

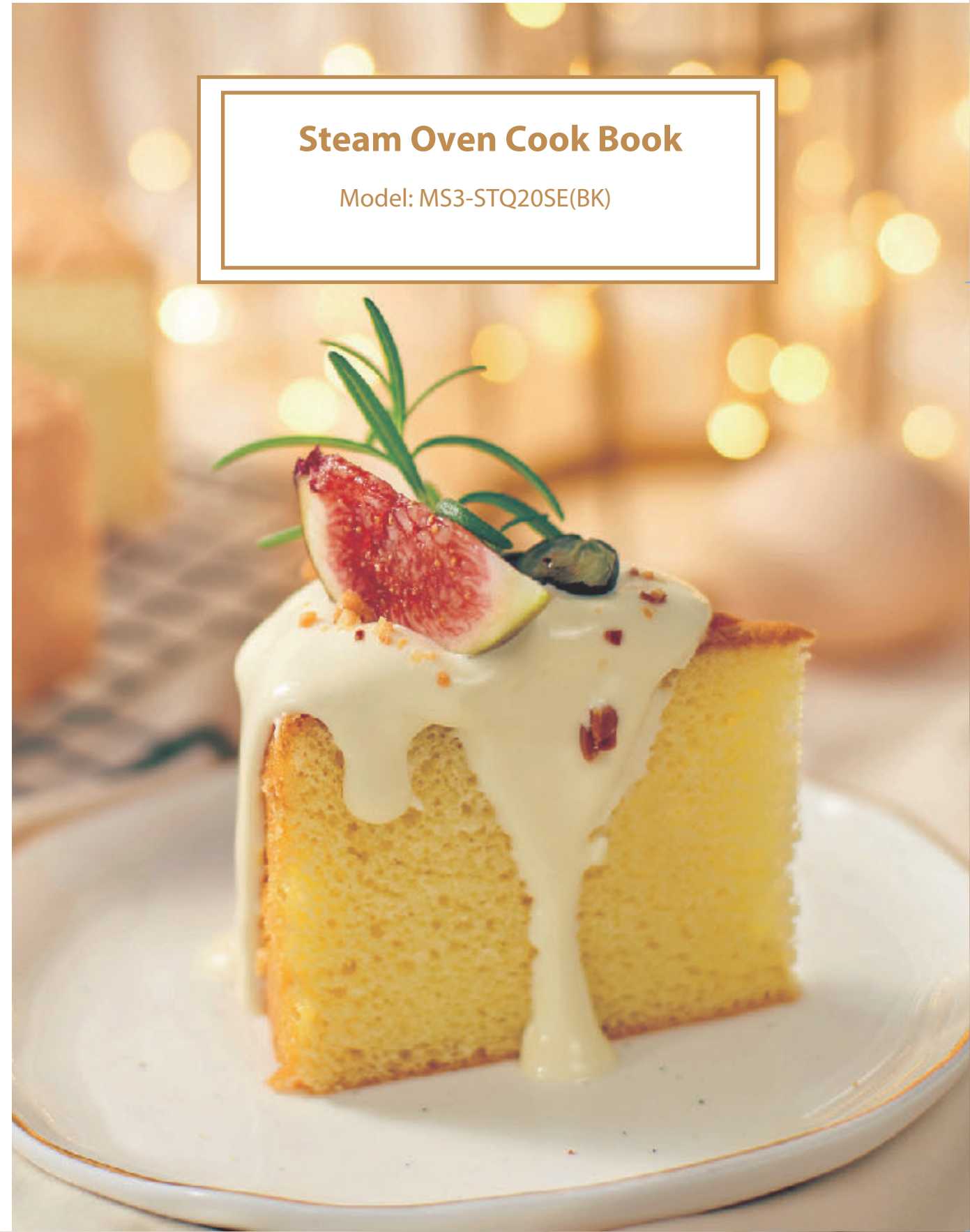
TOSHIBA



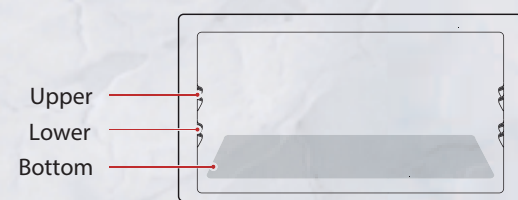
Toshiba Steam Oven
MS3-STQ20SE(BK)

Steam Oven Cook Book

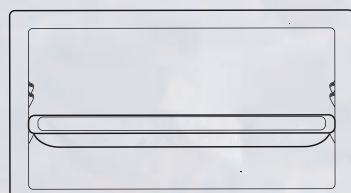
Model: MS3-STQ20SE(BK)



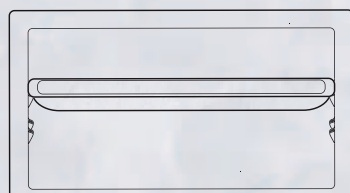
Shelf Description



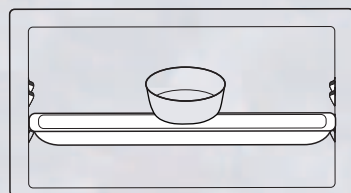
Internal Structure



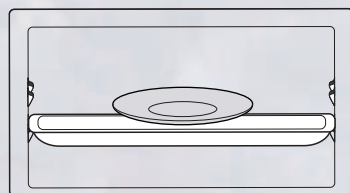
Baking/ Steam Tray is placed on lower layer



Baking/ Steam Tray is placed on upper layer



Tea Bowl and Steam Tray are placed on lower layer



Dish and Steam Tray are placed on lower layer

Tips

- The cooking time can be adjusted according to the actual weight of ingredients.
- Be sure to fill the water box with purified water before cooking with "steam".
- The weights of ingredients in the recipes are recommended for reference.

Auto Menu Guide

Menu Name	Recommend Quantity or Weight	Time	Power	Layer	Container and Accessories
01 Steamed Sea Bass with Lime	400g	Convection preheat (5 minutes) + Steam (8 minutes and 20 seconds)	Convection (180 °C) + Steaming with full power	Lower	Suitable dish + Steaming tray
02 Steamed Garlic Shrimp with Vermicelli Noodles	400g	About 7 minutes 30 seconds	Quick Steam (100 °C)	Lower	Suitable dish + Steaming tray
03 Japanese Steamed Egg Custard	600g	About 24 minutes	Full steaming (100 °C)	Lower	Tea bowl + steaming tray
04 Steamed Baby Cabbage	500g	About 12 minutes	Quick Steam (100 °C)	Lower	Suitable dish + Steaming tray
05 Soup Dumplings with Beef	600g	About 20 minutes	Quick Steam (100 °C)	Lower	Steaming tray
06 Chiffon Cake	8 inches	About 60 minutes	Convection (150 °C)	Lower	Baking tray
07 Seafood Pizza	1 Pc	About 15 minutes	Convection (220 °C)	Lower	Baking tray
08 Roasted Chicken Wings	600g	About 25 minutes	Convection (220 °C)	Lower	Baking tray
09 Honey Glazed Ribs	500g	About 10 minutes + About 15 minutes	Convection (220 °C) + Convection (180 °C)	Lower	Baking tray
10 Roasted Steak with Black Pepper	250g	About 20 minutes	Convection (230 °C)	Lower	Baking tray
11 Roasted Lamb Chop with Rosemary	500g	About 40 minutes	Convection (230 °C)	Lower	Baking tray
12 Grilled Saury	2 pieces.	About 15 minutes	Convection (220 °C)	Lower	Baking tray
13 Shrimp Tempura	8 pieces.	About 18 minutes	Convection (200 °C)	Lower	Baking tray
14 Cupcake	12 Pc	About 29 minutes	Convection (170 °C)	Lower	Baking tray
15 Spicy Grilled Fish	500g	About 15 minutes	Convection (200 °C)	Lower	Baking tray
16 Cranberry Cookies	15 pieces	About 24 minutes	Convection (160 °C)	Lower	Baking tray
17 Portuguese Egg Tarts	12 Pcs	About 28 minutes	Convection (200 °C)	Lower	Baking tray
18 Butter Roll	9 Pc	About 21 minutes	Convection (160 °C)	Lower	Baking tray
19 Chives and Cheese Cookies	16 pieces.	About 20 minutes	Convection (160 °C)	Lower	Baking tray
20 Roasted Sweet Potato	4 Pcs	About 60 minutes	Convection (230 °C)	Lower	Baking tray
21 Caramel Pudding	12 Pc	About 15 minutes	Convection (140 °C)	Lower	Baking tray
22 Steamed Fish Head with Chili Pepper	800g	About 20 minutes	Quick Steam (100 °C)	Lower	Suitable dish + steaming tray
23 Steamed Tamago Tofu with Shrimp	200g	About 10 minutes	Quick Steam (100 °C)	Lower	Suitable dish + steaming tray
24 Steamed Siumai	12 Pc	About 16 minutes	Quick Steam (100 °C)	Lower	Steaming tray
25 Steamed Frozen Food	12 Pc	About 15 minutes	Quick Steam (100 °C)	Lower	Steaming tray
26 Salmon Steamed Rice	130g	About 8 minutes	Full steaming (100 °C)	Lower	Suitable dish + steaming tray
27 Steamed Rice	300g	About 45 minutes	Full steaming (100 °C)	Lower	Wide-mouth bowl + steaming tray
28 Steamed Pork Ribs with Black Bean Sauce	500g	About 20 minutes	Quick Steam (100 °C)	Lower	Suitable dish + steaming tray
29 Sweet Green Rice Ball	300g	About 20 minutes	Full steaming (100 °C)	Lower	Suitable dish + steaming tray
30 Stewed Bird's Nest	1500g	About 50 minutes	Full steaming (100 °C)	Lower	Wide-mouth deep container + steaming tray

