

# Panasonic

Model No. NU-SC280W



Delicious, Healthy, Quick  
**COOK BOOK**

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Utensils



Accessories



Serving/Weight



Cooking mode



Cooking time








## 1. Steamed Fish (200/300/400/500 g)

### Ingredients

fish	1 fish (net weight 300 g)
<b>Seasoning:</b>	
salt	moderate amount
cooking wine	5 g

soy sauce for steamed fish or light soy sauce	15 g
shredded ginger	5 g
green onion	3 g

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	1 fish
	Steam Med
	---

### Preparation method

1. Wash the fish and cut 2-3 edges on each side of the fish.
2. Evenly spread the fish with salt and cooking wine and leave it for 10 minutes.
3. Place the fish on a heat-proof dish, and cover it with shredded ginger and green onion.
4. Place the heat-proof dish on the metal tray and put it into the middle shelf position.
5. Fill the water tank with water.
6. Select program and weight to start cooking.
7. After cooking, take it out and pour seasoned soy sauce for steamed fish or soy sauce.

### Important notes

1. To cook thick fish, it is recommended to manually add the cooking time of "Steam Med" according to actual situation.
2. Depending on the weight of the fish, increase or decrease the amount of seasoning as appropriate.








## 2. Steamed Eggs (3 serves)

### Ingredients

eggs	3 eggs (Shelled with about 50 g each)
warm water (around 40°C)	260 g

<b>Seasoning:</b>	
light soy sauce	2 g
cooking wine	2 g
salt	moderate amount
sesame oil	moderate amount

### Settings

	Heat-proof dish with about 20 cm in diameter
	metal tray (middle shelf) + water tank
	150 g
	---
	---

### Preparation method

1. Beat the eggs well. Add light soy sauce, cooking wine and salt. Stir well. Pour in warm water while stirring it. After filtering it, pour it into heat-proof dish and remove foam.
2. Place the heat-proof dish on metal tray, cover it with plastic wrap, and place it on the middle shelf position.
3. Fill the water tank with water.
4. Select a program and start cooking.
5. After cooking, take it out and add a few drops of sesame oil.



### 3. Steamed Chinese Bun (Raw) (1 level / 2 levels)



(1 level/12 pcs)

Ingredients

dough	Dough after fermentation in No.72 Auto Menu "Steamed Bun Dough (Ferment)"
<b>Filling:</b>	
ground pork	300 g
water with green onion and ginger	60 g (soak shredded ginger and green onion in water for 30 minutes in advance)

dried mushrooms (amount after soaking)	50 g
light soy sauce	15 g
caster sugar	10 g
dark soy sauce	6 g
sesame oil	5 g
salt	4 g
white pepper	moderate amount

Settings

	---
	wave tray (middle shelf) + water tank
	12 pcs
	Steam Med
	---

Preparation method

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

Important notes

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



#### 4. Steamed Frozen Foods (1 level/2 levels)

(1 level/12 pcs)

Ingredients

frozen food (30-40 g/each) 12 pcs

Settings

	---
	wave tray (middle shelf) + water tank
	12 pcs
	Steam Med
	---

Preparation method

1. Cut the baking paper into suitable size and place it under the frozen food, and then evenly place it on the wave tray in a 3×4 pattern, and put it into the middle shelf position.
2. Fill the water tank with water.
3. Select program and number of levels to start cooking.

Important notes






1. It is suitable for steaming all kinds of available frozen foods, such as custard buns, fresh meat buns, barbecued pork buns, etc.
2. No need to thaw, and can be cooked directly.
3. To cook frozen foods in larger portions, please manually add the cooking time of "Steam Med".
4. When cooking with 2 levels, 12 buns can be placed on each level. Place the metal tray into the upper shelf position, and the wave tray into the middle shelf position. Select "2 levels".

## 5. Steamed Canned Foods (1 can)

### Ingredients

various types of available  
canned food 1 can (about 200-350 g)

### Settings

	---
	metal tray (middle shelf) + water tank
	1 can
	---
	---

### Preparation method

1. Open the lid of available canned food, wrap it with plastic wrap. Then, put it on metal tray, and put it into the middle shelf position.
2. Fill the water tank with water.
3. Select a program and start cooking.







## 6. Steamed Frozen Shrimp Dumplings (1 level)

(1 level/12 pcs)

Ingredients

available frozen shrimp dumplings 12 pcs

Settings

	---
	wave tray (middle shelf) + water tank
	12 pcs
	---
	---

Preparation method

1. Cut the baking paper into suitable size and place it under the frozen shrimp dumplings, and then evenly place it on the wave tray in a 3×4 pattern, and put it into the middle shelf position.
2. Fill the water tank with water.
3. Select a program and start cooking.

Important notes

No need to thaw, and can be cooked directly.








## 7. Steamed Rice (200 g)

### Ingredients

rice	200 g
water	200 g

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	200 g
	---
	---

### Preparation method






1. Wash the rice, and put it into heat-proof dish. Then, add water and put it on the metal tray, and put it into the middle shelf position.
2. Fill the water tank with water.
3. Select a program and start cooking.

## 8. Steamed Grains (800 g)

Ingredients

various grains 800 g

Settings

	---
	wave tray (middle shelf) + water tank
	800 g
	---
	---

Preparation method

1. Suitable for cooking whole grains such as sweet potato, corn, taro, yam, etc.
2. Wash the grains, then put them on the wave tray, and put it into the middle shelf position.
3. Fill the water tank with water.
4. Select a program and start cooking.



## 9. Steamed Fresh Vegetables (500 g)



### Ingredients

vegetables (Chinese cabbage, Chinese kale, etc.) 500 g

### Settings

	---
	wave tray (middle shelf) + water tank
	500 g
	---
	---

### Preparation method

1. Suitable for cooking leaf vegetables, not suitable for steaming root vegetables.
2. Wash the vegetables and cut them into appropriate sizes.
3. Put the vegetables evenly on the wave tray and put it into the middle shelf position.
4. Fill the water tank with water.
5. Select a program and start cooking.

### Important notes

Spread the vegetables on the wave tray to avoid stacking.






