

ROBAM
Enjoy Cooking

How to be a Chef

Combi Oven Recipes

ROBAM
Enjoy Cooking



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Beauty and Skin Care



Bird Nest Soup

Smart Recipe P02



Function type
Fresh Steam



Cooking length
30min



Difficulty level
★ ★ ★



I Ingredients I

1 Dry bird's nest	5g
Rock sugar	30g
Dried red jujubes	4

I Preparation I

1. Take one bird's nest 5g. Soak it in pure water for 4-6h. Change the water several times during the soaking process. (Add about 500g water each time. Pinch the bird's nest with hands. Tear it apart when it becomes soft, and the soaking is finished)
2. Clean the red jujubes and remove the cores, then soak for 30min.
3. Remove the feathers and impurities from the bird's nest with tweezers. In this process, change water several times.
4. Tear the bird's nest into small filaments.
5. Use the back of knife to pat the rock candy into small particles, so that it will melt rapidly in the steaming process.
6. Take two small stewing pots, in which put the processed bird's nest. In each of the small stewing pots, put two cored red jujubes, 15g rock candy, and about 120g pure water, which is about 1mm over the bird's nest. Cover the lids, and put the stewing pots on the fry & roast rack.

I Cooking Steps I

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, and set P02 Smart Program or Fresh Steam at 95°C for 30min. Close the door, and fill the tank with water. Press Start to cook.
2. When the cooking is done, take out the fry & roast rack, and enjoy your food.





Gelatin

Smart Recipe P04



Function type
Fresh Steam



Cooking length
120min



Difficulty level
★★

Ingredients

Black sesames	250g	Raw walnut kernels	90g
Donkey-hide gelatin	120g	Rice wine	250g
Dried red jujubes	110g	Rock sugar	75g

Preparation

1. Tear the donkey-hide gelatin into big pieces by hand, then ground them into powder with a grinder, and put into a basin. Add 250g rice wine and stir evenly. Cover the plastic wrap, soak at room temperature for 48h, and set aside for use.
2. Crush the rock candy with the back of knife and set aside for use.
3. Stir-fry and mince the raw walnut kernels, and set aside for use.
4. Clean and drain the red jujubes. Remove the cores, and chop the red jujubes. Set aside for use.
5. Stir-fry the black sesames, ground them into powder with a grinder, and set aside for use.
6. Pour all ingredients into the soaked donkey-hide gelatin, stir evenly and put into a big bowl. Do cover the plastic wrap and put the big bowl on the fry & roast rack.

Cooking Steps

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, close the door, fill the tank with water, and set the P04 Smart Program or Fresh Steam at 95°C for 120min. Press Start to cook.
2. After cooking, take out the fry & roast rack, tear off the plastic wrap, and let it cool before enjoying your food.

Tips: An adult can take 2 scoops of it each time, and 1-2 times per day.



Health Preservation



Steamed Chicken

Smart Recipe P13



Function type
Nutrition Steam



Cooking length
25min



Difficulty level
★ ★



| Ingredients |

Half a chicken, about	800g	Salt	3g
Dry caterpillar fungus flowers	10g	Pepper powder	1g
Bean curd sheet rolls	3 pieces	Cornflour	3g
Dry mushrooms	5	Ginger	10g
Soy sauce	25g	Green onion	5g
Oyster sauce	15g		

| Preparation |

1. Cut the bean curd sheet roll into 5cm sections, and put them into the bowl with the dry mushrooms. Put into clear water and soak for 30min in advance; soak the caterpillar fungus flowers alone for 10min.
2. Cut the soaked mushrooms into halves; clean and slice the ginger; clean the green onion, segment the green onion white, and chop the green onions.
3. Chop the chicken into small pieces, clean and drain them, and put into a basin. Put in 10g ginger slices, 25g soy sauce, 15g oyster sauce, 3g salt, 1g herb pepper, and 3g cornflour. Add the soaked caterpillar fungus flowers and mushrooms, stir evenly by hand, and pickle for 20min.
4. Drain the soaked bean curd sheet rolls, spread them on the plate bottom, and put the pickled ingredients on the bean curd sheet rolls.
5. Put the plate with chicken on the fry & roast rack.

| Cooking Steps |

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, fill the tank with water, and close the door. Set P13 Smart Program or Nutrition Steam at 100°C for 25min. Press Start to cook.
2. After cooking, dust the chicken with chopped green onions before serving.



Steamed Chicken Feet

Smart Recipe P07



Function type
High Temperature Steam



Cooking length
40min



Difficulty level
★★★★



I Ingredients I

Chicken feet	1,000g	Fermented black beans	40g	Oyster sauce	10g
Soy sauce	10g	Dark soy sauce	5g	Rice wine	20g
Chili sauce	10g	Char Siu sauce	10g	Cornflour	5g
Sesame oil	5g	White pepper powder	1g	Green onions	10g
Minced garlic	15g	Ginger	30g	Soybean oil	1,500g
Cooked white sesames	A few				

I Preparation I

1. Clean the chicken feet and cut off the nails with scissors.
2. Add the right amount of clear water in the wok and put the chicken in cold water. Add 20g ginger slices and 10g rice wine, and cook for 15min. In the process, skim the floating powder.
3. Take out and drain the chicken feet in case the hot oil splash when cooking in the pan.
4. Clean and dry the wok. Add 1,500g soybean oil and heat it to 70% hot. Add the chicken feet and fry until the surface is golden. Take them out of the water.
5. Put the fried chicken feet into a basin, add enough ice water and soak for 15min.
6. Mince the fermented black beans, segment the green onion white, and mince the green onion and ginger.
7. Heat oil in the wok, add green onion segments and stir fry them. Add fermented black bean mince and fry slowly in low heat. Add the minced garlic and ginger, stir fry them, remove from the wok and set aside for use.
8. Cut the soaked chicken feet into halves, drain the water and put into a big basin.
9. Add 5g cornflour and stir by hand. Add the fried fermented black beans. Add 10g oyster sauce, 10g soy sauce, 5g dark soy sauce, 10g Char Siu sauce, 10g Chili sauce, 10g rice wine, 1g white pepper powder, 5g sesame oil, and last 150g clear water. Mix well and marinate for 1h.

I Cooking Steps I

1. Put the marinated chicken feet into a big bowl, put the bowl on the fry & roast rack. Put the fry & roast rack on the first layer of multi-purpose steam oven, fill up the tank with water and close the door. Set P07 Smart Program or High Temperature Steam at 120°C for 40min. Press Start to cook.
2. After cooking, dust with chopped green onions and cooked white sesames before serving.

Tips:

1. The chicken feet must be fully dried with kitchen paper before putting into the oil wok, in case that the oil splash and cause burns.
2. The oil temperature should not be too high when frying the chicken feet. The oil should be controlled at 70% to 80%. You'd better put in a chicken foot and try the oil temperature. If dense bubbles appear immediately, the chicken feet can be fried in the oil.



Steamed Egg

Smart Recipe P06



Function type
Fresh Steam



Cooking length
22min



Difficulty level
★★

| Preparation |

1. Wash the dry scallops and put in a bowl. Soak them in 300g clear water, cover the plastic wrap, and refrigerate it overnight.
2. Take out the swelled scallops, tear them into filaments, put them in a bowl and set aside for use. The soaked water is saved.
3. Knock 3 eggs into a big bowl, add 5g rice wine and 2g salt, and whisk them.
4. After whisking the eggs, add the water soaking scallops, and mix them well. Filter through a fine mesh sieve, pour into another big bowl, and skim the floating powder with a spoon.
5. Put the bowl with scallop filaments and the big bowl with whisked eggs together on the fry & roast rack.

| Cooking Steps |

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, fill the tank with water, close the door, and set the P06 Smart Program or Fresh Steam at 95°C for 22min. Press Start to cook.
2. Press Pause when the cooking has 14min left. Take out the bowl containing shredded dried scallops and close the door. Continue cooking by pressing Start.
3. After the cooking, take out the fry & roast rack.
4. Place the shredded dried scallops on the steamed egg custard and sprinkle with 10g fresh soy sauce and 3g sesame oil. Put them on a dish and serve with the chopped green onions.



| Ingredients |

Dried scallop	15 pieces
Eggs	3
Clean water	300g
Soy sauce	10g
Rice wine	5g
Sesame oil	3g
Chopped green onions	3g
Salt	2g



Fried Mushrooms

Smart Recipe P24



Function type
Air Fry



Cooking length
30min



Difficulty level
★★



I Ingredients I

King oyster mushroom	700g
BBQ sauce	30g
Olive oil	20g
Salt	10g
Black pepper powder	2g
Chili powder	2g
Eggs	1

I Preparation I

1. Clean and wipe the king oyster mushrooms. Cut them into pieces, about 15 g/per piece in weight.
2. Mix evenly the salt, black pepper powder, chili powder, BBQ sauce, egg liquid and olive oil into a sauce and set aside for use.
3. Pour the sauce into the king oyster mushrooms and blend evenly. Place them on fry & roast rack.

I Cooking Steps I

1. Set P24 Smart Program or Air Fry at 180°C for 30min and then start the preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of multi-purpose steam oven to collect the debris. Place the fry & roast rack on the first layer and close the door. Press Start to cook.
3. Press Pause after 15min of cooking. Open the oven door, take out the fry & roast rack. Shake the king oyster mushrooms. Close the door and press Start to continue cooking.
4. Remove the mushrooms from the oven after fried thoroughly, and put them on a dish before serving.



Desserts and Snacks



Steamed Milk Egg Pudding

Smart Recipe P03



Function type
Fresh Steam



Cooking length
20min



Difficulty level
★★★



I Ingredients I

Pure milk	250ml
Eggs	2
Sweet red bean	Proper amount
Fine granulated sugar	20g
Lemon juice	3g

I Preparation I

1. Pour the pure milk into a pot and bring to a gentle simmer for about 3min. Mix it with silicon scraper while simmering to avoid sticking to the pot. Turn off the heat when tiny bubbles appear in the middle of milk.
2. Prepare two bowls and immediately pour the heated milk into two bowls, and rapidly remove the scum on the surface. (It must be quickly done because milk crust may easily form.)
3. Leave on until milk crust forms on the surface of milk. Cool it to a warm temperature and set aside for use.
4. Separate egg yolk from egg white. Add 20g fine granulated sugar and 3g lemon juice into egg white to eliminate egg smell. Stir it evenly.
5. Slowly pour the milk into egg white by flowing downward along the chopsticks. Be careful not to pour milk crust into the egg white. Do not pour out all milk. Leave a little amount of milk with milk crust floating on its surface.
6. Screen the egg mixture with fine mesh screen, and then pour the milk by flowing downward along the chopsticks which has its one side leaned against the bowl wall. Then pour the milk back into the bowl containing milk crust and the milk crust starts to float again. Finally, cover with plastic wrap and make several holes with toothpicks.

I Cooking Steps I

1. Place a small bowl on the fry & roast rack, and put the fry & roast rack on the first layer of multi-purpose steam oven. Fill up water tank. Close the door. Set P03 Smart Program or Fresh Steam at 95°C for 20min. Press Start to cook.
2. After the cooking, take out the fry & roast rack. Tear off plastic wrap. Add a few sweet red beans before serving.

Tips:

Whole milk is preferred because it makes milk crust easier to form with rich milky fragrance.