Reheating & Other Cooking Suggestions

Menu Name		Recommend Quantity or Weight	Time	Power	Layer	Container and Accessories	Remarks
01 Reheat Siumai	Frozen	9pcs	10mins	Steam 100 °C	Lower	Steaming tray	Siumai ~25g /pc, 9pcs~220 g
	Refrigerated	9pcs	10mins	Steam 100 °C	Lower	Steaming tray	
02 Reheat Rice Noodle Rolls	Frozen	200g	9mins	Steam 100 °C	Lower	Steaming tray	/
	Refrigerated	200g	12mins	Steam 100 °C	Lower	Steaming tray	
03 Reheat Glutinous Rice Chicken	Frozen	4 pcs	18mins	Steam 100 °C	Lower	Steaming tray	Glutinous Rice Chicken ~65g /pc, 4pcs~260g
	Refrigerated	4 pcs	26mins	Steam 100 °C	Lower	Steaming tray	
04 Reheat Chinese Steamed Bun	Refrigerated	4-8pcs	9mins	Steam 100 °C	Lower	Steaming tray	Chinese Steamed Bun ~25g /pc, 8pcs~200g
05 Reheat Rice	Frozen	300g	22mins	Steam 100 °C	Lower	Steaming tray	200g-300g Suggested cooking time : 20-22mins
	Refrigerated	250g	15mins	Steam 100 °C	Lower	Steaming tray	200g-300g Suggested cooking time : 14-16mins
06 Reheat Salt Baked Chicken	Cuted	200-400g	11mins	Steam 100 °C	Lower	Steaming tray	/
07 Reheat Milk	Refrigerated	1-2cups (150g/cup)	5mins	Steam 100 °C	Lower	Steaming tray	/
08 Reheat Congee	Refrigerated	250g	16mins	Steam 100 °C	Lower	Steaming tray	/
09 Reheat Soup	Refrigerated	400g	15mins	Steam 100 °C	Lower	Steaming tray	/
10 Reheat Pizza	Refrigerated	320g	8-10mins	Covection (preheat)230 °C	Lower	Baking tray	/
11 Reheat Chinken Wing	Refrigerated	300g	11mins	Combi 190 °C	Lower	Baking tray	/
12 Frozen Spring Rolls	Frozen	250g	16mins	Covection (preheat)190 °C	Lower	Baking tray (with Baking Paper)	Coat a thin layer of oil on the surface of the spring rolls
13 Steamed Baby Cabbage	/	400g	10mins	Steam 100 °C	Lower	Steaming tray+dishes	/
14 Roasted Chick-en Wings	/	400g	20-23mins	Covection (preheat) 210 °C	Lower	Baking tray (with Baking Paper)	/



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Steamed Sea Bass with Lime

Auto Menu


Cooking time: about 13 minutes and 20 seconds
Difficulty index: ★★★★★

Ingredients

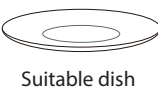
Fresh sea bass.....1.piece.
About 400 g (weight after removing
internal organs, gills and scales)
Sliced ginger.....4.pieces.

Green Lime Sauce:
Red Chili..... 3 pieses
Garlic..... 6 pieces
Chive..... 2 pieces
Seasoned soy sauce for seafood... 3 spoon
Fresh Lemon juice 3 spoon

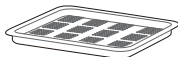
Recipe

- 1 Remove internal organs, gills and scales of the sea bass. Dry the fish after rinse it.
- 2 Cut the fish along two sides of its chine and keep the sea bass lying on the front.
- 3 Place chopsticks on a dish and place the sea bass on the chopsticks. Put a few slices of ginger on the fish to remove fishy smell.
- 4 Prepare shredded ginger in cold water for later use.
- 5 Select  auto menu 1 [Steamed Sea Bass with Lime]. After preheating, put the fish plate on the steam tray. Then put the steam tray on the lower layer of the oven and start steaming.
- 6 When cooking is done, take out the plate. Remove the ginger slices and chopsticks and pour out the soup in the dish. Then sprinkle shredded green onion and shredded ginger on the fish, pour hot oil on the fish, and pour seasoned soy sauce for seafood around the fish (you may add some seasoning according to your own taste).

Recommended Container and Accessories



Suitable dish



Steaming tray

Steamed Garlic Shrimp with Vermicelli Noodles

Auto Menu

Cooking time: about 7 minutes and 30 seconds Difficulty index: ★★☆☆



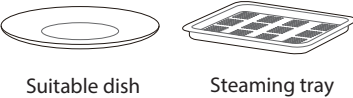
Ingredients

- Fresh shrimp..... 400g
- Salt..... 1g
- Castor sugar 5g
- Corn oil..... 30g
- Light soy sauce..... 15g
- Garlic bulb..... 20g
- Vermicelli Noodle.....20g

Recipe

- 1 Prepare fresh shrimps, rinse them with water, Cut off the legs and whiskers of the shrimps. Also cut the shrimps from tail to head with scissors and devein the shrimps.
- 2 Place the shrimp flat on a plate; soften the vermicelli noodles with room-temperature water for 30 minutes
- 3 Mince the garlic; heat up the wok with strong heat and pour corn oil on it. After the oil becomes hot, pour it onto the minced garlic and turn off the heat.
- 4 Stir the mixture of garlic and corn oil until fragrant. Then add salt, sugar and light soy sauce.
- 5 Fill the water box of the steaming oven with water and put the dish on the steam tray. Then put the steam tray on the lower layer of the oven and start ☰ the auto menu 2 [Steamed Garlic Shrimp with Vermicelli Noodles].
- 6 Enjoy your dish when the cooking is finished.

Recommended Container and Accessories



Suitable dish Steaming tray

Tips

- The shrimp is a high-protein food, so it needs to be fresh. Keep it alive until you cook it, otherwise, the taste will be affected.

Japanese Steamed Egg Custard

Auto Menu

Cooking time: about 24 minutes Difficulty index: ★★☆☆



Ingredients

- Egg..... 2 pieces.
- Dried mushroom..... 4 pieces. (small)
- Chicken breast..... 100g
- Shelled tiger shrimp..... 4 pieces.
- Seasoning A
- Sake..... 1/3 spoon
- Japanese soy sauce..... 1/3 spoon
- Seasoning B
- Water..... 400g
- Japanese soy sauce... 1 teaspoon
- Miso..... 2 teaspoons
- Salt..... A little
- Shredded chives..... A little

Recipe

- 1 Soak the dried mushrooms in water for later use.
- 2 Remove the tendons of chicken breast and cut into the chicken breast into 4 pieces evenly. Then add seasoning A and marinate for 5 minutes.
- 3 Rinse and devein the shrimps.
- 4 Stir the eggs, add seasoning B, and mix well.
- 5 Put the mushrooms, chicken breast and shrimps in a special tea bowl. Pour the egg liquid to 80% full, remove the bubbles of egg liquid on the surface and then cover the tea bowl.
- 6 Place the steam tray on the lower layer of the steaming oven and put the covered tea bowl at the center of the tray.
- 7 Close the oven door, add water to the water box, and select ☰ the auto menu 3 [Japanese Steamed Egg Custard].

Recommended Container and Accessories



Tea bowl Steaming tray

Tips

- After cooking, take the tea bowl out, open the lid, and sprinkle shredded chives on it.

Steamed Baby Cabbage

Auto Menu

Cooking time: about 12 minutes Difficulty index: ★★



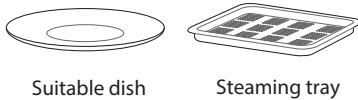
Ingredients

- Baby cabbage..... 3 pieces.
(about 500 g)
- Garlic bulb..... 7-8 cloves
- Light soy sauce..... 1 spoon
- Oyster sauce..... Half a spoon
- White sugar..... Half a spoon
- Vegetable oil..... 1 spoon
- Salt..... 1 spoon

Recipe

- 1 Free the baby cabbage leaves, rinse it, and put it on a dish.
- 2 Mince the garlic cloves and mix them with light soy sauce, oyster sauce, vegetable oil and salt to make a sauce for later use.
- 3 Pour the sauce from step 2 on the baby cabbage. Then put the dish on the steam tray, and place the steam tray on the lower layer of the steaming oven.
- 4 Close the oven door, add water to the water box, and start ☰ the auto menu 4 [Steamed Baby Cabbage].

Recommended Container and Accessories



Suitable dish Steaming tray

Soup Dumplings with Beef

Auto Menu

Cooking time: about 20 minutes Difficulty index: ★★★★★

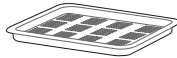


Ingredients

(for 24 dumplings, weighing 25 g each and 600 g in total)

- Flour..... 200g
- Beef..... 150g
- Egg..... 1 piece
- Starchy flour..... 5g
- Sesame oil..... 2ml
- Chicken powder..... 2g
- Light soy sauce..... 3ml
- Bruised ginger..... 10g
- Chopped green onions..... 30g
- Salt..... 2g
- Water..... 2 spoons
- Boiling water..... 50g
- Cold water..... 50g

Recommended Container and Accessories



Steaming tray

Recipe

- 1 Cut the washed beef into small pieces, chop it, and put it in a bowl for later use.
- 2 Add sesame oil, bruised ginger, chicken powder, light soy sauce, chopped green onions and salt in the bowl with beef and stir them well. Add 2 tablespoons of water and stir well in the same direction to make into the stuffing for later use.
- 3 Divide the flour in two even parts, one added with boiling water and the other with cold water. Knead them into two smooth doughs. Then knead the two doughs together into a smooth dough. Cover the dough and wait for 30 minutes.
- 4 Rub the proofed dough into a rope, and cut it into segments of equal size.
- 5 Use a rolling pin to flatten the segments (about 10g) and roll them into dumpling wrappers. Take a proper amount of stuffing (about 15g) and put it on the wrapper, and pinch it tightly into a raw dumpling.
- 6 Pave the steam tray with oil-absorbing paper, and put the wrapped dumplings on the tray in order.
- 7 Put the steam tray with dumplings on the lower layer of the steaming oven, add water to the water box, and start ☰ the auto menu 5 [Soup Dumplings with Beef].
- 8 After cooking, take out the steam tray.



