper, evenly sprinkle salt and pepper on the salmon, and pour 4g lemon juice to remove fishy smell.
3. Put a layer of tinfoil paper on the shallow baking tray, lay the salted salmon on the tinfoil paper, and smear the teriyaki sauce on the salmon.
4. Preheat the oven: Fill the water tank with water, select the recipe, wait until the preheating completes, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start cooking.
5. Take the cooked salmon out of the oven and sprinkle it with white sesame.



1.



2.



3.



4.



5.

# Combi Steam Oven CQ926H01

## P29 × Grilled Rosemary Lamb Chops

Mutton is warm in nature. It can not only increase human body heat, but also increase digestive enzymes and protect stomach.

### 『 Ingredients 』

- 600g french lamb rack (6 pieces)
- 50g celery, 100g carrot, 50g onion, 20g olive oil, 2g cumin powder, 1g rosemary, 2g pepper powder, 5g salt, 60g red wine



### 『 Directions 』

1. Clean the lamb racks, carrots, celery and onion respectively. Cut the carrots, onions and celery.
2. Mix the lamb racks with carrots, celery and onions, add salt, rosemary, pepper powder, cumin powder, red wine and olive oil 10g, and marinate the lamb for 1h. After marinating, take out the grill, place a layer of tinfoil on the baking tray and put the baking tray under the grill, put vegetables on the grill and lamb racks on the vegetables, and pour 10g olive oil on the lamb racks. Then sprinkle a little pepper and cumin powder.
3. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven, put the baking tray on the first layer (to receive oil), fill the water tank, close the door, and press the "Confirm/Pause" button to start cooking.
4. Take the roasted lamb rack out of the oven and serve it on a plate. Decorate it with rosemary.



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2.



3.



4.



5.

# Combi Steam Oven

CG926H01

## P30 × Baguette Garlic Breed

The skin is crisp, the heart is soft and a little tough. The more you chew, the better taste you have.

### 『 Ingredients 』

- 260g strong flour, 110g cake flour
- French garlic sauce (ready), 6g fine salt, 1.5g yeast, 240g  $2 \pm 1^{\circ}\text{C}$  ice water



### 『 Directions 』

1. Put the strong flour, cake flour and  $2 \pm 1^{\circ}\text{C}$  ice water into the flour mixer, knead the flour at a low speed until there is no dry powder. Then continue kneading the flour at the low speed for 2min, sprinkle with yeast and let it stand for 20min.
2. Add salt and stir slowly until the dough can pull out serrated film. Take the dough out and round it.
3. Put the dough into the oven, select the fermentation mode, and set the temperature to  $30^{\circ}\text{C}$  and time to 50min to start the first fermentation. When the dough becomes about twice the original size, fermentation will stop.
4. Take out the dough and divide it into three equal parts, gently pat the dough with your palm slightly bent to make the dough exhaust, shape the dough into an olive shape, and cover them with plastic wrap to relax for 20 minutes.
5. Pat the dough again with your palm slightly bent to make the dough exhaust, turn the dough upside down. Make the dough into a  $16 \times 10\text{cm}$  long shape, fold 1/3 of the dough on the side close to your body, and then fold 1/3 of the dough on the other side, press the seal tightly with your finger, twist the dough into a long strip, with a length of about 28cm, place the dough on the French stick triple mold and place the mold on the grill.
6. Ferment the reshaped dough for the second time: Select the fermentation mode, set the temperature to  $30^{\circ}\text{C}$  and time to 30min. The dough will be fermented to 1.5–2 times the original size. After fermentation, use a knife to cut the middle of the dough along the long side, and squeeze French garlic sauce on the cut.
7. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven, fill the water tank, close the door, and press the "Confirm/Pause" button to start cooking.
8. Take the bread out, slice and serve.



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3.



4.



5.



6.



7.



8.

# Combi Steam Oven

## CQ926H01

## P31 × Basque Burnt Cheesecake

Cheese cake is popular all over the world. It tastes rich but not greasy.

### 『 Ingredients 』

- 200g cream cheese, 165g light cream, 40g soft white sugar, and 3 eggs
- 10g corn starch, 0.5g vanilla essence, 0.5g and lemon juice

### 『 Directions 』

1. Beat the mixture of soft white sugar and cream cheese with a hand-held egg whisk until it is smooth.
2. Add the paste in step 1 into the egg liquid in three times and stir well. Add vanilla essence and lemon juice and stir well again. Add the light cream, stir well until it is smooth, and sift in the corn starch and mix well.
3. Finally, sift the paste in step 2 into a six-inch cake mold paved with oil paper, and put the six-inch cake mold on the grill.
4. Preheat the oven: select wind bake 210°C 30min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
5. Take the cake out of the oven, and put it into the refrigerator for refrigeration. Take it out from the refrigerator, put it on a plate, and decorate it.





# Combi Steam Oven

## CQ926H01

## P32 × Brownie Cake

The cake tastes moist, with a strong taste. It's for those who like chocolate.

### 『 Ingredients 』

- 235g dark chocolate, 202g butter, 5g cocoa powder, and 6 eggs
- 100g fine sugar, 20g cake flour, 20g brown sugar, 2g salt, 2g baking powder, and 1g vanilla extract

### 『 Directions 』

1. Brush the 28cm\*28cm golden baking tray with 1g softened butter, put a layer of oil paper with space reserved around, and then brush 1g softened butter on the oil paper.
2. Melt the chocolate, cocoa powder and butter in a water bath.
3. Mix the fine sugar, sifted brown sugar, vanilla essence, salt and egg liquid in the basin. Beat the mixture with an electric egg beater at high speed until the "Z" line does not disappear, which takes about 10min.
4. Sift in the cake flour and baking powder, and stir well.
5. Pour in the slightly cooled chocolate and butter mixture, keep stirring until the paste becomes smooth, and then pour the paste onto the baking tray paved with oil paper.
6. Preheat the oven: select wind bake 170°C 45min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking. Continue baking until there is not sticky paste when you insert a wooden stick into the cake.
7. Take the cake out, cool it, slice and decorate it.



# Combi Steam Oven

## CQ926H01

### P33 × Slow Roast Beef Tenderloin

The dish, burnt outside and tender inside, retains the original flavor and fresh taste of the meat. With attractive color and rich taste, it is delicious and juicy.

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#### 『 Ingredients 』

- 400g beef sirloin, 2g salt, 2g and black pepper powder

#### 『 Directions 』

1. Sprinkle salt and black pepper powder on the beef sirloin and mix well.
2. Wrap the beef sirloin with tinfoil and place it on the grill.
3. Preheat the oven: select air fry 120°C 180min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start roasting.
4. Take the roasted beef sirloin out of the oven, slice and serve on a plate.



# Combi Steam Oven

## CQ926H01

## P34 × French Apple Pie

French Apple Pie is a dessert with various flavors. It is very simple to make.

### 『 Ingredients 』

- 180g french pastry (1 piece, about 9cm in diameter), 200g apple, 70g light cream, 20g and egg liquid
- 25g white sugar, 30g applesauce, 15g and butter

### 『 Directions 』

1. Press the pastry into a 3mm thin piece, cut it into a circle with a diameter of 25cm, and put it in an 8-inch pie crust mold. The pie crust shall fit with the edge of the mold. Then refrigerate it for 10min.
2. Take out the pie crust and spread a layer of applesauce evenly.
3. Peel the apples with the core removed, and cut them into 3mm thick apple slices.
4. Put the apple slices on the pie crust covered with applesauce. Big apple slices should be placed around and small ones in the middle.
5. First sprinkle 20g white sugar on the surface, put the small pieces of butter, brush a layer of egg liquid, and then put the pie on the grill.
6. Preheat the oven: select multi-stage wind bake 190°C 15min + wind bake 160°C 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
7. Mix the light cream and sugar 15g evenly.
8. After the first stage baking times up, take the apple pie out, pour in the light cream mixture, and put it back to continue baking.
9. Take the apple pie out of the oven and cut it to eat.



# Combi Steam Oven

## CQ926H01

## P35 × Raspberry French broche

The outside is crisp caramel shell, and the inside is cool soft filling like cream pudding.

### 『 Ingredients 』

- 500g light cream, 100g egg yolk liquid
- 70g fine sugar, 7g anilla essence

### 『 Directions 』

1. Add 60g fine sugar to the egg yolk liquid and stir well. Then add vanilla essence and stir well.
2. Pour the light cream into the milk pan, and heat it over low heat. Stir while heating, and heat it until the edge begins to boil.
3. Add the light cream into the egg yolk paste in several times, and keep stirring until they are well mixed.
4. Pour the mixture into a baking bowl, put the baking bowl on the shallow baking tray, and add boiling water into the shallow baking tray (2cm deep).
5. Preheat the oven: select wind bake 160°C 30min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
6. After baking is complete, take the dish out of the oven and let it cool.
7. Sprinkle the rest sugar on the baking bowl and heat it with a spray gun until caramel peel is formed.

# Combi Steam Oven

## CQ926H01

## P36 × Roasted Duck with Fruit

Roast duck can also have rich fruit fragrance, with a taste that is delicate, sweet and not greasy.

### 『 Ingredients 』

- 600g duck, 100g carrot, 100g onion, 10g corn oil, 50g salt, 1 piece beef broth, 15g tomato ketchup, 30g orange juice, 10g lemon juice, 0.5g black pepper powder, 30g butter, 100g water, 5g starch water

### 『 Directions 』

1. Clean the duck, hob-cut the carrot into pieces, and shred the onions.
2. Coat the surface of the duck with corn oil and 4g salt, put a layer of tinfoil on the shallow baking tray, spread the carrots and onions, and then put the duck onto the shallow baking tray.
3. Preheat the oven: select wind bake 150°C 30min + wind bake 200°C 15min, wait until you hear the pre-heating completion sounds, put the grill on the third layer of the oven to start roasting.
4. Boil the beef broth, tomato ketchup, black pepper powder, and water over low heat until there is only about 50g of water left. Add orange juice, lemon juice, butter and salt. Continue boiling over low heat and pour in starch water for use later.
5. Take the roast duck out of the oven, put it on a plate and pour the sauce onto it.



# Combi Steam Oven

## CQ926H01

## P37 × Easy Baked Pasta

Spaghetti is rich in coarse fiber and is a great diet food.

### 『 Ingredients 』

- 100g spaghetti, 100g beef mince, 100g onion, 100g mozzarella cheese, and 45g parmesan cheese
- 100g spaghetti sauce, 20g garlic, 15g butter, 15g olive oil, 1.5g salt, and 1g black pepper powder

### 『 Directions 』

1. Cut a small portion of onions into dices, and the rest of them into slices. Peel and chop the garlic.
2. Boil the spaghetti (about 9min) and then drain it.
3. While cooking spaghetti, take a pan, add olive oil and butter, add diced onions when the oil is heated, and fry the onions until they become soft and translucent (about 4–5min). Then add the chopped garlic and fry for another 1min.
4. Add the beef, spaghetti sauce, 15g parmesan cheese, stir until they are fully mixed, and add salt and freshly ground black pepper powder.
5. Add the cooked spaghetti and stir until the spaghetti is fully wrapped.
6. Transfer the spaghetti mixture to a prepared tinfoil box, sprinkle with crushed mozzarella cheese and remaining parmesan cheese, and place the tinfoil box on the grill.
7. Preheat the oven: select bake 200°C 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start cooking until the cheese melts and colors, and the spaghetti heats up.
8. Take the well-cooked spaghetti out of the oven, put it on a plate, and decorate it.



# Combi Steam Oven

## CQ926H01

## P38 × Grilled chicken with lemon and herb sauce

With the flavor of lemon and rosemary, the roast chicken also has a fresh flavor.

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### 『 Ingredients 』

- 1 chicken (about 1200g), 100g carrot, 100g celery, 50g onion, 50g butter, and 1 lemon
- 10g rosemary, 10g garlic, 10g olive oil, 8g salt, and 1g black pepper powder

### 『 Directions 』

1. Clean the chicken, make lemon juice from 1 lemon, chop the garlic, shred the onion, and cut the carrot and celery.
2. Put the chicken into a big basin, add the lemon juice, rosemary, salt, black pepper powder and olive oil, and marinate the chicken for 1h. Wrap the marinated chicken wings, legs and other parts with tinfoil.
3. Stir the onions, carrots, celery and garlic evenly, spread a layer of tinfoil on the shallow baking tray, brush a layer of butter, put onions and other vegetables onto it, and then put the marinated chicken on it.
4. Preheat the oven: select air fry 150°C 50min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start roasting.
5. Take the roast chicken out of the oven and serve on a plate.



# Combi Steam Oven

## CQ926H01

### P39 × Chocolate Mousse Cake

With the flavor of lemon and rosemary, the roast chicken also has a fresh flavor.

