



MS5-STR30SE(BK)

STEAM OVEN COOKBOOK

TOSHIBA



Tips for steaming dishes

Tips for keeping dishes nutritious

- [Choose fresh ingredients]** The ingredients should be tender and juicy because it's not easy either for the proteins in them to dissolve in water or for the seasonings to penetrate into the ingredients during the steaming process.
- [Arrange the dishes in layers]** Do arrange the dishes in layers. Dishes with less soup, pastel and hard-to-cook dishes go to the upper layer while dishes with more soup, dark and easy-to-cook ones should be placed in the bottom layer.

Tips for keeping dishes delicious

- [Heat]** Generally, egg custard and double-layer milk custard can be steamed by using (???) Steam function with 95 degrees. This can avoid the honeycomb state and get a fresh and smooth taste. For shaped dishes, can use the same method to prevent from ruining the shape.
- [Time]** It takes longer to steam large-bodied ingredients, while small pieces or flakes take less time..

Instructions on baking mode

Convection

•Suitable for baking foods that need browning, such as meat, fried foods, cakes and breads.

Convection Grill

•Suitable for small and thin foods such as vegetables and hamburgers

Grill

•Suitable for cooking with low air volume or partial coloring

Combi.

•Suitable for cooking foods that need the inside to be juicy and outside to be crispy, such as vegetables, breads, cakes, and meats.



Taste Reminder

Reminder of the principle and method of steaming and cooking

When cooking, use steaming to heat without a cover. The water box should be filled with water before using. When opening, please be careful of the abundant steam generated in the cooking

Steaming mode	Applicable type
 Steam	Suitable for meat (such as ribs, chicken), steamed eggs, buns and other homemade dishes
 High Temp. Steam	Suitable for fish, seafood (shrimp, shellfish, crab, etc.), vegetables, frozen food
 Stew	Suitable for stew, stew, slow cooking

Reminder of the principle and method of baking heating

Use hot air convect and heater to heat. After preheating, please shorten the time to open the door as far as possible to maintain the temperature in the furnace. After cooking, please take it out immediately so as not to darken the food.

Time adjustment description

Cooking methods are closely related to food characteristics. The program of the local automatic menu is best matched with the amount and time of the ingredients given. Please follow the recommendations.

The time of the steam automatic menu can be fine-tuned according to individual preferences. Take meat recipes as an example, if you increase the time, the taste will be tougher; if you spend less time, the taste will be tenderer.

After the mode starts running, turn to the left () to decrease the time, and turn to the right () to increase the time.

Capacity table for ingredients used in this book

1 Table Spoon = 15cc = 2 bottle caps

1 Tea Spoon = 5cc = 1 bottle cap

1/2 Tea Spoon = 2.5cc = 1/2 bottle cap

1/4 Tea Spoon = 1.2cc = 2 drops

* If you don't have a good grasp of the weight, please don't give too much. For the size of the bottle cap, please refer to the ordinary 550ml water bottle cap.

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ROASTING









Auto Menu 01

Roast Chicken

Ingredients

Sanhuang chicken	1100g
Vegetable oil	15g
Basil leaf	1g
Thyme	1g
Edible salt	4g
Light soy sauce	7g

Vessel placement reference

Tools: baking paper + baking tray
Placement: bottom layer



baking tray

⌚ About 41 minutes

Directions

- 1 After removing the head and viscera of the chicken, soak the chicken in water for a few minutes to remove the blood.
- 2 Add basil leaves, thyme, vegetable oil, salt and light soy sauce, apply these marinades evenly by massaging, the chicken put them in a fresh-keeping bag and put them in the refrigerator and marinate for 4 hours (more flavoursome overnight).
- 3 Take out the pickled chicken and put it on a baking tray covered with baking paper.
- 4 Put the baking tray into the bottom layer of the steaming oven, select ⌚ auto menu 01 , and start.
- 5 After cooking, take it out and enjoy.





Auto Menu 02

French Lamb Rack

Ingredients

Main materials

7-bone lamb chops	1 pack (not cut)
Fresh parsley	50g
White rum	20g
Onion	30g
Breadcrumbs	80g
Olive oil	30g
Whipping cream	20g
French yellow mustard	30g
Salt	5g
Ground black pepper	5g

Vessel placement reference

Tools: baking paper + baking tray
Placement: middle layer



baking tray

⌚ About 35 minutes

Directions

- 1 Get all the ingredients ready;
- 2 After defrosting the 7-bone lamb chops, remove the extra fat around the lamb chops; cut the parsley and onions into pieces, and marinate the 7-bone lamb chops with salt, black pepper and rum for 20 minutes.
- 3 Mix chopped onions, chopped parsley and breadcrumbs. Sprinkle with olive oil and mix well. Set aside.
- 4 First spread yellow mustard (mixed yellow mustard and light cream) on the surface of the pickled lamb chops, then evenly dip the surface with the mixture of breadcrumbs, and then place it on a baking tray covered with baking paper.
- 5 Select  auto menu 02, enter the preheating program, wait for the tone to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take out the dish and cut it into pieces.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 03

Crispy Golden Char Siu

Ingredients

Pork belly	450g
Sauce	
Char siu sauce	25g
Cooking wine	10g
Light soy sauce	10g
Ground black pepper	1g
A spoon of honey	
Breadcrumbs	50g

Vessel placement reference

Tools: baking paper + baking tray
Placement: middle layer



 baking tray
About 45 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the pork belly, cut it into 3~4cm thick pieces, pierce holes in the meat surface with toothpicks to marinate. Add all other seasonings except for honey and breadcrumbs, grasp and mix well, then wrap it with the plastic wrap and marinate for more than 2 hours.
- 3 After pickling, brush the meat with honey on the top and bottom, and then wrap the surface of meat with breadcrumbs.
- 4 Prepare a baking tray covered with baking paper and place the above picked meat in the center of the baking tray.
- 5 Select  auto menu 03, enter the preheating program, wait for the tone to remind you that the preheating is complete; then put the baking pan into the middle layer of the steaming oven and press the confirmation button to start cooking. The cooking process will last for about 45 minutes.
- 6 After cooking, take it out, cool it a little and cut it into pieces. It can be eaten with sweet and sour sauce according to your taste.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 04

German Pork Knuckle

Ingredients

Pork elbow 1300g
German wheat beer 250ml
German sauerkraut 50g
Half an onion
1 fresh thyme
Sea salt 10g
Garlic powder 5g
Cumin powder 5g
Ground black pepper 5g
Olive oil 10g

Vessel placement reference

Tools: baking paper + baking tray
Placement: Bottom layer



 baking tray
About 146 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the pork elbow and dry it with kitchen paper (choose the pork elbow with more subcutaneous fat);
- 3 Add half an onion, beer, sea salt, ground black pepper, garlic powder, cumin powder, sauerkraut, thyme and olive oil to a container containing the pork elbow, mix well, pierce holes in pork's skin with needles and massage the pork elbow.
- 4 After that, put it in the refrigerator and marinate for about 1 hour. It should not take too long.
- 5 Drain the pickled pig elbow, put it vertically in a baking tray covered with baking paper (in contact with oil paper), and place it in the bottom layer of the steaming oven.
- 6 Fill the water box of the steaming oven with water, select  auto menu 04, and start.
- 7 After cooking, take it out and enjoy.

Tips

- It is recommended to turn over and massage the pig elbow during the pickling process.







Auto Menu 05

Roasted Steak with Black Pepper

Ingredients

Main materials

2 slices of frozen steak (250g/slice, about 2.5cm thick)

Ingredients

Olive oil 20g

Ground black pepper 4g

Sea salt 4g

Vessel placement reference

Tools: baking paper + baking tray

Placement: top layer



baking tray

⌚ About 10 minutes

Directions

- 1 Prepare all the ingredients, do not remove the vacuum bag for the frozen steak. Put it in the normal temperature water in advance and defrost naturally.
- 2 After defrosting, unpack the package and use kitchen paper to dry the surface of the steak.
- 3 Sprinkle the steak with ground black pepper and marinate with sea salt for 10 minutes.
- 4 Brush the surface of the baking tray with oil, put the pickled steak on the baking tray, and coat it with olive oil.
- 5 Select  auto menu 05 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray on the top layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take it out, let it sit for about 3 minutes, cut into pieces and eat it. According to your taste, dip it in black pepper sauce and eat it together.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 06

Baked Lobster with Cheese

Ingredients

A Boston lobster (about 650g)
Parsley 10g
Minced garlic 20g
Olive oil 40g
Minced onion 60g
Mozzarella cheese 80g
Butter 10g

Vessel placement reference

Tools: baking paper + baking tray
Placement: middle layer



baking tray

⌚ About 17 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the fresh Boston lobster, divide the lobster into two, remove the lobster glands and gills, wash it again, and place lobsters symmetrically on a baking tray covered with baking paper.
- 3 Pour olive oil in the frying pan, stir-fry the onion and minced garlic in the pan, bring out, add parsley and mix well, and spread the ingredients evenly over the lobster.
- 4 Put 10g butter and 80g Mozzarella cheese in the frying pan to melt.
- 5 When the cheese melts, spread it evenly on the upper surface of the lobster.
- 6 Select  auto menu 06, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press confirmation button to start cooking.
- 7 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 07

Baked Scallops with Cheese

Ingredients

Main materials

8 frozen half-shell scallops (about 550g)

Ingredients

Mozzarella cheese 40g

Whipping cream 100g

Onion 60g

Celery 20g

Butter 15g

Olive oil 15g

Flour 5g

Water 30g

Vessel placement reference

Tools: Tin foil + baking tray

Placement: top layer



baking tray

⌚ About 9 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Cut onions and celery into small pieces;
- 3 After the scallops are cleaned, suck up the water with kitchen paper towels, heat the pan, add olive oil and heat the scallop meat, fry each side for 20 seconds, put it back into the fan shell and place it on a tin foil baking tray.
- 4 Heat the pan, add the butter, melt slightly, stir-fry the diced onions for 3 minutes until transparent, then add the diced celery, then pour in the whipping cream and stir well.
- 5 After mixing 5g flour with 30g water, pour it into the pan and continue to stir over low heat. Keep stirring to prevent caking. Heat to a proper consistency and turn off the heat.
- 6 Put the boiled sauce in a bowl and cool it to a low temperature before using.
- 7 Pour the cooked cream sauce evenly over the scallops, sprinkle with chopped cheese, select  auto menu 07, enter the preheating program, wait for the beep sound to remind you that the preheating program is completed, put the baking tray on the top layer of the steaming oven and press the confirm button to start cooking.
- 8 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







Auto Menu 08

Barbecue Pork Ribs

Ingredients

Main materials

Pork ribs 500g

Ingredients

Garlic 10g

Onion 50g

Fresh thyme 6g

Brandy 10g

White rum 20g

French mustard 10g

Ground black pepper 3g

Sea salt 2g

Korean barbecue sauce 40g

Directions

- 1 Get all the ingredients ready;
- 2 Chop the onions and garlic, chop the pork ribs into strips about 10cm long, wash them, and dry them with kitchen paper.
- 3 Add all the seasonings and stir well, cover with cling film, refrigerate and marinate for more than half an hour;
- 4 The pickled ribs are placed on a baking tray covered with baking paper;
- 5 Fill the water box with water, put the steaming plate into the middle layer of the steaming oven, select  auto menu 08, and press the confirm button to start cooking;
- 6 After cooking, take it out and enjoy.

Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray

 About 36 minutes



Auto Menu 09

Grilled Cod Fish

Ingredients

Main materials

Cod 220g

Ingredients

Sea salt 2g

Edible oil 10g

Chopped black pepper 3g

Vessel placement reference

Tools: baking paper + baking tray

Placement: top layer



baking tray

⌚ About 9 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Rinse the cod, dry it with kitchen paper, sprinkle with chopped black pepper on both sides, spread salt on both sides, and marinate for about 10 minutes to make the cod taste more delicious.
- 3 Brush the baking tray with a layer of oil, put the marinated cod on the baking tray, and brush a thin layer of oil on both sides of the cod.
- 4 Select  auto menu 09, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking pan into the top layer of the steaming oven and press the confirmation button to start cooking.
- 5 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 10

Honey Black Pepper Chicken Wings

Ingredients

Main materials

Chicken wings 500g

Ingredients

Garlic powder 5g

Oyster sauce 5g

Barbecued pork sauce 30g

Cooking wine 15g

Light soy sauce 8g

Black pepper 5g

Honey 15g

Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken wings and drain;
- 3 Add garlic powder, oyster sauce, barbecued pork sauce, cooking wine, light soy sauce, and black pepper to the chicken wings and grasp well. Put it in the refrigerator and marinate for more than 2 hours.
- 4 Put the marinated chicken wings on a baking tray lined with greased paper, put the baking tray with food in the middle layer of the steaming oven, select  Auto menu 10, and start it. When 2 minutes are left, take out the surface and brush it with honey and continue baking.
- 5 After baking, take it out and let it cool for consumption.

Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray

 About 17 minutes and 30 seconds

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 11

Shrimps Skewers

Ingredients

Main materials

15 prawns (about 40g of one)

Seasoning

Garlic powder 5g

Ground black pepper 2g

Salt 1g

Dark soy sauce 0.5g

Olive oil 15g

Chopped chives 10g

Vessel placement reference

Tools: baking tray

Placement: top layer



baking tray

⌚ About 10 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Remove the head of the shrimp, peel the shell and remove the shrimp line, wash and absorb excess water. Mix the treated shrimp with seasoning and marinate for 15 minutes.
- 3 Put the marinated shrimp with bamboo sticks, put the shrimp kebabs on the baking tray, select  auto menu 11, enter the preheating program, wait for the beep sound to remind you that preheating is complete, put the baking tray on the top layer of the steaming oven and press the confirmation button to start cooking.
- 4 When the cooking is over, take the dish out and sprinkle with chives.

Tips

·Spotted shrimp or green shrimp can replace prawns.

·From June to July every year, the shrimp is the freshest and fattest, and shrimp meat is rich in magnesium, which helps to protect the cardiovascular system. It is cooked with black pepper and minced garlic to make an unusual and unique flavor.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 12

Grilled Shrimps

Ingredients

Main materials

Prawn 250g

Ingredients

Oil 10g

Garlic barbecue sauce 30g

Vessel placement reference

Tools: baking tray

Placement: top layer



baking tray

⌚ About 7 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Clean shrimps, cut off the whiskers; cut the back of the shrimp with scissors, pick out the shrimp line with floss.
- 3 Pour garlic barbecue sauce to the shrimp, mix well, and then add the cooking oil.
- 4 Soak bamboo swabs in water for about 10 minutes in advance to avoid scorching.
- 5 With prawns in one hand and bamboo swabs in the other, string from the tail to the head.
- 6 Place shrimps neatly in a baking tray with a little cooking oil; select  auto menu 12 to enter the preheat program; when the (a reminding sound will be on), put the baking tray in the upper layer of the steaming oven, press the confirmation key to start cooking.
- 7 After cooking, take it out and enjoy. You may add some minced green onions.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 13

Bacon Asparagus Roll

Ingredients

Asparagus 100g
Bacon 100g
Enoki 50g
Ground black pepper 1g
Carrot appropriate amount

Vessel placement reference

Tools: baking paper + baking tray
Placement: middle layer



baking pan

⌚ About 8 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Cut the bacon into two pieces;
- 3 Remove the old skin from the root of asparagus, cut off the old stem, wash and cut into sections.
- 4 Take a section of asparagus, a small amount of enoki, and a section of carrot roll it up with bacon, string every three bacon rolls, place the asparagus bacon roll on a baking tray covered with baking paper, then sprinkle with black pepper.
- 5 Select  auto menu 13 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 14

Satay Chicken Skewers

Ingredients

Main materials

8 satay chicken skewers (about 200g)

Vessel placement reference

Tools: baking paper or tin foil + baking tray

Placement: top layer



baking tray

⌚ About 17 minutes

Directions

- 1 Take the satay chicken kebabs out of the refrigerator and defrost them to room temperature.
- 2 Spread baking paper or aluminum foil on the baking tray and put 8 satay chicken kebabs on top.
- 3 Select  auto menu 14 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the top layer of the steaming oven and press the confirmation button to start cooking.
- 4 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







Auto Menu 15

Julienne Vegetable–Stuffed Chicken

Ingredients

Main materials

Chicken leg 400g (medium size)

Carrots 60g

Celery 60g

Ingredients

Ginger 5g

Barbecue sauce 15g

Cooking wine 15g

Pepper powde 0.5g

Salt 4g

Scallion 5g

Vessel placement reference

Tools: Tin foil + baking tray

Placement: middle layer



baking tray

⌚ About 28 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken leg and remove the bone and pat it loose with the back of the knife.
- 3 Marinate chicken legs with salt, ginger, pepper and cooking wine for at least 20 minutes.
- 4 Cut the carrots, celery and scallion into slender strips that are the same length as the chicken legs. Wrap the pickled chicken legs into these vegetables.
- 5 Wrap it in tin foil and roll it tightly;
- 6 The baking tray is covered with tin foil. Put chicken leg wraps on it.
- 7 Select  auto menu15 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 You will hear a reminder sound after baking for 20 minutes,, open the oven door, take it out, remove the tin foil, spread it with barbecue sauce and continue baking;
- 9 After cooking, remove and cool slightly before slicing.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 16

Curry Chicken Skewers

Ingredients

Main materials

Chicken thigh meat 500g
Fresh pineapple meat 250g
Green and red peppers 150g

Ingredients

Coconut milk 60g
Curry powder 20g
Honey 10g
Salt 2g
Lemongrass 1 piece
Bamboo skewers 8 pieces
Chopped peanuts 20g
Chopped lime 4g

Vessel placement reference

Tools: Tin foil + baking tray

Placement: middle layer



baking tray

⌚ About 15 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Cut the chicken thighs into large pieces, cut the lemongrass into small sections, mix the curry powder with coconut milk, add honey and salt and stir well, then add the chicken thighs, and marinate in cold storage for 1 hour (the marinade can be adjusted according to personal taste).
- 3 Cut the pineapple and green and red peppers into pieces the same size as the chicken thighs, and skewer the pineapple, green and red peppers and marinated chicken thighs in sequence with a bamboo stick.
- 4 Cover the baking tray with greased paper, put the meat skewers, put the baking tray with food into the middle layer of the steaming oven, select ⌚ auto menu 16, and start it.
- 5 After baking, sprinkle with chopped peanuts and chopped lime and serve.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 17

Seafood Pizza

Ingredients

Pizza crust

High gluten flour	150g
Cake flour	60g
Sugar	15g
Yeast	3g
Edible oil	15g
Salt	5g
Warm water	115g

Pizza stuffing

2 slices of bacon	
6 shrimps	
Green pepper	50g
Onion	50g
Pizza sauce	15g
2 cherry tomatoes	
Mozzarella cheese	60g

Vessel placement reference

Tools: baking paper + baking tray
Placement: middle layer



baking tray

⌚ About 24 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Knead all the ingredients in the pizza crust into a smooth dough until the expansion stage, pull out a large film, cover with plastic wrap, use  Fermentation, 30 ℃, about 50 minutes, ferment to twice the size in a warm place.
- 3 Shred green peppers and onions, cut tomatoes and bacon into slices;
- 4 Put the dough on the kneading mat and knead well;
- 5 Cover with cling film and let stand for 10 minutes;
- 6 Roll the dough into a crust of about 23cm.
- 7 Spread the baking paper on the baking tray, spread the rolled crust, tidy up the edges of the crust, poke a small hole in the crust with a fork, and then brush it evenly with pizza sauce.
- 8 Sprinkle a layer of Mozzarella cheese 20g, spread tomatoes, sprinkle another layer of cheese 20g, add bacon and shrimps, and finally put a layer of cheese 20g.
- 9 Select  auto menu 17, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 10 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





STEAMED









Auto Menu 18

Braised Chicken with Chestnuts

Ingredients

Main materials

Chicken 500g

Chestnut 300g

Ingredients

Broccoli 80g

Ginger 20g

Green onion 15g

Cooking wine 6g

Oyster sauce 5g

Light soy sauce 5g

Salt 3g

Sichuan pepper 5g

Star anise 3g

Peanut oil 5g

Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken and cut it into pieces, add water and put chicken to the pot, put green onions, ginger, cooking wine, pepper and star anise to boil and remove them.
- 3 Take out the boiled chicken and add a little salt, oyster sauce and light soy sauce to mix well.
- 4 Put the chestnuts at the bottom of the tray and put in the chicken nuggets.
- 5 Put the food plate on the steaming tray, put the steaming tray in the middle layer of the steaming oven, close the stove door, add water to the water box, select (≡) auto menu 18, and start.
- 6 After finishing cooking the chicken, boil the water in the pot, add a few drops of oil and a little salt. Boil the broccoli until cooked and place around the steamed chicken.

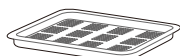
Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish



steaming tray

⌚ About 30 minutes

Auto Menu 19



Steamed Osmanthus fish

Ingredients

Main materials

A osmanthus fish (about 500g)

Ingredients

4 slices of ginger (about 10g)

Green onion white 3g

Rice wine 5g

Salt 2g

Steamed fish soy sauce 20g

Edible oil 30g

Ingredients

Red pepper rings 10g

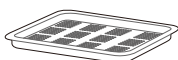
Directions

- 1 Remove the scales of the osmanthus fish, cut off the head and tail of the fish, and wash the inner cavity. Slice from the back of the fish, the thickness is 0.5cm. Leave 1cm on the belly of the fish and do not cut it off. Spread rice wine and salt on the fish. Marinate for 10 minutes to remove the fishy smell.
- 2 Put sliced ginger and onion white at the bottom of the steamed tray, and then put in the cut fish to make the peacock look like a screen.
- 3 Put the steamed tray on the steaming plate, put it into the middle layer of the steaming box, fill the water box with water, select  auto menu 19, and start.
- 4 After cooking, take out the steamed tray, pour out the excess water on the plate, pick out spring onions and ginger, put red pepper rings on fish noodles, pour hot oil and pour in steamed fish soy sauce.

Vessel placement reference

Tools: steamed tray

Placement: middle layer



steaming tray

 About 18 minutes





Auto Menu 20

Steamed Pork Belly with Preserved Vegetable

Ingredients

Main materials

1 piece of pork belly with skin (about 1000g)
Dried preserved vegetables 50g

Ingredients

Dried sichnan pepper 1g
3 slices of ginger
1 green onion

Marinade

Dark soy sauce 3g

Seasoning

Chu Hou sauce 2g
Sauce of red preserved bean curd 5g
Dark soy sauce 1g
Light soy sauce 10g
Seafood sauce 2g
Sugar 2g
Rice wine 5g

Vessel placement reference

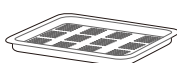
Tools: casserole + deep bowl +
steaming tray + baking tray
Placement: bottom layer



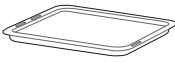
casserole



deep bowl



steaming tray



baking tray

⌚ About 60 minutes

Tips

·After the meat is steamed, you need to pour out the juice and then buckle it upside down to avoid scalding.

Directions

- 1 Wash the dried preserved vegetables and soak them in warm water for 15 minutes. Mix seasoning and stir evenly for use.
- 2 Wash the pork belly and put the ingredients in the casserole, cover the pot, leave a small hole for air, put it into the machine, use the function of [⌚ M Steam], cook for 15 minutes;
tray
- 3 After cooking, wash the pork surface slightly, absorb the water, pierce the pigskin through dense holes with a needle, smear it evenly on the meat noodle and skin with old soy sauce, spread the tin foil on the baking tray and put the belly meat on the baking tray, and the meat is facing down.
- 4 Select the [⌚ Conv.] function, set the temperature to 230 °C and enter the preheating procedure. After preheating, put the baking tray into the lower layer of the steaming oven and bake for 20 minutes.
- 5 After cooking, take out and cool slightly, then cut down from the meat skin, do not cut off at the bottom.
- 6 Squeeze out the soaked preserved vegetables, put the sliced meat in a glass bowl, pour the skin down with seasoning, then spread the preserved vegetables on top and press comfirmly.
- 7 Put the food plate on the steaming tray, put the steaming tray into the bottom layer of the steaming oven, close the door, add water to the water box, select [≡] auto menu 20, and start.
- 8 After cooking, pour out the soup from the bowl, buckle a tray upside down and turn it over.





Auto Menu 21

Steamed Sole Fillet

Ingredients

Main materials

Sole fillet 500g

Ingredients

Green onion 20g

Lemon juice 30g

Steamed fish soy sauce 30g

Vegetable oil 45g

Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish



steaming tray

⌚ About 18 minutes

Directions

- 1 Get all the ingredients ready;
- 2 After the sole fillet is taken out and thawed, rinse with clean water then dry moisture, and cut into pieces about 3 cm width.
- 3 Put it on a plate and squeeze lemon juice on top;
- 4 Put the food plate on the steaming tray, put the steaming tray into the middle layer of the steaming oven, close the door, add water to the water box, select ⌚ auto menu 21, and start.
- 5 After cooking, remove, add shredded green onions, sprinkle with steamed fillet soy sauce and sprinkle with hot oil.





Auto Menu 22

Steamed Eggs with Crab

Ingredients

Main materials

Sea crab 120g

Eggs 120g

Ingredients

Warm water 150g

Cooking wine 10g

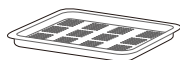
Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish



steaming tray

⌚ About 10 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the sea crabs and chop them into two servings, and marinate them with cooking wine for 10 minutes to remove the fishy.
- 3 Beat the eggs into the steaming bowl, beat and mix well, pour in 150 grams of warm water, and stir well.
- 4 Put in the sea crabs, pour in the egg liquid, remove the surface foam and set aside.
- 5 Put the food plate on the steaming tray, put the steaming tray in the middle of the steaming oven, close the stove door, add water to the water box, select ⌚ the auto menu 22, and start.
- 6 After cooking, remove and sprinkle with chopped green onion.