Chiffon Cake


Auto Menu

Cooking time: about 60 minutes
Difficulty index: ★★★★★

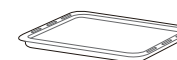
Ingredients

Egg.....	4 pieces.	Corn starch.....	10g
Weak flour.....	100g	Vegetable oil.....	60g
White sugar.....	110g	Milk.....	60g

Recipe

- 1 Prepare two clean oil-free deep pots. Separate egg yolks from egg whites and beat the egg whites with the whisk attachment on high speed until bubbles appear. Then, slowly add in white sugar (1/3 at a time) and keep mixing until stiff peaks form.
- 2 Take another container. Mix the egg yolks, milk and vegetable oil and stir them with the whisk attachment on low speed like drawing circles until there is a layer of foam on the surface. Then, add in sifted flour and stir vertically like drawing circles.
- 3 Add 1/3 of the whisked egg whites to the egg yolk paste and stir evenly with a spatula (stir upwards from the bottom instead of drawing circles to prevent the egg whites from defoaming). Then, pour all the remaining whisked egg whites into the egg yolk paste and stir evenly.
- 4 Pour the well-mixed cake paste into an 8-inch chiffon mold, and discharge bubbles by shaking the mold slightly.
- 5 Select  the auto menu 6 [Chiffon Cake] for preheating. After preheating, put the cake mold on the baking tray, and put the baking tray on the lower layer of the steaming oven. After cooking, take out the mold and invert it. Cool it down before demolding.

Recommended Container and Accessories



Baking tray

Seafood Pizza

Auto Menu

Cooking time: about 15 minutes Difficulty index: ★★★★★



Ingredients

- Dough ingredients
- Water..... 150g
 - Butter..... 15g
 - Salt..... 5g
 - Castor sugar..... 18g
 - Plain flour..... 300g
 - Yeast..... 6g
- Pizza toppings
- Bacon..... 80g
 - Shelled shrimp..... 60g
 - Mozzarella cheese..... 150g
 - Tomato sauce..... 3 spoons

Recipe

- 1 Mix all the ingredients of pizza dough, knead it into a smooth dough. Select the auto menu 33 [Fermentation] with temperature 40 ℃ and 40-50 minutes fermenting time. The dough will become twice the size afterward.
- 2 While the dough is fermenting, prepare other Ingredients. Cut the bacon into small pieces. Peel and devein the shrimps (frozen shelled shrimps can be used instead).
- 3 Squeeze the fermented dough to discharge air. Flatten the dough with your palms and roll it into an 8-inch round piece that is thinner in the middle with a rolling pin. Then, make some small holes on it with a fork to prevent it from bulging from the bottom when baking.
- 4 Put a piece of parchment paper on the baking tray. Put the dough on the baking tray, spread the tomato sauce on the surface of the dough (leaving a space of about 1 cm from the edge). Spread the prepared bacon and shrimps, and sprinkle the cheese.
- 5 Select (≡) the auto menu 7 [Seafood Pizza] to preheat. After preheating, put the baking tray on the lower layer of the steaming oven and take it out after cooking.

Recommended Container and Accessories



Baking tray

Roasted Chicken Wings

Auto Menu

Cooking time: about 25 minutes Difficulty index: ★★★



Ingredients

- Chicken wings.....5 pieces
(about 600 g)
- Olive oil..... 2 spoons
- Capsicum frutescens..... 5 pieces
- Red pepper powder..... 1 spoon
- Garlic..... 4 cloves
- Whole black pepper.. 1/2 teaspoon
- Lemon..... 1 piece
- Honey..... 1 spoon
- Salt..... of appropriate amount

Recipe

- 1 Mash the capped pepper, whole black pepper, salt and peeled garlic cloves in a stone mortar.
- 2 Add red pepper powder and olive oil in stone mortar. Rub 1/2 of the lemon for lemon zest and squeeze juice from it. Put the juice and the lemon zest in the stone mortar and mash them.
- 3 Pour honey and mix well, and the chili sauce is ready.
- 4 Put the chicken wings in a fresh-keeping bag and pour the chili sauce. Mix them with your hands to make the surface of chicken wings evenly covered with sauce. Seal the bag, put it in the refrigerator, and marinate the chicken wings for one night.
- 5 Select (≡) the auto menu 8 [Roasted Chicken Wings] to preheat.
- 6 Wrap the marinated chicken wings with tinfoil and put them on the baking tray. Put the baking tray on the lower layer of the steam oven and cook till it is done.

Recommended Container and Accessories



Baking tray

Honey Glazed Ribs

Auto Menu

Cooking time: about 25 minutes Difficulty index:★★★



Ingredients

- Pork ribs..... 500g
- Barbecued pork sauce..... 60g
- Light soy sauce..... 15g
- Oyster sauce..... 30g
- Honey..... 10g
- Cooking wine..... 30g

Recipe

- 1 Chop the ribs into 8-cm segments, rinse them with warm water, and dry them up.
- 2 Add in cooking wine, light soy sauce, oyster sauce, barbecued pork sauce and honey and mix them well.
- 3 After mixing well, put the ribs in a fresh-keeping bag, and put the bag in the refrigerator to marinate for one night.
- 4 Put a layer of parchment paper on baking tray. Then put the marinated ribs evenly on it with the fleshy side facing up (do not pour in the remaining sauce to avoid over- baking). Drip off the excess sauce.
- 5 Select ☰ the auto menu 9 [Honey Glazed Ribs] to preheat. Put the baking tray on the lower layer of the preheated steaming oven and cook till it is done.

Recommended Container and Accessories



Baking tray

Roasted Steak with Black Pepper

Auto Menu

Cooking time: about 20 minutes Difficulty index:★★★



Ingredients

- Beef steak..... 1 piece.
(about 250 g)
- Black pepper.....of appropriate
amount
- Butter.....20g
- Rosemary.....of appropriate
amount
- Salt..... of appropriate
amount
- Garlic..... 2 cloves
(chopped)

Recipe

- 1 Take the steak out of the refrigerator one hour in advance and thaw it at room temperature.
- 2 Spread salt, black pepper, rosemary, butter and garlic evenly on the steak and marinate it for 5 minutes.
- 3 Select ☰ Auto menu 10 [Roasted Steak with Black Pepper] to preheat the oven.
- 4 Put the steak on the baking tray, place it in the lower layer of the preheated steam oven and cook till it is done.

Recommended Container and Accessories



Baking tray

Roasted Lamb Chop with Rosemary

Auto Menu

Cooking time: about 40 minutes Difficulty index:★★★



Ingredients

- Single lamb chop..... 3 pieces
- Onion..... half
- Black pepper.....of appropriate amount
- Olive oil.....of appropriate amount
- Coarse salt.....of appropriate amount
- Rosemary.....of appropriate amount

Recipe

- 1 Take the lamb chops out of the refrigerator one hour in advance and thaw them at room temperature. Then cut the onions into onion rings.
- 2 Mix black pepper, coarse salt, olive oil and rosemary to make condiment sauce.
- 3 Spread the condiment sauce evenly on the lamb chops and marinate them for half an hour.
- 4 Select ☰ Auto menu 11 [Roasted Lamb Chop With Rosemary] for preheating.
- 5 Put the lamb chops and onion rings together on the baking tray and place them in the lower layer of the steam oven. Bake the lamb chops until the last 10 minutes or so and turn them over. Cook until it is done.

Recommended Container and Accessories



Baking tray

Grilled Saury

Auto Menu

Cooking time: about 15 minutes Difficulty index:★★★



Ingredients

- Saury.....2 pieces
- White vinegar..... 3 drops
- Salt..... of appropriate amount
- Olive oil..... of appropriate amount

Recipe

- 1 Rinse the saury. Scrape off some hard scales on the surface. Cut it open and remove internal organs. Spread white vinegar and salt on the surface of saury evenly. Marinate it at room temperature for half an hour.
- 2 Select ☰ Auto menu 12 [Grilled Saury] for preheating. Put a layer of tinfoil on the baking tray and brush a thin layer of olive oil above.
- 3 Put the marinated saury in the baking tray. Put it in the lower layer of the steam oven and bake it for 10 minutes. Take it out and turn it over. Then continue baking until it is done.

Recommended Container and Accessories



Baking tray

Shrimp Tempura

Auto Menu

Cooking time: about 18 minutes Difficulty index:★★★★



Ingredients

- Shrimp..... 8 pieces.
- Weak flour..... 5g
- Sauce Ingredients
- Weak flour..... 30g
- Water..... 30g
- Mayonnaise..... 20g

Recipe

- 1 Remove the shrimp shell except the shrimp tail part. Remove the head and devein it. Cut the abdomen three times to let the shrimp keep straight.
- 2 Mix the sauce Ingredients evenly.
- 3 Mix shrimps with flour evenly.
- 4 Dip sauce onto the shrimps that mixed with flour. Then put them in the baking tray that covered with a piece of oil paper.
- 5 Select ☰ Auto menu 13 [Shrimp Tempura] to preheat the oven. After preheating, put the baking tray in the lower layer of the steam oven and take it out after the end of cooking.

