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Healthy, Delicious, Convenient

COOK BOOK

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CURRY CHICKEN

Ingredients:

chicken pieces	500 g	
coconut milk	¼ cup	
water	¼ cup	
salt	1 tsp	
A: cinnamon stick	3 cm	
lemon grass (bashed)	30 g	
curry powder	½ tbsp	
chilli powder	½ tbsp	
shallots	80 g	] blended with ¼ cup oil
garlic	15 g	

Container:

Deep microwave safe casserole

Method:

1. Combine ingredients A and fry in a deep microwave safe casserole on 1000 W, uncovered for 5 minutes.
2. Add in water, salt and chicken pieces.
3. Cover and cook on 1000 W for 5-6 minutes.
4. Stir in coconut milk and cook on 1000 W, uncovered for 2 minutes.
5. Serve hot with rice/noodles.

咖喱雞

材料:

雞塊	500 克	
椰奶	¼ 杯	
水	¼ 杯	
鹽	1 茶匙	
A: 肉桂皮	3 厘米	
香茅 (拍碎)	30 克	
咖喱粉	½ 湯匙	
辣椒粉	½ 湯匙	
小蔥頭	80 克	] 加¼ 杯食油混合
蒜頭	15 克	

容器:

微波耐熱深燉鍋

操作方法:

1. 將材料A混合後，放進微波耐熱深燉鍋里，以1000 W爆香約5分鐘（無需加蓋）。
2. 加水，鹽和雞塊。
3. 加蓋以1000 W煮約5-6分鐘。
4. 拌入椰奶，繼續以1000 W煮2分鐘（無需加蓋）。
5. 完成，可配上飯或麵享用。

CHICKEN MUSHROOM STEW

Ingredients:

chicken pieces	500 g
cooking oil.....	1 tbsp
garlic (chopped).....	3 cloves
ginger (chopped)	1 cm
A: oyster sauce	3 tbsp
dark soy sauce	1 tbsp
B: potato, cut into wedges.....	1
carrot, cut into wedges	1
C: water.....	$\frac{3}{4}$ cup
cornflour.....	1 tbsp
sugar,salt and pepper.....	taste
D: button mushroom, halved	$\frac{1}{4}$ cup
green peas (optional).....	$\frac{1}{4}$ cup

Container:

Deep microwave safe casserole

Method:

1. Using a deep microwave safe casserole dish, fragrant garlic and ginger with oil until aromatic on 1000 W for 3-4 minutes.
2. Stir in the chicken pieces together with sauce A and cook on 1000 W for another 2 minutes.
3. Add ingredients B, cook covered for 5-8 minutes on 1000 W, stir in ingredients C and ingredients D and cook for another 3-4 minutes on 1000 W until chicken and vegetables are tender.



蘑菇燉雞肉

材料:

雞塊	500 克
食油	1 湯匙
蒜頭，剝碎.....	3 片
薑，剝幼	1 公分
A: 蠔油	3 湯匙
老抽	1 湯匙
B: 馬鈴薯，切塊	1 條
紅蘿蔔，切塊	1 條
C: 水.....	$\frac{3}{4}$ 杯
粟粉	1 湯匙
細砂糖、鹽及胡椒粉	適量
D: 蘑菇（切半）	$\frac{1}{4}$ 杯
青豆（適量）	$\frac{1}{4}$ 杯

容器:

微波耐熱深燉鍋

操作方法:

1. 將油、蒜頭、薑放進一個微波耐熱深燉鍋裡，以 1000 W 爆香約 3-4 分鐘。
2. 拌入雞塊和 A 材料以 1000 W 煮 2 分鐘。
3. 加入 B 材料，蓋好以 1000 W 煮 5-8 分鐘，拌入材料 C 和材料 D 再以 1000 W 煮 3-4 分鐘，至肉和蔬菜熟。



CHICKEN FINGERS

Ingredients:

chicken leg.....	250 g (1 piece)
A: salt.....	¼ tsp
lemon juice.....	2 tsp
B: scallion stalk (minced)	2 tbsp
light soy sauce	2 tbsp
sesame paste	2 tbsp
castor sugar	1 tbsp
ginger (diced).....	½ tbsp
sesame oil.....	½ tbsp
vinegar	1 tsp
chili oil	½ tsp

Container:

Microwavesafe plate

Method:

1. Cut off the fiber in the chicken, and add seasoning A (leave it standing for 10 minutes for a stronger flavor).
2. Place the chicken on a microwave safe plate, wrap in a plastic wrap, and place at the center of the oven. Cook on 600 W for 5 minutes.
3. Take off the plastic wrap after it has cooled down. Cut the chicken into 1 cm wide slices, serve on a plate dripped with ingredients B.

烤雞棒

材料：

雞腿肉.....	250 克 (1 塊)
A: 鹽.....	¼ 茶匙
檸檬汁	2 茶匙
B: 蔥白 (切碎)	2 湯匙
生抽	2 湯匙
芝麻醬	2 湯匙
細砂糖	1 湯匙
薑 (切碎)	½ 湯匙
麻油	½ 湯匙
醋.....	1 茶匙
辣油	½ 茶匙

容器：

微波耐熱盤

操作方法：

1. 肉切斷纖維，先用材料A調味（靜置10分鐘左右更入味）。
2. 將雞肉放在微波耐熱盤上，包上保鮮紙放在爐內中央位置。選擇600 W，設置5分鐘。
3. 待稍涼後取下保鮮紙。肉切成約1厘米寬裝盤，淋上調好的B材料。

PEPPER AND SESAME FRIED NUGGETS

Ingredients:

chicken leg.....	400 g (2 pieces)
corn starch.....	7 tbsp
cooked sesame	3 tbsp
A: fish sauce.....	1 tbsp
light soy sauce	1 tbsp
beaten egg	30 g
salt.....	$\frac{2}{3}$ tbsp
pepper.....	taste

Container:

Grill tray (upper shelf)

Method:

1. The thickness of the chicken must be even, and cut into 4 cm blocks (approximately 30 g each). Put into the container with ingredients A, stir evenly (leave it standing for 10 minutes for a stronger flavor). Put corn starch and meat into the bowl, rub thoroughly until there is no powder left.
2. Sprinkle sautéed sesame in chicken. Place onto the Grill Tray with the skin side up, and put the tray in the upper shelf. Choose Crispy Grill and cook for 11-12 minutes.



胡麻炸雞塊

材料：

雞腿肉.....	400 克 (2 塊)
粟粉	7 湯匙
熟芝麻.....	3 湯匙
A: 魚露.....	1 湯匙
生抽.....	1 湯匙
蛋液.....	30 克
鹽.....	$\frac{2}{3}$ 湯匙
胡椒.....	適量

容器：

燒烤盤 (上層托盤架)

操作方法：

1. 肉的厚度要平均，切成4 厘米塊狀 (1 塊約30 克)。和材料A一起放入容器中，仔細拌勻 (靜置10 分鐘左右更入味)。碗內放入粟粉和肉，仔細揉搓，直到表面不留粉粒。
2. 在雞肉上撒上炒香的芝麻。皮朝上放在燒烤盤上，燒烤盤放入上層托盤架。選擇雙面燒烤模式，設置11-12 分鐘。



烤雞配菠菜

材料：

全雞	1.5 公斤
(雞胸處剪開，雞腿內側切開。)	
菠菜	400 克

醬汁：

大蒜	40 克
奧勒岡葉	15 克
檸檬汁	30 毫升
玉米油	30 毫升
蠔油	30 克
麻油	1 茶匙
鹽	1 茶匙
老抽	½ 湯匙
黑胡椒	2 茶匙

容器：

燒烤盤（下層托盤架），微波耐熱盤

操作方法：

1. 用醬汁醃雞2-3 小時後瀝乾。放在一邊備用。
2. 把雞放在微波耐熱盤中，放在燒烤盤上。
3. 預熱210 °C。
4. 把燒烤盤放入下層托盤架，烤約50-55 分鐘。
(½ 時間時翻面)
5. 把雞從微波耐熱盤中取出，把菠菜放入與烤雞湯汁攪拌均勻，選擇1000 W，設置2-3 分鐘。(½ 時間時攪拌)
6. 最後，菠菜與烤雞一起裝盤。

ROASTED CHICKEN IN SPINACH

Ingredients:

chicken	1.5 kg
(cut open from breast, cut slit at the thigh area)	
spinach	400 g

Sauce:

garlic	40 g
oregano leaves	15 g
lemon juice	30 ml
corn oil	30 ml
oyster sauce	30 g
sesame oil	1 tsp
salt	1 tsp
dark soy sauce	½ tbsp
coarse black pepper	2 tsp

Container:

Grill tray (lower shelf), microwave safe and ovenproof plate

Method:

1. Season the chicken with sauce for about 2-3 hours. Leave aside.
2. Place chicken in an oven proof plate, put on Grill Tray.
3. Preheat oven to 210 °C.
4. Bake chicken at 210 °C for about 50-55 minutes in lower shelf position. (turn over at ½ time)
5. Remove chicken from oven proof plate, next add spinach into the chicken sauce, cook on 1000 W for 2-3 minutes. (stir at ½ time)
6. Lastly serve chicken with spinach.



糖醋青椒釀雞肉

材料：

青椒（180 克左右1 個）	2 個
A: 絞肉（雞肉）	200 克
洋蔥（切成碎）	50 克
麵包粉	5 湯匙
蛋（去殼50 克）	1 個
鹽	1 茶匙
胡椒	適量
肉豆蔻	適量
B: 湯汁	10 湯匙
細砂糖	1 湯匙
味醂	4 茶匙
醋	4 茶匙
生抽	2 茶匙
粟粉（用同量的水勾芡）	適量

容器：

燒烤盤（下層托盤架）

操作方法：

1. 青椒直切成二半去籽，內側塗上粟粉（未寫在材料中）。在碗內放入材料A，仔細攪拌到有黏性為止，再鑲進青椒內。
2. 把青椒並排在燒烤盤中央，把燒烤盤放入下層托盤架，選擇雙面燒烤，設置13-14 分鐘。
3. 將材料B放入小鍋，煮滾後用粟粉水勾芡。
4. 將操作方法2的青椒釀雞肉裝盤，淋上操作方法3的糖醋汁。

SWEET AND SOUR GREEN PEPPER WITH CHICKEN MEAT

Ingredients:

green pepper	2 pieces (approximately 180 g each)
A: ground meat (chicken)	200 g
onion (mashed)	50 g
bread flour	5 tbsp
eggs (50 g without shells)	1
salt	1 tsp
pepper	taste
nutmeg	taste
B: soup	10 tbsp
castor sugar	1 tbsp
sweet cooking sake	4 tsp
vinegar	4 tsp
light soy sauce	2 tsp
corn starch	taste (thicken with same amount of water)

Container:

Grill tray (lower shelf)

Method:

1. Vertically cut the green peppers into two, get rid of the seeds, and coat the inside with corn starch (not listed in the ingredients). Put ingredients A into a bowl and stir until it becomes sticky, then insert meat into the green peppers.
2. Lay green peppers in the middle of the Grill Tray, put tray in the lower shelf, choose Crispy Grill and cook for 13-14 minutes.
3. Place ingredients B into a small pot, and thicken it with corn starch liquid.
4. Serve method 2 green pepper in a plate dripped with the sweet and sour sauce from method 3.



GINSENG CHICKEN SOUP

Ingredients:

black-bone chicken..... 1
(blanched in hot water)
chinese herbs..... 1 packet
(100 g, soak season packet in ½ cup hot water for ½ hour)
water..... 1000 ml
salt..... taste

Container:

Microwave safe casserole

Method:

1. Place chicken, Chinese herbs and water in a microwave safe casserole, cover with lid.
2. Cook on 800 W for 14 minutes, take out to stir, then cook on 300 W for 46 minutes.
3. When the program finish, add salt. Its ready to serve.

人蔘雞湯

材料：

烏骨雞（在熱水中汆一下）..... 1 隻
中草藥湯料..... 1 包
（100 克，把草藥湯料中的調味包放在 ½ 杯熱水中浸泡半個小時）
水..... 1000 毫升
鹽..... 適量

容器：

微波耐熱容器

操作方法：

1. 把烏骨雞，中草藥湯料，調味包和水放入微波耐熱容器，蓋上蓋。
2. 以800 W煮14 分鐘，取出攪拌後再以300 W煮46 分鐘。
3. 完成後，加入鹽調味便可享用。

SPICY CHICKEN (KOREAN SPICY CHICKEN)

Ingredients:

chicken leg.....	350 g
cabbage.....	60 g
onion.....	40 g
green onion.....	30 g (3 pieces)
A: korean chili sauce	60 g
mashed garlic.....	2 tbsp
saute sesame.....	2 tbsp
sesame oil	2 tbsp
maltose (or honey)	1 tbsp
light soy sauce	1 tbsp
fish sauce	1 tbsp
chili powder	½ tsp

Container:

Grill tray (upper shelf)

Method:

1. Cut the chicken, cabbage, and onions into chunks of 2 cm by 5 cm. Cut green onions into segments of 3 cm long.
2. Put ingredients A into the bowl and stir with the ingredients of method 1.
3. Coat the surface of the Grill Tray with a thin layer of sesame oil, line it up with all ingredients in method 2, put in the upper shelf, choose Crispy Grill, and then cook for 10-11 minutes.



辣炒雞 (韓式辣炒雞)

材料:

雞腿肉.....	350 克
椰菜	60 克
洋蔥	40 克
青蔥	30 克 (3 根)
A: 韓式辣醬	60 克
蒜泥	2 湯匙
炒香的芝麻	2 湯匙
麻油	2 湯匙
麥芽糖(或用蜂蜜).....	1 湯匙
生抽	1 湯匙
魚露	1 湯匙
唐辛子	½ 茶匙

容器:

燒烤盤 (上層托盤架)

操作方法:

1. 把雞肉、椰菜、洋蔥切成寬2 厘米、長5 厘米。蔥切成3 厘米長。
2. 碗內放入材料A調勻，再加入操作方法 1 的所有材料拌勻。
3. 燒烤盤薄薄刷上一層麻油，均勻平鋪上操作方法2的所有材料後放入上層，選擇雙面燒烤。設置10-11 分鐘。



INDONESIAN SHISH KABOB

Ingredients:

chicken leg (dice into chunks of 1 cm).....	400 g
A: peanut butter	3 tbsp
light soy sauce	2 tbsp
coconut milk (or milk)	2 tbsp
ketchup.....	2 tbsp
curry powder	2 tsp
mashed garlic.....	2 tsp
mashed ginger	2 tsp
castor sugar	2 tsp
chili powder	1 tsp
cumin powder.....	1 tsp
long sticks.....	4-6

Container:

Grill tray (upper shelf)

Method:

1. Put ingredients A into a bowl and stir, add the chicken meat in (leave it for 20 minutes for a stronger flavor). Poke through the chicken chunks (about 70-100 g each) with long sticks.
2. Place the chicken in the center of the Grill Tray, don't overlap them. Put the tray in the upper shelf, select Crispy Grill and cook for 8-9 minutes.