Auto Menu 23

Steamed Pork Ribs with Pumpkin

Ingredients

Main materials

Pork ribs 300g

Pumpkin 300g

Ingredients

Salt 4g

Sugar 5g

Cornstarch 10g

Fermented soya bean 15g

Ginger 10g

Garlic 10g

Soy sauce 8g

Directions

- ¹ Get all the ingredients ready;
- ² Peel and slice the pumpkin (about 1 cm thick).
- ³ Minced ginger and garlic, wash ribs, add soy sauce, fermented soya bean, garlic, ginger, salt, sugar, corn starch and marinate them;
- ⁴ Lay the pumpkin at the bottom and put the ribs on top;
- ⁵ Put the food plate on the steaming tray, put the steaming tray into the middle layer of the steaming oven, close the door, top to the water box, select  auto menu 23, and start.
- ⁶ After cooking, take it out and enjoy.

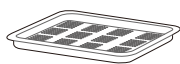
Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish



steaming tray

 About 18 minutes



Auto Menu 24

Steamed Asparagus

Ingredients

Asparagus	300g	Sesame oil	5g
Ginger	10g	Sugar	5g
Garlic	15g	Vegetable oil	15g
2 Little red peppers		Salt	2g
Light soy sauce	20g		
Water of desired amount			

Directions

- 1 Get all the ingredients ready;
- 2 Remove the old skin from the asparagus root, cut off the old stem, wash and cut into long sections. Minced ginger and garlic, and little red peppers into circles;
- 3 Put the asparagus on a baking tray covered with baking paper.
- 4 Select  auto menu 24, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 5 After cooking, take it out and put it on the plate.
- 6 Take a bowl, pour in light soy sauce, sugar, salt and some boiled water, mix well, pour over asparagus, sprinkle with minced ginger and small red pepper rings.
- 7 Heat the desired amount of hot oil in the pot to about 200 °C and pour it on the minced ginger and garlic immediately.

Vessel placement reference

Tools: Baking paper +baking tray + dish

Placement: middle layer



dish



baking tray

 About 9 minutes

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 25

Stewed Lamb Chops with Matsutake

Ingredients

Main materials

Morchella 10g
Agaricus blazei Murrill 10g
Lamb chop 400g
Water 1500g

Ingredients

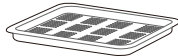
Wolfberry 2g
4 red jujube
4 slices of ginger
Salt 3g

Vessel placement reference

Tools: casserole + steaming tray
Placement: bottom layer



casserole



steaming tray



About 90 minutes

Directions

- 1 Wash Morchella, Agaricus blazei Murrill, red jujubes and Chinese wolfberry. Soak Morchella and Agaricus blazei Murrill in warm water at 40 °C for 30 minutes.
- 2 Wash and cut lamb chops, then clean it with boiled water and set aside. Put lamb chops, Morchella, Agaricus blazei Murrill, red jujubes and sliced ginger in a casserole. Pour in water, cover the pot and leave a small hole for air.
- 3 The water box of the steamer is full of water, put the food on the steaming tray, put it on the lower layer, select ☰ auto menu 25, and start.
- 4 When you have 5 minutes left, reminding sound will be on, take out and add Chinese wolfberry and continue cooking.
- 5 After cooking, add the desired salt according to your taste.

Tips

·Add hericium erinaceus, sea cucumber and other ingredients to taste more fragrant.

·In the cold winter, a bowl of steaming mutton soup can resist the wind and cold, nourish the body, and add valuable fungi such as Morchella and Agaricus blazei Murrill to make it more nutritious.



Auto Menu 26

Steamed Sea Bass

Ingredients

Grouper 490g
Shredded green onion 5g
Shredded ginger 5g
Vegetable oil 15g
Steamed fish soy sauce 20g

Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish

steaming tray

⌚ About 15 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Kill the fish, cut open the fish belly, remove the internal organs and gills, scrape the fish scales clean and wash them. Cut along the main spine of the fish so that the fish can lie on its stomach and place the fish on its stomach in a steamed fish plate covered with chopsticks.
- 3 Put a few slices of ginger on the back of the fish for deodorization;
- 4 Put the steamed fish plate with fish on the steaming tray, put it in the middle layer of the steaming oven, select  auto menu 26, and start it.
- 5 After cooking, take out the sliced ginger, pour out the soup on the plate, sprinkle with shredded green onions and shredded ginger, then sprinkle with hot oil, and finally pour in steamed fish soy sauce.

Tips

- Grouper is numerous in variety, fresh, tender and solid meat.
- The taste of high-temperature steam cooking is better.
- If the weight of grouper exceeds 490g, it is recommended to add steam cooking time.
- Cut about 1~2cm along the main spine of the fish.

You can adjust the amount of steamed fish soy sauce and vegetable oil according to your personal preference.





Auto Menu 27

Pork and Cabbage Dumplings

Ingredients

Main materials

Minced pork	300g
Chinese cabbage	200g
Dumpling skin	500g

Ingredients

Minced ginger	1g
Minced onion white	1g
Egg white	10g
Salt	1g
Rice wine	5g
Dark soy sauce	10g
Ground white pepper	1g
Edible oil	20g
Oyster sauce	2g
Sesame oil	1g
Sugar	1g
Corn flour	10g

Directions

- 1 Wash the cabbage and put it into a pot, squeeze out the excess water and cut it into pieces. Add all the ingredients in the minced pork and stir in one direction. Then add the cabbage and continue to stir well. Seal the plastic wrap and refrigerate for 20 minutes to make the stuffing.
- 2 Put the stuffing in the middle of the dumpling skin, bend the two sides of the dumpling skin to the middle, squeeze a "concave" shape at one end of the dumpling skin, then squeeze it tightly. Push one side of the dumpling skin to the middle, and then push the other side, squeeze it tightly. Repeat this action until the end of the dumpling, and finally press and squeeze it tightly.
- 3 Spread a layer of baking paper on the steaming tray and put the raw embryos of the dumplings neatly on top.
- 4 Fill the water box with water, put the steaming tray into the middle layer of the steaming oven, select  auto menu 27, and start.
- 5 After cooking, take it out and enjoy.

Vessel placement reference

Tools: baking paper + steaming tray

Placement: middle layer



steaming tray

 About 20 minutes

Tips

- Dumpling stuffing can be prepared in advance and refrigerated in the refrigerator so that it can be better shaped when making dumplings.
- Chinese cabbage is a winter vegetable, crisp and sweet, rich in fiber. It can promote gastrointestinal peristalsis and help digestion.



Auto Menu 28



Pork and Mushroom Steamed Buns

Ingredients

Dough

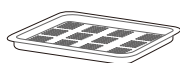
Ordinary flour 260g
Water about 135g
Dry yeast 3g
Sugar 30g
Salt 2g

Stuffing

Pork mince 200g
5-6 dried shitake mushrooms
1 chive
1 tablespoon of soy sauce
A little sugar
Salt the right amount

Vessel placement reference

Tools: baking paper + steaming tray
Placement: middle layer



steaming tray

⌚ About 25 minutes

Directions

- 1 Chop dried shitake mushrooms after soaking, wash and chop onions, put minced pork, shitake mushrooms and chives into a bowl, add light soy sauce, sugar and salt, stir in one direction and set aside.
- 2 Mix flour, yeast, sugar, salt and water to form a smooth dough.
- 3 Put the kneaded dough (with the cover of the kneading basin) on the steaming tray, then put it on the lower layer. Choose the intimate function Low Temp. Fermentation at 40 °C for about 40-50 minutes until the dough is about 2 times the original size. When the dough is filled with honeycomb holes, it has been fermented. Knead the dough again and fully knead the foaming inside.
- 4 Knead the dough into strips and cut it into small agents of about 40g.
- 5 Press the agent fat, then roll it out with a rolling pin into a dough with a thicker middle and thinner edges;
- 6 Put the right amount of meat stuffing into the dough, squeeze out a fold from one place, and then continue to squeeze the fold in one direction, until the edge of the crust is finished, the mouth is closed, and the steamed stuffed bun is born.
- 7 Spread a layer of baking paper (or wrapping paper) on the steaming plate and put the steamed buns on it neatly.
- 8 Put the food steaming tray in the middle layer of the shelf, close the furnace door, add water to the water box, select [🍲 Fermentation] at 40 °C, Time: 20 minutes, Start;
- 9 After waking up, select [☰ auto menu 28] and start.
- 10 When the cooking is over, wait 5 minutes before opening the stove door, in case the steamed stuffed bun's skin shrinks seriously and affects its appearance due to an instant drop in temperature.







Auto Menu 29

Steamed Chicken with Sand Ginger Powder

Ingredients

Main materials

Yellow hair chicken(about 1000g)

Sand ginger 150g

Ingredients

Old ginger 3-4slices

Scallion (sliced) 2 sheets

Shaoxing wine 10g

Pepper powder 3g

Salt 6g

Seasoning

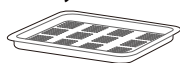
Grated ginger 10g Hot oil 25g

Chopped chives 10g Salt 1g

Vessel placement reference

Tools: Shallow dish + steamed tray

Placement: lower layer



shallow dish steaming tray

⌚ About 40 minutes

Directions

- 1 The chicken is firstly washed and dried by using a kitchen paper. Salt and wine are evenly smeared on the surface and internal part of the chicken, and little pepper power should also be smeared to marinate for half an hour; sand ginger powder is evenly smeared to marinate for half an hour.
- 2 Select Preheat function; preheat the oven at 100°C.
- 3 After finishing preheat, top up the water box. Ginger slice and scallion section are arranged on the disk and marinated chicken is placed on the dish and then placed on the steam tray; then, steam tray is placed in the lower layer of steam oven.
- 4 Select Auto menu 29. Steam the chicken at 110°C for 30 minutes first. Then keep it in the oven for 10 more minutes.
- 5 Pour oil into a hot wok, then put ginger powder and cook it until gingers are light brown. Turn off the heat; then put minced garlic, salt and soy sauce in and stir.s.



Auto Menu 30



Steamed Pear with Rock Sugar

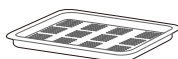
Ingredients

Pears 2 pieces
Rock sugar 50g
Water 1000g
Wolfberry 10g
Snow fungus 15g

Vessel placement reference

Tools: deep bowl + steamed tray

Placement: lower layer



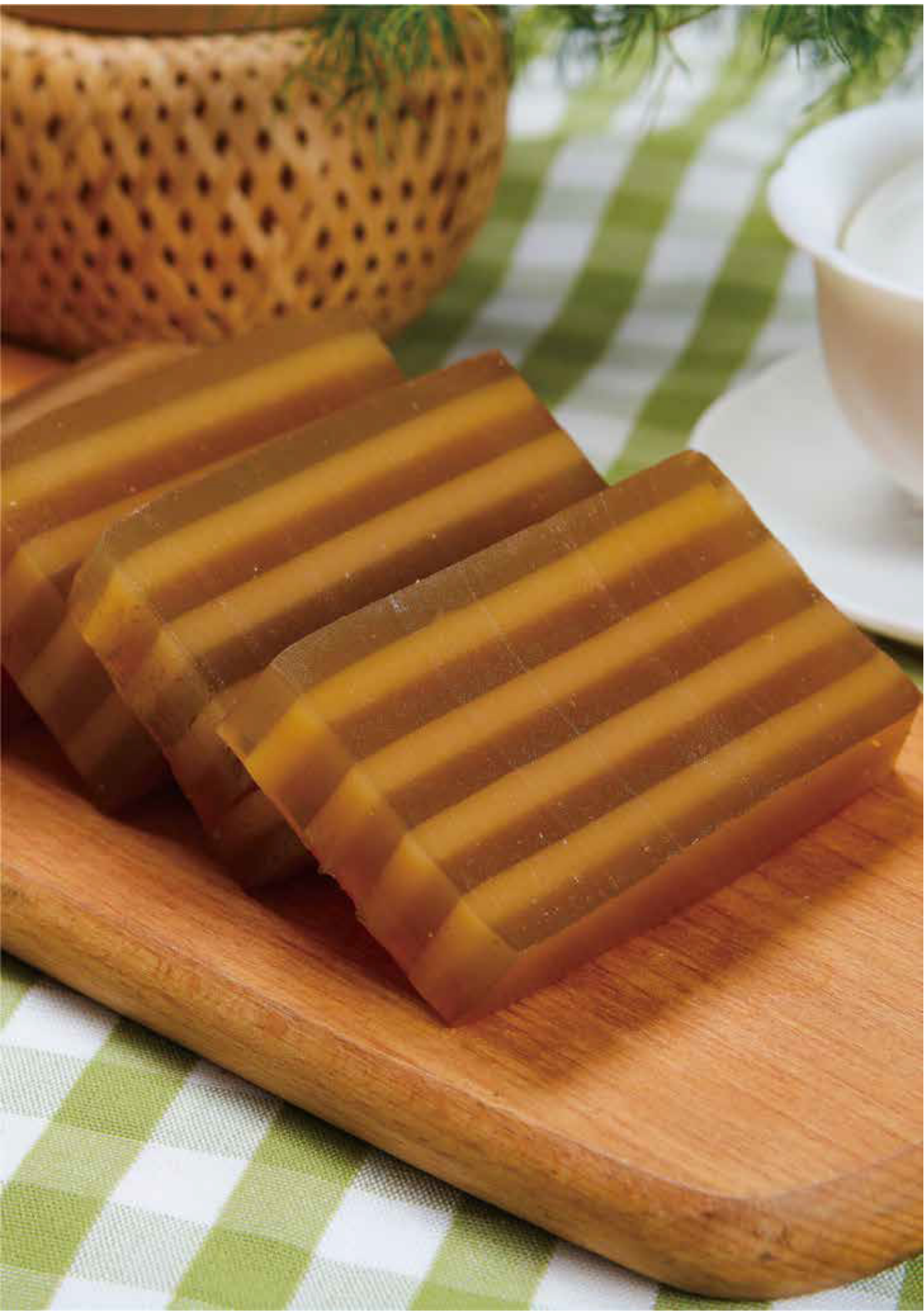
bowl

steaming tray

⌚ About 60 minutes

Directions

- 1 Wash pears, remove the peel and the core, and cut into small pieces. Soak the wolfberry and snow fungus until soft.
- 2 Except the rock sugar, put the above-mentioned ingredients together in a large and deep wide-mouthed container, put the steaming tray on the lower level, select  auto menu 30, and start.
- 3 Voice prompt in the last 10 minutes: add rock sugar, stir evenly, continue heating until the cooking is over.