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#### 『 Ingredients 』

- 168g dark chocolate, 6 eggs, 90g pure milk, and 60g corn starch
- 90g fine sugar and 5g vanilla essence

#### 『 Directions 』

1. Chop the dark chocolate and divide it into two equal portions.
2. Add one portion of dark chocolate (84g) into the milk pan, and
3. Separate the egg white and yolk into two basins.
4. Pour the melted chocolate into the egg yolk basin, add pure milk, and mix well.
5. Add vanilla essence and corn starch, and mix well.
6. Add the fine sugar into the egg white in three times and beat the egg white until it foams hard. When you lift the egg beater, the inverted triangle shall not collapse.
7. Add 1/3 of the egg white cream to the chocolate paste, and mix well.
8. Add the rest of egg white cream into the chocolate paste and stir it evenly. Mix some of the chocolate chips in the other portion of chocolate into the cake paste.
9. Take a 9-inch round cake mold, brush a layer of butter at the bottom, pour the cake paste into the mold, shake out the bubbles, sprinkle the rest of chocolate chips on the surface, and place the mold on the grill.
10. Preheat the oven: select bake 140°C 70min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
11. Take out the baked cake, shake it a few times immediately, and buckle it upside down on the air grid frame to prevent it from collapse. When the cake becomes cool, separate the cake from the mold.
12. Serve on a plate.



# Combi Steam Oven CQ926H01

## P40 × Roasted potatoes with garlic

The garlic flavored potato is salty and crispy. The more you eat it, the more enjoyable you feel.

### 『 Ingredients 』

- 2 potatoes (400g), 2 garlic heads (100g), 5g black pepper powder, 50g asparagus
- 20g olive oil, 5g salt, 3g black pepper powder



### 『 Directions 』

1. Put the perforated steaming tray onto the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
2. After steaming for 20min, when you hear a prompt sound, take out the perforated steaming tray, put a layer of tinfoil on the shallow baking tray, put potatoes, garlic cloves, and asparagus, brush a layer of olive oil, sprinkle salt and black pepper powder, put the shallow baking tray onto the third layer of the oven, and press the "Confirm/Pause" button to start cooking.
3. Take the cooked potato out of the oven, and serve on a plate.



1.



2.



3.



# Combi Steam Oven CQ926H01

## P41 × Thai Chicken Wing with Lemon

This dish has not only the sweet and slightly sour tastes of lemon, but also the millet pepper spicy in aftertaste.

### 『 Ingredients 』

- 1000g chicken wing middle joints, 50g ground peanuts, 1 lime, and 1 coriander leaf
- 50g garlic (a large one), 30g honey, 25g soy sauce, 25g rice vinegar, 10g ginger, 5g dry pepper, and 0.5 lemon grass

### 『 Directions 』

1. Slice the lemon grass.
2. Peel the ginger, wash it, and cut it into thin shreds.
3. Wash and peel the lime. Remove the white part which tastes bitter.
4. Wash the coriander leaf for decoration later.
5. Clean the chicken wings and cut two edges on each of them.
6. Put the lemon grass, lime peel, garlic, ginger, pepper, soy sauce, honey, and rice wine vinegar in a deep baking tray. Add the chicken wings, knead evenly, and marinate for 1h.
7. Lay a layer of tinfoil on the shallow baking tray to receive oil, and then evenly place the marinated chicken wings on the grill.
8. Preheat the oven: select wind bake 180°C 25min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven and the shallow baking tray on the first floor, close the door, and press the "Confirm/Pause" button again to start roasting.
9. Take the cooked chicken wings out of the oven, sprinkle the peanuts, add lime, and serve on a plate.



# Combi Steam Oven

## CQ926H01

### P42 × Wellington Salmon Pie

The tender salmon is wrapped in the crispy skin, with a thick flavor of butter.

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#### 『 Ingredients 』

- 250g salmon, 50g spinach, and one piece of crispy skin (180g)
- 150g cream, 80g parmesan cheese, 30g butter, 20g garlic, 30g cake flour, 30g egg yolk liquid, 5g green onion, 2g salt, and 0.5g white pepper powder

#### 『 Directions 』

1. Dry the salmon, add salt and white pepper powder, and marinate the salmon for 10min.
2. Add 5g butter and fry the salmon until the skin turns golden.
3. Blanch the spinach, squeeze out the water, and chop it.
4. Add 25g butter into the pot and melt it. Add chopped garlic and green onions and stir-fry them fragrant. Add the chopped parmesan cheese, cream, and cake flour, stir-fry well, and then add chopped spinach, and stir fry well.
5. Place the crispy skin flat, cut it into two pieces, put salmon and stir fried spinach in each piece, wrap them, and seal the opening.
6. Brush a layer of egg yolk liquid on the crispy skin and place it on the shallow baking tray covered with oil paper.
7. Preheat the oven: select wind bake 200°C 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start cooking.
8. Take out the cooked Wellington Salmon, and cut it into pieces.



# Combi Steam Oven

## CQ926H01

### P43 × Italian Roast Chicken

The salty roast chicken with spaghetti gives you strong satiety.

#### 『 Ingredients 』

- 150g spaghetti, chicken breast 3 pieces, and 80g mushroom
- 110g spaghetti sauce, 300g onion, 25g olive oil, 45g corn oil, 20g dry white wine, 5g garlic, 13g salt, 0.1g dry rosemary, 0.1g black pepper powder, 0.1g dried oregano, and 0.1g dried basil

#### 『 Directions 』

1. Wash and drain the chicken breast and cut it open but not cut off.
2. Peel, wash and chop the onions. Beat the garlic and mince it.
3. Wash and slice the mushrooms.
4. Mix the olive oil, 25g corn oil, white wine, garlic, and 60g spaghetti sauce in a large basin. Add 3g salt, dried rosemary, crushed black pepper, dried oregano, and dried basil, and mix well. Smear the mixed spices evenly on the surface of the chicken breast, and marinate for 15min.
5. Put a layer of tinfoil on the shallow baking tray, a little chopped onions and mushrooms at the bottom, followed by the chicken breast, and finally the rest of chopped onions and mushrooms.
6. Preheat the oven: select air fry 200°C 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start roasting.
7. While the oven is working, add some water and 10g salt into the pan. When the water starts boiling, put the spaghetti into the boiling water. Boil the spaghetti over medium heat for 10min, and stir several times. Then fish out the spaghetti into a basin.
8. Add 20g corn oil in the pan, heat the oil, add the spaghetti sauce, and stir-fry it hot and fragrant over medium low heat.

# Combi Steam Oven CQ926H01

## P44 × Italian Eggplant Cheese

Eggplant is rich in nutrition. It is very delicious when cooked with cheese, but the calorie is very high.

### 『 Ingredients 』

- 1000g eggplant and 150g mozzarella cheese
- 50g tomato ketchup and 5g salt

### 『 Directions 』

1. Wash and cut the eggplant into 15mm thin slices.
2. Pour edible oil into the pot, heat the oil to 70% hot with big fire, put the eggplant into the pot and fry for 1–2min with medium heat until the eggplant surface is slightly yellow.
3. Sprinkle salt on the fried eggplant and mix evenly.
4. Put a layer of eggplant slices on the grill, coat a thin layer of tomato ketchup on the surface, put the mozzarella cheese chips, and then put the eggplant slices, tomato ketchup, and mozzarella cheese chips.
5. Preheat the oven: select air fry 190°C 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven and the shallow baking tray covered with tinfoil on the first floor to receive oil, close the door, and press the "Confirm/Pause" button again to start roasting.
6. Take the roasted eggplant out of the oven, let stand for 2min for the eggplant to reabsorb the juice.



# Combi Steam Oven

## CQ926H01

## P45 × Spaghetti

Macaroni is easy to digest and absorb. When cooked with cheese, meat and vegetables, it is nutritious and simple to cook.

### 『 Ingredients 』

- 450g beef mince, 200g macaroni, 120g chopped mozzarella cheese, 100g green bell pepper, 50g mushroom, 25g bread crumbs, 20g parmesan cheese, 1 egg, and 5g corn starch
- 100g onion, 60g spaghetti sauce, 40g edible oil, 10g soy sauce, 10g garlic, 12g salt, and 0.5g black pepper powder

### 『 Directions 』

1. Wash and chop the garlic, green bell pepper and onion. Wash and slice the mushrooms and shred the parmesan cheese.
2. Wash and cut the beef mince, put it into a basin, add the eggs, onion, oregano, bread crumbs, corn starch, a small portion of parmesan cheese, black pepper powder 0.3g, salt 2g, and edible oil 5g, mix them evenly, and knead into balls.
3. Heat the oil in a pan, put the meatballs into the pan, fry the meatballs until the surface turns golden, and then put them on a plate.
4. Heat the pan without adding more oil, add garlic and onion, stir fry until you smell the fragrance, add the beef mince, stir fry the mushrooms, add spaghetti sauce and the rest parmesan cheese, mix well, and then add the green light pepper, and stir well.
5. Add a proper amount of water and 10g salt into another pot. When the water starts boiling, put macaroni into the pot and keep it boiling for 10min.
6. Drain the macaroni, put it into the pan, and mix it with the sauce.
7. Take a baking bowl (L\*W\*H=30cm\*15cm\*5cm), put the macaroni into the baking bowl, evenly sprinkle the crushed mozzarella cheese, and put the baking bowl on the grill.
8. Preheat the oven: select bake 200°C 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start cooking.
9. Take the cooked dish out the oven. The cheese should have been baked to golden.

# Combi Steam Oven CQ926H01

## P46 × Grilled Pacific saury with salt

Saury contains unsaturated fatty acids such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) that are indispensable to human body. EPA and DHA can inhibit hypertension, myocardial infarction and arteriosclerosis.

### Ingredients

- Saury 520g (6)
- 20g white vinegar, 20g olive oil, 15g baijiu, 15g soy sauce, 5g sea salt, 5g cumin powder, 3g pepper salt powder, 3g chili powder, and 5g lemon juice



### Directions

1. Eviscerate the saury, clean and dry it, add white vinegar, baijiu, soy sauce, sea salt and olive oil, and mix well to marinate the saury for 30min.
2. Mix the cumin powder, pepper salt powder and chili powder (a sauce mixture).
3. Put the saury on the grill, and place a layer of tin foil on the baking tray.
4. Dry the marinated saury with kitchen paper, and evenly sprinkle half of the sauce mixture on both sides. Keep the other half of the sauce mixture for use later.
5. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven and the baking tray on the first floor (to receive oil), fill the water tank, close the door, and press the "Confirm/Pause" button to start cooking.
6. After cooking for 12 minutes, press the "Confirm/Pause" button, take out the grill, turn the saury upside down, sprinkle the other half of sauce mixture, and press the "Confirm/Pause" button to continue cooking.
7. Take the cooked saury out of the oven, place it on a plate, sprinkle lemon juice and serve.



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# Combi Steam Oven CQ926H01

## P47 × Crispy Knuckle

First marinate it with seasoning, then put it into the oven to bake with fire. When it turns golden, take it out. A glance of it will make you wanna have a bite of it.

### 『 Ingredients 』

- 1 pork knuckle (1500g)
- 30g yellow rice wine, 15g green onion, 15g salt, 10g ginger, and 10g edible oil



### 『 Directions 』

1. Marinate the pork knuckle with green onion knot, ginger, salt and yellow rice wine for 2h, and brush it with a layer of edible oil.
2. Put the marinated pork knuckle on the grill, place the grill on the third layer of the oven and the baking tray covered with tin foil on the first layer to receive oil, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
3. Take the roasted pork knuckle out of the oven and serve it on a plate.



1.



2.



3.



# Combi Steam Oven CQ926H01

## P48 × Crispy Chicken Fillet

Crispy chicken chops are good choices for both satisfying hunger and as snacks.

### 『 Ingredients 』

- 1 piece of chicken breast, 60g bread crumbs, and 1 egg
- 3g green onion, 4g ginger, 10g rice wine, 2g salt, 0.5g pepper powder, and 3g soy sauce



### 『 Directions 』

1. Marinate the chicken with salt, rice wine, pepper powder, green onion, ginger, and soy sauce for 3h.
2. Put the plate on the perforated steaming tray, put the perforated steaming tray onto the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
3. Take the steamed chicken from the oven and close the door. Wrap the chicken with egg liquid, then wrap it with the crumbs, and compact it with your hands; Lay a layer of tinfoil on the shallow baking tray, brush a thin layer of oil on the tin foil, and put the chicken with bread crumbs on the shallow baking tray.
4. Put the shallow baking tray onto the third layer of the oven and press the "Confirm/Pause" button to continue cooking.
5. Bake the chicken into golden yellow and serve it on a plate.



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# Combi Steam Oven CQ926H01

## P49 × Salt and Pepper Ribs

The ribs are the flaky ribs of the chest. The meat is thin, and tastes fresh and tender.

### 『Ingredients』

- 1000g pork ribs (4 pieces)
- 10g dark soy sauce, 40g light soy sauce, 1g black pepper, 20g oyster sauce, 30g yellow sugar, 30g Shaoxing wine, 40g honey, 20g green onion, and 5g salt



### 『Directions』

1. Marinate the ribs with light soy sauce, dark soy sauce, black pepper, Shaoxing wine, oyster sauce, brown sugar, honey 25g, and green onion knots, massage the ribs, and marinate them in the refrigerator overnight. You can turn the ribs over. Mix 15g of the marinade juice and honey into mixed sauce.
2. Take out the ribs, sprinkle salt and massage again, place them on the grill, put the grill on the third layer of the oven and the baking tray covered with tinfoil on the first layer (to receive oil), close the door, fill the water tank, select the recipe, and press the "Confirm/Pause" button to start cooking.
3. Take the steamed ribs out of the oven, close the door immediately, and brush the ribs with the mixed sauce.
4. Put the grill on the third layer of the oven and press the "Confirm/Pause" button to continue cooking.
5. Roast the ribs until they are oily and yellow. Take them out and put them on a plate.