Strawberry Daifuku

Smart Recipe P10



Function type
Nutrition Steam



Cooking length
25min



Difficulty level
★★

Ingredients

Purple sweet potato	500g
Strawberry	350g
Condensed milk	30g
Yogurt	30g
Shredded coconut stuffing	A few

Preparation

1. Clean, peel and cut sweet purple potatoes into small pieces and put them into a bowl.
2. Clean and remove the pedicles of strawberries.
3. Place the bowl containing sweet purple potatoes on the fry & roast rack.

Cooking Steps

1. Place the fry & roast rack on the first layer of multi-purpose steam oven, set P10 Smart Program or Nutrition Steam at 100°C for 25min. Press Start to cook.
2. After the cooking, take out the fry & roast rack.
3. Smash sweet purple potatoes with a spoon, and add 30g condensed milk and 30g yogurt. Stir evenly until it becomes fine and muddy.
4. Take a proper amount of sweet purple potatoes, weighing about 30g/per potato, shape them into balls and then pinch them into the shape of coarse bread.
5. Add the stuffing strawberry and close the edges.
6. Wrap the surface of sweet purple potatoes with shredded coconut stuffing. Put them on a dish before serving.



Fried Potato

Smart Recipe P21



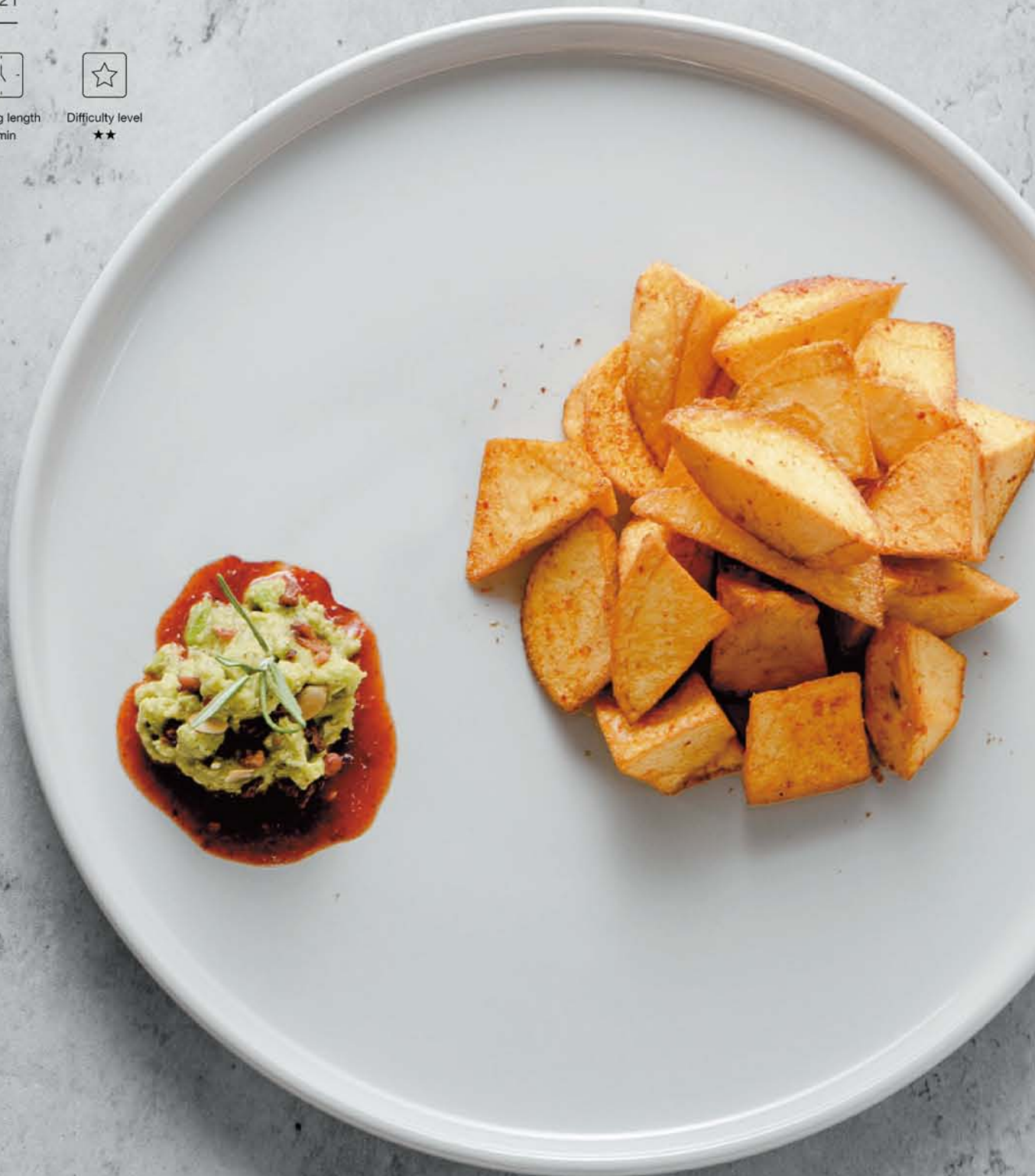
Function type
Air Fry



Cooking length
40min



Difficulty level
★★



I Ingredients I

Potato	600g
Oyster sauce	30g
Vegetable oil	15g
Chili powder	4g
Cumin powder	5g

I Preparation I

1. Clean, peel and cut potatoes into small pieces, about 20g/per piece.
2. Mix potato pieces with oyster sauce, vegetable oil, chili powder and cumin powder, stir evenly and cure for 10min.

I Cooking Steps I

1. Set P21 Smart Program or Air Fry at 170°C for 40min and then start the preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of multi-purpose steam oven to collect the oil. Place the fry & roast rack on the first layer and close the door. Press Start to cook.
3. Press Pause after 25min of cooking. Open the oven door, take out the fry & roast rack. Turn over potato pieces. Close the door and press Start to continue cooking.
4. Remove the mushrooms from the oven after fried thoroughly, and put them on a dish before serving.



Roasted Eggs Over Toast

Smart Recipe P16



Function type
Wind Bake



Cooking length
17min



Difficulty level
★★

I Ingredients I

White toast	6 pieces	Egg yolk	6
Egg white	60g	Corn grain	60g
Ham sausage	60g	Butter	10g
Fine granulated sugar	12g		

I Preparation I

1. Evenly spread the butter inside 6-hole mold. Dice the ham sausage and set aside for use.
2. Cut off four edges of white toast, roll it into thin sheets with a rolling pin. Cut off 1.5 cm along the center line of four sides.
3. Put the preprocessed toast into 6-hole mold. Spread the rest butter on the edges of toast.
4. Add 1 egg yolk, 2g fine granulated sugar, 10 corn grains, 10g diced ham sausages, and 10g egg white into each toast cake.

I Cooking Steps I

1. Set P16 Smart Program or Wind Bake at 170°C for 17min and then start the preheating;
2. When a warning tone rings after the preheating completes, place the toast cake on the fry & roast rack. Place the fry & roast rack on the first layer of multi-purpose steam oven and close the door. Press Start to cook.
3. Remove it from the oven after baked, and put it on a dish with a few spices you like before serving.

Tips:

If the egg is small or the mold is big, you can put the whole egg without separating egg yolk from egg white.





Cheese Pizza

Smart Recipe P20



Function type
Wind Bake



Cooking length
14min



Difficulty level
★★

I Ingredients I

8 inch frozen pizza	1 piece
Ketchup	15g
Mozzarella cheese	100g
Italian salami	5 pieces
Italian pizza spice	3g
Peeled prawns	20g
Mushroom	15g
Yellow capsicum	40g

I Preparation I

1. Clean and wipe peeled prawns and set aside for use. Clean and slice mushrooms. Clean and cut yellow peppers into strips and set aside for use.
2. Lay a piece of tin foil paper on the fry & roast rack, put frozen pizza on it and brush the ketchup on its surface.
3. Load the toppings such as 40g mozzarella cheese, 15g sliced mushrooms, 20g peeled prawns, 5 pieces of Italian salami and shredded 40g yellow capsicum.
4. Finally, sprinkle with the rest mozzarella cheese and Italian pizza spice.

I Cooking Steps I

1. Set P20 Smart Program or Wind Bake at 180°C for 14min and then start the preheating;
2. When a warning tone rings after the preheating completes, place the fry & roast rack on the first layer of multi-purpose steam oven and close the door. Press Start to cook.
3. Remove the pizza from the oven after baked. Put it on a dish and serve with a garnish.



Fried Fresh Milk

Smart Recipe P23



Function type
Air Fry



Cooking length
15min



Difficulty level
★★

I Ingredients I

Pure milk	500g	Condensed milk	30g
Corn starch	80g	Baking powder	1g
All-purpose flour	50g	Bread crumbs	80g
Fine granulated sugar	70g	Fresh water	80g

I Preparation I

1. Pour 500g pure milk, 70g fine granulated sugar, 30g condensed milk into a small milk pot. Stir evenly with a scraper. Then add 60g corn starch.
2. Heat it in a small pot on medium heat and keep stirring until it becomes a paste.
3. Pour the milk paste into a rectangle container laid with plastic wrap on the bottom. Flatten the surface, leave to cool and then chill for 1-2 h in the refrigerator until the milk paste is thoroughly frozen.
4. Mix 50g all-purpose flour, 20g corn starch and 1g baking powder together. Slowly add fresh water and stir until it becomes pasty without graininess.
5. Take out milk paste and cut it into 4cm×2cm×1.5cm (Length x Width x Height) milk cubes.
6. Wrap the milk cubes with prepared roux evenly. Then coat with bread crumbs and place them on the fry & roast rack.

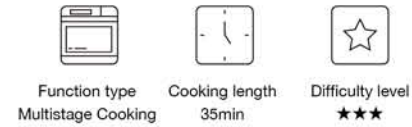
I Cooking Steps I

1. Set P23 Smart Program or Air Fry at 140°C for 15min and then start the preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of multi-purpose steam oven to collect the debris. Place the fry & roast rack on the first layer and close the door. Press Start to cook.
3. Remove them from the oven after fried. Put them on a dish before serving.



Baked Mashed Potato

Smart Recipe P29



I Preparation I

1. Clean and slice potatoes into about 3mm pieces; dice the ham sausage; clean and dice onions.
2. Put potato pieces on a dish and then put on the fry & roast rack.

I Cooking Steps I

1. Set P29 Smart Program or High Temperature Steam in Multistage Mode at 120°C for 15min and Wind Bake at 180°C for 20min. Place the fry & roast rack on the first layer of multi-purpose steam oven. Close the door and fill up water tank. Start cooking by press Start.
2. Heat the oil in a wok and add meat trimmings, diced ham sausages, diced vegetables, diced onions and salt. Stir-fry for 2min and set aside for use.
3. The first stage cooking completes. Press Pause to take out the fry & roast rack and close the door.
4. Mash potatoes and add a half of cooked seasoning, black pepper sauce, salad dressing and milk, stir evenly.
5. Put mashed potatoes stirred evenly into a roasting bowl. Spread mozzarella cheese on its surface. Sprinkle with the rest cooked seasoning. Then place the roasting bowl on the fry & roast rack.
6. Place the fry & roast rack on the first layer of multi-purpose steam oven and close the door. Press Start to continue cooking.
7. Remove mashed potatoes from the oven after baked, and put them on a dish before serving.