Auto Menu 31

Jujube and Ginger Juice Steamed Cake

Ingredients

Main materials

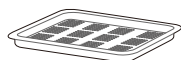
Red dates 500g
Water (for red dates water) 800ml
Rock sugar 300g
Chestnut powder 150g
Wolfberry 10g
Water (for chestnut powder) 500ml

Ginger syrup

Ginger appropriate amount
Water (for ginger juice) 40ml
Rock sugar 100g
Water 180g
Chestnut powder 100g
Water (for chestnut powder) 220ml

Vessel placement reference

Tools: Flat-bottomed deep plate
+ steaming tray
Placement: bottom layer



Flat-bottomed deep plate steaming tray

⌚ About 45 minutes

· In winter, eating red dates, Chinese wolfberry and ginger juice can increase energy, nourish blood and enhance the physique to resist the cold. The sweet taste of soft red dates, Chinese wolfberry and ginger juice cake is very warm.

Tips

- Brown sugar can be used instead of rock sugar.
- It is recommended to cover with cling film when cooking to prevent condensed water from dripping onto the surface of the food.

Directions

- 1 Wash red jujubes and remove their nuts. Add 800ml water and boil for half an hour. After cooking, squeeze the red jujubes dry and filter out the residue. Then add the water to the red jujubes and boil it until the sugar melts.
- 2 Soak Chinese wolfberry in cold water for a while.
- 3 Mix 150g chestnut powder with 500ml water.
- 4 Pour the boiled red jujubes sugar water into the chestnut powder water and stir quickly clockwise to make the red jujubes paste.
- 5 Peel the ginger and cut it into small pieces, then add 40ml water and beat to make ginger juice, then filter out the residue.
- 6 Pour the yellow rock sugar, ginger juice and 180ml water into the pot and boil it.
- 7 Mix 100g chestnut powder with 220ml water and pour into ginger syrup. Mix well quickly clockwise and mix into ginger syrup.
- 8 Brush a layer of oil in the deep plate, pour the red jujube paste into the plate, the paste is about 1cm thick, put the food on the steaming tray. Then put the steaming tray into the bottom layer of the oven, select  auto menu 31, and start.
- 9 Pour in around 1cm thick layer of red jujubes paste into the deep plate, steam for 10 minutes to wait for the surface to solidify.
- 10 After hearing the beep sound, add the Chinese wolfberry, pour in the ginger paste of the same thickness, and steam for another 10 minutes.
- 11 After hearing the beep sound again, pour in a layer of red jujube paste and steam for 25 minutes.
- 12 Take out the Jujube and Ginger Juice Steamed Cake. Let it cool completely, remove the plate and cut into pieces to eat.



Auto Menu 32

Sweet Green Rice Ball

Ingredients

Main materials

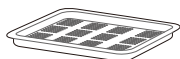
Glutinous rice flour	300g
Wheat starch	45g
Sugar	20g
Red bean paste	200g
Wormwood	40g
Ice water	60g(for cooling) 40g(for dough)
Warm water	180g (about70-80℃)
Water	100g

Ingredients

Boiled water	45g
Lard oil	25g

Vessel placement reference

Tools: baking paper + steaming tray
Placement: middle layer



steaming tray

⌚ About 12 minutes and 30 seconds

Directions

- 1 Wash fresh wormwood leaves, put leaves and 100g water in a glass bowl, put it on the steaming tray, put in the middle layer of the steam oven, close the furnace door, fill the water box with water, select [ M Steam] function and cook for 4 minutes.
- 2 After cooking, quickly put the wormwood leaves into ice water to cool, then remove and squeeze out the water, beat it into mud with a blender (add a little water), stir and filter out the juice and set aside.
- 3 Add the wheat flour in the basin, pour in 45g boiling water and stir until there are no particles to make the dough.
- 4 In another bowl, pour glutinous rice flour, sugar and warm water and stir well. Add 40g cold water to knead the dough, then add the dough, finally add wormwood paste and lard to knead well.
- 5 Divide the kneaded green ball skin into 12 parts, about 30g/part, and bean paste, about 20g/part. Knead a green ball skin round and press it flat, knead it into a skin that is thick in the middle and thin around, put on the bean paste filling on it, tighten the skin to the middle, and rub it round.
- 6 Put baking paper on the steaming tray, then put the wrapped wormwood ball on it. Put the steaming tray into the middle layer of the steaming oven, fill the water box with water, select  auto menu 32, and start.
- 7 After cooking, take it out and enjoy.





BAKING







Auto Menu 33

Almond Tuiles

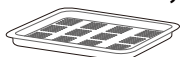
Ingredients

Low gluten flour	30g
Almond tablets	100g
Butter	15g
Egg white	100g
Sugar	80g

Vessel placement reference

Tools: baking paper + steaming tray

Placement: middle layer



steaming tray

⌚ About 24 minutes

Directions

- 1 Prepare all the ingredients, soften the butter at room temperature, and separate the egg white from the yolk.
- 2 Stir the egg white and sugar until the sugar melts.
- 3 Add the butter softened at room temperature to the egg white liquid and mix well, and set aside.
- 4 Put the almond slices in the oven, choose the  Convection function at 150 °C, bake for 3-4 minutes, bake until the surface is slightly colored, remove and set aside.
- 5 Add the sifted low-gluten flour and sliced almonds to the egg mixture and mix well.
- 6 Spoon the batter, one for every 5g, into a steaming tray covered with baking paper and spread out into a 5cm x 5cm square.
- 7 Select  auto menu 33, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the steaming tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 After baking, take out the food.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







Auto Menu 34

Cranberry Cookies

Ingredients

Low gluten flour	170g
Dried cranberries	50g
Milk powder	9g
Butter	125g
Stired egg	25g
Sugar flour	70g

Vessel placement reference

Tools: baking paper + steaming tray
Placement: middle layer



steaming tray

⌚ About 23 minutes

Directions

- 1 Prepare all the ingredients and soften the butter at room temperature.
- 2 Chop up dried cranberries.
- 3 Pour the powdered sugar into the softened butter and stir well with a manual egg beater. There is no need to whip up.
- 4 Add the egg liquid to the butter in 3 times, stir well with the butter each time, and then add the next time.
- 5 Add the dried cranberries and stir well, then add the sifted flour and milk powder, cut and mix with a scraper to make a batter without dry powder;
- 6 Put the batter on the cling film, put it into the biscuit mold, pour it out and put it in the refrigerator for about an hour.
- 7 Take out the frozen biscuits and cut them into slices about 5mm thick. If the biscuits are too hard, they can be heated at room temperature for a while and then cut;
- 8 The cut biscuits are spaced on the steaming tray covered with baking paper, select  auto menu 34, enter the preheating program, and wait for the beep sound to remind you to preheat. Put the steaming tray into the middle layer of the steaming oven and press the confirmation button to start cooking;
- 9 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 35

Rye bread

Ingredients

Rye flour	100g
High gluten flour	200g
Salt	4g
Yeast	4g
Sugar	10g
Water	180g
Butter	10g

Vessel placement reference

Tools: baking paper + steaming tray
Placement: middle layer



baking tray

🕒 About 21 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Knead all ingredients (except butter) until smooth and elastic, add butter and knead until the mask is opened, put the dough into the oven, select  Fermentation
- 3 Divide the dough into 250g, round and relax for 10 minutes.
- 4 Form an olive shape and place it on a baking tray covered with baking paper.
- 5 Select  Fermentation at 30°C for 40 minutes; or ferment the dough twice the size.
- 6 Sprinkle powder on the surface and draw a few knife on the surface (8 mm in depth, unlimited in style)
- 7 Select  auto menu 35, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







Auto Menu 36

Cranberry Bread

Ingredients

Dough

High gluten flour	200g
Whole wheat flour	25g
Fine salt	3g
Brown sugar flour	40g
Dry yeast	4g
water	125g
butter	20g

Stuffing

Cranberry	35g
Rum	15g

Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray

⌚ About 25 minutes

Directions

- 1 Prepare all the ingredients and soak dried cranberries in rum one night in advance.
- 2 Add all the dough except butter to the mixing bucket of the chef's machine, knead it into a smooth dough that can pull out the film, add the butter softened at room temperature, and continue to knead to the expansion stage, you can pull out a relatively strong translucent film that is not easy to break.
- 3 Take out the kneaded dough, put it on the kneading mat, add wine-stained dried cranberries, knead it well, roll the dough, place it in a large bowl, cover with plastic wrap, select  Fermentation at 30°C for 50 minutes; and ferment to 2-2.5 times the size.
- 4 The fermented dough dips the flour with its fingers in the hole of the dough without springback or collapse.
- 5 Take out the fermented dough, gently pat and exhaust it on the kneading mat, divide it into 4 parts on average, roll it round and cover it with cling film and relax at room temperature for about 20 minutes.
- 6 Take a piece of loose dough, face up, pat and flatten with the palm to make air out, fold the corners inward after turning, fold the last side inward, close the mouth tightly, turn over, and arrange the corners to be round.
- 7 Put the baking paper on the baking pad, arrange the bread in turn, select  Fermentation at 30°C for 50 minutes; ferment it to 1.5 times, and then take it out.
- 8 Sprinkle a little high powder on the surface of the bread and quickly cut the pattern with a bag cutter.
- 9 Select  auto function 36, enter the preheating program, wait for the tone to remind you that the preheating is complete, put the baking pan into the middle of the steaming oven and press the confirmation button to start cooking.
- 10 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.

Tips

How to whisk egg white



STEP 1

Put the egg whites in a clean beating bowl, add 1/3 fine granulated sugar, and beat the egg white at a low speed with an electric beater until the egg white is in a coarse foamy state.



STEP 2

Add the remaining 1 beat 2 fine granulated sugar and beat the egg beater at medium and low speed until the egg whites are fine foam-like bubbles.



STEP 3

Add the remaining fine granulated sugar, beat the egg beater at high speed until the egg whites show lines that are not easy to disappear, and lift the egg head to show a large corner, which is called wet foaming.



STEP 4

The electric egg beater turns to medium speed and continues to beat until the egg white cream has an obvious sense of resistance. Lift the egg whites, and the egg whites show upright small sharp corners. This stage is called dry foaming.



How to whisk the butter

- STEP 1** Cut the butter into small pieces or slices and soften it to ointment in an environment of about 25 °C (room temperature). Gently press with your finger to leave a mark, which is the most suitable condition.
- STEP 2** Use an electric egg beater to whisk the butter slightly at a low speed until the color becomes lighter.
- STEP 3** Add fine sugar or powdered sugar, beat the butter and sugar with an electric egg beater at low speed and beat at medium speed; the butter will become lighter in color and larger in volume.
- STEP 4** When the size of the butter paste becomes larger and lines appear, turn the electric egg beater to a high speed, and finish it when the butter is light and fluffy and the color is white.



STEP 1



STEP 2



STEP 3



STEP 4

Fermentation skill of yoghurt

[Milk selection]

Use pure milk, normal temperature milk or pasteurized milk. Adding some milk powder will make the texture of yogurt more mellow.

[Fermenter selection]

It is recommended to use lactic acid bacteria powder, which is easy to operate, stable and mild in taste. You can also introduce or use Kefir granules with finished yogurt according to your personal preference.

[Container disinfection]

The bacteria in the container may affect the quality of yogurt, so be sure to do a good job of disinfection and sterilization. The easiest way is to scald it with boiling water.

[Refrigerated taste]

Put the yogurt in the refrigerator for more than 8 hours, and the yogurt will become thicker and more fragrant.

[Adjust acidity]

If you think the home-brewed yogurt is too sour, you can choose low acidity bacterial powder, or under the premise of yogurt solidification, shorten the fermentation time and eat it as soon as possible. It is also a good idea to add honey, jam or cereal before eating.

