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Panasonic®

Operating Instructions Oven (Household Use)

使用說明書

電焗爐 (家庭用)

Model No. 型號 **NB-HM3810**



Panasonic Taiwan Co., Ltd.

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Microcomputer controlled temperature cooking for personalized Chinese and Western dishes

Chinese and Western food
Easy to bake
Delicious



Toast (P. EN20)



Steak (P. EN20)



Roasted whole chicken (P. EN21)



Roasted Chicken Wings (P. EN21)



Salt-roasted Prawns (P. EN22)



Roasted fish (P. EN22)



Cookies (P. EN23)



Pizza (P. EN23)



Egg Tart (P. EN24)



Sponge cake (P. EN24)

Deep baking tray for party size dish



Roasted whole chicken (deep baking tray) (P. EN25)

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Safety Precautions

Please make sure to follow these instructions.

In order to prevent accidents or injuries to the user, other people, and damage to property, please follow the instructions below.

■ The following charts differentiate and explain the degree of damage caused by incorrect operation.

 WARNING: Indicates potential hazard that could result in serious injury or death.
 CAUTION: Indicates potential hazard that could result in injury or property damage.

■ The symbols are explained and classified as follows.

 This symbol indicates prohibition.	 This symbol indicates requirement that must be followed.
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WARNING

To avoid risk of electric shock, fire, scalding burns or serious injury.

- Do not disassemble, repair or modify this appliance.
→ Consult the place of purchase or service center for repairs.
- Do not damage the power cord or power plug.
Following actions are strictly prohibited.
Modifying or placing near heating elements, bending, twisting, pulling along, pulling over sharp edges, putting heavy objects on top, bundling the power cord and carrying the appliance by the power cord.
- Do not use the appliance if the power cord or power plug is damaged or the power plug is loosely connected to the outlet.
→ If the power cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid hazards.
- Do not plug or unplug the power plug with wet hands.
- Do not immerse the appliance, power cord and power plug in water or splash it with water/any liquid.
- Do not let the power cord hang over the edge of table or worktop, or touch hot surfaces.



WARNING

To avoid risk of electric shock, fire, scalding burns or serious injury.

- Do not allow infants and children to play with packaging material.
- Do not use this appliance near any combustible materials or under the curtains.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Always keep the infants and children away from the appliance including power cord.
- Discontinue using the appliance immediately and unplug in the unlikely event that this appliance stops working properly.
e.g. for abnormal occurrences or breaking down
 - The power plug and the power cord become abnormally hot.
 - The power cord is damaged or the appliance power fails.
 - The main unit is deformed, has visible damage or is abnormally hot.
 - There is another abnormality or failure.→ Unplug the appliance immediately and contact to the service center for the check or the repair.
- Make sure the voltage indicated on the label of the appliance is the same as your local supply. Also avoid plugging other devices into the same outlet to prevent electric overheating. However, if you are connecting a number of power plugs, make sure the total wattage does not exceed the rated wattage of the outlet.
- Insert the power plug firmly.
- Dust off the power plug regularly.
→ Unplug the power plug, and wipe with a dry cloth.

Safety Precautions

Please make sure to follow these instructions.

⚠ CAUTION

To avoid electric shock, fire, smoke, burns, scalding, injury or property loss

- ⊘ **Never leave the appliance unattended during operation.**
- **Do not use the appliance for any purpose other than those described in these instructions.**
 - Panasonic will not accept any liability if the appliance is subject to improper use, or failure to comply with these instructions.
- **Do not touch hot surfaces, such as the top of the oven body, the enamel baking tray, the deep baking tray and the cooking rack while the oven is in use or just after use. The oven is easy to become hot during use, and the surface temperature during use is very high. Let it cool down before cleaning after use.**
 - Please pay special attention to heat after use.
- **Do not touch the appliance with wet hands.**
- **Do not touch, block or cover the steam vent holes during use.**
- **Do not put anything on or insert anything underneath the appliance.**
- **Do not use the appliance on following places.**
 - On uneven surfaces, on carpet, non-hot-resistant surface or tablecloths etc.
 - Places where it may be splashed with water or near a heat source.
 - Near any open water sources such as sinks, or the like.
- **Do not use the appliance near wall, furniture, or in enclosed spaces such as a built-in cupboard.**
(It may cause discoloration or deformation.)

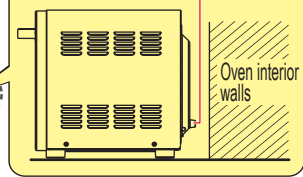
■ Leave a space between the oven and walls or kitchen cabinets. The lampblack discharged during baking may contaminate the wall and cabinet, or even cause fire due to overheating.

Above 10 cm



Above 20 cm

Keep a safe distance and prevent the oven from coming into contact with objects such as walls. A safe barrier component is designed on the back of the oven.



Oven interior walls

⚠ CAUTION

To avoid electric shock, fire, smoke, burns, scalding, injury or property loss

- ⊘ **Do not use a knife or sharp tool, as these may cause damage to the heating elements.**
- **Do not use an external timer etc.**
 - This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- **Do not insert any object in the gaps.**
- **Do not open the glass door when the food generate smoke or catches fire.**
 - Turn off the power and remove the power plug immediately.
 - Do not open the glass door before the fire goes out.
 - Do not extinguish the fire with water.
- **Do not directly heat cans or glass bottles.**
- **Do not place oil in the enamel baking tray/deep baking tray for heating.**
- ⚠ **Unplug the power plug from the outlet when the appliance is not in use, before moving, and before cleaning. Make sure to wipe the product before using it again.**
- **Let the appliance cool down before moving, cleaning and storing away.**
- **Make sure the crumb tray is clean and set correctly when using the appliance.**
- **Beware not to be tripped over or get caught in the power cord while in use.**
- **Make sure to hold the power plug when unplugging the power plug. Never pull on the power cord.**
- **Make sure to clean the appliance after every use.**
- **Place the appliance on a firm, dry, clean flat heatproof worktop.**

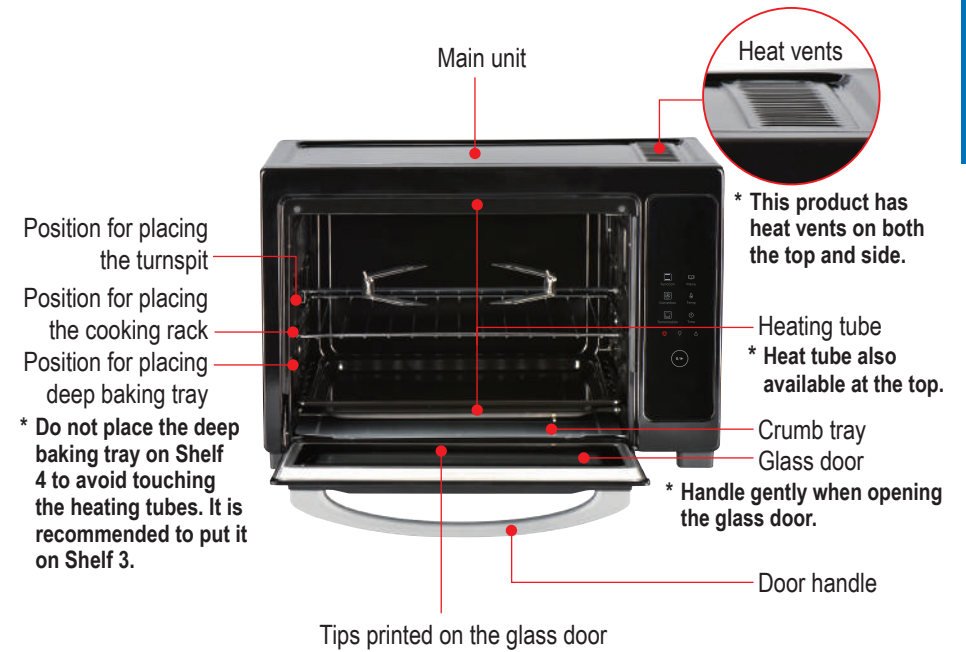
Important Information

- Do not place anything or press by force on the glass door when it is opened.
- Do not move the appliance by holding the door handle.
- Do not place any object on the main unit.
- Do not heat the appliance when unnecessary.

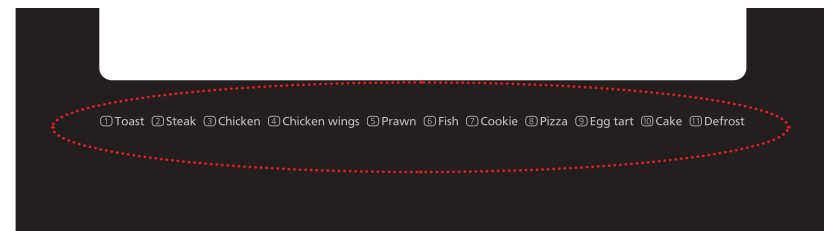
 This symbol on the products indicates "hot surface and should not be touched without caution".

Parts Name

- Wash the parts before initial use or when leave idle for long time. (☞ P. EN27)



Menu tips



Notes: For the time and temperature of the recipes printed on the glass door, please refer to each information on "Menu" in this instructions.

Parts Name

Accessories

Enamel baking tray



Effects

For holding greasy food, such as meat and fish, for broiling.

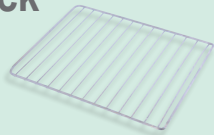
Deep baking tray



Effects

For making cake roll, roasting whole chickens or broiling vegetables.

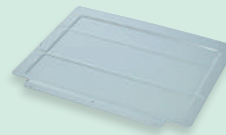
Cooking rack



Effects

For baking bread or broiling other dishes, and to hold a container.

Crumb tray



Effects

For catching residues and grease when nongreasy food is baked.

Extract bracket



Effects

For holding the turnspit.

Turnspit



Effects

For roasting whole chickens or thick meat.