Recommended Container and Accessories



Baking tray

Cupcake

Auto Menu

Cooking time: about 29 minutes Difficulty index:★★★★



Ingredients

- Butter..... 170g
- Castor sugar..... 170g
- Egg..... 3 pieces.
- Weak flour..... 225g
- Baking powder..... 7g
- Salt..... 0.25g

Recipe

- 1 Melt the butter at room temperature for backup. After the butter is melted, stir it and castor sugar with an egg beater until the color turns grayish white.
- 2 Beat up eggs one by one, pour them into 1), and whisk them evenly.
- 3 Then add the sifted flour, baking powder and salt. Stir them evenly.
- 4 Pour about 28 grams of cake paste into each small cake mold and place the cake molds evenly on the baking tray.
- 5 Select ☰ Auto menu 14 [Cupcake] to preheat the oven. After preheating, put the baking tray in the lower layer of the steam oven and take it out after the end of cooking.

Recommended Container and Accessories



Baking tray

Spicy Grilled Fish

Auto Menu

Cooking time: about 15 minutes Difficulty index:★★★




Ingredients

Tilapia..... 1 pieces
(a bout 500g)
Potato..... 1 piece
Onion..... half
Green pepper..... half
Broccoli.....1 piece
Corn flour.....of appropriate
amount
Oil..... 30g

Sauce
Ginger..... 20g
Garlic..... 20g
Thick broad-bean sauce..... 50g
Chopped chili..... 30g
Light soy sauce..... 15g

Marinade
Salt.....of appropriate
amount
Pepper powder..of appropriate
amount
Cooking wine.....of appropriate
amount

Recipe

- 1 Clean the fish and cut the back of the fish several times. Marinate it with salt, pepper powder and cooking wine for 20 minutes. Cut vegetables into small pieces. Mince ginger and garlic.
- 2 Apply corn starch onto the marinated fish and fry it until its skin becomes crisp.
- 3 Preheat the wok and then pour oil into it. Stir-fry the ginger and garlic until fragrant. Then add the sauce and vegetables and stir-fry them.
- 4 Put the well-fried vegetables and grilled fish on the baking tray.
- 5 Select  Auto menu 15 [Spicy Grilled Fish] to preheat the oven. Put the baking tray in the lower layer of the steam oven. Take it out after the end of cooking.

Recommended Container and Accessories



Baking tray

Cranberry Cookies

Auto Menu


Cooking time: about 24 minutes Difficulty index:★★★



Ingredients

Butter..... 300g
Powdered sugar..... 150g
Egg pulp..... 50g
Dried cranberries..... 150g
Weak flour..... 350g
Milk powder..... 25g

Recipe

- 1 Prepare all ingredients and melt the butter at room temperature.
- 2 Mince dried cranberries and put them into a bowl. Add some cake flour (showed in the formula) and stir them evenly.
- 3 Pour the powdered sugar into the butter, and stir them evenly with a whisk, without whisking.
- 4 Add the egg liquid into the bowl in three time. Make sure that the butter is evenly stirred every time you add the egg liquid.
- 5 Add dried cranberries, stir them evenly. Add sieved flour and milk powder. Use a spatula to stir and mix them into the batter without dry powder.
- 6 Put the batter on the plastic wrap. Put it into the biscuit mold for shaping. Demold it and put it in the refrigerator for freezing for about 1-2 hours.
- 7 Take out the frozen biscuits and cut them into about 5mm thick slices. If the biscuits are too hard to cut after freezing, you can wait until they are brought to normal temperature and cut again.
- 8 Put a layer of parchment paper on the baking tray. Place the biscuits on it and leave space for each other.
- 9 Select  Auto menu 16 [Cranberry Biscuits] to preheat the oven. After preheating, put the baking tray in the lower layer of the steam oven and take it out after the end of cooking.

Recommended Container and Accessories



Baking tray



Portuguese Egg Tarts

Auto Menu

Cooking time: about 28 minutes
Difficulty index: ★★☆☆

Ingredients

Egg.....	2 pieces	Unsalted butter.....	185g
Castor sugar.....	25g	Condensed milk.....	10g
Milk.....	100g	Puff pastry.....	12 pieces (Large size)

Recipe

- 1 Prepare all the ingredients.
- 2 Mix milk, castor sugar, and eggs. Stir them evenly with a whipper until the sugar melts.
- 3 Add unsalted butter to the egg milk and stir them evenly with the whipper.
- 4 Sieve the egg tart liquid once.
- 5 Pour the sieved egg tart liquid into the egg tart shells. Make it 80% full.
- 6 Select ☰ Auto menu 17 [Portuguese Egg Tarts] to preheat the oven. After preheating, put the baking tray in the lower layer of the steam oven and take it out after the end of cooking.

Recommended Container and Accessories



Baking tray

Tips

- Recommendation: Observe the color of egg tarts in the oven in the last five minutes, and stop baking when you are satisfied with the color they take on.

Butter Roll

Auto Menu

Cooking time: about 21 minutes Difficulty index:★★★★



Ingredients

- Strong flour..... 225g
- Castor sugar..... 40g
- Egg liquid..... 20g
- Milk..... 90g
- Unsalted butter..... 30g
- Yeast..... 3g
- Salt..... 1g
- Butter..... 15g

Recipe

- 1 Put all the main ingredients except butter into the dough mixer. Enable the dough mixing function. Add butter after all the ingredients are stirred evenly. Continue to knead the dough until it can be drawn into a thin film.
- 2 Place the dough in a warm place and make it continue to ferment to become twice larger. Auto menu 33 [Fermentation] with temperature 40°C, ferment for 40-50 minutes.
- 3 After fermentation, take the dough out to exhaust the air. Divide the dough into 9 portions evenly, roll them into small balls, cover the balls with a layer of plastic wrap and place them at room temperature for 10 minutes.
- 4 Roll the dough balls into a teardrop shape with a rolling pin, and then roll them up until they are well-shaped.
- 5 Put the formed dough sections in the baking tray that covered with a piece of baking paper. Auto menu 33 [Fermentation] with temperature 40°C, ferment for 40-50 minutes.Let them ferment until they are twice larger. Brush the surface of the dough sections with egg liquid.
- 6 Select ☰ Auto menu 18 [Butter Roll] to preheat the oven. After preheating, put the baking tray into the lower layer of the steam oven and take it out after the end of cooking.

Recommended Container and Accessories



Baking tray

Chives and Cheese Cookies

Auto Menu

Cooking time: about 20 minutes Difficulty index:★★★★



Ingredients

- Butter..... 60g
- Weak flour..... 80g
- Chives..... 10g
- Sugar..... 30g
- Salt..... 2g
- Egg..... 15g
- Cheese powder..... 10g

Recipe

- 1 After the butter melts, mix it with sugar and salt. Then add the egg liquid in several times.
- 2 Sieve and add cake flour and cheese powder, stir them evenly, and then add chives.
- 3 Shape the dough, refrigerate it for 2 hours, and then cut the dough into slices (about 5mm thick).
- 4 Select ☰ Auto menu 19 [Chives and Cheese Cookies] to preheat the oven. After preheating, put the baking tray into the lower layer of the steam oven and take it out after the end of cooking.

Recommended Container and Accessories



Baking tray

Roasted Sweet Potato

Auto Menu

Cooking time: about 60 minutes Difficulty index:★



Ingredients

Sweet potato..... About 250g /4 pieces.

Recipe

- 1 Wash the sweet potatoes, dry them up, and puncture the surface with a toothpick to exhaust the air.
- 2 Select ☰ Auto menu 20 [Roasted Sweet Potatoes]. Put the baking tray into the lower layer of the steam oven and take it out after the end of cooking.

Recommended Container and Accessories



Baking tray

Caramel pudding

Auto Menu

Cooking time: about 15 minutes Difficulty index:★★★★★



Ingredients

Egg yolk..... 2 pieces (about 37g)
Whipping cream..... 210g
Castor sugar..... 30g
Vanilla Pod..... Half
Brown sugar.....Appropriate amount (used for making caramel skin)
Castor sugar..... Appropriate amount (used for making caramel skin)

Recipe

- 1 Prepare all the ingredients.
- 2 Add water to brown sugar and castor sugar. Then boil them to light brown.
- 3 Pour the hot caramel into the pudding molds.
- 4 Cut the vanilla pods in half with a knife and scrape out the seeds.
- 5 Put vanilla seeds, vanilla pods and unsalted butter in a milk pot, stir them evenly and heat them slowly until they are slightly bubbling. Be careful not to boil them. Then put the cover on the pot and let them cool for later use.
- 6 Mix egg yolk with castor sugar. Stir them evenly until the sugar melts.
- 7 Remove the vanilla pods from the cooled cream. Pour the cream into the egg yolk slowly in three times, stirring evenly every time.
- 8 Pour the egg milk into a pudding bowl, put it in the baking tray, and pour boiling water into the baking tray, which is more than half of the pudding bowl.
- 9 Select ☰ auto menu 21 [caramel pudding] to preheat. Put the baking tray in the lower layer of the steaming oven, take it out after cooking, and wait for solidification.

Recommended Container and Accessories



Baking tray



Steamed Fish Head with Chili Pepper

Auto Menu


Cooking time: about 20 minutes
Difficulty index:★★★

Ingredients

Fish head.....1 piece
(about 750g)
Light soy sauce.. 2 spoons
Blend oil..... 2 spoons
Chive..... 2 pieces.

Chopped hot pepper..... 50g
Sliced ginger..... 4 pieces.
Chicken essence..... 1 spoon
Cooking wine..... 1 spoon

Recipe

- 1 Rinse the fish head, cut it in the middle (do not cut it off) and put cooking wine on the surface to remove the fishy smell.
- 2 Chop chive for later use.
- 3 Take a large flat-bottom dish and spread ginger slices on it. Set the fish head on them and spread chopped hot pepper on the top surface.
- 4 Place the dish on the steam tray. Place the steam tray on the lower layer of the steaming oven. Then close the oven door, add water to the water box, select  the auto menu 22 [Steamed Fish Head with Chili Pepper] and start it.
- 5 After cooking, take out the dish, pour out the excess soup. Stir-fry light soy sauce, chopped chive, chicken essence and blend oil until fragrant in a fry pan and then pour them immediately into the dish.