## 10. Braised Baby Cabbage in Broth (3 serves)

### Ingredients

baby cabbage	250 g
bacon	50 g
preserved eggs	1 pc
fresh mushrooms	30 g
<b>Seasoning:</b>	
oil	20 g

salt	2 g
water	150 g
Dense Soup Jelly	1 pc
ginger	2 slices
chopped green onion	moderate amount

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	3 serves
	---
	---

### Preparation method

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



## 11. Steamed Sponge Gourd with Minced Meat and Tofu (3 serves)



### Ingredients

sponge gourd	2 sponge gourds (about 500 g)
tofu	90 g
Dried scallops	20 g
shrimps	40 g
diced carrots	moderate amount (decoration on top)

<b>Seasoning:</b>	
cooking wine	4 g
cornstarch	2 g
white pepper	moderate amount
sesame oil	moderate amount
salt	moderate amount

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	3 serves
	---
	---

### Preparation method

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






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

### Ingredients

dried scallops	25 g
enoki mushrooms	300 g
<b>Seasoning:</b>	
light soy sauce	15 g
caster sugar	5 g
oil	5 g

cornstarch	5 g
chopped green onion	moderate amount
shredded ginger	2 g

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	3 serves
	---
	---

### Preparation method

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








### 13. Steamed Quail Eggs with Minced Meat and Mushrooms (12 pcs)

#### Ingredients

fresh mushrooms	12 pcs (250 g)
ground pork	150 g
quail eggs	12 pcs
chopped green onion	moderate amount
<b>Seasoning:</b>	
salt	moderate amount

cooking wine	3 g
oil	7 g
white pepper	moderate amount
sesame oil	6 g
ground green onion	3 g
light soy sauce	8 g
dark soy sauce	5 g

#### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	12 pcs
	---
	---

#### Preparation method

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





## 14. Shrimp with Green Vegetable (10 pcs)



### Ingredients

shrimps	300 g
fatty pork	25 g
egg white	30 g
cornstarch	10 g
carrot slices	10 pcs
baby cabbage	50 g (10 pcs)
diced carrots	moderate amount (decoration on top)

### Seasoning:

salt	2 g
caster sugar	2 g
cooking wine	5 g
sesame oil	5 g

### Settings

heat-proof dish	
metal tray (middle shelf) + water tank	
10 pcs	
---	
---	

### Preparation method

1. Remove the black lines of shrimps, and wash them. Soak up the water with kitchen towel. Then mash them one by one with knife, and use the back of knife to lightly chop them up into ground shrimps.
2. Put the ground shrimps in a bowl. Then, add cooking wine, salt, caster sugar, cornstarch and mix them well. Next, add egg white and stir vigorously in one direction with hands.
3. Add in fatty pork and sesame oil, and mix well.
4. Take out the heat-proof dish and spread the baby cabbages evenly. Next, put a slice of carrot on each piece of vegetables, and take about 35 g of shrimp paste, mix it into round shrimp balls and place each shrimp ball on one carrot slice. Sprinkle diced carrots on top for decoration.
5. Fill the water tank with water.
6. Put the prepared shrimp balls together with heat-proof dish on the metal tray, and put it into the middle shelf position.
7. Select a program and start cooking.






### 15. Thai Lemon Shrimp (500 g)

#### Ingredients

white shrimp	500 g
ground chili	10 g
minced ginger	10 g
ground coriander	5 g

<b>Seasoning:</b>	
lemon juice	45 g
salt	2 g
caster sugar	15 g

#### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	500 g
	---
	---

#### Preparation method

1. Remove the black lines from the shrimps, and cut their long antennae off. Wash and drain them, and place them on heat-proof dish.
2. Mix ground chili, minced ginger, ground coriander and all seasonings together to make a sauce, then pour it over the shrimps.
3. Place heat-proof dish on the metal tray and place it into the middle shelf position.
4. Fill the water tank with water.
5. Select a program and start cooking.








## 16. Steamed Shanghai Crabs (6 pcs)

### Ingredients

Shanghai crabs	6 crabs (about 140 g - 200 g each)
ginger slices	6 slices
<b>sauce:</b>	
minced ginger	20 g

caster sugar	5 g
light soy sauce	10 g
water	10 g
vinegar	30 g

### Settings

	---
	wave tray (middle shelf) + water tank
	6 pcs
	---
	---

### Preparation method

1. Keep the Shanghai crabs in clean water for half of the day so that they will drain the dirt in abdomen.
2. Use a brush to clean the crabs under running water, and tie the crab claws and legs with strings.
3. Arrange hairy crabs in 2×3 pattern and place them on wave tray with abdomens upward. Spread ginger slices separately and put it into the middle shelf position.
4. Fill the water tank with water.
5. Select a program and start cooking.
6. Preparation of sauce: heat all ingredients after mixing.








### 17. Steamed Clam with Wine (500 g)

Ingredients

	clam	500 g
<b>Seasoning:</b>		
	minced ginger	3 g
	ground green onion	3 g
	white wine	25 g
	diced butter	10 g

Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	500 g
	---
	---

Preparation method

1. After washing the clams, spread them out on heat-proof dish without overlapping. Sprinkle them with diced butter, minced ginger and ground green onion, and drizzle with white wine.
2. Place heat-proof dish on the metal tray and put it into the middle shelf position.
3. Fill the water tank with water.
4. Select a program and start cooking.



## 18. Steamed Scallop with Mashed Garlic (8 pcs)



### Ingredients

scallop	8 pcs (about 120 g each)
vermicelli	50 g
minced ginger	50 g

<b>Seasoning:</b>	
oil	50 g
cooking wine	25 g
soy sauce for steamed fish	35 g
chopped green onion	6 g
red pepper (shredded)	4 g

### Settings

	---
	metal tray (lower shelf) + water tank
	8 pcs
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	---

### Preparation method

1. Remove sand from scallops, and wash them. Put them in a bowl and pickle with cooking wine to remove the fishy smell. Then clean the inside and the outside of the shells. The vermicelli are soaked and soften in boiling water.
2. Heat the oil, and add minced ginger and shredded red pepper. Fry them until minced ginger turns into a light yellow colour. Then, put them into a bowl, and add chopped green onion. Add in soy sauce for steamed fish and mix well.
3. Roll up vermicelli with chopsticks and spread it on scallop shell. Place scallop meat on the vermicelli, and pour the prepared minced ginger together with the oil evenly on the top of scallop. Then, place them evenly on the metal tray.
4. Fill the water tank with water.
5. Select the program to start preheating.
6. After preheating, put the metal tray into the lower shelf position and start cooking.

### Important notes






Thick shellfish requires a few cuts.

## 19. Steamed Razor Clam (500 g)

### Ingredients

razor clams	500 g
<b>Seasoning:</b>	
shredded ginger	3 g
green onion	3 g
pickled cabbage juice	15 g

### Settings

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

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

### Important notes

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

### Tips

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








## 20. Steamed Fish Head Spicy Stew (1000 g)

### Ingredients

fish head	1 pc (1000 g)
chopped pepper sauce	140 g
<b>Seasoning:</b>	
cooking wine	15 g

salt	moderate amount
shredded ginger	5 g
green onion	5 g

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	1000 g
	---
	---

### Preparation method

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








## 21. Steamed Chicken with Mushrooms (500 g)

### Ingredients

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

light soy sauce	10 g
shredded ginger	moderate amount
white pepper	moderate amount
salt	moderate amount

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	500 g
	---
	---

### Preparation method

1. Cut the chicken thighs into small pieces, and cut the mushrooms into large pieces.
2. Marinate the chicken with all seasonings for 30 minutes.
3. Take a heat-proof dish, and spread the mushrooms first. Then, add the chicken and marinade.
4. Place heat-proof dish on the metal tray and put it into the middle shelf position.
5. Fill the water tank with water.
6. Select a program and start cooking.