印尼風串燒

材料：

雞腿肉（切成1 厘米肉塊）	400 克
A: 花生醬	3 湯匙
生抽	2 湯匙
椰奶（或用牛奶）	2 湯匙
番茄醬	2 湯匙
咖喱粉	2 茶匙
蒜泥	2 茶匙
薑泥	2 茶匙
細砂糖	2 茶匙
唐辛子	1 茶匙
孜然粉	1 茶匙
竹籤	4~6 根

容器：

燒烤盤（上層托盤架）

操作方法：

1. 於碗內放入材料A拌勻。再加入雞肉混合(靜置 20 分鐘左右更入味)。將雞肉串起（每串70-100 克左右）。
2. 把雞串平均的放在燒烤盤中央，燒烤盤放入上層托盤架，選擇雙面燒烤。設置8-9 分鐘。

CHICKEN FILLET WITH VANILLA

Ingredients:

chicken fillet	200-220 g
A: onion (ground)	30 g
thyme	2 twigs
lemon juice	2 tsp
olive oil	2 tsp
salt	½ tsp
mashed garlic	taste
coarsely ground pepper	taste
cheese powder	2 tbsp

Container:

Grill tray (upper shelf)

Method:

1. Marinate chicken fillet with mixed of ingredients A (leave it for 10 minutes for stronger flavor).
2. Pour water into the tank before cooking. Sprinkle cheese powder on chicken fillet, place in the center of the Grill Tray, and then place the Grill Tray in the upper shelf. Select steam 1 for 2 minutes, then select Steam + Micro for 3 minutes. Finally, select 600 W for 6-7 minutes.



香草雞肋排

材料:

雞肋排	200~220 克
A: 洋蔥 (磨成泥)	30 克
百里香	2 支
檸檬汁	2 茶匙
橄欖油	2 茶匙
鹽	½ 茶匙
蒜泥	適量
粗磨胡椒	適量
芝士粉	2 湯匙

容器:

燒烤盤 (上層托盤架)

操作方法:

1. 雞肋排用已混合的材料A醃味 (靜置10 分鐘左右更入味)。
2. 給水箱內加滿水。雞肋排全部撒滿芝士粉，放在燒烤盤中央，把燒烤盤放入上層托盤架。選擇蒸氣1，設置2 分鐘。接著選擇蒸氣微波，設置3 分鐘。最後選擇600 W，烹調6-7 分鐘。



STEAMED BEEF WITH BLACK VINEGAR

Ingredients:

short loin (chunk)	300 g
A: corn starch	1 tbsp
salt, pepper	taste
B: lemon juice	2 tsp
black vinegar	2 tsp
soy sauce	2 tsp
sesame oil	$\frac{3}{4}$ tsp
castor sugar	$\frac{3}{4}$ tsp
stock powder	$\frac{3}{4}$ tsp
garlic (chopped)	1 tsp
mustard powder (or Szechuan pepper)	taste
scallion stalk	$\frac{1}{2}$ stick
red pepper	1 small
vanilla (fresh coriander leaves)	taste

Container:

Microwave safe dish

Method:

1. Cut meat into 1 cm cubic strips. Sprinkle on ingredients A, then marinate with ingredients B. Cut scallion stalk into strips of 2 cm long. Slice red pepper.
2. Put all the ingredients in a microwave safe dish, and then place it in the center of the oven. Select Steam 1 for 8 minutes, and then select Steam + Micro for 4-5 minutes.
3. Remove to plate after heating, relish with vanilla.

黑醋蒸烤牛肉

材料：

牛肩里肌肉（塊）	300 克
A: 粟粉	1 湯匙
鹽、胡椒	適量
B: 檸檬汁	2 茶匙
黑醋	2 茶匙
豉油	2 茶匙
麻油	$\frac{3}{4}$ 茶匙
細砂糖	$\frac{3}{4}$ 茶匙
高湯粉	$\frac{3}{4}$ 茶匙
蒜頭（切碎）	1 茶匙
山椒粉（或花椒粉）	適量
蔥白	$\frac{1}{2}$ 支
紅甜椒	1 小個
香草（新鮮香菜）	適量

容器：

微波耐熱容器

操作方法：

1. 把肉切成1 厘米長方的條形。撒上材料A，用材料B 醃味。蔥白切成2 厘米長。紅甜椒切絲。
2. 把所有材料放入微波耐熱容器里，放進爐裡的中央位置。選擇蒸氣1，設置8 分鐘。然後選擇蒸氣微波，設置4-5 分鐘。
3. 加熱後裝盤，以香草裝飾。

GRILL CHEESE STEAK

Ingredients:

sirloin 400 g
salt, pepper..... taste
butter 20 g
A: bread flour 6 tbsp
cheese powder 6 tbsp
Italian salad dressing..... taste
(With diced tomatoes and basil...etc.)

Container:

Grill tray (lower shelf)

Method:

1. Heat the butter in a heat-resistant container with a lid, and put it at the center of the oven. Heating with 600 W for 30-40 seconds. Stir ingredients A with melted butter, and put aside for later use.
 2. Pat on the sirloin to break the fibers, and lay them out. Sprinkle with salt and pepper. Put them on the center of the tray, put mixture from method 1 onto the beef, and then press with hands. Put the Grill Tray in the lower shelf, choose Crispy Grill, and cook for 6-7 minutes.
 3. Serve on a plate after heated, dripped with the Italian salad dressing containing diced tomatoes and basil according to personal preference.
- Suggested cooking time is standard for medium well cook steak, adjust time accordingly to personal preference.



芝士烤牛排

材料:

牛腰肉 400 克
鹽、胡椒 適量
牛油 20 克
A: 麵包粉 6 湯匙
芝士粉 6 湯匙
義式沙律醬 適量
(加入切成小粒的番茄、羅勒等)

容器:

燒烤盤 (下層托盤架)

操作方法:

1. 牛油放入微波耐熱容器加蓋，放在爐內中央位置。選擇600 W，加熱30-40 秒，把溶化的牛油加入到材料A中仔細拌勻備用。
 2. 肉輕輕拍打切斷纖維並鋪開。撒上鹽、胡椒，放在燒烤盤中央，將操作方法1的混合物鋪在肉上，輕輕用手壓緊，燒烤盤放入下層托盤架，選擇雙面燒烤，設置6-7 分鐘。
 3. 加熱後裝盤。隨個人喜好淋上加入番茄碎、羅勒的義式沙律醬。
- 此食譜的芝士烤牛排為7-8 分熟牛排，可根據個人喜好增減時間。



APPLE LEMON BEEF GRILLS

Ingredients:

sirloin	4 pieces
(for fry steaks, 100 g per piece)	
salt	taste
black pepper	taste
sausages	3 pieces
apple	100 g (½ piece)
A: lemon juice	4 tbsp
honey	2 tbsp
black pepper	1 tsp

Container:

Grill tray (upper shelf)

Method:

1. Vertically cut the meat, sprinkle with salt and black pepper. Cut sausages into pieces of 7 mm wide. Cut ½ apple into 4 equal pieces, marinate in mixed ingredients A.
2. Place the beef in the center of the Grill Tray, then sausages, with apples on the sides. Put the tray in the upper shelf, choose Crispy Grill, and cook for 10 minutes, then select Grill1, cook for 2-3 minutes (keep the sauce that marinated the apple for later use).
3. Serve 2 on a plate with the apple marinated sauce.

檸檬汁蘋果烤牛肉

材料:

牛腰肉 (炸牛排用1片 100 克)	4 片
鹽	適量
黑胡椒	適量
香腸	3 片
蘋果	100 克 (½ 個)
A: 檸檬汁	4 湯匙
蜂蜜	2 湯匙
黑胡椒	1 茶匙

容器:

燒烤盤 (上層托盤架)

操作方法:

1. 肉直切成一半，撒上鹽、黑胡椒。把香腸切成7 毫米寬。蘋果切成4 等份，浸泡在調好的材料A中。
2. 將牛肉放在燒烤盤中央，再放上香腸。四周圍上蘋果，燒烤盤放入上層托盤架。選擇雙面燒烤，設置10 分鐘，然後選擇單面燒烤1，烤2-3 分鐘 (浸泡蘋果的調味汁留下備用)。
3. 裝盤，2和浸泡蘋果的調味汁一起享用。

BEEF CURRY

Ingredients:

beef (thinly sliced).....	600 g
yoghurt.....	¼ cup
cardamon.....	2 pips
salt.....	1 tsp
sugar.....	1 tsp
A: (to be roasted and finely ground)	
chilli powder	1½ tbsp
coriander seed	1½ tbsp
cumin seed	1 tsp
black peppercon.....	2 tsp
fenureek seed	1 tsp
B: sliced shallots.....	50 g
chopped ginger	15 g
cloves	1 g
cliced garlic	5 g
curry leaves.....	5 g
oil.....	5 tbsp

Container:

Microwave safe casserole

Method:

1. Season beef slices with ingredients A for ½ hour.
2. Combine ingredients B and fry in 22 cm microwave safe casserole on 1000 W for 2-3 minutes, uncovered.
3. Add in yoghurt, cardamons and seasoned beef slices.
4. Cover and cook on 1000 W for 4 minutes then stew it with 600 W for 10 minutes.
5. Add in sugar and salt.
6. Turn off and wait for 10 minutes then serve.



咖喱牛肉

材料:

牛肉 (切成薄片)	600 克
乳酪	¼ 杯
小豆蔻.....	2 瓣
鹽	1 茶匙
細砂糖.....	1 茶匙
A: (以下的材料烘後研幼)	
辣椒粉	1½ 湯匙
芫荽子.....	1½ 湯匙
小茴香	1 茶匙
黑胡椒粒	2 茶匙
咖喱葉.....	1 茶匙
B: 蔥頭絲.....	50 克
薑茸	15 克
丁香	1 克
蒜絲	5 克
咖喱葉.....	5 克
食油	5 湯匙

容器:

微波耐熱燉鍋

操作方法:

1. 牛肉片加材料A醃約半小時。
2. 將材料B放進22 厘米微波耐熱燉鍋裏混合，並以 1000 W爆香約2-3 分鐘（無需加蓋）。
3. 加進乳酪，小豆蔻和醃好的牛肉片。
4. 加蓋以1000 W烹煮4 分鐘，接著減至 600 W 再燉煮 10 分鐘。
5. 加進細砂糖和鹽。
6. 關火後等待10 分鐘便可食用。



肥牛雜菌丼

材料：

肥肉薄片	180 克
鴻喜菇	80 克
茶樹菇	80 克
紅椒	30 克 (1 個)
青蔥	30 克 (3 根)
蒜頭	1 瓣
薑	1 片
A: 植物油	2 湯匙
生抽	1½ 湯匙
蠔油	1 湯匙
麻油	2 茶匙
魚露	1 茶匙
粟粉	1 茶匙
細砂糖	½ 茶匙
芝麻	適量
熱飯	400 克

容器：

燒烤盤（下層托盤架），飯碗

操作方法：

1. 肉切成一口大小。把鮮菇切開成適當大小。紅椒切成1厘米的寬條狀，青蔥切成3厘米長，把蒜頭、薑切薄片。
2. 碗內放入材料A，仔細拌勻。加入操作方法1的材料後再仔細拌勻，放在燒烤盤中央，小心不要把肉重疊，燒烤盤放入下層托盤架，選擇雙面燒烤，設置10-12分鐘。
3. 另取一個盤子裝入熱飯，將操作方法2的所有配料淋在上面。

BEEF MUSHROOM DONBURI

Ingredients:

sliced beef belly	180 g
honshimeji mushroom	80 g
brown swordbelt mushroom	80 g
red pepper	30 g (1 piece)
green onion	30 g (3 pieces)
garlic	1 piece
ginger	1 slice
A: vegetable oil	2 tbsp
light soy sauce	1½ tbsp
oyster sauce	1 tbsp
sesame oil	2 tsp
fish sauce	1 tsp
corn starch	1 tsp
castor sugar	½ tsp
sesame	taste
warm rice	400 g

Container:

Grill tray (lower shelf), and rice bowl

Method:

1. Cut the beef into sizes fit for one bite. Cut the mushrooms into appropriate size, red pepper into 1 cm wide shred, green onion into 3 cm long, and slice the garlic and ginger.
2. Put ingredients A into a bowl and stir evenly. Add the ingredients of method 1 and stir evenly. Place it in the center of the Grill Tray, do not overlap the beef. Put the tray in the lower shelf, select Crispy Grill, and cook for 10-12 minutes.
3. Put the rice on a dish, and serve with all the prepared ingredients in method 2.



GRILLED BLACK PEPPER BEEF

Ingredients:

beef belly (for BBQ).....	300 g
corn starch.....	taste
garlic (sliced)	1 piece
A: light soy sauce	1½ tbsp
oyster sauce.....	1½ tbsp
castor sugar	1½ tsp
rough black pepper	1 tsp
onion.....	90 g
red pepper	60 g
salt.....	taste
vegetable oil	1 tbsp

Container:

Grill tray (upper shelf)

Method:

1. Put ingredient A into a larger bowl and stir. Sprinkle a thin layer of corn starch on the beef, and stir with garlic (leave for 10 minutes for a stronger seasoning).
2. Cut the onion, red pepper into chunks of 3 cm each, flavor with salt and vegetable oil.
3. Lay the beef in the center of the Grill Tray, surrounded by the mixed seasoning in method 2. Put the Grill Tray in the upper shelf and select Crispy Grill, cook for 8 minutes.

黑胡椒烤牛肉

材料：

厚切肥牛（烤肉用）	300 克
粟粉	適量
蒜頭（切成薄片）	1 瓣
A: 生抽	1½ 湯匙
蠔油	1½ 湯匙
細砂糖	1½ 茶匙
粗磨黑胡椒	1 茶匙
洋蔥	90 克
紅甜椒.....	60 克
鹽	適量
植物油	1 湯匙

容器：

燒烤盤（上層托盤架）

操作方法：

1. 將材料A放入較大的碗中拌勻。在牛肉薄薄鋪上一層粟粉，和蒜頭放入碗中拌勻（靜置10 分鐘左右更入味）。
2. 洋蔥、紅甜椒各切成3 厘米的滾刀塊狀，用鹽和植物油先調味。
3. 將牛肉放在燒烤盤中央鋪開，四周擺上操作方法2 的混合材料。燒烤盤放入上層托盤架，選擇雙面燒烤，設置8 分鐘。

STIR-FRY VINEGAR BEEF

Ingredients:

sliced beef (5 cm wide).....	150 g
A: light soy sauce	2 tbsp
sweet cooking sake.....	1 tbsp
vinegar	1 tbsp
chili oil	taste
corn starch.....	1 tbsp
Chinese chives	40 g
ginger (sliced).....	1 piece
bean sprout.....	200 g

Container:

Microwave safe casserole with lid

Method:

1. Mixed ingredient A for sauce. Stir and mix the beef with half of sauce, then sprinkle with corn starch.
2. Cut the Chinese chives into appropriate lengths, put into a bowl with ginger and bean sprouts, and then stir with the remaining sauce.
3. Put the beef into a casserole, cook at 600 W for 4 minutes with lid.
4. Put 2 into 3, cook at 600 W for 3 minutes with lid.