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# Combi Steam Oven CQ926H01

## P50 × Crispy duck

This dish has a beautiful craft shape, perfect raw material matching, beautiful shape, and soft color, and is well received by guests from all over the world.

### 『 Ingredients 』

- Duck (eviscerated) 2000g
- Dry Chinese prickly ash 20g, salt 70g, Chinese cinnamon 2g, star anise 5g, fragrant leaf 2g



### 『 Directions 』

1. Stir the dry Chinese prickly ash, salt, cinnamon, star anise and fragrant leaves evenly and fry them over medium low heat.
2. Stir fry till you can smell the fragrance.
3. Wash the duck and evenly sprinkle the fried spices inside and outside the duck.
4. Evenly spread the spices by hand.
5. Marinate the duck for about 4h. If you prefer a heavy taste, seal the duck with plastic wrap and refrigerate it for one night.
6. Clean up the spices on the duck, put the duck on the grill, put the grill on the third layer of the oven and the baking tray covered with tinfoil on the first layer (to receive oil). Fill the water tank and close the door. Select the recipe and press the "Confirm/Pause" button to start cooking.
7. Take the cooked duck out of the oven.



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# Combi Steam Oven CQ926H01

## P51 × Grill Fish Fillet

Roast basa fish tastes good, and is easy to cook. It is rich in oil and polyunsaturated fatty acids which are good for human body.

### 『 Ingredients 』

- 175g basa fillet
- Fish marinating sauce: 10g fish steaming soy sauce, 5g green onion, 5g ginger, 5g and cooking wine
- Wrapping condiments: 25g BB garlic sauce, 1/2 egg, and 25g Japanese bread crumbs



### 『 Directions 』

1. Wash the BASA fillet and marinate it with the fish marinating sauce for 10min.
2. Put the plate on the perforated steaming tray, place the perforated steaming tray on the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
3. Beat the eggs into a bowl and mix them with BB garlic sauce.
4. Take out the steamed BASA fillet and close the door immediately. Cool the steamed BASA fillet slightly, absorb the water with kitchen paper, brush the mixture of BB garlic sauce and egg liquid on both sides of the fish fillet, and then wrap the fish fillet with a layer of Japanese bread crumbs. Lay tinfoil on the shallow baking tray, brush a thin layer of oil, place the fish fillet on the shallow baking tray, and put the shallow baking tray onto the third layer of the oven.
5. Press the "Confirm/Pause" button to continue cooking.
6. Take the cooked fish fillet out of the oven, put it on a plate and match the BB garlic sauce.



1.



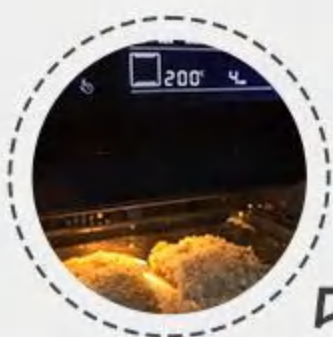
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# Combi Steam Oven CQ926H01

## P52 × Grill Knuckle

With good color, fragrance and taste, this dish has been well received by the majority of diners since its launch.

### 『 Ingredients 』

- 1 pork leg (about 500g)
- 5g ginger, 5g salt, 20g cooking wine, 3g orange peel, 1 star anise, 1g fennel, 20g light soy sauce, 10g dark soy sauce, 30g white sugar, 1g five spice powder, 1g cumin powder, 1g pepper salt, and 1g chili powder



### 『 Directions 』

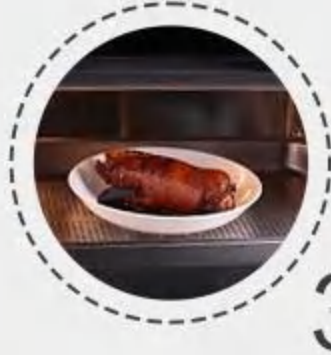
1. Pour into the pot 1000g water, add salt, ginger, and cooking wine, and then put in the pork leg. Boil for 20min, and then take it out.
2. Put the pork leg into a large bowl, add the orange peel, star anise, fennel, soy sauce, dark soy sauce, white sugar, and five spice powder to marinate the pork leg for 4-6 hours. Turn it over once during the process, so that the surface can be evenly colored and salted.
3. Put the big bowl on the perforated steaming tray, put the perforated steaming tray on the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
4. Take out the pork leg and close the door immediately. Put the pork leg on the shallow baking tray covered with tin foil, and sprinkle cumin powder, pepper salt and pepper powder on both sides of the pork leg.
5. Put the pork leg onto the third layer of the oven again, press the "Confirm/Pause" key to continue cooking.
6. Take the roasted pork leg out of the oven and put it on a plate.



1.



2.



3.



4.



5.



6.

# Combi Steam Oven CQ926H01

## P53 × Grilled Chicken

A classic dish. The meat is delicious and nutritious.

### 『 Ingredients 』

- 6 chicken legs
- Marinating condiments: 10g green onion, 5g ginger, 10g cooking wine, 3g salt, 8g soy sauce, 4g dark soy sauce  
Stewing condiments: 2 star anises, 1 piece of cinnamon (3g), 10g green onion, 5g ginger, 8g soy sauce, 7.5g dark



### 『 Directions 』

1. Wash the chicken legs, add the marinating condiments and mix well, marinate the chicken legs for 15min. Then put the marinated chicken legs on the shallow baking tray covered with tinfoil.
2. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
3. Take the chicken legs out of the oven, close the door, put the chicken legs into the casserole, add the stewing condiments and water, put the casserole on the perforated steaming tray, and put the perforated steaming tray back to the third layer of the oven to continue cooking.
4. Steam the chicken legs into golden yellow and put them in a plate.



1.



2.



3.



4.



# Combi Steam Oven

CO926H01

## P54 × Grill Fish

The fish meat, burnt outside and tender inside, has a strong barbecue flavor but is not greasy.

### 『 Ingredients 』

- 1 grass carp (1000g), 100g lettuce, 100g carrot, 100g potato, 100g lotus root, and 50g Beijing onion
- 4g salt, 100g vegetable oil, 5g Chinese prickly ash, 3 anises, 5 dry red chillies, 20g Pixian douban sauce, 10g oyster sauce, 10g soy sauce, 50g lobster sauce, 10g garlic, 5g ginger, 0.5g pepper powder, 1g salt, and 250g water



### 『 Directions 』

1. Clean the grass carp, remove the bones, tail and head, and take only the middle two sections of the fish. Draw several oblique knife edges on both sides of the fish body. (Wipe the water on the fish with kitchen paper)
2. Apply 4g salt evenly on the inside and outside of the fish, gently massage for a while, and then marinate for 15min.
3. Pour oil into the pot, heat it over big fire, add 5g Chinese prickly ash, 5 dried chillies and 3 anises, and fry them until they are burnt red and the fragrance is given out.
4. Filter out the condiments from the fried oil, and put the marinated fish on the baking tray covered with tinfoil. Brush as much oil as possible on the surface of the fish.
5. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start cooking.
6. Pour the rest of fried oil into the pot and heat it up. First, put 10g garlic cloves into the pot and fry until they turn golden. Then add 5g ginger slices, 50g onion segments, and 20g Pixian douban sauce, stir fry for a few times. Add 50g lobster sauce and continue to stir fry. Pour 100g lettuce, 100g carrot, 100g potato and 100g lotus root slices into the pot and stir fry for 3min. Stir fry the vegetables until they become soft, add 10g oyster sauce and 10g soy sauce, stir fry evenly, and then add 250g water. After the water starts boiling, cover the pot and boil for another 3min. Then add the pepper powder.
7. After you hear the prompt sound, take the fish out of the oven, close the door immediately, the fish surface should have turned slightly yellow. Pour the cooked vegetables on the fish and the soup on the knife edges to make the soup taste better.
8. Put the fish back to the oven and press the "Confirm/Pause" button to continue cooking.
9. Take out the baking tray, put the dish on a plate and sprinkle sesame seeds on it.



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7.



8.



9.

# Combi Steam Oven CQ926H01

## P55 × Roasted corn with sauce

Corns roasted with sauces taste sweet and delicious.

### 『 Ingredients 』

- 2-3 corn cobs
- 5g honey, 15g Haitian rib sauce, 5g sweet flour sauce, 1g chili powder, about 0.5g cumin powder, and 4g butter



### 『 Directions 』

1. Clean the corns, put them into the shallow baking tray covered with tinfoil. There is no need to preheat the oven. Put the shallow baking tray on the third layer of the oven, fill the water tank with water, close the door, select the recipe, and press the "Confirm/Pause" button to start cooking.
2. Weigh all the materials (except butter), and mix them evenly to form the sauce. After the oven cooks for 15min, press the "Confirm/Pause" button, take out the shallow baking tray, and evenly brush a layer of the sauce mixture on the steamed corns.
3. Soften a small piece of butter and brush a layer of butter onto the corns.
4. Press the "Confirm/Pause" button to continue roasting.
5. Take the roasted corns out of the oven.



1.



2.



3.



4.



5.



# Combi Steam Oven CQ926H01

## P56 × Steamed and roasted aubergine

This dish has a harmonious integrated taste, with the eggplant soft and rotten, the vermicelli delicious, and the meat crispy.

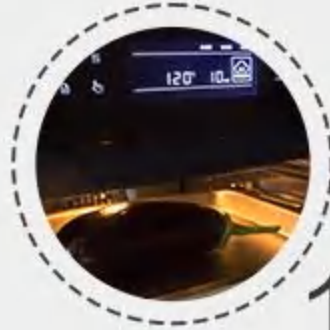
### 『 Ingredients 』

- 1 black eggplant, 50g minced meat, 100g watered vermicelli
- 1g salt, 5g sugar, 10g cooking wine, 10g light soy sauce, 3g dark soy sauce, 8g chopped ginger, 15g chopped green onion, 15g chopped garlic, and 50g water



### 『 Directions 』

1. Place the plate on the perforated steaming tray, place the perforated steaming tray on the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
2. In the process of steaming eggplant, heat the oil in a hot pot, add chopped ginger, half of the chopped garlic and half of the chopped green onion, fry them until the fragrance is given out, then add the minced meat and stir-fry it fragrant, add the seasoning and a proper amount of water. When the water starts boiling, add watered vermicelli, and continue to stir well.
3. Take out the steamed eggplant, and close the door immediately. Cut the eggplant skin with a knife, draw several "cross knife" edges inside the eggplant with the tip of the knife, pour the fried minced pork vermicelli into the eggplant, sprinkle the other half of garlic evenly on the top, pave the baking tray with tinfoil, place the vermicelli eggplant on the baking tray, and then put the baking tray on the third layer of the oven.
4. Press the "Confirm/Pause" button to continue cooking.
5. Take the roasted eggplant out of the oven, and sprinkle it with the rest of green unions.



1.



2.



3.



4.



5.



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# 自动菜谱 操作指南

老板蒸烤炸一体机 CQ926H01



全球高端厨电领导者

# 蒸烤炸一体机

## CQ926H01

### P01 × 鸡蛋羹

鸡蛋羹是用鸡蛋制作的一道家常菜，细腻滑嫩。

#### 『原料』

食材：鸡蛋2个（约100g）

配料：盐 1.5g 、 鲜酱油 3g 、 芝麻香油 3g 、 小葱 2g 、  
温水 200g（蛋水比1:2）



#### 『做法』

1. 把鸡蛋打入碗中，搅拌均匀，准备200g温水放入盐，倒入鸡蛋液中充分搅拌，除去浮沫。
2. 将碗放在有孔蒸盘上，再将蒸盘放入一体机第3层，关门，水箱加满水，选择当前菜谱，按“确认/暂停”键，开始烹饪。
3. 烹饪结束，倒入鲜酱油、芝麻香油，撒上葱花即可食用。



1.



2.



3.



# 蒸烤炸一体机 CQ926H01

## P02 × 剁椒鱼头

鱼头富含人体必需的卵磷脂和不饱和脂肪酸，对降低血脂、健脑及延缓衰老有好处。

### 『原料』

食材：鱼头一个（约700g）

配料：剁椒酱 200g、食用油 45g、小葱 10g、料酒 15g、盐 1.5g、白胡椒粉 0.5g



### 『做法』

1. 小葱切葱花，鱼头洗净，对半切开，但不要切断。
2. 用料酒15g、盐1.5g和白胡椒粉0.5g腌制1h。
3. 鱼头平放在大盘上，铺上剁椒。
4. 将盘放在有孔蒸盘上，再将孔蒸盘放入一体机第3层，关门，水箱加满水，选择当前菜谱，按下“开始/暂停”键，进行蒸制。
5. 蒸好出箱，鱼头撒上葱花，热锅热油烧到鱼上。
6. 装盘即可食用。



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3.