## 22. Chinese White Sliced Chicken (1000 g)

Ingredients

a whole chicken (Yellow Hair Chicken)	about 1000 g
<b>Seasoning:</b>	
salt	5 g
ginger	50 g
chopped green onion	5 g
oil	5 g

Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	about 1000 g
	---
	---

Preparation method

1. Rinse the whole chicken, and remove the head and feet. Grind the ginger into minced ginger, and squeeze out about 1 tablespoon of ginger juice. Keep the minced ginger for later use.
2. First rub the surface and inner cavity of the whole chicken with salt. Then, coat with ginger juice and marinate for more than two hours. During this period, turn the chicken one to two times to ensure it has rich flavors, but do not put the chicken in refrigerator, as it may affect cooking effect.
3. Wrap the whole chicken with baking paper, with only the tail unwrapped (the purpose is to let the steam enter chicken cavity and prevent the steam from directly contacting chicken skin). Place them on heat-proof dish with chicken breasts facing up. Place the heat-proof dish on metal tray, with the tail facing air outlets of left side, and then put it into the middle shelf position.
4. Fill the water tank with water.
5. Select a program and start cooking.








### 23. Steamed Pork Balls (6 pcs)

#### Ingredients

ground pork	500 g
Chinese water chestnut	70 g
baby cabbage	6 pcs (about 50 g after trimming)
<b>Seasoning:</b>	
cooking wine	20 g
light soy sauce	15 g

egg white	1 pc (about 30 g)
salt	5 g
white pepper	moderate amount
Water with green onion and ginger	70 g (soak shredded green onion in water for 30 minutes in advance)
cornstarch	20 g

#### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	6 pcs
	---
	---

#### Preparation method

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

#### Important notes

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



## 24. Steamed Pork with Rice Flour (500 g)



### Ingredients

pork belly	500 g
available rice flour for steamed pork	80 g
<b>Seasoning:</b>	
cooking wine	6 g

caster sugar	5 g
light soy sauce	15 g
salt	moderate amount
white pepper	moderate amount

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	500 g
	---
	---

### Preparation method

1. Cut the pork belly into slices of about 0.5 cm, and add seasonings to marinate it for 30 minutes.
2. Evenly coat the marinated meat slices with rice flour for steamed pork on both sides, and place them on heat-proof dish. Place the pan on the metal tray, and put it in the middle shelf position.
3. Fill the water tank with water.
4. Select a program and start cooking.

## 25. Steamed Pork Ribs with Glutinous Rice (3 serves)



### Ingredients

pork ribs	500 g
glutinous rice	200 g
lotus leaf	1 pc
<b>Seasoning:</b>	
sweet wine	10 g
ginger	3 slices

dark soy sauce	15 g
light soy sauce	20 g
salt	moderate amount

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	3 serves
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	---

### Preparation method

1. Wash the glutinous rice and soak it for 10 hours.
2. Wash off the blood of pork ribs, and drain them. Add seasonings and mix them well. Put it in refrigerator for 6-8 hours (it is better to turn them over once or twice halfway).
3. Drain the ribs and glutinous rice separately. Mix them and stir well.
4. Take heat-proof dish, and cover it with lotus leaf. Place the ribs covered with glutinous rice neatly on the dish (do not overlap), and spread the excess glutinous rice on the surface. Wrap the ribs and glutinous rice with lotus leaf, and seal the four sides with toothpicks to avoid dripping in too much steam.
5. Place heat-proof dish on the metal tray and put it into the middle shelf position.
6. Fill the water tank with water.
7. Select a program and start cooking.

### Important notes

1. The seasoning for marinating ribs can be adjusted according to your own taste. If there is no sweet wine, you can exclude it or use cooking wine instead.
2. Drain the excess marinade when mixing glutinous rice into the ribs, so as to not affect the texture.
3. Lotus leaf can also be replaced by reed leaf.



### 26. Roasted Scallop with Minced Garlic (4 pcs)

#### Ingredients

fresh scallops	4 pcs (about 70 g of meat per scallop)
garlic	1 pcs
<b>Seasoning:</b>	
oil	45 g
soy sauce for steamed fish	20 g
chopped green onion	5 g

#### Settings

	---
	metal tray (lower shelf)
	4 pcs
	---
	---

#### Preparation method






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

## 27. Salmon Salad (3 serves)

Ingredients

salmon	2 pcs (about 200 g each)
vegetables for salad	200 g
<b>Seasoning:</b>	
sea salt	3 g
crushed black pepper	moderate amount
salad dressing	moderate amount

Settings

	---
	metal tray (lower shelf)
	3 serves
	---
	---

Preparation method

1. Wrap the salmon tightly with aluminum foil, try not to leave any gaps. After wrapping, place them on metal tray and put it into the lower shelf position.
2. Select a program and start cooking.
3. After the program is over, wash and drain the vegetables and place them on the dish. Place grilled salmon onto it, and sprinkle with salt, crushed black pepper and salad dressing.








## 28. Roasted Saury with Salt (4 pcs)

Ingredients

	sauries	4 sauries (about 350 g)
<b>Seasoning:</b>	salt	5 g
	white vinegar	25 g
	olive oil	5 g (for smearing)

Settings

	---
	metal tray (lower shelf)
	4 pcs
	---
	---

Preparation method

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





## 29. Teriyaki Chicken Wings (12 pcs)

### Ingredients

chicken wings	12 pcs (about 400 g)
<b>Seasoning:</b>	
light soy sauce	30 g
oyster sauce	30 g
caster sugar	5 g
sesame oil	3 g

### Settings

	---
	metal tray (lower shelf) + water tank
	12 pcs
	---
	---

### Preparation method

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





### 30. Spicy Chicken with Chili Sauce (3 serves)

#### Ingredients

boneless chicken whole legs	2 pcs (about 450 g)
coriander	15 g (cut into sections)
white sesame (cooked)	moderate amount
red chili	moderate amount

<b>Seasoning:</b>	
coarse salt	5 g
cooking wine	15 g
light soy sauce	15 g
chili oil	10 g
white vinegar	5 g
sesame oil	2 g
caster sugar	3 g

#### Settings

	---
	metal tray (lower shelf)
	3 serves
	---
	---

#### Preparation method

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

### 31. Roasted Chicken Thigh with Honey (3 pcs)



#### Ingredients

chicken drumsticks	3 pcs (about 450 g)
<b>Seasoning:</b>	
oyster sauce	40 g
light soy sauce	50 g
cooking wine	20 g
black pepper powder	1 g

chili powder	1 g
cumin powder	5 g
minced ginger	5 g
shredded ginger	5 g
caster sugar	3 g
dark soy sauce	10 g
honey	20 g
white sesame	moderate amount

#### Settings

---	---
metal tray (lower shelf)	metal tray (lower shelf)
3 pcs	3 pcs
convection	convection
10 minutes	10 minutes

#### Preparation method

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

### 32. Baked Quail Eggs with Salt (24 pcs)

Ingredients

quail eggs	24 pcs
<b>Seasoning:</b>	
coarse salt	2 packs
bay leaf	2 slices
cinnamon	1 slice
star anise	1 pc

Settings

---	---
metal tray (lower shelf) + water tank	---
24 pcs	---
---	---
---	---

Preparation method

1. Put the seasoning in the pot and fry it until it has a smell of sweetness.
2. Spread a layer of fried coarse salt in the aluminum foil and place the quail eggs on it. Cover completely the quail eggs with remaining coarse salt and put them in metal tray.
3. Fill the water tank with water.
4. Select the program to start preheating.
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.