醬炒牛肉

材料:

牛薄片（切5 厘米寬）	150 克
A: 生抽	2 湯匙
味醂	1 湯匙
醋	1 湯匙
辣油	適量
粟粉	1 湯匙
韭菜	40 克
薑（切細）	1 片
芽菜	200 克

容器:

微波耐熱燉鍋，加蓋

操作方法:

1. 把材料A混合成醬料備用。將一半醬料加入與牛肉混合，撒上粟粉。
2. 把韭菜切成適當長度，與薑、芽菜一起放入碗中，加入剩下的醬料拌勻。
3. 把牛肉放入微波耐熱燉鍋內，選擇600 W，設置4 分鐘，加蓋。
4. 把2放入加熱好的3內，選擇600 W，設置3 分鐘，加蓋。



TANDOORI LAMB

Ingredients:

mutton cubes	500 g	
salt	1 tsp	
A: ginger (shredded)	30 g	
curry powder	30 g	
ghee	1 tbsp	
shallot	150 g	] finely blended with 5 tbsp oil
garlic	25 g	
B: yogurt	2 tsp	
ketchup	1 tbsp	
honey	1 tsp	
water	½ cup	
C: green peas	50 g	
mint leaves	50 g	
cashew nuts (roasted)	50 g	

Container:

Microwave safe casserole

Method:

1. Fry combined ingredients A in a microwave safe casserole, stirring frequently, at 1000 W, uncovered for 4-5 minutes.
2. Stir in ingredients B and mutton cubes.
3. Cover and cook at 1000 W for 4-5 minutes.
4. Add salt and cook at 600 W, uncovered for 10 minutes.
5. Stir in ingredients C and serve.

印度唐杜里羊肉

材料：

羊肉方塊	500 克	
鹽	1 茶匙	
A：生薑（切絲）	30 克	
咖喱粉	30 克	
印度酥油	1 湯匙	
小蔥頭	150 克	] 加5 湯匙食油研碎
蒜頭	25 克	
B：乳酪	2 茶匙	
番茄醬	1 湯匙	
蜜糖	1 茶匙	
水	½ 杯	
C：青豆	50 克	
薄荷葉	50 克	
腰果豆（烘烤）	50 克	

容器：

微波耐熱燉鍋

操作方法：

1. 將材料A置入微波耐熱燉鍋裏，以1000 W爆香約4-5分鐘，並經常攪拌（無需加蓋）。
2. 拌入材料B及羊肉塊。
3. 加蓋，以1000 W烹煮4-5分鐘。
4. 去蓋，加鹽以600 W烹煮約10分鐘。
5. 拌入材料C之後上桌。

SEAFOOD PORRIDGE

Ingredients:

rice.....	100 g
(seasoned with ¼ tsp salt, ½ tsp sesame oil, for 1 hour)	
fish fillets.....	150 g
(seasoned with ⅓ tsp salt, sugar, pepper, sesame oil)	
prawns.....	150 g
(seasoned with ⅓ tsp salt, sugar, pepper, sesame oil)	
ginger.....	3 slices
shallot.....	3 piece
(sliced, cooked on 1000 W with 1½ tbsp oil, till brown)	
chicken broth (taste salt)	750 ml
chinese parsley (for garnishing)	1 stalk

Container:

Microwave safe casserole

Method:

1. Place rice, ginger and chicken broth in a deep microwave safe casserole, (the liquid amount should be less than ½ depth of the casserole to prevent boiling over), covered partially.
2. Cook on 1000 W for 8 minutes, take out to stir, then cook on 300 W for 9 minutes and stir again. Cook at 100 W for another 10 minutes.
3. Once ready, add prawns and fish, cook at 1000 W for 2 minutes, covered with lid.
4. Add salt, garnish with chinese parsley and golden brown shallot as you like.



海鮮粥

材料:

米.....	100 克
(洗淨後用¼ 茶匙和½ 茶匙麻油醃1 小時)	
魚肉片.....	150 克
(⅓ 茶匙的鹽、細砂糖、胡椒、麻油醃)	
蝦.....	150 克
(用⅓ 茶匙的鹽、細砂糖、胡椒、麻油醃)	
生薑.....	3 片
小蔥頭.....	3 個
(切片，加1½ 湯匙油，1000 W爆香，直到顏色金黃)	
雞湯 (適量鹽)	750 毫升
香菜 (裝飾用)	1 棵

容器:

微波耐熱燉鍋

操作方法:

1. 把米、生薑和雞湯放進較深的微波耐熱燉鍋里，(總量不超過容器一半為宜，以防煮沸時溢出)，略加蓋。
2. 以1000 W煮8 分鐘，取出攪拌，以300 W煮9 分鐘後再取出攪拌。選擇100 W再煮10分鐘。
3. 加入蝦和魚，選擇1000 W，設置2 分鐘。
4. 按口味加鹽，用香菜、爆香過的小蔥頭提香。



南瓜蒸海鮮

材料：

蝦.....	120 克 (6 隻)
扇貝.....	100 克 (6 個)
南瓜.....	80 克
蘆筍.....	2 根
A: 蒜頭 (切薄片).....	4 瓣
羅勒 (撕碎).....	2 片
鹽.....	適量
B: 牛奶.....	2 湯匙
高湯粉.....	½ 茶匙
鹽.....	適量
水牛芝士 (披薩用).....	40 克
牛油.....	10 克
橄欖油.....	適量
生抽.....	適量
牛油紙 (30 X 35 厘米).....	2 張

容器：

燒烤盤 (上層托盤架)

操作方法：

1. 鮮蝦去頭與腸，和扇貝一同撒上材料A備用。南瓜大致去皮，切成5毫米厚的小塊，隨意從幾處去皮。綠蘆筍斜切。
2. 給水箱內加滿水。準備兩張牛油紙，將南瓜放在牛油紙的底部，各放上一半的材料，分別淋上調好的材料B。放入芝士與牛油後包起，放在燒烤盤上，燒烤盤放入上層托盤架。選擇蒸氣1功能，設置2分30秒。接著選擇蒸氣微波功能，設置3分鐘。最後選擇800 W，烹煮4分30秒。
3. 加熱後淋上橄欖油，撒上胡椒。

STEAMED PUMPKIN WITH SEAFOOD

Ingredients:

shrimp.....	120 g (6 pieces)
scallop.....	100 g (6 pieces)
pumpkin.....	80 g
green asparagus.....	2 spears
A: garlic (cut into thin slices).....	4 cloves
basil (ripped).....	2 pieces
salt.....	taste
B: milk.....	2 tbsp
stock powder.....	½ tsp
salt.....	taste
mozzarella, for pizza.....	40 g
butter.....	10 g
olive oil.....	taste
light soy sauce.....	taste
baking paper (30 x 35 cm).....	2 sheets

Container:

Grill tray (upper shelf)

Method:

1. Remove heads and intestines from shrimp, then sprinkle ingredients A on together with the scallop and leave aside. Roughly peel the pumpkin and cut into 5 mm thick pieces, and randomly pare peel off from few spots. Cut green asparagus diagonally.
2. Fill in water into the tank before cooking. Place pumpkin on the baking paper at the bottom, place on the ingredients, and then sprinkle on prepared ingredients B. Place in cheese and butter then wrap up; place onto the Grill Tray, and then place the Grill Tray in the upper shelf. Select Steam 1 mode for 2½ minutes, and then select Steam + Micro mode for 3 minutes. Finally, select 800 W for 4½ minutes.
3. Sprinkle on olive oil after heating, and then season with pepper.



海鮮沙律

材料：

蜆（已吐沙）	150 克
蝦、墨魚	共140 克
西蘭花	60 克
椰菜	50 克
紅蘿蔔	20 克
檸檬汁	1 湯匙
百里香	2~3 支
A: 沙律醬	1½ 湯匙
原味乳酪	1½ 湯匙
紫洋蔥（剁碎）	20 克
橄欖油	½ 湯匙
蒜泥	適量
鹽	適量
粗磨胡椒	適量

容器：

燒烤盤（上層托盤架）

操作方法：

1. 蝦去頭。連殼切開蝦背去蝦腸，水洗後拭乾水分。墨魚切成一口大小。西蘭花分成小朵，椰菜切成適當大小。紅蘿蔔用刨刀刨成緞帶狀。
 2. 給水箱內加滿水。將操作方法1的材料放在燒烤盤中央，四周放上蜆。淋上檸檬汁，撒上百里香後，燒烤盤放入上層托盤架。選擇蒸氣微波模式，設置10分鐘。加熱後裝盤，佐以已經混合好的材料A。
- 加熱後蜆未完全開口時，請邊觀察樣子邊再加熱。

SEAFOOD SALAD

Ingredients:

clam (sand already spitted)	150 g
shrimp and squid	total 140 g
broccoli	60 g
cabbage	50 g
carrot	20 g
lemon juice	1 tbsp
thyme	2-3 twigs
A: mayonnaise	1½ tbsp
original flavored yoghurt	1½ tbsp
purple onion (minced)	20 g
olive oil	½ tbsp
mashed garlic	taste
salt	taste
coarsely ground pepper	taste

Container:

Grill tray (upper shelf)

Method:

1. Remove the heads from the shrimps. Cut open the shrimp with the shells and remove the intestines. Wash thoroughly and wipe dry the water. Cut squid into sizes appropriate for one bite. Divide broccoli into smaller pieces, and cut the cabbage into appropriate sizes. Slice the carrot into ribbon strips with the slicer.
 2. Pour water into the tank before cooking. Place all the ingredients of method 1 in the center of the Grill Tray, and then place the clams around it. Sprinkle on lemon juice, place in thyme and then place the Grill Tray in the upper shelf. Select Steam + Micro mode for 10 minutes. Remove to plate after heating, and relish with prepared ingredient A.
- If the clams are not completely open after heating, please heat again with observation.



漁夫海鮮湯

材料：

A：白肉魚魚肉	2 塊
（去魚骨1 塊80 克）	
蝦	2 隻
蒜頭	1 瓣
雜菌	60 克
（鴻喜菇、舞菇、金針菇等混合）	
鹽	適量
胡椒	適量
橄欖油	1 湯匙
高湯粉	½ 茶匙
蜆（已吐沙）	100 克
檸檬（切半月型薄片）	1~2 片
番茄	50 克（½ 個）
百里香（乾燥）	1 茶匙

容器：

微波爐耐熱燉鍋，燒烤盤（上層托盤架）

操作方法：

1. 魚肉1 塊切成4等份。蝦剥殼去蝦腸。蒜頭切薄片，把雜菌切成適當大小。材料A放入碗中，加入鹽、胡椒。撒上橄欖油拌勻（靜置10 分鐘左右更入味）。
2. 將操作方法1的材料放在燒烤盤靠外側，再把燒烤盤放入上層托盤架，選擇雙面燒烤模式，設置12 分鐘。
3. 在微波耐熱容器中放入2 杯滾水，加入高湯粉攪拌至溶解。放入蜆與檸檬，選擇1000 W，設置8 分鐘或加熱至蜆打開，再用鹽、胡椒調味。
4. 將操作方法2的烤海鮮裝盤，用切成1 厘米碎粒的番茄和百里香裝飾。海鮮上面再放上操作方法3的蜆、檸檬，最後倒入湯汁。

FISHERMAN SEAFOOD SOUP

Ingredients:

A: whitefish meat	2 pieces
(80 g each boneless piece)	
shrimp	2 pieces
garlic	1 piece
mushroom	60 g
(assorted honshimeji, brown swordbelt, flammulina)	
salt	taste
pepper	taste
olive oil	1 tbsp
stock powder	½ tsp
clam (sand already spitted)	100 g
lemon	1-2 piece
(already sliced into half-moon shape)	
tomato	50 g (½)
thyme (dried)	1 tsp

Container:

Microwave safe casserole, Grill Tray (upper shelf), bowl

Method:

1. Cut one piece of fish into 4 equal sizes. Remove the shells and intestines from the shrimp. Slice the garlic, cut open the mushrooms into appropriate size. Place ingredients A in a bowl, add salt and pepper. Sprinkle with olive oil and stir evenly (leave it 10 minutes for a stronger flavor).
2. Place the ingredients of method 1 at the outer side of the Grill Tray, and put the tray in the upper shelf. Select Crispy Grill mode and cook for 12 minutes.
3. Put two cups of boiled water into the microwave safe casserole, and dissolve the soup stock in the water. Add in clams and lemon, cook at 1000 W for 8 minutes, or until the clams open up, and then flavor with salt and pepper.
4. Serve the grilled seafood of method 2 in a dish, decorat with 1 cm minced tomato and thymes. The clams and lemon from method 3 should place on the top of other seafood, finally pour in the soup.



海鮮冬陰功湯

材料：

A:		
蝦	150 克	加1 茶匙細砂糖，
魚片	150 克	1/8 茶匙胡椒，醃一下
小蘑菇（罐裝）	50 克	
番茄	1 個	
椰奶	2 湯匙	
香菜（裝飾用）	適量	

醬汁：

鹽	1/4 茶匙	
生抽	1 茶匙	
魚露	1 茶匙	
青檸檬汁（3個青檸檬）	4 湯匙	
棕櫚糖	1 茶匙	
辣椒油：		
乾辣椒（浸泡過）	12 個	絞碎 拌勻
鹽	1/8 茶匙	
食油	3 湯匙	
蒜頭	3 片	

B:

雞湯	600 毫升
香菜根（撕碎）	2 條
檸檬草（切片）	1 條
藍姜（打蓉）	15 克
紅指天椒（打碎）	6 條
香蔥（切片）	3 條
檸檬葉（撕出葉的部份）	2 條

容器：

微波耐熱容器

操作方法：

1. 把辣椒油材料放進微波耐熱容器，選擇1000 W，設置2-3 分鐘。不要加蓋。（不時攪拌）
2. 把材料B放進另一個微波耐熱容器，選擇1000 W，設置10 分鐘，加蓋。
3. 加入材料A和醬汁（除了椰奶）攪拌均勻，選擇600 W，設置8 分鐘，加蓋。
4. 加入椰奶，選擇1000 W，設置2 分鐘，加蓋。
5. 完成後，加入2 湯匙辣椒油和香菜裝飾。

SEAFOOD TOM YAM SOUP

Ingredients:

A:		
prawns	150 g	marinate with 1 tsp sugar, 1/8 tsp pepper
fish fillets	150 g	
button mushroom (canned)	50 g	
tomato	1	
coconut milk	2 tbsp	
chinese parsley (for garnishing)	taste	

Sauce:

salt	1/4 tsp	
light soya sauce	1 tsp	
fish sauce	1 tsp	
green lemon juice (3 green lemon)	4 tbsp	
palm sugar	1 tsp	
Chili oil:		
dried chilli (soaked)	12	blended together
salt	1/8 tsp	
oil	3 tbsp	
garlic	3	

B:

chicken broth	600 ml
chinese parsley root (bashed)	2 twig
lemon grass (sliced thinly)	1 stalk
blue ginger (bashed)	15 g
red chilli padi (bashed)	6
shallot (sliced)	3
lemon leaf (tear)	2 twig

Container:

Microwave safe casserole

Method:

1. Cook chilli oil ingredients at 1000 W for about 2-3 minutes in a microwave safe casserole, do not cover with lid. (stir)
2. Cook B at 1000 W for 10 minutes in a microwave safe casserole, covered with lid.
3. Add A and sauce except coconut milk, cook on 600 W for 8 minutes, covered.
4. Add coconut milk, cook at 1000 W for 2 minutes, covered.
5. Serve with 2 tbsp chilli oil and chinese parsley.