I Ingredients I

Potato	550g
Pork mince	120g
Ham sausage	60g
Vegetables	60g
Onion	50g
Mozzarella cheese	150g
Edible oil	25g
Black pepper sauce	20g
Milk	15g
Salad dressing	10g
Salt	5g





Seafood



Steamed Abalones

Smart Recipe P01



Function type
Fresh Steam



Cooking length
8min



Difficulty level
★★



I Ingredients I

Abalone	12
Green bean vermicelli	30g
Edible oil	25g
Soy sauce	20g
Steamed fish soy sauce	10g
Rice wine	5g
Green onions	10g
Mashed garlic	30g
Bird eye chilies	3

I Preparation I

1. Clean small abalones and remove their internal organs. Brush their shells and set aside for use.
2. Leave cross-shaped cutting on abalones with a knife and set aside for use.
3. Dip green bean vermicelli into warm water for 10min and set aside for use.
4. Clean, slice the green part of green onions and put them in fresh water for further use. Chop the white part of green onions and set aside for use. Clean and cut bird eye chilies into circles and set aside for use.
5. Heat the oil and stir-fry mashed garlic into mashed garlic sauce by adding soy sauce, rice wine, chopped white green onions and bird eye chilies.
6. Roll some soaked vermicelli into circles and put them into each shell of abalone. Add abalone and drizzle with prepared sauce.

I Cooking Steps I

1. Place the dished abalone on the fry & roast rack and place the fry & roast rack on the first layer of multi-purpose steam oven.
2. Close the door and fill up water tank. Set P01 Smart Program or Fresh Steam at 95°C for 8min. Press Start to cook.
3. After the cooking, take out the fry & roast rack.
4. Drizzle over abalones with steamed fish soy sauce and sliced green onions before serving.



Steamed Prawns

Smart Recipe P09



Function type
Fresh Steam



Cooking length
6min



Difficulty level
★★

I Ingredients I

Prawn	500g	Salted duck egg	6
Edible oil	20g	Rice wine	15g
Salt	3g	Chopped black pepper	3g
Garlic cloves	4	Fresh ginger	10g
Bird eye chillies	3		

I Preparation I

1. Clean, peel and shred fresh gingers. Clean and cut Xiaomi pepper into circles. Chop garlic cloves with their skins removed. Cut out the feelers and feet of prawns. Open their backs and devein. Clean thoroughly and drain the water.
2. Put the prepared prawns into a bowl. Add 3g chopped black pepper, 3g salt, shredded fresh gingers, 10g rice wine, mix evenly and cure for 15min.
3. Take out egg yolk from salted duck egg and set aside for use.
4. Wipe cured prawns with kitchen paper and put them on a dish.
5. Heat the edible oil in a wok, add salted duck egg yolk, chopped garlic, bird eye chillies, rice wine and fry over the minimal heat until the egg yolk becomes foamy and thick. Turn off the heat.
6. Spread the prawns with egg yolk sauce. Place the dish on the fry & roast rack.

I Cooking Steps I

1. Place the fry & roast rack on the first layer of multi-purpose steam oven and close the door. Fill up water tank.
2. Set P09 Smart Program or Fresh Steam at 95°C for 6min. Press Start to cook.
3. After the cooking, take out the fry & roast rack.
4. Dust with chopped green onions before serving.

Steamed Fish

Smart Recipe P12



Function type
Fresh Steam



Cooking length
10min



Difficulty level
★★★

I Preparation I

1. Kill, clean and wipe the bass with kitchen paper. Leave cross-shaped cutting on both sides of the bass.
2. Rub the salt all over the bass. Place 2 chopsticks horizontally in middle of fish plate. Place the bass on the chopsticks.
3. Clean and horizontally cut the lime in half; stuff one sliced piece from the half lime into the bass mouth.
4. Drizzle the remaining squeezed lime juice onto the bass; cut another half lime into pieces and set aside for use.
5. Chop garlic cloves and evenly spread them on the bass with chopped chilli and sugar.

I Cooking Steps I

1. Place the fish tray on the fry & roast rack, and put the rack on the first layer of the multi-purpose steam oven. Close the door and fill the water tank with water. Set P12 Smart Program or Fresh Steam at 95°C for 10min and press Start to cook.
2. When the cooking is done, take out the fry & roast rack and remove the chopstick.
3. Pour some seasoned soy sauce for seafood into the fish tray, dust with chopped green onion, sprinkle some hot oil, and garnish with lemon slices.



I Ingredients I

1 Bass	About 500g
Lime	1
Chopped chilli	10g
Garlic cloves	2
Chopped green onion	5g
Steamed fish soy sauce	30g
Sugar	3g
Salt	1g
Oil	20g





Steamed Crabs

Smart Recipe P14



Function type
Fresh Steam



Cooking length
22min



Difficulty level
★★

I Ingredients I

Hairy crab	10
Fresh ginger	5g
Soy sauce	15g
Spiced vinegar	10g

I Preparation I

1. Clean the crabs, especially their legs, with a brush.
2. Tie their legs with cotton rope, and prepare some ginger slices.
3. Pile them up in the tray, spread the ginger slices on them, and put the tray on the fry & roast rack.

I Cooking Steps I

1. Place the fry & roast rack on the first layer of the multi-purpose steam oven and close the oven door. Fill up the water tank.
2. Set P14 Smart Program or Fresh Steam at 95°C for 22min, and press Start to cook.
3. When the cooking is done, take out the fry & roast rack.
4. Take a saucer, pour some soy sauce and spiced vinegar in it, and transfer the crabs into a plate. Then it's ready.

Tips:

The crabs should be put on the fry & roast rack belly up. Put a steam & roast tray underneath to collect the oil and juice generated during the cooking, to avoid cleaning problems.



Steamed Oysters

Smart Recipe P15



Function type
Fresh Steam



Cooking length
10min



Difficulty level
★★

I Preparation I

1. Take out the meat of the oysters with a knife, clean their shells with a brush, and then put the meat back in the shells. Place them all in a tray.
2. Wash and chop the spicy millet. Crush, shell and mince the garlic. Wash and chop the green onion.
3. Heat the frying pan, pour 25g of cooking oil, put half of your minced garlic in the tray to fry, then the bird eye chillies, 20g of chilli sauce, 2g salt and 20g of oyster sauce. Stir them evenly. Put the rest minced garlic in and further stir. Then transfer them into a plate.
4. Take some garlic sauce with a spoon and spread it onto the oysters.
5. Place the tray on the fry & roast rack.

I Cooking Steps I

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, close the door, fill the water tank with water, and set P15 Smart Program or Fresh Steam at 95°C for 10minutes. Press Start to cook.
2. When the cooking is done, take out the fry & roast rack.
3. Dust with chopped green onion before serving.



I Ingredients I

Oyster	10
Bird eye chillies	3
Edible oil	25g
Chili sauce	20g
Oyster sauce	20g
Green onions	10g
Garlic	1.5
Salt	2g





Baysalt Saury

Smart Recipe P27



Function type
Humidified Roast



Cooking length
20min



Difficulty level
★★

I Ingredients I

Saury fish	4	White vinegar	20g
Olive oil	20g	Chinese Baijiu or Sake	5g
Light soy sauce	15g	Sea salt	5g
Cumin powder	5g	Salt and pepper powder	3g
Chili powder	3g	Lemon juice	5g

I Preparation I

1. Remove the internal organs of the sauries, add the white vinegar, Chinese Baijiu, light soy sauce, sea salt, olive oil and mix them well. Marinate them for 30min.
2. Mix the cumin powder, salt and pepper powder and chili powder for later use.
3. When the marinating is done, absorb liquid on the sauries with kitchen paper. Spread half of the seasonings onto them and leave the other half for later use.
4. Place the sauries on the fry & roast rack.

I Cooking Steps I

1. Set P27 Smart Program or Humidified Roast at 220°C for 20min. Fill the water tank with water and start preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven to collect the juice. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. Press Pause after 12min of cooking. Open the oven door, take out the fry & roast rack. Turn over the sauries and spread the remained seasonings onto them. Close the door and press Start to continue roasting.
4. When the roasting is done, transfer the sauries into a plate, and sprinkle some lemon juice onto them before serving.



Grilled Basa

Smart Recipe P28



Function type
Multistage Cooking



Cooking length
27min



Difficulty level
★★★

I Ingredients I

1 Basa	About 1200g	Cooking wine	20g
Rice cake	200g	White vinegar	10g
Potato	200g	Salt	10g
Buna shimeji	150g	Black pepper powder	2g
Onion	100g	Garlic	40g
Hotpot seasoning	200g	Fresh ginger	10g
Pixian spicy bean sauce	40g	Coriander	10g
Edible oil	20g	Green onions	5g

I Preparation I

1. Wash the basa, cut it through on the back from the neck leaving its belly intact. Score the fish body and absorb liquid on it.
2. Wash and peel the potato, slice the Rice cake, wash the buna shimeji, wash and slice the onion, peel and mince the garlic, peel and slice the ginger, and wash and section the green onion and coriander.
3. Marinate the basa with cooking wine, white vinegar, salt, black pepper powder, ginger slices and green onion sections for 30min.
4. When the marinating is done, remove the ginger slices and green onion sections and put the rest onto the steam & roast tray laid with a piece of tin foil paper.

I Cooking Steps I

1. Set P28 Smart Program or Wind Bake in Multistage Mode at 220°C for 12min + Nutrition Steam at 100°C for 15min. Fill the water tank with water and start preheating;
2. After the preheating completes, place the steam & roast tray on the first layer of the multi-purpose steam oven and close the oven door. Press Start to cook.
3. Heat the frying pan, pour the oil, and add the garlic, Pixian Spicy Bean Sauce and hotpot seasoning. Put the potato and onion in the pan and keep stir frying. Pour some water to cook for 5min.
4. The first stage of cooking is done. Press Pause and take out the steam & roast tray. Close the oven door.
5. Put the basa in the pan, spread the New Year rice cake slices and buna shimeji and pour the cooked seasoning on the basa.
6. Place the steam & roast tray on the first layer of the multi-purpose steam oven and close the oven door. Press Start to continue cooking.
7. When the steaming is done, transfer the basa into a plate, and spread some coriander before serving.



Grand Banquet



Roasted Lamb Chop

Smart Recipe P26



Function type
Humidified Roast



Cooking length
15min



Difficulty level
★ ★



I Ingredients I

Lamb chop	6 pieces	Pepper	4g
Carrot	150g	Cumin powder	4g
Celery	80g	Salt and pepper powder	5g
Onion	80g	Red wine	80g
Salt	15g	Olive oil	25g
Rosemary	2g		

I Preparation I

1. Wash the lamb chop and absorb water on it with kitchen paper; wash and chop the carrot; wash and dice the onion; wash and section the celery.
2. Mix the lamb chop and carrot, celery and onion, and marinate them with salt, rosemary, pepper, cumin powder, salt and pepper powder, red wine and olive oil for 1 hour.
3. Take the fry & roast rack, spread the vegetables on the bottom and put the lamb chop on the top for later use.

I Cooking Steps I

1. Set P26 Smart Program or Humidified Roast at 200°C for 15min. Fill the water tank with water and start preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven to collect the oil. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. Remove it from the oven after it's done. Put it in a dish before serving.

