

### AUTOMATIC RECIPES CQ926H01 INSTRUCTION





World Class Leader of Premium Kitchen Appliances



## P01 × Egg custard

Steamed egg custard is a home-made dish made of eggs, which tastes delicate, tender and smooth.

### [Ingredients]

- 2 eggs (about 100g)
- 1.5g salt, 3g fresh soy sauce, 3g sesame oil, 2g green onion, 200g warm water (egg:water = 1:2)



- Break the eggs into a bowl and stir well. Prepare 200g warm water and add salt into it. Pour the water into the egg liquid and stir thoroughly to remove the scum.
- Place the bowl on the perforated steaming tray, then
  place the perforated steaming tray on the third floor of
  the steam oven, close the door, fill the water tank with
  water, select the recipe, and press the "Confirm/Pause"
  button to start cooking.
- After cooking, take out the bowl, add the fresh soy sauce, sesame oil, and chopped green onions. Then you can enjoy the delicious egg custard.





## P02 × Fish Head with Chopped Chill

Fish head is rich in lecithin and unsaturated fatty acid which are essential for human body and beneficial for reducing blood fat, invigorating brain and anti-aging.

### [Ingredients]

- One fish head (about 700g)
- 200g Chopped pepper sauce, 45g edible oil,10g green onion,15g cooking wine, 1.5g salt, 0.5g white pepper powder



### [ Directions ]

- Chop the green onion into segments, clean the fish head and cut it in half but don't cut it off.
- Add 15g cooking wine, 1.5g salt and 0.5g white pepper power to marinate the fish head for 1h.
- Put the fish head on a large plate, and spread the chopped pepper onto it.
- 4. Place the plate with fish head on the perforated steam tray, and put the perforated steam tray on the third floor of the steam oven. Close the door, fill the water tank with water, select the recipe, and press the "Start/Pause" button to start steaming.
- 5. Take the steamed fish head out of the oven, sprinkle it with chopped green onion, heat the edible oil in a hot pan and then pour the hot oil on the fish head.
- Start to serve.



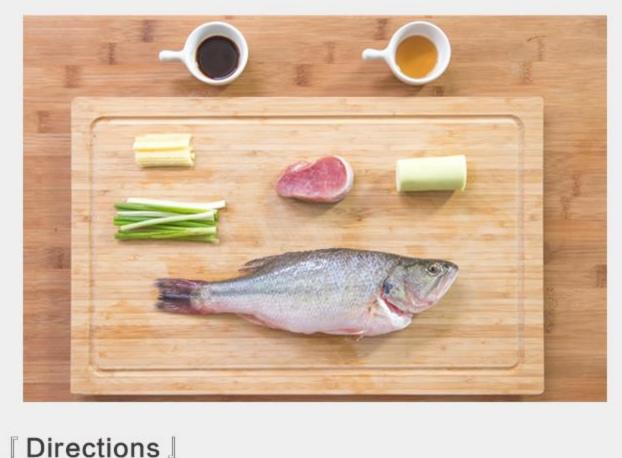


# P03×Steamed perch

Steamed Perch is one of the traditional dishes with Guangdong characteristics and belongs to the Cantonese cuisine.

### [Ingredients]

- Perch 400g (1 perch)
- 20g Edible oil,20g ginger,15g cooking wine,15g fish steaming soy sauce,10g green onion,2g salt



#### 1 Kill the fich

- Kill the fish, remove the guts, wash the fish and drain the water. Then make a few cuts on both sides of the fish.
- Smear salt evenly on the fish, pour in cooking wine, and marinate it for 10min. Then place the fish on a plate covered with green union segments and shredded ginger and put the rest of shredded ginger into the knife edge and fish belly.
- Put the plate on the perforated steam tray, and then place the perforated steam tray on the third floor of the steam oven. Close the door, fill the water tank with water, select the recipe, and press the "Confirm/Pause" button to start cooking.
- Take the steamed perch out of the oven and pour out the excess soup.

5. Pour in fish steaming soy sauce and sprinkle it with

chopped green onion. Heat the edible oil in a hot pot and pour the hot oil on the fish.





## P04×Steamed prawn

Steamed Prawns is a dish mainly made of prawns. It is easy to cook, delicious and nutritious.

### [Ingredients]

- 400g Prawns
- 15g Cooking wine,10g ginger, 5g green union, 2g salt



- Clean the prawns, remove the whiskers, slice the ginger, and chop the green union into segments.
- Put the prawns on a plate, put ginger slices on it, pour in cooking wine, and sprinkle some salt.
- Put the plate on the perforated steam tray, put the perforated steam tray on the third floor of the steam oven, close the door, fill the water tank with water, select the recipe, and press the "Confirm/Pause" button to start cooking.
- 4. Take the steamed prawns out of the oven.
- 5. Sprinkle the dish with chopped green onion.





## P05 Steamd Scallops with Vermicelli

Scallop, also known as sea fan, has delicious meat and rich nutrition. Its adductor muscle, after dried, is called "dried scallop" which is listed as one of the eight treasures. Vermicelli is rich in carbohydrate, dietary fiber, protein, niacin, and minerals such as Ca, Mg, Fe, K, P, and Na. Cooked with scallops, the vermicelli is also very delicious.

#### [Ingredients]

- 6 scallops, 30g vermicelli
- 60g Garlic chili sauce, 30g light soy sauce, 12g green union



#### [ Directions ]

- Kill the scallops and wash them clean. Soak the vermicelli soft. Wash the green union and cut them into sections.
- 2. Put the well-soaked vermicelli between the scallop meat and shell.
- 3. Put the scallops with vermicelli on a plate and place the plate on the perforated steam tray. Then put the perforated steam tray on the third floor of the steam oven. Close the door and fill the water tank with water. Select the recipe and press the "Confirm/Pause" button to start cooking.
- Take the steamed scallops out of the oven, pour garlic chili sauce and soy sauce on the scallops, and sprinkle the scallops with chopped green onion.



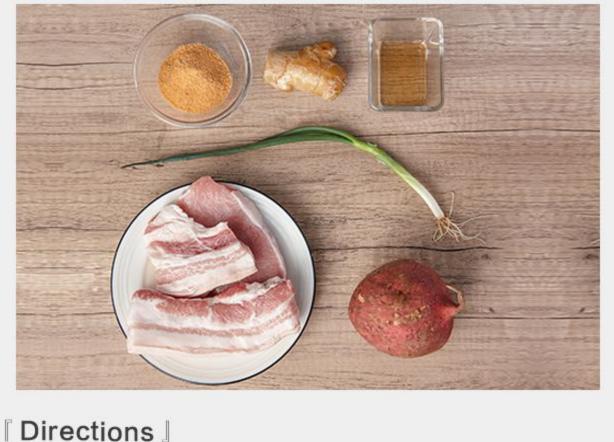


## P06 X Steamd Meat with Rice Powder

Steamed Pork with Sweet Potato is rich in fat and contains a certain amount of protein and trace elements such as Ca and Fe. It is conducive to digestion and absorption, and is a good tonic.

### [Ingredients]

- 400g streaky pork,300g sweet potato,40g pork steaming power
   5g Green union, 5g ginger, 5g cooking wine



#### 1 0 000

- Cut the streaky pork into small pieces, chopper the green onion into sections, cut the ginger into slices, and cut the sweet potato into small pieces.
- Mix the pork steaming power, ginger slices, green union, and cooking wine with streaky pork to marinate it for 30 minutes.
- Put the sweet potato pieces and marinated pork into a plate, mix them well, and let stand for 10 minutes.
- 4. Put the plate on the perforated steam tray, and then put the perforated steam tray on the third floor of the steam oven. Close the door, fill the water tank with water, select the recipe, and press the "Start/Pause" button to start steaming.
- 5. Take the steamed pork out of the steam oven.
- 6. Start to serve.





## P07×Steamed Chicken

The Steamed Chicken tastes delicious and has a strong meat flavor. It also has the beautifying, weight loss, detoxification, blood replenishing, and anti-aging effects.

### Ingredients

- 1,200g chicken
- 15g salt,10g cooking wine,5g spring union,5g ginger,
   5g codonopsis pilosula, and 5g chinese angelica



#### 1 Cloop the o

[ Directions ]

- Clean the chicken, cut off the chicken feet, and put it into the soup pot. Sprinkle cooking wine evenly on the chicken, smear the inside and outside of the chicken with salt, and put the spring union segments, ginger slices, codonopsis pilosula, and Chinese angelica into the chicken belly.
- Put the soup pot with chicken on the perforated steam tray, place the perforated steam tray on the third floor of the steam oven, close the door, fill the water tank with water, select the recipe, and press the "Confirm/Pause" button to start cooking.
- 3. Take the steamed dish out of the steam oven.
- 4. Serve it on a plate.





## P08×Steamed corn

Sweet corns have at least five medical and health care effects on human body, including preventing constipation, gastrointestinal disease, and cholelithiasis, effectively reducing cholesterol and slowing down the formation of arteriosclerosis, stimulating human brain cells and enhancing memory, and effectively inhibiting the side effects of anti-cancer drugs on human body. It is an ideal health food for people.

### [Ingredients]

1500g Corn cob (about 4 corn cobs)



### [ Directions ]

- 1. Clean the chicken, cut off the chicken feet, and put it into the soup pot. Sprinkle cooking wine evenly on the chicken, smear the inside and outside of the chicken with salt, and put the spring union segments, ginger slices, codonopsis pilosula, and Chinese angelica into the chicken belly.

Take the steamed corns out of the steam oven.

3. Serve them on a plate.



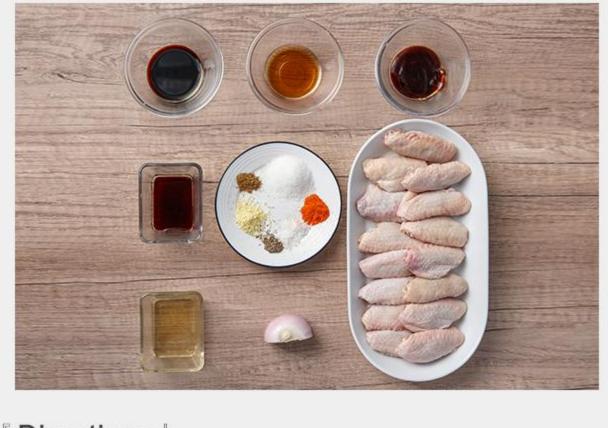


## P09 Grilled Chicken Wings with Sweet Sauce

Chicken wings have very little meat but the skin is rich in colloid. Chicken wings include the "arm" and the "tip". Chicken arm, the part that connects chicken body to the first joint of the chicken wing, has more meat than the wing tip. Eating chicken wings can strengthen the spleen, stomach, kidney and waist, etc. Compared with the wing tip and wing root, chicken wing middle joints are rich in collagen and are good for maintaining skin luster and enhancing skin elasticity.