### 33. Duck Confit (2 pcs)

#### Ingredients

duck legs	2 pcs (about 400 g)
olive oil	450 g
<b>Seasoning:</b>	
thyme	6 pcs
garlic slices	8 g

bay leaf	2 slices
salt	5 g
white pepper	3 g

#### Settings

	heat-proof container (17 cm x 18 cm x 7 cm)
	metal tray (lower shelf)
	2 pcs
	---
	---

#### Preparation method

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








### 34. Roasted Pigeon (2 pcs)

#### Ingredients

pigeons	2 pcs (about 350 g/each)
<b>Seasoning:</b>	
maltose	15 g
white vinegar	20 g
red vinegar	13 g

rice wine	5 g
marinade	moderate amount (submerge pigeons)
water	15 g

#### Settings

	---
	metal tray (lower shelf) + water tank
	2 pcs
	---
	---

#### Preparation method

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

#### Important notes

1. Production of brine: add water to the available package of ingredients to make brine. Then, add cooking wine, light soy sauce, dark soy sauce, salt, and rock sugar, and boil it. Available brine can also be purchased directly.
2. The amount of dark soy sauce, light soy sauce and sugar in the brine will affect convection color of the pigeons. You can adjust the amount according to your own taste.








### 35. Barbecue Pork (600 g)

#### Ingredients

pork collar butt	600 g
maltose (or honey)	45 g
water	45 g
<b>Seasoning:</b>	
caster sugar	135 g
fermented red bean curd	120 g

oyster sauce	75 g
fermented red bean curd juice	52 g
light soy sauce	45 g
dark soy sauce	30 g
minced ginger	15 g
allspice	3 g

#### Settings

	---
	metal tray (lower shelf)
	600 g
	---
	---

#### Preparation method

1. Pour all seasonings into a bowl, stir until completely even distribution as barbecued pork sauce.
2. Wash and dry the pork collar butt, and cut it into strips with thickness of about 3-4 cm. Put the pork collar butt in an airtight box (prick it with a fork several times for better flavor), and pour in enough barbecued sauce (submerge the meat). Mix well, and put it in refrigerator to marinate for 1-2 days.
3. Drain the marinated BBQ pork and place it on a metal tray covered with aluminum foil.
4. Select the program to start preheating.
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
6. Mix the maltose and water to make syrup. Take out the BBQ pork after hearing the beep sound, dip a brush in syrup and brush the surface of BBQ pork. Then, turn it over and put it back on the lower shelf position to continue cooking. (two beeps in between)

#### Important notes

In order to maintain temperature in the oven cavity, it is recommended to close the oven door when brushing syrup.








### 36. Korean Roasted Streaky Pork (400 g)

#### Ingredients

pork belly	400 g
minced garlic	5 g
minced ginger	5 g
white sesame	8 g
<b>Seasoning:</b>	
Korean chilli sauce	25 g

honey	15 g
sesame oil	10 g
light soy sauce	15 g

#### Settings

	---
	metal tray (lower shelf)
	400 g
	---
	---

#### Preparation method

1. Cut the pork belly into 3 mm thick slices, and mix minced ginger, minced garlic and white sesame into the pork belly. Then, add all the seasonings respectively, mix well and marinate it for 15 minutes.
2. Select the program to start preheating.
3. Place aluminum foil on the metal tray and spread the marinated pork belly evenly on it.
4. After preheating is complete, put the metal tray into the lower shelf position and start cooking.








### 37. Spare Ribs with Garlic (600 g)

Ingredients

pork ribs	600 g
minced garlic	70 g
<b>Seasoning:</b>	
soy sauce for steamed fish	30 g
oyster sauce	45 g

caster sugar	15 g
minced ginger	5 g
red pepper ring	4 g (1 pc)
oil	20 g

Settings

	---
	metal tray (lower shelf)
	600 g
	---
	---

Preparation method

1. After heating oil in the frying pan, add half of bruised garlic. Fry until it smell good and set aside.
2. Mix all the remaining seasonings to make a sauce, marinate the pork ribs for 4-5 hours.
3. Lay aluminum foil on the metal tray, and arrange the ribs well. Spread the sautéed minced ginger together with oil on the pork ribs.
4. Select the program to start preheating.
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.










### 38. Tender Roasted Streaky Pork (1000 g)

#### Ingredients

pork belly (whole piece)	1000 g
<b>Seasoning:</b>	
coarse salt	20 g
allspice	2 g
black pepper powder	2 g

apple vinegar	30 g
<b>sauce</b>	
honey	10 g
rice vinegar	10 g
water	60 g

#### Settings

	---
	metal tray (lower shelf)
	1000 g
	convection
	20 minutes

#### Preparation method

1. Take a small bowl, mix coarse salt, allspice and black pepper, then spread evenly around the pork belly.
2. Use a knife to cut lines at 45-degree angle with interval of 2.5 cm on the whole rind of pork belly. After finishing, cut out the same pattern in another direction to form pretty squares. Be careful not to use too much force, but just cut the surface of pork rind, and do not cut into the meat under skin.
3. Use a brush to spread the apple hard cider vinegar evenly over the seasoned meat.
4. Wrap the pork belly tightly with aluminum foil without any gaps around it. Then, place it on a metal tray, and put it into the lower shelf position.
5. Select a program and start cooking.
6. After the program is over, take out the pork belly and dry it with a paper towel. Spread the pre-prepared sauce on the surface.
7. Place a piece of aluminum foil on the metal tray again. Put the pork belly on it with rind facing up, and then put the metal tray into the lower shelf position. Select [Convection] (without preheating) 250 ° C, and set for about 20 minutes until the surface of the pork belly is colored.
8. Cut the pork belly into thin slices for serving.

#### Important notes

If apple vinegar is not available, other fruit vinegars can be substituted.



### 39. Tender Roasted Pork Ribs (800 g)



#### Ingredients

whole pork rib	800 g
<b>Seasoning:</b>	
caster sugar	30 g
light soy sauce	45 g
salt	3 g
black pepper powder	1 g

allspice	1 g
garlic paste	25 g
cornstarch	6 g
honey	20 g
garlic granules	20 g

#### Settings

	---
	metal tray (lower shelf)
	800 g
	convection
	14-15 minutes

#### Preparation method






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

### 40. Tender Roasted Beef (800 g)

Ingredients

chuck roll steak	800 g
<b>Seasoning:</b>	
sea salt	3 g
crushed black pepper	2 g
olive oil	10 g

Settings

	---
	metal tray (lower shelf)
	800 g
	---
	---

Preparation method

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

Important notes

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





## 41. Roasted Lamb (800 g)

Ingredients

	lamb	1 pc (800 g)
<b>Seasoning:</b>	salt	5 g
	cumin	8 g
	white wine	moderate amount

Settings

	---
	metal tray (lower shelf)
	800 g
	---
	---

Preparation method

1. Marinate the lamb with appropriate amount of salt, cumin and white wine for 1 hour. If the lamb is thicker than 10 cm, cut it into two pieces.
2. Place the lamb on a metal tray covered with aluminum foil.
3. Select the program to start preheating.
4. After preheating is complete, put the metal tray into the lower shelf position and start cooking. After hearing a beep, open the oven door. Turn the lamb over, and continue cooking.