Holding rack



Effects

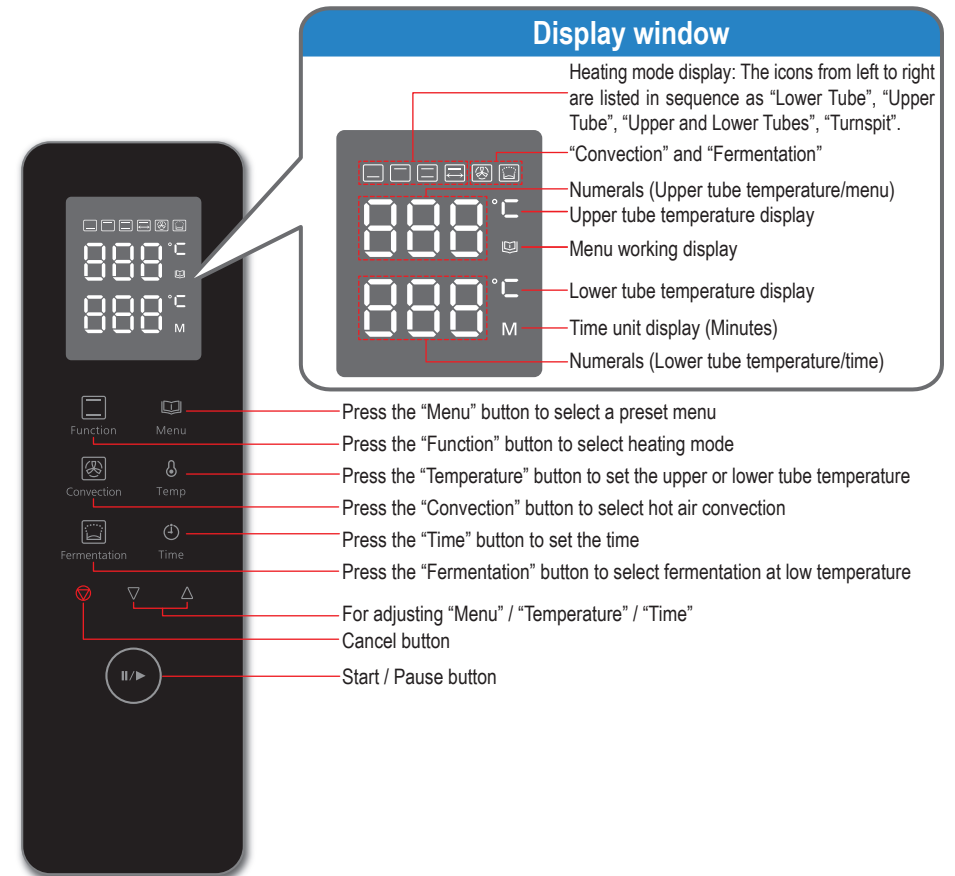
For holding the enamel baking tray and cooking rack.

*** Wear heat protective gloves while pulling out the deep baking tray. Gloves sold separately.**

EN10

Parts Name

Control panel



English

Please run the oven on idle before initial use

- Place the enamel baking tray and the deep baking tray in the oven. (Do not place the deep baking tray on Shelf 4)
- In standby mode, press the button, then press the button to select the "", and set the upper tube temperature and lower tube temperature to "230 °C".
- Set the time to 10 minutes.
 - When the oven is used for the first time, odor may be emitted, which is normal. This is caused by the heating tube coated with a layer of protective film for protecting the tube against salt corrosion during transportation.
 - When running the oven in idle, the oven will emit some smoke and odors. Please open the door to dissipate the smoke. The oven will not emit smoke and odor again under normal operation after released them.
 - Oven may generate noise in the first idle run. This is normal.
 - Please wait the oven cool down before using it after the idle run.

EN11

How to use

Manual function

1 Insert the power plug

Standby mode



- If the oven is left idle for more than 1 minute, the screen will turn power save mode automatically and display nothing.
- In power save mode, the button light on, press button and the screen returns to standby mode.
- In power save mode, only the button can be operated.

2 Select functions

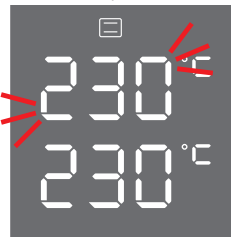
In standby mode, press the button, then press the button to select the desired function. For example, select the upper and lower tubes (flashes).



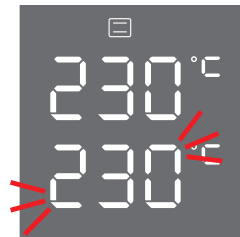
- indicates flashing.

3 Set Temperature

Press the button, then press the button to set the upper tube temperature according to the food property and personal preference.



After setting the upper tube temperature, press the button again, then press the button to set the lower tube temperature.



- When setting the temperature, the temperature increases or decreases in increments of 10 °C.
- The temperature for fermentation is fixed and cannot be adjusted.
- For heating mode, if you select the upper tube, lower tube or turnspit, the temperature can be set from 70 °C to 180 °C. If you select upper and lower tubes, the temperature can be set from 70 °C to 230 °C.
- After setting the temperature, the oven will automatically enter power save mode if it is not operated for more than 1 minutes.

* If you do not need to preheat the oven, please skip to Step 5 after finishing Step 3.

4 Preheating (No preheating is available for turnspit function and fermentation function.)



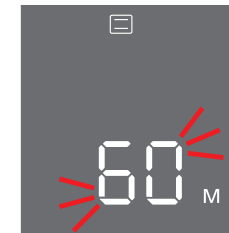
It is displayed when the inner temperature of the oven reaches 100 °C or above

- After setting the temperature, press the button to begin preheating.
- When the temperature reaches the preset degree, the buzzer will sound "beep-beep-beep" indicating that preheating is completed.
- During or after the selection, before pressing the button, press to restore default settings.
- The upper tube temperature display shows the maximum temperature set at the Upper and Lower Tube Temperature, which will be used as a reference for preheating.
- The preheating is done by upper and lower tubes. When the inner temperature of the oven reaches 100 °C or above, the lower tube temperature display shows the current inner temperature, but it does not show temperature if the inner temperature is below 100 °C.
- After completion of preheating, the oven automatically enters power save mode if it is not operated for more than 5 minutes.

5 Time setting

After the completion of preheating, the Display Window displays default time (60 minutes) automatically. You can press the button to set the time according to the food nature and personal preference.

If you do not need preheating, press the button, then press the button to set the time according to the food nature and personal preference.



- When setting the time, the timer increases or decreases in increments of 1 minute. Press and hold the button for 4 seconds to switch increments to 5 minutes.
- The time can be set from 1 minute to 120 minutes

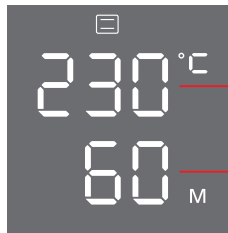
How to use

Manual function

6 Put in the ingredients

- Place the food on the enamel baking tray, deep baking tray or the cooking rack.
- Insert the cooking rack or enamel baking tray/deep baking tray in the proper position according to the food height.
- After putting in the ingredients, the oven will automatically enter power save mode if you leave it idle for more than 5 minutes.

7 Begin broiling



The temperature display shows the maximum temperature set at the Upper and Lower Tube Temperature

Time to completion

- Put in the ingredients, close the glass door, and press the button to begin broiling.
- You can adjust the temperature and time according to the food property and personal preference during baking.
- The buzzer sounds “beep-beep-beep”, indicating broiling is complete.

8 Take out the food after baking



- Take out the enamel baking tray or cooking rack with holding rack or heat protective gloves. Be sure to wear the heat protective gloves to take out the deep baking tray.

Note

- Handle gently when opening or closing the glass door. (To avoid damaging the glass door or scratching the coating of the door handle.)
- When the temperature is high during or right after use, do not splash the cold water to the glass door.

9 Remove the power plug



EN14

How to use

Preset Menu

1 Insert the power plug



Standby mode



- If the oven is not operated for more than 1 minute, the screen will automatically enter power save mode and display nothing.
- In power save mode, the button light on, press button and the screen returns to standby mode.
- In power save mode, only the button can be operated.

2 Select menu

In standby mode, press the button, then press button to select a desired menu. (Shows selecting Menu “2”).

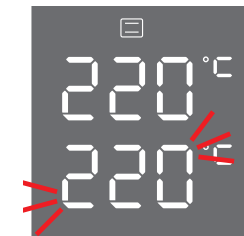
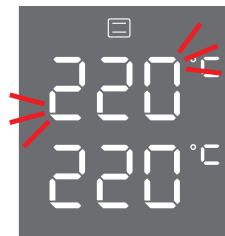


- indicates flashing.

3 Set Temperature (Not applicable to Menu “11”)

Press the button, the upper and lower tubes temperature is 220 °C by default, and the temperature displayed on the screen is the menu-recommended temperature. You can also press the button to set the upper tube temperature according to the food nature and personal preference.

After setting the upper tube temperature, press the button again, then press the button to set the lower tube temperature.



- When setting the temperature, the temperature increases or decreases in increments of 10 °C.
- Different menus have different default temperatures.
- If you select upper and lower tubes, the temperature can be set from 70 °C to 230 °C.
- Menu “3” enables only upper tube heating, which can be set to 180 °C at most.
- After setting the temperature, the oven will automatically enter power save mode if it is not operated for more than 1 minutes.


EN15

How to use


Preset Menu

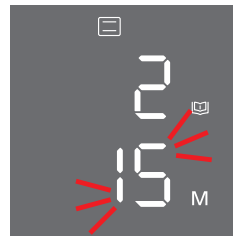
4 Preheating (Preheating is unavailable for Menus 1, 3 and 11.)




- After setting the temperature, press the  button to begin preheating.
- When the temperature reaches the preset degree, the buzzer will sound “beep-beep-beep” indicating that preheating is completed.
- The upper tube temperature display is the menu number, the lower tube temperature display is the maximum temperature set for both upper and lower tubes, and the maximum temperature is used as a reference for preheating.
- After completion of preheating, the oven automatically enters power save mode if it is not operated for more than 5 minutes.

5 Time setting

After the completion of preheating, the Display Window displays the default time (15 minutes) automatically. You can press the  button to set the time according to the food property and personal preference.

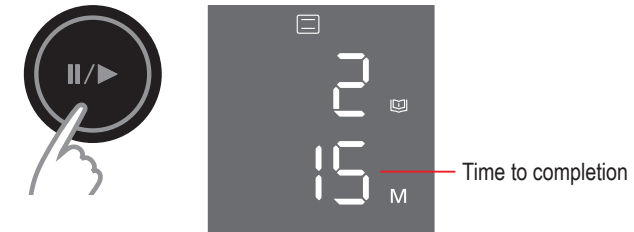



- When setting the time, the timer increases or decreases in increments of 1 minute. Press and hold the  button for 4 seconds to switch increments to 5 minutes.