### [Ingredients]

- 15 chicken wing middle joints, 20g onion
   25g bangy, 25g applying wing, 25g averts
- 35g honey, 25g cooking wine, 25g oyster sauce, 25g light ssoy auce, 8g dark soy sauce, 8g sugar, 2g salt, 2g chicken extract, 3g chili powder, 1g cumin powder, 0.5g pepper powder



- Clean the chicken wings and dry them. Draw two blades diagonally on both sides and put them into a bowl. Then add honey 20g and the cooking wine, oyster sauce, light soy sauce, dark soy sauce, sugar, salt, chicken power, chili power, cumin powder, and pepper power to marinate the chicken wings for 2 hours.
- 2. Put the marinated chicken wings on the fry&roast rack, brush honey on the chicken wing surface, and pave tinfoil on the baking tray to receive oil. Preheat the steam oven: select the recipe, wait until the preheating completion sounds, put the fry&roast rack on the third layer of the steam oven, place the baking tray on the first layer, close the door, and press the "Pause/Start" button to start cooking.
- 3. Take the roasted chicken wings out of the steam oven and serve them on a plate.





# P10 × Cake roll with cream

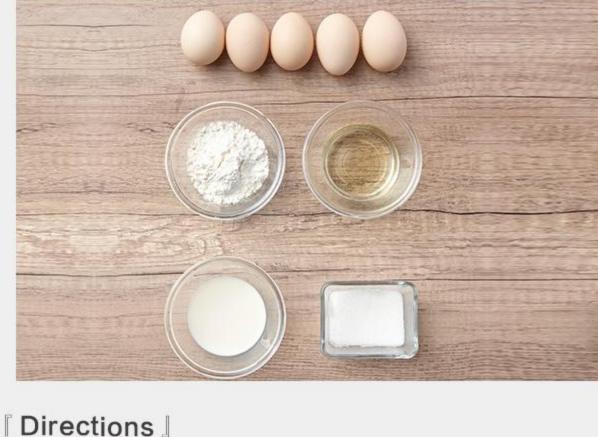
for afternoon tea.

Cake roll has a light texture and soft taste. It is a good choice

### 5 eggs, 60g cake flour, 50g milk, 50g corn oil, 50g fine

[Ingredients]

sugar



#### 1. Mix the 5 egg yolks, milk, corn oil and sifted cake flour to make the egg yolk paste.

2. Add the fine sugar into the egg white in three times, mix well and beat, add a few drops of vinegar to

remove the smell, and continue beating until a big

- hook can be produced when the egg whisk is lifted. 3. Mix 1/3 of the egg white paste with all the egg yolk paste, and then add the mixture into the rest 2/3 egg white paste and stir them well.
- 4. Pour the paste into a square mold (side length: 28cm) covered with oil paper, and scrape the surface flat with a scraper.

5. Add sugar powder to the light cream and beat it until it

has a clear texture and a small sharp tip can be produced when the egg whisk is lifted. Cover it with plas-

- tic wrap and put it into the refrigerator for refrigeration. 6. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start

7. Take the cake out of the oven.

baking.

utes.

11. Serve on a plate.

- 8. After the cake cools down, cover it with oil paper, turn it over, and spread a layer of cream on it.
- 10. Open the oil paper and cut the cake into rolls.

9. Roll the cake with a rolling pin and finalize for 2 min-



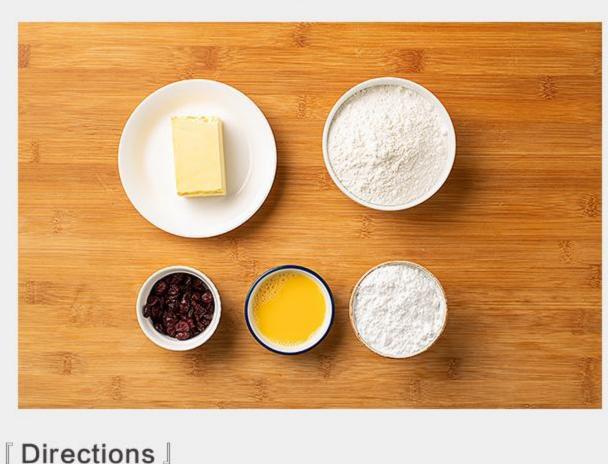


## P11×Cranberry cookies

Rich wheat flavor, sweet and sour cranberry, full of milk flavor.

### [ Ingredients ]

 120g cake flour, 75g butter, 60g sugar powder, 15g egg liquid, 15g dried cranberry



### 1. Add sugar powder into the softened butter, stir well,

- and beat slightly.2. Add the egg liquid in twice and beat until the butter
- color turns light.

  3. Add dried cranberries and stir well.

5. Cover the cranberry cookie mold with a layer of plas-

- 4. Add sifted cake flour and mix well.
- tic wrap, leaving 10cm on both sides of the plastic wrap, pour the dough into the mold, shape the dough into the mold according to the size of the mold, wrap the dough with the plastic wrap, and freeze it in the refrigerator for 1h.

  6. Take out the dough, cut it into 0.5cm thick slices, and lay the slices on a shallow baking tray covered with oil
- 7. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start
- baking.

  8. Take the baked cranberry cookies out of the oven.

9. Serve on a plate.

paper.



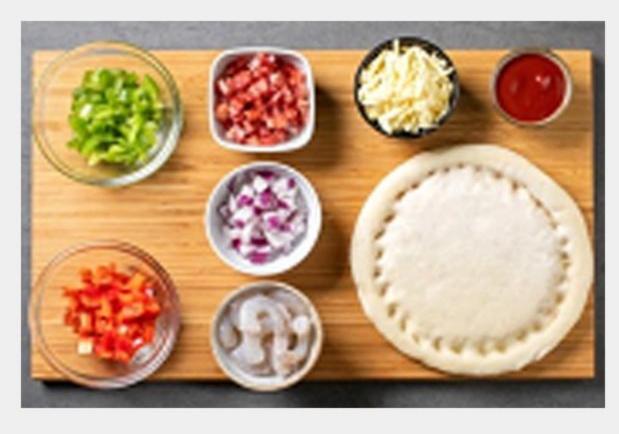


## P12×Bake Pizza

You can choose the condiments if you make pizza by your-self. It is simple and convenient, and suitable for parties.

### [Ingredients]

- 1 piece of quick frozen pizza crust (8 inches)
- 15g Tomato ketchup, 100g mozzarella cheese, 60g sausage granules, 30g fresh shrimp, 25g diced green pepper, 25g diced red pepper, 20g diced onion



- Put the thawed pizza crust on an 8-inch pizza plate and pierce the surface with a fork.
- Cover the crust with a layer of tomato ketchup, spread 40g mozzarella cheese, sprinkle the diced onions, sausage, diced green and red peppers and shrimp, and then spread the rest of mozzarella cheese.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the pizza plate on the grill, and then put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start cooking.
- 4. Take the pizza out of the oven.
- 5. Serve on a plate.





# P13×Egg yoly crisp

and other ingredients.

Traditional Chinese pastry made of wheat flour, lard, egg yolk

### Oil skin: 150g all purpose flour, 30g white sugar, 52g lard,

[Ingredients]

60g water
Crisp: 120g cake flour, 60g lard
Filling: 320g bean paste,16 pieces of salted duck egg yolk

Surface decoration: 1 egg, some black sesame



### knead into a ball.

4.

frigerate it for 20min.

facing downward.

to make the filling.

2. Knead the oil skin material until it can pull out thin film, i.e. become oilskin. Wrap it with plastic wrap and re-

1. Mix the all purpose flour, water, sugar and lard and

Mix the cake flour and lard evenly to make the crisp.
 Roll into a ball, wrap it with plastic wrap and refrigerate for 20min.

Take out the frozen oil skin and crisp, divide them re-

spectively into 16 equal portions, and knead them round.5. Take one oil skin and press it into a round piece. Put one crisp in the middle of the oil skin piece, wrap it well

and close the mouth and then place it with the mouth

6. Use a rolling pin to press each wrapped oil skin into an oval shape, turn it over, and roll it up. Then let stand and relax for 15min.7. Press each oil skin into slices again, roll them up, and

let them stand and relax for another 15min.

- 8. Divide the bean paste into 16 equal portions, 20g each, and then wrap the egg yolk into the bean paste
- thumb is pressed, and press it into a round piece with a rolling pin. Then wrap the filling, close the mouth, and put it down with the mouth facing downward.

  10.Put the wrapped egg yolk pastry into the shallow

9. Press the relaxed crisp from the middle with your

thumb, fold the two ends to the position where your

baking tray covered with oil paper, place it neatly,

brush the surface with egg liquid, and sprinkle some

- 11. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking. Continue baking until the egg yolk pastry is colored.
- 12. Take the baked egg yolk pastry out of the oven, and serve on a plate.





# P14×Pineapple Bun

This dessert got its name because its crispy skin looks like pineapple.

Pineapple buns have a golden yellow surface after baking.

### Crispy skin: 125g cake flour, 60g butter, 75g sugar pow-

[Ingredients]

der, 7g milk powder, 10g egg Soft roll: 330g strong flour, 12g milk powder, 54g sugar powder, 4g salt, 20g butter, 30g egg, 12g yeast, 200g milk, 3g improver



### powder, 4g salt, 3g improver and 12g yeast evenly.

2. Pour in 200g milk and 30g egg liquid, and mix them into snowflakes.

1. Mix 330g strong flour, 12g milk powder, 54g sugar

Knead and beat the dough until the surface becomes smooth.

4. Add 20g butter and continue kneading and beating

until it can be pulled into thin film.

evenly each time.

- Roll the dough round, wrap it with a plastic wrap, and wake up for 50min.
- light yellow.

  7. Add 10g egg liquid in three times, and mix them

6. Mix 75g fine sugar and 60g butter and beat them into

Add 125g cake flour and 7g milk powder, fold and knead them into a ball.