4.



5.



6.



# 蒸烤炸一体机

## CQ926H01

### P03 × 清蒸鲈鱼

清蒸鲈鱼属于粤菜系，是广东省特色传统名菜之一。鲈鱼不仅富含蛋白质，还含有多种维生素。是健身补血、健脾益气和益体安康的佳品。

#### 『原料』

食材：鲈鱼 400g（1条）

配料：食用油 20g、生姜 20g、料酒 15g、蒸鱼豉油 15g、小葱 10g、盐 2g



#### 『做法』

1. 将鲈鱼宰好，去除内脏，洗净沥干水分，在鱼身两面均划几刀。
2. 将盐均匀地抹在鱼身上，淋上料酒，腌制10min，将鱼放在铺有葱段和少许生姜丝的盘上，在划刀口和鱼肚内放入剩余的生姜丝。
3. 将盘子放在有孔蒸盘上，再将孔蒸盘放入一体机内第3层，关门，水箱加满水，选择当前菜谱，按“确认/暂停”键，开始烹饪。
4. 蒸好出箱，倒掉多余汤汁。
5. 淋上蒸鱼豉油，撒上葱花。热锅热油，浇到鱼上即可食用。



1.



2.



3.



4.



5.

# 蒸烤炸一体机 CQ926H01

## P04 × 清蒸明虾

清蒸明虾是以明虾为主料的一种食物，烹饪简单，味道鲜美，营养丰富。

### 『原料』

食材：明虾 400g

配料：料酒 15g、生姜 10g、小葱 5g、盐 2g



### 『做法』

1. 明虾洗净，去须，生姜切片，小葱切葱花备用。
2. 将明虾铺在盘中，放上生姜片，淋上料酒，撒上盐。
3. 将盘子放在有孔蒸盘上，再将孔蒸盘放入一体机第3层，关门，水箱加满水，选择当前菜谱，按“确认/暂停”键，开始烹饪。
4. 蒸好出锅。
5. 上葱花即可食用。



1.



2.



3.



4.



5.

# 蒸烤炸一体机 CQ926H01

## P05 × 扇贝粉丝

扇贝与粉丝的搭配是最佳的，不仅贝肉有营养有嚼劲，吸收了汁水的粉丝也鲜美无比。

### 『原料』

食材：扇贝 6个、粉丝 30g

配料：蒜蓉辣椒酱 60g、生抽 30g、小葱 12g



### 『做法』

1. 扇贝宰杀，洗净，粉丝泡软，小葱洗净切成葱花。
2. 将泡好的粉丝放在在扇贝肉和扇贝壳的中间。
3. 扇贝粉丝装盘放在有孔蒸盘上，再将孔蒸盘放入一体机第3层，关门，水箱加满水，选择当前菜谱，按“确认/暂停”键，开始烹饪。
4. 蒸好出锅，在扇贝肉上面淋上蒜蓉辣椒酱、酱油，撒上葱花即可食用。



1.



2.



3.



4.



# 蒸烤炸一体机 CQ926H01

## P06 × 红薯粉蒸肉

此菜口味鲜美，营养丰富。有利于人体消化，便于吸收，是进补佳品。

### 『原料』

食材：五花肉 400g、红薯 300g、蒸肉粉 40g

配料：小葱 5g、生姜 5g、料酒 5g



### 『做法』

1. 将五花肉切成小块，葱切段，姜切片，红薯切小块。
2. 将蒸肉粉、姜片、香葱、料酒与五花肉拌匀，腌制30min。
3. 将切好的红薯与腌好的肉放入盘中拌匀，静置10min。
4. 将盘子放在有孔蒸盘上，再将孔蒸盘放入一体机第3层，关门，水箱加满水，选择当前菜谱，按下“开始/暂停”键，进行蒸制。
5. 蒸好出锅。
6. 即可食用。



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2.



3.



4.



5.



6.

# 蒸烤炸一体机 CQ926H01

## P07 × 家乡清蒸鸡

家乡清蒸鸡味道鲜美，肉香浓郁，同时还具有美容减肥、排毒补血、抗衰老的作用。

### 『原料』

食材：鸡 1200g

配料：盐 15g 、料酒 10g 、小葱 5g 、生姜 5g 、党参 5g 、当归 5g

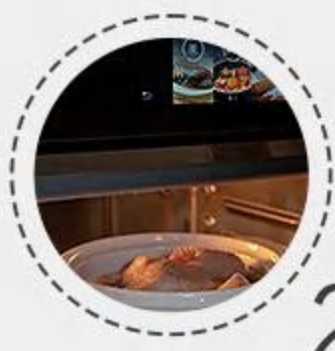


### 『做法』

1. 整鸡清理干净，剪去鸡爪，放入汤煲中，首先将料酒均匀洒在鸡上，然后用盐将鸡身内外涂抹均匀，最后将葱段、姜片、党参、当归塞进鸡腹。
2. 将装有鸡的汤煲放在有孔蒸盘上，再将孔蒸盘放入一体机第3层，关门，水箱加满水，选择当前菜谱，按“确认/暂停”键，开始烹饪。
3. 蒸好出箱。
4. 摆盘即可食用。



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2.



3.



4.

# 蒸烤炸一体机 CQ926H01

## P08 × 蒸玉米

玉米属于粗粮，含有丰富维生素，营养价值高，吃起来香甜可口。

### 『原料』

食材：玉米1500g（约4个）



### 『做法』

1. 将玉米洗净，放入有孔蒸盘内，将蒸盘放入蒸箱第3层，关门，水箱加满水，选择当前菜谱，按“确认/暂停”键，开始烹饪。
2. 蒸好出箱。
3. 装盘即可食用。



1.



2.



3.

# 蒸烤炸一体机 CQ926H01

## P09 × 蜜汁烤鸡翅

蜜汁烤鸡翅很考验调料的搭配。其口感香嫩，味道浓郁，非常开胃。

### 『原料』

食材：鸡翅中 15个、洋葱 20g

配料：蜂蜜 35g、料酒 25g、蚝油 25g、生抽 25g、老抽 8g、糖 8g、盐 2g、鸡精 2g、辣椒面 3g、孜然粉1g、胡椒粉 0.5g



### 『做法』

1. 鸡翅洗净擦干水分，双面斜划两刀，放入碗中；加入蜂蜜 20g、料酒、蚝油、生抽、老抽、糖、盐、鸡精、辣椒面、孜然粉、胡椒粉，腌制2h。
2. 将腌制好的鸡翅均匀放在炸烤网架上，表面刷上蜂蜜，同时烤盘铺上锡纸用来接油。一体机预热：选择当前菜谱，预热结束提示音响起后，将炸烤网架放入一体机第3层，烤盘放入第1层，关门，按“暂停/开始”键，开始烹饪。
3. 烤完出箱，装盘即可食用。



1.



2.



3.

# 蒸烤炸一体机 CQ926H01

## P10 × 奶油蛋糕卷

蛋糕卷质地轻，口感绵软。是下午茶的好选择。

### 『原料』

食材：鸡蛋 5个、低筋面粉 60g、牛奶 50g、玉米油 50g、细砂糖 50g



### 『做法』

1. 将5个蛋黄、牛奶、玉米油、过筛后的低筋面粉搅拌均匀成蛋黄糊。
2. 将细砂糖分三次加入蛋清中，混合打发，可加几滴醋去腥，打至提起打蛋器可拉出大弯钩。
3. 将1/3的蛋白糊与全部蛋黄糊混合均匀后，混合物加入剩余的蛋白糊中搅拌均匀。
4. 将面糊倒入垫有油纸的边长为28cm的方形模具中，用刮刀将表面刮平。
5. 淡奶油加入糖粉打发至纹路清晰，提起打蛋器呈小尖角状态，盖上保鲜膜放入冰箱冷藏备用。
6. 一体机预热：选择当前菜谱，预热结束提示音响起后，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
7. 烤好出箱。
8. 冷却后重新拿油纸盖在上面翻过来，涂上奶油。
9. 用擀面杖将蛋糕卷起来，定型2分钟。
10. 打开油纸，切成卷。
11. 装盘即可食用。



# 蒸烤炸一体机 CQ926H01

## P11 × 蔓越莓饼干

这是一款经典的西式小点，入嘴口感醇厚，麦香留齿浓郁，蔓越莓酸甜生津，奶香味十足。

### 『原料』

食材：低筋粉 120g、黄油 75g、糖粉 60g、全蛋液 15g、蔓越莓干 25g



### 『做法』

1. 在软化的黄油中加入糖粉搅拌均匀略打发。
2. 分两次加入鸡蛋液，打发至黄油颜色变浅。
3. 加入蔓越莓干搅拌均匀。
4. 加入过筛后的低筋面粉拌匀。
5. 蔓越莓饼干模具铺好保鲜膜，保鲜膜两边各留出10cm，倒入面团，按照模具大小整成长方体，用保鲜膜包好成型，放入冰箱冷冻1h。
6. 取出面团切成0.5cm左右厚的片，平放在铺有油纸的浅烤盘上。
7. 一体机预热：选择当前菜谱，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
8. 烤完出箱。
9. 装盘即可食用。



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# 蒸烤炸一体机 CQ926H01

## P12 × 烤披萨

自己制作的披萨，可以按照需求选择佐料，简单方便，适合聚餐。

### 『原料』

食材：速冻披萨饼 1张（8寸）

配料：番茄酱 15g、马苏里拉芝士 100g、腊肠粒 60g、  
鲜虾粒 30g、青椒丁 25g、红椒丁 25g、洋葱丁 20g



### 『做法』

1. 将解冻的披萨饼皮放入8寸披萨盘中，用叉子在表面扎孔。
2. 在饼皮表面涂上一层番茄酱，铺上马苏里拉芝士40g，再撒上洋葱丁，铺上腊肠粒，青红椒丁和虾仁粒，最后在表面撒上剩余马苏里拉芝士。
3. 一体机预热：选择当前菜谱，预热结束提示音响起后，将披萨盘放在炸烤网架上，再将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
4. 烤完出箱。
5. 装盘即可食用。



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# 蒸烤炸一体机

## CQ926H01

## P13 × 蛋黄酥

蛋黄酥是由小麦粉、猪油、蛋黄等食材做成的传统中式糕点。

### 『原料』

食材：油皮：中筋面粉 150g，白糖 30g，猪油 52g，清水 60g  
油酥：低筋面粉 120g，猪油 60g  
馅料：豆沙 320g，咸鸭蛋黄 16个  
表面装饰：鸡蛋 1个，黑芝麻



### 『做法』

1. 把中筋面粉、水、白糖、猪油混合均匀揉成团。
2. 油皮材料揉到能拉出薄膜，即成油皮，用保鲜膜包起来冷藏20min，待用。
3. 将低筋面粉、猪油混合均匀，即成酥皮，揉成团后用保鲜膜包起来冷藏20min，待用。
4. 取出冷藏好的油皮与油酥，分别分成16等份，揉圆。
5. 取一块静置好的油皮擀圆，把油酥放在油皮中间，收口包好，收口朝下放置。
6. 将包好的油酥皮用擀面杖擀成椭圆形，翻面，从上而下卷起，卷好的油酥皮静置松弛15min。
7. 取静置好的油酥皮，再次擀开，自上而下卷起，继续静置松弛15min。
8. 将豆沙分成16等份，每份20g，然后把蛋黄包进豆沙内，即成馅料。
9. 将松弛好的油酥，拇指由中间按下，两头折到拇指所按下的位置，用擀面杖擀成圆。然后包进馅料，收口包好，收口朝下放置。
10. 将包好的蛋黄酥放入铺好油纸的浅烤盘，摆放整齐，表面刷蛋液，顶部撒黑芝麻即可。
11. 一体机预热：选择当前菜谱，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，进行烤制，烤至蛋黄酥表面上色即可。
12. 烤完取出，装盘即可。





# 蒸烤炸一体机 CQ926H01

## P14 × 菠萝包

菠萝包是源自香港的一种甜味面包，因为此面包经烘焙过后表面金黄色、凹凸的脆皮状似菠萝因而得名。

### 『原料』

食材：酥皮：低筋面粉 125g、黄油 60g、糖粉 75g、奶粉 7g、鸡蛋 10g  
软包：高筋面粉 330g、奶粉 12g、糖粉 54g、黄油 20g、盐 4g、鸡蛋 30g、酵母 12g、牛奶 200g、改良剂 3g



### 『做法』

1. 将高筋面粉330g、奶粉12g、糖粉54g、盐4g、改良剂3g、酵母12g混合均匀。
2. 倒入牛奶200g与鸡蛋液30g拌成雪花状。
3. 揉制并摔打面团至表面光滑。
4. 加入黄油20g，继续揉、摔打成可以拉成薄膜状。
5. 搓圆后用保鲜膜包好，醒发50min。
6. 将细砂糖75g、黄油60g打发成鹅黄色。
7. 分三次加入鸡蛋液10g，每次都打发均匀。
8. 加入低筋面粉125g和奶粉7g叠制揉成团备用。
9. 将每个面团取50g，面皮取20g，将面皮压成圆片，放在面团上。
10. 在表面压出菱形花纹，放入铺好油纸的浅烤盘上进行第二次发酵，选择发酵模式，30℃ 40min，约2倍大。
11. 一体机预热：选择当前菜谱，预热结束，提示音响起后，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，继续烤制。
12. 烤完取出。
13. 装盘即可食用。



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12.