Important notes






Don't overcook the lamb, but with medium well. Small amount of light blood is normal.

## 42. Roasted Lamb Chops with Cumin (6 pcs)

### Ingredients

lamb chops	6 pcs (about 450 g)
<b>Seasoning:</b>	
dark soy sauce	5 g
light soy sauce	25 g
cumin	moderate amount

### Settings

	---
	metal tray (lower shelf)
	6 pcs
	---
	---

### Preparation method

1. Drain the blood on the surface of the lamb chops with paper towel.
2. Mix the seasoning well, put in the lamb chops and marinate for about 2 hours.
3. Lamb chops are evenly placed on a metal tray covered with aluminum foil.
4. Select the program to start preheating.
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
6. After cooking, please take out the lamb chops as soon as possible. Then, wrap them in aluminum foil, and set aside for 3 minutes before eating.

### Important notes

This menu is suitable for cooking medium-well lamb chops. The cooking time can be adjusted according to individual preferences.








### 43. Sliced Beef with Wine Sauce (500 g)

#### Ingredients

beef shank	500 g
<b>Seasoning:</b>	
green onion	10 g
ginger	3 slices
star anise	1 green onion
cinnamon	1 small piece

bay leaf	3 slices
marinated cooking wine	moderate amount
pure water	moderate amount

#### Settings

	heat-proof stew pot (1.5 L) with lid
	metal tray (middle shelf) + water tank
	500 g
	---
	---

#### Preparation method

1. Wash the beef shank, cut it into long strips with diameter of about 4.5 cm. Submerge it with water, and blanch with the green onion and ginger to wash off the scum.
2. Put the meat in heat-proof stew pot, and pour in water to submerge it. Add star anise, cinnamon, bay leaves, and then cover it.
3. Fill the water tank with water.
4. Put the stew pot on the metal tray and put it into the middle shelf position.
5. Select a program and start cooking.
6. After the program is over, soak the cooked beef in ice water until it is completely cooled. Then cut it into slices.
7. Mix the marinated cooking wine with appropriate amount of clean water, and soak the sliced beef for 1-2 hours.








## 44. Stewed Rib Soup (6 serves)

### Ingredients

spare ribs	500 g
carrot	200 g
sweet corn	200 g
dried mushrooms	6 pcs
water	1200 ml
salt	moderate amount

### Settings

	300 ml stew pots (6 pots) with lids
	metal tray (middle shelf) + water tank
	6 serves
	---
	---

### Preparation method

1. Soak the dried mushrooms in advance, wash the spare ribs and blanch them in water.
2. Peel the carrots and cut them into large pieces. Cut evenly the sweet corn into sections.
3. Put ingredients of item 1 and 2 into 6 stew pots evenly. Then, add water, and cover the lid. Place them on the metal tray, and put into the middle shelf position.
4. Fill the water tank with water.
5. Select a program and start cooking.
6. Take it out after cooking, and add salt to taste.








### 45. Herbal Beef Brisket Soup (6 serves)

#### Ingredients

beef brisket	300 g
available herbal soup packs	1 bag
water	1200 ml
salt	moderate amount

#### Settings

	300 ml stew pots (6 pots) with lids
	metal tray (middle shelf) + water tank
	6 serves
	---
	---

#### Preparation method

1. Wash the beef brisket, cut it into suitable size and blanch it.
2. Put the beef brisket and ingredients in the herbal soup packs into the 6 stew pots. Then, add water, put them on the metal tray and place it into the middle shelf position.
3. Fill the water tank with water.
4. Select a program and start cooking.
5. Take it out after cooking, and add salt to taste.










## 46. Bamboo Fungus and Duck Soup (6 serves)

### Ingredients

duck	450 g
bamboo fungus	10 g
water	1200 ml
salt	moderate amount

ginger slices	6 slices
jujube	6 pieces
wolfberry fruit	moderate amount

### Settings

	300 ml stew pots (6 pots) with lids
	metal tray (middle shelf) + water tank
	6 serves
	---
	---

### Preparation method

1. Soak bamboo fungus in advance. Wash the duck and cut it into suitable size, and then blanch them.
2. Put the duck pieces, wolfberry fruits and ginger slices into the 6 stew pots. Then, add water and cover the lids. Put them on the metal tray and place it into the middle shelf position.
3. Fill the water tank with water.
4. Select a program and start cooking.
5. After the beep sound is heard, put the bamboo fungus evenly into the 6 stew pots. Cover the lids and continue cooking.
6. Take it out after cooking, and add salt and wolfberry fruits to taste.

### Important notes

The heating time for bamboo fungus should not be too long, otherwise it will disperse and affect the taste.








### 47. Stewed Pear with Rock Sugar (6 serves)

#### Ingredients

pear	6 pcs
rock sugar	30 g
wolfberry fruit	10 g

#### Settings

	stew pot (6 pots)
	metal tray (middle shelf) + water tank
	6 serves
	---
	---

#### Preparation method

1. Wash the pears, cut off a third from the top as a lid, hollow out the core in the middle, and try not to dig through the bottom.
2. Put 5 g of rock sugar and 5-6 pieces of wolfberry fruits in the middle of each pear. Fix the pears with toothpick, and put it into the stew pot.
3. Place the stew pot on the metal tray and put it into the middle shelf position.
4. Fill the water tank with water.
5. Select a program and start cooking.

#### Important notes

1. You can use other varieties of pears instead, and the weight of each pear is about 300 g.
2. Both cold and hot servings can relieve cough and moisten the lungs.








### 48. Peach Gum and Lotus Seed Dessert (8 serves)

#### Ingredients

peach gum	20 g
locust seeds	20 g
rock sugar	16 g
water	1000 g

#### Settings

	200 ml stew pots (8 pots) with lids
	metal tray (middle shelf) + water tank
	8 serves
	---
	---

#### Preparation method

1. Soak peach gums and locust seeds one night in advance.
2. Put the washed peach gums, lotus seeds and rock sugar into 8 stew pots, add water and cover them.
3. Place the stew pot on the metal tray and put it into the middle shelf position.
4. Fill the water tank with water.
5. Select a program and start cooking.








## 49. Grilled Fish Fillets (1 level)

### Ingredients

hairtail	300 g (about 16 pcs)
oil	15 g
cornstarch	15 g
cooking wine	12 g
salt	3 g

### Settings

	---
	metal tray (lower shelf)
	1 level
	---
	---

### Preparation method

1. Wash the hairtail, and cut sections of about 6 cm each.
2. Mix the hairtail sections with cooking wine and salt, and marinate for 30 minutes.
3. Spread baking paper on the metal plate, and coat the hairtail with thin layer of cornstarch. Then, brush evenly with oil and place it on the metal tray with evenly arranged 4×4 pattern.
4. Select the program to start preheating.
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.