9. Take 50g for each dough and 20g for each skin.

Press the skin into a circle and place it on the dough.

paper, select the fermentation mode, and set the temperature to 30 °C. Wait about 40 min, the dough

- 10.Produce the diamond pattern on the surface, place them on the shallow baking tray covered with oil
- 11. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to continue baking.

will be about twice the original size.

13. Serve on a plate.

12. Take the baked pineapple buns out of the oven.





## P15 × Portuguese Egg Tart

Portuguese Egg Tart has caramel black surface and strong taste hierarchy, and tastes sweet but not greasy.

#### [Ingredients]

 15 egg tart shells (medium), 170g light cream, 85g pure milk, 43g sugar powder, 40g egg yolk, 20g egg liquid



#### [ Directions ]

- Mix the egg liquid and egg yolk and disperse them, then add milk, light cream and sugar powder and stir them evenly to form the egg tart liquid.
- Arrange the egg tart shells on the shallow baking tray, sieve the egg tart liquid, and evenly pour it into the egg tart shells until each one is 70% full.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start baking.
- Take the baked Portuguese egg tarts out of the oven, and serve on a plate.





## P16×Butter Cookies

It tastes crispy with strong aroma. One bite of it will leave you with endless aftertaste.

#### [Ingredients]

80g butter, 1g fine salt, 50g sugar powder, 115g cake flour,
 5g milk powder, 42g fresh animal cream (light cream)



- Mix the sugar powder, salt and softened butter and stir well. Then add the light cream, and beat the mixture into feather-like paste.
- Add 115g sifted cake flour and 5g milk powder, and continue stirring until there are no particles.
- Put the paste into a pastry bag, and use a 1cm nozzle to extrude the paste evenly (2 and a half circles) onto the shallow baking tray covered with oil paper.
- 4. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
- 5. Take the baked butter cookies out of the oven.
- 6. Serve on a plate.



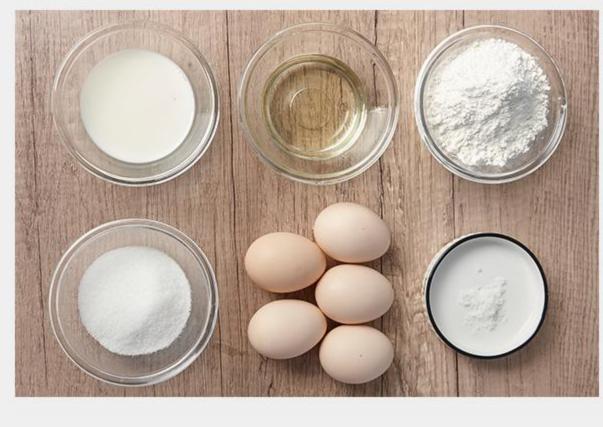


## P17×Chiffon Cake

Chiffon Cake, with a fluffy texture and high moisture content, tastes smooth, delicate and not greasy.

### Ingredients

 5 eggs, 79g fine sugar, 70g pure milk, 55g corn oil, 105g cake flour, and 2g salt



#### Add 9g fine sugar into the egg yolk and stir well. Add milk and stir well. Then add salt and salad oil and stir

[ Directions ]

- well.

  2. Add sifted cake flour into the egg yolk paste, turn it evenly with a rubber knife, and set aside.
- Add 70g fine sugar in three times into the egg white, beat the egg white quickly with an egg whisk, and continue beating until a small and upright sharp tip can be produced when you lift the egg whisk, and then set aside for use later.
- 5. Pour the rest 2/3 egg white paste into the egg yolk paste and stir them evenly. Pour the mixed paste into

4. Mix 1/3 of the egg white paste into the egg yolk paste.

an 8-inch round mold, 80% full. Shake the mold on the table for several times to shake out big bubbles and place it on the shallow baking tray.6. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray

on the third layer of the oven, close the door, and

- press the "Confirm/Pause" button again to start baking.7. After the baking process ends, insert a bamboo stick into the cake. If there is no sticky powder on the bamboo stick, the cake is well baked. Otherwise, you need to put the cake back and continue baking for
- few times immediately, buckle it upside down on the air grid to prevent collapse, wait for it to cool down, and release the mold.

  8. Serve on a plate.

some time. Take out the well baked cake, shake it a





# P18 × Coconut Sandwich Bread

Coconut sandwich bread tastes soft, moist and slightly sweet. The aroma of coconut and eggs are mixed together, giving the bread a rich taste and a lingering fragrance in your mouth.

### ■ Dough: 360g strong flour, 40g egg liquid, 140g water, 20g

[Ingredients]

- milk powder, 60g fine sugar, 6g yeast, and 70g butter

  Filling: 120g coconut, 100g butter, 2 eggs, 50g powdered
- sugar
  Surface decoration: 60g coconut



#### Mix the strong flour, fine sugar, milk powder and yeast and stir them well.

Directions

- 2. Add the egg liquid and water to the flour, and beat it into a ball.
- Add 70g butter and continue to beat the dough until film can be pulled out from it. Then roll the dough round, put it in a basin, seal it with plastic wrap. Put

the basin on a perforated steam tray, put the perfo-

- rated steam tray on the third layer of the steam oven, close the door, fill the water tank, select the fermentation mode, and set the temperature to 30 ℃ for 50 min to ferment the dough to 2 to 2.5 times the original size (dip your finger with flour into the dough, the finger hole shall not shrink).

  4. Separate egg yolk and egg white, mix the sugar powder and butter, add egg yolk, and continue to mix well.
- refrigerator for 10min.

  6. Take the dough out from the refrigerator, divide it into 12 small parts, cover them with plastic wrap and relax

5. Pour 120g coconut, stir it into a ball, and put it into the

- them for 15min. Divide the filling into 12 parts and roll each part into a ball.7. Roll each relaxed dough into a round shape, wrap a filling into it, squeeze the mouth tightly and close it
- downward. Then brush the surface with a layer of egg white and stick a layer of coconut.8. Place the dough evenly on the shallow baking tray covered with oil paper, put the tray on the third layer of

the steam oven, select the fermentation mode, set the temperature to 30 °C for 40 min to ferment the dough

for the second time to 1.5–2 times the original size.

- Preheat the steam oven: Select the recipe. When you hear the preheating complete sound, put the shallow baking tray on the third layer of the steam oven, close the door, and press the "Confirm/Pause" button to start cooking.
   Take the tray out when the time is up.
- 11.Put the coconut bread onto a plate.
- 1. 2. 3. 4. 5. 6. 6. 7. 8. 9.



# P19×Baguette

The soft European Bread with pitaya tastes sweeter and is helpful for intestinal digestion.

### Ingredients

- 445g Queen Premium Bread Flour, 300g red pitaya pulp
  50g fine sugar, 5g salt, 4g dry yeast, 30g olive oil, 3g
- lemon juice, 120g mochi paste



### 1. Stir the red pitaya pulp into a fine pulp, add lemon juice, and mix well. Reserve 5g bread flour for deco-

Directions

- ration.

  2. Add bread flour 440g, dry yeast and fine sugar and mix them evenly. Then add the olive oil, and add the
- fire pitaya pulp in several times while at the same time knead the dough into smooth dough.

  3. Put the round dough into an egg beat basin, cover it with plastic wrap, select the fermentation mode, and
- set the temperature to 30 °C and time to 50min to start the first fermentation. When the dough becomes about twice the original size, fermentation will stop.

  4. Divide the dough into four equal parts, round them, cover them with plastic wrap and relax for 15min.
- them into triangles, put them on a shallow baking tray covered with oil paper with the opening facing down, select the fermentation mode, set the temperature to 30 ℃ and time to 30min to start the second fermentation. The dough will be fermented to about 1.5–2 times the original size.

5. Wrap 30g mochi paste in each relaxed dough, shape

the original size.

6. Filter a layer of strong flour on the surface of the dough with a fine mesh sieve, and use a knife to make a few cuts on the surface as decoration.

7. Preheat the oven: select the recipe, wait until you hear

the preheating completion sounds, put the shallow baking tray on the third layer of the oven, fill the water tank, close the door, and press the "Confirm/Pause"

button to start cooking.8. Take the bread out of the oven and serve on a plate.





## P20×Roasted steak

Sirloin Steak contains a certain amount of fat. It is the outside ridge of cattle, and tastes hard and chewy.

### [Ingredients]

- Sirloin steak (200g, about 1.2–1.5cm thick)
- 20g red wine,1g salt, 0.5g black pepper power, 10g butter



- Beat the steak on both sides until it is soft.
- Add red wine, black pepper power and salt to the steak, smear it evenly with butter, and marinate it for 30min. Place the marinated steak on a shallow baking tray covered with tinfoil.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start cooking.
- 4. Take out the roasted steak.
- 5. Serve on a plate.





## P21×Cream Puffs

The cream puff has a crisp shell and a smooth, tender and sweet inside. It can have different flavors if filled with different creams.

### [ Ingredients ] Puffs: 125g all purpose flour, 188g net egg, 63g butter,

163g water Cream: 125g light cream, 25g fine sugar

Decoration: 3g frosting



#### 1. Weigh the clear water by weight, put it in a pot and boil it over high heat (it is better to use a non stick pot).

[ Directions ]

- After the water produces bubbles, put the butter in. Keep boiling until the butter is completely melted (stir while boiling). After the butter
- 3. Mix the flour quickly with a turner. After the flour absorbs water, turn off the fire and make use of the remaining heat to mix the flour particles evenly (note

that the flour must not burn).

4. Take the flour out and put it into a stainless steel basin. 5. Break one or two eggs into the dough at a time while

the dough is still hot and use an egg whisk to mix them

well. The dough well stirred is shown in the figure

below (it is better to use an egg whisk with a fixed seat,

- because it is very tiring to operate with a hand-held egg whisk. It is recommended that one of your hand hold the egg whisk stationary and the other hand rotate the basin. Do not hold the egg whisk too high, otherwise, the dough would be easy to splash. When breaking eggs in, it is recommended that you use a low speed and do not use a high speed until the dough is mixed evenly). 6. Put a layer of oil paper on the shallow baking tray, put the paste into a pastry bag (a cloth pastry bag is recommended), and use a five or six corner nozzle to form the patterns. Note that the puffs should be high.
- ping, otherwise the puffs would be discontinuous. 7. Preheat the oven while squeezing the puffs: select the recipe, wait until you hear the preheating completion sound, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking. Do not open the door before the baking process is finished.