6 Put in the ingredients

- Place the food on the enamel baking tray, deep baking tray or the cooking rack.
- Insert the cooking rack or enamel baking tray in the proper position according to the food height.
- After putting in the ingredients, the oven will automatically enter power save mode if you leave it idle for more than 5 minutes.

7 Begin broiling



- Put in the ingredients, close the glass door, and press the  button to begin broiling.
- You can adjust the temperature and time according to the food property and personal preference during baking.
- The buzzer sounds “beep-beep-beep”, indicating broiling is complete.

8 Take out the food after baking



- Take out the enamel baking tray or cooking rack with holding rack or heat protective gloves. Be sure to wear the heat protective gloves to take out the deep baking tray.

Note

- Handle gently when opening or closing the glass door. (To avoid damaging the glass door or scratching the coating of the door handle.)
- When the temperature is high during or right after use, do not splash the cold water to the glass door.

9 Remove the power plug



Accessories Instructions

- To place baking ware into the oven, be sure to handle it carefully. The enamel baking tray, deep baking tray, cooking rack and grill are all metal parts, which may easily scratch the interior walls of the oven. Any such scratches are superficial and will not affect oven performance.

How to use the turnspit / extract bracket



- 1 Insert the baking stick into a baking fork.



- 2 Rotate the screw to fix the baking fork at the proper position.



- 3 Use the baking stick to penetrate through the middle of the big piece of food, and fix the food with the baking fork at one side.



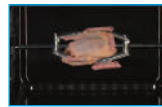
- 4 Insert the baking stick into another baking fork, and compress the food tightly.



- 5 Rotate the screw to fix this baking fork.



- 6 Use the extract bracket to place the penetrated food in the oven.



- 7 Put the turnspit in place. Keep the tip end inserted into the right-side rotation hole.

● Care should be taken when handling "Turnspit".

How to use the cooking rack

- If the cooking rack has any scorched debris stuck to it, soak it in water for a while before cleaning it.
- If you broil with a cooking rack, there may be crumbs or grease drippings. Make sure you put in the crumb tray for easy cleaning.

How to use the crumb tray

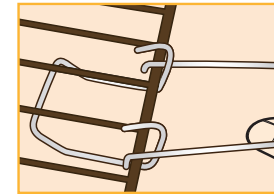
- To facilitate cleaning after use, please install the crumb tray before use.
- Clean the crumb tray after every use. Otherwise, the residue will be over baked, thus generating an odor.
- When taking out, the crumb tray may easily touch the lower heating tube, please be sure not to strike it accidentally.

How to use the enamel baking tray / deep baking tray

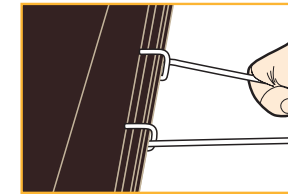
- To facilitate cleaning after use, put a piece of aluminum foil or baking paper in the enamel baking tray or deep baking tray before use.
- If the enamel baking tray or deep baking tray has scorched meat grease stuck on it, soak it in water a while before cleaning. Do not scrape debris with hard metal utensils, like knives or forks.
- When raw meat, fish or fried food is directly heated:
 - * The fried food releases grease when being heated. Please place it in the enamel baking tray.
 - * To bake meat or fish, wrap it with aluminium foil, and then put it in the enamel baking tray for heating. (P. EN26)
 - * When food wrapped with aluminium foil is heated, grease may leak. Please place it in the enamel baking tray.

How to use the holding rack

- To take out the enamel baking tray or cooking rack, please use the holding rack to avoid scalding.
- Pay attention to the weight distribution of the food when taking out the enamel baking tray or cooking rack, especially when there is a large amount of floating grease in the enamel baking tray, to avoid dropping or spills.



Used for clamping or handling the cooking rack



Used for clamping or handling the enamel baking tray

Preset Menu

- The standard time set in the menu may vary with the temperature, type, quantity (weight) and container of the food for grilling. Please adjust accordingly.
- The oven has four grilling shelves. Counted from top down, they are Shelf 1, Shelf 2, Shelf 3 and Shelf 4.



Ingredients

Thin slices (approx. 10 × 10 × 1.5 cm)

Toast	6 slices
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Toast

Select "1"

Upper and lower tubes: 230 °C Time: 8 minutes

- ① Put the slice(s) of bread on the cooking rack.
- ② Put the cooking rack on Shelf 2, and select Menu 1.
- ③ Bake for about 8 minutes with upper and lower tubes at 230 °C.



Ingredients

(as thick as approx. 2 cm)

Frozen steak	2 slices (approx. 500 g)
Black pepper granules	Appropriate quantity
Salt	Appropriate quantity
Olive oil	Appropriate quantity

Steak

Select "2"

Upper and lower tubes: 220 °C Time: 15 minutes

- ① Defrost the steak completely, and then dry the surface with a paper towel.
- ② Put one layer of baking paper on the enamel baking tray, and then apply a layer of olive oil to the baking paper.
- ③ Apply the black pepper and salt evenly to both sides of the steak, and place the steak in the enamel baking tray.
- ④ Select Menu 2. The oven will automatically preheat to 220 °C.
- ⑤ When it reaches the set temperature, the buzzer will sound "beep-beep-beep". At this time, put the enamel baking tray on Shelf 2 of the oven.
- ⑥ Roast the steak with upper and lower tubes at 220 °C for about 15 minutes.



Ingredients

Whole chicken	1 piece (approx. 1000 g)
Salt	Appropriate quantity
Ginger slices	Appropriate quantity
Scallions	Appropriate quantity
Garlic	Appropriate quantity

Roasted whole chicken

Select "3"

Upper tube: 180 °C Time: 90 minutes

- ① Cut the head and feet of the chicken and clean the body. Wipe off any remaining water and apply salt to the inside and outside of the carcass.
- ② Stuff the chicken cavity with scallions, ginger and garlic, sew it with toothpicks, then bind the chicken carcass with a twine and tie it at the drumstick.
- ③ Slide the spit rod through the carcass and fix it with the turnspit.
- ④ Place the enamel baking tray with baking paper on top on Shelf 4 of the oven, and then put the rotisserie spit on the spit supports inside the oven.
- ⑤ Select Menu 3, and roast the chicken at 180 °C for about 90 minutes.

* The enamel baking tray is placed on Shelf 4 of the oven to prevent meat grease from dripping onto the heating tube.



Ingredients

Chicken wings	8 (approx. 350 g)
Seasonings for Orleans grilled chicken wings	30 g
Water	30 g
White sesame seeds	Appropriate quantity

Roasted Chicken Wings

Select "4"

Upper and lower tubes: 200 °C Time: 25 minutes

- ① Rinse the chicken wings, then make two cuts in each of them for easy seasoning.
- ② Put the wings in a bowl, add seasonings and water, then stir.
- ③ After stirring them evenly, refrigerate the bowl of wings in refrigerator for over 10 hours.
- ④ Place the marinated chicken wings evenly on the cooking rack.
- ⑤ Select Menu 4. The oven will preheat to 200 °C automatically.
- ⑥ When it reaches the set temperature, the buzzer will sound "beep-beep-beep". At this time, put the enamel baking tray with baking paper on top on Shelf 4 of the oven, and then place the cooking rack on Shelf 2 of the oven.
- ⑦ Roast the chicken wings with both upper and lower tubes at 200 °C for about 25 minutes.

* The enamel baking tray is placed on Shelf 4 of the oven to prevent meat grease from dripping onto the heating tube.

Preset Menu



Ingredients

(Prawn length: approx. 15 cm)

Prawn	8
Salt	70 g
Egg whites	15 g

Salt-roasted Prawns

Select "5"

Upper and lower tubes: 180 °C Time: 10 minutes

- Devein and butterfly the prawn, rinse them and wipe them dry.
- Put baking paper in the enamel baking tray, and lay the prawns evenly on it.
- Put some salt into the egg whites, stir evenly, then coat the prawn heads and tails with the egg whites.
- Select Menu 5. The oven will automatically pre-heat to 180 °C.
- After preheating, the buzzer will sound "beep-beep-beep". At this time, put the enamel baking tray on Shelf 2 of the oven.
- Roast the prawn with upper and lower tubes at 180 °C for about 10 minutes.



Ingredients

Fish	1 piece of fish (approx. 500 g)
Salt	Appropriate quantity
Cooking wine	Appropriate quantity
Ginger slices	Appropriate quantity
Scallions	Appropriate quantity
Garlic	Appropriate quantity
Olive oil	Appropriate quantity

Roasted fish

Select "6"

Upper and lower tubes: 220 °C Time: 20 minutes

- Rinse the fish, wipe it dry, make two cuts at the back, stuff the fish cavity with scallions, ginger and garlic to remove the fishiness, then smear salt and cooking wine on both sides of fish back, and rub its back to add flavor.
- Fit one layer of aluminum foil on the enamel baking tray, smear one thin layer of oil, and place the fish in the enamel baking tray.
- Select Menu 6. The oven will automatically pre-heat to 220 °C.
- After preheating, the buzzer will sound "beep-beep-beep". At this time, put the enamel baking tray on Shelf 2 of the oven.
- Roast the fish with upper and lower tubes at 220 °C for about 20 minutes.



Ingredients (approx. 25 pieces)

Butter	100 g
Granulated sugar	60 g
Egg	1
Low-gluten flour	125 g
Salt	1 g
Vanilla extract	1 g

Cookie

Select "7"

Upper and lower tubes: 150 °C Time: 25 minutes

- Soften the butter at room temperature until it can be easily penetrated with a scraper.
- Add in salt and granulated sugar, then use the eggbeater to beat the butter at low speed until the color becomes lighter.
- Add in eggs and 1 gram of vanilla extract, and continue beating at low speed until the eggs are evenly distributed. You can scrape the edge of the bowl with the scraper during the process. When the flour paste becomes thick, remove the eggbeater and scrape the residual flour paste from the stirring rod.
- Sieve the low-gluten flour, add it into the paste in two portions, and blend and stir with a scraper until no dry powder remains.
- Put the paste into a pastry bag (the diameter of the pastry tube is 2 cm).
- Put baking paper in the enamel baking tray and squeeze the pastry bag to make your desired shape.
- Select Menu 7. The oven will automatically pre-heat to 150 °C. After that, the buzzer will sound "beep-beep-beep". Place the cookies on Shelf 2 of the oven.
- Bake with upper and lower tubes at 150 °C for about 25 minutes, take the cookies out, and let them cool.