SALMON STEAMED WITH VANILLA

Ingredients:

salmon fish	3 pieces
(fishbone removed, approximately 80 g per piece)	
thyme	1 twig
parsley	1 twig
A: lemon juice	1 tbsp
olive oil	1 tsp
salt	½ tsp
pepper, mashed garlic	taste
red pepper	20 g
yellow pepper	20 g
baby corn	3 sticks
salt	taste

Container:

Microwave safe tray (diameter approximately 23 cm), Grill Tray (upper shelf)

Method:

1. Rip the thyme and parsley, then sprinkle ingredients A on the salmon and set aside.
2. Cut red and yellow pepper into thin slices, then cut the baby corn into halves, and then sprinkle on salt.
3. Pour water into the tank before cooking. Place salmon onto tray with a diameter of approximately around 23 cm, with the fish skin facing upwards, place in the ingredients of method 2 while avoiding overlapping with salmon. Place the tray onto the center of Grill Tray, and then place the Grill Tray in the upper shelf. Select Steam 1 mode for 8 minutes, then select Steam + Micro mode for 3 minutes.

香草蒸三文魚

材料：

新鮮三文魚（去魚骨1塊約80克）	3塊
百里香	1條
義式洋香菜	1條
A: 檸檬汁	1湯匙
橄欖油	1茶匙
鹽	½茶匙
胡椒、蒜泥	適量
紅甜椒	20克
黃甜椒	20克
粟米仔	3根
鹽	適量

容器：

微波耐熱盤（直徑約23厘米），燒烤盤（上層托盤架）

操作方法：

1. 百里香、義式洋香菜撕碎，和材料A一起撒在三文魚上備用。
2. 紅黃甜椒切薄片，粟米仔直切成二半，撒上鹽。
3. 給水箱內加滿水。三文魚放在直徑約23厘米的耐熱盤上，魚皮朝上，再放上操作方法2的材料，小心不要和三文魚重疊。將耐熱盤放在燒烤盤中央，接著把燒烤盤放入上層托盤架。選擇蒸氣1模式，設置8分鐘。接著選擇蒸氣微波模式，烹煮3分鐘。

BAKED COD WITH POTATO

Ingredients:

boneless cod (40 g each piece).....	8 pieces
salt.....	taste
pepper.....	taste
potato.....	300 g (1 piece)
onion.....	½ small piece
garlic.....	1 piece
A: butter.....	30 g
thyme (dried).....	1 tbsp
salt.....	taste
pepper.....	taste
milk (room temperature).....	50 ml
cheese powder.....	taste
mozzarella cheese.....	50 g

Container:

Microwave safe baking tray, Grill Tray (lower shelf)

Method:

1. Cut open the cod skin, sprinkle with salt and pepper.
2. Cut the potato into slices of 2-3 mm thick, also cut the onion and garlic into thin slices.
3. Put the ingredients in method 2 and ingredients A onto the baking tray, wrapped in a plastic wrap, put the baking tray at the center of the oven. Cook at 600 W for 7 minutes.
4. After heated, add milk in method 3 ingredients, and put on the cod with skin side down. Sprinkle with cheese powder, put into the center of the tray, put the tray in the lower shelf, select Crispy Grill mode, and cook for 11-12 minutes.



焗烤鱈魚配馬鈴薯

材料:

鱈魚魚肉 (去骨1塊40克)	8塊
鹽	適量
胡椒	適量
馬鈴薯	300克 (1個)
洋蔥	½ 小個
蒜頭	1瓣
A: 牛油	30克
百里香 (乾燥)	1湯匙
鹽	適量
胡椒	適量
牛奶 (室溫)	50毫升
芝士粉	適量
馬蘇里拉芝士	50克

容器:

微波耐熱焗烤盤，燒烤盤（下層托盤架）

操作方法:

1. 鱈魚魚皮劃開切口，撒上鹽、胡椒。
2. 馬鈴薯切2~3毫米的薄片，洋蔥、蒜頭也切成薄片。
3. 將操作方法2的材料和材料A放入微波耐熱盤中。並包上保鮮紙放在爐內中央位置。選擇600 W加熱7分鐘。
4. 在加熱後的操作方法3中加牛奶，然後放上鱈魚，魚皮朝下，再灑上芝士粉。放在燒烤盤中央，燒烤盤放入下層托盤架，選擇雙面燒烤模式，設置11-12分鐘。



紙包三文魚牛油蒸蔬菜

材料：

新鮮三文魚片（1塊約80克）	2塊
椰菜	40克
金針菇	30克
韭菜	10克
A: 味噌	2湯匙
魚露	2茶匙
細砂糖	2茶匙
味醂	1茶匙
植物油	½茶匙
雞粉	適量
牛油	20克
牛油紙（30 x 30 厘米）	2張

容器：

燒烤盤（下層托盤架）

操作方法：

1. 調好材料A製成調味汁。
2. 三文魚去除較大的魚骨，1塊切成4~5等份。用1湯匙的調味汁拌勻。
3. 把椰菜切成1厘米寬的絲，金針菇對半切開。韭菜切成4厘米長。把蔬菜加入1湯匙的調味汁拌勻。
4. 把三文魚片分開放在2張牛油紙上，魚皮朝上，四周分別放上操作方法3的半份材料。淋上剩下的調味汁，放上分成2等份的牛油後包起。
5. 給水箱內加滿水。將魚擺放在燒烤盤上，燒烤盤放入下層托盤架。選擇蒸氣1模式，設置2-3分鐘。接著選擇蒸氣微波模式，設置3分鐘。最後選擇600 W，烹煮4-4分30秒。

SALMON WITH VEGETABLES IN PAPER WRAP

Ingredients:

fresh salmon slices	2 pieces
(approximately 80 g each piece)	
cabbage	40 g
enoki mushroom	30 g
Chinese chives	10 g
A: miso	2 tbsp
fish sauce	2 tsp
castor sugar	2 tsp
sweet cooking sake	1 tsp
vegetable oil	½ tsp
stock powder	taste
butter	20 g
baking paper (30 x 30 cm)	2 sheets

Container:

Grill tray (lower shelf)

Method:

1. Prepare ingredient A for use as sauce.
2. Remove big fishbone from salmon, cut each piece into 4-5 equal parts. Use 1 tbsp of sauce from 1 to stir well.
3. Cut cabbage into shreds of 1 cm wide, cut enoki mushroom in half. Cut Chinese chives into 4 cm long pieces. Stir the vegetables with 1 tbsp of sauce well.
4. Place salmon separately on the 2 sheets of baking paper, with fish skin facing upwards, and then place half of of method 3 ingredients to each. Sprinkle on the rest of the sauce, place in 2 equal parts of butter and then wrap up.
5. Pour water into the tank before cooking. Place the fish onto the Grill Tray, and then place the Grill Tray in lower shelf. Select Steam 1 mode for 2-3 minutes and then select Steam + Micro mode for 3 minutes. Finally, select 600 W for 4-4½ minutes.



香橙白肉魚沙律

材料：

白肉魚魚肉（去魚骨1塊25克）	12塊
橙子	400克（2個）
A: 薄荷	適量
橄欖油	2湯匙
B: 檸檬汁	2茶匙
鹽	適量
胡椒	適量
橄欖油	2湯匙
薄荷	適量
沙律用蔬菜（沙律菜、水菜等）	120克
鹽	適量
胡椒	適量

容器：

燒烤盤（上層托盤架）

操作方法：

1. 把香橙去皮保留少許橙皮磨碎備用。擠出4湯匙左右的橙汁備用。留下6瓣去薄皮的橙肉作為裝盤用。
2. 於白魚肉淋上材料A和操作方法1中磨碎的橙皮和果汁各少許。（靜置15分鐘左右更入味）。魚皮朝上放在燒烤盤上，把燒烤盤放入上層托盤架，選擇雙面燒烤模式，加熱14-16分鐘。
3. 於碗內放入剩下的果汁和材料B，用打蛋器調勻。攪拌時同時分幾次少量加入橄欖油調味。再加入磨成碎的橙皮、薄荷，製成沙律醬。
4. 另一隻碗中放入沙律用蔬菜，撒上鹽、胡椒。拌勻後加入操作方法3中一半的沙律醬。再加入魚，備用的果肉，最後淋上剩餘的沙律醬。

ORANGE WHITEFISH SALAD

Ingredients:

whitefish	12 pieces (25 g each boneless piece)
orange	400 g (2 pieces)
A: mint	taste
olive oil	2 tbsp
B: lemon juice	2 tsp
salt	taste
pepper	taste
olive oil	2 tbsp
mint	taste
salad vegetables	120 g (salad, water cabbage, etc.)
salt	taste
pepper	taste

Container:

Grill tray (upper shelf)

Method:

1. After slightly mashing the orange peel, extract the peel for later use. Hold aside about 4 tbsp of orange juice for later use. Prepare 6 thin slices of orange pieces without peels for decoration.
2. Drip the fish with some mashed orange peel and juice from ingredients A and method 1 (leave it for 15 minutes for a stronger flavor). Place the fish with the skin side up on the Grill Tray, and put the tray in the upper shelf. Select Crispy Grill mode and cook for 14-16 minutes.
3. Put the remaining juice and ingredient B into a bowl, stir evenly with an eggbeater while adding olive oil in small amounts. Add the mashed orange peel and mint to make the salad dressing.
4. Put salad vegetables into another bowl, sprinkle with salt and pepper. After evenly stirred, add half sauce from method 3, fish and prepared fruit, lastly drip with remaining sauce.



蔬菜烤魚

材料：

魚片（每片100 克）	2 片
胡椒和鹽	適量
雜菌	160 克
蔬菜（切塊）	40 克
洋蔥（切片）	40 克
馬蘇里拉芝士（放於魚片上）	10 克
A：蛋黃醬	50 克
馬蘇里拉芝士	40 克
大蒜（切碎）	適量
B：蒜頭（切碎）	適量
奧勒岡葉	適量
胡椒和鹽	適量
橄欖油	1 湯匙

容器：

燒烤盤（下層托盤架）

操作方法：

1. 先用胡椒和鹽醃制魚片，加入材料A，拌勻，放置 15 分鐘。
2. 把雜菌、洋蔥和蔬菜放入材料B中，攪拌均勻。
3. 把魚片帶皮的一面朝下放在燒烤盤的外側。把雜菌和蔬菜放在燒烤盤的內側。
4. 把馬蘇里拉芝士撒在魚片和雜菌蔬菜上。
5. 把燒烤盤放入下層托盤架，選擇雙面燒烤模式，設置9-10 分鐘。

GRILLED FISH WITH VEGETABLE

Ingredients:

fish fillets (100 g per piece)	2 pcs
pepper & salt	taste
mushrooms	160 g
vegetable (cubed)	40 g
onion (sliced)	40 g
mozzarella cheese (use for topping)	10 g
A: mayonnaise	50 g
mozzarella cheese	40 g
garlic (minced)	taste
B: garlic (minced)	taste
oregano leaves	taste
pepper & salt	taste
olive oil	1 tbsp

Container:

Grill tray (lower shelf)

Method:

1. Marinate fish with pepper and salt first, add ingredient A, mixed well and wait for 15 minutes.
2. Pour mushrooms, onion and vegetables into ingredient B, mix well.
3. Put the fish with skin part downward on the Grill Tray (outside). Place the mushrooms and vegetable on the other side of the Grill tray (inside).
4. Sprinkle cheese on top of fish and vegetables.
5. Choose Crispy Grill mode for 9-10 minutes in lower shelf.



SALMON IN TERIYAKI

Ingredients:

salmon fillets.....	300 g
(cut slit or pierce fillets with fork)	
fresh mushroom (sliced).....	80 g
teriyaki sauce.....	2 tbsp
oyster sauce	½ tbsp
garlic (minced).....	40 g
ginger (shredded).....	10 g
black pepper	¼ tsp
oil	3 tbsp
chinese parsley (for garnishing)	1 stalk

Container:

Microwave safe bowl, Grill Tray (lower shelf)

Method:

1. Cook garlic with oil in a dish, at 1000 W for about 2 - 2½ minutes in a microwave safe casserole, do not cover with lid. (stir-in-between)
2. Mix half garlic oil, teriyaki sauce, oyster sauce and black pepper together.
3. Put salmon on another microwave safe dish of Grill Tray in lower shelf position, place mushroom and ginger on top of salmon, follow by teriyaki mixture, cook on Steam + Micro mode for 10 minutes, do not cover with lid.
4. When ready serve with remaining garlic oil and chinese parsley.

照燒三文魚

材料：

三文魚片（用刀劃開或者用叉子刺孔）	300 克
新鮮香菇（切片）	80 克
照燒醬	2 湯匙
蠔油	½ 湯匙
蒜頭（切碎）	40 克
生薑（切絲）	10 克
黑胡椒	¼ 茶匙
食油	3 湯匙
香菜（裝飾用）	1 把

容器：

微波耐熱碗，燒烤盤（下層托盤架）

操作方法：

1. 把蒜頭碎和油放進微波耐熱容器，選擇1000 W，設置2分鐘至2分30秒，不要加蓋。（一半時間攪拌）
2. 混合½的蒜蓉油，照燒醬，蠔油和黑胡椒，攪拌均勻。
3. 把三文魚放在另一個微波耐熱容器中，然後將容器放置在燒烤盤中間，再放入下層。撒上香菇和生薑絲。澆上照燒醬混合醬，選擇蒸氣微波模式，選擇10分鐘，不要加蓋。
4. 完成後，加入剩下的蒜蓉油，加上香菜裝飾。

STEAMED WHITEFISH WITH MUSHROOM

Ingredients:

Whitefish	2 pieces
(fishbone removed, 80 g each piece)	
hon shimeji mushroom, enoki mushroom.....	Assorted 60 g
salt, pepper.....	taste
fish sauce	1 tbsp
honeywort.....	taste
olive oil.....	taste
baking paper (30 x 30 cm).....	2 sheets

Container:

Grill tray (lower shelf)

Method:

1. Season fish with salt and pepper. Cut open hon shimeji mushroom and enoki mushroom.
2. Place the fish separately on the 2 sheets of baking paper, with fish skin facing upwards. Place 2 equal parts of hon shimeji mushroom and enoki mushroom around each, sprinkle on fish sauce and wrap up.
3. Pour water into the tank before cooking. Place onto the Grill Tray, and then place the Grill Tray on lower shelf. Select Steam + Micro mode for 10 minutes.
4. Remove to plate after heating, relish with honeywort, and sprinkle on sour citrus vinegar according to individual preference.