## 50. Fried Shrimp Cutlets (1 level)

### Ingredients

shrimp meat	350 g
fatty pork	20 g
carrot	50 g
king trumpet mushroom	85 g
<b>Seasoning:</b>	
oil	15 g

chopped green onion	10 g
light soy sauce	10 g
fish sauce	5 g
salt	moderate amount

### Settings

	---
	metal tray (lower shelf)
	1 level
	---
	---

### Preparation method

1. Shred carrots and king trumpet mushrooms and blanch them. After squeeze out the water, cut them into pieces for later use.
2. Grind the deveined shrimp into puree. Add fatty pork, oil, fish sauce, chopped green onion, salt, light soy sauce, and mix well. Marinate it for 5 minutes.
3. Lay aluminum foil on the metal tray, and mix item 1 and 2 and stir evenly. Divide it into 20 equal servings, and spread them on the metal tray evenly in a 4×5 pattern. Flatten them into the shape of cutlet.
4. Select the program to start preheating.
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

### Important notes

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








## 51. Fried Shrimp with Bread Crumbs (1 level)

Ingredients

fresh shrimp (with shell)	400 g (about 20 shrimps)
liquid egg	25 g
bread crumbs	50 g
<b>Seasoning:</b>	
oil	25 g
salt	3 g
white pepper	moderate amount

Settings

	---
	metal tray (lower shelf)
	1 level
	---
	---

Preparation method

1. Remove the head, shell and intestine of fresh shrimps, leaving only the shell of tail and first segment. Cut 4 deep incisions on abdomen of the shrimps, and cut the tendons (to prevent the shrimp from rolling up). Add salt and white pepper to marinate it for later use.
2. Put bread crumbs and oil in a bowl and mix well.
3. Place baking paper on the metal tray. Dry the shrimps with paper towel, and coat them with liquid egg and bread crumbs one by one. Place them evenly on the metal tray.
4. Select the program to start preheating.
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.








## 52. Fried Frozen Spring Rolls (1 level)

(1 level/12 pcs)

Ingredients

available fried frozen spring rolls	12 pcs (about 350 g)
oil	10 g

Settings

	---
	metal tray (lower shelf)
	12 pcs
	---
	---

Preparation method

1. Spread aluminum foil on the metal tray, and brush each spring roll with a thin layer of oil. Arrange them on the metal tray in 3×4 pattern.
2. Select the program to start preheating.
3. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

Important notes

For fillings, such as bean paste fillings, it can be appropriately reduced by about 2 minutes.








### 53. Fried Frozen Dumplings (10 pcs)

Ingredients

available fried frozen dumplings	10 pcs
oil	10 g

Settings

	---
	metal tray (lower shelf) + water tank
	10 pcs
	---
	---

Preparation method

1. Spread aluminum foil on the metal tray, and brush each fried dumplings with a thin layer of oil. Arrange them on the metal tray in 2×5 pattern.
2. Fill the water tank with water.
3. Select the program to start preheating.
4. After preheating is complete, put the metal tray into the lower shelf position and start cooking.










### 54. Fried Frozen Chicken Wings (8 pcs)

Ingredients

available frozen fried chicken wings 8 pcs (about 400 g)

Settings

	---
	metal tray (lower shelf)
	8 pcs
	---
	---

Preparation method

1. Spread aluminum foil on a metal tray, and evenly place the frozen chicken wings on the metal tray.
2. Select the program to start preheating.
3. After preheating is complete, put the metal tray into the lower shelf position and start cooking.








## 55. Pork Pastry (12 pcs)

### Ingredients

<b>Filling:</b>	
barbecued pork (cut into small pieces)	100 g (For preparation of barbecued pork, please refer to the Auto Menus of "Barbecue Pork".)
liquid egg	moderate amount (for decoration)
cooked sesame	moderate amount (for decoration)
<b>Seasoning:</b>	
oyster sauce	15 g
light soy sauce	5 g
caster sugar	5 g
water	30 g
<b>cornstarch water</b>	
water	45 g
cornstarch	9 g (prepared into corn starch water)

<b>onion oil</b>	
oil	20 g
ground onion	30 g (Chop the onion and fry until sweet smell)
<b>water-oiled crust pastry</b>	
all purpose flour	105 g
lard	40 g
caster sugar	8 g
liquid egg	25 g
hot water	about 45 g (appropriate increase or decrease depending on the amount of water in the flour)
<b>puff pastry</b>	
all purpose flour	80 g
lard	40 g

### Settings

	---
	metal tray (lower shelf)
	12 pcs
	---
	---

### Preparation method

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

### Important notes

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








### 56. Roasted Cashew Nuts (500 g)

Ingredients

raw cashews	500 g
<b>Seasoning:</b>	
oil	20 g
caster sugar	20 g
salt	10 g
chili powder	moderate amount
salt and pepper	moderate amount

Settings

	---
	metal tray (lower shelf)
	500 g
	---
	---

Preparation method

1. Put raw cashews into sealing bags, and add seasonings. Mix it well, pour out and spread on the metal tray covered with baking paper.
2. Select the program to start preheating.
3. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
4. When beep sound is heard, take it out and stir, and continue cooking.



## 57. Mochi (8 pcs)



### Ingredients

Outer layer:	
glutinous rice flour	63 g
cornstarch	17 g
milk	105 g
caster sugar	25 g
unsalted butter	10 g

Filling:	
bean paste	130 g
small strawberries	4 pcs
Sweet rice flour:	
glutinous rice flour	40 g

### Settings

	heat-proof dish
	metal tray (middle shelf) + water tank
	8 pcs
	---
	---

### Preparation method

#### Preparation of outer layer:

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

#### Preparation of filling:

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

#### Baked:

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

### Important notes

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






## 58. Home-made Pizza (1 pc)

### Ingredients

pizza base	No.73 Auto Menus "Pizza Dough (Ferment)" for dough after fermentation
	<b>Filling:</b>
onion (small grains)	20 g
mushrooms (thin slices)	20 g
sausage (thin slices)	40 g

green peppers (thin slices)	20 g
Buffalo Mozzarella (for pizza only)	100 g
ketchup	40 g
oil (for smearing)	5 g

### Settings

	---
	metal tray (lower shelf)
	1 pc
	---
	---

### Preparation method

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








## 59. Chiffon Cake (8 inch)

### Ingredients

eggs	5 eggs
caster sugar	90 g
salad oil	70 g
milk	50 g
cake flour	120 g
essence	2-3 drops

### Settings

	8 inch chiffon cake mold
	metal tray (lower shelf)
	8 inch
	---
	---

### Preparation method

1. Separate the yolks and whites of the eggs.
2. Put egg yolks and half of caster sugar (45 g) into the container of electric egg beater, and beat it at high speed until foamy white.
3. Change the speed to medium, and slowly add salad oil, milk, and essence, and mix them well.
4. Sieve the cake flour and mix them well with spatula.
5. Take another container, and add egg whites and remaining caster sugar. Beat it with electric egg beater until foamy, and can be stood upright (beat until egg whites will not flow out by tilting the container).
6. Add foamed egg whites to the batter in 3 batches, stirring thoroughly with spatula at each time, until fully mixed.
7. Select the program to start preheating.
8. Pour the mixture into cake mold, and shake it on the table for a few times to release air bubbles.
9. After preheating, place the metal tray with cake molds above into the lower shelf positions, and then start cooking.
10. After cooking, take it out. Shake out heat, and turn it upside down. Demold it after cooling.