Ingredients

(for a diameter of approx. 18 cm)

Frozen Pizza	1 piece (approx. 350 g)
--------------	-------------------------

Pizza

Select "8"

Upper and lower tubes: 200 °C Time: 15 minutes

- Take out the frozen pizza from the freezer and place it on the enamel baking tray.
- Select Menu 8. The oven will pre-heat to 200 °C automatically.
- After preheating, the buzzer will sound "beep-beep-beep". At this time, put the enamel baking tray on Shelf 2 of the oven.
- Bake it with upper and lower tubes at 200 °C for about 15 minutes.

Preset Menu



Ingredients

Pure milk	50 g
Whipping cream	100 g
Egg yolk	2
Granulated sugar	16 g
Condensed milk	10 g
Egg tart shells	8 pcs

Egg Tart

Select  "9"

Upper and lower tubes: 220 °C Time: 15 minutes

- Put pure milk, whipping cream, condensed milk and granulated sugar into a bowl that is resting on hot water (approx. 40 °C). Stir ingredients until the granulated sugar melts.
- Take the bowl out, cool it down, add in the egg yolk and stir until evenly mixed.
- Put the egg tart shells into the enamel baking tray, and then pour the egg tart liquid into the tart shells to fill 70 % to 80 % of their volume.
- Select Menu 9. The oven will automatically preheat to 220 °C.
- After preheating, the buzzer will sound "beep-beep-beep". At this time, put the enamel baking tray on Shelf 2 of the oven, and bake it for about 15 minutes.
- Take out the egg tarts from the oven and enjoy after cooling.



Ingredients (6" round mould)

Eggs	3 (approx. 150 g)
Low-gluten flour	90 g
Granulated sugar	90 g
Butter	30 g
Milk	30 g

Sponge cake

Select  "10"

Upper and lower tubes: 180 °C Time: 25 minutes

- Put eggs and granulated sugar into a basin resting on hot water (approx. 40 °C) in a boiler, use an eggbeater to whip them first at high speed then at medium speed until the egg liquid becomes light in color, has smaller bubbles, and gains a thick and smooth texture. The egg batter will not drip immediately when the eggbeater is lifted.
- Melt the butter, add in milk, mix evenly and put them in a bowl resting on hot water in a boiler to prevent the butter from condensing again.
- Add the sieved flour to the bowl in two portions, then turn and stir evenly.
- Pour the mixture of milk and butter into the bowl, and continue stirring as softly as you can to avoid generating foam. When it is done, the paste will be glossy and smooth.
- Pour the paste into the mould, shake the mould gently to remove air from the paste.
- Select Menu 10. The oven will automatically preheat to 180 °C. After preheating, the buzzer will sound "beep-beep-beep". At this time, put the mould on Shelf 3 of the oven, and bake it for about 25 minutes. Stab a toothpick into the middle. If it comes out without batter on it, the baking is complete.
 - If the surface gets colored quickly, you can put a piece of aluminum foil on the cake to avoid scorching.
 - Take out the cake and let it cool down before removing the mould.
 - You can lengthen or shorten the time according to your taste and the mould you choose.
 - You can coat with the cream and decorate the cake with the fruits.

Ingredients (as thick as approx. 2 cm)

Frozen steak	2 slices (approx. 500 g)
--------------	--------------------------

Note

To defrost other ingredients, set the defrosting time accordingly.



Ingredients

Chicken	1 (1500 g)
Carrot	1 (approx. 350 g)
Potato	2 larger-sized (approx. 600 g)
Onion	1 (approx. 200 g)
Tomato	2 (approx. 100 g)
Lemon	1
Rosemary	Appropriate quantity
Sage	Appropriate quantity
Florence Fennel	Appropriate quantity
Ginger slices	Appropriate quantity
Garlic	6~10 cloves
Salt	Appropriate quantity
Black pepper granules	Appropriate quantity
Olive oil	Appropriate quantity

Defrost

Select  "11"

Upper and lower tubes: 50 °C Time: 60 minutes

- Put the frozen steaks on an enamel baking tray.
- Put the enamel baking tray on Shelf 2 of the oven, and select Menu 11.
- Defrost the steaks with upper and lower tubes at 50 °C for about 60 minutes, then take them out.

Roasted whole chicken (deep baking tray)

Select 

Upper and lower tubes: 200 °C

Time: 30 minutes for 1st roast (requires preheating)

40 minutes for 2nd roast (does not require preheating)

- Cut the head and feet of the chicken and discard them, wash the chicken, and wipe it dry. Pat salt and black pepper on the carcass surface and inside its cavity.
- Stuff the chicken cavity with rosemary, sage and lemon, sew the cavity with a toothpick, then put the prepared chicken aside.
- Prepare vegetables. Peel garlic and slice ginger. Peel the potatoes and the carrots, wash them, and cut into cubes with sides of about 2 cm. Cut onion into 2 cm pieces and tomatoes into 6 pieces of equal size.
- Put 2 layers of aluminum foil onto the deep baking tray brush olive oil on the foil, scatter some rosemary and sage, lay the prepared vegetables (potatoes, carrots, tomatoes and garlic) around the deep baking tray with ginger slices in the middle. Finally, put the seasoned chicken on the ginger in the middle, and sprinkle salt and black pepper all over.
- Preheat the oven with upper and lower tubes to 200 °C. When the temperature reaches, the buzzer will sound "beep-beep-beep". When you hear the 'beep' sound, put the deep baking tray on Shelf 3 of the oven, roast for about 30 minutes, take it out, stir the vegetables a little bit, put the deep baking tray into the oven again, and roast with upper and lower tubes at 200 °C for about 40 minutes.

Note

Be sure to use the oven gloves when handling baking accessories.

Key Points for Cooking Food

- The standard time set in the menu may vary with the temperature, type, quantity (weight) and container of the food for grilling. Please adjust it according to the actual grilling needs.
- To prevent fire caused by the dipping greases, place the food on the enamel baking tray.
- Do not open the oven door while the grilling is in progress. (Otherwise it may affect the baked food color.)

Continuous heating

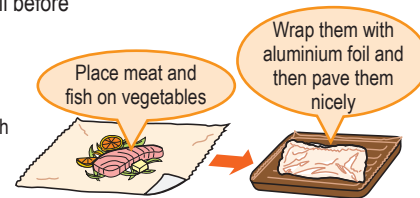
- Shorten the set time after cooking for the second time.
* When heating is insufficient, adjust the time accordingly.

Grilling thick and tall food


- Cover the food with aluminum foil before grilling (to avoid a burnt at the surface but the core is not ready)
* Keep the aluminium foil from the heating tube.
(The aluminium foil may melt and adhere to the heating tube surface, and cause a failure.)

Grilling meat and fish


- Cover the food with aluminum foil before heating (to avoid grease and oil splatter)
* Since heated grease may splash, meat or fish should be wrapped with aluminium foil before being placed on the enamel baking tray for heating.



Fermentation function (approx. 40 °C)

- ① Select the  function on the oven, and put the dough inside.
- ② The fermentation of dough depends on the recipe, climate and dough texture. Adjust the time for fermentation of the dough according to actual conditions.

Convection function

During the baking process, press the  button to give an even coloring on the surface of the food.

Note

- It may not be convenient for you to place the enamel baking tray, cooking rack and crumb tray on the bottom shelf due to the angle of the glass door, please pay special attention when doing so.
- Shelf 1 consists of two sections, front and back, with a space in-between. When placing the enamel baking tray and cooking rack on Shelf 1, make sure that they are firmly inserted in the back section to avoid tipping over.



Cleaning



Notes

- Before cleaning, unplug and wait the oven to cool down completely.
- Do not use the propellant, paint thinner, grinding powder, steel brush, or scouring pad. (It may cause surface scratches.)
- After cleaning the oven, place the crumb tray properly.
- Use a well-wrung soft cloth soaked with diluted kitchen detergent to clean the oven surface.
- Be careful to close the glass door. Do not use the oven if the glass cracks or is damaged.

Main unit and inner chamber

Use a soft sponge soaked with diluted kitchen detergent to clean them, and dry it well.

* Do not wipe the heating tube.



Enamel baking tray / Deep baking tray / Cooking rack / Turnspit / Crumb tray

Use a well-wrung soft cloth soaked with diluted kitchen detergent to clean the accessories.



Troubleshooting

Before arranging for service, check the following points

Quick troubleshooting

Problems	Cause and solution
Bake failure	<ul style="list-style-type: none"> ● The plug is not inserted properly. → Insert the power plug firmly into the outlet. ● A fault exists. → Contact our service department.
Odor	<ul style="list-style-type: none"> ● The baking time is too long. → Turn off the oven, and clean up the food with odor. ● The enamel baking tray/deep baking tray releases an odor or there is some ingredient on the cooking rack. → Clean the enamel baking tray/deep baking tray and the cooking rack. ● Confirm if there are any drippings of grease or crumbs in the crumb tray. → Clean the crumb tray.
H01 Display H02	<ul style="list-style-type: none"> ● In case of a short circuit or break of the temperature sensor on the upper tube in any mode, the oven will immediately enter the abnormal mode. → Contact our service department.
H03 Display H04	<ul style="list-style-type: none"> ● In case of a short circuit or break of the temperature sensor on the lower tube in any mode, the oven will immediately enter the abnormal mode. → Contact our service department.
U50 Display	<ul style="list-style-type: none"> ● For the setting of fermentation, press the Start key, when the inner temperature of the oven is over 40 °C, the oven will immediately enter the cavity overheat protection mode. → Press the Cancel button to return to the Fermentation mode. → Open the glass door. When the cavity temperature is below 40 °C, return to the Fermentation Setting mode.

Specifications

Power supply	220 V ~ 50 Hz		
Power Consumption	1800 W		
Capacity	38 L		
Temperature setting of cavity center	Upper tube, lower tube or turnspit: 70 ~ 180 °C (±20 °C from average temperature) Upper and lower tubes: 70 ~ 230 °C		
Automatic thermolator	Temperature sensor	Rated power (approx.)	Upper and lower tubes 1800 W
			Upper tube 900 W
			Lower tube 900 W
Timer	120 minutes/program control		
Net weight (approx.)	11.9 kg		
Power cord length (approx.)	1.0 m		
Size (approx.)	External dimension	Length: 53.5 cm Width: 42.0 cm Height: 35.5 cm	
	Inner chamber	Length: 39.0 cm Width: 32.5 cm Height: 29.3 cm	
	Enamel baking tray (internal dimension)	Length: 33.0 cm Width: 28.5 cm Height: 1.7 cm	
	Deep baking tray (internal dimension)	Length: 33.5 cm Width: 30.0 cm Height: 4.2 cm	

● After the power plug is inserted into the socket, the standby power is 0.5 W.