Ingredients

Plain yogurt 200g

Milk 200g

Practice

- 1 Mix plain yogurt and milk in a large bowl
- 2 Place the bowl on the baking pan; put the pan in the lower layer of the oven. Close the oven door.
- 3 Select Fermentation. function; set the time to 8 hours and start.
- 4 Enjoy healthy home-made yogurt when it is finished.





Fermentation skills of dough

[Yeast]

In a suitable range, the more yeast is used, the faster the fermentation speed is; on the contrary, the opposite is true. The yeast stored improperly or stored for too long has dark color, low fermentation power and slow fermentation speed.

[Water temperature]

If you make a dough at room temperature with warm water at 40 °C and flour, the temperature of the dough will be 27 °C, which is the most suitable for yeast multiplication. If the water temperature is too high, the yeast can be easily killed by the hot water. If the water temperature is too low, the yeast multiplies too slowly.

[Salt and sugar]

Generally speaking, adding 2 ~ 3g of salt to 500g of flour is beneficial to the growth and development of yeast. The use of sugar, which accounts for about 5% of the dough, can provide nutrition for yeast reproduction and speed up yeast reproduction. But be careful not to use too much sugar and salt.

[Temperature]

The general requirement is 28 °C ~ 30 °C, which can be adjusted by increasing or decreasing the water temperature used for mixing noodles. When the room temperature is about 20 °C in spring, the water temperature can be controlled at 35 °C ~ 40 °C. When the room temperature is above 30 °C in summer, the water temperature can be controlled at 13 °C ~ 15 °C.

[Sign of dough fermentation maturity]

The top of the dough bulges and feels dry. The dough is naturally elongated by hand, then slowly retracted after letting go. At this time, the dough is full of pores and gives off the aroma of wine.



#DetailsMatter



MS5-STR30SE(BK)

蒸气焗炉食谱



蒸菜小技巧

营养技巧

- 【食材要新鲜】因蒸制时原料中的蛋白质不易溶解于水，调味品也不易渗透到原料中，故食材质地要嫩、多汁。
- 【注意分层摆放】蒸菜时，还要注意分层摆放，汤水少的才放在上面，汤水多的菜放在下面淡色菜放在上面，深色菜放在下面，不易熟的菜放在上面易熟的菜放在下面。

美味技巧

- 【火候】蒸蛋、双皮奶用95度[🌀 原味纯蒸]功能，能避免出现蜂窝状的情况，获得鲜嫩滑爽的口感。造型类的菜式，为保持造型，亦可参考此做法。
- 【时间】体积大的食材蒸的时间比较长，小块或者片状食材时间短。

烘烤模式说明

热风对流 · 适用于烘焙色泽金黄的食物。如肉类、炸物、烘焙蛋糕、面包等

上管热风 · 适合烤蔬菜、汉堡肉等少而薄的食物

上管烧烤 · 适合少分量烹饪或局部上色

蒸气烤焗 · 适用于需锁住食物内部水分，外脆内多汁的食物。如蔬菜、面包蛋糕、肉类。



滋味提醒

蒸气加热原理和方法提醒

烹调时以蒸气加热，一般无需加盖。每次使用前，应将水箱加满水。开门时请小心烹饪中产生的充沛蒸气烫手。

蒸气模式	适用类型
 原味纯蒸	适用于肉类(如排骨、鸡肉)、蒸蛋、包点等家常菜
 高温蒸气	适用于鱼类、海鲜（虾、贝类、蟹等）、蔬菜、急冻食物
 营养慢炖	适用于炖品、炖肉、慢煮

烘焗加热原理和方法提醒

利用热风对流和发热器加热，预热完成后，请尽量缩短中途开门时间，以保持炉内温度。烹饪完成后，请立刻取出以免食物烤色变深。

时间调整说明

烹调方法和食物特性密切相关，本机自动菜单的程序与所给食材份量、时间为最佳匹配，请按建议操作。

蒸气类自动菜单的时间可依个人喜好进行微调，以肉类食谱为例，增加时间，口感更韧；减少时间，口感更嫩。

程序开始运行后，向左转动()减少时间,向右转动()则增加时间。

本书中所用配料所需的容量对照表

1 汤匙(1 Table Spoon) = 15cc = 2 个小樽盖

1 茶匙(1 Tea Spoon) = 5cc = 1 个小樽盖

½ 茶匙(½ Tea Spoon) = 2.5cc = ½ 小樽盖

¼ 茶匙(¼ Tea Spoon) = 1.2cc = 2 滴

* 如果对份量把握不好，建议宁少勿多。小瓶盖大小参考普通550ml 纯净水瓶盖。

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自动功能01

香草烤鸡

食材

三黄鸡	1100g	百里香	1g
植物油	15g	食用盐	4g
罗勒叶	1g	生抽	7g

器皿放置参考

工具：烘焙纸+烤盘

放置：下层



烤盘

⌚ 约41分钟

做法

- 1 将鸡去头、脚爪、内脏后，放水里浸几分钟去血水；
- 2 加入罗勒叶、百里香、植物油、盐和生抽，用按摩的方式将这些腌料均匀涂抹，装入保鲜袋放雪柜冷藏腌制4小时（过夜更入味）；
- 3 将腌制好的鸡取出，放在垫有烘焙纸的烤盘上；
- 4 将烤盘放入蒸烤箱下层，选择⊖自动功能01，按确认键开始烹饪；
- 5 烹饪结束后，取出即可享用。





自动功能02

法式小羊架

食材

主料

7骨羊排	1包（不切开）		
西芹	50g	淡忌廉	20g
白唎酒	20g	法式黄芥末	30g
洋葱	30g	盐	5g
面包糠	80g	黑胡椒粉	5g
橄榄油	30g		

器皿放置参考

工具：烘焙纸+烤盘

放置：中层



烤盘

⌚ 约35分钟

做法

- 1 准备好所有材料；
- 2 连排7骨羊排解冻后，把羊排周边的多余肥膏剔净，西芹和洋葱切成碎末，7骨羊排加上盐、黑胡椒粉、唎酒腌制20分钟；
- 3 洋葱碎、西芹碎和面包糠混合，淋上橄榄油混合均匀备用；
- 4 在腌好的羊排表面先抹黄芥末酱（黄芥末酱与淡忌廉混匀），再在表面均匀地沾满混合好的面包糠混合物，然后放在垫有烘焙纸的烤盘上。
- 5 选择⊖自动功能02，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱中层，按确认键开始烹饪；
- 6 烹饪结束后，取出装盘，切块享用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。





自动功能03

脆皮叉烧

食材

五花腩 450g

调味料

叉烧酱 25g

料酒 10g

生抽 10g

黑椒粉 1g

蜜糖 1小勺

面包糠 50g

器皿放置参考

工具：烘焙纸+烤盘

放置：中层



烤盘

⌚ 约45分钟

做法

- 1 准备好所有材料。
- 2 将五花腩洗干净，切成3~4cm左右厚，用牙签在肉表面扎孔，以便腌制入味。加入除了蜜糖、面包糠以外其他调味料，用手抓拌均匀，然后包好保鲜膜，腌制2个小时以上。
- 3 腌制结束后，将五花腩上下面均匀的刷一层蜜糖，然后在将五花腩表面裹上一层均匀的面包糠。
- 4 准备一个垫有烘焙纸的烤盘，把五花腩放到烤盘中央处。
- 5 选择⊖自动功能03，进入预热程序，待提醒预热完成后，将烤盘放入蒸气焗炉中层，按确认键，烹饪约45分钟。
- 6 烹饪完成后取出，稍放凉后切块，可以根据个人口味，蘸上酸甜酱一起食用。

· 前开启适用的自动选单，启动预热程序，可省去等待时间。



自动功能04

德国咸猪手

食材

猪手	1300g	海盐	10g
德国小麦啤酒	250ml	蒜香粉	5g
德国酸菜	50g	孜然粉	5g
洋葱	半个	黑胡椒粉	5g
新鲜百里香	1枝	橄榄油	10g

器皿放置参考

工具：烘焙纸+烤盘
放置：下层



烤盘

⌚ 约146分钟

做法

- 1 准备好所有材料。
- 2 猪手洗干净，并用厨房纸擦干水分（挑选皮下脂肪较多的猪手）。
- 3 用针在猪皮上扎孔，将半个洋葱切碎、啤酒、海盐、黑胡椒粉、蒜香粉、孜然粉、德国酸菜、百里香、橄榄油加入到装有猪手的容器中，混合均匀，按摩猪手。
- 4 之后放入雪柜，腌制1小时左右，不宜时间太长。
- 5 将腌制好的猪手沥干水分，打直放入（切面与烘焙纸接触）垫有烘焙纸的烤盘中，放入蒸烤箱下层。
- 6 将蒸烤箱水箱加满水，选择  自动功能04，启动。
- 7 烹饪结束后，取出享用。

小贴士

- 腌制过程中建议翻面并为猪手按摩。







自动功能05

黑椒牛排

食材

主料

冷冻牛排 2片 (250g/片约2.5cm厚)

配料

橄榄油 20g 海盐 4g

黑胡椒碎 4g

做法

- 1 准备好所有食材，冷冻牛排，不要拆开真空袋，提前放在常温水中自然解冻。
- 2 解冻后，拆开包装，用厨房纸吸干牛排表面血水。
- 3 在牛排上撒上黑胡椒碎、海盐腌制10分钟。
- 4 烤盘表面刷一层油，将腌好的牛排摆在烤盘上，表面刷一层橄榄油。
- 5 选择☰ 自动功能05，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱上层，按确认键开始烹饪。
- 6 烹饪结束后取出，静置3分钟左右，切块食用，可以根据个人口味，蘸上黑椒酱一起食用。

器皿放置参考

工具：烘焙纸+烤盘

放置：上层



烤盘

⌚ 约10分钟

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。



自动功能06

芝士焗龙虾

食材

波士顿龙虾1只（约650g）

西芹	10g	洋葱粒	60g
蒜蓉	20g	马苏里拉芝士	80g
橄榄油	40g	牛油	10g

器皿放置参考

工具：烘焙纸+烤盘
放置：中层



烤盘

⌚ 约17分钟

做法

- 1 准备好所有材料。
- 2 将新鲜波士顿龙虾清洗干净，将龙虾一分为二，去除龙虾的虾线和腮，再次清洗干净，将2个半只龙虾对称放在垫有烘焙纸的烤盘上。
- 3 在煎锅里放入橄榄油，将洋葱粒、蒜蓉放入锅中炒出香味，盛出，放入西芹拌均匀，把调好的该配料均匀的铺满龙虾面。
- 4 在煎锅里加入10g牛油，放入80g马苏里拉芝士，使其融化。
- 5 待芝士融化，均匀涂抹在龙虾的上表面。
- 6 选择☰自动功能06，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱中层，按确认键开始烹饪；
- 7 烹饪完成后，取出即可享用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。





自动功能07

芝士焗扇贝

食材

主料

冷冻半壳扇贝8只(约550g)

配料

马苏里拉芝士碎	40g	牛油	15g
淡忌廉	100g	橄榄油	15g
洋葱	60g	面粉	5g
西芹	20g	水	30g

器皿放置参考

工具：锡纸+烤盘

放置：上层



烤盘

⌚ 约9分钟

做法

- 1 准备好所有食材。
- 2 洋葱、西芹切成小粒。
- 3 扇贝清理干净后，用厨房纸巾吸干水分，把平底锅烧热，加入橄榄油，油热后下扇贝肉，每面煎20秒后立即盛出，放回扇贝壳中，放在垫好锡纸的烤盘上。
- 4 锅烧热后加入牛油，略融化后，放入洋葱炒3分钟至透明之后，然后放入西芹略炒，接着倒入淡忌廉翻炒均匀。
- 5 5g面粉用30g水搅拌均匀后，倒入锅中小火继续翻炒，需要不停搅拌防止结块，加热到合适的浓稠度即可关火。
- 6 煮好的酱汁放在碗中，放至微温再使用。
- 7 将煮好的忌廉酱汁均匀的淋在扇贝上，再撒上芝士碎，选择自动功能07，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱上层，按确认键开始烹饪。
- 8 烹饪结束后，取出即可享用。

· 前开启适用的自动选单，启动预热程序，可省去等待时间。







自动功能08

酱烧猪肋骨

食材

主料

排骨 500g

配料

蒜头 10g

洋葱 50g

新鲜百里香 6g

白兰地 10g

白霖酒 20g

法式芥末 10g

黑胡椒粉 3g

海盐 2g

韩式烧烤酱40g

做法

- 1 准备好所有材料。
- 2 将洋葱，蒜头切碎，连排猪肋剁成约10cm左右的条后清洗干净，用厨房纸吸干水分。
- 3 排骨加入所有调味料搅拌均匀，盖上保鲜膜，放入雪柜冷藏腌制半小时以上。
- 4 腌制好的排骨放在垫有烘焙纸的烤盘上。
- 5 蒸烤箱水箱加满水，将烤盘放入蒸烤箱中层，选择☰自动功能08，按确认键开始烹饪。
- 6 烹饪结束后，取出即可享用。