Recommended Container and Accessories



Suitable dish



Steaming tray

Steamed Tamago Tofu With Shrimp

Auto Menu

Cooking time: about 10 minutes Difficulty index:★★★★



Ingredients

Japanese Tofu..... 200g
Fresh shrimps..... 15 pieces
Salt..... of appropriate amount
Cooking wine..... of appropriate amount
Green soya bean..... 15 pieces
Light soy sauce..... 2 teaspoons
Carrot Half piece
Starch..... 1/4 teaspoon
Water.....3 tablespoons

Recipe

- 1 Rinse and devein fresh shrimps. Remove the shells and wash them again. Marinate it with salt and cooking wine.
- 2 Cut the tofu with a knife in the middle (along a dotted line outside the package) to divide it into two sections. Pick up the bottom of the package. Gently put the tofu on the chopping board and cut it into 1cm pieces.
- 3 Cut carrot into thin round slices and spread them evenly on the bottom of a dish.
- 4 Put the Japanese tofu on top of carrot slices. Put a shrimp on the surface of each piece of tofu and decorate it with green beans.
- 5 Sprinkle a little salt. Put the dish on the steam tray. Then put the plate on the lower layer of the steaming oven, close the oven door, add water to the water box, select (≡) auto menu 23 [Steamed Tamago Tofu with Shrimp], and start it.
- 6 After cooking, pour the steamed water from the dish into a bowl. Add a little starch and stir evenly (Add a little cold water if steamed water is not enough). Add a little soy sauce to steamed water and heat it in a fry pan for 1 minute. Pour it immediately on the steamed tofu and shrimp.

Recommended Container and Accessories



Suitable dish Steaming tray

Steamed Siumai

Auto Menu

Cooking time: about 16 minutes Difficulty index★★★



Ingredients

Wonton wrappers..... 12 pieces

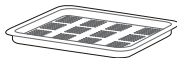
Meat stuffing

Minced pork..... 150g
Light soy sauce..... 5ml
Chicken powder..... 2g
Sesame oil..... 2ml
Bruised ginger..... 10g
Light soy sauce..... 5ml
Chopped green onions..... 10g
Salt..... 2g
Egg.....1piece
Starchy flour..... 5g

Recipe

- 1 Put sesame oil, bruised ginger, chicken powder, light soy sauce, chopped green onions, salt, eggs and corn flour into a bowl filled with minced pork. Stir them evenly in the same direction to make stuffing for later use.
- 2 Put a layer of oil-absorbing paper on the steam tray and put the dumplings on it in order.
- 3 Put the steam tray with dumplings in the lower layer of the steaming oven, add water to the water box, select (≡) auto menu 24 [Steamed Siumai], and start it.
- 4 After cooking, take out the steam tray.

Recommended Container and Accessories



Steaming tray

Steamed Frozen Food

Auto Menu

Cooking time: about 15 minutes Difficulty index:★



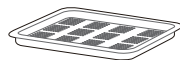
Ingredients

Quick-frozen Steamed Stuffed Bun..... 12 pieces(about 25g/ piece)

Recipe

- 1 Put the frozen steamed stuffed buns into the steam tray.
- 2 Add water to the water box.
- 3 Put the steam tray into the lower layer of the steaming oven, select☰ the auto menu 25 [Steamed Frozen Food], and start it.

Recommended Container and Accessories



Steaming tray

Salmon Steamed Rice

Auto Menu

Cooking time: about 8 minutes Difficulty index:★★★★



Ingredients

Celery..... 5g
Rice..... 30g
Carrot..... 20g
Salmon..... 20g
Egg..... 1 piece.
Lemon..... 2 pieces.

Recipe

- 1 Peel carrot and cut them into 2cm cubes. Dice celery for later use.
- 2 Dice salmon, cover with lemon slices and marinate it for 10 minutes to remove fishy smell.
- 3 Beat eggs into a bowl and stir well. Add rice, diced vegetables and diced salmon into the egg liquid and stir well.
- 4 Prepare a dish, put a layer of parchment paper or brush a thin layer of cooking oi on the bottom. Pour rice paste and smooth the surface. (You can use a round bowl or a slightly deeper plate instead.)
- 5 Put the steam tray in the lower layer of the steaming oven. Put the food container on the steam tray, add water to the water box, select ☰ the auto menu 26 [Salmon Steamed Rice], and start it.
- 6 After cooking, tear off the parchment paper and cut it into small cubes that a baby can grasp with one hand.

Recommended Container and Accessories



Suitable dish Steaming tray

Tips

- For babies who are allergic to cooked eggs, mix well 10g flour and 20g clear water, and then add vegetables and other ingredients to mix well, which can also make delicious steamed rice.

Steamed Rice

Auto Menu

Cooking time: about 45 minutes Difficulty index:★



Ingredients

Meter..... 300g
Water..... 450g

Recipe

- 1 Wash rice in a deep and wide container.
- 2 Then add water to it and put it in a steam tray without cover.
- 3 Put the steam tray on the lower layer and add water in the water box. Select ☰ auto menu 27 [Steamed Rice] and start it.

Recommended Container and Accessories



Wide-mouth bowl Steaming tray

Tips

- Left in oven for 5 mintues after cooking, until the rice is fully cooked.

Steamed Pork Ribs with Black Bean Sauce

Auto Menu

Cooking time: about 20 minutes Difficulty index:★★★



Ingredients

Fresh spareribs.....500g
Fermented soya beans.....30g
Shredded ginger.....12g
Seasoned soy sauce for seafood.....10g
Corn oil.....20g
Cooking wine..... 1 tablespoon
Light soy sauce..... 1 tablespoon
Salt2g
Starchy flour.....3g

Recipe

- 1 Chop ribs into small pieces. Wash and drain them. Chop fermented soya beans and put them in a small pot. Also add ginger, light soy sauce, cooking wine, corn flour and salt. Mix them evenly with ribs and marinate for 2 hours.
- 2 Put the marinated ribs into a dish.
- 3 Select ☰ the auto menu 28 [Steamed Pork Ribs with Black Bean Sauce] and put the dish in the steam tray. Add water to the water box. lace the steam tray on the lower layer, and start it.

Recommended Container and Accessories



Suitable dish Steaming tray

Sweet Green Rice Ball

Auto Menu

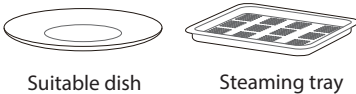
Cooking time: about 20 minutes Difficulty index:★★★★★



Ingredients

- Glutinous rice flour..... 100g
- Soft sugar..... 20g
- Warm water..... 50g
- Flour starch..... 30g
- Boiling water..... 40g
- Spinach..... 50g
- Cooked lard/cooking oil..... 10g
- Red bean paste..... 120g

Recommended Container and Accessories



Suitable dish Steaming tray

Recipe

- 1 Prepare all the ingredients.
- 2 Add a little salt to boiling water. Wash spinach leaves. Put them into boiling water. Pick them out when leaves change color and put them in cold boiled water for cooling.
- 3 Mash the spinach leaves into puree with a cooking processor (the finer the better). Filter out the juice with a fine sieve and keep the spinach puree for later use.
- 4 Add soft sugar and warm water to glutinous rice flour. Stir them into half-wet. Stir flour starch with boiling water to make it transparent.
- 5 Mix glutinous rice flour with flour starch, add cooked lard (or edible oil) while it is hot, and knead evenly.
- 6 Put the mixed ingredients in the dish. Press it as thin as possible (easy to be cooked). Fill the water box with water. Put the dish on the steam tray. Put the steam tray into the lower layer of the steaming oven, select (≡) the auto menu 29 [Sweet Green Rice Ball] and start it. (After steaming, you can use chop sticks to check it. If the internal dough is still white, steam it for a while. Cooked glutinous rice balls should be transparent and stickier when heated).
- 7 Add the filtered spinach puree to the glutinous rice balls. Stir it hard to color glutinous rice balls. (note: Use spinach paste instead of spinach juice. If it feels too dry, add a little spinach juice appropriately).
- 8 Grease your hands with a little cooking oil. Divide the green dough into several parts, each of which is about 30g. Knead them into uniform turquoise wrappers. Divide red bean paste into about 20g each and knead them into uniform fillings.
- 9 Wrap the red bean paste into the green dough. Wear gloves and grease your hand during wrapping them.
- 10 Brush the surface of the green ball with edible oil to relieve the hardening of the green ball. Finally wrap it with cut plastic wrap.

Stewed Bird's Nest

Auto Menu

Cooking time: about 50 minutes Difficulty index★★★★★



Ingredients

- Soaked Bird's Nest.....300g
- Water..... 1200ml
- Rock sugar.....50g
- Additive Ingredients
- Coconut milk..... 1 can (about 400g)

Recipe

- 1 Soak 50g dried bird's nest in pure water for about 6 hours. Pick out feathers and wash bird's nest.
- 2 Put the soaked bird's nest in a deep and wide container. Add water, put it on a steam tray and put it on the lower layer of the steam oven. Add water to the water box, select (≡) the auto menu 30 [Stewed Bird's Nest] and start it.
- 3 After cooking, take out and add rock sugar (and coconut milk). Mix them well and serve.