Otherwise, it is easy to collapse after baking. When squeezing, it should be done at one go without stop-

9. When you are waiting for the puffs to cool down, whip

8. Take out the baked puffs.

face.

the cream. Add fine sugar to the cream and beat it until it reaches the stiff peak. 10. After the puffs cool down, make a small opening at the bottom of each of them, squeeze the cream into the

openings, and sprinkle a layer of frosting on the sur-

11. Serve on a plate.



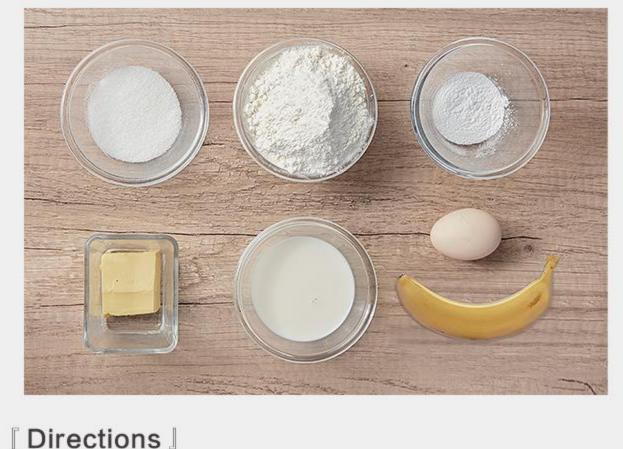


## P22×Banana Muffin

For those who like bananas, it is undoubtedly very enjoyable to have this dish.

### Ingredients I

150g cake flour, 90g milk, 5g baking powder, 60g fine sugar,
 1 egg (50g), 30g butter, 1 ripe banana with skin (150g)



### 1. Peel the banana and put it into a plastic wrapping bag.

- Mash the banana with a rolling pin.

  2. Pour 90g milk, 60g fine sugar, 50g egg liquid, 150g
- mashed banana and 30g butter into a deep container, and stir them well with an egg whisk so that they form a smooth paste.

  3. Pour 150g cake flour and 5g baking powder, fold them
- evenly with a scraper, so that the paste is completely moist and looks rough and lumpy.4. Put the paste into a pastry bag and squeeze it into the
- oiled mold, 70% full is OK.5. Put the mold on the grill and preheat the oven: select the recipe, wait until you hear the preheating completion sound, press the "Confirm/Pause" button, put the

press the "Confirm/Pause" button to start baking.

grill on the third layer of the oven, close the door, and

- 6. Take the grill out after baking is completed.
- Remove the mold while it is hot and serve the food on a plate.



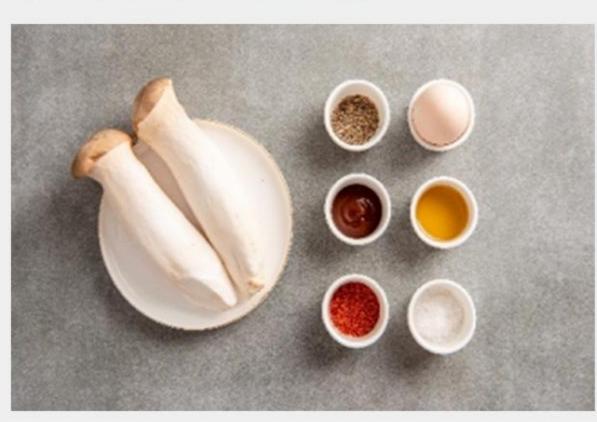


## P23 × Apricot bao mushroom

Air frying king oyster mushrooms is simple and convenient, and the meat is elastic.

#### [Ingredients]

- King oyster mushrooms 700g
- 10g salt, 30g barbecue sauce, 20g olive oil,2g black pepper power, 2g chili powder, and 1 egg



### Directions

4.

- Wash and dry the king oyster mushrooms, and hob cut them into pieces, about 15g each.
- Mix the salt, black pepper power, chili powder, barbecue sauce, egg liquid and olive oil and stir well. Add the mixture liquid to king oyster mushrooms, mix well, and put the king oyster mushrooms on the grill.
- 3. Preheat the oven: select the recipe, wait until you hear the preheating completion sound, press the "Confirm/Pause" button, put the baking tray covered with tinfoil on the first layer of the oven (to receive oil), put the grill on the third layer, close the door, and press the "Confirm/Pause" button to start roasting.
- After roasting for 10 minutes, you will hear a prompt sound, then take out the grill, turn the king oyster mushrooms over, put the grill back, and press the "Confirm/Pause" button to continue roasting.

  5.
- Take the roasted king oyster mushrooms out from the oven and serve them on a plate.





## P24×Luncheon meat

Every bite of the crispy pork luncheon meat is salty and juicy.

### [Ingredients]

- 350g pork luncheon meat
- 50g potato chips, 20g yellow bread crumbs,20g corn flour, 1 egg, and a proper amount of tomato ketchup



- Cut the pork luncheon meat into strips, crush the potato chips and mix them with the yellow bread crumbs.
- Wrap the pork luncheon meat with the corn flour, egg liquid and mixture of potato chips and yellow bread crumbs in turn, press them tightly, and place them on the grill.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start roasting.
- Take out the roasted pork luncheon meat and dip in the tomato ketchup to eat.





## P25×French fries

French fries made by air frying are more fresh and healthy.

#### [Ingredients]

- 200g quick-frozen French fries
- An appropriate amount of tomato ketchup



#### [ Directions ]

- 1. Spread the 200g French fries evenly on the grill.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start roasting.
- After roasting for 9 minutes, you will hear a prompt sound, then take out the grill, turn the French fries over, put the grill back, and press the "Confirm/Pause" button to continue roasting.
- Take the roasted French fries out and dip in the tomato ketchup to eat.





## P26×Chicken leg

Crispy chicken legs that can be chewed by grasping in hand are fresh, juicy and full of meat flavor.

### [ Ingredients ]

- 2 chicken legs (600g)
- 25g milk, 45g orleans powder, 5g salt, 5g green union, ginger 5g, edible oil 5g, plain flour 90g, corn flour 30g



- Wash and dry the chicken legs, and use a toothpick to pierce several holes. Wash the green union and cut it into sections. Wash the ginger and cut it into slices.
- Add milk, Orleans powder, salt, green union and ginger slices to the chicken legs, mix well and marinate the chicken legs for one night.
- Mix the plain flour and corn flour.
- Coat the marinated chicken legs with flour, shake off the excess flour, dip the coated chicken legs in water, and repeat this step for 3 times.
- Put the chicken legs on the grill, and brush them with a layer of edible oil.
- 6. Put the chicken legs on the grill, and preheat the oven: Select the recipe, wait until you hear the preheating completion sound, put the grill on the third layer of the oven, and put the baking tray covered with tinfoil on the first layer to receive oil, close the door, and press the "Confirm/Pause" button to start roasting.
- 7. Take the roasted chicken legs out of the oven.8. Serve on a plate.





## P27 × Chicken Rice Krispies

Can be eaten one at a time. Air frying is healthy and convenient.

#### [Ingredients]

- 400g quick-frozen popcorn chicken
- An appropriate amount of tomato ketchup



#### [ Directions ]

- 1. Spread the popcorn chicken evenly on the grill.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill rack on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start roasting.
- After roasting for 9 minutes, you will hear a prompt sound, then take out the grill, turn the popcorn chicken over, put the grill back, and press the "Confirm/Pause" button to continue roasting.
- Take the roasted popcorn chicken out and dip in tomato ketchup to eat.



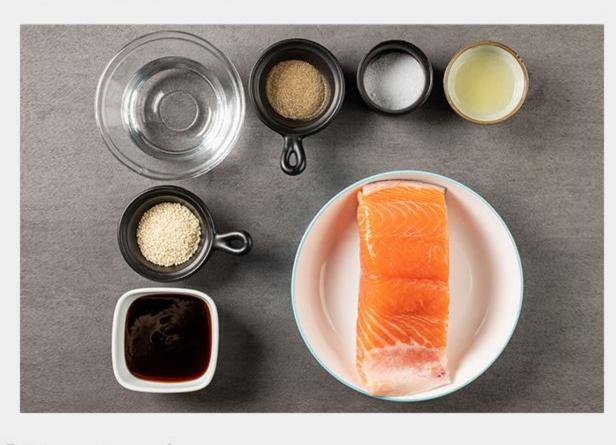


## P28×Teriyaki Salmon

With the outside burnt and the inside tender, the dish is salty and sweet, and tastes fresh and delicious.

### [Ingredients]

- 400g salmon
- 50g teriyaki sauce,8g lemon juice,1.5g salt,0.5g pepper powder,50g water,and a little white sesame



- Prepare a small milk pan, add in the teriyaki sauce and water, and stir well. Boil the liquid for 4min over low heat, stir while boiling, and then let it cool for use later.
- Cut the lemon in half, wipe the salmon dry with kitchen paper, evenly sprinkle salt and pepper on the salmon, and pour 4g lemon juice to remove fishy smell.
- Put a layer of tinfoil paper on the shallow baking tray, lay the salted salmon on the tinfoil paper, and smear the teriyaki sauce on the salmon.
   Preheat the oven: Fill the water tank with water, select
- the recipe, wait until the preheating completes, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start cooking.
- Take the cooked salmon out of the oven and sprinkle it with white sesame.





## P29 X Grilled Rosemary Lamb Chops

Mutton is warm in nature. It can not only increase human body heat, but also increase digestive enzymes and protect stomach.

#### [Ingredients]

- 600g french lamb rack (6 pieces)
- 50g celery,100g carrot,50g onion,20g olive oil,2g cumin powder, 1grosemary,2gpepper powder, 5gsalt,60g red wine



### 1. Clean the lamb racks, carrots, celery and onion re-

- spectively. Cut the carrots, onions and celery.
- 2. Mix the lamb racks with carrots, celery and onions, add salt, rosemary, pepper powder, cumin powder, red wine and olive oil 10g, and marinate the lamb for 1h. After marinating, take out the grill, place a layer of tinfoil on the baking tray and put the baking tray under the grill, put vegetables on the grill and lamb racks on the vegetables, and pour 10g olive oil on the lamb racks. Then sprinkle a little pepper and cumin powder.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven, put the baking tray on the first layer (to receive oil), fill the water tank, close the door, and press the "Confirm/Pause" button to start cooking.
- Take the roasted lamb rack out of the oven and serve it on a plate. Decorate it with rosemary.





# P30 × Baguette Garlic Breed

you chew, the better taste you have.