微電腦精準控溫，中西菜餚隨心煮

中西料理
輕鬆烤製
美味可口



多士 (P. TC20)



牛扒 (P. TC20)



焗全雞 (P. TC21)



焗雞翼 (P. TC21)



鹽焗大蝦 (P. TC22)



烤魚 (P. TC22)



曲奇 (P. TC23)



薄餅 (P. TC23)



蛋撻 (P. TC24)



海綿蛋糕 (P. TC24)

配備深烤盤
製作適用於
派對料理



烤全雞 (深烤盤)
(P. TC25)

非常感謝您購買 Panasonic 的產品。

- 本產品只限於家庭使用。
- 請仔細閱讀本使用說明書，以確保正確安全使用本產品。
- 使用前請確保仔細閱讀「安全注意事項」及「重要資訊」(P. TC4 ~ TC8)。
- 請妥善保管本使用說明書，以備將來使用。

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中文(繁體)

安全注意事項

請務必遵守


為防患未然避免危害使用者及他人財產，列舉務必遵守事項如下並加以說明。


■因錯誤操作而產生的危害及損失程度，以下列標誌予以區分說明。

警告：表示有可能導致重傷或死亡的潛在危險。

注意：表示有可能導致輕傷或財產損失的潛在危險。


■希望遵守內容的種類以下面的圖形來區分說明。

 表示必須避免的行為。

 表示必須遵從的行為。

警告

為了避免出現觸電、火災、燙傷或重傷的危險。

 ●切勿擅自拆解、維修或改裝本產品。
→ 修理時請與購買商鋪或客戶諮詢服務中心聯絡。

●請勿損壞電源線或電源插頭。

嚴禁執行以下行為：

加工或將其放置在加熱元件附近；強行彎曲、扭轉、拉扯、從尖銳邊沿拉過電源線；在電源線上放置重物；捆紮電源線及使用電源線提起或拉動本產品。



●如電源線或電源插頭受損或插入插座時鬆動，切勿使用本產品。

→ 如果電源線損壞，為了避免危險，必須由製造商、維修部或類似的專業人員更換。

●請勿以潮濕的手插入或拔出電源插頭。

●請勿將本產品、電源線和電源插頭浸泡在水中或向其噴水 / 其他液體。


●請勿讓電源線懸掛在桌子或工作檯邊緣，或使其接觸到高溫表面。

●切勿讓嬰兒或兒童將包裝材料視作玩具。

●請勿在靠近可燃材料的地方或窗簾下方使用本產品。

警告

為了避免出現觸電、火災、燙傷或重傷的危險。

 ●凡身體、視力或智能缺陷或不足者（包括兒童），以及缺乏使用經驗和知識者，皆不得使用本產品，除非旁人為其安全承擔責任，且給予適當監督和指導。
務必從旁監督兒童，避免其任意使用產品。

●請必須確保嬰兒及兒童遠離本產品及其電源線。

●萬一本產品不正常運作，請立即中斷使用本產品並拔出電源插頭。
異常或故障事例

- 電源插頭和電源線異常發熱。
- 電源線受損或本產品不通電。
- 爐體變形、有明顯損壞或異常發熱。
- 出現其他異常或故障。

→ 請立即拔掉產品電源插頭，並聯絡客戶諮詢服務中心予以檢查或維修。

●確保本產品的標籤上指示的電壓與本地電源的電壓一致。此外還應避免在同一個電源插座中插入其他設備，以免電氣過熱。但如果連接多個電源插頭，應確保總功率不超過電源插座的額定功率。

●把電源插頭穩固地插入電源插座內。

●請定期清除電源插頭上的灰塵。
→ 拔下電源插頭，並用乾布擦拭。

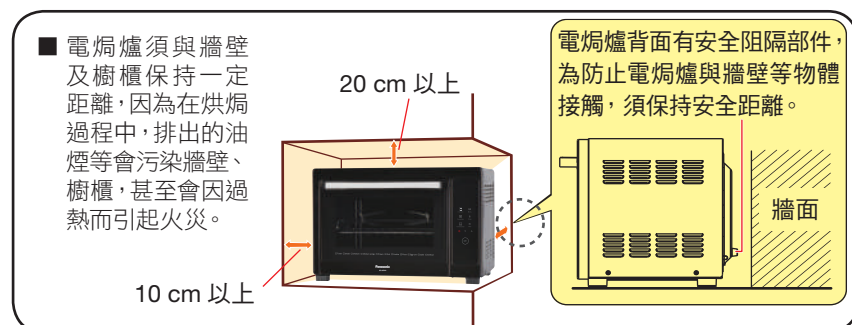
安全注意事項

請務必遵守

⚠ 注意

為了避免出現觸電、火災、冒煙、燒傷、燙傷、受傷或財產損失的危險

- 本產品操作過程中切勿離開。
- 切勿將本產品用於說明書所述以外的任何其他用途。
 - 如不當操作本產品或未能遵從相關說明，Panasonic 恕不承擔任何責任。
- 切勿在使用本產品時或剛使用後接觸高溫表面，例如爐體頂部表面、琺瑯質烤盤、深烤盤、烤網等部位。本產品在使用時容易變熱，使用期間表面溫度很高，待冷卻後再進行使用後的清潔。
 - 請特別注意使用後發出的餘熱。
- 切勿用濕手接觸本產品。
- 使用中請勿接觸、堵塞或覆蓋蒸汽排氣孔。
- 切勿將任何東西放置在本產品上或塞入產品底部。
- 請勿在下列位置使用本產品：
 - 不平坦的表面、地氈上面、非耐熱表面或鋪有桌布等表面。
 - 可能會被水濺潑的地方或熱源附近。
 - 靠近水槽等任何開放式水源附近。
- 切勿在靠近牆壁、家具或封閉空間（例如嵌入式櫥櫃）的位置使用本產品。
（否則可能導致變色或變形。）



- 切勿使用刀具或利器，以免損壞加熱元件。
- 請勿使用外接定時器等。
 - 本產品不能在外接定時器或獨立的遙控器控制系統的方式下運行。

TC6

⚠ 注意

為了避免出現觸電、火災、冒煙、燒傷、燙傷、受傷或財產損失的危險

- 請勿在縫隙中插入任何物體。
- 如加熱的食材冒煙或起火，請勿打開玻璃門。
 - 馬上關閉電源，拔除電源插頭。
 - 火未熄滅時請勿打開玻璃門。
 - 不可使用水。
- 罐類與玻璃瓶，請勿直接加熱。
- 請勿將油倒入琺瑯質烤盤 / 深烤盤加熱。
- 不使用本產品時，移動和清潔前必須確保已關閉本產品電源，並從電源插座中拔出電源插頭，再次使用前必須將本產品擦乾。
- 移動、清潔或存放本產品前，請確保本產品處於冷卻狀態。
- 使用本產品時，請確保麵包屑盤已清潔乾淨並正確安裝。
- 使用時小心不要被電源線絆倒或纏繞。
- 拔出電源插頭時，必須握住電源插頭。切勿用力拉扯電源線。
- 每次使用之後，請確保清潔本產品。
- 請將本產品放在穩固、乾燥、清潔、平坦耐熱的桌面上。

TC7

重要資訊

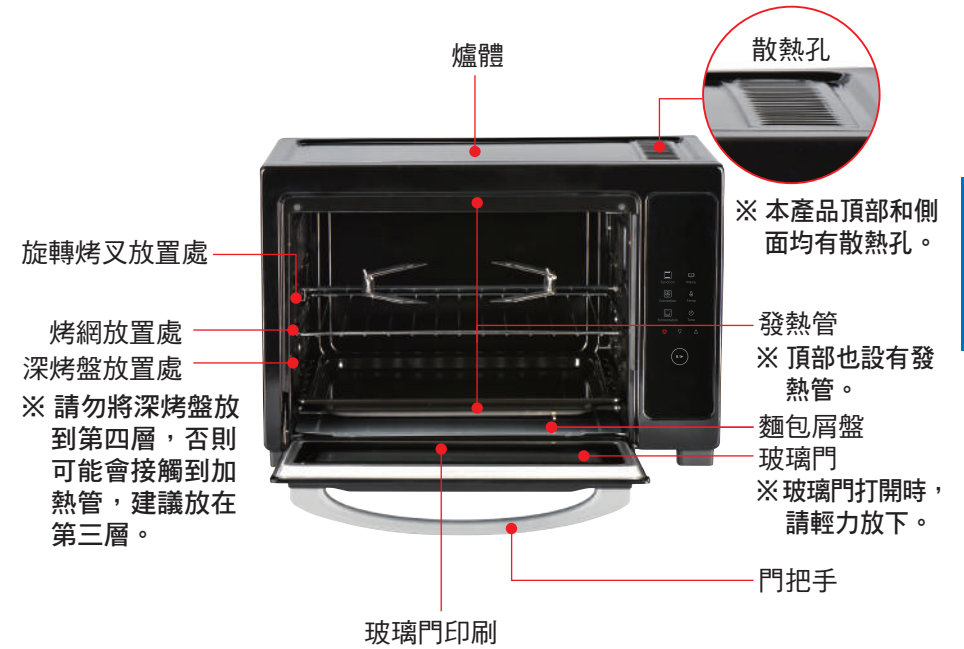
- 玻璃門打開時，請勿用力向下壓玻璃門或在玻璃上放置重物。
- 請勿以握住電焗爐門把手的方式移動本產品。
- 請勿在爐體頂部放置任何東西。
- 請勿對本產品進行不必要的加熱。



此符號表示：本產品表面高溫，觸碰時請小心謹慎。

各部件名稱

- 初次使用時或長時間未使用時，請先清洗配件。(P. TC27)



中文(繁體)

食譜提示

☐ Toast ☐ Steak ☐ Chicken ☐ Chicken wings ☐ Prawn ☐ Fish ☐ Cookie ☐ Pizza ☐ Egg tart ☐ Cake ☐ Defrost