蒸白肉魚配雜菌

材料:

白肉魚魚肉（去魚骨，1塊80克）.....	2塊
鴻喜菇、金針菇.....	綜合60克
鹽、胡椒.....	適量
魚露.....	1湯匙
山芹菜.....	適量
橄欖油.....	適量
牛油紙（30 X 30厘米）.....	2張

容器:

燒烤盤（下層托盤架）

操作方法:

1. 魚用鹽、胡椒調味。鴻喜菇、金針菇剝開。
2. 在2張牛油紙上分別放上魚肉，魚皮朝上。四周放分成2等份的鴻喜菇、金針菇，塗上魚露後包起。
3. 給水箱內加滿水。將魚放在燒烤盤上，燒烤盤放入下層托盤架。選擇蒸氣微波模式，設置10分鐘。
4. 加熱後裝盤，佐以山芹菜，可隨個人喜好淋上酸桔醋。



中式蒸魚

材料：

金鯧魚（在魚身上劃3下）	550 克
豆瓣醬	3 湯匙
酸梅醬	1½ 湯匙
細砂糖	½ 茶匙
麻油	1 茶匙
蒜頭（切碎）	5 瓣
粟米油	2 湯匙
水	3 湯匙
鮮香菇（切片）	80 克
紅辣椒（切片）	1 個
生薑（切碎）	30 克
香菜	1 棵
小蔥頭	3 個
（切片，用油燒至金黃，完成後加上）	

容器：

微波耐熱容器

操作方法：

1. 把蒜粒放入微波耐熱容器中，加入粟米油，選擇1000 W，設置1-2 分鐘，爆香。
2. 在蒜蓉中加入豆瓣醬、酸梅醬、細砂糖、麻油和水攪拌均勻，選擇1000 W，設置30 秒。
3. 取1 湯匙醬汁鋪在另一微波耐熱容器底上，再把魚放在醬汁上，然後把香菇、生薑和辣椒擺放在魚身上。
4. 把剩下的醬汁倒在魚和材料上。
5. 給水箱內加滿水。選擇蒸氣微波模式，設置13-15 分鐘，不要加蓋。完成後等待5 分鐘再把魚取出。
6. 完成後，裝飾上金棕色的小蔥頭和香菜。

STEAM FISH IN ORIENTAL STYLE

Ingredients:

golden pomfret fish	550 g
(cut 3 slits on the body)	
minced soya bean paste	3 tbsp
plum sauce	1½ tbsp
sugar	½ tsp
sesame oil	1 tsp
garlic (minced)	5 cloves
corn oil	2 tbsp
water	3 tbsp
fresh mushroom (sliced)	80 g
red chilli (sliced)	1
ginger (shredded)	30 g
chinese parsley	1 stalk
shallot	3
(sliced, cook with oil till golden brown, use for garnishing)	

Container:

Microwave safe dish

Method:

1. Cook garlic with oil in a microwave save dish, at 1000 W for 1 - 2 minutes, till it turns golden brown.
2. Add soya bean paste, plum sauce, sugar, sesame oil and water into garlic, cook at 1000 W for 30 seconds.
3. Place 1 tbsp sauce onto another microwave safe dish, follow by fish on top, next place mushroom, ginger and chilli over fish.
4. Pour remaining sauce over fish and ingredients.
5. Pour water into the tank before cooking. Set to Steam + Micro mode for 13-15 minutes, do not cover. Stand for 5 minutes after the program finished.
6. When ready, garnish with golden brown shallot and Chinese parsley.



GRILLED SHRIMP WITH VANILLA

Ingredients:

shrimp.....	320 g (15 pieces)
A: assorted vanilla	taste
rosemary	1 piece
olive oil	2 tbsp
salt.....	taste
pepper	taste
garlic.....	2 pieces

Container:

Grill tray (upper shelf)

Method:

1. Remove the heads from the shrimps. Cut open the shrimp with the shells and remove the intestines. Wash thoroughly and wipe dry the water. Place ingredient A into a bowl and stir evenly. Add in the shrimps, sliced garlic, and stir evenly (leave it for 15 minutes for a stronger flavor).
2. Place the shrimps in the center of the Grill Tray, and put the tray in the upper shelf. Select Crispy Grill mode and cook for 9-10 minutes, add steam shot 1 minute halfway through cooking if you like.

香草烤蝦

材料：

蝦.....	320 克 (15 隻)
A: 綜合香草.....	適量
迷迭香	1 枝
橄欖油	2 湯匙
鹽.....	適量
胡椒.....	適量
蒜頭	2 瓣

容器：

燒烤盤（上層托盤架）

操作方法：

1. 蝦去頭。連殼切開蝦背去蝦腸，水洗後拭乾水分。在碗內放入材料A，仔細拌勻。加入蝦和切成薄片的蒜頭拌勻。（靜置15分鐘左右更入味）
2. 將蝦放在燒烤盤中央，燒烤盤放入上層托盤架，選擇雙面燒烤模式9-10分鐘，如喜好濕潤的口感，在一半時間時可追加一分鐘蒸氣。

MAYONNAISE SHRIMP BALLS

Ingredients:

shrimp	300 g (24 pieces)
A: lemon juice	1 tsp
salt	taste
pepper	taste
corn starch	2 tbsp
vegetable oil	20 g
B: mayonnaise	6 tbsp
ketchup	1 tbsp
castor sugar	1 tsp
cashew	taste

Container:

Grill Tray (upper shelf)

Method:

1. Cut open the shrimps with shells and remove the intestines. Wash thoroughly and wipe dry the water. Add A, corn starch, and vegetable oil for flavor in order.
2. Lay out 1 in the center of the Grill Tray, and put the tray in the upper shelf. Select Crispy Grill, and cook for 9-10 minutes.
3. Mix B in the bowl, add 2 and stir evenly. Before serving, sprinkle with roughly-grinded cashews.



蛋黃醬蝦球

材料:

蝦仁	300 克 (24 隻)
A: 檸檬汁	1 茶匙
鹽	適量
胡椒	適量
粟粉	2 湯匙
植物油	20 克
B: 蛋黃醬	6 湯匙
番茄醬	1 湯匙
細砂糖	1 茶匙
腰果	適量

容器:

燒烤盤 (上層托盤架)

操作方法:

1. 將蝦切開蝦背去蝦腸，水洗後拭乾水分。依序加入材料A、粟粉、植物油調味。
2. 將1均勻擺放在燒烤盤中央，燒烤盤放入上層托盤架。選擇雙面燒烤模式，加熱9-10 分鐘。
3. 碗內放入材料B混合，再加入2拌勻。上桌前撒上切粗末的腰果。



蝦仁蒸蔬菜配莎莎醬

材料：

蝦.....	6 隻
蓮藕.....	80 克
大頭菜.....	1 個
紅甜椒.....	¼ 個
黃甜椒.....	¼ 個
酪梨.....	½ 個
A: 橄欖油.....	2 湯匙
魚露.....	1 湯匙
鹽.....	適量
粗磨胡椒.....	適量
B: 番茄.....	1 個
青椒（小）.....	½ 個
紫色洋蔥.....	30 克（¼ 個）
香草.....	適量
橄欖油.....	2 湯匙
檸檬汁.....	¼ 個
鹽.....	¾ 茶匙
蒜頭（切碎）.....	½ 茶匙
細砂糖.....	適量
粗磨胡椒.....	適量

容器：

燒烤盤（上層托盤架）

操作方法：

1. 蝦去頭。連殼切開蝦背去蝦腸，水洗後拭乾水分。蓮藕切成寬5 毫米的半月型，大頭菜切開成6 等份瓣狀。紅黃椒滾刀切塊。酪梨切成1 厘米寬。把材料A、蝦、蔬菜放在一起拌勻。
2. 給水箱內加滿水。把準備好的操作方法1的食材放在燒烤盤上，燒烤盤放入上層托盤架。選擇蒸氣微波模式，設置10 分鐘。
3. 調和材料B製成醬汁。番茄去籽切成5 毫米小粒，洋蔥快速用水搓洗一下，瀝乾水分。青椒、洋蔥切碎。香草切粗末。放入碗內加入剩下的材料B，製成醬汁。
4. 將加熱好的所有材料裝盤，佐以醬汁。

SHRIMP STEAMED VEGETABLES WITH SALSA

Ingredients:

shrimp.....	6 pieces
lotus root.....	80 g
turnip.....	1
red pepper.....	¼
yellow pepper.....	¼
avocado.....	½
A: olive oil.....	2 tbsp
fish sauce.....	1 tbsp
salt.....	taste
coarse ground pepper.....	taste
B: tomato.....	1
green pepper (small).....	½
red onion.....	30 g (¼)
cilantro.....	taste
olive oil.....	2 tbsp
lemon juice.....	¼
salt.....	¾ tsp
garlic (diced).....	½ tsp
sugar.....	taste
coarse ground pepper.....	taste

Method:

1. Remove the heads from the shrimps. Cut the shrimp and remove the intestines. Wash thoroughly and wipe dry the water. Cut lotus roots in crescent shapes 5 mm wide. Cut the turnip into 6 even size wedges. Cut the sweet peppers into pieces. Cut the avocado into 1 cm wide. Mix ingredient A, shrimps, and vegetables together.
2. Pour water into the tank before cooking. Place all ingredient of method 1 on the Grill Tray and place the Grill Tray in the upper shelf position. Select Steam + Microwave mode for 10 minutes.
3. Mix ingredient B into sauce. De-seed the tomato and cut tomato into 5 mm cubes. Scrub and rinse onion with water, then dry. Chop up the green pepper and onion. Roughly chop the cilantro and place in a bowl. Add in the rest of ingredient B to be the sauce.
4. Dish up then serve with sauce.

Container:

Grill tray (upper shelf)



怪味蝦

材料：

蝦（開背）.....	250 克	
小蔥頭（切片）.....	40 克	
蒜頭（剁碎）.....	2 片	
辣椒（拍碎）.....	3 個	
香菜根（拍碎）.....	3 個	
香茅（拍碎）.....	1 棵	
檸檬葉（撕開）.....	2 片	
咖喱粉.....	2 湯匙	加3 湯匙水 攪拌均勻
辣椒粉.....	1 茶匙	
細砂糖.....	¼ 茶匙	
鹽.....	¼ 茶匙	
魚露.....	1½ 茶匙	
椰奶.....	2 湯匙	
青檸檬汁.....	2 湯匙	
水.....	100 毫升	
食油.....	2½ 湯匙	

容器：

微波耐熱容器

操作方法：

1. 把小蔥頭、蒜頭、辣椒、香茅、香菜根、檸檬葉和食油放進微波耐熱容器爆香，選擇1000 W，設置5分鐘，不要加蓋。
2. 加入椰奶，咖喱粉，選擇1000 W，設置3分鐘，不要加蓋。
3. 加入檸檬汁、蝦、水攪拌均勻，選擇600 W，設置5-6分鐘，不要加蓋。（一半時間攪拌）

EXOTIC PRAWN

Ingredients:

prawns (cut slit on top)	250 g	
shallot (sliced).....	40 g	
garlic (chopped).....	2	
chilli padi (bashed).....	3	
coriander root (bashed).....	3	
lemon grass (bashed).....	1	
lemon leaf (tear)	2	
curry powder.....	2 tbsp	mix with 3 tbsp water
chilli powder.....	1 tsp	
sugar.....	¼ tsp	
salt.....	¼ tsp	
fish sauce	1½ tsp	
coconut milk.....	2 tbsp	
green lemon juice	2 tbsp	
water.....	100 ml	
oil	2½ tbsp	

Container:

Microwave safe casserole

Method:

1. Cook shallot, garlic, chilli padi, lemon grass, coriander root, lemon leaf with oil at 1000 W for 5 minutes in a microwave safe casserole, do not cover with lid.
2. Add coconut milk, curry powder mixture cook on 1000 W for 3 minutes, uncovered.
3. Add lemon juice, prawns, water, cook at 600 W for 5-6 minutes, uncovered. (Stir-in-between)

PRAWN MASALA

Ingredients:

big prawns (with shell).....	500 g
yoghurt.....	¼ cup
salt.....	½ tsp
curry leaves.....	2 sprigs

A: (to be blended with ⅓ cup oil)

shallots.....	50 g
garlic.....	20 g
dried chilli (soaked).....	8 g
cinnamon stick.....	1 g
cloves.....	2 pcs
cumin seed.....	1 tsp
peppercorns.....	½ tsp



Container:

Microwave safe

Method:

1. Fry curry leaves with blended ingredients A in a microwave safe casserole on 1000 W, uncovered for 5 minutes.
2. Mix in with prawns, yoghurt and salt.
3. Cover and cook at 1000 W for 6-7 minutes.
4. Serve immediately.

印度馬沙拉蝦

材料：

大蝦（連殼）.....	500 克
乳酪.....	¼ 杯
鹽.....	½ 茶匙
咖喱葉.....	2 小枝

A:（以下材料加⅓ 杯食油拌勻）

小蔥頭.....	50 克
蒜頭.....	20 克
辣椒乾（浸軟）.....	8 克
肉桂皮.....	1 克
丁香.....	2 粒
小茴香.....	1 茶匙
胡椒粒.....	½ 茶匙

容器：

微波耐熱燉鍋

操作方法：

1. 將咖喱葉和材料A置入微波耐熱燉鍋裡，以1000 W 爆香約5 分鐘（無需加蓋）。
2. 拌入蝦，乳酪和鹽。
3. 加蓋以1000 W烹煮約6-7 分鐘。
4. 立即上桌。



STEAM PRAWNS

Ingredients:

big prawns with shell	300 g
tomato (sliced)	100 g
A: water	1/3 cup
salt	1/4 tsp
sugar	1/4 tsp
ginger (shredded)	10 g
lemon juice (optional)	1 tsp

Method:

1. Trim prawn whiskers and skewer prawns from tail to head with cocktail stick.
2. Arrange sliced tomato and prawns in a circle on a microwave safe dinner plate. Combine ingredients A and pour over prawns.
3. Pour water into the tank before cooking. Set on Steam + Micro mode for 8-10 minutes.
4. Serve hot.

蒸蝦

材料：

大蝦（連殼）	300 克
蕃茄（切片）	100 克
A: 水	1/3 杯
鹽	1/4 茶匙
細砂糖	1/4 茶匙
生薑（切絲）	10 克
檸檬汁（適量）	1 茶匙

容器：

微波耐熱餐碟

操作方法：

1. 修剪蝦鬚，用牙籤由蝦尾穿入直至蝦頭。
2. 在一個微波耐熱餐碟上將蕃茄和蝦排成一個圓圈，將材料A混合後淋在蝦上。
3. 給水箱內加滿水。選擇蒸氣微波功能，設置8-10分鐘。
4. 趁熱上桌。

FRIED CRABS

Ingredients:

crabs (remove shell, clean crabs and cut to halves)	4 (500 g)
egg (beaten)	1
spring onions and parsley for garnishing	
A: big onions (chopped).....	100 g
ginger (chopped).....	30 g
oil	3½ tbsp
B: tomato (sliced).....	130 g
tomato sauce	3 tbsp
water	3 tbsp
salt	½ tsp
sugar	½ tsp

Container:

Microwave safe casserole

Method:

1. Combine ingredients A and fry in a microwave safe casserole on 1000 W, uncovered for 4-5 minutes.
2. Add in ingredients B and crabs.
3. Cover and cook on 1000 W for 6 minutes.
4. Stir in beaten egg and cook on 1000 W, covered for 2 minutes.
5. Garnish with spring onion and parsley and serve hot.