The skin is crisp, the heart is soft and a little tough. The more

### Ingredients260g strong flour, 110g cake flour

- French garlic sauce (ready), 6g fine salt, 1.5g yeast, 240g
- 2±1°C ice water



### into the flour mixer, knead the flour at a low speed until

for 20 minutes.

grill.

there is no dry powder. Then continue kneading the flour at the low speed for 2min, sprinkle with yeast and let it stand for 20min.2. Add salt and stir slowly until the dough can pull out serrated film. Take the dough out and round it.

3. Put the dough into the oven, select the fermentation

mode, and set the temperature to 30 °C and time to 50min to start the first fermentation. When the dough

becomes about twice the original size, fermentation

1. Put the strong flour, cake flour and 2±1℃ ice water

- 4. Take out the dough and divide it into three equal parts, gently pat the dough with your palm slightly bent to make the dough exhaust, shape the dough into an olive shape, and cover them with plastic wrap to relax
- 5. Pat the dough again with your palm slightly bent to make the dough exhaust, turn the dough upside down. Make the dough into a 16\*10cm long shape, fold 1/3 of the dough on the side close to your body, and then fold 1/3 of the dough on the other side, press the seal tightly with your finger, twist the dough into a long strip, with a length of about 28cm, place the dough on

the French stick triple mold and place the mold on the

- 6. Ferment the reshaped dough for the second time: Select the fermentation mode, set the temperature to 30 ℃ and time to 30min. The dough will be fermented to 1.5–2 times the original size. After fermentation, use a knife to cut the middle of the dough along the long side, and squeeze French garlic sauce on the
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven, fill the water tank, close the door, and press the "Confirm/Pause" button to start cooking.

8. Take the bread out, slice and serve.





## P31 X Basque Burnt Cheesecake

Cheese cake is popular all over the world. It tastes rich but not greasy.

#### [Ingredients]

- 200g cream cheese, 165g light cream, 40g soft white sugar, and 3 eggs
- 10g corn starch, 0.5g vanilla essence, 0.5g and lemon juice

### Directions

- 1. Beat the mixture of soft white sugar and cream cheese with a hand-held egg whisk until it is smooth.
- 2. Add the paste in step 1 into the egg liquid in three times and stir well. Add vanilla essence and lemon juice and stir well again. Add the light cream, stir well until it is smooth, and sift in the corn starch and mix well.
- 3. Finally, sift the paste in step 2 into a six-inch cake mold paved with oil paper, and put the six-inch cake mold on the grill.
- 4. Preheat the oven: select wind bake 210°C 30min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
- 5. Take the cake out of the oven, and put it into the re-

erator, put it on a plate, and decorate it.

frigerator for refrigeration. Take it out from the refrig-



## P32 × Brownie Cake

The cake tastes moist, with a strong taste. It's for those who like chocolate.

#### [Ingredients]

- 235g dark chocolate, 202g butter, 5g cocoa powder, and 6 eggs
- 100g fine sugar, 20g cake flour, 20g brown sugar, 2g salt, 2g baking powder, and 1g vanilla extract

#### [ Directions ]

- Brush the 28cm\*28cm golden baking tray with 1g softened butter, put a layer of oil paper with space reserved around, and then brush 1g softened butter on the oil paper.
- Melt the chocolate, cocoa powder and butter in a water bath.
- 3. Mix the fine sugar, sifted brown sugar, vanilla essence, salt and egg liquid in the basin. Beat the mixture with an electric egg beater at high speed until the "Z" line does not disappear, which takes about 10min.
- 4. Sift in the cake flour and baking powder, and stir well.
- Pour in the slightly cooled chocolate and butter mixture, keep stirring until the paste becomes smooth, and then pour the paste onto the baking tray paved with oil paper.
- with oil paper.

  6. Preheat the oven: select wind bake 170°C 45min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the

"Confirm/Pause" button again to start baking. Contin-

ue baking until there is not sticky paste when you insert a wooden stick into the cake.

7. Take the cake out, cool it, slice and decorate it.



## P33 X Slow Roast Beef Tenderloin

The dish, burnt outside and tender inside, retains the original flavor and fresh taste of the meat. With attractive color and rich taste, it is delicious and juicy.

### Ingredients I

■ 400g beef sirloin, 2g salt, 2g and black pepper powder

#### [ Directions ]

- Sprinkle salt and black pepper powder on the beef sirloin and mix well.
- Wrap the beef sirloin with tinfoil and place it on the grill.
- 3. Preheat the oven: select air fry 120℃ 180min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start roasting.
- 4. Take the roasted beef sirloin out of the oven, slice and serve on a plate.



## P34 × French Apple Pie

French Apple Pie is a dessert with various flavors. It is very simple to make.

#### [Ingredients]

- 180g french pastry (1 piece, about 9cm in diameter), 200g apple,70g light cream, 20g and egg liquid
- 25g white sugar, 30g applesauce, 15g and butter

#### Directions

- 1. Press the pastry into a 3mm thin piece, cut it into a circle with a diameter of 25cm, and put it in an 8-inch pie crust mold. The pie crust shall fit with the edge of the mold. Then refrigerate it for 10min.
- 2. Take out the pie crust and spread a layer of applesauce evenly.
- 3. Peel the apples with the core removed, and cut them into 3mm thick apple slices.
- Put the apple slices on the pie crust covered with applesauce. Big apple slices should be placed around and small ones in the middle.
- 5. First sprinkle 20g white sugar on the surface, put the small pieces of butter, brush a layer of egg liquid, and then put the pie on the grill.
- Preheat the oven: select multi-stage wind bake 190℃ 15min + wind bake 160℃ 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.

Mix the light cream and sugar 15g evenly.

- 8. After the first stage baking times up, take the apple pie out, pour in the light cream mixture, and put it back to
- continue baking.

9. Take the apple pie out of the oven and cut it to eat.



## P35 × Raspberry French brioche

The outside is crisp caramel shell, and the inside is cool soft filling like cream pudding.

#### [Ingredients]

- 500g light cream, 100g egg yolk liquid
- 70g fine sugar, 7g anilla essence

#### Directions

- Add 60g fine sugar to the egg yolk liquid and stir well.
   Then add vanilla essence and stir well.
- Pour the light cream into the milk pan, and heat it over low heat. Stir while heating, and heat it until the edge begins to boil.
- 3. Add the light cream into the egg yolk paste in several times, and keep stirring until they are well mixed.
- Pour the mixture into a baking bowl, put the baking bowl on the shallow baking tray, and add boiling water into the shallow baking tray (2cm deep).
- 5. Preheat the oven: select wind bake 160℃ 30min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start baking.
- start baking.

  6 After baking is complete, take the dish out of the oven
- and let it cool.7. Sprinkle the rest sugar on the baking bowl and heat it

with a spray gun until caramel peel is formed.



# P36 × Roasted Duck with Fruit

Roast duck can also have rich fruit fragrance, with a taste that is delicate, sweet and not greasy.

#### [Ingredients]

600g duck, 100g carrot, 100g onion,10g corn oil ,50g salt, 1 piece beef broth, 15g tomato ketchup, 30g orange juice,10g lemon juice,0.5g black pepper powder, 30g butter, 100g water, 5g starch water

#### [ Directions ]

- Clean the duck, hob-cut the carrot into pieces, and shred the onions.
- Coat the surface of the duck with corn oil and 4g salt, put a layer of tinfoil on the shallow baking tray, spread the carrots and onions, and then put the duck onto the shallow baking tray.
- Preheat the oven: select wind bake 150℃ 30min + wind bake 200℃ 15min, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven to start roasting.
- 4. Boil the beef broth, tomato ketchup, black pepper powder, and water over low heat until there is only about 50g of water left. Add orange juice, lemon juice, butter and salt. Continue boiling over low heat and pour in starch water for use later.
- pour in starch water for use later.

  5. Take the roast duck out of the oven, put it on a plate

and pour the sauce onto it.



# P37×Easy Baked Pasta

Spaghetti is rich in coarse fiber and is a great diet food.

### [Ingredients]

- 100g spaghetti, 100g beef mince, 100g onion, 100g mozzarella cheese, and 45g parmesan cheese
- 100g spaghetti sauce, 20g garlic,15g butter, 15g olive oil, 1.5g salt, and 1g black pepper powder

### Directions

- Cut a small portion of onions into dices, and the rest of them into slices. Peel and chop the garlic.
- 2. Boil the spaghetti (about 9min) and then drain it.
- 3. While cooking spaghetti, take a pan, add olive oil and butter, add diced onions when the oil is heated, and fry the unions until they become soft and translucent (about 4–5min). Then add the chopped garlic and fry for another 1min.
- Add the beef, spaghetti sauce, 15g parmesan cheese, stir until they are fully mixed, and add salt and freshly ground black pepper powder.
- Add the cooked spaghetti and stir until the spaghetti is fully wrapped.
- Transfer the spaghetti mixture to a prepared tinfoil box, sprinkle with crushed mozzarella cheese and remaining parmesan cheese, and place the tinfoil box on the grill.
- on the grill.

  7. Preheat the oven: select bake 200°C 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Con-
- firm/Pause" button again to start cooking until the cheese melts and colors, and the spaghetti heats up.

8. Take the well-cooked spagnetti out of the oven, put it

on a plate, and decorate it.



# P38 Serilled chicken with lemon and herb sauce

With the flavor of lemon and rosemary, the roast chicken also has a fresh flavor.

#### [Ingredients]

- 1 chicken (about 1200g), 100g carrot, 100g celery, 50g onion, 50g butter, and 1 lemon
- 10g rosemary, 10g garlic, 10g olive oil, 8g salt, and 1g black pepper powder

#### Directions

plate.

- 1. Clean the chicken, make lemon juice from 1 lemon, chop the garlic, shred the onion, and cut the carrot and celery.
- 2. Put the chicken into a big basin, add the lemon juice, rosemary, salt, black pepper powder and olive oil, and marinate the chicken for 1h. Wrap the marinated chicken wings, legs and other parts with tinfoil.
- 3. Stir the onions, carrots, celery and garlic evenly, spread a layer of tinfoil on the shallow baking tray, brush a layer of butter, put onions and other vegetables onto it, and then put the marinated chicken on it.
- Preheat the oven: select air fry 150 ℃ 50min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start roasting.

Take the roast chicken out of the oven and serve on a



# P39 × Chocolate Mousse Cake

With the flavor of lemon and rosemary, the roast chicken also has a fresh flavor.