注意：玻璃門上印刷的各種料理之烘焗時間及溫度設定，請參閱本使用說明書「食譜」部分的相關資訊。

各部件名稱

配備說明

琺瑯質烤盤



作用

烘焙時用於放置肉類、魚類等油脂類食物。

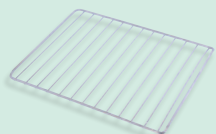
深烤盤



作用

用於製作蛋糕卷、烤全雞和焗菜類料理。

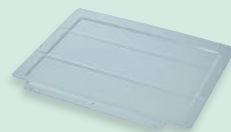
烤網



作用

用於焗製麵包或其他菜餚，以及盛載容器。

麵包屑盤



作用

用於承接非出油性食物的殘渣和油脂。

取物支架



作用

用於提取旋轉烤叉。

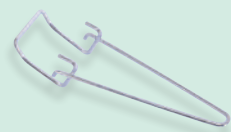
旋轉烤叉



作用

用於焗製全雞和大塊肉類。

取物夾



作用

用於提取琺瑯質烤盤和烤網。

※ 取出深烤盤時需用隔熱手套，請顧客自行購買。

TC10

各部件名稱

控制面板



首次使用之前請空燒

- ①把琺瑯質烤盤和深烤盤放入電焗爐內。（請勿將深烤盤放到第四層）
- ②在待機模式時按下 鍵，按 鍵選擇「」，上管溫度及下管溫度設定為「230 °C」。
- ③將時間設定為 10 分鐘。
 - 發熱管塗有防護層，防止運送過程中遭鹽蝕，因此在預熱時可能有煙霧冒出，此屬正常現象。
 - 電焗爐空燒時，會釋放出煙和異味。請將電焗爐門打開，讓煙容易消散。煙和異味釋放之後，使用時將不會再次出現。
 - 第一次空燒時，電焗爐會發出聲響，此乃正常現象。
 - 空燒後，本體冷卻後再使用。

TC11

使用方法

手動功能

1 插入電源 待機模式



- 如果閒置 1 分鐘以上無操作，顯示窗會自動進入省電模式，顯示窗不會顯示內容。
- 在省電模式下，**▶▶** 鍵燈亮。按下 **▶▶** 鍵後，顯示窗會返回待機模式。
- 在省電模式下，只有 **▶▶** 鍵可以操作。

2 功能選擇

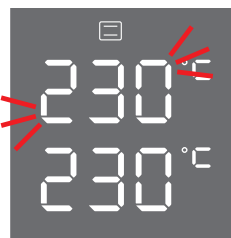
在待機模式時按下 **☰** 鍵，按 **☰** 鍵選擇所需的**功能**，例如選擇上下管（使 **☰** 閃爍）。



- 表示閃爍。

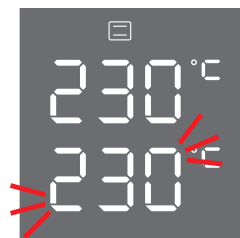
3 溫度設定

按下 **Temp** 鍵，根據食物的屬性及個人喜好，按 **▼▲** 鍵設定上管溫度。



- 設定溫度時，以 10 °C 為單位增減。
 - 發酵功能為固定溫度，無法調節。
 - 加熱方式選擇為上管、下管或旋轉烤叉時，最高溫度可設定為 180 °C，最低溫度可設定為 70 °C；選擇上下管時，最高溫度可設定為 230 °C，最低溫度可設定為 70 °C。
 - 溫度設定完成後，如果閒置 1 分鐘以上無操作，電焗爐會自動進入省電模式。
- ※ 如果不需要預熱，請直接在步驟 3 之後操作步驟 5。

上管溫度設定完成後，再按下 **Temp** 鍵，按 **▼▲** 鍵設定下管溫度。



4 預熱時間 (烤叉功能及發酵功能無法預熱)



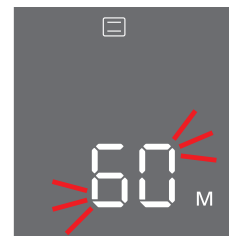
爐內溫度高於 100 °C 時顯示

- 溫度設定完成後，請按下 **▶▶** 鍵開始進行預熱。
- 達到預熱溫度，蜂鳴器發出「啾啾」聲，表示預熱完成。
 - 在選擇期間，或者在選擇完成後但未按下 **▶▶** 鍵前，按下 **☰** 鍵會返回功能初始設定。
 - 上管溫度顯示為上下管設定的最高溫度，並以此溫度預熱。
 - 預熱將會以上下管方式加熱。爐內溫度達到 100 °C 以上時，下管溫度會顯示目前的爐內溫度，爐內溫度低於 100 °C 時則不會顯示。
 - 預熱完成後，如果閒置 5 分鐘以上無操作，電焗爐會自動進入省電模式。

5 時間設定

預熱完成後，顯示窗會自動顯示預設時間（60 分鐘），此時可根據食物的屬性與個人喜好，按 **▼▲** 鍵設定時間。

不需要預熱時，可按下 **Time** 鍵，根據食物的屬性與個人喜好，按 **▼▲** 鍵設定時間。



- 設定時間時，以 1 分鐘為單位增減；長按 **▼▲** 鍵 4 秒之後，則會變為以 5 分鐘為單位增減。
- 設定時間時，最高可設定為 120 分鐘，最低可設定為 1 分鐘。

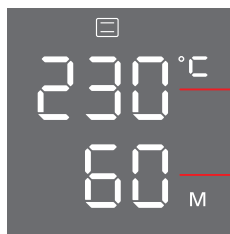
6 放入食材

- 將食物放在琺瑯質烤盤、深烤盤或烤網上。
- 根據食物的高度，將烤網或琺瑯質烤盤 / 深烤盤插入適當的放置處。
- 放入食材後，如果閒置 5 分鐘以上無操作，電焗爐會自動進入省電模式。

使用方法

手動功能

7 開始焗製



溫度顯示為上下管設定的最高溫度

距離完成時間

- 放入食材後請關閉玻璃門，按下 鍵開始焗製。
- 在焗製過程中，可根據食物的屬性及個人喜好，自由設定溫度和時間。
- 蜂鳴器發出「啾啾」聲，表示焗製完成。

8 加熱完成，取出食材



- 使用取物夾或隔熱手套取出琺瑯質烤盤或烤網，深烤盤取出時必須使用隔熱手套。

附註

- 打開/關閉玻璃門時，請輕力放下。（以防止玻璃門或門把手的噴漆脫落。）
- 使用期間或使用後如果溫度仍高，請勿將凍水灑到玻璃門上。

9 拔掉電源



使用方法

預設食譜

1 插入電源

待機模式



- 如果閒置 1 分鐘以上無操作，顯示窗會自動進入省電模式，顯示窗不會顯示內容。
- 在省電模式下 鍵燈亮。按下 鍵後，顯示窗會返回待機模式。
- 在省電模式下，只有 鍵可以操作。

2 食譜選擇

在待機模式時按下 鍵，按 鍵選擇所需功能。（表示選擇食譜「2」）。

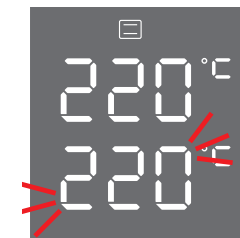


- 表示閃爍。

3 溫度設定（食譜「11」無法自由設定）

按下 鍵，上下管預設溫度為 220 °C，顯示窗上顯示的溫度為食譜推薦溫度，也可根據食物的屬性及個人喜好，按 鍵設定上管溫度。

上管溫度設定完成後，再按下 鍵，按 鍵設定下管溫度。



- 設定溫度時，以 10 °C 為單位增減。
- 每種食譜的預設溫度都有分別。
- 選擇上下管時，最高溫度可設定為 230 °C，最低溫度可設定為 70 °C。
- 食譜「3」只有上管加熱，最高溫度可設定為 180 °C。
- 溫度設定完成後，如果閒置 1 分鐘以上無操作，電焗爐會自動進入省電模式。

使用方法

預設食譜

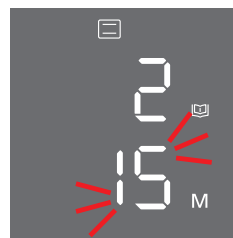
4 預熱時間 (食譜 1、3、11 無法預熱)。



- 溫度設定完成後，請按下 **▶** 鍵開始進行預熱。
- 達到預熱溫度，蜂鳴器發出「嗶嗶嗶」聲，表示預熱完成。
 - 上管溫度顯示為食譜編號，下管溫度顯示為上下管設定的最高溫度，並以此溫度預熱。
 - 預熱完成後，如果閒置 5 分鐘以上無操作，電焗爐會自動進入省電模式。

5 時間設定

預熱完成後，顯示窗會自動顯示預設時間（15 分鐘），此時可根據你的食譜，按 **▼/▲** 鍵設定時間。

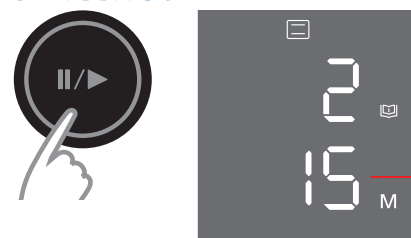


- 設定時間時，以 1 分鐘為單位增減；長按 **▼/▲** 鍵 4 秒之後，則會變為以 5 分鐘為單位增減。

6 放入食材

- 將食物放在琺瑯質烤盤、深烤盤或烤網上。
- 根據食物的高度，將烤網或琺瑯質烤盤插入適當的放置處。
- 放入食材後，如果閒置 5 分鐘以上無操作，電焗爐會自動進入省電模式。

7 開始焗製



- 放入食材後請關閉玻璃門，按下 **▶** 鍵開始焗製。
- 在焗製過程中，可根據食物的屬性及個人喜好，自由設定溫度和時間。
- 蜂鳴器發出「嗶嗶嗶」聲，表示焗製完成。