炸蟹

材料:

蟹（去殼洗淨後切開兩邊）	4 隻（500 克）
蛋（攪拌）	1 個
生蔥和芫荽用於裝飾	
A：大洋葱（剁碎）	100 克
生薑（剁碎）	30 克
食油	3½ 湯匙
B：蕃茄（切片）	130 克
蕃茄醬	3 湯匙
水	3 湯匙
鹽	½ 茶匙
細砂糖	½ 茶匙

容器:

微波耐熱燉鍋

操作方法:

1. 將材料A置入微波耐熱燉鍋裏，以1000 W爆香約4-5 分鐘（無需加蓋）。
2. 加進材料B和蟹。
3. 加蓋並以1000 W煮約6 分鐘。
4. 拌入蛋液，加蓋以1000 W再煮2 分鐘。
5. 加生蔥和芫荽裝飾，趁熱上桌。



SPANISH OMELET

Ingredients:

beaten eggs.....	150 g
potato.....	400 g
onion.....	½ small piece
water.....	2½ tbsp
olive oil.....	2 tbsp
butter.....	taste
salt, pepper.....	taste

Container:

Microwave safe casserole tray, Grill Tray (lower shelf)

Method:

1. Add salt, pepper into the beaten egg and put under room temperature.
2. Cut the potato and onion into slices of 5 mm, put into a deep microwave safe casserole, add salt, pepper, and then add water and olive oil. Loosely wrap in a plastic wrap, and then put at the center of the oven. Cook on 1000 W for 8-10 minutes.
3. Before the ingredient of method 2 cools off, mashed with a fork, and then blend evenly with the beaten egg.
4. Put a coat of butter on the surface of the microwave safe baking tray, pour in method 3 beaten eggs. Place the tray in the middle of the Grill Tray, and then put in the lower shelf. Choose Crispy Grill mode, and cook for 12-13 minutes.

西班牙蛋餅

材料：

蛋液.....	150 克
馬鈴薯.....	400 克
洋蔥.....	½ 小個
水.....	2½ 湯匙
橄欖油.....	2 湯匙
牛油.....	適量
鹽、胡椒.....	適量

容器：

微波耐熱盤，燒烤盤（下層）

操作方法：

1. 蛋液中加入鹽、胡椒，回溫到室溫。
2. 馬鈴薯和洋蔥切成5 毫米厚，放入較深的微波耐熱容器，加入鹽、胡椒。再加入水和橄欖油，寬鬆地包上保鮮紙，放在爐內中央位置。選擇1000 W，設置8-10 分鐘。
3. 將操作方法2的材料趁熱用叉子攪碎，加入蛋液調勻。
4. 在燒烤用耐熱盤上塗上一層薄薄的牛油，倒入操作方法3的蛋液。放在燒烤盤中央，燒烤盤放入下層托盤架，選擇雙面燒烤功能，設置12-13 分鐘。

CASSEROLE RICE

Ingredients:

rice	300 g
water	450 g
salty fish (fillets)	20 g
A: cooking oil	2 tbs
garlic (minced)	10 g
ginger (chopped)	10 g
B: chicken pieces	250 g
ginger (shredded)	15 g
mushroom	4 pieces
light soy sauce	1 tbs
oyster sauce	1 tbs
sesame oil	1 tsp

Container:

Microwave safe container

Method:

1. Put ingredient A into a microwave safe container, and fry for 2½ minutes at 1000 W without lid. Add salty fish to stew for another 1 minute at the same power. Stir evenly.
2. Add ingredient B and cook for 1 minute at 1000 W, gradually add rice and water, let it stand for about 10 minutes, put it into the oven and cook on 1000 W for 7 minutes, then cook on 600 W for 11 minutes.
3. After standing 10 minutes, then serve.



煲仔飯

材料:

米	300 克
水	450 毫升
鹹魚 (切片)	20 克
A: 食油	2 湯匙
蒜頭 (切碎)	10 克
生薑 (切碎)	10 克
B: 雞塊	250 克
嫩薑 (切絲)	15 克
香菇	4 朵
生抽	1 湯匙
蠔油	1 湯匙
麻油	1 茶匙

容器:

微波耐熱容器

操作方法:

1. 把材料A放入微波耐熱容器內，無需加蓋，以1000 W爆香2分30秒。加入鹹魚，加蓋1000 W烹煮1分鐘。攪拌均勻。
2. 加入材料B，加蓋1000 W烹煮1分鐘，拌入米和水，放置10分鐘。加蓋放進微爐，以1000 W煮7分鐘，再以600 W煮11分鐘。
3. 放置10分鐘後食用。



葡式焗咖喱

材料：

雞腿肉	60 克
蝦肉	60 克
帶子	160 克 (4 個)
洋蔥	20 克
香腸	20 克
蘑菇	20 克
青豆	30 克
A: 魚露	適量
鹽	適量
胡椒	適量
B: 牛油	60 克
咖喱粉	2 茶匙
C: 白醬 (罐頭)	120 克
椰奶 (或用牛奶)	4 湯匙
鹽	適量

容器：

2個直徑約10 厘米的微波耐熱燉鍋加蓋，燒烤盤（下層托盤架）

操作方法：

1. 把雞肉、蝦肉切成5 毫米碎粒，和帶子一起用材料A調味。洋蔥、香腸、蘑菇各切成8 毫米小粒。
2. 除帶子外，把操作方法1的其他食材放入微波耐熱燉鍋內。加入材料B混合後，加蓋放在爐內中央位置。選擇600 W加熱1 分30 秒-2 分鐘。加熱後取出，加入材料C拌勻。
3. 在直徑約10 厘米的2 個燉鍋中，各放入1 個帶子，再倒入其餘材料。擺放在燒烤盤中央，燒烤盤放入下層托盤架。選擇雙面燒烤功能，設置16-17 分鐘。

PORTUGUESE BAKED CURRY

Ingredients:

chicken leg	60 g
shrimp	60 g
scallop	160 g (4 pieces)
onion	20 g
sausages	20 g
mushroom	20 g
green beans	30 g
A: fish sauce	taste
salt	taste
pepper	taste
B: butter	60 g
curry powder	2 tsp
C: white sauce (can)	120 g
coconut milk (or milk)	4 tbsp
salt	taste

Container:

2 microwave safe casserole with a diameter of 10 cm approximately with lid, Grill Tray (lower shelf)

Method:

1. Cut chicken, shrimp into 5 mm cubes, and flavor with scallop and ingredient A. Cut onions, sausages, mushroom in 8 mm cubes.
2. Other than scallops, put all other ingredients into the microwave safe casserole. Mix in with ingredient B, and then put into the center of the oven with lid. Cook at 600 W for 1½-2 minutes. Take it out after heated, and then stir evenly with ingredient C.
3. In the 10 cm diameter of two casseroles , place in each 1 scallop, and pour in the remain ingredients. Place them in the center of the Grill Tray, and put the tray in the lower shelf. Select Crispy Grill mode and cook for 16-17 minutes.



烤茄子火腿

材料：

茄子	300 克（中等4 個）
鹽	適量
胡椒	適量
橄欖油	4 茶匙
牛里脊火腿（直切成4 塊）	2 片
羅勒葉（撕成一半）	4 片
披薩醬（市售品）	6 湯匙 （可用番茄醬代替）
水牛芝士（披薩用）	40 克
芝士粉	2 湯匙

容器：

微波耐熱盤，燒烤盤（下層托盤架）

操作方法：

1. 茄子去蒂後，直切成3-4 塊。泡在鹽水中一段時間，去除澀味後備用。茄子瀝乾後撒上鹽、胡椒、橄欖油，放在微波耐熱平盤上，放在爐內中央位置，選擇600 W，加熱8 分鐘。
2. 直徑15 厘米的耐熱盤上放上 $\frac{1}{3}$ 塊茄子，上方再放上一半份量的火腿、羅勒葉。再依序疊上茄子、火腿、羅勒、茄子，再於表面淋上披薩醬，再依序放上水牛芝士，撒上芝士粉。放在燒烤盤中央，燒烤盤放入下層托盤架，選擇雙面燒烤功能，設置8-10 分鐘。

BAKED EGGPLANT AND HAM

Ingredients:

eggplant	300 g (4 medium size)
salt	taste
pepper	taste
olive oil	4 tsp
tenderloin ham	2 pieces (cut vertically into 4 pieces)
basil leaves (rip into two)	4 pieces
pizza sauce	6 tbsp (sold on market) (or ketchup)
mozzarella cheese (for pizza)	40 g
cheese powder	2 tbsp

Container:

Microwave safe casserole, Grill Tray (lower shelf)

Method:

1. Remove the stems of the eggplant and then cut vertically into 3-4 pieces. Marinate in salt water for a short of time, keep for later after the bitterness is gone. After drying, sprinkle the eggplants with salt, pepper, and olive oil. Place them on a microwave safe flat plate, and then put the plate at the center of the oven. Cook at 600 W for 8 minutes.
2. On the 15 cm diameter microwave safe plate, place $\frac{1}{3}$ eggplants, and place a half the amount of ham and basil on top. Then, place on top in order: eggplant, ham, basil, and eggplant. Drip the pizza sauce from above, then place mozzarella cheese, and sprinkle with cheese powder in order. Place them in the center of the Grill Tray, and put the tray in the lower shelf. Select Crispy Grill mode and cook for 8-10 minutes.



COLORFUL SHAOMAI

Ingredients:

Shaomai skin (available in stores).....	16 pieces
meat mince.....	140 g
salt and pepper.....	taste
onion (diced).....	¼
corn starch.....	1 tbsp
dried mushrooms (first soak then dice).....	2
A: light soy sauce.....	½ tbsp
castor sugar.....	½ tbsp
sesame oil.....	½ tsp
ginger juice.....	½ tsp
crushed garlic.....	½ tsp
red pepper.....	taste
yellow pepper.....	taste
edamame bean.....	taste
parchment paper (30 x 21 cm).....	1 piece

Container:

Microwave safe casserole, Grill tray (upper shelf)

Method:

1. Put onion into the microwave safe container and place it in the center of the oven and cook at 600 W for 50 seconds. Wait until it cool down and sprinkle corn starch on top, ready for use.
2. Put meat, salt and pepper into a bowl and mix until ingredients get sticky. Add in onion, soaked mushroom (spare some for later garnishing) and ingredients of A. Keep mixing. Divide it into 16 portions. Wrap them up with Shaomai skin and keep the bottom flat. Place the peppers, mushroom and edamame bean.
3. Pour water into the tank before cooking. Put parchment paper on the Grill Tray and put the shaomai inside. Put Shaomai in the upper shelf. Select Steam 1 mode for 12-15 minutes.

彩色燒賣

材料：

燒賣皮（市售）.....	16 張
絞肉.....	140 克
鹽、胡椒.....	適量
洋蔥（切碎）.....	¼ 個
粟粉.....	1 湯匙
乾香菇（泡開後切碎）.....	2 朵
A: 生抽.....	½ 湯匙
細砂糖.....	½ 湯匙
麻油.....	½ 茶匙
薑汁.....	½ 茶匙
蒜蓉碎.....	½ 茶匙
紅甜椒.....	適量
黃甜椒.....	適量
毛豆.....	適量
牛油紙（30 x 21 厘米）.....	1 張

容器：

微波耐熱容器，燒烤盤（上層托盤架）

操作方法：

1. 在微波耐熱容器中放入洋蔥，不加蓋直接放在爐內中央位置，選擇600 W，設置50 秒。加熱後待稍涼，撒上粟粉備用。
2. 把肉、鹽、胡椒放入碗中攪拌到出現黏性。加入洋蔥、泡開的香菇（留下適量做裝飾）、材料A，繼續攪拌。分成16等份。用燒賣皮包好，底部壓平。頂部嵌入紅黃椒、香菇或毛豆。
3. 給水箱內加滿水。燒烤盤上鋪上牛油紙，均勻放上燒賣後，把燒烤盤放入上層托盤架。選擇蒸氣1功能，設置12-15 分鐘。

STEAM EGG WITH DRIED SCALLOP

Ingredients:

egg (beaten and strained)	3
dried scallop	30 g
(washed, tear and soak for ½- 1 hour.)	
warm water (inclusive of dried scallop water).....	280 ml
shallot (sliced).....	3
oil	1½ tbsp
spring onion or Chinese parsley	1 stalk
(for garnishing)	

Sauce:

salt	¼ tsp
light soy sauce	¼ tsp
sesame oil	½ tsp
pepper	taste

Container:

Microwave safe casserole, 3 heat resistant soup cups, Grill Tray (lower shelf)

Method:

1. Cook shallot with 1½ tbsp oil at 1000 W for 2-3 minutes in a microwave safe casserole, till golden brown. (Stir at ½ time)
2. Mix beaten eggs, scallops, 2 tsp fried shallot, 1 tsp shallot oil sauce and water well, divide them in 3 equal parts, put them in prepared cups, covered.
3. Fill water tank with water.
4. Put the casserole on Grill Tray in lower shelf position, set steam 1 mode for 20-21 minutes.
5. When the program finish, let it stand for 10 minutes before garnishing with spring onion and golden brown shallot.



乾瑤柱蒸蛋

材料:

蛋 (打勻, 去泡)	3 個
乾瑤柱	30 克
(洗淨, 撕開並浸泡半個小時至1個小時)	
溫水 (包括干貝水)	280 毫升
小蔥頭 (切片)	3 個
食油	1½ 湯匙
青蔥或者香菜 (裝飾用)	1 棵

醬汁:

鹽	¼ 茶匙
生抽	¼ 茶匙
麻油	½ 茶匙
胡椒	適量

容器:

微波耐熱容器, 耐熱燉盅 3 個, 燒烤盤 (下層托盤架)

操作方法:

1. 小蔥頭加1½ 湯匙油放入一個微波耐熱容器爆香, 選擇1000 W, 設置2-3 分鐘, 直到表面呈金黃色。
(½ 時間攪拌)
2. 把雞蛋、乾瑤柱、2 茶匙爆香過的小蔥頭、1 茶匙蔥頭油、醬汁和水分成3等份放入3個耐熱燉盅中, 加蓋。
3. 給水箱內加滿水。
4. 把燉盅放在燒烤盤上, 把燒烤盤放入下層托盤架, 選擇蒸氣1功能, 蒸20-21 分鐘。
5. 烹調結束後, 先放置10 分鐘, 再裝飾上青蔥、爆香過的小蔥頭。



OYSTER SAUCE WITH VEGETABLE

Ingredients:

cabbage mustard.....	250 g
(remove older leaves, leave 12-15 cm length)	
A: oyster sauce.....	2 tbsp
light soy sauce.....	1 tsp
castor sugar.....	2 g
sesame oil	1 tsp
hot water.....	4 tbsp
corn starch.....	1 g

Container:

Microwave safe casserole

Method:

1. Wash cabbage mustard, cross leaves with stem, wrap securely with plastic wrap.
2. Put the wrapped food into a microwave safe container, cook for 2½ minutes at 1000 W with lid, take it out and rinse with cold water quickly, after drain up, cut as 6-7 cm string, place it in a dish.
3. Use another microwave safe container, put ingredient A into it, stir uniformly and fry for 1 minute on 1000 W without lid. Take it out and pour over the cabbage mustard and serve.