Recommended Container and Accessories



Wide-mouth deep container Steaming tray




Steamed Pear with Rock Sugar

Manual Recipe

Ingredients

Fresh pear	1 piece (about 350g)
Chinese wolfberry	10 pieces
Rock sugar	5g
Water	50g

Recipe

- 1 Clean the pear and keep the peel. Then cut off the top part of the pear (about 1/3 of total height) and dig out the pear core with a spoon.
- 2 Fill the hole of the pear with rock sugar, Chinese wolfberry and water.
- 3 Cover the pear with top part of the pear that was previously cut off. Put it on a dish. Then place the dish on the steam tray which is placed on the lower layer.
- 4 Select  Auto Menu 32 [Slow Stew], 100℃ stew 30-45 minutes. (Time can be adjusted according to the size of the pear)

Utensil Reference



Suitable dish



Steaming tray

TIPS

- Water can be adjusted based on the pear which dig out and better to fill it up.
- Container for pears can be replaced by a bowl.
- Fritillary can be added

Stewed Chicken Soup with Yam and Wolfberry


Manual Recipe



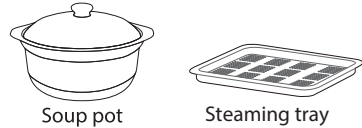
Ingredients

Sanhuang chicken	About 500g
Chinese yam	250g
Chinese wolfberry	8g
Red dates	10slices
Ginger	3slices
Water	1200g
Salt	appropriate amount

Recipe

- 1 Remove the giblets and head of the yellow hair chicken, cutting the chicken into small pieces. Then wash and drain it after parboil the chicken with boiling water. Cut the Chinese yam into chunks after peeling it. Red dates and Chinese wolfberry also need to be washed for standby.
- 2 Put all the ingredients in the soup pot and put them in the steam tray without cover and plastic wrap. Place the steam tray on the lower layer.
- 3 Select  Auto Menu 32 [Slow Stew], 100℃ stew 120 minutes.

Utensil Reference



Soup pot

Steaming tray

Coconut Stewed Chicken Soup


Manual Recipe



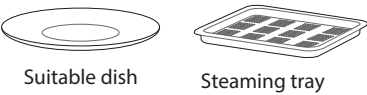
Ingredients

Coconuts	2pcs
Sanhuang chicken	250g
Red dates	10g
Lycium chinense	5g
Salt	1g

Recipe

- 1 All ingredients are prepared well
- 2 Cut out about 1/4 top part of the coconut as the cover and keeping the small cover for standby and pour out of coconut water for standby;
- 3 Red dates are cut into two parts and de-cored for standby;
- 4 Chicken blanching: stewing a pot of water, placing the flushed chicken in the pot after boiling of the water to boil for a minute, and then taking out of it for standby;
- 5 The chicken is placed in the coconut and added with red dates and lyceum Chinese. Then, coconut water is pour into it;
- 6 Fill the water box with water. Put the coconut on the plate and place it on the lower layer of steam oven. Select  Auto Menu 32 [Slow Stew], 100℃ stew 90 minutes.
- 7 After steaming is finished, take it out and flavor it with a little salt;

Utensil Reference



Suitable dish

Steaming tray

Steamed Chicken with Sand Ginger Powder



Manual Recipe



Ingredients

- Yellow hair chicken..... about 1000g
- Old ginger..... 3-4slices
- Scallion (sliced) 2sheets
- Sand ginger powder 10g
- Onion (diced) 10g
- Ginger (ginger paste) 10g
- Salt 1g
- Cooking wine 5g
- Soy sauce 5g
- Pepper 3g
- Edible oil 25g

Recipe

- 1 Wash the chicken and dry it with kitchen paper. Distribute salt and wine evenly on the surface and inside of the chicken. Put a little pepper on it for a while then marinate it with sand ginger powder for 30 minutes.
- 2 Select  , use 100℃ to preheat.
- 3 After preheating is completed, fill the water box of the steam oven with water. Put ginger slices, spring onion and marinated chicken on the plate. Then place it on the steam tray and place the steam tray on the lower layer of the steaming oven.
- 4 Select  Auto Menu 31 [Quick Steam], 100℃ steam 30 minutes. After cooking, leave it for 10 minutes.
- 5 Spour oil into a hot wok, then put the grated ginger in. Remove the wok from the heat when the oil is boiled; then put the scallion, salt and light soy sauce in the oil and stir.

Utensil Reference



Suitable dish Steaming tray

Steamed Seafood Platter


Manual Recipe



Ingredients

- Shrimp..... 10pieces (300g)
- Clams 200g
- Razor clams 200g
- Squid 100g
- Bean vermicelli 20g
- Garlic 30g
- Hot pepper..... 5g
- Shredded ginger 10g
- Salt 3g
- Granulated sugar 3g
- Light soy sauce 10g
- Oil 15g
- Chive 10g

Recipe

- 1 Clams and razor clams are placed in the water and added with a spoon of salt (excluding food ingredients) and several drops of sesame oil to spit of sand for about 2 hours; then, it should be ushed well;
- 2 All food ingredients are prepared well, i.e. washing the fresh shrimp, cutting the shrimp beard, cutting open the back of the shrimp to take out of shrimp sausage; removing viscera of the squid, and a layer of film on the eyes and external part. Hot pepper is washed well and cut up;
- 3 Bean vermicelli is soaked in the cold water for half an hour in advance and then shed out for standby;
- 4 The handled fresh shrimp should be added with half shredded ginger, appropriateamount of salt, granulated sugar and light soy sauce to marinate for more than5 minutes;
- 5 Corn oil is poured into the pan. After the oil is heated up, it's necessary to pour into garlic paste, turn off the fire, and stir-fry it for a second to give a good scent. Then, hot pepper should be added for stirring and frying. Finally, appropriate amount of light soy sauce and salt should be added to stir and fry evenly;
- 6 It is necessary to take a large shallow dish, pave a layer of bean vermicelli on the bottom of the dish, place all seafood on it and then evenly water it with garlic sauce;
- 7 Shallow dish which is full of seafood is placed on the steam tray, which is then placed in the lower layer of the steam oven, after that, it's required to ensure that the water box is full of water. Select  Auto Menu 31 [Quick Steam], 100℃ steam 12 minutes.
- 8 After steaming, you can take out of it and scatter chopped green onions on it to eat.

Utensil Reference



Suitable dish Steaming tray



Steamed Hairy Crabs

Manual Recipe

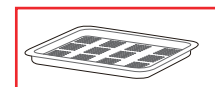
Ingredients

Hairy crabs..... 6 pieces (120-130/each)
Ginger 6 pieces

Recipe

- 1 Clean all of the hairy crabs, place their belly up and put 1 piece of ginger on top ;
- 2 Put them onto the steaming tray and place the tray in the lower layer of the steam oven.
- 3 Select 🌀 Steam, 100℃ steam 17 minutes (crabs are ready when they turn red)

Utensil Reference



Steaming tray

Steamed Salmon


Manual Recipe



Ingredients

Salmon	300g (2pieces)
Liqueur	5g
Salt	appropriate amount

Recipe

- 1 Rinse the salmon and soak up the water with kitchen paper. Add white wine and salt, mix well, and marinate for 15 minutes.
- 2 Place salmon on a plate and put it on the steaming tray. Place the tray on the lower layer of the steam oven
- 3 Select  Steam, 100℃ steam 14 minutes

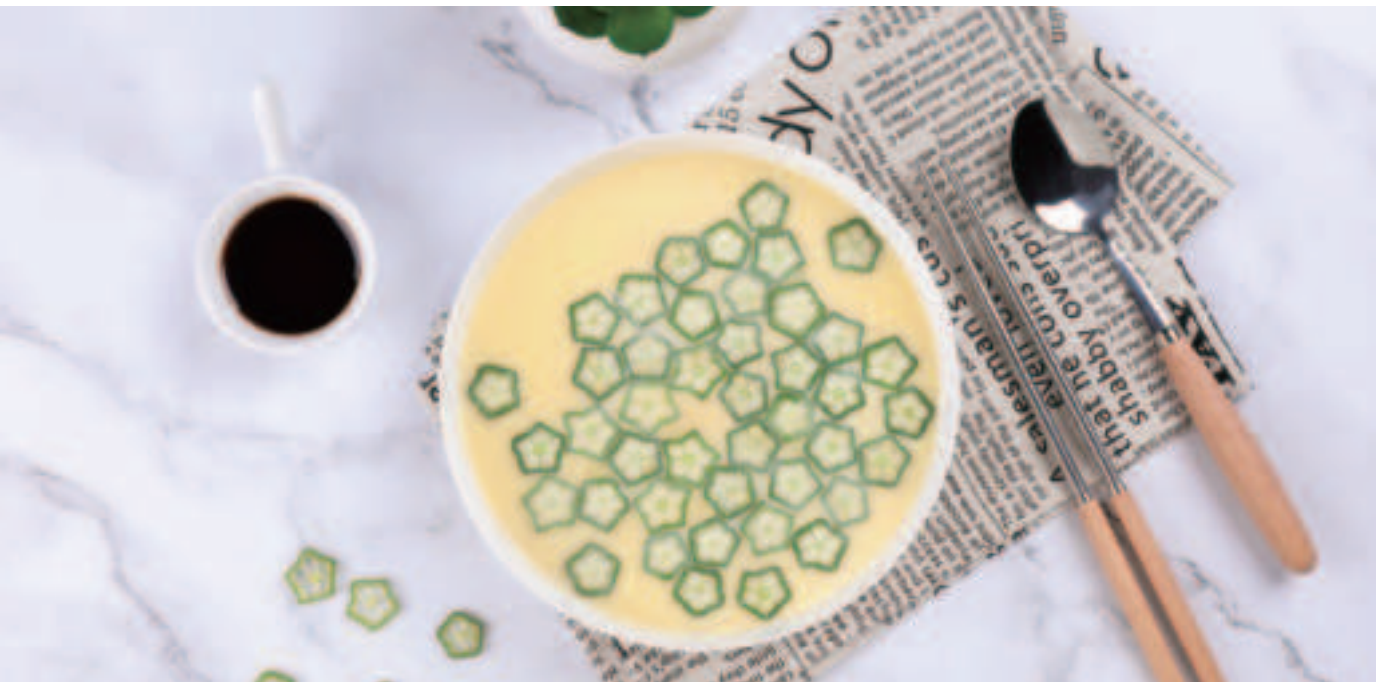
Utensil Reference



Suitable dish Steaming tray

Steamed Eggs with Okra


Manual Recipe



Ingredients

Eggs	2 pieces
Fresh okra.....	2pieces
Warm water.....	1small bowl
Light soy sauce	1tea spoon
Water to eggs	2:1

Recipe

- 1 All ingredients are prepared well, i.e. okra is cut into thin slices;
- 2 Eggs are cleaned, scattered and added with warm water to be rapidly stirred evenly;
- 3 Egg liquid obtained in step 2 is filtered by the filter screen again (the taste of the steamed egg is more dedicate);
- 4 Okra is placed on the egg liquid and dish is placed on the steam tray, which is then placed in the lower layer of the steam oven.
- 5 Ensure that the water box is full of water. Select  Steam, 100℃ steam 10 minutes.
- 6 Please take out of it after steaming, and sprinkle little light soy sauce as desired to eat.