8 加熱完成，取出食材



- 使用取物夾或隔熱手套取出琺瑯質烤盤或烤網，深烤盤取出時必須使用隔熱手套。

附註

- 打開/關閉玻璃門時，請輕力放下。（以防止玻璃門或門把手的噴漆脫落。）
- 使用期間或使用後如果溫度仍高，請勿將凍水灑到玻璃門上。

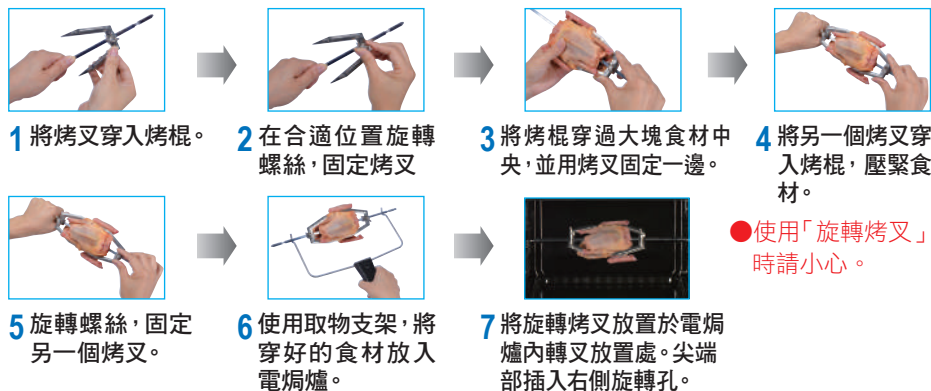
9 拔掉電源



配件使用說明

- 放入配件時，請輕力拉放。琺瑯質烤盤、深烤盤、烤網和烤架均為金屬部件，較易刮傷腔體，但即使令腔體兩側出現刮痕，也不會影響電焗爐性能，請安心使用。

使用旋轉烤叉/取物支架



使用烤網

- 烤網上若沾有燒焦的殘餘碎屑，可浸泡在水中一段時間後再行清洗。
- 使用烤網焗製時可能有食物殘餘碎屑或汁液滴下，請確保已放入麵包屑盤，讓使用後的清潔工作更加方便。

使用麵包屑盤

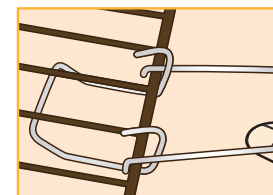
- 為了讓使用後的清潔工作更加方便，請裝入麵包屑盤後再開始使用。
- 使用後請清潔麵包屑盤，以免殘屑過度焗烤產生異味。
- 麵包屑盤取出時容易碰觸到下發熱管。請必須避免不當撞擊下發熱管。

使用琺瑯質烤盤/深烤盤

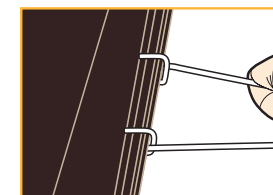
- 為了讓使用後的清潔工作更加方便，琺瑯質烤盤/深烤盤上可以墊上鋁箔紙或烘焙用紙後再開始使用。
- 琺瑯質烤盤/深烤盤上若沾有燒焦的肉汁，可浸泡在水中一段時間再作清洗；請避免用刀、叉等硬質金屬刮除。
- 生肉、魚與油炸物等直接加熱時：
油炸物加熱時會流出油脂，務必使用琺瑯質烤盤盛裝。
* 肉、魚請務必先用鋁箔紙包覆，再置於琺瑯質烤盤加熱。（P. TC26）
* 使用鋁箔紙包覆加熱時，可能會滲出油脂，務必使用琺瑯質烤盤盛裝。

使用取物夾

- 取出剛焗完畢的琺瑯質烤盤或烤網時，請使用取物夾，以免燙傷。
- 取出琺瑯質烤盤或烤網時，須注意食物的重心，尤其在琺瑯質烤盤中有大量流動的湯汁時，應小心避免翻倒。



夾取烤網時使用



夾取琺瑯質烤盤時使用

預設食譜

●食譜的預設標準時間會因焗製食材的溫度、種類、數量(重量)和容器等等而有所分別。請根據實際焗焗程度加以調整。

●電焗爐提供四層烤層。由上至下分別是第一層、第二層、第三層、第四層。



材料 薄片(約 10×10×1.5 cm)

多士

6 片

多士

●選擇  「1」

上下管：230 °C 時間：8分鐘

- ① 將多士放在烤網上。
- ② 把烤網放入電焗爐第二層，選擇食譜 1。
- ③ 以上下管230 °C焗焗8分鐘左右即可。



材料

(厚度約 2 cm)

冷凍牛扒	2 片(約 500 g)
黑胡椒粒	適量
食鹽	適量
橄欖油	適量

牛扒

●選擇  「2」

上下管：220 °C 時間：15分鐘

- ① 牛扒完全解凍後，用廚房用紙吸乾表面血水。
- ② 在琺瑯質烤盤上鋪一層烘焙用紙，並在烘焙用紙上塗上一層橄欖油。
- ③ 將黑胡椒粒和食鹽均勻地塗抹在牛扒兩面，然後放入琺瑯質烤盤中。
- ④ 選擇食譜 2，電焗爐自動預熱至 220 °C。
- ⑤ 待預熱完成、蜂鳴器發出「嗶嗶」聲後，將琺瑯質烤盤放入電焗爐第二層。
- ⑥ 以上下管 220 °C 焗焗 15 分鐘左右即可。



材料

全雞	1 隻(約 1000 g)
食鹽	適量
薑片	適量
葱	適量
蒜	適量

焗全雞

●選擇  「3」

上管：180 °C 時間：90分鐘

- ① 將全雞的雞頭和雞腳切除、洗淨，擦乾水分，然後在雞身表面和腹內塗上食鹽。
- ② 將葱、薑和蒜填入雞腹內，用牙籤把雞腹縫妥，再用棉線由雞翼位置開始綁緊，然後繞到雞腿骨處綁緊固定。
- ③ 將烤棍插入全雞，再用烤叉固定。
- ④ 先將鋪有烘焙用紙的琺瑯質烤盤放入電焗爐第四層，再將全雞烤叉放入電焗爐內放置妥當。
- ⑤ 選擇食譜 3，以 180 °C 焗焗 90 分鐘左右即可。

※ 將琺瑯質烤盤放入電焗爐第四層是為了防止油脂直接滴落加熱管。



材料

雞翼	8 個(約 350 g)
奧爾良烤雞翼調味料	30 g
水	30 g
白芝麻	適量

焗雞翼

●選擇  「4」

上下管：200 °C 時間：25分鐘

- ① 雞翼洗淨，用刀在表面上劃兩刀，讓雞翼更易入味。
- ② 在雞翼碗中加入奧爾良烤雞翼調味料，與水一起攪拌。
- ③ 攪拌均勻後，放入雪櫃冷藏 10 小時以上。
- ④ 將醃製好的雞翼整齊地擺放在烤網上。
- ⑤ 選擇食譜 4，電焗爐自動預熱至 200 °C。
- ⑥ 待預熱完成、蜂鳴器發出「嗶嗶」聲後，先將鋪有烘焙用紙的琺瑯質烤盤放入電焗爐第四層，再將烤網放入電焗爐第二層。
- ⑦ 以上下管 200 °C 焗焗 25 分鐘左右，雞翼出爐的時候在表面灑上白芝麻即可。

※ 搪瓷烤盤放入電焗箱第四層是為了防止油脂直接滴落加熱管。

預設食譜



材料 (蝦長約 15 cm)

蝦	8隻
食鹽	70 g
蛋白	15 g

鹽焗大蝦

選擇 「5」

上下管：180 °C 時間：10分鐘

- ① 將蝦開背去泥，洗淨後擦乾水分。
- ② 在琺瑯質烤盤上墊上烘焙用紙，將蝦擺放整齊。
- ③ 將食鹽和蛋白攪拌均勻，厚厚地塗抹在蝦頭和蝦尾處。
- ④ 選擇食譜 5，電焗爐自動預熱至 180 °C。
- ⑤ 待預熱完成、蜂鳴器發出「嗶嗶嗶」聲後，將琺瑯質烤盤放入電焗爐第二層。
- ⑥ 以上下管 180 °C 焗 10 分鐘左右即可。



材料

魚	1條(約500 g)
食鹽	適量
料酒	適量
薑片	適量
葱	適量
蒜	適量
橄欖油	適量

烤魚

選擇 「6」

上下管：220 °C 時間：20分鐘

- ① 魚洗淨，擦乾水分，然後在魚背上劃兩刀。在魚腹內填入蔥、薑和蒜用於去腥，並在魚身兩邊塗上適量的食鹽和料酒，為魚按摩，使之入味。
- ② 在琺瑯質烤盤上鋪上一層鋁箔紙，並塗上一層橄欖油，然後將魚放在琺瑯質烤盤上。
- ③ 選擇食譜 6，電焗爐自動預熱至 220 °C。
- ④ 待預熱完成、蜂鳴器發出「嗶嗶嗶」聲後，將琺瑯質烤盤放入電焗爐第二層。
- ⑤ 以上下管 220 °C 焗 20 分鐘左右即可。



材料 (約 25 個)

牛油	100 g
糖粉	60 g
雞蛋	1個
低筋麵粉	125 g
食鹽	1 g
雲呢拿油	1 g

曲奇

選擇 「7」

上下管：150 °C 時間：25分鐘

- ① 牛油必須室溫軟化至軟膏狀，用刮刀可輕鬆撥開。
- ② 放進食鹽和糖粉，然後開動打蛋器低速打發牛油，直至顏色變淺。
- ③ 加入雞蛋和 1 g 雲呢拿油，繼續用打蛋器最低檔將把雞蛋混勻，期間用刮刀刮一下碗邊。麵糊呈濃稠狀時取出打蛋器，此時用刮刀把殘留在攪拌棒上的麵糊刮下。
- ④ 低筋麵粉過篩分兩次加入，然後用刮刀切拌混勻，直至無乾粉即可。
- ⑤ 將麵糊裝入腳袋內（花嘴直徑 2 cm）。
- ⑥ 在琺瑯質烤盤上墊上烘焙用紙，然後擠出曲奇花紋。
- ⑦ 選擇食譜 7，電焗爐自動預熱至 150 °C，待預熱完成、蜂鳴器發出「嗶嗶嗶」聲後，放入電焗爐第二層。
- ⑧ 以上下管 150 °C 焗 25 分鐘左右取出，待其冷卻。



材料 (直徑約 18 cm)

冷凍薄餅	1片(約350 g)
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薄餅

選擇 「8」

上下管：200 °C 時間：15分鐘

- ① 從雪櫃中取出冷凍薄餅，放入琺瑯質烤盤。
- ② 選擇食譜 8，電焗爐自動預熱至 200 °C。
- ③ 待預熱完成、蜂鳴器發出「嗶嗶嗶」聲後，將琺瑯質烤盤放入電焗爐第二層。
- ④ 以上下管 200 °C 焗 15 分鐘左右即可。