Tips:

If the taste is too light for you, you could add some cumin powder and chili powder.





Xiao Long Bao

Smart Recipe P05



Function type
Nutrition steam



Cooking length
12min



Difficulty level
★★★★

I Ingredients I

Low-gluten flour	250g	Oyster sauce	15g
Pork mince	500g	Soy sauce	25g
Hairy crab	6	Salt	2g
Warm water	130g	Fine granulated sugar	5g
Fresh ginger	10g	White pepper powder	1g
Green onions	15g	Edible oil	20g
Eggs	1	Corn starch	Small amount
Cooking wine	15g	Rice vinegar	Small amount

I Preparation I

1. Wash the hairy crabs and put them in the pan. Place the pan on the fry & roast rack, and put the rack on the first layer of the multi-purpose steam oven. Close the door and fill the water tank with water. Set the Nutrition Steam at 100°C for 12min and press Start to cook.
2. Take the crabs out of the oven and cool them in the air. Take the crab roe and meat out
3. Wash, peel and mince the ginger, wash and mince and chop the green onion, and separate the egg white from the yolk.
4. Mix the pork mince with the minced ginger, egg white, cooking wine, oyster sauce, soy sauce, salt, white pepper powder, corn starch and a little water, stir them for a little while, and then add the crab roe and meat.
5. Pour some oil into the frying pan and heat it to about 180°C (smoking). Pour the hot oil onto the minced meat and stir well for later use.
6. Take 250g of low-gluten flour, add some warm water and stir well. Knead it into a smooth dough and wrap it in food wrapper for 20min.
7. Make the dough into a shape like a rolling rod, divide it into small pieces of about 15g, and cover the pieces with food wrapper for later use.
8. Take a piece, roll it with a rolling rod into a thin, round wrapper, leaving its center a little thicker than the edge. Dust flour frequently to the chopping board and the rolling rod while rolling, to avoid adhesion.
9. Put a piece of cotton gauze or oil paper on the fry & roast rack and fill the wrapper with some meat stuffing. Hold the wrapper on your left palm, use your right thumb to resist at a point of the edge, use your right index and middle finger to get the rest of the edge to that point and pinch them into wrinkles. Close up the opening.

I Cooking Steps I

1. Place the fry & roast rack on the first layer of the multi-purpose steam oven, fill the water tank with water. Set P05 Smart Program or Nutrition Steam at 100°C for 12min. Press Start to cook.
2. Remove it from the oven after it's done. Put it in a dish before serving with vinegar.



Steamed Meatballs



Smart Recipe P08

Function type Nutrition steam Cooking length 20min Difficulty level ★★★

I Ingredients I

Pork belly	300g	Long sticky rice	150g
Carrot	150g	Fresh shiitake mushroom	50g
Fresh shrimp meat	50g	Eggs	1
Fresh soy sauce	20g	Cooking wine	20g
Green onions	15g	Fresh ginger	10g
Corn starch	5g	Sesame oil	5g
Salt	2g	White pepper powder	0.5g

I Preparation I

1. Soak the sticky rice for 3 hours in advance.
2. Wash the pork belly, remove the skin, and dice and then mince the meat. (You could also use a meat grinder)
3. Wash, clean and mince the ginger, wash and chop the green onion, wash, peel and dice the carrot and wash and dice the shiitake mushrooms.
4. Marinate the shrimp meat in a small bowl with 10g of cooking wine and 5g of minced ginger for 10min. Then chop the shrimp into paste.
5. Take the egg white out of the egg for later use.
6. Put some minced meat in a large bowl, and add some shrimp paste, the remained minced ginger, 10g of cooking wine, 20g of light soy sauce, 0.5g of white pepper, 5g of corn starch, the egg white, 2g of salt and 30g of water. Stir them and stir them well. Add the diced shiitake mushrooms and carrot (leave some diced carrot for later use), sprinkle 5g of sesame oil and dust some chopped green onion. Stir.
7. Drain the water off the sticky rice, and put it in a pot. Grab a handful of sticky rice and mix it with the minced meat.
8. Take about 40g of minced meat to make a meatball. Put the meatball in the rest sticky rice in the pot and wrap it with sticky rice.
9. Put a piece of oil paper on the fry & roast rack, place the meat balls on the rack in order, and decorate each ball with some diced carrot.

I Cooking Steps I

1. Place the fry & roast rack on the first layer of the multi-purpose steam oven, fill up the water tank, and close the door.
2. Set P08 Smart Program or Nutrition Steam at 100°C for 20min, and press Start to cook.
3. When the cooking is done, take out the fry & roast rack, transfer the meat balls into a plate and enjoy your food.



Braised Short Ribs

Smart Recipe P11



Function type
High Temperature
Steam



Cooking length
25min



Difficulty level
★★

Ingredients

Pork Ribs	500g	Green onions	5g
Plum sauce	60g	Garlic cloves	3
Cooking wine	20g	Corn starch	5g
Soy sauce	15g	Salt	2g
Dark soy sauce	5g	Fine granulated sugar	3g
Fresh ginger	10g	Cooked white sesame	Proper amount

Preparation

1. Chop, wash and soak the ribs to remove the blood in it. Then drain the water.
2. Smash, peel and mince the garlic, wash and section the green onion, and then cut them into shreds.
3. Wash and slice the ginger.
4. Drain the water off the ribs and marinate them in a pot with all seasonings except the white sesames and chopped green onion for 30min.
5. Put the marinated ribs in a pan and place the pan on the fry & roast rack.

Cooking Steps

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, fill the water tank with water, close the door, and set P11 Smart Program or High Temperature Steam at 120°C for 25min. Press Start to cook.
2. After cooking, take out the fry & roast rack and dust with the chopped green onion and cooked white sesames before serving.

Lemon Chicken Wings

Smart Recipe P17



Function type
Wind Bake



Cooking length
15min



Difficulty level
★★



I Ingredients I

Chicken middle joint wing	15
Edible oil	15g
Cooking wine	10g
Soy sauce	15g
Dark soy sauce	8g
Salt	3g
Garlic	20g
Honey	20g
Lemon	1
White sesame	3g

I Preparation I

1. Wash the wings and make two cuts on both sides of the wings. Soak them in water for 30min. Peel and slice the garlic for later use. Wash and cut the lemon in two halves. Squeeze one half for lemon juice and slice the other half for later use.
2. Take out the chicken wings and absorb the liquid on them with kitchen paper. Marinate the chicken wings with salt, cooking wine, light and dark soy sauces, honey, cooking oil and sliced garlic for 4hours.
3. Place the chicken wings neatly on the fry & roast rack and put the lemon slices on them.

I Cooking Steps I

1. Set the multi-purpose steam oven on P17 Smart Program or Wind Bake at 190°C for 15min and then start the preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of multi-purpose steam oven to collect the oil. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. When the roasting is done, transfer the chicken wings into a plate, and sprinkle some lemon juice and dust sesames onto them before serving.





Roasted Prime Ribs

Smart Recipe P18



Function type
Wind Bake



Cooking length
30min



Difficulty level
★★

I Ingredients I

Pork ribs	650g	Ketchup	20g
Rice wine	60g	Salt	5g
Spare rib sauce	50g	Garlic	20g
Char Siu sauce	50g	Fresh ginger	10g
BBQ sauce	30g		

I Preparation I

1. Wash the ribs and absorb water on them. Slice the ginger and peel and smash the garlic.
2. Mix the salt, rice wine, spare rib sauce, Char Siu sauce, barbecue sauce and ketchup.
3. Marinate the ribs with sliced ginger, garlic and the mixed sauce. Give them a massage. Put it in the fridge for 4-6 hours.
4. Remove the sliced ginger and garlic and put the ribs on the fry & roast rack.

I Cooking Steps I

1. Set P18 Smart Program or Wind Bake at 180°C for 30min and then start the preheating; lay a piece of tin foil paper on the steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. Press Pause after 15min of cooking. Take out the fry & roast rack. Turn over the ribs and press Start to continue cooking.
4. Remove it from the oven after it's done. Put it in a dish before serving.

Grilled Chicken

Smart Recipe P19



Function type
Wind Bake



Cooking length
50min



Difficulty level
★★★



I Ingredients I

1 chicken	About 1200g	Apple	1
Salt	15g	Potato	1
Soy sauce	20g	Carrot	1
Dark soy sauce	10g	Garlic	1
Cooking wine	15g	Char Siu sauce	30g

I Preparation I

1. Remove the head and feet of the chicken, wash it and absorb water on it. Daub it with salt and marinate for 20min.
2. Pour some dark and light soy sauces, cooking wine and Char Siu sauce into a small bowl, and stir to make a mixed sauce. When the marinating is done, daub the chicken with the mixed sauce, and put it in the fridge for 2 hours. Turn it over in the course to make it tastier.
3. When the marinating is done, peel the apple, cut it into 4 pieces and put them in the stomach of the chicken. Seal the bottom with toothpicks and wrap the feet and wings with tin foil paper.
4. Put the prepared chicken on the steam & roast tray laid with a piece of tin foil paper, back up.
5. Peel, wash and dice the potato and carrot. Peel and smash the garlic.
6. Put the prepared potato, carrot and garlic in a small bowl, and mix them with the remained sauce for marinating the chicken.

I Cooking Steps I

1. Set P19 Smart Program or Wind Bake at 160°C for 50min and then start the preheating.
2. When a warning tone rings after the preheating completes, place the steam & roast tray on the first layer of the multi-purpose steam oven and close the oven door. Press Start to cook.
3. Press Pause after 35min of cooking. Take out the steam & roast tray. Turn over the chicken, add the marinated vegetables and press Start to continue roasting.
4. Remove it from the oven after it's done. Put it in a dish before serving.



Chicken Nuggets

Smart Recipe P22



Function type
Air Fry



Cooking length
15min



Difficulty level
★★

I Preparation I

1. Wash the chicken tender and absorb water on it. Dice the chicken tender for later use; wash, peel and dice the potato; peel the garlic and separate the egg white and yolk.
2. Put chicken dices, potato dices, garlic and egg white into the meat grinder to make paste. Add some salt, black pepper, starch and light soy sauce to stir. Marinate for 30min.
3. Divide the marinated meat paste into 20 pieces, and make them into cubes of $5 \times 3 \times 2$ cm. Cover them with food wrapper and put in the fridge to freeze (for about 30min).
4. Mix 1 egg white and 2 yolks with the cornstarch to make paste.
5. Take out the frozen chicken cubes, and dip them in the mixed egg and starch paste and breadcrumbs. Place them neatly on the fry & roast rack.

I Cooking Steps I

1. Set P22 Smart Program or Air Fry at 200°C for 15min and then start the preheating. Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven to collect the debris. Place the fry & roast rack on first layer and close the oven door. Press Start to cook.
3. When the frying is done. Transfer them into a plate. Thus it could be enjoyed with some ketchup.