Utensil Reference



Suitable dish Steaming tray

TIPS

- The temperature of warm water is recommended to be 40-60℃
- Ceramic plates and glass plates (7 inches which about 22cm in diameter) are recommended.
- Cover with plastic wrap when cooking

Steamed Eggs with Clam

Manual Recipe



Ingredients

Clam	50g
Eggs	100g
Warm water	150g
Chopped green onion ...	10g
Cooking wine	4ml
Salt	2g

Recipe

- 1 Clam is washed well, put in the bowl, sprinkled with little cooking wine, and added with salt for stirring evenly, so as to marinate for 10 minutes;
- 2 Eggs are cleaned, scattered and added with warm water and salt to be rapidly stirred evenly;
- 3 Egg liquid obtained in step 2 is filtered by the filter screen again (the taste of the steamed egg is more dedicate)
- 4 The marinated clam meat is placed in the egg liquid and covered with preservative film, which has hole for ventilation. The dish is placed on the steam tray, which is then placed in the lower layer of the steam oven. After that, it is required to ensure that the water box is full of water. Select (Steam) Steam, 100℃ steam 10 minutes.
- 5 Please take out of it after steaming, sprinkle little sesame oil and light soy sauce as desired and scatter the chopped green onion.

TIPS

- The temperature of warm water is recommended to be 40-60℃
- Ceramic plates and glass plates (7 inches which about 22cm in diameter) are recommended.
- Egg & water ratio can be adjusted according to your own preferences (1:1.8-1:2.2).
- Cover with plastic wrap when cooking.

Utensil Reference



Suitable dish

Steaming tray

Chinese Steamed Bun

Manual Recipe



Ingredients

Flour.....	400g
White sugar	40g
Milk	220g
Yeast	4g

Recipe

- 1 Mix and sieve the flour. Add yeast, sugar, milk and knead them into a smooth dough. Select (Fermentation) auto menu 33 [Fermentation] with temperature 40℃, fermenting time select 40-50 minutes until it is twice or more times of the original size.
- 2 Re-knead the fermented dough until it becomes smooth again. Roll the dough into a sheet of pastry with a width of about 15cm and a length of about 40cm. Spray water on the surface and tightly roll it up.
- 3 Cut the dough into cylinders of 3cm for each and put them in the steam tray;
- 4 Place the steam tray on the lower layer of the steaming oven. Close the oven door and ferment the steamed bun for 20 minutes.
- 5 When the fermentation is finished, select (Steam) Steam, 100℃ steam 20 minutes.
- 6 After cooking, leave it for 5 minutes and then enjoy.

Utensil Reference



Steaming tray

Yam Cake with Osmanthus Sauce

Manual Recipe



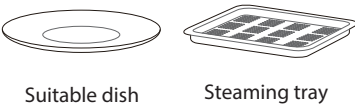
Ingredients

Yam	500g
Sugar	20g
Condensed milk	8g
Osmanthus sauce	appropriate amount

Recipe

- 1 All ingredients are prepared well, i.e. the yam is cleaned and peeled off and cut into small pieces to be placed in the dish;
- 2 The dish is placed on the steam tray, which is then placed in the lower layer of the steam oven. Ensure that the water box is full of water.
- 3 Select Steam, 100℃ steam 25 minutes.
- 4 Mash the steamed yam and added condensed milk and sugar for even stirring;
- 5 Yam is kneaded into small and even clusters (at appropriate size of the mold);
- 6 Yam cluster is pressed into good shape by using the mold, and de-molded to take it out;
- 7 Yam cake is sprinkled with Osmanthus sauce to eat.

Utensil Reference



Taiwanese Castella Cake

Manual Recipe



Ingredients

Egg Yolk Batter	
Corn oil	40g
Cake flour	50g
Milk	50g
Salt	0.5g
Egg yolks	4pieces
Egg White Batte	
Egg whites.....	3pieces
Caster sugar.....	45g
Lemon juice	3drops

Recipe

- 1 Apply a thin layer of butter to the mold, then cut the greaseproof paper and stick it on the bottom and periphery.
- 2 Heat up the corn oil to about 70℃.
- 3 Add the sieved cake flour, and gently stir it evenly with a wire whisk until there is no dry powder.
- 4 Add milk & salt and mix them well with the wire whisk.
- 5 Add egg yolk in several times and mix them well.
- 6 Fill the baking tray with hot water and place it on the lower layer, then select Convection and preheat at 150℃.
- 7 Add a few drops of lemon juice to the egg whites and whisk the egg whites. Add the caster sugar in three times and whisk them until bubbles have tightened into a white foam with a soft ribbon that folds back.
- 8 Add 1/3 of the egg whites into the egg yolk and mix them evenly by turning and stirring.
- 9 Pour the well-mixed batter into the remaining protein, use a spatula from bottom to top, and mix evenly.
- 10 Pour the evenly mixed egg batter into the mold and pour it 2-3 times at a height of 20cm to exhaust the air.
- 11 Insert two mold chopsticks on both sides of the oven door. Bake it at 150℃ for 65minutes by convection function.

TIPS

- While cooking is in progress, chopsticks must be inserted on both sides of the oven door. It can make the cakes have better bulkiness and taste, and a higher success rate.
- Unmovable mold with a bottom size of 185*185*50mm is suggested to use. If a movable mold is used, two layers of tinfoil should be wrapped outside the mold to prevent water.
- If a different mold is used, the cooking time should be adjusted according to the actual needs, and the heating duration is generally about 60-70 minutes.

Utensil Reference



Char Siu

Manual Recipe



Ingredients

Pork collar-butt.....	700g
Barbecued pork sauce.....	48g
Scallion	30g
Garlic	20g
Rose wine.....	20g
Salt	3g
White pepper powder.....	5g
Honey	5g (optinal)

Recipe

- 1 Cut the pork collar-butt into a pieces with a thickness close to 1.5-2cm. Score the surface of the pork with a knife. Then slice the garlic, and cut scallion into sections;
- 2 Put the pork in a deep pot, then add salt, rose wine, white pepper powder, scallion, garlic slices and barbecued pork sauce. Mix them well. Wrap the pot with plastic film and refrigerate it for about 3 hours or longer;
- 3 Take out the marinated meat, put it on the baking tray lined with greaseproof paper (do not pour the sauce into it).
- 4 Select Convection and preheat at 180℃.
- 5 After the preheating is complete, put the baking tray into the lower layer and bake it at 180℃ for 30 minutes by convection function.
- 6 If you want the roasted char siu to be more golden, you can take out the char siu in the last 5 minutes and bake it with honey.

Utensil Reference



Baking tray

Baked Pork Chop Rice

Manual Recipe



Ingredients

Cooked rice.....	150g
Tomato.....	1pieces (about150g)
Onion	80g
Vegetable oil	a little
Salt	a little
Pork chop	150g
Cheese	60 (distribute it fully)

Recipe

- 1 Select Convection and preheat at 210℃.
- 2 Wash tomatoes. Then cut the tomatoes and onions into chunks. Then cook and stir them in a hot pot with oil and salt.
- 3 Spread the cooked rice on a heat-resistant plate and spread the tomatoes and onions on it.
- 4 Cut pork chop into pieces and spread them on a plate. Sprinkle the dish with cheese and place it on the baking tray.
- 5 After the preheating is complete, put the baking tray into the lower layer and bake at 210℃ for 14 minutes by convection function.

Utensil Reference



Suitable dish



Baking tray

Lemon & Herb Roasted Chicken

Manual Recipe



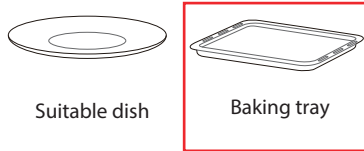
Ingredients

Yellow hair chicken	1100g
Vegetable oil	15g
Basil	15g
Thyme	1g
Edible salt	4g
Light soy sauce	7g
Potato	1 piece (about 200g)
Carrot	1 piece (about 50g)
Cherry tomatoes	5 pieces
Lemon	1 piece
Fresh rosemary	1 branch

Recipe

- 1 Remove the chicken giblets and head. Soak it in water for a few minutes to rinse the blood.
- 2 Add basil, thyme, vegetable oil, salt and light soy sauce. Distribute them evenly on chicken in a massage way. Then put them in a polythene bag and refrigerate them for 4 hours (It'll be more delicious if it is left to marinate over night).
- 3 Cut potatoes and carrots into chunks and distribute them on the plate.
- 4 Take the marinated chicken out and put it on the plate covered with potatoes and carrots. Add cherry tomatoes and fresh rosemary. Cut the lemon in half, then cut it into 4 slices and put it on the plate.
- 5 Put the plate in the baking tray. Place the baking tray on the lower layer of the steaming oven.
- 6 Select Convection and bake at 220°C for 45 minutes.
- 7 After cooking, take it out. Squeeze the remaining half lemon juice on it and enjoy it.