## 60. Cheese Cake (8 inch)

### Ingredients

<b>Cake base:</b>			
digestive cookies	100 g	sour cream	200 g
unsalted butter	40 g	caster sugar	120 g
<b>Cake embryo:</b>		unsalted butter	50 g
cream cheese	250 g	cornstarch	60 g
cream	150 g	lemon juice	50 g
eggs	2 pieces (100 g)	lemon peel crumbs	20 g
		essence	2-3 drops

### Settings

	cake mold with 8 inch
	metal tray (lower shelf) + water tank
	8 inch
	---
	---

### Preparation method

#### Cake base:

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

#### Cake embryo:

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

## 61. Butter Bread Roll (9 pcs)



### Ingredients

bread flour	250 g
yeast	3 g
caster sugar	30 g
salt	3 g
milk (room temperature)	65 ml

warm water (40 °C)	40 ml
butter (room temperature)	30 g
liquid egg	50 g
milk	5 g (for smearing)

### Settings

	---
	metal tray (lower shelf)
	9 pcs
	ferment
	50-55 minutes

### Preparation method

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

### Important notes

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










## 62. Milk Toast (2 pcs)

### Ingredients

bread flour	500 g
dry yeast	7 g
caster sugar	50 g
salt	6 g
liquid egg	100 g
milk	230 g
unsalted butter	70 g

### Settings

	450 g toast molds (2 pcs)
	metal tray (lower shelf)
	2 pcs
	Ferment
	1 hour to 1 hour 30 minutes

### Preparation method

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

### 63. Seafood Toast (4 pcs)



#### Ingredients

sliced toast	4 pcs
Buffalo Mozzarella	100 g
shrimp meat	100 g
cuttlefish pieces	100 g

<b>Seasoning:</b>	
salt	moderate amount
ginger slices	5 g
green onion	5 g
Ketchup	40 g

#### Settings

	---
	metal tray (lower shelf)
	4 pcs
	---
	---

#### Preparation method

1. Wash the shrimp meat and cuttlefish pieces. Put them in the pot. Add salt, ginger slices and green onion, and then cook. Remove the green onion and ginger, and then drain them.
2. Lay baking paper on the flat pan, and place sliced toast on a metal tray.
3. Spread ketchup on the sliced toast, and evenly sprinkle half of the Buffalo Mozzarella. Then spread the prepared shrimp meat and cuttlefish pieces, and finally sprinkle the remaining Buffalo Mozzarella.
4. Select the program to start preheating.
5. After preheating is complete, put the metal tray into the lower shelf position and start cooking.






## 64. Puff (12 pcs)

Ingredients

unsalted butter	60 g
water	100 ml
cake flour	60 g
liquid egg	150 g

<b>Auxiliary ingredients:</b>	
whipped cream	100 g
flour or butter (for spreading)	moderate amount

Settings

	---
	metal tray (lower shelf) + water tank
	12 pcs
	---
	---

Preparation method

1. Cut unsalted butter into small pieces, put it in saucepan with water and boil it.
2. Quickly pour in cake flour and stir quickly with wooden spatula until fully mixed.
3. Add liquid egg to the dough little by little, and keep stirring with wooden spatula until wooden spatula picks up the dough, and the dough falls slowly in shape of bright yellow ribbon. Increase or decrease the amount of liquid egg added according to the status of dough.
4. Fill the water tank with water.
5. Select the program to start preheating.
6. Put aluminum foil on the metal plate, and then spread a layer of butter or sprinkle a layer of flour. Put the dough into pastry bag, and squeeze 12 pieces of about 27 g each onto the metal tray. Arrange them in 3×4 pattern, and keep certain distance between them.
7. After preheating is complete, put the metal tray into the lower shelf position and start cooking.
8. After the program is over, remove the puff embryo from the aluminum foil while it is still hot.
9. After cooling, make a small opening and squeeze in the cream.

Important notes

1. When gradually pouring liquid egg into the dough, the stirring must be quick and sufficient.
2. When the dough is in shape of ribbon, stop adding the liquid egg to avoid the ingredients being too scattered.
3. It is important to place ingredients of puff pastry evenly in equal distance, and cannot exceed the specified number, so as not to affect the baking effect.
4. When preheating process is complete, put it in the metal tray quickly. If the oven door is opened for too long, temperature of the oven cavity will drop quickly, which will directly affect the baking effect.
5. After baking, take out the metal tray, and carefully separate the puff pastry from the aluminum foil. Place them on another dish. If the puffs are completely cooled, the aluminum foil will stick to the puff pastry and will not be easy to separate.








## 65. Portuguese Egg Tarts (12 pcs)

### Ingredients

available frozen egg tart crust	12 pcs
<b>egg tart batter:</b>	
cream	140 g
milk	115 g

cake flour	10 g
caster sugar	35 g
yolk	3 pcs
condensed milk	15 g

### Settings

	---
	metal tray (lower shelf)
	12 pcs
	---
	---

### Preparation method

1. Place the frozen egg tart crust at room temperature until it thaws naturally.
2. Put the cream, milk, condensed milk and caster sugar in small pot and heat it with low heat. Stir it while heating, until caster sugar melts. Remove it from heat and let it cool slightly. Add egg yolk and cake flour. Mix them well to make egg tart batter.
3. Pour the egg tart batter into the egg tart crust, and pour it to about 80% full.
4. Select the program to start preheating.
5. Arrange the egg tarts evenly on the metal tray in a 3×4 pattern.
6. After preheating is complete, put the metal tray into the lower shelf position and start cooking.





### 66. Chocolate Cookies (1 level)

#### Ingredients

cake flour	130 g
unsalted butter	85 g
powdered sugar	65 g
liquid egg	35 g
cocoa powder	10 g

#### Settings

	---
	metal tray (lower shelf)
	1 level
	---
	---

#### Preparation method






1. Cut unsalted butter into small pieces. After it is soften at room temperature, beat it with powdered sugar until being pale.
2. Add liquid egg in two batches, and beat evenly with egg beater.
3. Sieve in the cake flour and cocoa powder, and mix them well with spatula.
4. Put the batter into pastry bag and squeeze it onto metal tray covered with aluminum foil in 4\*6 pattern, with about 11 g each.
5. Select the program to start preheating.
6. After preheating is complete, put the metal tray into the lower shelf position and start cooking.

## 67. Almond Tuiles (2 levels)

Ingredients

almond slices	140 g
egg white	65 g
caster sugar	35 g
unsalted butter	15 g
cake flour	15 g
vanilla extract	1 g (optional)

Settings

	---
	wave tray (upper shelf) + metal tray (lower shelf)
	2 levels
	---
	---

Preparation method

1. Beat egg whites with hand mixer. Add caster sugar and vanilla extract and mix them well. Then add sliced almonds, melted unsalted butter, and mix them. Cover with plastic wrap and let it rest at room temperature for 1 hour.
2. Add cake flour, and stir well. Continue to let it rest at room temperature for 30 minutes. Spread baking paper on the wave tray and metal tray, and spread the mixed almond batter onto the wave tray and the metal tray evenly at equal distances of about 11 g each in a 3×4 pattern. Spread the batter flat as possible. (Too thick will affect the taste)
3. Select the program to start preheating.
4. After the preheating is complete, put the wave tray into the upper shelf position and the metal tray into the lower shelf position to start cooking.