I Ingredients I

2 Chicken tenders	480g
Potato	170g
Light soy sauce	10g
Corn flour	20g
Corn starch	10g
Bread crumbs	70g
Garlic	15g
Eggs	2
Salt	6g
Black pepper powder	1.5g
Ketchup	Several





Roasted Beef Kebabs

Smart Recipe P25



Function type
Humidified Roast



Cooking length
15min



Difficulty level
★★

I Ingredients I

Beef tenderloin	250g	King oyster mushroom	70g
Red capsicums	80g	Braising sauce	50g
Green capsicums	80g	Honey	15g
Yellow capsicums	80g	Eggs	1

I Preparation I

1. Wash the beef tenderloin and absorb water on it. Dice it into cubes of $2 \times 2 \times 2$ cm.
2. Wash and chop the red, yellow and green capsicums into pieces of 2×2 cm.
3. Wash and dice the king oyster mushroom into cubes of $1.5 \times 1.5 \times 1.5$ cm. Separate the egg white from yolk for later use.
4. Marinate the beef tenderloin and king oyster mushroom with braising sauce, honey and egg white for 2 hours.
5. String the beef tenderloin, king oyster mushroom and capsicums with bamboo sticks and put them on the fry & roast rack.

I Cooking Steps I

1. Set P25 Smart Program or Humidified Roast at 180°C for 15min and start preheating. Fill the water tank and lay the steam & roast tray with a piece of tin foil paper to collect the oil.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. When the roasting is done, transfer them into a plate before serving. Dust with some cumin powder and chili powder if you like it.





Slow Roasted Short Ribs

Smart Recipe P30



Function type
Multistage Cooking



Cooking length
17min



Difficulty level
★★

I Ingredients I

One filet steak	3cm in thickness	Black pepper sauce	Several
Wine	35g	Rosemary	Proper amount
Butter	20g	Carrot	30g
Sea salt	3g	Brussel sprout	3
Black pepper powder	0.5g	Macaroni	30g

I Preparation I

1. Dry the steak with kitchen paper and beat on both sides until it's soft. Melt the butter in a small bowl on warm water.
2. Add some red wine, sea salt and black pepper to the steak and give it a massage for 1min. Brush the butter onto the steak and marinate it for 30min.
3. Cook the macaroni for 7min and boil the carrot with other vegetables. Add salt, pepper and olive oil and stir for later use.
4. Put the marinated steak on the fry & roast rack.

I Cooking Steps I

1. Set P30 Smart Program or Wind Bake in Multistage Mode at 140°C for 10min + High Temperature Steam at 105°C for 7min. Fill the water tank with water and start preheating. Lay the steam & roast tray with a piece of tin foil paper.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. Remove them from the oven after the steaming is done. Put them on a dish and dice before serving with black pepper sauce.

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美容养颜



鲜炖燕窝

智能菜谱P02



功能类别
鲜嫩蒸



制作时长
30min



制作难度
★★★



| 食材配料 |

干燕窝1盏	5g
冰糖	30g
红枣	4颗

| 备菜 |

- 1、取一盏燕窝5g，用纯净水泡发4-6h，泡发过程中需多换水（水量每次500g左右，用手捏燕窝，感觉变软可以撕开，表示泡发完成）
- 2、红枣洗净去核，浸泡30min
- 3、用镊子拣去燕窝中的羽毛和杂质，挑毛过程也可多换几次水
- 4、将燕窝撕成小细丝
- 5、冰糖用刀背拍成小碎颗粒，便于蒸制过程中快速融化
- 6、取两个小炖盅，将处理好的燕窝放入两个炖盅中，再放入去核的红枣各两颗，冰糖各15g，加入纯净水没过燕窝约1mm，盖上盖子，将小炖盅放到炸网上

| 烹饪步骤 |

- 1、将炸网放入多功能蒸箱第1层，设定鲜嫩蒸95°C 30min，关门，水箱加满水，进行烹饪
- 2、烹饪结束，取出炸网，即可食用





养颜阿胶

智能菜谱P04



功能类别
鲜嫩蒸



制作时长
120min



制作难度
★★

|食材配料|

生黑芝麻	250g	生核桃仁	90g
阿胶	120g	黄酒	250g
红枣	110g	冰糖	75g

|备菜|

- 1、阿胶用手掰成大块，再用研磨机磨成粉，装入盆中，加黄酒250g，搅拌均匀，盖上保鲜膜，室温浸泡48h，备用
- 2、冰糖用刀背拍碎，备用
- 3、生核桃仁炒熟，切碎，备用
- 4、红枣洗净沥干水分，去核切碎，备用
- 5、生黑芝麻炒熟，用研磨机磨成粉，备用
- 6、将所有原料倒入浸泡好的阿胶中，搅拌均匀后装入大碗，注意一定要盖上保鲜膜，将大碗放置于炸网上

|烹饪步骤|

- 1、将炸网放入多功能蒸箱第1层，关门，水箱加满水，设定鲜嫩蒸95°C 120min
- 2、烹饪结束，取出炸网，撕开保鲜膜，晾凉后即可食用
- 3、将晾凉的阿胶糕装入密封罐中，可保存3-4个月

小贴士：成人用量每天1-2次，每次2勺



四季养生



虫草花蒸鸡

智能菜谱P13



功能类别
鲜嫩蒸



制作时长
25min



制作难度
★★





| 食材配料 |

鸡半只	约800g	盐	3g
干虫草花	10g	胡椒粉	1g
腐竹	3根	生粉	3g
干香菇	5朵	生姜	10g
生抽	25g	小葱	5g
蚝油	15g		

| 备菜 |

- 1、腐竹剪成约5cm长段，和香菇一起装入碗中，加入清水提前浸泡30min；虫草花单独浸泡10min
- 2、泡好的香菇对半切开；生姜洗净切片；小葱洗净，葱白切段，葱绿切葱花
- 3、鸡肉剁小块，洗净沥干水分，装入盆中，加入葱白、生姜片10g、生抽25g、蚝油10g、盐3g、胡椒粉1g、生粉3g，加入提前泡好的虫草花、香菇，用手抓拌均匀，腌制20min
- 4、泡好的腐竹沥干水分，铺在盘底，将腌制后的食材放在腐竹上
- 5、将装好鸡肉的盘子放在炸网上

| 烹饪步骤 |

- 1、将炸网放入多功能蒸箱第1层，水箱加满水，关门，设置鲜嫩蒸95°C 25min，进行烹饪
- 2、烹饪结束，取出炸网，鸡肉撒上葱花，即可食用



广式蒸凤爪

智能菜谱P07



功能类别
高温蒸



制作时长
40min



制作难度
★★★★



|食材配料|

鸡爪	1000g	豆豉	40g	蚝油	10g
鲜酱油	10g	老抽	5g	黄酒	20g
香辣酱	10g	叉烧酱	10g	生粉	5g
芝麻香油	5g	白胡椒粉	1g	小葱	10g
蒜末	15g	生姜	30g	大豆油	1500g
熟白芝麻	若干				

|备菜|

- 1、鸡爪洗净，用剪刀剪去指甲
- 2、炒锅中加入适量清水，鸡爪冷水下锅，加入生姜片20g、黄酒10g，煮15min，期间撇去浮末
- 3、捞出沥干水分，防止下油锅时热油四溅
- 4、炒锅洗净擦干水分，加入大豆油1500g，油温烧至七成热，放入鸡爪，炸至表面金黄，捞出
- 5、将炸好的鸡爪装入盆中，加入足量冰水，浸泡15min
- 6、准备豆豉切碎，切好葱白段、葱花以及生姜末
- 7、起锅热油，加入小葱段，炒香后加入豆豉碎，转小火慢炒，加入蒜末、姜末，炒香盛出备用
- 8、将泡好的鸡爪切开分成两半，沥干水分，加入大盆中
- 9、放入生粉5g，用手拌匀，再加入刚刚炒好的豆豉，加入蚝油10g、鲜酱油10g、老抽5g、叉烧酱10g、香辣酱10g、黄酒10g、白胡椒粉1g、芝麻香油5g，最后加入清水150g，拌匀后腌制1h

|烹饪步骤|

- 1、将腌制好的鸡爪放入大碗中，将碗放置于炸网上，将炸网放入多功能蒸箱第1层，水箱加满水，关门，设置高温蒸120°C 40min，进行烹饪
- 2、烹饪结束，取出炸网，撒上葱花、熟白芝麻，即可食用

小贴士：

- 1、鸡爪进油锅前一定要用厨房纸充分擦干表面水分，避免油花四溅，引起烫伤
- 2、炸鸡爪温度不宜过高，油温控制在七八成，可以放一个鸡爪进去试试油温，如立刻出现密集气泡，表示可以下油锅炸制



瑶柱蒸蛋

智能菜谱P06



功能类别
鲜嫩蒸



制作时长
22min



制作难度
★★

|备菜|

- 1、干贝冲洗净，装入碗中，用清水300g浸泡，盖上保鲜膜，冰箱冷藏过夜
- 2、把涨发的干贝捞出撕成丝，装入碗中备用，浸泡的水留用
- 3、鸡蛋3个磕入大碗中，加入米酒5g、盐2g，充分打散
- 4、鸡蛋打散后，加入浸泡干贝的水，搅拌均匀，用细网筛过滤一遍，倒入另一个大碗中，用勺子撇去表面浮末
- 5、将装有干贝丝的和装有鸡蛋的大碗一起放置于炸网上

|烹饪步骤|

- 1、将炸网放入多功能蒸箱第1层，水箱加满水，关门，设置鲜嫩蒸95°C 22min，进行烹饪
- 2、当烹饪时间还剩下14min时，取出装有干贝丝的小碗，关门，继续烹饪
- 3、烹饪结束，取出炸网
- 4、将干贝丝放在蒸好的蛋羹上，淋上鲜酱油10g、芝麻香油3g，摆盘装饰即可食用



|食材配料|

干贝	15颗
鸡蛋	3个
清水	300g
鲜酱油	10g
米酒	5g
芝麻香油	3g
葱花	3g
盐	2g



低卡杏鲍菇

智能菜谱P24



功能类别
空气炸



制作时长
30min



制作难度
★★



|食材配料|

杏鲍菇	700g
烧烤酱	30g
橄榄油	20g
食盐	10g
黑胡椒粉	2g
辣椒粉	2g
鸡蛋	1个

|备菜|

- 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
- 3、将杏鲍菇与料汁充分拌匀，放置于炸网上

|烹饪步骤|

- 1、设置空气炸180°C 30min，开始预热；同时将蒸烤盘铺锡箔纸
- 2、预热结束提示音响起后，将铺有锡箔纸的蒸烤盘放入多功能蒸箱底板上，用来接渣，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烹饪15min后，按“暂停/开始”键取出炸网，晃动杏鲍菇，按“暂停/开始”键，继续烹饪
- 4、炸完出箱，摆盘，即可食用



甜点小食



港式双皮奶

智能菜谱P03



功能类别
鲜奶蒸



制作时长
20min



制作难度
★★★



| 食材配料 |

纯牛奶	250ml
鸡蛋	2个
蜜红豆	适量
细砂糖	20g
柠檬汁	3g

| 备菜 |

- 1、奶锅中放入纯牛奶，小火加热约3min，边煮边用硅胶刮刀搅拌，防止粘锅，煮至牛奶中央冒细泡关火
- 2、准备两个小碗，将加热好的牛奶立刻倒入两个小碗内，快速撇去泡沫（动作要快，易结奶皮）
- 3、牛奶静置结奶皮，凉至温热备用
- 4、分离蛋清蛋黄，蛋清中加入细砂糖20g，柠檬汁3g去腥，搅拌均匀
- 5、牛奶用筷子引流缓缓倒入蛋清中，注意不要把奶皮倒进去，牛奶不要倒干净，留少许，让奶皮漂在牛奶上面
- 6、用细网筛过滤蛋奶液，再用筷子一端贴着碗壁，一端顺着筷子倒牛奶，缓缓引流倒回装奶皮的碗中，奶皮又会漂浮起来，最后盖上保鲜膜，用牙签扎几个小孔

| 烹饪步骤 |

- 1、将小碗放置于炸网上，再将炸网放入多功能蒸箱第1层，水箱加满水，设置鲜嫩蒸95°C 20min进行蒸制
- 2、烹饪结束，取出炸网，撕开保鲜膜，放上少量蜜红豆，即可食用