Utensil Reference



Baked Mashed Potatoes with Cheese

Manual Recipe



Ingredients

Potatoes	4pieces (about200/each)
Bacon	50g
Mayonnaise	2 tablespoons
Black pepper	a little
Sea salt	a little
Mozzarella Cheese	a little

Recipe

- 1 Select Convection and preheat at 220℃.
- 2 Wash potatoes and cut them in half. Placed in the boiling water to boil for 15minutes;
- 3 Let the potatoes cool down. Then scrape out inside (pay attention to leaving a width of 5mm. The mashed potatoes will be put back later);
- 4 Cut the bacon into small pieces and stir-fry it to golden brown and comes out of oil;
- 5 Crush the mashed potatoes. Mix them with bacon, salt, mayonnaise and black pepper. Then put the stirred mashed potatoes back to the hollowed-out potatoes;
- 6 Put the potatoes in and sprinkle the mozzarella cheese over the potatoes;
- 7 After preheating is finished, put the baking tray in, and bake at 220°C for 20 minutes. by convection function. Pay attention to the color in the last few minutes of cooking time. Stop baking when the surface of the food becomes slightly golden brown.

Utensil Reference



Cheesy Broccoli Bake

Manual Recipe



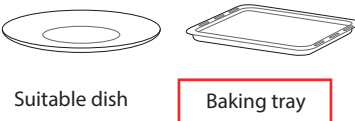
Ingredients

Butter	7g
Low-gluten flour	7g
Milk	100ml
salt	a little
Pepper	a little
Broccoli	200g
Mozzarella cheese	40 (just spread it)

Recipe

- 1 Select steam grill function, then press to preheat at 210°C.
- 2 Put butter and low-gluten flour into a pot, heat over low heat until the butter melts, then add milk, salt and pepper while stirring well, be careful not to get gluten. Heat until the white sauce is thick, remove from heat and set aside.
Blanch broccoli in boiling water for 1 minute, drain.
- 3 Put the broccoli in the oven dish, pour in the white sauce, and spread the Mozzarella cheese.
- 4 After the preheating is complete, put the plate into the baking tray, put the baking tray into the lower layer of the oven, and bake for 13 minutes with the steam oven function at 210°C.

Utensil Reference



Suitable dish

Baking tray

Baked Vegetables

Manual Recipe



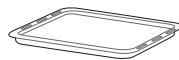
Ingredients

Eggplant, asparagus, green pepper, carrot, potato	350g in total
Olive oil	10g
Soy sauce	10g
Black pepper	a little
salt	a little

Recipe

- 1 Select hot air convection grilling function, then press to preheat at 210°C.
- 2 Eggplant, carrot, potato slices, about 1cm thick.
- 3 Cut the green pepper in half, remove the seeds, peel the old part of the asparagus root, and cut into sections.
- 4 Put the vegetables in a large bowl, add olive oil, soy sauce, black pepper, salt, mix well, and marinate for 10 minutes.
- 5 Spread butter paper on the baking tray, arrange the vegetables on the baking tray, and put the baking tray on the bottom layer.
- 6 After the preheating is complete, add the lower layer to the baking tray, and bake for 16 minutes at 210°C convection oven function.

Utensil Reference

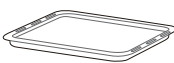


Baking tray



Vanilla Cream Puffs

Utensil Reference



Baking tray

Ingredients

Unsalted butter.....	80g	Vanilla stuffing	
Eggs	250g (about 5 pieces)	Yolk	80g (about 4 pieces)
Low-gluten flour	120g	Pure milk.....	330g
Sea salt	1g	Granulated sugar	75g
Water	150g	Low-gluten flour	15g
Whipping cream	150ml	Millet flour	15g
Sugar	40g	Vanilla pod	1piece

Recipe

- 1 Sieve the cake flour for use and beat and whisk the eggs;
- 2 After the oil-water boil, add all the sieved flour;
- 3 Put salt, water and butter into a pot and boil them;
- 4 After boiling of oil water, all filtered our should be added at one time duringboiling;
- 5 Egg-beater should be used to rapidly stir evenly and realize pasting (molding of puffs can be affected by non-high temperature and poor gelatinization of flour);
- 6 Mix the dry powder evenly with a spatula.
- 7 Add half of the egg mixture and mix well.
- 8 The remaining egg liquid should be added to the puff dough several times. Stirred the puff dough and egg liquid evenly before you add egg next time.
- 9 Stir the batter until it is slightly slippery and put it into the squeezing bag.
- 10 Select🌀Convection and🕒preheat at 190 C .
- 11 Squeeze the puff dough onto the baking tray with about 5cm each; Use the remaining egg liquid to smooth the small hook after the puff is extruded.
- 12 After preheating is finished, put the baking tray in, and bake at 190°C for 27 minutes.
- 13 Seeds of vanilla pod are taken out;
- 14 Milk and vanilla pod are placed in the pot for boiling, which is stirred continuously in the halfway;
- 15 Granulated sugar and yolk are mixed and stirred evenly;
- 16 Low-gluten flour and corn starch are filtered and then added to the yolk for stirring evenly, until disappearance of dry powder;
- 17 Boiling milk can be slowly added to yolk paste with a little amount, and stirred evenly at the same time (if too much is poured at one time, yolk can be cooked by high temperature milk);
- 18 After milk and yolk paste are mixed evenly, it is necessary to pour it back to the pot, heat at a little re, and stir continuously in the half-way, so as to prevent caking on the bottom, until it is thickened and its grains do not disappear; (if the fire is too large and there is solidified caking when the stirrer is lift, it is necessary to firstly remove the pot and place it on the desk for stirring, until it is smooth and without caking. At this time, it should be removed to above the fire again and heated to be thickened);
- 19 The boiled vanilla stuffing is poured into the dish for paving as thin as possible. Then, it is necessary to cover it with plastic wrap (plastic wrap is tightly close to vanilla stuffing) and place it in the refrigerator for cold storage;
- 20 After baking of puffs, vanilla stuffing is taken out of the refrigerator, pressed to be smooth, and enclosed in the pastry bag, so as to squeeze vanilla stuffing into the puffs baked in advance.

Dough Fermentation



Ingredients

Dough 500g

Recipe

- 1 The kneaded dough is placed in the big bowl .
- 2 Glass container is directly placed on the baking tray, which is then placed in the lower layer of the steam oven.
- 3 Select (☰) Auto Menu 33[Fermentation] set as 30-60 minutes for startup
- 4 It should be taken out for eating after completion.

- Yeast • If more yeast is used, the fermentation speed is faster, and vice versa.
- Yeast with improper storage or too-longtime of storage is deep in color, low in fermentation effect and little in fermentation speed.
- Water temperature • At normal temperature, warm water at about 40 ℃ should be used to knead dough. The temperature of prepared dough is about 27 ℃ , which is optimum for reproduction of yeast. If the water is too hot, yeast may die from scald; if the water is too cold, yeast is slow in reproduction.
- Salt and sugar • Generally, 2-3g table salt should be added to 500g four to be most beneficial for the growth of yeast. Sugar accounting for 5% of dough can be used to provide nutrient for reproduction of yeast, so as to quicken the reproduction of yeast. But, sugar and salt should be used at appropriate amount.
- Temperature • It is 28 ℃-30 ℃ as generally required, which can be adjusted by increasing or reducing the temperature of water used for kneading dough. When the room temperature is about 20 ℃ in spring, water temperature should be controlled at 35 ℃-40 ℃ . When the room temperature is above 30 ℃ in summer, water temperature should be controlled at 13 ℃-15 ℃ .
- Sign of maturity for dough fermentation • Top of the dough is heaved and it feels dry by hands. If pulling by hands, dough can be naturally stretched; after the hands are removed, it can be retracted slowly. At this time, there are many pores inside the dough and a favor of wine.
- Others • It is recommended to ferment at room temperature for breads which are difficult to control the temperature such as baguettes .temperature such as baguettes.
- When the room temperature is low in winter, please set the expected time and measure the temperature of the dough while fermenting.

Utensil Reference



Baking tray



Big bowl

Yogurt Fermentation



Ingredients

Plain yogurt 200g
Pure milk..... 1000g

Recipe

- 1 The cheese and pure milk are packaged in large sanitized bowl for mixing evenly.
- 2 The bowl is placed in the baking tray and the grill is placed in the lower layer of steam oven to turn off the door of the furnace.
- 3 Select (☰) Auto Menu 33[Fermentation] set as 8 hours for startup
- 4 It can be taken out for eating after cooking.

- Milk selection • Pure milk, normal temperature milk or pasteurized milk are available; some milk powder can be added to make texture of cheese more mellow and thick.
- Selection of leavening agents • It is recommended to use lactic acid bacteria powder, which is easy to operate, stable in production, and realize gentle smell of the cheese. It is also necessary to use finished cheese as the starter or use kefir grains according to personal preference.
- Container disinfection • Quality of the cheese may be affected by the bacteria in the container, so it is sure to do well in disinfection. The easiest method is to scald it by boiling water.
- Adjustment of favor by cold storage • The prepared cheese is placed in the refrigerator for more than 8 hours. Then, the cheese will become more thick and fragrant.
- Adjustment of acidity • If you think the self-brewed cheese is too acid, it is necessary to use low-acidity bacterial powder or shorten fermentation time on the premise of cheese solidification, and eat it as soon as possible. It is also a good method to add honey, jam or cereal before eating.

Utensil Reference



Baking tray



Bowl