13.

# 蒸烤炸一体机 CQ926H01

## P15 × 葡式蛋挞

葡式蛋挞，焦糖黑色表面是其特征，口感松软香酥，奶味蛋香也很浓郁，味道层次感强，却甜而不腻。

### 『原料』

食材：蛋挞壳 15个（中号）、淡奶油 170g、纯牛奶 85g、糖粉 43g、蛋黄 40g、全蛋液 20g



### 『做法』

1. 将全蛋液、蛋黄混合打散，加入牛奶、淡奶油、糖粉搅拌均匀，即成蛋挞液。
2. 蛋挞壳放入浅烤盘中，将蛋挞液过筛，均匀地倒入蛋挞壳中至七八分满。
3. 一体机预热：选择当前菜谱，预热结束提示音响起后，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
4. 烤好出箱，装盘即可食用。



1.



2.



3.



4.



# 蒸烤炸一体机

## CQ926H01

## P16 × 黄油曲奇

黄油曲奇有香酥的口感和浓郁的香味，咬一口，使人回味无穷。

### 『原料』

食材：黄油 80g、细盐 1g、糖粉 50g、奶粉 5g、低筋粉 115g、动物鲜奶油（淡奶油）42g



### 『做法』

1. 将糖粉、盐和软化的黄油搅拌在一起，加入淡奶油，打发成羽毛状。
2. 加入过筛后的低粉115g和奶粉5g，搅拌至无颗粒。
3. 将面糊装入裱花袋，用1cm的裱花嘴将面糊挤出均匀大小（2圈半），均匀挤在铺有油纸的浅烤盘上。
4. 一体机预热：选择当前菜谱，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
5. 烤完出箱。
6. 装盘即可食用。



1.



2.



3.



4.



5.



6.

# 蒸烤炸一体机 CQ926H01

## P17 × 戚风蛋糕

戚风蛋糕组织蓬松，水分含量高，味道清淡不腻，口感具有极致的细腻嫩滑，是非常受欢迎的蛋糕。

### 『原料』

食材：鸡蛋 5个、细砂糖 79g、纯牛奶 70g、玉米油 55g、低筋粉 105g、盐 2g



### 『做法』

1. 蛋黄中加入9g白砂糖搅拌均匀，加入牛奶搅拌均匀，加入盐和色拉油搅拌均匀。
2. 蛋黄糊中加入过筛的低筋面粉，用橡皮刀翻拌均匀，待用。
3. 将70g白砂糖分3次加入蛋清中，用打蛋器快速搅打，打发至提起打蛋器出现小而直立的尖角，待用。
4. 先将1/3的蛋白糊拌入蛋黄糊中搅匀。
5. 然后将剩余的蛋白糊倒入蛋黄糊中搅拌均匀，将混合好的面糊倒入8寸圆形模具中至8分满，再把模具在台面上震几下，震出大气泡，放在浅烤盘上。
6. 一体机预热：选择当前菜谱，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
7. 烹饪结束后，用竹签插一下蛋糕，如果竹签上没有粘粉，说明烘焙成功，否则，需要增加时间。取出烤好的蛋糕，立即震几下，倒扣在晾网架防止塌陷，等待冷却脱模。
8. 装盘食用。



# 蒸烤炸一体机 CQ926H01

## P18 × 椰蓉夹心餐包

椰蓉夹心餐包口感松润微甜，椰蓉的香气还有鸡蛋的香气混为一体，口味丰富，唇齿留香。

### 『食材』

面团：高筋面粉 360g、鸡蛋液 40g、水 140g、奶粉 20g、细砂糖 60g、酵母 6g、黄油 70g  
馅心：椰蓉 120g、黄油 100g、鸡蛋2个、糖粉 50g  
表面装饰：椰蓉 60g



### 『做法』

1. 将高筋面粉、细砂糖、奶粉、酵母，搅拌均匀待用。
2. 面粉中加入鸡蛋液和水，摔打成团。
3. 加入70g黄油继续摔打至可拉出薄膜，揉圆后将面团放在盆中，盖上保鲜膜，放在有孔蒸盘上，将有孔蒸盘放入一体机第3层，关门，加满水箱，选择发酵模式设定30℃ 50min，发酵至体积为2到2.5倍大（用手指沾面粉按入，手指孔不回缩）。
4. 分离蛋黄和蛋清，将糖粉、黄油搅拌均匀，加入蛋黄，继续搅拌均匀。
5. 倒入椰蓉120g，搅拌成团，放入冰箱冷藏10min。
6. 将面团取出平均分成12个小面团，盖上保鲜膜松弛15min，馅心部分平均分成12个，搓成球状。
7. 将松弛好的面团擀圆，包入一个馅心，捏紧收口，收口朝下，在表面均匀刷上蛋清，再粘上一层椰蓉。
8. 将面团均匀的放在铺有油纸的浅烤盘上，放入一体机第3层，选择发酵模式30℃40min，二次发酵至1.5-2倍大小。
9. 一体机预热：选择当前菜谱，预热结束提示音响起后，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
10. 烤完出箱。
11. 装盘即可食用。



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.

# 蒸烤炸一体机 CQ926H01

## P19 × 欧包

添加了火龙果的软欧包，味道更加香甜，有助肠道消化。

### 『原料』

食材：王后牌软欧粉 445g、红心火龙果肉 300g

配料：细砂糖 50g、食盐 5g、干酵母 4g、橄榄油 30g、  
柠檬汁 3g、麻薯馅 120g



### 『做法』

1. 将红心火龙果肉搅打成细腻的果浆，加入柠檬汁搅匀备用；留面包粉5g装饰用。
2. 将面包粉440g、干酵母、细砂糖混合均匀，加入橄榄油，分次加入火龙果汁揉成可拉出手套膜的光滑面团。
3. 揉好的面团滚圆，将面团放入打蛋盆中，盖上保鲜膜进行第一次发酵，选择发酵模式，30°C 50min，发酵至约两倍大体积时，结束发酵。
4. 将面团分成四等份，搓圆，盖上保鲜膜松弛15min。
5. 将松弛好的面团包入麻薯馅30g，整形成三角形，接口朝下放到铺有油纸的浅烤盘上第二次发酵，选择发酵模式，30°C 30min，发酵至1.5-2倍大。
6. 用细网筛在面团表面撒一层高筋粉，用小刀在表面划上几刀装饰。
7. 一体机预热：选择当前菜谱，预热结束后，将浅烤盘放入一体机第3层，水箱加满水，关门，按“确认/暂停”键，开始烹饪。
8. 烹饪完取出，即可食用。



1.



2.



3.



4.



5.



6.



7.



8.

# 蒸烤炸一体机 CQ926H01

## P20 × 烤牛排

西冷牛排含一定肥油，是牛外脊，在肉的外侧带一圈呈白色的肉筋，整体口感韧度强、肉质硬、有嚼头。

### 『原料』

食材：西冷牛排（200g，厚度约为1.2~1.5cm左右）  
红葡萄酒 20g、盐 1g、黑胡椒碎 0.5g、黄油 10g



### 『做法』

1. 牛排双面捶打至松软。
2. 牛排中加入红葡萄酒、黑胡椒碎、盐涂抹均匀，最后表面涂抹黄油，腌制30min，将腌制好的牛排放入铺有锡纸的浅烤盘上。
3. 一体机预热：选择当前菜谱，预热结束提示音响起后，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
4. 烤好出箱。
5. 装盘即可食用。



1.



2.



3.



4.



5.

# 蒸烤炸一体机 CQ926H01

## P21 × 奶油泡芙

奶油泡芙外壳酥脆，内部滑嫩香甜，挤入不同的奶油还能有多种风味。

### 『原料』

食材：泡芙皮：中筋粉125g、净鸡蛋188g、黄油63g、清水163g  
奶油：淡奶油125g、细砂糖25g  
装饰：糖霜3g



### 『做法』

1. 清水按重量称好，放在锅里用大火煮（最好选择不粘锅），水冒气泡后，放入黄油。
2. 煮至黄油全部融化（边煮边搅拌），黄油水沸腾后，转中火，放入面粉。
3. 用铲子将面粉快速拌匀，面粉吸水后，关火，用余温将面粉颗粒拌匀(注意面粉不能焦)。
4. 盛出面粉放到不锈钢盆中。
5. 趁热将鸡蛋分次放入面团中用打蛋器搅打均匀，每次放1-2个鸡蛋，面团搅匀后如下图（最好用固定座的打蛋器，用手持打蛋器操作较累，建议一手持打蛋器固定不动，另一手转动打蛋盆；打蛋器不宜拿太高，面团易飞溅；鸡蛋刚加入时建议低速打匀后，再高速搅打）。
6. 浅烤盘铺油纸，将面糊装入裱花袋（建议用布裱花袋），用五角或者六角裱花嘴挤出花纹，注意泡芙要挤高些，烤完不容易塌，挤时要一气呵成，不能停顿，否则泡芙会断层。
7. 挤泡芙的同时，一体机预热：选择当前菜谱，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪，烤制过程中不要打开箱门，直到烹饪结束。
8. 烤完取出。
9. 等待泡芙冷却过程中，开始打发奶油，奶油加细砂糖打至硬性发泡。
10. 泡芙冷却后，在底部开一个小口，挤入奶油，表面撒糖霜即可食用。
11. 装盘，即可食用。





# 蒸烤炸一体机 CQ926H01

## P22 × 香蕉松糕

富有浓浓的香蕉香气的蛋糕，对于喜欢香蕉的人来说无疑非常过瘾。

### 『原料』

食材：低筋面粉 150g、牛奶 90g、泡打粉 5g、细砂糖 60g、鸡蛋1个（50g）、黄油30g、带皮熟透香蕉一根 150g



### 『做法』

1. 香蕉去皮后放入保鲜袋，用擀面杖压成泥状。
2. 将牛奶90g、细砂糖60g、鸡蛋50g、香蕉泥150g、黄油30g倒入深口容器中，用打蛋器搅拌均匀，呈光滑的面糊状。
3. 倒入低筋面粉150g、泡打粉5g，用刮刀切拌均匀，使面糊完全湿润，看上去粗糙且多块。
4. 将拌好的面糊装入裱花袋，挤入涂油的模具，7成满即可。
5. 将模具放在炸烤网架上，一体机预热：选择当前菜谱，预热结束，提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，继续烤制。
6. 烤完取出。
7. 趁热脱模，装盘即可。



1.



2.



3.



4.



5.



6.



7.

# 蒸烤炸一体机

## CQ926H01

## P23 × 低脂杏鲍菇

空气炸杏鲍菇简单方便，肉质弹牙，加上酥脆的外壳和香喷喷的调味，好吃到停不下来。

### 『原料』

食材：杏鲍菇 700g

食盐 10g 、 烧烤酱 30g 、 橄榄油 20g 、 黑胡椒粉 2g 、  
辣椒粉 2g 、 鸡蛋1个



### 『做法』

1. 杏鲍菇洗净擦干，滚刀切块，每个约15g。
2. 将食盐、黑胡椒粉、辣椒粉、烧烤酱、鸡蛋液、橄榄油拌匀成料汁备用，将杏鲍菇中加入料汁，充分拌匀，放在炸烤网架上。
3. 一体机预热：选择当前菜谱，预热结束提示音响起后，按“确认/暂停”键，将铺好锡纸的烤盘放入一体机第1层（用于接油），炸烤网架放第3层，关门，按“确认/暂停”键，进行烤制。
4. 烤至10min后，提示音响起，取出炸烤网架，将杏鲍菇翻面，按“确认/暂停”键，开始烹饪。
5. 烤完取出，装盘即可。



1.



2.



3.



4.



5.

# 蒸烤炸一体机 CQ926H01

## P24 × 黄金脆条午餐肉

酥脆掉渣的午餐肉做法，每一口的咸香多汁。

### 『原料』

食材：午餐肉 350g

配料：薯片 50g、黄面包糠 20g、玉米淀粉 20g、鸡蛋 1个、番茄酱适量



### 『做法』

1. 午餐肉切条备用；薯片压碎与黄面包糠混合备用。
2. 将午餐肉依次裹上玉米淀粉、鸡蛋液、薯片碎，稍压紧实，放在炸烤网架上。
3. 一体机预热：选择当前菜谱，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制键，进行烤制。
4. 取出，蘸番茄酱即可食用。



1.



2.



3.



4.

ROBAM  
Enjoy Cooking

# 蒸烤炸一体机 CQ926H01

## P25 × 炸薯条

空气炸功能制作薯条，更加新鲜更加健康。

### 『原料』

食材：速冻薯条 200g  
番茄酱适量



### 『做法』

1. 将薯条200g均匀摊开在炸烤网架上。
2. 一体机预热：选择当前菜谱，预热结束提示音响起后，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
3. 烤至9min后，提示音响起，取出炸烤网架，将薯条翻面，按“确认/暂停”键，开始烹饪。
4. 烤完取出，蘸番茄酱即可食用。



1.