小贴士：最好使用全脂牛奶，容易出奶皮，而且奶香味浓郁



低卡杏鲍菇

智能菜谱P10



功能类别
营养蒸



制作时长
25min



制作难度
★★

|食材配料|

紫薯	500g
草莓	350g
炼乳	30g
酸奶	30g
椰蓉	少许

|备菜|

- 1、紫薯洗净去皮切小块，装入碗中
- 2、草莓洗净，去蒂
- 3、将装有紫薯的碗放置于炸网上

|烹饪步骤|

- 1、将炸网放入多功能蒸箱第1层，设定营养蒸100°C 25min，进行烹饪
- 2、烹饪结束，取出炸网
- 3、紫薯用勺子碾压成泥，加入炼乳30g、酸奶30g，搅拌均匀呈细腻泥状
- 4、取适量紫薯泥，约30g/个，搓成球状，捏成窝窝头形状
- 5、将草莓包进去，收口
- 6、将紫薯表面裹满椰蓉，装盘即可食用



低脂薯角

智能菜谱P21



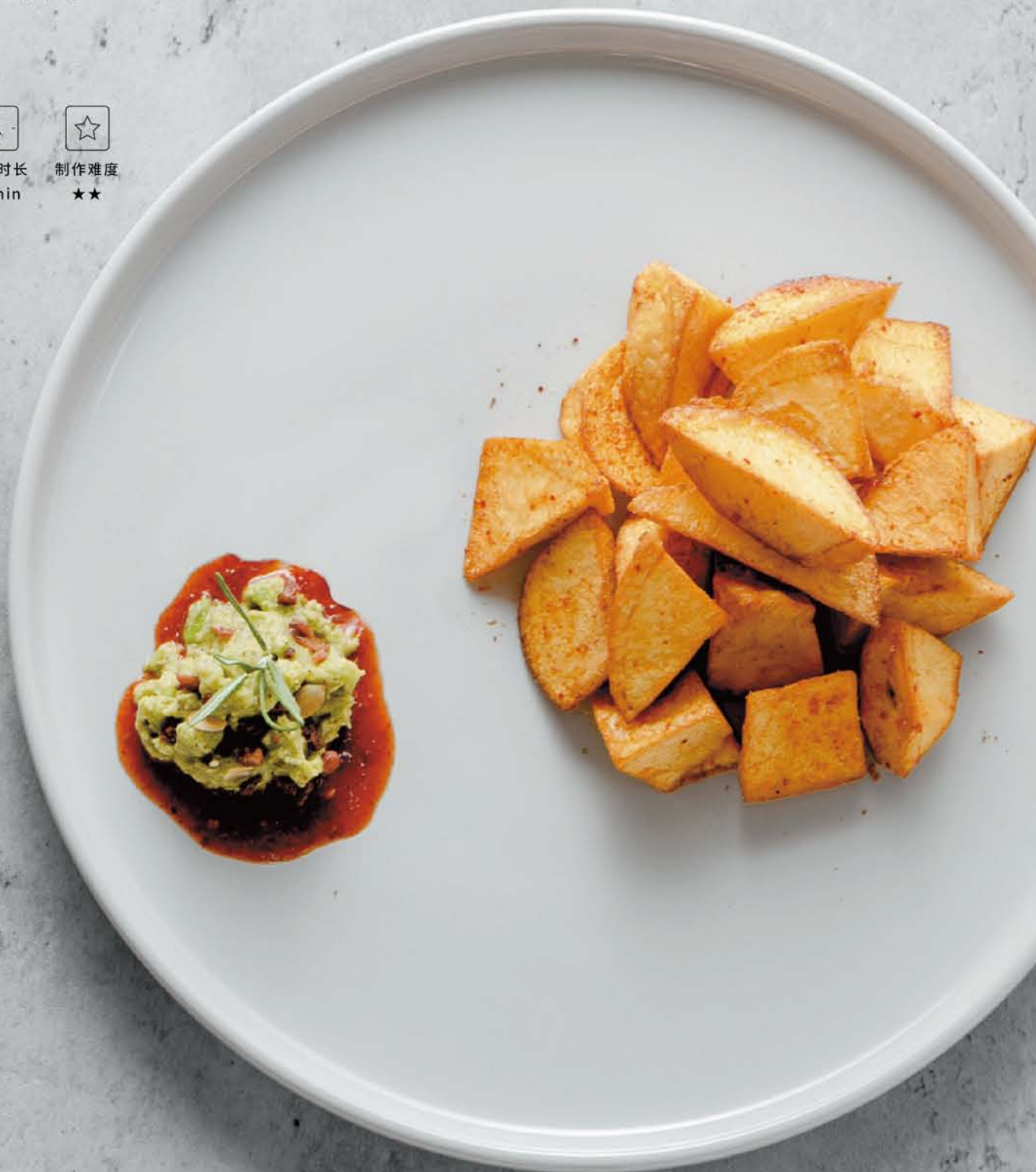
功能类别
空气炸



制作时长
40min



制作难度
★★



|食材配料|

土豆	600g
蚝油	30g
色拉油	15g
辣椒粉	4g
孜然粉	5g

|备菜|

- 1、土豆洗净去皮，切成滚刀小块，每个约20g
- 2、土豆块中加入蚝油、色拉油、辣椒粉、孜然粉，抓匀腌制10min

|烹饪步骤|

- 1、设置空气炸170°C 40min，开始预热；同时将烤盘铺锡箔纸
- 2、预热结束提示音响起，将铺有锡箔纸的烤盘放入多功能蒸箱底板层，用来接油，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烹饪25min后，按“暂停/开始”键取出炸网，将土豆块翻面，按“暂停/开始”键，继续烹饪
- 4、炸完出箱，摆盘，即可食用



缤纷吐司盏烤蛋

智能菜谱P16



功能类别
风焙烤



制作时长
17min



制作难度
★★

| 食材配料 |

白吐司	6片	蛋黄	6个
蛋清	60g	玉米粒	60g
火腿肠	60g	黄油	10g
细砂糖	12g		

| 备菜 |

- 1、6孔连模内部均匀涂抹黄油；火腿肠切丁待用
- 2、白吐司切去四边，用擀面杖将吐司片擀薄，沿四条对角线切1.5cm
- 3、将预处理的吐司放入6孔连模，吐司边缘涂抹剩余的黄油
- 4、在每个吐司盏中依次放入蛋黄1个、细砂糖2g、玉米粒10g、火腿丁10g、蛋清10g

| 烹饪步骤 |

- 1、设置风焙烤170°C 17min，开始预热
- 2、预热结束提示音响起后，将吐司盏放在空气炸网上，炸网放入多功能蒸箱第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烤完出箱，摆盘，也可撒少许自己喜欢的香料，即可食用

小贴士：如果鸡蛋较小，或者模具较大，可以放入整个鸡蛋，不用分离蛋清蛋黄





薄底芝士披萨

智能菜谱P20



功能类别
风焙烤



制作时长
14min



制作难度
★★

| 食材配料 |

速冻披萨饼8寸	1张
番茄酱	15g
马苏里拉芝士	100g
意式萨拉米	5片
意式披萨香料	3g
虾仁	20g
蘑菇	15g
黄椒	40g

| 备菜 |

- 1、虾仁洗净擦干备用；蘑菇洗净切片；黄椒洗净切条备用
- 2、炸网铺一层锡纸，解冻的披萨饼放在锡纸上，表面涂上一层番茄酱
- 3、铺上一层马苏里拉芝士40g、蘑菇片15g、虾仁20g、意式萨拉米5片、黄椒丝40g
- 4、最后在表面撒上剩余的马苏里拉芝士，撒上意式披萨香料

| 烹饪步骤 |

- 1、设置风焙烤180°C 14min，开始预热
- 2、预热结束提示音响起，炸网放入多功能蒸箱第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烤完出箱，装盘，装饰即可食用



脆皮炸鲜奶

智能菜谱P23



功能类别
空气炸



制作时长
15min



制作难度
★★

|食材配料|

纯牛奶	500g	炼乳	30g
玉米淀粉	80g	泡打粉	1g
中筋面粉	50g	面包糠	80g
细砂糖	70g	清水	80g

|备菜|

- 1、将纯牛奶500g、细砂糖70g、炼乳30g倒入小奶锅里，用刮刀充分拌匀，加入玉米淀粉60g
- 2、灶具开中火加热小奶锅，不断搅拌，加热至浆糊状即可
- 3、取长方形容器，底部覆上保鲜膜，倒入牛奶糊，抹平表面，放凉后放入冰箱冷藏1-2h至牛奶糊完全凝固
- 4、将中筋面粉50g、玉米淀粉20g、泡打粉1g混合，缓慢加入清水，搅拌至无颗粒状
- 5、将牛奶糊取出，依次切成长宽高为4cm*2cm*1.5cm大小的牛奶方块
- 6、切好的牛奶方块放入调制好的面糊中，均匀包裹面糊，再裹上面包糠放在炸网上

|烹饪步骤|

- 1、设置空气炸140°C 15min，开始预热；同时将蒸烤盘铺锡箔纸
- 2、预热结束提示音响起后，将铺有锡箔纸的蒸烤盘放入多功能蒸箱底板上，用来接渣，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烤完出箱，摆盘，即可食用



芝士焗薯泥

智能菜谱P29



功能类别
多段烹饪



制作时长
35min



制作难度
★★★

|备菜|

- 1、土豆洗净切3mm左右薄片；火腿肠切小丁；洋葱洗净切小丁
- 2、土豆片装盘，放在炸网上

|烹饪步骤|

- 1、设置多段模式高温蒸120°C 15min + 风焙烤180°C 20min,将炸网放入多功能蒸箱第1层，关门，水箱加满水，按“暂停/开始”键，进行烹饪
- 2、热锅热油，放入肉末、火腿丁、杂菜丁、洋葱丁、食盐大火翻炒2min备用
- 3、第一段烹饪结束，按“暂停/开始”键，取出炸网，关门
- 4、将土豆擀成泥，加入一半炒好的料、黑椒酱、沙拉酱、牛奶，搅拌均匀
- 5、将搅拌好的土豆泥放入焗碗中，在表面铺上马苏里拉芝士，撒上剩余炒好的料，然后将焗碗放在炸网上
- 6、将炸网放入多功能蒸箱第1层，关门，按“暂停/开始”键，继续烹饪
- 7、烤完出箱，摆盘，即可食用



|食材配料|

土豆	550g
肉末	120g
火腿肠	60g
杂菜	60g
洋葱	50g
马苏里拉芝士	150g
食用油	25g
黑椒酱	20g
牛奶	15g
沙拉酱	10g
食盐	5g