預設食譜



材料

純牛奶	50 g
淡忌廉	100 g
蛋黃	2 個
細砂糖	16 g
煉奶	10 g
蛋撻底	8 個

蛋撻

選擇  「9」

上下管：220 °C 時間：15 分鐘

- ① 純牛奶、淡忌廉、煉奶、細砂糖放入碗中隔熱水（約 40 °C）攪拌至細砂糖融化。
- ② 取出放涼後加入蛋黃，繼續攪拌均勻。
- ③ 將蛋撻底擺放在琺瑯質烤盤中，倒入蛋撻液至約七至八分滿。
- ④ 選擇食譜 9，電焗爐自動預熱至 220 °C。
- ⑤ 待預熱完成、蜂鳴器發出「嗶嗶嗶」聲後，放入電焗爐第二層，烘焗 15 分鐘左右即可。
- ⑥ 取出放涼後即可食用。



材料

（6 吋圓模）

雞蛋	3 個 (約 150 g)
低筋麵粉	90 g
細砂糖	90 g
牛油	30 g
牛奶	30 g

海綿蛋糕

選擇  「10」

上下管：180 °C 時間：25 分鐘

- ① 將雞蛋及細砂糖放入盆中，放置於熱水煲（約 50 °C）內，用打蛋器（先高速再中速）隔熱水發打，直至蛋液顏色變淺、大氣泡變少、組織濃稠細膩為止。提起打蛋器時流下的蛋糊應不會立刻滴落。
- ② 牛油融化後加入牛奶，混合均勻。隔熱水放入熱水煲內備用，以防牛油再次凝結。
- ③ 分兩次放入過篩後的低筋麵粉，攪拌均勻。
- ④ 倒入牛奶及牛油混合物，繼續攪拌，此時應儘量輕力攪拌，以免起泡。攪拌後的麵糊呈光滑細膩狀。
- ⑤ 將攪拌後的麵糊倒入模具之中，輕輕晃動使氣泡散出。
- ⑥ 選擇食譜 10，電焗爐自動預熱至 180 °C。待預熱完成、蜂鳴器發出「嗶嗶嗶」聲後，模具放在琺瑯質烤盤上，並一起放入電焗爐第三層，烘焗 25 分鐘左右。用牙籤扎下拔起後不會帶出麵糊，即表示焗製完成。
 - 如果焗表面很快變色，可在上面蓋上一張鋁箔紙，以免燒焦。
 - 蛋糕取出後待其冷卻後再脫下模具。
 - 可根據個人口感及烤模類型，適當增減時間。
 - 可在焗完後的蛋糕上塗上忌廉及用水果裝飾。

材料

（厚度約 2 cm）

冷凍牛扒	2 片 (約 500 g)
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注意

如需需要解凍其他食材，請根據所需要解凍的食材自行設定解凍時間。



材料

全雞	1 隻 (約 1500 g)
紅蘿蔔	1 根 (約 350 g)
薯仔	2 大個 (約 600 g)
洋蔥	1 個 (約 200 g)
番茄	2 個 (約 100 g)
檸檬	1 個
迷迭香	適量
鼠尾草	適量
球莖茴香	適量
薑片	適量
大蒜	6~10 瓣
食鹽	適量
黑胡椒粒	適量
橄欖油	適量

解凍

選擇  「11」

上下管：50 °C 時間：60 分鐘

- ① 將冷凍牛扒放在琺瑯質烤盤上。
- ② 將琺瑯質烤盤放入電焗爐第二層，選擇食譜 11。
- ③ 以上下管 50 °C 解凍 60 分鐘左右取出。

烤全雞（深烤盤）

選擇 

上下管：200 °C
時間：前焗 30 分鐘（需預熱）
後焗 40 分鐘（無需預熱）

- ① 將全雞的雞頭和雞腳切除、洗淨，擦乾水分。在雞身表面和腹內塗上食鹽和黑胡椒粒。
- ② 將迷迭香、鼠尾草和檸檬填入雞腹內，用牙籤將雞腹縫妥，然後放在一旁備用。
- ③ 準備蔬菜，大蒜去皮，薑切片；薯仔及紅蘿蔔削皮後洗淨，並切成約 2 cm 的方塊；洋蔥切成約 2 cm 大小；番茄切成約六等份。
- ④ 在深烤盤上鋪上兩層鋁箔紙，在鋁箔紙上塗上一層橄欖油，然後先灑上少量迷迭香和球莖茴香，再把處理好的蔬菜（薯仔、紅蘿蔔、番茄、大蒜）鋪在深烤盤的四周，深烤盤中間鋪上薑片。最後，將事先處理好的雞放在深烤盤的中間位置，整體再灑上少許食鹽和黑胡椒粒。
- ⑤ 以電焗爐上下管預熱至 200 °C。待預熱完成、蜂鳴器發出「嗶嗶嗶」聲後，放入電焗爐第三層，烘焗 30 分鐘左右取出。將蔬菜稍作攪拌之後重新放入電焗爐，以上下管 200 °C 再烘焗 40 分鐘左右即可。

注意

取出烘焙配件時，必須使用隔熱手套。

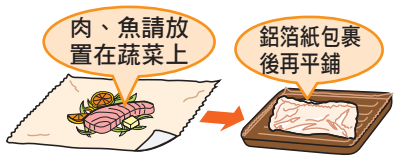
調理的秘密訣

- 食譜的預設標準時間會因焗製食材的溫度、種類、數量（重量）和容器等等而有所分別。請根據實際焗程度加以調整。
- 為避免油脂滴落而造成火災，務必以琺瑯質烤盤盛裝食物。
- 焗製期間請勿打開電焗爐門。（會影響烤色）

連續加熱 ● 第 2 回後，請縮短設定時間。
※如加熱不足，請酌量調整時間。


焗較厚、較高的食物 ● 可使用鋁箔紙包裹後加熱（避免表面燒焦但內部不熟）
※鋁箔紙切勿接觸發熱管
（鋁箔紙溶化會附著在發熱管表面，造成故障）

焗製肉類和魚類 ● 可使用鋁箔紙包裹後加熱（避免油脂濺出）
※因油脂加熱後會飛散之故，使用鋁箔紙包覆後放置在琺瑯質烤盤上加熱。




肉、魚請放置在蔬菜上
鋁箔紙包裹後再平鋪

發酵功能（約40℃）


- ① 請先將電焗爐選擇至  功能，然後放入麵糰。
- ② 麵糰發酵的狀況會因配方、氣候、麵糰組織而有所有不同。請根據實際狀況調整所需發酵時間。

熱風功能

在焗製食物過程中，按下  鍵，使食物表面的焗顏色更加均勻。

附註

- 琺瑯質烤盤、烤網和麵包屑盤在進出最下層烤層時，因玻璃門的角度關係會稍為不便，使用時敬請留意。
- 第一層烤層為前後二段式（中間有空位）。在琺瑯質烤盤和烤網放入第一層烤層時，請確保已插入後面的烤層，以免翻倒。



清潔



請注意

- 先拔除電源插頭，電焗爐冷卻後再進行清潔。
- 揮發劑，油漆稀釋劑，研磨粉，鋼刷，菜瓜布等請勿使用。（會造成表面刮傷）。
- 電焗爐清理完後請將麵包屑盤確實放置好。
- 將已浸泡稀釋廚房清潔劑的軟抹布擰乾，用來擦拭電焗爐表面。
- 請小心關閉玻璃門。如玻璃門破裂或有破損，請勿使用。

爐體・電焗爐內部

用已浸泡稀釋廚房清潔劑的軟海綿清潔，然後晾乾。
※ 請勿擦拭發熱管。



**琺瑯質烤盤 / 深烤盤 / 烤網
旋轉烤叉 / 麵包屑盤**

將已浸泡稀釋廚房清潔劑的軟抹布擰乾，用來擦拭配件。



故障診斷

送修前請確認以下幾項

簡易故障診斷

問題	原因及解決方法
無法烘焗	<ul style="list-style-type: none"> ● 插頭沒插好。 → 請將電源插頭穩固插入插座中。 ● 故障 → 與客戶諮詢服務中心聯絡。
出現異味	<ul style="list-style-type: none"> ● 烘焗時間太長。 → 請關閉電焗爐、清理異味食材 ● 琺瑯質烤盤 / 深烤盤有異味或烤網有食材殘留。 → 請清潔琺瑯質烤盤/深烤盤與烤網 ● 確認麵包屑盤是否有滴落油脂或碎屑。 → 請清潔麵包屑盤。
顯示 H01 H02	<ul style="list-style-type: none"> ● 如在任何模式中出現上管溫度感測器短路或斷路，電焗爐會立即進入異常模式。 → 與客戶諮詢服務中心聯絡。
顯示 H03 H04	<ul style="list-style-type: none"> ● 如在任何模式中出現下管溫度感測器短路或斷路，電焗爐會立即進入異常模式。 → 與客戶諮詢服務中心聯絡。
顯示 U50	<ul style="list-style-type: none"> ● 在發酵設定中按下開始鍵，當爐內溫度高於 40 °C 時，電焗爐會立即進入爐內溫度過高保護模式。 → 按下取消鍵，返回發酵模式。 → 打開玻璃門。爐內溫度低於 40 °C 時，會返回發酵設定模式。

規格

電源	220 V ~ 50 Hz		
消耗功率	1800 W		
容量	38 L		
爐心溫度選擇範圍	上管、下管或旋轉烤叉 70 ~ 180 °C (平均溫度 ±20 °C) 上下管 70 ~ 230 °C		
自動溫度調節器	感溫器	額定功率 (約)	上下管 1800 W
定時器	120 分鐘 / 程式控制		上管 900 W
淨重 (約)	11.9 kg		
電源線長度 (約)	1.0 m		
尺寸 (約)	外觀尺寸	長 53.5 cm 寬 42.0 cm 高 35.5 cm	
	爐內空間	長 39.0 cm 寬 32.5 cm 高 29.3 cm	
	琺瑯質烤盤 (內寸)	長 33.0 cm 寬 28.5 cm 高 1.7 cm	
	深烤盤 (內寸)	長 33.5 cm 寬 30.0 cm 高 4.2 cm	

● 電源插頭接入插座後，其待機消耗功率為 0.5 W。