2.



3.



4.



# 蒸烤炸一体机

## GQ926H01

### P26 × 手枪腿

可以抓着啃的脆皮手枪腿，鲜嫩多汁，尽情体验满口肉香的快乐。

#### 『原料』

食材：鸡全腿 2个（600g）  
牛奶 250g、奥尔良粉 45g、食盐 5g、小葱 5g、  
生姜 5g、食用油 5g、普通面粉 90g、玉米淀粉 30g



#### 『做法』

1. 鸡全腿洗净擦干，用牙签扎洞备用；小葱洗净切段、生姜洗净去皮切片。
2. 鸡全腿加入牛奶、奥尔良粉、食盐、小葱、姜片抓匀腌制1夜。
3. 普通面粉、玉米淀粉混合备用。
4. 腌制好的鸡全腿裹上面粉，抖掉多余的面粉，过一遍清水，重复此步骤3遍。
5. 将鸡全腿放在炸烤网架上，表面刷上食用油。
6. 将处理好的鸡边腿放在炸烤网架上，一体机预热：选择当前菜谱，预热结束提示音响起后，将炸烤网架放入一体机第3层，铺有锡纸的烤盘放入第1层，用于接油，关门，按“确认/暂停”键，开始烹饪。
7. 烤好取出。
8. 装盘即可食用。



1.



2.



3.



4.



5.



6.



7.



8.



# 蒸烤炸一体机

## CQ926H01

## P27 × 炸鸡米花

可以一口一个的鸡米花，空气炸健康又方便，作为休闲零食的绝佳选择。

### 『原料』

食材：速冻鸡米花 400g

配料：番茄酱适量



### 『做法』

1. 将鸡米花均匀摊开在炸烤网架上。
2. 一体机预热：选择当前菜谱，预热结束提示音响起后，将炸烤网架上放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
3. 烤至9min后，提示音响起，取出炸烤网架，将鸡米花翻面，按“确认/暂停”键，开始烹饪。
4. 烤完取出，蘸番茄酱即可食用。



1.



2.



3.



4.

# 蒸烤炸一体机 CQ926H01

## P28 × 照烧汁三文鱼

通过加湿烤制作照烧三文鱼，外焦里嫩，咸甜交织，滋味浓厚，鲜香四溢。

### 『原料』

食材：三文鱼 400g

配料：照烧汁 50g、柠檬汁 8g、盐 1.5g、胡椒粉 0.5g、清水 50g、白芝麻少许



### 『做法』

1. 准备小奶锅，加入照烧汁、清水搅拌均匀，小火煮4min，边煮边搅拌，煮完放凉备用。
2. 柠檬对半切开，三文鱼用厨房纸擦干，表面均匀撒上盐、胡椒粉，淋4g柠檬汁去腥、调味。
3. 浅烤盘上铺好锡箔纸，将腌制好的三文鱼铺在锡纸上，表面抹上照烧汁。
4. 一体机预热：水箱加满水，选择当前菜谱，预热结束后，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
5. 烹饪完取出，撒上白芝麻，即可食用。



1.



2.



3.



4.



5.

# 蒸烤炸一体机

## CQ926H01

## P29 × 迷迭香烤羊排

羊肉性温不仅可以增加人体热量，还能增加消化酶，保护胃壁。

### 『原料』

食材：羊排（6只）600g，胡萝卜 100g，西芹 50g，洋葱 50g  
配料：盐 5g，迷迭香 1g，胡椒粉 5g，孜然粉 6g，红酒 30ml，  
橄榄油 20g



### 『做法』

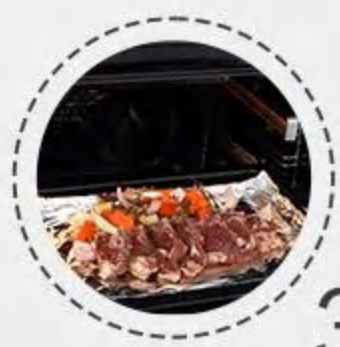
1. 将羊排清洗干净，胡萝卜、洋葱、西芹清洗干净；然后将胡萝卜和洋葱切块；西芹切段。
2. 将羊排和胡萝卜100g，西芹50g，洋葱50g混合在一起，用盐5g，迷迭香1g，胡椒粉3g，孜然粉3g，红酒30ml，橄榄油10g均匀腌制1小时。
3. 取烤盘将蔬菜原料放底下，羊排放上面，淋上橄榄油10g，撒上剩余胡椒粉2g，孜然粉放3g，放入180度烤箱烤30分钟。
4. 烤好羊排取出装盘。



1.



2.



3.



4.



5.



# 蒸烤炸一体机

CG926H01

## P30 × 蒜香迷你小法棍

法国面包的代表就是“棍子面包”。其特色是表皮松脆，内心柔软而稍具韧性，越嚼越香，充满麦香味。

### 『原料』

食材：高筋面粉 260g、低筋面粉 110g  
法式蒜香酱（现成）、细盐 6g、酵母 1.5g  
2±1℃冰水 240g



### 『做法』

1. 将高筋面粉、低筋面粉、2±1℃的冰水放入搅面机低速揉面，揉至看不见粉状面团，继续低速揉面2min，撒上酵母静置20min。
2. 加盐，慢速搅打至面团能拉出锯齿状薄膜，取出整成圆形。
3. 将面团进行第一次发酵，选择发酵模式，30℃50min，发酵至约两倍大时，结束发酵。
4. 将面团取出分成3等分，手掌微弯曲轻拍面团排气，面团整形成微橄榄形，盖保鲜膜松弛20min。
5. 手掌微弯曲轻拍面团排气，将面团翻面使正面朝下摆放。将面团整成16\*10cm的日字形，沿日字形长边处，靠近身体一侧面团的1/3往中间对折，再将另一边面团的1/3往中间对折，用手指将中间封口压紧，将面团搓成长条形，长度大约28cm，将面团放在法棍三联模具上，法棍模放在炸烤网架上。
6. 将整形后的面团进行第二次发酵，选择发酵模式，30℃30min，发酵至原来的1.5-2倍大，发酵后用刻刀在面团中间沿长边割一刀，挤上法式蒜香酱。
7. 一体机预热：选择当前菜谱，预热结束后，将炸烤网架放入一体机第3层，水箱加满水，关门，按“确认/暂停”键，开始烹饪。
8. 烹饪完取出，切片即可食用。



1.



2.



3.



4.



5.



6.



7.



8.

# 蒸烤炸一体机

## CQ926H01

### P31 × 巴斯克 烤焦芝士蛋糕

风靡全球的芝士蛋糕，口感浓郁却丝毫不腻，加上烤到微焦的外皮，让你停不了口。

#### 『原料』

食材：奶油奶酪 200、淡奶油 165g、绵白糖 40、鸡蛋 3个  
配料：玉米淀粉 10g、香草精 0.5g、柠檬汁 0.5g

#### 『做法』

1. 将绵白糖和奶油奶酪一起用手动打蛋器搅打至光滑。
2. 分3次加入鸡蛋液，搅拌均匀，加入香草精和柠檬汁，再次搅拌均匀，加入淡奶油，搅拌至光滑，接着筛入玉米淀粉混合均匀。
3. 最后过筛到铺好油纸的六寸蛋糕模具中，六寸蛋糕模具放炸烤网架上。
4. 一体机预热：选择风焙烤210°C30min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
5. 烹饪结束出箱，放冰箱冷藏后摆盘装饰即可食用。



# 蒸烤炸一体机

## CQ926H01

## P32 × 布朗尼蛋糕

口感湿润，味道浓厚，适合送给喜爱巧克力的人。

### 『原料』

食材：黑巧克力 235g、黄油 202g、可可粉 5g、鸡蛋 6个  
配料：细砂糖 100g、低筋面粉 20g、红糖 20g、盐 2g、  
泡打粉 2g、香草精 1g

### 『做法』

1. 28cm\*28cm的金色烤盘中涂上软化的黄油1g，然后铺上油纸，四面留有悬空。用软化的黄油1g在油纸上涂抹。
2. 将巧克力、可可粉、黄油隔水融化。
3. 将细砂糖、过筛后的红糖、香草精、盐、鸡蛋液放在打蛋盆中。用电动打蛋器高速搅拌，打发至划“Z”不消失，大约10min。
4. 筛入低筋面粉、泡打粉，翻拌均匀。
5. 倒入稍稍冷却的巧克力和黄油混合物，搅拌至光滑，倒入铺好的烤盘上。
6. 一体机预热：选择风焙烤170℃45min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制，烘烤至木签插入布朗尼蛋糕的中心无面糊沾上即可取出。
7. 烹饪结束出箱，冷却后切片摆盘装饰即可食用。

**ROBAM**  
Enjoy Cooking



# 蒸烤炸一体机

## CQ926H01

## P33 × 低温慢烤牛里脊

更好的保留了肉质的原始风味和鲜嫩口感，外焦里嫩，色泽诱人，一口咬下，口感丰厚、鲜美多汁。

### 『原料』

食材：牛里脊 400g

配料：盐 2g、黑胡椒碎 2g

### 『做法』

1. 牛里脊撒上盐、黑胡椒碎摸匀。
2. 牛里脊用锡纸包裹住，放在炸烤网架上。
3. 一体机预热：选择空气炸120℃ 180min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
4. 烹饪结束出箱，切片装盘即可。



# 蒸烤炸一体机

## CQ926H01

## P34 × 法式苹果派

法式苹果派是一道甜点，口味多样，做法简单，又有丰富的营养。

### 『原料』

食材：法式酥皮 180g（1张，直径约9cm）、苹果 200g、  
淡奶油 70g、鸡蛋液 20g

配料：白糖 35g、苹果酱 30g、黄油 15g

### 『做法』

1. 将酥皮擀成3mm厚的片，切成直径为25cm的圆，放在8寸派皮模具中，派皮与模具边缘贴合，放冰箱冷藏10min。
2. 取出面皮，均匀涂抹苹果酱。
3. 苹果去皮去核，切成3mm厚的苹果片。
4. 将切好的苹果片放在涂抹了苹果酱的面皮上，大的苹果片放外面，小的苹果片放中间。
5. 在表面撒上白糖20g，均匀撒上切成小块的黄油，刷上鸡蛋液，放在炸烤网架上。
6. 一体机预热：选择多段模式风焙烤190℃ 15min+风焙烤160℃ 15min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
7. 将淡奶油、白糖15g混合均匀待用。
8. 第一阶段烹饪结束后，取出，倒入淡奶油混合液继续烘烤。
9. 烹饪结束出箱，切块即可食用。

# 蒸烤炸一体机

## CQ926H01

## P35 × 覆盆子 法式烤布蕾

法式烤布蕾式是一种法国传统的点心，外面是脆焦糖外壳，里面是奶油布丁似的冰凉软馅。

### 『原料』

食材：淡奶油 500g、蛋黄液 100g

配料：细砂糖 70g、香草精 7g

### 『做法』

1. 蛋黄液加60g细砂糖搅拌均匀，加入香草精搅拌均匀。
2. 淡奶油倒入奶锅中，小火加热，边加热边搅拌，加热至边缘开始沸腾。
3. 将淡奶油分次加入到蛋黄糊中，不断搅拌至均匀。
4. 将混合物倒入烤碗中，烤碗放在浅烤盘上，浅烤盘倒入2cm深的沸水。
5. 一体机预热：选择风焙烤160℃ 30min，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
6. 烹饪结束出箱，放凉。
7. 烤碗上撒上剩余细砂糖，用喷枪加热至形成焦糖皮即可食用。

# 蒸烤炸一体机

## CQ926H01

## P36 × 果味烤鸭

烤鸭也能富有果香，清香酥嫩，甘甜不腻。

### 『原料』

食材：鸭子600g、胡萝卜100g、洋葱100g、玉米油10g、盐5g、牛肉浓汤宝1块、番茄酱15g、橙汁30g、柠檬汁10g、黑胡椒碎0.5g、黄油30g、水100g、淀粉水5g

### 『做法』

1. 鸭子清洗干净，胡萝卜滚刀切块、洋葱切丝。
2. 鸭子表面涂上玉米油、4g盐，浅烤盘上铺锡纸，铺上胡萝卜和洋葱，再放上鸭子。
3. 一体机需预热：选择风焙烤150°C 30min+风焙烤200°C 15min，预热结束提示音响起后，将浅烤盘放入一体机第3层，进行烤制。
4. 将牛肉浓汤宝、番茄酱、黑胡椒碎、水，小火煮沸，煮至约还剩50g水，加入橙汁、柠檬汁、黄油、盐，再次小火煮沸，淋上淀粉水备用。
5. 烹饪结束出箱，装盘，淋上酱汁。