### [Ingredients]

- 168g dark chocolate, 6 eggs, 90g pure milk, and 60g corn starch
- 90g fine sugar and 5g vanilla essence

### Directions

- Chop the dark chocolate and divide it into two equal portions.
- Add one portion of dark chocolate (84g) into the milk pan, and
- Separate the egg white and yolk into two basins.
- Pour the melted chocolate into the egg yolk basin, add pure milk, and mix well.
- Add vanilla essence and corn starch, and mix well.
- Add the fine sugar into the egg white in three times and beat the egg white until it foams hard. When you lift the egg beater, the inverted triangle shall not collapse.
- Add 1/3 of the egg white cream to the chocolate paste, and mix well.
- Add the rest of egg white cream into the chocolate paste and stir it evenly. Mix some of the chocolate chips in the other portion of chocolate into the cake paste.
- Take a 9-inch round cake mold, brush a layer of butter at the bottom, pour the cake paste into the mold, shake out the bubbles, sprinkle the rest of chocolate chips on the surface, and place the mold on the grill.
- chocolate chips on the surface, and place the mold on the grill.

  10.Preheat the oven: select bake 140°C 70min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer
- of the oven, close the door, and press the "Confirm/Pause" button again to start baking.

  11.Take out the baked cake, shake it a few times immediately, and buckle it upside down on the air grid frame

to prevent it from collapse. When the cake becomes

cool, separate the cake from the mold.

12.Serve on a plate.



# P40 Roasted potatoes with garlic

The garlic flavored potato is salty and crispy. The more you eat it, the more enjoyable you feel.

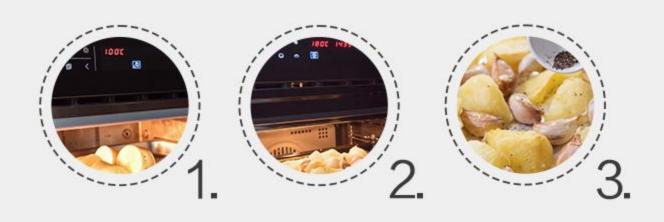
### [Ingredients]

- 2 potatoes (400g), 2 garlic heads (100g), 5g black pepper powder, 50g asparagus
- 20g olive oil, 5g salt, 3g black pepper powder



## Directions

- Put the perforated steaming tray onto the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
- 2. After steaming for 20min, when you hear a prompt sound, take out the perforated steaming tray, put a layer of tinfoil on the shallow baking tray, put potatoes, garlic cloves, and asparagus, brush a layer of olive oil, sprinkle salt and black pepper powder, put the shallow baking tray onto the third layer of the oven, and press the "Confirm/Pause" button to start cooking.
- Take the cooked potato out of the oven, and serve on a plate.





# P41 X Thai Chicken Wings with Lemon

This dish has not only the sweet and slightly sour tastes of lemon, but also the millet pepper spicy in aftertaste.

#### [Ingredients]

- 1000g chicken wing middle joints, 50g ground peanuts,
   1 lime, and 1 coriander leaf
- 50g garlic (a large one), 30g honey, 25g soy sauce, 25g rice vinegar, 10g ginger, 5g dry pepper, and 0.5 lemon grass

#### Directions

- Slice the lemon grass.
- 2. Peel the ginger, wash it, and cut it into thin shreds.
- Wash and peel the lime. Remove the white part which tastes bitter.
- 4. Wash the coriander leaf for decoration later.
- Clean the chicken wings and cut two edges on each of them.
- Put the lemon grass, lime peel, garlic, ginger, pepper, soy sauce, honey, and rice wine vinegar in a deep baking tray. Add the chicken wings, knead evenly, and marinate for 1h.
- 7. Lay a layer of tinfoil on the shallow baking tray to receive oil, and then evenly place the marinated chicken wings on the grill.
- 8. Preheat the oven: select wind bake 180°C 25min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven and the shallow baking tray on
- the first floor, close the door, and press the "Confirm/Pause" button again to start roasting.

9. Take the cooked chicken wings out of the oven, sprin-

kle the peanuts, add lime, and serve on a plate.



# P42 Wellington Salmon Pie

The tender salmon is wrapped in the crispy skin, with a thick flavor of butter.

### [Ingredients]

- 250g salmon, 50g spinach, and one piece of crispy skin (180g)
   150g argain 20g parmagen aboves 20g butter 20g
- 150g cream, 80g parmesan cheese, 30g butter, 20g garlic, 30g cake flour, 30g egg yolk liquid, 5g green union, 2g salt, and 0.5g white pepper powder

### Directions

- Dry the salmon, add salt and white pepper powder, and marinate the salmon for 10min.
- Add 5g butter and fry the salmon until the skin turns golden.
- it.4. Add 25g butter into the pot and melt it. Add chopped

3. Blanch the spinach, squeeze out the water, and chop

- garlic and green unions and stir-fry them fragrant.
  Add the chopped parmesan cheese, cream, and cake flour, stir-fry well, and then add chopped spinach, and stir fry well.
- Place the crispy skin flat, cut it into two pieces, put salmon and stir fried spinach in each piece, wrap them, and seal the opening.
- Brush a layer of egg yolk liquid on the crispy skin and place it on the shallow baking tray covered with oil paper.
- Preheat the oven: select wind bake 200℃ 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow
- baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start cooking.
- 8. Take out the cooked Wellington Salmon, and cut it into pieces.



# P43 X Italian Roast Chicken

The salty roast chicken with spaghetti gives you strong satiety.

## [Ingredients]

- 150g spaghetti, chicken breast 3 pieces, and 80g mushroom
- 110g spaghetti sauce, 300g onion, 25g olive oil, 45g corn oil, 20g dry white wine, 5g garlic, 13g salt, 0.1g dry rosemary, 0.1g black pepper powder, 0.1g dried oregano, and 0.1g dried basil

### Directions

- 1. Wash and drain the chicken breast and cut it open but not cut off.
- 2. Peel, wash and chop the onions. Beat the garlic and mince it.

4. Mix the olive oil, 25g corn oil, white wine, garlic, and

3. Wash and slice the mushrooms.

- 60g spaghetti sauce in a large basin. Add 3g salt, dried rosemary, crushed black pepper, dried oregano, and dried basil, and mix well. Smear the mixed spices evenly on the surface of the chicken breast, and marinate for 15min. 5. Put a layer of tinfoil on the shallow baking tray, a little
- chopped onions and mushrooms at the bottom, followed by the chicken breast, and finally the rest of chopped onions and mushrooms.
- 6. Preheat the oven: select air fry 200 ℃ 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the shallow baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start roasting.
- 7. While the oven is working, add some water and 10g salt into the pan. When the water starts boiling, put the
- spaghetti into the boiling water. Boil the spaghetti over medium heat for 10min, and stir several times. Then fish out the spaghetti into a basin. 8. Add 20g corn oil in the pan, heat the oil, add the spa-

medium low heat.

ghetti sauce, and stir-fry it hot and fragrant over



# P44 X Italian Eggplant Cheese

Eggplant is rich in nutrition. It is very delicious when cooked with cheese, but the calorie is very high.

#### [Ingredients]

- 1000g eggplant and 150g mozzarella cheese
- 50g tomato ketchup and 5g salt

#### Directions

- 1. Wash and cut the eggplant into 15mm thin slices.
- Pour edible oil into the pot, heat the oil to 70% hot with big fire, put the eggplant into the pot and fry for 1-2min with medium heat until the eggplant surface is slightly yellow.
- Sprinkle salt on the fried eggplant and mix evenly.
- 4. Put a layer of eggplant slices on the grill, coat a thin layer of tomato ketchup on the surface, put the mozzarella cheese chips, and then put the eggplant slices, tomato ketchup, and mozzarella cheese chips.
- 5. Preheat the oven: select air fry 190℃ 15min, wait until you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven and the shallow baking tray covered with tinfoil on the first floor to receive oil, close the door, and press the "Confirm/Pause" button again to start roasting.
- roasting.

  6. Take the roasted eggplant out of the oven, let stand

for 2min for the eggplant to reabsorb the juice.



# P45×Spaghetti

Macaroni is easy to digest and absorb. When cooked with cheese, meat and vegetables, it is nutritious and simple to cook.

### Ingredients

- 450g beef mince, 200g macaroni, 120g chopped moz-zarella cheese, 100g green bell pepper, 50g mushroom, 25g bread crumbs, 20g parmesan cheese, 1 egg, and 5g corn starch
   100g epipe, 60g epogbetti squage, 40g edible oil 10g egy.
- 100g onion, 60g spaghetti sauce, 40g edible oil, 10g soy sauce, 10g garlic, 12g salt, and 0.5g black pepper powder

## Directions

- Wash and chop the garlic, green bell pepper and onion. Wash and slice the mushrooms and shed the parmesan cheese.
- Wash and cut the beef mince, put it into a basin, add the eggs, onion, oregano, bread crumbs, corn starch, a small portion of parmesan cheese, black pepper powder 0.3g, salt 2g, and edible oil 5g, mix them evenly, and knead into balls.
- the meatballs until the surface turns golden, and then put them on a plate.4. Heat the pan without adding more oil, add garlic and

3. Heat the oil in a pan, put the meatballs into the pan, fry

- onion, stir fry until you smell the fragrance, add the beef mince, stir fry the mushrooms, add spaghetti sauce and the rest parmesan cheese, mix well, and then add the green light pepper, and stir well.

  5. Add a proper amount of water and 10g salt into an-
- other pot. When the water starts boiling, put macaroni into the pot and keep it boiling for 10min.6. Drain the macaroni, put it into the pan, and mix it with
- the sauce.

  7. Take a baking bowl (L\*W\*H=30cm\*15cm\*5cm), put
- the macaroni into the baking bowl, evenly sprinkle the crushed mozzarella cheese, and put the baking bowl on the grill.

  8. Preheat the oven: select bake 200℃ 15min, wait until
- you hear the preheating completion sounds, press the "Confirm/Pause" button, put the grill on the third layer of the oven, close the door, and press the "Confirm/Pause" button again to start cooking.
- 9. Take the cooked dish out the oven. The cheese should have been baked to golden.



# P46 Saury with salt

Saury contains unsaturated fatty acids such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) that are indispensable to human body. EPA and DHA can inhibit hypertension, myocardial infarction and arteriosclerosis.