海味生鲜



原汁中东鲍

智能菜谱P01



功能类别
鲜嫩蒸



制作时长
8min



制作难度
★★



|食材配料|

鲍鱼	12个
绿豆粉丝	30g
食用油	25g
鲜酱油	20g
蒸鱼豉油	10g
黄酒	5g
小葱	10g
蒜蓉	30g
小米辣	3个

|备菜|

- 1、小鲍鱼宰杀去内脏洗净，外壳用刷子刷干净，备用
- 2、用刀在鲍鱼身上开十字花刀，备用
- 3、粉丝稍微用温水冲泡一下备用
- 4、葱绿洗净切葱丝，泡在清水中备用，葱白切碎备用，小米辣洗净，切圈备用
- 5、热油，蒜蓉炒香，放入鲜酱油、黄酒、葱白、小米辣炒成蒜泥酱备用
- 6、将泡软的粉丝卷成圈放在每个鲍鱼壳内，放上鲍鱼，鲍鱼表面放好酱料

|烹饪步骤|

- 1、装好盘的鲍鱼放在炸网上，再将炸网放入多功能蒸箱第1层
- 2、关门，水箱加满水，设定鲜嫩蒸95°C 8min，进行烹饪
- 3、烹饪结束，取出炸网
- 4、鲍鱼表面淋上蒸鱼豉油，再放上葱丝，即可食用



黑椒黄金蒸虾

智能菜谱P09



功能类别
鲜嫩蒸



制作时长
6min



制作难度
★★

|食材配料|

明虾	500g	熟咸鸭蛋	6个
食用油	20g	黄酒	15g
盐	3g	黑胡椒碎	3g
蒜瓣	4瓣	生姜	10g
小米辣	3个		

|备菜|

- 1、生姜洗净，去皮切丝，小米辣洗净切圈，蒜瓣拍碎，剥壳切末，明虾剪去虾须、虾脚，开背，挑出虾线，洗净沥干水分
- 2、处理好的明虾装入碗中，撒上黑胡椒碎3g、盐3g，加入生姜丝、黄酒10g，拌匀，腌制15min
- 3、咸鸭蛋剥出蛋黄待用
- 4、腌制好的虾，用厨房纸吸干水分，装盘
- 5、锅中加入食用油，热油，加入咸蛋黄、蒜末、小米辣、黄酒，最小火炒至蛋黄发泡起沙状态，关火
- 6、将蛋黄酱铺在虾上，盘子放置于炸网上

|烹饪步骤|

- 1、将炸网放入多功能蒸箱第1层，关门，加满水箱
- 2、设定鲜嫩蒸95°C 6min，进行烹饪
- 3、烹饪结束，取出炸网
- 4、撒上葱花，即可食用

青柠蒸鱼

智能菜谱P12



功能类别
鲜嫩蒸



制作时长
10min



制作难度
★★★

|备菜|

- 1、将鲈鱼宰杀清洗干净，用厨房纸擦干，在鱼身的两侧切花刀
- 2、用盐在鱼的周身抹一遍，鱼盘中横向放上2根筷子，将鱼放在筷子上
- 3、青柠洗净，横切开；半个柠檬顶部切下一片塞在鱼嘴里
- 4、剩余挤出柠檬汁淋在鱼身上；另外半个柠檬切成片备用
- 5、把蒜瓣剁成蓉，加入剁椒和糖调均匀铺在鱼身上

|烹饪步骤|

- 1、将鱼盘放置于空气炸网上，再将炸网放入第1层，水箱加满水，设置鲜嫩蒸95°C 10min，开始烹饪
- 2、烹饪结束，拿出空气炸网，取出筷子
- 3、鱼盘中倒入蒸鱼豉油，撒上葱花，淋上热油，用柠檬片装饰即成



|食材配料|

鲈鱼1条	约500g
青柠檬	1个
剁椒	10g
蒜瓣	2个
葱花	5g
蒸鱼豉油	30g
糖	3g
盐	1g
油	20g



阳澄湖蒸蟹

智能菜谱P14



功能类别
鲜嫩蒸



制作时长
22min



制作难度
★★

[食材配料]

大闸蟹	10只
生姜	5g
生抽	15g
香醋	10g

[备菜]

- 1、用刷子将螃蟹刷洗干净，特别是蟹脚
- 2、用较粗的棉绳绑住蟹脚，生姜切片备用
- 3、绑好的螃蟹码好装盘，铺上姜片，放到炸网上

[烹饪步骤]

- 1、将炸网放入多功能蒸箱第1层，关门，水箱加满水
- 2、设定鲜嫩蒸95°C 22min，进行烹饪
- 3、烹饪结束，取出炸网
- 4、取一个小碟子，加入生抽和香醋，摆盘即可蘸食



蒜蓉海蛎子

智能菜谱P15



功能类别
鲜嫩蒸



制作时长
10min



制作难度
★★

|备菜|

- 1、生蚝用小刀撬开取肉，用刷子将壳内外刷洗干净，将生蚝肉重新放回壳里，装盘
- 2、小米辣洗净切碎；蒜瓣拍碎剥壳切末；小葱洗净切葱花
- 3、热锅，倒入食用油25g，加入一半蒜末炒香，加入小米辣、辣椒酱20g、盐2g，翻炒均匀，最后加入剩余的蒜末，翻炒均匀，盛出
- 4、用勺子取适量蒜蓉酱铺在生蚝上
- 5、将盘子放在炸网中

|烹饪步骤|

- 1、将炸网放入多功能蒸箱第1层，关门，水箱加满水，设定鲜嫩蒸95°C 10min，进行烹饪
- 2、烹饪结束，取出炸网
- 3、撒上葱花，即可食用



|食材配料|

生蚝	10个
小米辣	3个
食用油	25g
辣椒酱	20g
蚝油	20g
小葱	10g
蒜头	1.5个
盐	2g





海盐秋刀鱼

智能菜谱P27



功能类别
加湿烤



制作时长
20min



制作难度
★★

| 食材配料 |

秋刀鱼	4条	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

| 备菜 |

- 1、秋刀鱼去内脏洗净擦干，加入白醋、白酒、生抽、海盐、橄榄油拌匀，腌制30min
- 2、将孜然粉、椒盐粉、辣椒粉混成综合调料备用
- 3、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
- 4、将秋刀鱼放在炸网上

| 烹饪步骤 |

- 1、设置加湿烤220°C 20min，水箱加满水，开始预热；同时将蒸烤盘铺锡箔纸
- 2、预热结束提示音响起后，将铺有锡箔纸的蒸烤盘放入多功能蒸箱底板上，用来接汁，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烹饪12min后，按“暂停/开始”键取出炸网，秋刀鱼翻面，撒上剩余调料，按“暂停/开始”键，继续烘烤
- 4、烤完出箱，摆盘，挤上柠檬汁即可食用



私房湄公鱼

智能菜谱P28



功能类别
多段烹饪



制作时长
27min



制作难度
★★★

|食材配料|

湄公鱼一条	约1200g	料酒	20g
年糕	200g	白醋	10g
土豆	200g	食盐	10g
海鲜菇	150g	黑胡椒粉	2g
洋葱	100g	大蒜	40g
火锅底料	200g	生姜	10g
郫县豆瓣酱	40g	香菜	10g
食用油	20g	小葱	5g

|备菜|

- 1、湄公鱼洗净，从鱼背处从头到尾一开为二，腹部相连，两面鱼身切花刀，擦干水分
- 2、土豆洗净去皮切块，年糕切条，海鲜菇洗净，洋葱洗净切丝，大蒜去皮拍碎，生姜去皮切片，小葱洗净切段，香菜洗净切段备用
- 3、湄公鱼加入料酒、白醋、食盐、黑胡椒粉、姜片、葱段腌制30min
- 4、腌制完成取掉姜片、葱段，蒸烤盘铺锡箔纸，将腌好的鱼放在蒸烤盘上

|烹饪步骤|

- 1、设置多段模式风焙烤220°C 12min+营养蒸100°C 15min，水箱加满水，开始预热
- 2、预热结束，将蒸烤盘放入第1层，关门，点击“暂停/开始”键，开始烹饪
- 3、热锅倒油，放入大蒜、豆瓣酱、火锅底料炒香，放入土豆、洋葱继续翻炒，放入清水煮5min备用
- 4、第一段烹饪结束，按“暂停/开始”键，取出蒸烤盘，关门
- 5、鱼身上放上年糕条、海鲜菇，倒入炒好的料
- 6、将蒸烤盘放入多功能蒸箱第1层，关门，按“暂停/开始”键，继续烹饪
- 7、蒸完出箱，摆盘装饰，撒上香菜即可食用



饕餮盛宴



迷迭香烤羊排

智能菜谱P26



功能类别
加湿烤



制作时长
15min



制作难度
★★



|食材配料|

法式羊排	6块	胡椒粉	4g
胡萝卜	150g	孜然粉	4g
西芹	80g	椒盐粉	5g
洋葱	80g	红酒	80g
盐	15g	橄榄油	25g
迷迭香	2g		

|备菜|

- 1、羊排洗净，厨房纸擦干备用；胡萝卜洗净，切滚刀块；洋葱洗净切块；西芹洗净切段
- 2、将羊排和胡萝卜、西芹、洋葱混合在一起，用盐、迷迭香、胡椒粉、孜然粉、椒盐粉、红酒、橄榄油搅拌均匀腌制1h
- 3、取炸网，将蔬菜原料放底层，羊排放上面，待用

|烹饪步骤|

- 1、设置加湿烤200°C 15min，开始预热；同时将烤盘铺锡箔纸
- 2、预热结束提示音响起后，将铺有锡箔纸的烤盘放入多功能蒸箱底板上，用来接油，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烤完出箱，摆盘，即可食用