器皿放置参考

工具：烘焙纸+烤盘

放置：中层



烤盘

⌚ 约36分钟



自动功能09

香烤鳕鱼

食材

主料			
鳕鱼	220g		
配料			
海盐	2g	食用油	10g
黑胡椒碎	3g		

做法

- 1 准备好所有食材。
- 2 鳕鱼冲洗干净，用厨房纸吸干水分，两面均匀撒上黑胡椒碎，抹上盐，腌10分钟左右，让鳕鱼更加入味。
- 3 烤盘上刷上一层油，腌好的鳕鱼放在烤盘上，在鳕鱼两面刷上一层薄油。
- 4 选择 自动功能09，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱上层，按确认键开始烹饪。
- 5 烹饪结束后，取出即可享用。

器皿放置参考

工具：烘焙纸+烤盘
放置：上层



烤盘

⌚ 约9分钟

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。





自动功能10

黑椒蜜糖鸡翅

食材

主料

鸡翅 500g

腌料

蒜粉 5g

蚝油 5g

叉烧酱 30g

料理酒 15g

生抽 8g

黑胡椒 5g

蜂蜜 15g

做法

- 1 准备好所有材料。
- 2 鸡翅洗干净，沥干水分。
- 3 将蒜粉、蚝油、叉烧酱、料理酒、生抽、黑胡椒加入鸡翅中，抓匀。放入雪柜腌制2小时或以上。
- 4 将腌好的鸡翅放入垫有烘焙纸的烤盘上，装有食物的烤盘放入蒸烤箱的中层，选择自动选单10，启动即可。剩余2分钟时，取出表面刷上蜂蜜，继续烘烤。
- 5 烘烤结束后，取出冷却食用。

器皿放置参考

工具：烘焙纸+烤盘

放置：中层



烤盘

⌚ 约17分钟30秒

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。





自动功能11

蒜香虾肉串

食材

主料

大草虾15只（约40g/只）

调料

蒜香粉	5g	老抽	0.5g
黑胡椒碎	2g	橄榄油	15g
盐	1g	香葱	10g

器皿放置参考

工具：烤盘

放置：上层



烤盘

⌚ 约10分钟

做法

- 1 准备好所有材料。
- 2 鲜虾去头、剥壳去虾线，洗净后吸干多余水分，用调料将处理好的虾搅拌均匀腌制15分钟。
- 3 用竹签串入腌制好的虾，烤盘上放上虾串，选择  自动功能11，进入预热程序，提醒预热完成后，将烤盘放入蒸气焗炉上层，按确认键，烹饪约10分钟。
- 4 烹饪结束后，取出，可以撒上少许香葱食用。

小贴士

- 斑节虾或者青虾可替代大对虾。
- 每年6-7月，虾最鲜甜肥美，虾肉含有丰富的镁，有利于保护心血管系统，用黑椒加蒜蓉烹调，做出不一般的独特风味。

- 提前开启适用的自动选单，启动预热程序，可省去等待时间。





自动功能12

蒜香烤虾

食材

主料

大草虾 250g

配料

蒜香烧烤酱 30g

食用油 10g

器皿放置参考

工具：烤盘

放置：上层



烤盘

⌚ 约7分钟

做法

- 1 准备好所有材料。
- 2 草虾清洗干净，剪去须，用剪刀剪开虾背，用牙线挑出虾线。
- 3 往处理干净的虾里面倒入蒜香烧烤酱，充分拌均匀，再抹上食用油。
- 4 竹签提前泡水10分钟左右，避免烤焦。
- 5 一手拿着草虾，一手拿着竹签从尾部往头部串。
- 6 虾串整齐摆放在抹了少许食用油的烤盘里，选择⊖自动功能12，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱上层，按确认键开始烹饪。
- 7 烹饪结束后，取出后即可享用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。





自动功能13

芦笋烟肉卷

食材

芦笋 100g
烟肉 100g
红萝卜 适量

金针菇 50g
黑胡椒粉 1g

器皿放置参考

工具：烘焙纸+烤盘
放置：中层



烤盘

⌚ 约8分钟

做法

- 1 准备好所有材料。
- 2 烟肉一切两段。
- 3 芦笋根部去老皮，切去老茎，洗净切段。
- 4 取一段芦笋，加入少量金针菇、红萝卜条后，用烟肉将其卷起，每三个烟肉卷串一串，把芦笋烟肉卷放在铺有烘焙纸的烤盘上，然后撒上黑胡椒粉。
- 5 选择 ⌚ 自动功能13，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱中层，按确认键开始烹饪。
- 6 烹饪完成后，取出即可享用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。





自动功能14

沙嗲鸡肉串

食材

主料

沙嗲鸡肉串8条（约200g）

器皿放置参考

工具：烘培纸或锡纸+烤盘

放置：上层



烤盘

⌚ 约17分钟

做法

- 1 将沙嗲鸡肉串从雪柜拿出，解冻至常温。
- 2 将烘焙纸或锡纸铺在烤盘上，取8条沙嗲鸡肉串均匀放在上面。
- 3 选择 自动功能14，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱上层，按确认键开始烹调。
- 4 烹饪结束后，取出即可享用。

· 提前开启适用的自动，启动预热程序，可省去等待时间。







自动功能15

蔬菜鸡肉卷

食材

主料

鸡腿 400g (中等大小) 西芹 60g
红萝卜 60g

配料

姜	5g	胡椒粉	0.5g
烧烤酱	15g	盐	4g
料理酒	15g	葱	5g

器皿放置参考

工具：锡纸+烤盘

放置：中层



烤盘

⌚ 约28分钟

做法

- 1 准备好所有材料。
- 2 鸡腿洗净去骨，用刀背拍松。
- 3 加盐、姜、胡椒粉、料理酒腌制鸡腿肉至少20分钟。
- 4 红萝卜、西芹、葱切成与鸡腿肉长度一致的细长条，将腌好的鸡腿肉包入这些蔬菜。
- 5 用锡纸包好，卷紧。
- 6 烤盘铺锡纸，放鸡腿卷。
- 7 选择⊖自动功能15，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱中层，按确认键开始烹饪。
- 8 烤焗20分钟后，会听到提示音后，打开炉门，取出，去锡纸，涂上烧烤酱再继续烘烤。
- 9 烹饪结束后，取出稍微放凉后再切片食用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。





自动功能16

咖喱鸡肉串

食材

主料

鸡腿肉 净重500g
新鲜菠萝肉 250g
青红椒 150g

辅料

椰浆	60g	香茅	1枝
咖喱粉	20g	竹签	8只
蜂蜜	10g	花生碎	20g
盐	2g	青柠碎	4g

器皿放置参考

工具：锡纸+烤盘
放置：中层



烤盘

⌚ 约15分钟

做法

- 1 准备好所有材料。
- 2 鸡腿肉切大块，香茅切小段，咖喱粉用椰浆拌开，加入蜂蜜及盐搅拌均匀再放入鸡腿肉，冷藏腌制1个小时（可根据个人口味调整腌料）。
- 3 菠萝及青红椒切成及鸡腿同样大小的块状，用竹签将依次串入菠萝、青红椒及腌制好的鸡腿肉。
- 4 烤盘铺上锡纸，放上肉串，装有食物的烤盘放入蒸烤箱的中层，选择⌚ 自动功能16，按确认键开始烹饪。
- 5 烘烤结束后，撒上花生碎及青柠碎即可食用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。



自动功能17

海鲜薄饼

食材

薄饼饼皮

高筋面粉	150g	食用油	15g
低筋面粉	60g	盐	5g
砂糖	15g	温水	115g
酵母	3g		

薄饼馅料

烟肉	2片	薄饼酱	15g
大虾仁	6只	小蕃茄	2个
青椒	50g	马苏里拉芝士	60g
洋葱	50g		

器皿放置参考

工具：烘焙纸+烤盘

放置：中层



烤盘

⌚ 约24分

做法

- 1 准备好所有材料。
- 2 将意大利薄饼饼皮里的所有原料搓成光滑的面团，直到扩展阶段，能拉出大片薄膜，盖上保鲜膜，利用“低温发酵”功能，30℃，50分钟，发酵至两倍大。
- 3 青椒和洋葱切丝，小蕃茄和烟肉切成片。
- 4 发好的面团放到搓面垫上充分搓匀。
- 5 用保鲜膜盖着静置10分钟。
- 6 把面团搓成23cm左右的饼皮。
- 7 烤盘上铺上烘焙纸，把搓好的饼皮铺上，平铺后对饼皮边缘进行整理一下，用叉子在面皮上戳出小孔，然后均匀的刷满意大利薄饼酱。
- 8 撒一层马苏里拉芝士约20g；铺上小蕃茄，再撒一层芝士20g，再放上烟肉和虾仁，最后放上一层芝士20g。
- 9 选择“自动功能17”，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱中层，按确认键开始烹饪。
- 10 烹饪结束后，取出即可享用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。





蒸









自动功能18

栗子蒸鸡

食材

主料

土鸡 500g

栗子 300g

配料

西兰花 80g

姜 20g

葱 15g

料理酒 6g

蚝油 5g

生抽 5g

盐 3g

花椒 5g

八角 3g

花生油 5g

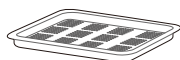
器皿放置参考

工具：碟子+蒸盘

放置：中层



碟子



蒸盘

⌚ 约30分钟

做法

- 1 准备好所有食材。
- 2 土鸡洗净切块，锅中加水放入土鸡，加入葱、姜、料理酒、花椒、八角大火煮滚水捞出。
- 3 取出煮好的鸡，加入少许的盐、蚝油、生抽拌匀。
- 4 栗子放在盘子底部，再放入鸡块。
- 5 把装食物的碟子放在蒸盘上，将蒸盘放入蒸烤箱中层，关上炉门，蒸烤箱水箱加满水，选择  自动功能18，按确认键开始烹饪。
- 6 烹调完成后，锅中放水煮沸，加几滴油和一点盐，放入西兰花焯一下捞出，放在蒸好的鸡肉周围即可。



自动功能19

孔雀开屏鱼

食材

主料

桂花鱼 1条（约500g）

配料

姜 4片（约10g）

盐 2g

葱白段 3g

蒸鱼豉油 20g

米酒 5g

食用油 30g

配料

红椒 10g

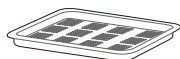
做法

- 1 桂花鱼去鳞后砍掉鱼头鱼尾，洗净内腔。从鱼的背部切片，厚度为0.5cm。鱼腹部处留出1cm不要切断，米酒和盐涂抹在鱼上，腌制10分钟去除腥味。
- 2 在蒸鱼盘底部放入姜片和葱白段，再放入切好的鱼摆出孔雀开屏的形状；
- 3 将蒸鱼盘放在蒸盘上，放入蒸箱中层，蒸烤箱水箱加满水，选择☰自动功能19，按确认键开始烹饪；
- 4 烹调结束后，取出蒸好的鱼，倒掉盘里多余水，挑出葱姜，鱼肉表面摆上红椒，淋上热油，倒入蒸鱼豉油即可。

器皿放置参考

工具：蒸盘

放置：中层



蒸盘

⌚ 约18分钟

· 寓意吉祥的孔雀开屏鱼，造型美观，味道鲜嫩





自动功能20

梅菜扣肉

食材

主料

带皮五花肉1块（约1000g）

梅菜干 50g

配料

干花椒 1g 葱 1根

姜 3片

腌料

老抽 3g

调料

柱候酱 2g 海鲜酱 2g

红腐乳汁 5g 白砂糖 2g

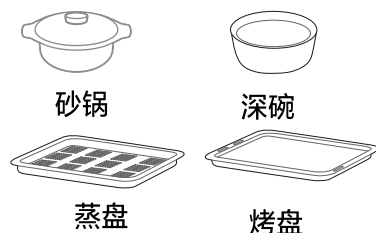
老抽 1g 米酒 5g

生抽 10g

器皿放置参考

工具：砂锅+深碗+蒸盘+烤盘

放置：下层



⌚ 约60分钟

做法

- 1 梅菜干洗净，放入温水中浸泡15分钟。调料混合搅拌均匀待用；
- 2 五花肉洗净和配料一起放进砂锅内，盖上锅盖，留小孔出气，放进机器，使用【 原味纯蒸】功能，烹调15分钟；
- 3 烹调结束后，稍微洗净五花肉表面，印干水分，用针将猪皮扎出密密麻麻的孔，用老抽均匀涂抹在肉面和肉皮上，烤盘铺上锡箔纸放上五花肉，肉朝下；
- 4 使用【 热风对流】功能，温度调至230℃，进入预热程序，预热结束后，使用 热风对流230℃，将烤盘放入蒸烤箱下层，焗20分钟；
- 5 烹饪结束后，取出稍微晾凉后从肉皮往下切，底部不要切断；
- 6 将浸泡好的梅菜干挤干水分，玻璃碗内放入切好的肉片，皮朝下淋上调料，再把梅菜干铺在上面，按压严实；
- 7 把装食物的碗放入蒸盘上，将蒸盘放入蒸烤箱下层，关上炉门，蒸烤箱水箱加满水，选择 自动选单20，按确认键开始烹饪；
- 8 烹饪结束后，将碗中的汤汁倒出来，在碗上面倒扣一个盘子，翻转过来即可。