### [Ingredients]

- Saury 520g (6)
- 20g white vinegar, 20g olive oil, 15g baijiu, 15g soy sauce, 5g sea salt, 5g cumin powder, 3g pepper salt powder, 3g chili powder, and 5g lemon juice



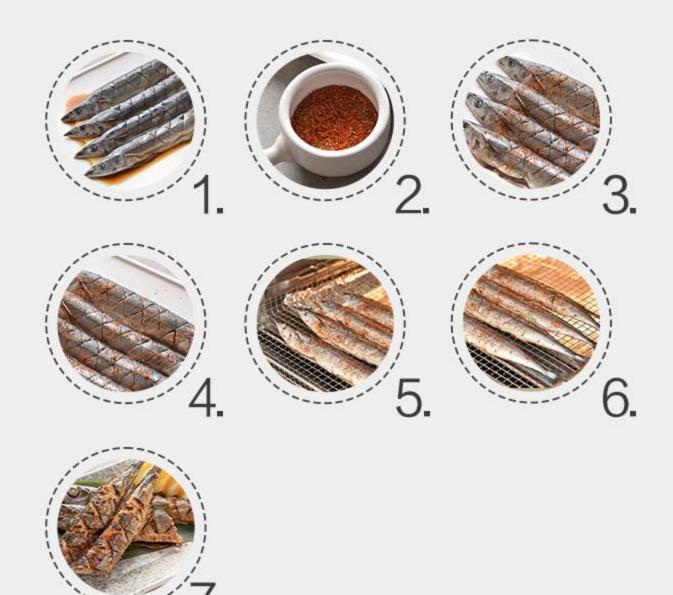
# Directions Eviscerate the saury, clean and dry it, add white vine-

- gar, baijiu, soy sauce, sea salt and olive oil, and mix well to marinate the saury for 30min.2. Mix the cumin powder, pepper salt powder and chili
- powder (a sauce mixture).

  3. Put the saury on the grill, and place a layer of tin foil on
- 4. Dry the marinated saury with kitchen paper, and evenly sprinkle half of the sauce mixture on both
- sides. Keep the other half of the sauce mixture for use later.5. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the grill on the third layer of the oven and the baking tray on the first floor (to receive oil), fill the water tank, close the door,
- and press the "Confirm/Pause" button to start cooking.
  6. After cooking for 12 minutes, press the "Confirm/Pause" button, take out the grill, turn the saury upside down, sprinkle the other half of sauce mixture, and press the
- "Confirm/Pause" button to continue cooking.

  7. Take the cooked saury out of the oven, place it on a

plate, sprinkle lemon juice and serve.





# P47×Crispy Knuckle

First marinate it with seasoning, then put it into the oven to bake with fire. When it turns golden, take it out. A glance of it will make you wanna have a bite of it.

#### [Ingredients]

- 1 pork knuckle (1500g)
- 30g yellow rice wine, 15g green onion, 15g salt, 10g ginger, and 10g edible oil



#### [ Directions ]

- Marinate the pork knuckle with green onion knot, ginger, salt and yellow rice wine for 2h, and brush it with a layer of edible oil.
- Put the marinated pork knuckle on the grill, place the grill on the third layer of the oven and the baking tray covered with tin foil on the first layer to receive oil, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
- Take the roasted pork knuckle out of the oven and serve it on a plate.



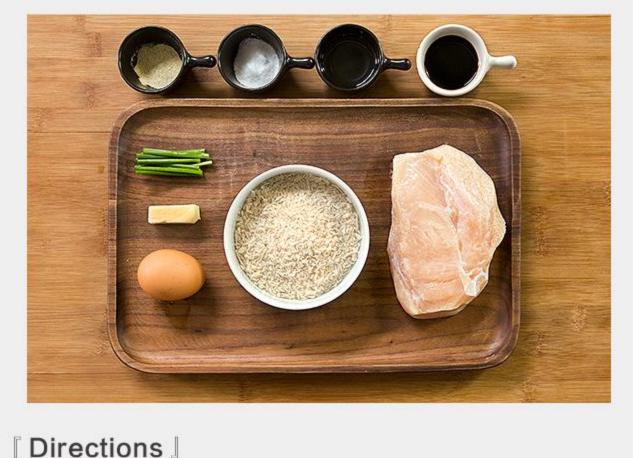


## P48 Crispy Chicken Fillet

Crispy chicken chops are good choices for both satisfying hunger and as snacks.

### [Ingredients]

- 1 piece of chicken breast, 60g bread crumbs, and 1 egg
- 3g green onion, 4g ginger, 10g rice wine, 2g salt, 0.5g pepper powder, and 3g soy sauce



### 1. Marinate the chicken with salt, rice wine, pepper pow-

plate.

- der, green onion, ginger, and soy sauce for 3h.
- Put the plate on the perforated steaming tray, put the perforated steaming tray onto the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
- 3. Take the steamed chicken from the oven and close the door. Wrap the chicken with egg liquid, then wrap it with the crumbs, and compact it with your hands; Lay a layer of tinfoil on the shallow baking tray, brush a thin layer of oil on the tin foil, and put the chicken with bread crumbs on the shallow baking tray.
- oven and press the "Confirm/Pause" button to continue cooking.5. Bake the chicken into golden yellow and serve it on a

4. Put the shallow baking tray onto the third layer of the





# P49 Salt and Pepper Ribs

The ribs are the flaky ribs of the chest. The meat is thin, and tastes fresh and tender.

### [Ingredients]

- 1000g pork ribs (4 pieces)
- 10g dark soy sauce, 40g light soy sauce, 1g black pepper, 20g oyster sauce, 30g yellow sugar, 30g Shaoxing wine, 40g honey, 20g green onion, and 5g salt



### Directions

5.

- Marinate the ribs with light soy sauce, dark soy sauce, black pepper, Shaoxing wine, oyster sauce, brown sugar, honey 25g, and green onion knots, massage the ribs, and marinate them in the refrigerator overnight. You can turn the ribs over. Mix 15g of the marinade juice and honey into mixed sauce.
- Take out the ribs, sprinkle salt and massage again, place them on the grill, put the grill on the third layer of the oven and the baking tray covered with tinfoil on the first layer (to receive oil), close the door, fill the water tank, select the recipe, and press the "Confirm/Pause" button to start cooking.
- 3 Take the steamed ribs out of the oven, close the door immediately, and brush the ribs with the mixed sauce.
- Put the grill on the third layer of the oven and press the "Confirm/Pause" button to continue cooking.

them out and put them on a plate.

Roast the ribs until they are oily and yellow. Take



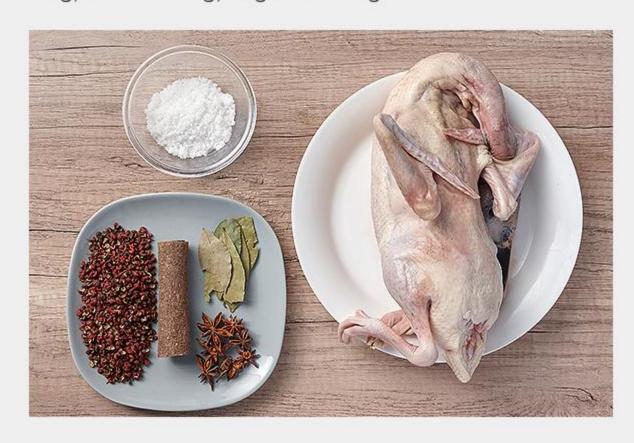


# P50×Crispy duck

This dish has a beautiful craft shape, perfect raw material matching, beautiful shape, and soft color, and is well received by guests from all over the world.

### [Ingredients]

- Duck (eviscerated) 2000g
- Dry Chinese prickly ash 20g, salt 70g, Chinese cinnamon 2g, star anise 5g, fragrant leaf 2g

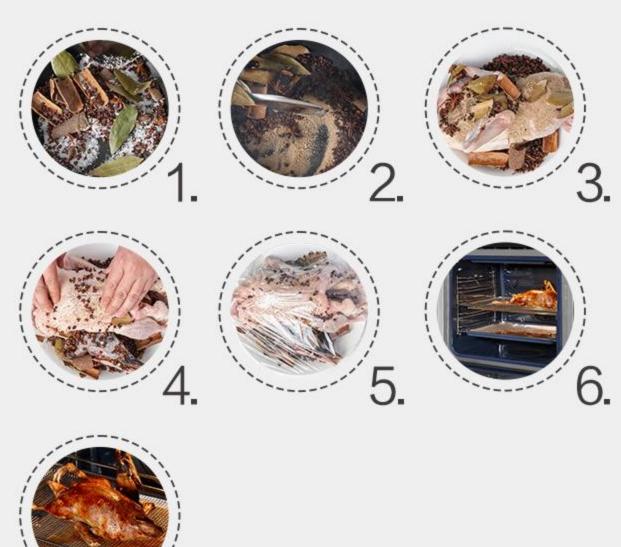


### Directions

- Stir the dry Chinese prickly ash, salt, cinnamon, star anise and fragrant leaves evenly and fry them over medium low heat.
- 2. Stir fry till you can smell the fragrance.
- Wash the duck and evenly sprinkle the fried spices inside and outside the duck.
- 4 Evenly spread the spices by hand.
- Marinate the duck for about 4h. If you prefer a heavy taste, seal the duck with plastic wrap and refrigerate it for one night.

6. Clean up the spices on the duck, put the duck on the

- grill, put the grill on the third layer of the oven and the baking tray covered with tinfoil on the first layer (to receive oil). Fill the water tank and close the door. Select the recipe and press the "Confirm/Pause" button to start cooking.
- 7. Take the cooked duck out of the oven.



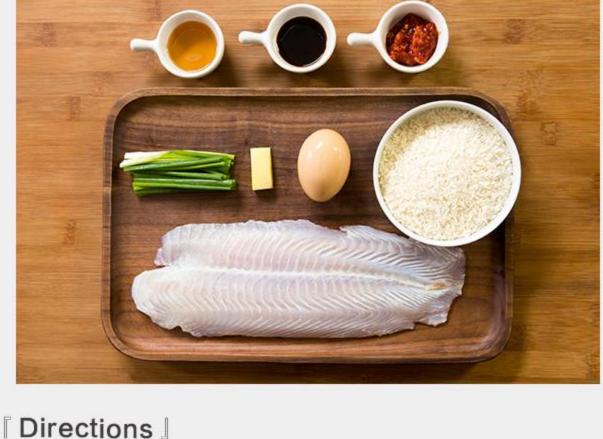


# P51×Grilled Fish Fillet

Roast basa fish tastes good, and is easy to cook. It is rich in oil and polyunsaturated fatty acids which are good for human body.