小贴士：若觉得味道不够，可取出后加孜然粉、辣椒粉等食用





蟹粉小笼

智能菜谱P05



功能类别
营养蒸



制作时长
12min



制作难度
★★★★

|食材配料|

低筋面粉	250g	蚝油	15g
肉末	500g	鲜酱油	25g
螃蟹	6只	盐	2g
温水	130g	细砂糖	5g
生姜	10g	白胡椒粉	1g
小葱	15g	食用油	20g
鸡蛋	1个	玉米淀粉	少量
料酒	15g	米醋	少量

|备菜|

- 1、大闸蟹洗净，放入盘中，将盘放到炸网上，将炸网放入多功能蒸箱第1层，关门，水箱加满水设定营养蒸100°C 12min，开始烹饪
- 2、蒸完出箱，将螃蟹晾凉，取出蟹黄和蟹肉备用
- 3、生姜洗净，去皮切成末，小葱洗净切葱末，鸡蛋分离出蛋清
- 4、肉末中加入生姜末、鸡蛋清、料酒、蚝油、鲜酱油、盐、白胡椒粉搅拌均匀，继续加入加玉米淀粉和少量清水搅打上劲，最后加入蟹黄、蟹肉拌匀撒上葱末
- 5、锅中油烧至8成热（冒青烟），将热油浇在肉末中，搅拌均匀，备用
- 6、低筋面粉250g加入温水，搅拌均匀后，揉成光滑面团，包保鲜膜静置20min
- 7、面团静置完后，搓条（同擀面杖粗的条状），下剂，剂子大小约15g/个，剂子用保鲜膜盖住，待用
- 8、取一个剂子，擀成中间厚、周围薄的面皮，擀皮时擀面杖、案板勤撒粉，防粘
- 9、炸网铺好纱布或油纸，面皮中放入适量肉馅，左手拿着皮，右手大拇指捏住一边不动，食指往回拉面捏住成褶子状，最后收口

|烹饪步骤|

- 1、炸网放入多功能蒸箱第1层，水箱加满水，设置营养蒸100°C 12min，开始烹饪
- 2、蒸完出箱，摆盘，蘸醋食用



珍珠丸子

智能菜谱P08



功能类别
营养蒸



制作时长
20min



制作难度
★★★

|食材配料|

五花肉	300g	长粒糯米	150g
胡萝卜	150g	鲜香菇	50g
鲜虾仁	50g	鸡蛋	1个
鲜酱油	20g	料酒	20g
小葱	15g	生姜	10g
生粉	5g	芝麻香油	5g
盐	2g	白胡椒粉	0.5g

|备菜|

- 1、糯米提前浸泡3h
- 2、五花肉洗净去皮切块，粗剁成肉末（也可以用绞肉机搅碎）
- 3、生姜洗净去皮切末，小葱洗净切葱花，胡萝卜洗净去皮切细丁，鲜香菇洗净切细丁
- 4、鲜虾仁装入小碗中，用料酒10g、生姜末5g腌制10min，粗剁成虾蓉
- 5、鸡蛋取蛋清备用
- 6、将肉末装入大盆中，加入虾蓉、剩余生姜末、料酒10g、鲜酱油20g、白胡椒粉0.5g、生粉5g、蛋清、盐2g、清水30g，搅拌均匀后，用力搅打上劲，然后加入鲜香菇粒、胡萝卜粒（胡萝卜粒不要全部加完，稍留些做点缀），最后淋上芝麻香油5g，撒上葱花，拌匀
- 7、浸泡好的糯米沥干水分，装入盆中，抓一小把糯米拌入肉末中
- 8、取约40g肉末搓成球状，放入装有糯米的盆中，轻轻地包裹上糯米
- 9、炸网中铺好纱布或油纸，将做好的珍珠丸子均匀地摆放在上面，最后在每个珍珠丸子上放几颗胡萝卜粒

|烹饪步骤|

- 1、将炸网放入多功能蒸箱第1层，水箱加满水，关门
- 2、设置营养蒸100°C 20min，进行烹饪
- 3、烹饪结束，取出炸网，装盘，即可食用

梅子酱小排

智能菜谱P11



功能类别
高温蒸



制作时长
25min



制作难度
★★

|食材配料|

肋排	500g	小葱	5g
酸梅酱	60g	蒜瓣	3瓣
料酒	20g	玉米淀粉	5g
生抽	15g	盐	2g
老抽	5g	细砂糖	3g
生姜	10g	熟白芝麻	适量

|备菜|

- 1、剁好的肋排清水中浸泡，多洗几次，洗去血水，沥干水分
- 2、蒜瓣拍碎，剥壳，切成蒜末，小葱洗净，葱白切段，葱绿切丝
- 3、生姜洗净，去皮切片
- 4、肋排沥干水分后，装入盆中加入除白芝麻与葱花之外的所有配料搅拌均匀，腌制30min
- 5、将腌制好的排骨放入盘中，将盘子放在炸网上

|烹饪步骤|

- 1、将炸网放入多功能蒸箱第1层，水箱加满水，关门，设置高温蒸120°C 25min，进行烹饪
- 2、烹饪结束，取出炸网，撒上葱花、熟白芝麻，即可食用

柠香烤翅

智能菜谱P17



功能类别
风焙烤



制作时长
15min



制作难度
★★



|食材配料|

鸡翅中	15个
食用油	15g
料酒	10g
生抽	15g
老抽	8g
盐	3g
大蒜	20g
蜂蜜	20g
柠檬	1个
白芝麻	3g

|备菜|

- 1、鸡翅洗净正反两面各划两刀，放入清水中浸泡30min备用，大蒜去皮切片备用，柠檬洗净对半切，一半挤汁，一半切片备用
- 2、鸡翅取出用厨房纸巾擦干，加入盐、料酒、生抽、老抽、蜂蜜、食用油、蒜片腌制4h
- 3、鸡翅均匀码在炸网上，放上柠檬片

|烹饪步骤|

- 1、多功能蒸箱设置风焙烤190°C 15min预热；同时将蒸烤盘铺锡箔纸
- 2、预热结束提示音响起，将铺有锡箔纸的蒸烤盘放入多功能蒸箱底板上，用来接油，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烤完出箱，摆盘，淋上柠檬汁，撒上白芝麻即可食用





慢烤肋排

智能菜谱P18



功能类别
风焙烤



制作时长
30min



制作难度
★★

|食材配料|

肋排	650g	番茄酱	20g
米酒	60g	盐	5g
排骨酱	50g	大蒜	20g
叉烧酱	50g	生姜	10g
烧烤酱	30g		

|备菜|

- 1、肋排洗净擦干备用，生姜切片、大蒜去皮拍散备用
- 2、将盐、米酒、排骨酱、叉烧酱、烧烤酱、番茄酱混合成料汁备用
- 3、肋排加入姜片、蒜瓣、调好的料汁腌制，按摩肋排，放冰箱腌制4-6h
- 4、将腌制好的肋排取掉姜片、蒜瓣，放置于炸网上

|烹饪步骤|

- 1、设置风焙烤180°C 30min，开始预热；同时将蒸烤盘铺锡箔纸
- 2、预热结束提示音响起后，将铺有锡箔纸的蒸烤盘放入多功能蒸箱底板上，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烹饪15min后，按“暂停/开始”键取出炸网，将肋排翻面，按“暂停/开始”键，继续烘烤
- 4、烤完出箱，摆盘，即可食用

果香烤鸡

智能菜谱P19



功能类别
风焙烤



制作时长
50min



制作难度
★★★



| 食材配料 |

鸡1只	约1200g	苹果	1个
盐	15g	土豆	1个
生抽	20g	胡萝卜	1根
老抽	10g	大蒜	1头
料酒	15g	叉烧酱	30g

| 备菜 |

- 1、鸡去头去脚，洗净，厨房纸擦干，在鸡全身内外均匀抹上盐，腌制20min
- 2、将生抽、老抽、料酒、叉烧酱倒入小碗内，搅拌均匀成酱汁，鸡腌制结束，将酱汁涂抹全身，放冰箱腌制2h，中途翻面腌制入味
- 3、鸡腌制后，将苹果去皮，切4块，塞入鸡肚中，鸡臀部用牙签插紧闭合，再用锡纸裹住鸡翅、鸡腿
- 4、将处理好的鸡放在铺好锡纸的蒸烤盘上，背朝上
- 5、土豆、胡萝卜去皮洗净切小块；大蒜去皮拍碎
- 6、将处理好的土豆、胡萝卜、大蒜放入碗中，加入腌鸡的剩余酱汁拌匀待用

| 烹饪步骤 |

- 1、多功能蒸箱设置风焙烤160℃ 50min，开始预热
- 2、预热结束提示音响起，将蒸烤盘放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烹饪35min后，按“暂停/开始”键取出蒸烤盘，将鸡翻面，同时放入腌制好的蔬菜，按“暂停/开始”键，继续烘烤
- 4、烤完出箱，摆盘，即可食用



轻脂鸡块

智能菜谱P22



功能类别
空气炸



制作时长
15min



制作难度
★★

|备菜|

- 1、鸡胸肉洗净擦干切丁备用；土豆洗净去皮切丁备用；大蒜去皮，鸡蛋蛋清、蛋黄分离备用
- 2、将鸡丁、土豆丁、大蒜、蛋清1个放入绞肉机中搅成肉糊，加入盐、黑胡椒粉、淀粉、生抽搅打上劲，腌制30min
- 3、将腌制好的肉糊分成20块，依次整成长宽为5cm*3cm*2cm大小的长方体状，盖保鲜膜放冰箱冷冻30min
- 4、将蛋清1个、蛋黄2个、玉米面混合成面糊备用
- 5、取出冷冻鸡块，依次蘸上混合面糊、面包糠，均匀码在炸网上

|烹饪步骤|

- 1、设置空气炸200°C 15min，开始预热；同时将蒸烤盘铺锡箔纸
- 2、预热结束提示音响起后，将铺有锡箔纸的蒸烤盘放入多功能蒸箱底板上，用来接渣，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、炸完出箱，摆盘，可蘸番茄酱食用



|食材配料|

鸡胸肉2块	480g
土豆	170g
生抽	10g
玉米面	20g
淀粉	10g
面包糠	70g
大蒜	15g
鸡蛋	2个
盐	6g
黑胡椒粉	1.5g
番茄酱	若干





彩椒牛肉串

智能菜谱P25



功能类别
加湿烤



制作时长
15min



制作难度
★★

|食材配料|

牛里脊	250g	杏鲍菇	70g
红椒	80g	红烧焖酱	50g
青椒	80g	蜂蜜	15g
黄椒	80g	鸡蛋	1个

|备菜|

- 1、牛里脊洗净擦干切成2cm*2cm*2cm块状
- 2、红椒、黄椒、青椒洗净切成2cm*2cm块状
- 3、杏鲍菇洗净切成1.5cm*1.5cm*1.5cm块状，鸡蛋分离蛋清蛋黄备用
- 4、牛里脊、杏鲍菇加入红烧焖酱、蜂蜜、蛋清拌匀，腌制2h
- 5、准备果签，串上牛里脊、杏鲍菇，彩椒，然后将彩串放在炸网上

|烹饪步骤|

- 1、多功能蒸箱设置加湿烤180°C 15min预热，同时将水箱加满水，将蒸烤盘铺锡箔纸，用来接油
- 2、预热结束提示音响起后，将铺有锡箔纸的蒸烤盘放入多功能蒸箱底板上，将炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、烤完出箱，摆盘，即可食用，可根据口味撒孜然粉，辣椒粉





低温慢烤牛排

智能菜谱P30



功能类别
多段烹饪



制作时长
17min



制作难度
★★

|食材配料|

菲力牛排1块	厚3cm	黑椒酱	若干
红酒	35g	迷迭香	适量
黄油	20g	胡萝卜	30g
海盐	3g	孢子甘蓝	3棵
黑胡椒粉	0.5g	通心粉	30g

|备菜|

- 1、牛排用厨房纸擦干水分，双面捶打至松软；黄油隔水融化备用
- 2、牛排加入红酒、海盐、黑胡椒粉，轻轻按摩1min左右，表面刷上黄油，腌制30min
- 3、将通心粉煮7分钟，同时将胡萝卜等时蔬一起煮熟，加盐、胡椒粉、橄榄油搅拌均匀备用
- 4、将腌制好的牛排放入炸网上

|烹饪步骤|

- 1、多功能蒸箱设置多段模式风焙烤140°C 10min+高温蒸105°C 7min，水箱加满水，开始预热，同时将蒸烤盘铺锡箔纸
- 2、预热结束提示音响起后，将铺有锡箔纸的蒸烤盘放入多功能蒸箱底板上，炸网放入第1层，关门，按“暂停/开始”键，开始烹饪
- 3、蒸完出箱，摆盘，切块，蘸黑椒酱即可食用