蠔油蔬菜

材料：

芥蘭菜（去老葉，長度在12-15 厘米）	250 克
A：蠔油	2 湯匙
生抽	1 茶匙
細砂糖	2 克
麻油	1 茶匙
熱水	4 湯匙
粟粉	1 克

容器：

微波耐熱容器

操作方法：

1. 芥蘭菜洗淨，將葉，莖交叉疊放，以保鮮紙包緊。
2. 把包好的芥蘭菜放入微波耐熱容器中，加蓋以 1000 W 烹煮 2 分 30 秒，取出，迅速用冷水沖洗一下，瀝乾，切成 6-7 厘米長的條狀，擺盤。
3. 另取一個微波耐熱容器，把材料 A 放入拌勻，1000 W 爆香 1 分鐘，無需加蓋。取出，淋於菜上，即成。

FRENCH SEASONABLE VEGETABLES

Ingredients:

eggplant.....	1 medium size
sweet pepper	½ piece
zucchini.....	½ piece
garlic.....	½ piece
A: tomato	50 g
olive oil	1 tbsp
salt.....	taste
pepper	taste

Container:

Microwave safe casserole

Method:

1. Cut the eggplant, sweet pepper, and zucchini into 2 cm cubes. Slice the garlic.
2. Put the ingredients of method 1 and ingredients A into a deeper microwave safe container, stir evenly. Put the container at the center of the oven with the lid, select 600 W and cook for 7-8 minutes.
3. After heated, flavor it with salt and pepper.



法式時蔬

材料:

茄子	中等1 個
甜辣椒	½ 個
櫛瓜	½ 條
蒜頭	½ 瓣
A: 番茄	50 克
橄欖油	1 湯匙
鹽	適量
胡椒	適量

容器:

微波耐熱燉鍋

操作方法:

1. 茄子、甜辣椒、櫛瓜切成2 厘米小粒。蒜頭切薄片。
2. 將操作方法1的材料和材料A放入較深的微波耐熱燉鍋後，仔細攪拌。加蓋後放在爐內中央位置。選擇600 W，加熱7-8 分鐘。
3. 加熱後用鹽、胡椒調味。



STEAM FRIED TOFU WITH HON SHIMEJI MUSHROOMS

Ingredients:

fried tofu.....	150-160 g
hon shimeji mushroom	50 g
scallion stalk	20 g
A: vegetable oil	1 tsp
salt.....	taste
B: lemon juice	1 tsp
yuzu kosho	$\frac{3}{4}$ tsp
mozzarella cheese.....	50 g
green onions.....	taste
(cut into small segments)	

Container:

Grill tray (lower shelf)

Method:

1. De-grease the fried tofu and cut into three even pieces 1 cm thick.
2. Shred abalone mushrooms and slice white part of the green onion into thin, diagonal slices. Mix with ingredient A.
3. Pour water into the tank before cooking. Place fried tofu in the middle of the Grill Tray and coat with B, then place the ingredient of method 2 on top. Place Grill Tray in the lower shelf. Select Steam + Micro mode for 5 minutes.
4. Open the door and use thermal gloves to take out the Grill Tray. Spread on mozzarella cheese and place Grill Tray back in the lower shelf. Select Crispy Grill mode and cook for 10 minutes.

蒸油豆腐配鴻喜菇

材料:

油豆腐.....	150 ~ 160 克
鴻喜菇.....	50 克
蔥白	20 克
A: 植物油	1 茶匙
鹽	適量
B: 檸檬汁	1 茶匙
柚子胡椒.....	$\frac{3}{4}$ 茶匙
馬蘇里拉芝士（披薩用）	50 克
青蔥（切小段）	適量

容器:

燒烤盤（下層托盤架）

操作方法:

1. 油豆腐去油，切成1 厘米厚的3等份。
2. 鴻喜菇剝開，蔥白斜切成薄片。將材料A混合備用。
3. 給水箱內加滿水。將油豆腐排放在燒烤盤中央，塗上已混合的材料B，放上操作方法2的菇和蔥。燒烤盤放入下層托盤架，選擇蒸氣微波功能，設置5 分鐘。
4. 打開爐門用隔熱手套取出燒烤盤，鋪上馬蘇里拉芝士，燒烤盤再放入下層托盤架，選擇雙面燒烤功能，設置10 分鐘。

ROASTED MUSHROOMS WITH CHEESE

Ingredients:

mushrooms (hon shimeji, brown swordbelt, fresh and button mushrooms, etc.)	320 g
sausages	4 pieces
tomatoes	180 g
A: butter	40 g
salt and pepper	taste
parsley and oregano (dried)	taste
cheese (meltable)	70 g (4 slices)

Container:

Microwave safe casserole, Grill Tray (lower shelf)

Method:

1. Cut mushrooms into bite sized pieces and sausages into 1 cm wide strips. Deseed the tomatoes and cut into 5 mm cubes.
2. Pour water into the tank before cooking. Place the ingredients of method 1 and ingredient A in the microwave safe casserole pan and place the pan in the center of the Grill Tray. Place Grill Tray in the lower shelf. Select Steam + Micro mode for 5-6 minutes.
3. Open the door and take out the Grill Tray with thermal gloves. Place cheese slices on top and place the Grill Tray back in the lower shelf. Select Crispy Grill mode and cook for 12-14 minutes.



烤芝士雜菌

材料：

雜菌	320 克
(鴻喜菇、舞菇、新鮮香菇、磨菇等)	
香腸片	4 片
番茄	180 克
A: 牛油	40 克
鹽、胡椒	適量
巴西里、奧勒岡(乾燥)	適量
芝士(可溶化的)	70 克(4 片)

容器：

微波耐熱燉鍋，燒烤盤(下層托盤架)

操作方法：

1. 雜菌切成一口大小，培根切成1 厘米寬。番茄去籽，切成5 毫米小粒。
2. 給水箱內加滿水。操作方法1 的材料和材料A 放入微波耐熱燉鍋，放在燒烤盤中央。燒烤盤放入下層托盤架。選擇蒸氣微波功能，設置5-6 分鐘。
3. 打開爐門用隔熱手套取出燉鍋，鋪上芝士，燒烤盤再放入下層托盤架，選擇雙面燒烤功能，設置12-14 分鐘。



芝士烤馬鈴薯

材料：

馬鈴薯（刺孔或者切開）.....600 克
馬蘇里拉芝士（弄碎）.....20 克

餡料（攪拌在一起）：

馬蘇里拉芝士（弄碎）.....50 克
車打芝士（弄碎）.....20 克
蛋黃醬.....1½ 湯匙
檸檬汁.....¼ 茶匙
鹽.....¼ 茶匙
黑胡椒.....適量
辣椒粉.....適量
歐芹葉.....適量
香腸（燒熟，剝碎）.....30 克

容器：

微波耐熱容器，燒烤盤（上層托盤架）

操作方法：

1. 把條狀香腸放入微波耐熱容器中，選擇1000 W，設置1-2 分鐘。（一半時間攪拌）放在一邊備用。
2. 把馬鈴薯放在微波耐熱容器中，放入爐中，選擇800 W，加熱約14-15 分鐘，中途翻轉。
3. 馬鈴薯煮熟後，把馬鈴薯對半切開成碗狀，用勺子挖出中間部分的馬鈴薯，把剩下的碗狀馬鈴薯外皮放在一邊備用。
4. 把挖出的馬鈴薯泥和餡料混合後，用勺子填入碗狀馬鈴薯外皮中。
5. 上面撒上馬蘇里拉芝士，最後撒上辣椒粉。
6. 把馬鈴薯放在燒烤盤上，燒烤盤放入上層，選擇單面燒烤1功能，烤5-6 分鐘。

CHEESY POTATO

Ingredients:

potatoes (pierce skin or cut slit)..... 600 g
mozzarella cheese (grated)..... 20 g

Fillings (mix together):

mozzarella cheese(grated)..... 50 g
cheddar cheese(grated) 20 g
mayonnaise 1½ tbsp
lemon juice ¼ tsp
salt ¼ tsp
black pepper.....taste
paprika.....taste
parsley flakes.....taste
sausages (cooked, chopped finely)..... 30 g

Container:

Microwave safe casserole, Grill Tray (upper shelf)

Method:

1. Cook streaky Sausages in a microware safe casserole at 1000 W for 1-2 minutes. (stir at ½ time) Leave aside.
2. Put potatoes evenly in microwave safe dish, cook at 800 W for 14-15 minutes, turn over halfway.
3. When ready, cut potatoes into 2 halves and scoop out the middle potato, leaving the potato skin aside.
4. Mix the potato with fillings, put the mixture into the potato skin.
5. Place mozzarella cheese on the top of potato, followed by paprika.
6. Place potatoes onto Grill Tray, cook on Grill 1 mode for about 5-6 minutes by upper shelf.



法蘭西吐司

材料：

法式麵包	1 條
A: 牛油（軟化）	100 克
蒜頭碎	10 克
乾洋香菜	3 克
鹽	適量

容器：

燒烤盤（上層托盤架）

操作方法：

1. 將法式麵包切成2 厘米的厚片。
2. 把材料A放入碗中拌勻做成蒜蓉醬。
3. 在法式麵包片上抹上蒜蓉醬，放在燒烤盤上再放入上層托盤架上，選擇單面燒烤1功能，烤3½ - 4 分鐘或至表面呈金黃色。
4. 抹上牛油即可食用。

FRENCH TOAST

Ingredients:

french toast	1 bar
A: butter (melted)	100 g
garlic (chopped)	10 g
dried caraway	3 g
salt	taste

Container:

Grill Tray (upper shelf)

Method:

1. Cut the French toast into 2 cm slices.
2. Stir ingredient A in a dish and mix them well.
3. Apply garlic sauce on the top of the bread and put it on the Grill Tray, put the tray in the upper shelf, select Grill 1 mode, cook for 3½ - 4 minutes to golden brown.
4. Apply butter and serve.

SEAFOOD TOAST

Ingredients:

sliced bread	4 pieces
tomato sauce	40 g
mozzarella cheese.....	100 g
A : prawns (peeled).....	100 g
cuttlefish (small cut).....	100 g
salt, aginomoto, green onion.....	taste

Container:

Grill Tray (upper shelf)

Method:

1. Put ingredient A into a microwave safe container and stir, cook for 2½ minutes at 1000 W, put aside after dehydrated.
2. Apply tomato sauce on the top of the bread, spread half mozzarella cheese evenly on it, add some peeled prawns and cuttlefish cut, and add the rest cheese.
3. Put the bread on the Grill Tray and put the tray in the upper shelf, select Crispy Grill mode, and cook for 5-6 minutes or until the cheese are completely melted.



海鮮吐司

材料:

切片吐司	4 片
番茄醬	40 克
馬蘇里拉芝士	100 克
A : 蝦仁	100 克
墨魚塊	100 克
鹽，味精，蔥	適量

容器:

燒烤盤（上層托盤架）

操作方法:

1. 將材料A放入微波耐熱容器中拌勻，加蓋1000 W烹煮2分30秒，去水在放置在一邊。
2. 在吐司表面塗上番茄醬，均勻的撒上一半的馬蘇里拉芝士，然後鋪上準備好的蝦仁與墨魚塊，最後撒剩餘的馬蘇里拉芝士。
3. 把吐司放在燒烤盤上，再放入上層托盤架，選擇雙面燒烤功能，5-6分鐘或至芝士融化即可。



牧羊人派

材料：

牛絞肉（雞肉）	200 克	
鮮香菇（切片）	50 克	
歐芹（切碎）	80 克	
冷凍雜菜	150 克	
洋蔥（切碎）	100 克	
蒜頭（剁碎）	3 瓣	
鹽	1 茶匙	
細砂糖	½ 茶匙	
粗黑胡椒粒	1 茶匙	
辣椒粉	適量	
低筋麵粉	1½ 湯匙	混合均勻
水	3 湯匙	
牛濃湯	½ 牛肉	
橄欖油或者粟米油	1 湯匙	
面層配料：		
馬鈴薯（洗淨，用叉子刺穿表皮）	1 公斤	
碎車打芝士	100 克	

A：

牛奶	1½ 湯匙	混合均勻
融化的牛油	3 茶匙	
黑胡椒	½ 茶匙	
鹽	½ 茶匙	
雞蛋	½	

容器：

燒烤盤（下層托盤架），微波耐熱容器

操作方法：

1. 把洋蔥，蒜頭和油放進一個2 升的微波耐熱容器中爆香，選擇1000 W，設置3 分鐘。不要加蓋。
2. 加入牛肉、鹽、細砂糖和黑胡椒，選擇600 W，設置2 分鐘，不要加蓋。
3. 加入雪藏蔬菜，香菇和芹菜，選擇600 W，設置2 分鐘，加蓋。
4. 拌入已混合好的麵粉，加蓋選擇1000 W，設置2 分鐘，取出備用。
5. 另用一微波耐熱容器，用3 湯匙水煮馬鈴薯，加蓋選擇1000 W，設置13至15 分鐘，一半時間時翻面。
6. 剝去馬鈴薯皮，用叉子或者食物攪拌器打成馬鈴薯泥。
7. 加入材料A攪拌均勻，取一半薯蓉鋪在牛肉蔬菜混合物上。
8. 取一半芝士撒在馬鈴薯上，再鋪上剩下的馬鈴薯蓉。
9. 最後撒上剩下的芝士和辣椒粉。在派的表面刺幾個孔，不要把派壓的太緊，把容器放在燒烤盤上。
10. 爐預熱200 °C。
11. 把燒烤盤放入下層托盤架，設定200 °C烘焗30 分鐘，直到表面金黃。

提示：鋪馬鈴薯泥時，不要壓的太緊。

SHEPHERD'S PIE

Ingredients:

minced beef (chicken)	200 g	
fresh mushroom (sliced)	50 g	
parsley (diced)	80 g	
frozen mixed vegetables	150 g	
white onion (chopped coarsely)	100 g	
garlic (minced)	3	
salt	1 tsp	
sugar	½ tsp	
coarse black pepper	1 tsp	
paprika	taste	
plain flour	1½ tbsp	mix together
water	3 tbsp	
beef stock	½ cube	
olive oil or corn oil	1 tbsp	

Toppings:

potato (washed, pierced skin with fork)	1 kg
shredded cheddar cheese	100 g

A:

milk	1½ tbsp	mix together
melted butter	3 tsp	
black pepper	½ tsp	
salt	½ tsp	
egg	½	

Container:

Grill Tray (bake in lower shelf), microwave safe casserole

Method:

1. Cook onion, garlic and oil in a 2 litre microwave safe casserole at 1000 W for 3 minutes. Do not cover with lid.
2. Add beef, salt, sugar and black pepper, cook at 600 W for 2 minutes, uncovered.
3. Add mixed vegetables, mushroom and parsley, cook at 600 W for 2 minutes, covered with lid.
4. Stir in the flour mixture, cook at 1000 W for 2 minutes, covered. Leave aside for use.
5. Cook potato with 3 tbsp water on 1000 W for 13-15 minutes in another microwave safe casserole, covered with lid, turn over at ½ time.
6. Peel skin of the potato, mashed with fork or blend in a food processor.
7. Add ingredients A and mix well, spread ½ of the potato over the cooked beef mixture.
8. Sprinkle ½ of cheese on top, follow by remaining potato.
9. Lastly sprinkle remaining cheese and paprika. Pierce through the pie. Do not press the pie too tight. Place casserole on Grill Tray.
10. Preheat oven at 200 °C till hot.
11. Bake at 200 °C for 30 minutes in lower shelf position, till surface is golden brown.