## P37 × 简易烤意大利面

减肥期间可以吃意面，这是因意面中含有粗纤维，可以减少食用其他高热量食物。

### 『原料』

食材：意大利面 100g、牛肉糜 100g、洋葱 100g、  
马苏里拉芝士碎 100g、帕玛森芝士 45g

配料：意大利面酱 100g、大蒜 20g、黄油 15g、橄榄油 15g、  
盐 1.5g、黑胡椒碎 1g

### 『做法』

1. 小部分洋葱切丁，大部分切丝；大蒜剥壳切碎。
2. 将意大利面条煮至熟透，约9min，然后沥干。
3. 在煮意大利面条的同时，取平底锅，加入橄榄油、黄油，油热加入洋葱丁，煎至洋葱变软并呈半透明状，约4-5min。加入大蒜碎，再煎1min。
4. 加入牛肉、意大利面酱、15g帕玛森芝士，搅拌，直到充分混合，并用盐和现磨的黑胡椒碎调味。
5. 加入煮熟的意大利面条，并搅拌，直到意大利面条被充分包裹。
6. 将意大利面条混合物转移到准备好的锡纸盒中，并撒上马苏里拉芝士碎和剩余帕玛森芝士碎，放在炸烤网架上。
7. 一体机预热：选择焙烤200℃ 15min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制，直到奶酪融化上色，意大利面条整体发热。
8. 烹饪结束出箱，摆盘装饰即可食用。



# 蒸烤炸一体机

## CQ926H01

## P38 × 柠汁香草烤鸡

柠檬与迷迭香的加入，让烤鸡也能有清香的风味。

### 『原料』

食材：整鸡 1只（约1200g）、胡萝卜100g、西芹100g、洋葱50g、黄油50g、柠檬1个

配料：迷迭香10g、大蒜10g、橄榄油10g、盐8g、黑胡椒碎1g

### 『做法』

1. 将鸡清洗干净，1个柠檬榨成汁，大蒜剁蒜蓉，洋葱切丝，胡萝卜切块，西芹切段。
2. 将鸡放入大盆中，加入柠檬汁、迷迭香、盐、黑胡椒碎、橄榄油腌制1h，腌制好的鸡翅根、腿部等部位包上锡纸。
3. 将洋葱、胡萝卜、西芹、大蒜，搅拌均匀，浅烤盘上铺锡纸，涂上黄油，放入洋葱等蔬菜，放上腌制好的鸡。
4. 一体机预热：选择空气炸150℃ 50min，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
5. 烹饪结束出箱，装盘即可。

# 蒸烤炸一体机

## CQ926H01

## P39 × 巧克力慕斯蛋糕

巧克力与慕斯的相结合，入口即化，层次丰富，天然细腻，一口下去还带有一丝丝凉意。

### 『食材』

食材：黑巧克力 168g、鸡蛋 6个、纯牛奶 90g、玉米淀粉 60g  
配料：细砂糖 90g、香草精 5g

### 『做法』

1. 黑巧克力切碎，均分两份。
2. 奶锅中加入其中一份黑巧克力84g，水浴隔热搅拌至巧克力融化。
3. 鸡蛋分离蛋清和蛋黄至两个盆中。
4. 将融化的巧克力倒入蛋黄盆中，加入纯牛奶，搅匀。
5. 加入香草精、玉米淀粉，拌匀。
6. 蛋清中分三次加入细砂糖打发至硬性发泡，提起打蛋头有倒三角。
7. 取三分之一蛋白霜加入巧克力糊中，翻拌均匀。
8. 将剩余的蛋白霜加入巧克力糊中翻拌均匀，部分巧克力碎拌入蛋糕糊中。
9. 取9寸圆形活底蛋糕模具，底部涂抹黄油，将蛋糕糊倒入模具中，震出气泡，表面撒上巧克力碎，放在炸烤网架上。
10. 一体机预热：选择焙烤140°C 70min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
11. 烹饪结束出箱，取出烤好的蛋糕，立即震几下，倒扣在晾网架上防止塌陷，等待冷却脱模。
12. 装盘食用。

# 蒸烤炸一体机

CQ926H01

## P40 × 蒜烤马铃薯

蒜香的马铃薯块，咸香酥脆，越吃越过瘾。

### 『原料』

食材：马铃薯 2个（400g）、大蒜头 2个（100g）、黑胡椒碎 5g、芦笋 50g

配料：橄榄油 20g、盐 5g、黑胡椒碎 3g



### 『做法』

1. 将有孔蒸盘放入一体机第3层，选择当前菜谱，关门，水箱加满水，按“确认/暂停”键，开始烹饪。
2. 蒸至20min后，提示音响起，取出有孔蒸盘，把浅烤盘铺上锡纸，放上马铃薯，蒜瓣，芦笋，刷上橄榄油，撒上盐，黑胡椒碎，将浅烤盘放入一体机第3层，按“确认/暂停”键，开始烹饪。
3. 烤完取出，摆盘即可。



1.



2.



3.

# 蒸烤炸一体机 CQ926H01

## P41×泰式鸡翅配柠檬

入口有柠檬的清甜微酸,回味又有小米椒的鲜辣,泰式风味十足的鸡翅。

### 『食材』

食材：翅中 1000g、花生碎 50g、青柠 1个、茺荑叶 1片  
配料：大蒜50g（1大个）、蜂蜜 30g、生抽 25g、米醋 25g、  
生姜 10g、干辣椒 5g、柠檬草芯0.5根

### 『做法』

1. 柠檬草芯切细丝。
2. 生姜去皮洗净切细丝。
3. 青柠洗净削皮，不要白色部分，味苦。
4. 茺荑叶洗净，用于摆盘。
5. 鸡翅洗净，每个表面各划两刀。
6. 将柠檬草芯、青柠皮、大蒜、姜、辣椒、生抽、蜂蜜、米酒醋放在一个深烤盘中。加入处理好的鸡翅，抓捏均匀，腌制1h。
7. 浅烤盘铺锡纸接油，将腌制好的鸡翅均匀摆放在炸烤网架上。
8. 一体机预热：选择风焙烤180℃25min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，浅烤盘放入一体机第1层，关门，按“确认/暂停”键，进行烤制。
9. 烹饪结束出箱，在鸡翅上撒上花生碎，配上青柠，摆盘即可食用

# 蒸烤炸一体机

## CQ926H01

## P42 × 威灵顿三文鱼派

酥脆的外皮下，包裹着细嫩的三文鱼，浓厚的黄油香味，在咀嚼中共同爆发。

### 『原料』

食材：三文鱼 250g、菠菜 50g、千层酥皮1张（180g）

配料：奶油 150g、帕玛森奶酪碎 80g、黄油 30g、大蒜 20g、低筋面粉 30g、蛋黄液 30g、小葱 5g、食盐 2g、白胡椒粉 0.5g

### 『做法』

1. 三文鱼擦干水分，加入食盐、白胡椒粉腌制10min。
2. 加入5g黄油，将三文鱼煎至表皮金黄。
3. 菠菜焯水并挤干水分，切碎备用。
4. 锅中加入25g黄油，融化后加入蒜末、葱花炒香，加入帕玛森奶酪碎、奶油、低筋面粉炒匀，加入切碎的菠菜，炒匀。
5. 将千层酥皮放平，对切成两片，每份都放入三文鱼，炒好的菠菜，包裹起来，封口压实。
6. 在酥皮表面刷上一层蛋黄液，放在铺有油纸的浅烤盘上。
7. 一体机预热：选择风焙烤200℃ 15min，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
8. 烹饪完成出箱，取出威灵顿三文鱼，切块即可食用。

# 蒸烤炸一体机 CQ926H01

## P43 × 意式烤鸡

鸡胸肉蛋白质含量较高，且易被人体吸收入利用，有增强体力，强壮身体的作用，所含对人体生长发育有重要作用的磷脂类，适合减脂期食用。

### 『原料』

食材：意大利面150g、鸡胸肉3块、口蘑80g

配料：意大利面酱110g、洋葱300g、橄榄油25g、玉米油45g、干白葡萄酒20g、大蒜5g、盐13g、干迷迭香0.1g、黑胡椒碎0.1g、干牛至0.1g、干罗勒0.1g

### 『做法』

1. 鸡胸肉洗净沥水，中间剖开但不切断。
2. 洋葱去皮洗净，切碎；大蒜拍碎切末。
3. 口蘑洗净切片。
4. 取大盆，将橄榄油、玉米油25g、白葡萄酒、大蒜、意大利面酱60g混合，放上盐3g、干迷迭香、黑胡椒碎、干牛至、干罗勒混合均匀，将混合香料均匀抹在鸡胸表面，抓捏均匀腌制15min。
5. 浅烤盘铺锡纸，底部铺上少许洋葱碎和口蘑，放上鸡胸，最后放上剩余的洋葱碎、口蘑。
6. 一体机预热：选择空气炸200℃ 15min，预热结束提示音响起后，按“确认/暂停”键，将浅烤盘放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
7. 在烤肉的同时，锅中加入清水适量，加盐10g，意大利面沸水下锅，中火煮至10min，中途搅拌，煮完捞出至盆中。
8. 起锅加入玉米油20g，油热后加入意大利面酱，中小火炒热炒香。
9. 烹饪结束出箱，取出鸡胸，将鸡胸撕成条，倒入意大利面中，淋入炒好的意大利面酱，拌匀入味，装盘即可食用。

# 蒸烤炸一体机 CQ926H01

## P44 × 意式茄子奶酪

茄子的营养丰富，含有蛋白质、脂肪、碳水化合物、维生素以及钙、磷、铁等多种营养成分，茄子与奶酪的组合美味十足，但看似平平无奇，热量却极高哦。

### 『原料』

食材：茄子 1000g、马苏里拉芝士碎150g

配料：番茄酱 50g、盐 5g

### 『做法』

1. 茄子洗净切成约15mm厚片。
2. 锅中倒入食用油，用大火加热至7成热，放入茄子保持中火炸1-2min至茄子表面定型，微微发黄，捞出。
3. 炸好的茄子撒上盐，抓拌均匀。
4. 炸烤网架上放上一层茄子片，表面涂抹一层薄薄的番茄酱，放上马苏里拉芝士碎，继续摆放茄子片、番茄酱、马苏里拉芝士碎。
5. 一体机预热：选择空气炸190℃15min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，铺有锡纸的浅烤盘放入一体机第1层接油，关门，按“确认/暂停”键，进行烤制。
6. 烹饪结束出箱，放置2min以重新吸收汁液。即可食用。

# 蒸烤炸一体机

## CQ926H01

## P45 × 意式通心粉

通心粉的主要营养成分是蛋白质、碳水化合物等，易于消化吸收，有改善贫血、增强免疫力的功效。搭配奶酪、肉类、蔬菜营养丰富又简单。

### 『原料』

食材：牛肉糜450g、通心粉200g、马苏里芝士碎120g、鸡蛋1个  
绿灯笼椒100g、口蘑50g、面包屑25g、帕玛森奶酪20g、  
玉米淀粉5g

配料：洋葱100g、意大利面条酱60g、食用油40g、生抽10g、  
大蒜10g、盐12g、黑胡椒粉0.5g

### 『做法』

1. 将大蒜、绿灯笼椒、洋葱洗净切碎；口蘑洗净切片；帕玛森奶酪擦丝。
2. 牛肉糜洗净切碎，装入盆中，打入鸡蛋，加入洋葱、牛至、面包屑、玉米淀粉、小部分帕玛森奶酪、黑胡椒碎0.3g、盐2g、食用油5g，抓捏均匀，捏成球状。
3. 平底锅中热油，放入肉丸，煎制表面金黄，盛出，放入盘中。
4. 无需另外倒油，热锅，加入大蒜、洋葱炒香，倒入牛肉糜炒碎，倒入口蘑翻炒软，加入意大利面条酱、剩余帕玛森奶酪拌匀，继续加入绿灯椒粒炒匀。
5. 另起锅加入适量清水，加盐10g，煮沸后放入通心粉，保持中火煮10min。
6. 沥水后放回平底锅中，与酱料搅拌均匀。
7. 取方形烤碗（尺寸为长\*宽\*高=30cm\*15cm\*5cm），将通心粉放入烤碗中，表面均匀撒上马苏里芝士碎，将烤碗放入炸烤网架上。
8. 一体机预热：选择焙烤200℃ 15min，预热结束提示音响起后，按“确认/暂停”键，将炸烤网架放入一体机第3层，关门，按“确认/暂停”键，进行烤制。
9. 烹饪结束后出箱，烤至芝士变金黄色即可食用。



# 蒸烤炸一体机 CQ926H01

## P46 × 海盐秋刀鱼

秋刀鱼含有人体不可缺少的二十碳五烯酸(EPA)、二十二碳六烯酸(DHA)等不饱和脂肪酸，EPA、DHA有抑制高血压、心肌梗塞、动脉硬化的作用。

### 『原料』

食材：秋刀鱼 520g（6条）

配料：白醋 20g、橄榄油 20g、白酒 15g、生抽 15g、海盐 5g、孜然粉 5g、椒盐粉 3g、辣椒粉 3g、柠檬汁 5g



### 『做法』

1. 秋刀鱼去内脏洗净擦干，加入白醋、白酒、生抽、海盐、橄榄油均匀拌匀，腌制30min。
2. 将孜然粉、椒盐粉、辣椒粉混成综合调料备用。
3. 将秋刀鱼放在炸网上，烤盘铺好锡纸。
4. 腌制完成，用厨房纸擦干水分，两面均匀撒上一半调料，另一半留用。
5. 一体机预热：选择当前菜谱，预热结束后，将炸烤网架放入一体机第3层，烤盘放第1层（接油），水箱加满水，关门，按“确认/暂停”键，开始烹饪。
6. 烹饪12min后，按“确认/暂停”键取出炸网，秋刀鱼翻面，撒上剩余调料，按“确认/暂停”键，继续烘烤。
7. 烹饪完出箱，摆盘，挤上柠檬汁即可食用。



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# 蒸烤炸一体机

## CQ926H01

### P47 × 脆皮猪肘

用佐料腌制，再放入烤炉旺火烘烤，呈金黄时出炉，一眼就让人食欲。

#### 『原料』

食材：猪肘1个（1500g）

配料：黄酒 30g、小葱 15g、食盐 15g、生姜 10g、食用油 10g



#### 『做法』

1. 用葱结、姜片、食盐、黄酒腌制猪肘2h，刷上食用油。
2. 将腌制好的猪肘放在炸烤网架上，炸烤网架放入一体机第3层，铺有锡纸的烤盘放入一体机第1层用来接油，选择当前菜谱，关门，水箱加满水，按“确认/暂停”键，开始烹饪。
3. 烤完取出，摆盘即可食用。



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2.