小贴士

扣肉蒸好后需要先倒掉里面的汁水，再倒扣过来，以免烫伤。





自动功能21

清蒸龙脷柳

食材

主料

龙脷柳 500g

配料

葱 20g

柠檬汁 30g

蒸鱼豉油 30g

植物油 45g

器皿放置参考

工具：蒸鱼碟+蒸盘

放置：中层



蒸鱼碟



蒸盘

⌚ 约18分钟

做法

- 1 准备好所有食材。
- 2 龙脷鱼取出解冻后，用清水冲洗一下，印干水分，切成宽度3cm左右的块。
- 3 摆入盘中，在上面挤上柠檬汁。
- 4 把装食物的碟子放在蒸盘上，将蒸盘放入蒸烤箱中层，关上炉门，水箱加水，选择 ⌚ 自动功能21，按确认键开始烹饪。
- 5 烹饪结束后取出，放入葱丝，淋上蒸鱼豉油，淋上热油即可。





自动功能22

花蟹蒸蛋

食材

主料

花蟹 120g

鸡蛋 120g

配料

温水 150g

料理酒 10g

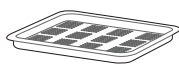
器皿放置参考

工具：浅碟+蒸盘

放置：中层



浅碟



蒸盘

🕒 约10分钟

做法

- 1 准备好所有材料。
- 2 花蟹洗干净，一开二，用料酒腌制10分钟去腥。
- 3 鸡蛋打入蒸碗中，打散调匀，倒入150克温水，快速搅拌均匀。
- 4 放入花蟹，倒入蛋液，去掉表面泡沫备用。
- 5 把装食物的碟子放入蒸盘上，蒸盘置于中层，关上炉门，水箱加水，选择⌚ 自动功能22，按确认键开始烹饪即可。
- 6 烹饪结束后取出，撒上葱花即可。







自动功能23

南瓜蒸排骨

食材

主料

排骨 300g

南瓜 300g

配料

盐 4g

姜 10g

白糖 5g

蒜 10g

粟粉 10g

老抽 8g

豆豉 15g

做法

- 1 准备好所有材料。
- 2 南瓜去皮切片（约1cm厚）。
- 3 姜蒜切碎，排骨洗净后，加入老抽、豆豉、蒜、姜、盐、糖、粟粉抓匀后腌制入味。
- 4 南瓜铺底，再放腌制好的排骨。
- 5 把装食物的碟子放在蒸盘上，将蒸盘放入蒸烤箱中层，关上炉门，蒸烤箱水箱加满水，选择☺自动功能23，按确认键开始烹饪。
- 6 烹饪结束后，取出即可享用。

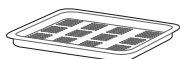
器皿放置参考

工具：浅碟+蒸盘

放置：中层



浅碟



蒸盘

⌚ 约18分钟



自动功能24

鲜味芦笋

食材

芦笋	300g	芝麻油	5g
姜	10g	白糖	5g
蒜头	15g	植物油	15g
小红辣椒	2个	盐	2g
生抽	20g	水	适量

器皿放置参考

工具：烘焙纸+烤盘+碟子
放置：中层



碟子

⌚ 约9分钟



烤盘

做法

- 1 准备好所有食材。
- 2 芦笋根部去老皮，切去老茎，洗净切长段。姜蒜切碎，小红辣椒切圈。
- 3 把芦笋放在铺有烘焙纸的烤盘。
- 4 选择  自动功能24，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱中层，按确认键开始烹饪。
- 5 烹饪结束后，取出放入碟子。
- 6 取一只碗，倒入生抽、白糖、盐和适量白开水搅拌均匀，淋在芦笋上，再撒上姜末和小红辣椒圈。
- 7 锅中烧适量热油，至约200℃左右，马上淋在姜蒜末上即可。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。



自动功能25

松茸炖羊排

食材

主料

羊肚菌 10g

姬松茸 10g

配料

枸杞 2g

红枣 4颗

羊排 400g

清水 1500g

姜 4片

盐 3g

做法

- 1 羊肚菌、姬松茸、红枣、枸杞冲洗干净，羊肚菌和姬松茸分别用40℃温水浸泡30分钟。
- 2 羊排洗净斩块，焯水备用。砂锅中放入羊排、羊肚菌、姬松茸和红枣、姜片，倒入清水，盖上锅盖，留小孔出气。
- 3 蒸烤箱水箱加满水，食物放在蒸盘上，放入下层，选择 自动功能25，按确认键开始烹饪。
- 4 剩余5分钟时，听到提示音后，取出加入枸杞，继续烹饪。
- 5 烹饪结束后，根据个人口味加入适量盐。

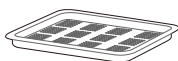
器皿放置参考

工具：汤煲+蒸盘

放置：下层



砂锅



蒸盘

⌚ 约90分钟

小贴士

- 加入猴头菇、海参等食材可令口味更香浓。
- 寒冬里，一碗热气腾腾的羊肉汤，抵御风寒，滋补身体，加入羊肚菌、姬松茸等名贵菌类营养更丰富。



自动功能26

清蒸石斑鱼

食材

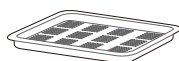
石斑鱼	490g	植物油	15g
葱丝	5g	蒸鱼豉油	20g
姜丝	5g		

器皿放置参考

工具：蒸鱼碟+蒸盘
放置：中层



蒸鱼碟



蒸盘

⌚ 约15分钟

做法

- 1 准备好所有材料。
- 2 杀鱼，将鱼肚剖开，将内脏、鱼鳃取出，将鱼鳞刮干净，洗净。沿着鱼主脊骨处切开，使鱼能够趴着，将鱼趴着放置于垫有筷子的蒸鱼碟里。
- 3 鱼背上放几片姜片，用于去腥。
- 4 高温蒸气120℃预热，预热结束后，将装有鱼的鱼盘放在蒸盘上，放置于蒸烤箱中层，选择 ⌚ 自动功能26，按确认键开始烹饪。
- 5 烹饪结束后取出，取出姜片，将盘中汤汁倒掉，撒上葱丝、姜丝，然后淋上热油，最后倒入蒸鱼豉油。

小贴士

- 石斑鱼品种多样，肉质鲜嫩、结实，高温蒸气烹饪口感更佳。
- 如果石斑鱼重量超过490g，建议追加蒸气烹饪时间。
- 可以根据个人喜好，调整蒸鱼豉油、植物油分量。
- 沿着鱼主脊骨处切开大约切1~2cm。





自动功能27

白菜猪肉蒸饺

食材

主料

猪肉碎 300g

大白菜 200g

饺子皮 500g

配料

姜末 1g

白胡椒粉 1g

葱白末 1g

食用油 20g

鸡蛋白 10g

蚝油 2g

盐 1g

香油 1g

米酒 5g

白砂糖 1g

老抽 10g

生粉 10g

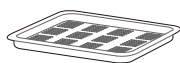
做法

- 1 大白菜洗净放锅里烫过，并挤干多余的水分并切碎，在猪肉碎中加入所有配料顺着同一个方向搅拌，再加入大白菜继续搅拌均匀，封保鲜膜放雪柜冷藏20分钟，制成馅料。
- 2 在饺子皮中间放入馅料，把两边的饺子皮往中间弯起，在饺子皮一端捏出一个「凹」形，然后捏紧，把一边饺子皮往中间推，再把另一边饺子皮交叉地往中间推，捏紧，重复这个动作直到饺子尾部，最后按压一下捏紧。
- 3 在蒸盘上铺一层烘焙纸，把处理好的饺子雏型整齐摆放在上面；
- 4 蒸烤箱水箱加满水，蒸盘放入蒸烤箱中层，选择  自动功能27，按确认键开始烹饪；
- 5 烹饪完成后，取出即可享用。

器皿放置参考

工具：烘焙纸+蒸盘

放置：中层



蒸盘

⌚ 约20分钟

小贴士

- 饺子馅可以提前处理好放冰柜冷藏，包饺子的时候更好塑形。
- 大白菜属于冬季蔬菜，爽脆鲜甜，富含纤维素，促进肠胃蠕动，帮助消化。





自动功能28

香菇鲜肉包

食材

面团

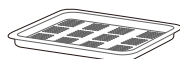
普通面粉	260g	白砂糖	30g
水	約135g	食鹽	2g
酵母	3g		

馅料

猪肉馅	200g	生抽	1大勺
干香菇	5-6粒	白砂糖	少许
香葱	1根	食盐	适量

器皿放置参考

工具：烘培纸或者包纸+蒸盘
放置：中层



蒸盘

⌚ 约25分钟

做法

- 1 将干香菇泡发后切碎，葱洗净切末，将猪肉馅、香菇和葱放入碗中，加入生抽、白糖、食盐，往一个方向搅拌均匀备用。
- 2 将面粉、酵母、白砂糖、食盐和水混合，搓成光滑面团。
- 3 把搓好的面团（连搓面的盆加盖）放入蒸盘，置于下层，选择 低温发酵40℃,时间：40-50分钟左右发酵至面团大小为原来的约2倍大小，面团里面充满蜂窝状的小孔时，说明已经发酵好，再一次搓搓面团，充分搓压出内部的起泡。
- 4 把搓好的面团搓成长条形，切成40g左右的小块。
- 5 将小块按扁，然后用搓面棍将它搓成中间略厚边缘稍薄的面皮。
- 6 把适量肉馅放入面皮中，由一处开始先捏出一个褶子，然后继续朝一个方向捏褶子，直至将面皮边缘捏完，收口，成包子雏型。
- 7 在蒸盘上铺一层烘焙纸（或者包纸），把处理好的包子雏型整齐摆放在上面。
- 8 把装食物的蒸盘置于层架中层，关上炉门，水箱加水，选择 低温发酵40℃,时间：20分钟，按确认键开始烹饪。
- 9 继续醒发结束后，选择 自动功能28，按确认键开始烹饪。
- 10 烹调结束，等待5分钟再打开炉门，以防包子由于瞬间降温导致表皮严重收缩影响外观。







自动功能29

蒸沙姜鸡

食材

主料

三黄鸡 1只 (约1100g)
沙姜 150g

腌料

老姜 3-4片 胡椒粉 3g
葱 (切断) 2条 盐 6g
绍兴酒 10g

酱料

姜蓉 10g 热油 25g
葱粒 10g 盐 1g

做法

- 1 先把鸡洗净，然后用厨房纸巾擦干水分。把盐，和酒均匀涂抹在鸡的表面和内部，并抹少许胡椒粉，稍等一会，在均匀抹上沙姜粉腌制30分钟。
- 2 选择 炉腔预热，以100℃预热。
- 3 预热完成后，水箱装满水，在碟上摆上姜片及葱段，把腌好的鸡摆放在碟内并放蒸盘上，把蒸盘放入蒸烤炉下层。
- 4 选择 自动功能 29，以110℃蒸30分钟，完成后再用余温焗10分钟后才取出沙姜鸡。
- 5 将油倒入热锅中，倒入姜蓉，油滚后姜微微上色即可熄火，利用余温倒入葱粒，加少许盐、生抽拌匀即可。

器皿放置参考

工具：浅碟+蒸盘 放置：下层



浅碟



蒸盘

⌚ 约40分钟



自动功能30

冰糖炖雪梨

食材

雪梨	2个	杞子	10g
冰糖	50g	雪耳	15g
水	1000g		

做法

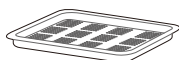
- 1 雪梨洗净，去皮去核，切小块。将杞子及雪耳浸泡至软。
- 2 将雪梨、杞子、雪耳及水放入炖盅大，蒸盘放入蒸烤箱下层，选择 自动功能30，按确认键开始烹饪。
- 3 最后 10 分钟时会有声音提示，炖盅中加入冰糖并搅拌，然后继续加热至烹饪结束。

器皿放置参考

工具：深碗+蒸盘
放置：下层



深碗



蒸盘

⌚ 约60分钟





自动功能31

红枣姜汁糕

食材

红枣浆

红枣 500g
清水（红枣水用）800ml
冰糖 300g
马蹄粉 150g
枸杞 10g
清水（马蹄粉用）500ml

姜糖浆

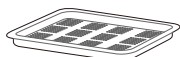
姜 适量
清水（姜汁用）40ml
冰糖 100g
清水 180g
马蹄粉 100g
清水（马蹄粉用）220ml