# [Ingredients]

- 175g basa fillet
- Fish marinating sauce: 10g fish steaming soy sauce, 5g green onion, 5g ginger, 5g and cooking wine Wrapping condiments: 25g BB garlic sauce, 1/2 egg, and 25g Japanese bread crumbs



#### 1. Wash the BASA fillet and marinate it with the fish marinating sauce for 10min.

sauce.

ing.

- 2. Put the plate on the perforated steaming tray, place the perforated steaming tray on the third layer of the
- oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking. 3. Beat the eggs into a bowl and mix them with BB garlic
- Take out the steamed BASA fillet and close the door immediately. Cool the steamed BASA fillet slightly, absorb the water with kitchen paper, brush the mixture of BB garlic sauce and egg liquid on both sides of the fish fillet, and then wrap the fish fillet with a layer of Japanese bread crumbs. Lay tinfoil on the shallow baking tray, brush a thin layer of oil, place the fish fillet on the shallow baking tray, and put the shallow baking
- tray onto the third layer of the oven. 5. Press the "Confirm/Pause" button to continue cook-
- 6. Take the cooked fish fillet out of the oven, put it on a plate and match the BB garlic sauce.





# P52×Grill Knuckle

With good color, fragrance and taste, this dish has been well received by the majority of diners since its launch.

### Ingredients

- 1 pork leg (about 500g)
- 5g ginger, 5g salt, 20g cooking wine, 3g orange peel, 1 star anise, 1g fennel, 20g light soy sauce, 10g dark soy sauce, 30g white sugar, 1g five spice powder, 1g cumin powder, 1g pepper salt, and 1g chili powder



### 1. Pour into the pot 1000g water, add salt, ginger, and

- cooking wine, and then put in the pork leg. Boil for 20min, and then take it out.2. Put the pork leg into a large bowl, add the orange peel,
- star anise, fennel, soy sauce, dark soy sauce, white sugar, and five spice powder to marinate the pork leg for 4–6 hours. Turn it over once during the process, so that the surface can be evenly colored and salted.

  3. Put the big bowl on the perforated steaming tray, put
- the perforated steaming tray on the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.

  4. Take out the pork leg and close the door immediately.
- with tin foil, and sprinkle cumin powder, pepper salt and pepper powder on both sides of the pork leg.

  5. Put the pork leg onto the third layer of the oven again,

Put the pork leg on the shallow baking tray covered

6. Take the roasted pork leg out of the oven and put it on a plate.

press the "Confirm/Pause" key to continue cooking.





# P53×Grilled Chicken

A classic dish. The meat is delicious and nutritious.

## Ingredients

- 6 chicken legs
- Marinating condiments: 10g green onion, 5g ginger, 10g cooking wine, 3g salt, 8g soy sauce, 4g dark soy sauce Stewing condiments: 2 star anises, 1 piece of cinnamon (3g), 10g green onion, 5g ginger, 8g soy sauce, 7.5g dark



### Directions

- Wash the chicken legs, add the marinating condiments and mix well, marinate the chicken legs for 15min. Then put the marinated chicken legs on the shallow baking tray covered with tinfoil.
- Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the shallow baking tray on the third layer of the oven, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking.
- 3. Take the chicken legs out of the oven, close the door, put the chicken legs into the casserole, add the stewing condiments and water, put the casserole on the perforated steaming tray, and put the perforated steaming tray back to the third layer of the oven to continue cooking.
- Steam the chicken legs into golden yellow and put them in a plate.





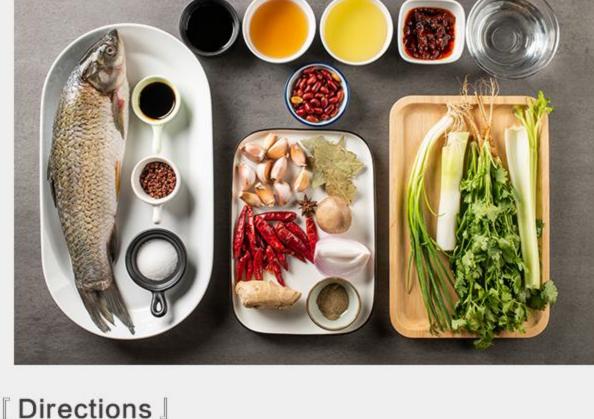
# P54×Grill Fish

The fish meat, burnt outside and tender inside, has a strong barbecue flavor but is not greasy.

### ■ 1 grass carp (1000g), 100g lettuce, 100g carrot, 100g

[Ingredients]

- potato, 100g lotus root, and 50g Beijing onion
   4g salt, 100g vegetable oil, 5g Chinese prickly ash, 3 anises, 5 dry red chillies, 20g Pixian douban sauce, 10g
- oyster sauce, 10g soy sauce, 50g lobster sauce, 10 garlic, 5g ginger, 0.5g pepper powder, 1g salt, and 250g water



# head, and take only the middle two sections of the fish. Draw several oblique knife edges on both sides

fish.

8.

of the fish body. (Wipe the water on the fish with kitchen paper)

2. Apply 4g salt evenly on the inside and outside of the fish, gently massage for a while, and then marinate for 15min.

3. Pour oil into the pot, heat it over big fire, add 5g Chi-

nese prickly ash, 5 dried chillies and 3 anises, and fry

1. Clean the grass carp, remove the bones, tail and

- them until they are burnt red and the fragrance is given out.4. Filter out the condiments from the fried oil, and put the marinated fish on the baking tray covered with tinfoil. Brush as much oil as possible on the surface of the
- 5. Preheat the oven: select the recipe, wait until you hear the preheating completion sounds, put the baking tray on the third layer of the oven, close the door, and press the "Confirm/Pause" button to start cooking.6. Pour the rest of fried oil into the pot and heat it up.

First, put 10g garlic cloves into the pot and fry until they turn golden. Then add 5g ginger slices, 50g

- union segments, and 20g Pixian douban sauce, stir fry for a few times. Add 50g lobster sauce and continue to stir fry. Pour 100g lettuce, 100g carrot, 100g potato and 100g lotus root slices into the pot and stir fry for 3min. Stir fry the vegetables until they become soft, add 10g oyster sauce and 10g soy sauce, stir fry evenly, and then add 250g water. After the water starts boiling, cover the pot and boil for another 3min. Then add the pepper powder.

  7. After you hear the prompt sound, take the fish out of the oven, close the door immediately, the fish surface
- 7. After you hear the prompt sound, take the fish out of the oven, close the door immediately, the fish surface should have turned slightly yellow. Pour the cooked vegetables on the fish and the soup on the knife edges to make the soup taste better.
- Take out the baking tray, put the dish on a plate and sprinkle sesame seeds on it.

firm/Pause" button to continue cooking.

Put the fish back to the oven and press the "Con-



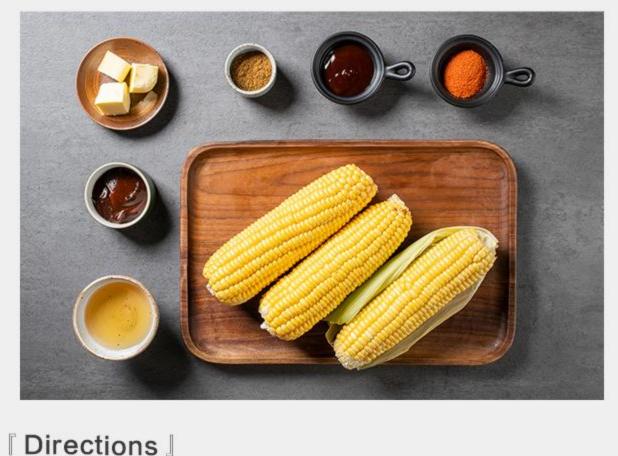


# P55 × Roasted corn with sauce

Corns roasted with sauces taste sweet and delicious.

### [Ingredients]

- 2-3 corn cobs
- 5g honey, 15g Haitian rib sauce, 5g sweet flour sauce, 1g chili powder, about 0.5g cumin powder, and 4g butter



- 1. Clean the corns, put them into the shallow baking tray covered with tinfoil. There is no need to preheat the oven. Put the shallow baking tray on the third layer of the oven, fill the water tank with water, close the door, select the recipe, and press the "Confirm/Pause" button to start cooking. 2. Weigh all the materials (except butter), and mix them
- evenly to form the sauce. After the oven cooks for 15min, press the "Confirm/Pause" button, take out the shallow baking tray, and evenly brush a layer of the sauce mixture on the steamed corns.
- 3. Soften a small piece of butter and brush a layer of butter onto the corns.

4. Press the "Confirm/Pause" button to continue roast-

ing. 5. Take the roasted corns out of the oven.





# P56 Steamed and roasted aubergine

This dish has a harmonious integrated taste, with the eggplant soft and rotten, the vermicelli delicious, and the meat crispy.

## [Ingredients]

- 1 black eggplant, 50g minced meat, 100g watered vermicelli
- 1g salt, 5g sugar, 10g cooking wine, 10g light soy sauce, 3g dark soy sauce, 8g chopped ginger, 15g chopped green onion, 15g chopped garlic, and 50g water



- 1. Place the plate on the perforated steaming tray, place the perforated steaming tray on the third layer of the oven, select the recipe, close the door, fill the water tank, and press the "Confirm/Pause" button to start cooking. 2. In the process of steaming eggplant, heat the oil in a
- hot pot, add chopped ginger, half of the chopped garlic and half of the chopped green onion, fry them until the fragrance is given out, then add the minced meat and stir-fry it fragrant, add the seasoning and a proper amount of water. When the water starts boiling, add watered vermicelli, and continue to stir well.
- 3. Take out the steamed eggplant, and close the door immediately. Cut the eggplant skin with a knife, draw several "cross knife" edges inside the eggplant with the tip of the knife, pour the fried minced pork vermicelli into the eggplant, sprinkle the other half of garlic evenly on the top, pave the baking tray with tinfoil, place the vermicelli eggplant on the baking tray, and then put the baking tray on the third layer of the oven.
- 4. Press the "Confirm/Pause" button to continue cooking.
- 5. Take the roasted eggplant out of the oven, and sprinkle it with the rest of green unions.





#### **Best Seller Across 5 Continents**

World Class Leader of Premium Kitchen Appliances