3.

# 蒸烤炸一体机 CQ926H01

## P48 × 酥嫩大鸡排

鸡胸肉蛋白质含量较高，且易被人体吸收入利用，有增强体力，强壮身体的作用，所含对人体生长发育有重要作用的磷脂类，是中国人膳食结构中脂肪和磷脂的重要来源之一。

### 『原料』

食材：鸡胸肉 1块、面包屑 60g、鸡蛋一个

配料：葱3g、姜4g、米酒10g、盐2g、胡椒粉0.5g、生抽3g



### 『做法』

1. 鸡肉用盐、米酒、胡椒粉、葱姜、生抽腌制3h。
2. 将盘子放入有孔蒸盘中，有孔蒸盘放入一体机第3层，选择当前菜谱，关门，水箱加满水，按“确认/暂停”键，开始烹饪。
3. 将蒸好的鸡肉取出，关门。鸡肉裹全蛋液，再裹上面包屑，用手压实拍紧；浅烤盘铺锡纸，锡纸上刷一层薄薄的油，将粘好面包糠的鸡肉，放在浅烤盘上。
4. 将浅烤盘放入一体机第3层，按“确认/暂停”键，继续烹饪。
5. 烤制成金黄色盛出装盘即可。



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# 蒸烤炸一体机 CQ926H01

## P49 × 黑胡椒烤肋排

肋排是胸腔的片状排骨，肉层纤薄，肉质较瘦，口感鲜嫩。

### 『原料』

食材：猪肋排1000g（4根）

配料：老抽 10g、生抽 40g、黑胡椒 1g、蚝油 20g、黄糖 30g、  
绍酒 30g、蜂蜜 40g、葱 20g、食盐 5g



### 『做法』

1. 排骨用生抽、老抽、黑胡椒、绍酒、蚝油、黄糖、蜂蜜25g、葱结腌制，按摩肋排，放冰箱腌渍过夜，途中可以翻翻面；腌料汁与蜂蜜15g混匀成料汁备用。
2. 取出来撒盐再按摩一遍，放在炸烤网架中，将炸烤网架放入一体机第3层，第1层放入铺有锡纸的烤盘（用于接油）关门，水箱加满水，选择当前菜谱，按“确认/暂停”键，开始烹饪。
3. 蒸完取出，立刻关门，刷上混匀的料汁。
4. 将炸烤网架放入一体机第3层，按“确认/暂停”键，开始烹饪。
5. 烤至排骨出油，变焦黄色，取出，装盘即可。



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# 蒸烤炸一体机 CQ926H01

## P50 × 香酥鸭

此菜注重工艺造型，讲究原料配合，形态美观，色调柔和，集松泡、酥脆、软嫩、鲜香于一体，深受四方宾客欢迎。

### 『原料』

食材：净膛光鸭 2000g  
干花椒 20g、盐 70g、桂皮 2g、八角 5g、香叶 2g



### 『做法』

1. 将干花椒、盐、桂皮、八角、香叶搅拌均匀用中小火进行炒制。
2. 炒香。
3. 鸭子洗净后将香料均匀的撒在鸭身内外。
4. 用手将香料抹均匀。
5. 腌制时间约4h，喜欢重口味的封上保鲜膜冷藏腌制一个晚上。
6. 将鸭子身上的香料清理干净，鸭子放在炸烤网架中，炸烤网架放第3层，烤盘放第1层，烤盘内铺好锡纸（接油）。水箱加满水，关门。选择当前菜谱，按“确认/暂停”键进行烹饪。
7. 拿出后即可食用。



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# 蒸烤炸一体机 CQ926H01

## P51 × 烤鱼排

烤鱼排是一道美食，口味不错，制作简单，巴沙鱼体内富含油脂，体内富含多不饱和脂肪酸对人体有很好的补益。

### 『原料』

食材：巴沙鱼柳175g

腌鱼调料：蒸鱼豉油10g、葱5g、姜5g、料酒5g

包裹调料：BB蒜蓉酱25g、鸡蛋1/2只、日式面包糠25g



### 『做法』

1. 将巴沙鱼柳洗净，加上腌鱼调料腌制10min。
2. 将盘子放在有孔蒸盘内，有孔蒸盘放入一体机第3层，选择当前菜谱，关门，水箱加满水，按“确认/暂停”键，开始烹饪。
3. 鸡蛋打入碗中，与BB蒜蓉酱搅拌均匀。
4. 蒸完取出，立刻关门，将蒸好的鱼柳端出稍微晾凉，用厨房纸吸干水分，鱼柳两面刷上BB蒜蓉酱和鸡蛋液调成的汁，再沾上日式面包糠；浅烤盘上铺锡纸，再刷薄薄一层油，将鱼排放放在浅烤盘上，将浅烤盘放入一体机第3层。
5. 按“确认/暂停”键，继续烹饪。
6. 烤好出箱，取出装盘配上BB蒜蓉蘸酱即可。



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# 蒸烤炸一体机 CQ926H01

## P52 × 烤猪蹄

色、香、味、俱佳，一经推出就收到广大食客的追捧。

### 『原料』

食材：猪蹄1只（约500g）

生姜5g、盐5g、料酒20g、陈皮3g、八角1个、茴香1g、  
生抽20g、老抽10g、酱油30g、白糖10g、五香粉1g、  
孜然粉1g、椒盐1g、辣椒粉1g



### 『做法』

1. 锅内放入水1000g、盐、生姜、料酒，放入猪蹄，煮20min后捞起。
2. 将猪蹄放入大碗内，加入陈皮、八角、茴香、生抽、老抽、酱油、白糖、五香粉，腌制4-6h，中途翻面一次，使其表面都能够上色、入味。
3. 将大碗放在有孔蒸盘内，有孔蒸盘放入一体机第3层，选择当前菜谱，关门，水箱加满水，按“确认/暂停”键，开始烹饪。
4. 取出猪蹄，立刻关门，将猪蹄放在铺上锡纸的浅烤盘上，两面撒上孜然粉、椒盐、辣椒粉。
5. 再次放入一体机内第3层，按“确认/暂停”键，继续烹饪。
6. 烤好出箱，装盘即可。



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# 蒸烤炸一体机 CQ926H01

## P53 × 新法扒鸡

肉质鲜美且营养丰富，十分经典的美味。

### 『原料』

食材：鸡腿6只

腌制调料：葱10g，姜5g，料酒10g，盐3g，生抽8g，老抽4g

炖制调料：八角2只，桂皮1片（3g），葱10g，姜5g，生抽8g，老抽7.5g，蚝油12g，糖2.5g，料酒10g，十三香1g，花椒0.5g，盐1g，水200g



### 『做法』

1. 将鸡腿洗净，放入腌制调料拌匀，将鸡腿腌制15min备用，将腌制好的鸡腿放在铺好锡纸的浅烤盘上。
2. 一体机预热：选择当前菜谱，预热结束提示音响起后，将浅烤盘放入一体机第3层，关门，水箱加满水，按“确认/暂停”键，开始烹饪。
3. 烤完出箱，关门，鸡腿放入砂锅，加入炖制调料，加入清水，砂锅放在有孔蒸盘上，将有孔蒸盘放在一体机第3层，继续烹饪。
4. 蒸制成金黄色盛出装盘即可。



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# 蒸烤炸一体机

## CQ926H01

## P54 × 金牌烤鱼

烤鱼最大的特色是鱼肉外焦里嫩，烧烤味浓郁但不腻，烤鱼以麻辣鲜香的气味、金黄油亮的色泽和皮脆肉嫩的口感著称于世。

### 「原料」

食材：草鱼 1条（1000g）、莴笋 100g、胡萝卜 100g、土豆 100g、藕100g、京葱 50g

配料：盐4g、植物油 100g、花椒 5g、八角 3个、干红辣椒5个、郫县豆瓣20g、蚝油10g、生抽10g、豆豉50g、大蒜10g、姜5g、胡椒粉0.5g、盐1g、水250g



### 「做法」

1. 处理干净的草鱼，去鱼骨、尾部及头部，只取中间两段鱼肉；在鱼身两侧划几道斜刀口，以便入味；（用厨房纸巾将鱼身上的水分彻底擦干）。
2. 把4g盐均匀的涂抹在鱼的内外侧，并轻轻按摩片刻，然后腌制15min。
3. 锅里倒入油大火烧热，放入5g花椒、5个干辣椒和3个八角，炸至焦红色，香味飘出。
4. 将炸好后的油过滤掉香料，腌好的鱼放在铺了锡纸的烤盘上；用毛刷蘸料油刷在鱼的表面，油尽量多刷一些。
5. 一体机预热：选择当前菜谱，预热结束提示音响起后，将烤盘放入一体机第3层，关门，按“确认/暂停”键，开始烹饪。
6. 将剩下的料油倒入锅里大火烧热，先放入剥好的10g蒜瓣炸至金黄，再加入5g姜片、50g葱段、20g郫县豆瓣，翻炒几下，放入豆豉50g继续翻炒。将100g莴笋、100g胡萝卜、100g土豆、100g藕片倒入锅里，翻炒3min。翻炒到变软以后，加入10g蚝油、10g生抽翻炒均匀，倒入250g水。煮开后，加盖再煮3min，加入胡椒粉即可。
7. 听到提示音后，将鱼从一体机中取出，立刻关门，鱼表面略微变黄，将煮好的配菜倒在鱼身上。注意将汤汁浇在鱼身的刀口上，使汤汁能够更加入味。
8. 再次放入一体机中进行烤制，按“确认/暂停”键，继续烹饪。
9. 烹饪结束后，取出烤盘，装盘撒上芝麻即可食用。



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# 蒸烤炸一体机 CQ926H01

## P55 × 锡纸酱烤玉米

玉米是全世界总产量最高的农作物，一直都被誉为长寿食品，含有丰富的蛋白质、脂肪、维生素、微量元素、纤维素等。

### 『原料』

食材：玉米 2-3根

配料：蜂蜜 5g、海天排骨酱 15g、甜面酱 5g、辣椒粉 1g、孜然粉约 0.5g、黄油 4g



### 『做法』

1. 玉米洗净，放在铺有锡纸的浅烤盘上，一体机无需预热，将浅烤盘放入一体机第3层，水箱加满水关门。选择当前菜谱，按“确认/暂停”键，进行烹饪。
2. 烹饪15min后，按“确认/暂停”键取出浅烤盘，将所有材料（除黄油）称好，混合均匀成为酱料，蒸好的玉米上均匀刷一层酱料。
3. 黄油取小块软化，用刷子蘸黄油，刷到玉米上。
4. 按“确认/暂停”键，继续烘烤。
5. 烤好出箱。



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# 蒸烤炸一体机 CQ926H01

## P56 × 蒸烤茄子

该菜茄子软烂、粉丝入味、肉粒酥脆、滋味相融，成菜大气。

### 『原料』

食材：黑茄1根、肉末50g、水发粉丝100g

配料：盐1g、白糖5g、料酒10g、生抽10g、老抽3g、姜末8g、葱末15g、蒜末15g、水50g



### 『做法』

1. 将盘子放在有孔蒸盘内，有孔蒸盘放入一体机第3层，选择当前菜谱，关门，水箱加满水，按“确认/暂停”键，开始烹饪。
2. 在蒸茄子的过程中，热锅热油，放入姜末、一半的蒜末、一半的葱末炸香，再放入肉末炒香，放入调料和适量水，烧开后放入水发粉丝继续炒拌均匀。
3. 蒸完取出茄子，立刻关门，用刀顺长破开，用刀尖在内部划上“十字刀”花刀，挑断茄子的筋络，将炒好的肉末粉丝酿入剖开的茄子里，上面均匀撒上另一半蒜末，烤盘铺好锡纸，将粉丝茄子放在烤盘上，再将烤盘放入一体机第3层。
4. 按“确认/暂停”键，继续烘烤。
5. 烤好出箱，撒上剩余葱花，即可食用。



1.



2.



3.



4.



5.



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