Note: Do not push too hard when spreading the potato mash.



手工薄餅

材料：

麵團：

低筋麵粉（過篩）	130 克
鹽	¼ 茶匙
酵母	¾ 茶匙
細砂糖	¾ 湯匙
奶粉	1½ 茶匙
牛油（室溫）	10 克
溫水	60 毫升
植物油	5 克

薄餅醬：

番茄醬	2 湯匙	} 混合
蛋黃醬	1½ 湯匙	

面層配料：

雞肉腸（切碎）	2 個
菠蘿（切碎）	2 片
馬蘇里拉芝士（切碎）	80 克
番茄（切片）	1 個
辣椒（切片）	½ 個
辣椒粉	適量

容器：

燒烤盤（下層托盤架）

操作方法：

1. 把麵粉、鹽、酵母、細砂糖、奶粉和牛油放進一個碗裏混合。
2. 慢慢加入溫水，不斷揉捏直到捏成一個柔軟，光滑的麵團。
3. 把麵團揉成球形，放入碗中並覆蓋上保鮮紙，在保鮮紙上戳幾個洞。
4. 放入爐中，設置40 °C發酵1個小時。（直到麵團變成2倍大小）
5. 把麵團擀成厚度為0.5 厘米的面餅並放置在塗過油的燒烤盤上。
6. 把爐預熱到220 °C。
7. 先把比薩醬塗在面餅上，然後一一撒上面層配料。放入下層托盤架，選擇220 °C烘焗16 分鐘。

HOME MADE PIZZA

Ingredients:

Dough:

plain flour (sieved)	130 g
salt	¼ tsp
instant yeast	¾ tsp
sugar	¾ tbsp
milk powder	1½ tsp
butter (room temperature)	10 g
lukewarm water	60 ml
vegetable oil	5 g

Pizza Sauce:

ketchup	2 tbsp	} mix together
mayonnaise	1½ tbsp	

Pizza Toppings:

chicken hot dogs (shredded)	2
pineapples (cubed)	2 slice
mozzarella cheese (shredded)	80 g
tomato (sliced)	1
capsicums (sliced)	½
paprika	taste

Container:

Grill tray (lower shelf)

Method:

1. Place flour, salt, yeast, sugar, milk powder and butter in a mixing bowl.
2. Partially add lukewarm water into flour mixture and knead it till it forms soft dough.
3. Place dough into a mixing bowl, cover with wrap and pierce holes on the wrap.
4. Place dough in oven, set to 40 °C to ferment for 1 hour. (till dough doubles in size)
5. Roll out the dough into 0.5 cm thick circle and place on a greased Grill Tray.
6. Preheat oven at 220 °C till hot.
7. Spread sauce and toppings onto dough, bake at 220 °C for about 16 minutes in lower shelf position.



CHOCOLATE SULTANA COOKIE

Ingredients:

plain flour	80 g	] sieved together
baking powder	¼ tsp	
chocolate powder	2 tsp	
butter	60 g	
icing sugar	35 g	
sultana	15 g	
egg yolk	½	
egg white	¼	
A drop of vanilla essence		

Container:

Grill tray (lower shelf)

Method:

1. Cream butter, sugar and vanilla essence till creamy white, using a cake mixer.
2. Add beaten egg yolk and egg white and continue beating.
3. Gradually add sifted flour and stir well with wooden spoon.
4. Stir sultana into dough.
5. Divide the dough into 16 parts (about 13 g each) and arrange well into Grill Tray.
6. Bake in a preheated oven at 180 °C and cook for 10 minutes in lower shelf position, then reduce the temperture to 170 °C for 10 minutes.

朱古力提子曲奇

材料:

低筋麵粉	80 克	] 混合，過篩
泡打粉	¼ 茶匙	
朱古力粉	2 茶匙	
牛油	60 克	
糖粉	35 克	
提子乾	15 克	
蛋黃	½	
蛋白	¼	
一滴雲呢拿香精		

容器:

燒烤盤（下層托盤架）

操作方法:

1. 用電動攪拌器把牛油打至軟化，再加入糖粉打至白色奶油狀，完成後加入一滴香精。
2. 加入蛋白和蛋黃再打發均勻。
3. 逐步地加入篩過的麵粉、泡打粉和朱古力粉的混合物，加以攪拌。
4. 把提子乾拌入麵團。
5. 將麵團分成16等份（每個約13 克），平均分佈在燒烤盤上。
6. 把爐預熱到180 °C，把燒烤盤放入下層托盤架，用180 °C烘焗10 分鐘後，改為170 °C再烘焗10 分鐘。

MUFFIN

Ingredients:

muffin cups	12
plain flour	200 g
baking powder	12 g
castor sugar	60 g
dried fruit	50 g
beaten eggs	50 g
melted butter	80 g
milk	120 g
salt	½ tsp

Container:

Grill tray (lower shelf)

Method:

1. Mix the melted butter, milk, eggs, sugar and salt.
2. Sift flour and baking powder into the mixture.
3. Add dried fruit into the mixture.
4. Make a floury and rough batter.
5. Preheat oven at 210 °C.
6. Scoop batter into muffin cup, weigh 43g of the mixture into paper cases for each and arrange into 4x3 shape on the Grill Tray.
7. After preheating, put the Grill Tray in the lower shelf position set for 18-20 minutes.



瑪芬蛋糕

材料:

瑪芬杯	12 個
低筋麵粉	200 克
泡打粉	12 克
細砂糖	60 克
水果乾	50 克
蛋液	50 克
融化的牛油	80 克
牛奶	120 克
鹽	½ 茶匙

容器:

燒烤盤 (下層托盤架)

操作方法:

1. 融化的牛油，牛奶，蛋液，細砂糖，鹽，混合均勻。
2. 篩入麵粉，泡打粉。
3. 放入水果乾。
4. 混合成一個粗糙的麵糊。
5. 把爐預熱至210 °C。
6. 將麵糊倒入瑪芬蛋糕紙杯中，每個約43 克，按4x3 的排序均勻放在燒烤盤上。
7. 預熱完成後，將燒烤盤放入下層托盤架烘焗 18-20 分鐘。



水果瑞士卷

材料：

雞蛋	150 克
細砂糖（篩過）	60 克
雲呢拿香精	適量
低筋麵粉（篩過）	60 克
無鹽黃油（融化）	20 克
奶油	250 毫升
裝飾用水果	適量
牛油紙	1 張

容器：

燒烤盤（下層托盤架），26 厘米×16 厘米蛋糕卷模具

操作方法：

1. 選擇烘烤180 °C，開始預熱。
2. 像製作朱古力蛋糕一樣的把雞蛋和細砂糖打發至白色奶油狀，詳見81頁製作朱古力蛋糕方法。加入雲呢拿香精混合。
3. 加入篩好的低筋麵粉，用刀攪拌直至完全混合。放入融化好的牛油，快速混合。
4. 把牛油紙平鋪在模具上，把麵糊倒入蛋糕卷模具中鋪平，從旁輕輕敲擊幫助麵糊排出空氣。把模具放在燒烤盤上，等爐預熱好後，放入下層托盤架，烘焙13-15 分鐘。
5. 等蛋糕溫度下降後，去除牛油紙。在有烤色的一面塗上奶油及水果，對邊留出2 厘米空白，把蛋糕卷起來。卷好之後把接縫向下使其固定。在蛋糕頂上塗上奶油，放上水果拌飾。

FRUITY SWISS ROLL

Ingredients:

egg	150 g
castor sugar (sieved)	60 g
vanilla extracts	taste
plain flour (sieved)	60 g
unsalted butter (melted)	20 g
cream	250 ml
various fruits (garnishing)	taste
baking paper	1 piece

Container:

Grill tray (lower shelf), 26 cm×16 cm fruity roll mold

Method:

1. Preheat oven at 180 °C.
2. Mix the beaten eggs and castor sugar well the same way as making chocolate cake, see details on page 81 and then add vanilla extracts.
3. Pour in sieved plain flour and mix them well using plastic scraper, add melted butter and mix quickly.
4. Cover the mold with baking paper and pour the mixture into cake mold, discharge the air between in the cake. Place the mold onto the Grill Tray, and put the Grill Tray in the lower shelf and bake for 13-15 minutes after preheating.
5. After the cake cooling down, remove the baking paper, grease some cream and put some fruits on the baking side surface of the cake, spare 2 cm clearance to roll the cake up, when rolled, place the seam downward to secure it. Grease some cream and spread various fruits on the top of the roll.



藍莓芝士蛋糕

材料：

奧利奧餅乾.....	120 克
(把夾心取出) 或者用甜薄脆餅	
牛油 (600 W, 30-40 秒, 融化)	50 克
忌廉乳酪	500 克
細砂糖	90 克
雞蛋	2 個
酸奶油	200 克
粟粉	2 湯匙
新鮮藍莓	100 克
藍莓醬	½ 罐
裝飾用糖粉	適量

容器：

燒烤盤 (下層托盤架), 9 寸蛋糕模具

操作方法：

1. 把奧利奧餅乾放入攪拌器慢慢絞成餅乾粉。
2. 慢慢加入融化的牛油，攪拌均勻。倒入蛋糕模具，用勺子在模具底部鋪平。放進雪櫃備用。
3. 用電動攪拌器攪拌忌廉乳酪和細砂糖直到混合物變白且鬆軟。
4. 一次加入一隻雞蛋，繼續打至順滑。
5. 加入粟粉和酸奶油，攪拌均勻。
6. 把混合物倒入蛋糕模具內，加¼的新鮮藍莓於表面並慢慢把藍莓壓入蛋糕混合物中，不要露出於蛋糕表面。
7. 把爐預熱至170 °C。把蛋糕模具放在燒烤盤上，放下層托盤架，烘焗50 分鐘。在一半時間時加入3 分鐘的蒸氣。
8. 結束後，讓蛋糕在模具裏完全冷卻。(請勿翻轉模具)
9. 用藍莓醬和新鮮藍莓在蛋糕上做裝飾並撒上糖粉。

BLUEBERRY CHEESE CAKE

Ingredients:

Oreo biscuit	120 g
(remove fillings) or sweet crackers	
butter	50 g
(melt on 600 W for 30-40 seconds)	
cream cheese	500 g
castor sugar	90 g
eggs	2
sour cream	200 g
corn flour	2 tbsp
fresh blue berries	100 g
blue berry pie filling	½ can
icing sugar for topping	taste

Container:

Grill tray (lower shelf), 9" cake tin

Method:

1. Place Oreo biscuit in a blender, slowly blend till fine.
2. Partially add in melted butter, mix well. Pour the mixture into a lined cake tin, smooth the bottom of the mold with a spoon. Put the tin in the fridge.
3. Beat cream cheese and sugar with a cake mixer, till light and fluffy.
4. Add in 1 egg at a time, continue to beat till smooth.
5. Add in corn flour and sour cream, beat for a while.
6. Pour batter into cake tin, next add ¼ amount of fresh berries on top, but slowly push down the berries inside to the mixture.
7. Bake in a preheated oven at 170 °C for about 50 minutes in lower shelf position. Add 3 minutes steam shot in between baking time.
8. When ready, leave to cool in the cake tin (Do not overturn the cake).
9. Decorate cake with blueberries pie fillings, fresh berries and sprinkle with icing sugar.



朱古力蛋糕

材料：

淡忌廉.....	200 毫升
雞蛋	180 克 (約4 個)
幼白糖	90 克
蛋糕粉	90 克
朱古力粉	20 克
朱古力塊	適量
A：糖粉	12 克

容器：

燒烤盤（下層托盤架），8 寸蛋糕模具

操作方法：

奶油

1. 將淡忌廉從雪櫃裏拿出，倒入一個較深的容器內。
2. 將容器放在冰水裏，保持淡忌廉不會變熱，用打蛋器打至完全發泡。
3. 加入材料A的糖粉，繼續攪拌至黏稠狀。

海綿蛋糕

1. 將雞蛋及幼白糖放入容器內，用電動攪拌器低速攪拌至糖完全融化。調至高速攪拌，直到蛋液完全發泡。可用攪拌器在蛋液表面寫字作測試，如可保持一段時間便可以調至低速攪拌，使氣泡均勻。
2. 選擇烘焗功能150 °C，開始預熱爐。
3. 將篩過的蛋糕粉以及朱古力粉倒入打勻的蛋液，用膠刮刀由下而上攪拌均勻。
4. 在蛋糕模具的底部及四周鋪上牛油紙，將蛋糕液倒入。把模具放在燒烤盤上。
5. 預熱結束後，將燒烤盤放入下層托盤架，設定烘焗功能29-31 分鐘。
6. 烘焗結束後用竹簽穿刺蛋糕。如果竹簽上沒有粘上蛋液，則表示蛋糕熟透。
7. 取出蛋糕，冷卻。

面層配料

1. 把朱古力塊切成碎屑狀。
2. 鋪上奶油，用朱古力碎屑裝飾。

CHOCOLATE CAKE

Ingredients:

light cream.....	200 ml
egg.....	180 g (about 4 pieces)
soft sugar.....	90 g
cake powder	90 g
chocolate powder	20 g
chocolate chip.....	taste
A : castor sugar.....	12 g

Container:

Grill tray (lower shelf), 8" cake tin

Method:

Cream

1. Take the cream out from refrigerator and put into a deep container.
2. Make sure the cream will not warm hot and beat up until it become bubbles texture.
3. Add in ingredient A, continue to stir until it get sticky.

Sponge cake

1. Beat up eggs and soft sugar by using cake mixer in a container at low speed until completely dissolved. Adjust to high speed until the beaten eggs bubble. For testing the texture of the batter, if the footprint of the egg beater can keep for a while, then we can adjust to low speed again until the bubbles looks even.
2. Select Oven mode to preheat at 150 °C.
3. Pour the sieved cake powder and chocolate powder into the beaten eggs, and stir evenly from bottom to top using plastic scraper.
4. Cover the bottom and edges of the 8" mold with baking paper, pour the mixture in, then put the mold on the Grill Tray.
5. After preheating, put the Grill Tray in the lower shelf of the oven and select oven mode bake for 29-31 minutes.
6. Insert a toothpick in center. Cake is cooked if the toothpick comes out clean.
7. Take the cake out to cool it down.

Topping

1. Cut the chocolate into crumb shape.
2. Apply cream on the top and garnish with some chocolate crumb on it.



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Web Site: <http://www.panasonic.com>

F000BBU30HP
PA0919-0
Printed in China