## 68. Sugar Free Salty Cheese Sticks (1 level)

### Ingredients

cake flour (sieved)	120 g
cheese powder	10 g
unsalted butter (cut into small pieces)	50 g
Cheddar cheese (shredded)	20 g
water	20 g
egg white	1 pc
white sesame	65 g

### Settings

	---
	metal tray (lower shelf)
	1 level
	---
	---

### Preparation method

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

### Tips

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








### 69. Crème Brulee (6 serves)

#### Ingredients

Milk	60 g
caster sugar	45 g
essence	0.5 g
yolk	100 g
cream	260 g

caster sugar	moderate amount
powdered sugar	moderate amount

#### Settings

	Pudding molds (6 pcs) (inner diameter 7 cm, height 5 cm)
	metal tray (lower shelf)
	6 serves
	---
	---

#### Preparation method

1. Put milk, caster sugar and essence in the pot and heat it to around 70 °C, until caster sugar is all melted.
2. Stir egg yolk and cream evenly, and add a small amount of item 1 for several times. Stir and then sieve for 2 times to make a pudding cream.
3. Pour the prepared pudding cream into 6 pudding molds, about 70 g per cup. Cover each pudding mold with foil and wrap tightly.
4. Select the program to start preheating.
5. After the preheating is complete, place the pudding mold on the metal tray. Put it into the lower shelf position, and start cooking.
6. At the end of the program, after the pudding has cooled, put it in the refrigerator for more than 4 hours.
7. After taking it out, sprinkle a thin layer of caster sugar or powdered sugar on the pudding surface, heat it with flamethrower until the sugar is caramelized, then it is ready for serving.










## 70. Home-made Yogurt (12 cups)

### Ingredients

Milk	1400 g
yogurt	180 g

### Settings

	150 ml small roasting cups (12 cups)
	metal tray (lower shelf)
	12 cups
	---
	---

### Preparation method

1. Pour the milk into stew pot and heat it to about 45 °C. Pour in the yogurt, and stir evenly. Then, pour it into the small roasting pot evenly, about 130 g for each cup.
2. Place evenly on the metal tray, and cover with plastic wrap. Put it into the lower shelf position.
3. Select a program and start cooking.
4. After cooking, cool down and put the yogurt in the refrigerator.

### Important notes

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








## 71. Frozen Croissant Dough (Ferment) (9 pcs)

### Ingredients

available frozen croissants (frozen raw products) 9 pcs (about 50 g each)

### Settings

	---
	metal tray (lower shelf)
	9 pcs
	---
	17-18 minutes

### Preparation method

1. Lay aluminum foil on the metal tray, and then place the frozen croissants evenly on the metal tray in 3×3 pattern. It is important to place the closed end of the coils down.
2. Put the metal tray into the lower shelf position. Select the program, and start fermentation.
3. Take it out after fermentation is completed. You can manually select 180 °C preheat, and set about 17-18 minutes for cooking.

### Important notes

1. This procedure is only suitable for frozen croissant dough (ferment), not for fermentation of other types of croissants.
2. After fermentation is complete, brush the croissants with liquid egg as desired.
3. When the oven cavity is overheated, the display window will show "U50". This function cannot be used at this time. It can only be used when the "U50" signal disappears.








## 72. Steamed Bun Dough (Ferment) (1 pc)

### Ingredients

all purpose flour	300 g
warm water (40 °C)	about 165 ml
caster sugar	15 g
dry yeast	4 g
oil	6 g
oil	moderate amount (for smearing)

### Settings

	heat-proof container
	metal tray (lower shelf)
	1 pc
	---
	---

### Preparation method

1. Mix dry yeast with warm water and stir for 5 minutes.
2. Pour all purpose flour, caster sugar and oil into the pot, and add yeast water gradually while stirring.(Increase or decrease the amount of water as appropriate according to actual situation of the dough).Mix it well and knead it to smooth dough. Cover it with plastic wrap and let it rest for 5 minutes.
3. Take heat-proof container and coat the container with a layer of oil.Add the dough and cover it with plastic wrap (do not wrap too tightly).Place the container in the center of metal tray and put it into the lower shelf position.
4. Select the program and start fermentation.
5. After fermentation is completed, take it out and use it for the third Auto Menus "Steamed Chinese Bun (Raw)". For specific operation, please refer to the operation instructions of "Steamed Chinese Bun (Raw)".

### Important notes

1. The ingredients listed in this menu are for the proportion of 12 steamed buns. Please calculate the amount of ingredients in proportion when fermenting 24 steamed buns.
2. When the oven cavity is overheated, the display window will show "U50". This function cannot be used at this time. It can only be used when the "U50" signal disappears.








### 73. Pizza Dough (Ferment) (1 pc)

#### Ingredients

cake flour	140 g
caster sugar	10 g
unsalted butter	10 g
milk powder	7 g
salt	3 g
warm water (40 °C)	70 g

dry yeast	3 g
caster sugar	1 g
oil	moderate amount (for smearing)

#### Settings

	heat-proof container
	metal tray (lower shelf)
	1 pc
	---
	---

#### Preparation method

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

#### Important notes

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








## 74. Baby Steamed Sweet Potatoes (150 g)

Ingredients

sweet potato 150 g

Settings

	---
	wave tray (middle shelf) + water tank
	150 g
	---
	---

Preparation method

1. Wash the sweet potatoes, peel them and cut them into small pieces.
2. Put the diced sweet potato on the wave tray and put it into the middle shelf position.
3. Fill the water tank with water.
4. Select a program and start cooking.








## 75. Salmon Flake (300 g)

### Ingredients

salmon (boneless)	300 g
cooked sesame	15 g
crushed seaweed (optional)	moderate amount
<b>Seasoning:</b>	
fish sauce	5 g
caster sugar	10 g

### Settings

	---
	wave tray (middle shelf)* + metal tray (lower shelf) + water tank*
	300 g
	Steam Med
	8 minutes

\*: used during preprocessing

### Preparation method

Salmon preprocessing:

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

Preparation of salmon flake:

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

### Important notes

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








## 76. Baby Yogurt Melts (1 level)

### Ingredients

thick yogurt	30 g
baby milk powder	14 g
egg white	1 pc
cornstarch	8 g
powdered sugar	8 g
lemon juice	a few drops

### Settings

	---
	metal tray (lower shelf)
	1 level
	---
	---

### Preparation method

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

### Important notes

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








### 77. Baby Mushroom Seasoning Powder (100 g)

#### Ingredients

mushroom 100 g

#### Settings

	---
	metal tray (lower shelf)
	100 g
	---
	---

#### Preparation method

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





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F000BCS80HP  
FLE1122-0  
Printed in China