器皿放置参考

工具：平底深碗+蒸盘
放置：下层



平底深碗



蒸盘

⌚ 约45分钟

做法

- 1 红枣洗净去核，加800ml清水煮半小时，煮好后把红枣挤干水滤去剩渣，再把煮红枣的水加入冰糖煮至冰糖融化。
- 2 枸杞用冷水浸泡片刻，然后去水备用。
- 3 150g马蹄粉加500ml清水混合均匀。
- 4 把煮好的红枣糖水倒进马蹄粉水中，一边倒一边快速顺时针方向搅拌，调成红枣浆。
- 5 姜去皮切小块，加40ml清水打成姜汁，滤去剩渣。
- 6 黄冰糖、姜汁、180ml清水倒入锅中煮开。
- 7 100g马蹄粉加220ml清水拌匀后倒入姜糖水中，快速顺时针拌匀，调成姜糖水。
- 8 在方盘中刷一层油，把红枣浆倒入盘中，浆量约1cm厚，食物放在蒸盘上，放入下层，选择 自动功能31，启动。
- 9 把红枣浆倒入盘中，浆量约1cm厚，蒸10分钟待表面凝固后。
- 10 听到语音提示再放入枸杞，倒入同样厚度的姜糖浆，继续蒸10分钟。
- 11 再次听到声音提示后，倒入一层红枣浆蒸25分钟定型；
- 12 取出蒸好的红枣枸杞姜汁糕，待完全冷却后脱盘切件食用。

小贴士

- 可用红糖替代冰糖。
- 烹饪时建议覆盖保鲜膜，以免冷凝水滴到食物表面。
- 在冬季，食用红枣、枸杞和姜汁可以补气益血，增强体质抵抗寒冷，一口香甜软糯的红枣枸杞姜汁糕，热乎乎的滋味，十分温暖。



自动功能32

艾草茶粿

食材

主料

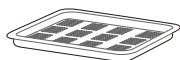
糯米粉	300g	白糖	20g
澄粉	45g	红豆沙	200g
冰水	60g (用于冷却)	艾草	40g
	40g (用于搓面)	清水	100g
温开水180g (约70-80℃)			

配料

开水	45g
猪油	25g

器皿放置参考

工具：烘焙纸+蒸盘
放置：中层



蒸盘

⌚ 约12分钟30秒

做法

- 1 新鲜的艾草摘下叶子，清洗干净，艾草和100g清水放入玻璃碗内，放在蒸盘上，蒸盘放入腔体中层，关上炉门，蒸烤箱水箱加满水，使用【原味纯蒸】功能，烹调4分钟；
- 2 烹调结束后，迅速把艾草放进冰水中冷却，再捞出挤干水分，用搅拌机打成泥（适量加点水），搅拌后滤去汁水取艾草泥备用；
- 3 盆内放入澄粉、倒入45g开水搅拌至没有颗粒，制成澄粉团；
- 4 用另外一个盆倒入糯米粉、白糖、温开水搅拌均匀，加入冷水40g将面团搓匀，再把澄面团加入，最后加入艾草泥和猪油充分搓匀；
- 5 将搓好的茶粿皮分成12份，约30g/份，豆沙约20g/份，取一个茶粿皮搓圆按扁，捏成四周薄中间厚的皮，放上豆沙馅，把皮向中间收圆捏紧，搓圆即可。
- 6 蒸盘内放上烘焙纸，再放入包好的艾草团，将蒸盘入蒸烤箱中层，蒸烤箱水箱加满水，选择⊖自动功能32，按确认键开始烹饪；
- 7 烹饪结束后，取出即可享用。

清明时节，艾草芬芳弥漫，用鲜绿的艾草做成软糯甜蜜的艾粿，不论配搭甜味或者咸味的馅料同样美味。



烘焙







自动功能33

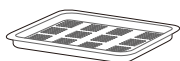
杏仁瓦片

食材

低筋面粉	30g	蛋清	100g
杏仁片	100g	白砂糖	80g
牛油	15g		

器皿放置参考

工具：烘焙纸+蒸盘
放置：中层



蒸盘

⌚ 约24分钟

做法

- 1 将所有的食材准备好，室温软化牛油，将蛋白和蛋黄分离。
- 2 将蛋白和砂糖隔水搅拌至砂糖融化。
- 3 将室温软化好的牛油加入蛋白液中拌匀备用。
- 4 将杏仁片放入烤箱中，选择🌀热风对流功能150℃，焗3-4分钟，烤至表面轻微上色，取出备用。
- 5 将过筛好的低筋面粉和杏仁片加入混合蛋浆中拌匀。
- 6 用勺子将拌好的面粉浆，每5g一个，勺入铺有烘焙纸的蒸盘中，摊平成5cm乘5cm面积的方形。
- 7 选择☰自动功能33，进入预热程序，待提示音提醒预热完成后，将蒸盘放入蒸烤箱中层，按确认键开始烹饪。
- 8 烘焙完成，将食物取出即可。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。







自动功能34

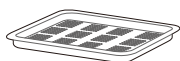
蔓越莓饼干

食材

低筋面粉	170g	牛油	125g
蔓越莓干	50g	全蛋浆	25g
奶粉	9g	糖粉	70g

器皿放置参考

工具：烘焙纸+蒸盘
放置：中层



蒸盘

⌚ 约23分钟

做法

- 1 准备好所有材料，室温软化牛油。
- 2 蔓越莓干切碎。
- 3 糖粉倒入软化的牛油中，用手动打蛋器搅拌均匀，不需要打发。
- 4 蛋浆分3次加入牛油中，每一次与牛油搅拌均匀后，再加入下一次。
- 5 接着加入蔓越莓干搅拌均匀，再加入过筛的面粉、奶粉，用刮刀切拌成没有干粉的面粉浆。
- 6 面粉浆放在保鲜膜上，放入饼干模具中整好型，倒出放入雪柜冷冻1小时左右。
- 7 取出冷冻好的饼干，切成约5mm厚的片状，如果饼干冻得太硬，可以常温回温稍后再切。
- 8 切好的饼干有间距地铺在垫有烘焙纸的蒸盘上，选择⌚ 自动功能34，进入预热程序，待提示音提醒预热完成后，将蒸盘放入烤箱 中层，按确认键开始烹饪。
- 9 烹饪结束后，取出即可享用。

· 前开启适用的自动选单，启动预热程序，可省去等待时间。



自动功能35

裸麦面包

食材

裸麦粉	100g	砂糖	10g
高筋面粉	200g	水	180g
盐	4g	牛油	10g
酵母	4g		

器皿放置参考

工具：烘焙纸+烤盘
放置：中层



烤盘

⌚ 约21分钟

做法

- 1 准备好所有材料。
- 2 将所有材料（除牛油）搓至光滑有弹性，加入牛油搓至拉开有薄膜即可，面团放入焗炉，选择  低温发酵功能，30℃,发酵50分钟。
- 3 将面团分割成250g一个滚圆松弛10分钟。
- 4 整形成橄榄型，放在垫好烘焙纸的烤盘上。
- 5 选择  低温发酵功能，30℃,发酵40分钟，发酵至两倍大。
- 6 表面撒粉，在表面划上花刀（深度要求8mm，花式不限）。
- 7 选择  自动功能35，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱中层，按确认键开始烹饪。
- 8 烹饪结束后，取出即可享用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。







自动功能36

蔓越莓面包

食材

面团

高筋面粉	200g	干酵母	4g
全麦粉	25g	清水	125g
细盐	3g	牛油	20g
红糖粉	40g		

馅料

蔓越莓	35g
秣酒	15g

器皿放置参考

工具：烘焙纸+烤盘
放置：中层



烤盘

⌚ 约25分钟

做法

- 1 准备好所有材料，蔓越莓提前一晚用秣酒浸泡。
- 2 把面团材料除牛油外全部加入到厨师机搅拌桶中，搓成能拉出薄膜的光滑面团后，加入常温软化的牛油，继续搓至扩展阶段，可以扯出较为结实的，不容易破的半透明薄膜；
- 3 取出搓好的面团，放在搓面垫上，加入酒渍蔓越莓，搓均匀后滚圆面团，放入大碗中，盖好保鲜膜，选择  低温发酵功能，30℃，发酵50分钟，发酵至2-2.5倍大。
- 4 发酵成功的面团用手指蘸粉在面团戳孔是不回弹不塌陷的状态。
- 5 将发酵好的面团取出，在搓面垫上轻拍排气，平均分成4份，分别滚圆后盖好保鲜膜，常温松弛20分钟左右。
- 6 取一份松弛好的面团，正面朝上，用手掌轻拍按扁，拍出气泡，翻面后把两边的角向内折，把最后一遍收口向内折，收口捏紧，翻面，将边角整理圆润。
- 7 烤盘垫上烘焙纸，面包依次处理好后有间距的摆好，选择  低温发酵功能，30℃，50分钟，进行2次发酵，发酵到1.5倍后取出。
- 8 在面包的表面撒少许高粉，用割包刀快速割出花纹。
- 9 选择  自动功能36，进入预热程序，待提示音提醒预热完成后，将烤盘放入蒸烤箱中层，按确认键开始烹饪。
- 10 烹饪结束后，取出即可享用。

· 提前开启适用的自动选单，启动预热程序，可省去等待时间。

小知识

如何打发蛋白



步骤1

将蛋白置于干净的打蛋盆中，加入1/3细砂糖，用电动打蛋器低速打至蛋白呈粗泡状态；



步骤2

加入剩余的1/2细砂糖，打蛋器转中低速打至蛋白呈细密的乳沫状泡泡；



步骤3

加入剩余的细砂糖，打蛋器转高速打至蛋白出现轻易不易消失的纹路，提起打蛋头呈现大弯角，这阶段称为湿性发泡；



步骤4

电动打蛋器转中速继续打发，打至蛋白霜有明显阻力感，提起打蛋头，蛋白霜呈直立小尖角，这阶段称为干性发泡。

如何打发牛油

步骤1 将牛油切成小块或片状，放在25℃左右的环境中（室温）中软化至软膏状，用手指轻轻一按可留下痕迹，这个状态最适合打发；

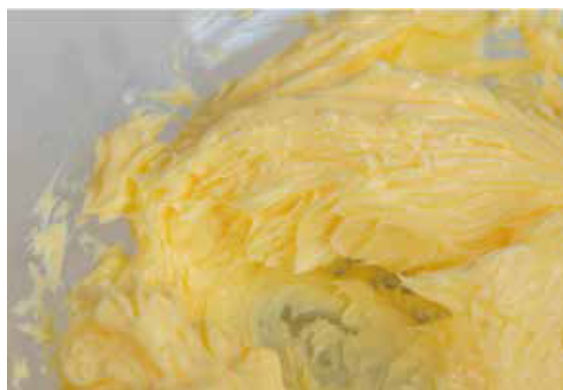
步骤2 用电动打蛋器以低速把牛油稍微打发，至颜色变浅一些；

步骤3 加入细砂糖或者糖粉，用电动打蛋器低速把牛油和糖打匀，转中速打发；牛油会颜色变浅、体积变大；

步骤4 当牛油浆体积变大、出现纹路的时候，把电动打蛋器转高速打发，当牛油呈现轻盈蓬松状、颜色发白即完成打发。



步骤1



步骤2



步骤3



步骤4

奶酪发酵技巧

[牛奶选择]

选用纯牛奶，常温奶或巴氏杀菌奶均可，加一些奶粉会让奶酪的质感更加醇厚。

[发酵剂选择]

推荐使用乳酸菌粉，操作方便，出品稳定，做出的奶酪味道温和。也可以根据个人喜好用奶酪制成品代替或使用开菲尔菌粒。

[容器消毒]

容器内的细菌可能会影响奶酪的质量，所以一定要小心进行消毒杀菌工作，最简便的做法是用开水烫一下。

[冷藏调口感]

将预备好的奶酪放入雪柜冷藏8小时以上，奶酪会变得更加浓厚，香味也会更丰富。

[调酸度]

如果觉得自酿的奶酪太酸，可以选择低酸度菌粉，或者在奶酪凝固的前提下，缩短发酵时间，并尽快食用。食用之前加入蜂蜜、果酱或麦片也是个不错的方法。

食材

原味奶酪——— 200g

纯牛奶——— 200g

做法

- 1 将奶酪和纯牛奶装入大碗中，混合均匀；
- 2 将碗放入烤盘中，烤架至于蒸气焗炉下层，关上炉门；
- 3 选择 低温发酵功能，设定8小时，启动；
- 4 烹饪结束后取出食用





面团发酵技巧

[酵母]

在合适的范围内，酵母用量越多，发酵速度越快；反之，则相反。保管不当或贮藏时间过长的酵母，色泽较深、发酵力低、发酵速度慢。

[水温]

在常温下采用40℃左右的温水和面，制成的面团温度为27℃左右，此温度最适宜酵母繁殖。水温过高，酵母易被烫死；水温过低，酵母繁殖较慢。

[盐和糖]

一般来说，500g面粉添加2~3g食盐，对酵母生长发育有利。使用占面团5%左右的糖，可以为酵母繁殖提供营养，使酵母繁殖速度加快。但要注意，糖和盐的使用都不要过量。

[温度]

一般要求为28℃~30℃，可以通过提高或降低和面用的水温来调节。春天室温在20℃左右时，水温可控制在35℃~40℃。夏季室温在30℃以上时，水温可控制在13℃~15℃。

[面团发酵成熟的标志]

面团顶部鼓起，摸上去很干燥。用手提，面团很自然地被拉长，松手后慢慢回缩。此时面团内部多气孔，并散发出酒香味。



#DetailsMatter