Convenient and Safe Functions

Durable Tritan Jug



The BPA-free Tritan jug offers safe and secure use. It can also be washed in a dishwasher for quick and easy cleaning.

Easy to Lift



The suction pad on the bottom of the main unit fixes it safely to the counter, for safe use. Press the lever on the side, and the suction pad gets released making it easy to lift up.

Safety Lock



The machine will not start until you lock the bowl cover and bowl. This prevents the blade and food from jumping out of the machine while in use.

Limited Size Hole



Small enough to prevent children from putting their hands into the machine.

Spec

Model No.	MK-F800	MK-F500
Input Power	1000 W	1000 W
Speed Control	Manual/Flash (Variable)/Pulse/Auto	Manual/Pulse
Auto Menu	Yes (5 Auto Menu)	-
Operation	Touch (Electric Static) & Dial	Dial
Max Capacity	2.5 L	2.5 L
Working Capacity	1.5 L	1.5 L
Attachment/Function	13/33 function	13/33 function
Accessory Case	Yes	Yes
Circuit Breaker	Yes	Yes
Body Design	Black & Silver, Aluminium Dial	White
Weight (kg)	Net Weight 6.50, Gross Weight 7.00	Net Weight 6.50, Gross Weight 7.0
Dimension (W x D x H)	Approx. 263 x 259 x 437	Approx. 263 x 259 x 437





INDEX

3 Main Features of Panasonic food processor

13 Versatile Accessories

Kid's Birthday Party

Iftar Meals

Basic Recipes

Food Preparation

Holiday Cocktail Party Anniversary Dinner

P. 04





5 Pre-Programmed Auto Menu (For MK-F800 model only)

Controlled by glass touch. Precision processor gives you the ideal result every time with Pre-Programmed Auto Menu – every menu has a different sequence.







Chop





From preparation of desserts to main dishes, you can enjoy a wide range of assistance in various cooking tasks.

02

13 Versatile Accessories for 33 Functions

A variety of blades let you freely chop, mix, grind, grate, and slice in millimeters. Also great for making fresh juices and bread dough. It also comes with a storage case, so the kitchen stays neat and clean.



03

Professional-Level Cutting

Ultra-sharp blades cut ingredients evenly. Time-consuming preparation becomes quick and easy.





Knife Blade







Shredding Blade



Julienne Blade

13 attachments make it easy to prepare full-course meals at home.





Knife Blade

- Mince / Crumb
 Chop / Mash
 Grind / Impaste
 Knead / Crush and more.







Shredding Blade (Fine/Coarse)

- ShredGrate





■ Whip





Grating Blade ■ Grate





Blender

- Juice makeSauce makeSoup makePre-wash





Dry Mill ■ Grind





Slicing Blade (Thin/Thick) ■ Slice





Citrus Press Squeeze





Kneading Blade ■ Knead





Julienne Blade

- French friesShred





Salad Drainer ■ Drain off

Kid's Birthday Party





Attachments

Hamburger



French-fried potato



Julienne Blade

Coleslaw salad



Fine-Shredding Blade



Salad Drainer



Cupcakes





Orange juice









Hamburger

Ingredients

- Thick cut of beef: 400 g A Salt and pepper: dash
- Salad oil: 1 tbsp
- Hamburger bun: 4
- Lettuce: 2 leaves
- Tomato ketchup: 2 tbsp
- Onion: to taste
- Tomato: 1

Method

- 1 Insert "A" into the food processor (Knife Blade), and mince the meat by starting
- 2 Divide into four patties and form them into round shapes about 1 cm thick.
- 3 Heat the oil in a frying pan and fry the patties until they are brown on both sides.
- 4 Stack, in this order, lettuce, patty, tomato catsup, onion slices, and tomato onto hamburger buns that have been sliced in half and toasted.

French-fried potatoes

Ingredients

- Potato: 6
- Salad oil: to taste
- Salt: to taste

Method

- 1 Insert the potatoes into the food processor (Julienne Blade), and start.
- 2 After placing the potatoes into water, remove the moisture with a paper towel.
- 3 Pour the salad oil into the pan and heat at medium temperature, then deep-fry the potatoes until they are crisp.
- 4 Take the potatoes out, use a paper towel to remove the remaining oil, and sprinkle with

Coleslaw salad

Ingredients

- Cabbage: 1/4
- Cucumber: 1
- Tomato: 1 (small) ■ Corn: 120 g
- Carrot Dressing [P.26]

- 1 Insert the cabbage into the food processor (Coarse Shredding Blade), then start.
- 2 Change the blade to the Thin-Slicing Blade, insert the cucumber, then start.
- 3 Place the ingredients from steps (1) and (2) in water, then insert them into the food processor (Salad Drainer), and start to remove the moisture.
- 4 Insert the ingredients from step (3) into a bowl, add the tomato cut into 1-cm squares, and the corn, and sprinkle with dressing.

Cupcakes

Ingredients

- Flour: 150 g
- Sugar: 150 g
- Baking powder: 1 tsp __
 Unsalted butter: 90 g
- Egg: 2
- Milk: 80 ml
- Vanilla oil: a few drops _
- Butter cream [P.27]

- 1 Melt the butter in the microwave oven.
- 2 Place "A" into the food processor (Kneading Blade), then start to lightly mix.
- 3 Add "B" to the ingredients of step (2), then
- 4 Pour the ingredients to fill each cup to a level of about 80%, then bake in an oven preheated to 170°C for 35 to 40 minutes.
- 5 Allow the cupcakes to cool, then top them with butter cream, frosting, etc.

Orange juice

Ingredients

■ Orange: 6

Method

1 Cut the orange in half, put one half into the food processor (Citrus Press), and start.

Holiday Cocktail Party





Attachments

Crostini peperonata



Thick-Slicing Blade

Crostini smoked salmon cheese cream



Shrimp and cucumber cocktail



Coarse-Shredding Blade

Turnip and raw ham roll marinade



Thin-Slicing Blade

Paris-brest





Crostini peperonata

Ingredients

- Red paprika: 2 ■ Yellow paprika: 1
- Onion: 1/2
- Garlic: 1 clove
- Red chile pepper: 1 piece
- Olive oil: 40 ml
- Salt: dash
- French bread: adjust to suit your needs
- Italian parsley: to taste

Method

- 1 Insert "A" into the food processor (Thick-Slicing Blade), and start.
- 2 Place the thinly sliced garlic and red chile pepper into a frying pan, then when the aroma is noticeable, insert the ingredients from step (1) and stir fry, then cover with a lid and steam for 10 minutes. Add salt to taste.
- 3 Place the ingredients onto toasted slices of French bread, and garnish with Italian

Crostini smoked salmon cheese cream

Ingredients

- Smoked salmon: 150 g
- Cream cheese: 50 g
- Fresh cream: 60 ml A
- Salt: dash
- Lettuce: 2 leaves
- French bread: adjust to suit your needs
- Black pepper: dash
- Dill: dash

Method

- 1 Insert the smoked salmon into the food processor (Knife Blade), and start.
- 2 When the smoked salmon is finely chopped, add "A", and start again.
- 3 Place lettuce leafs onto toasted slices of French bread, then put the ingredients on top of the lettuce, sprinkle with black pepper, and top with dill.

Shrimp and cucumber cocktail

Ingredients

- Cucumber: 2
- Mayonnaise: 30 ml ■ Tomato ketchup: 50 ml
- Lemon juice: 5 ml
- Hot sauce: dash
- Boston lettuce: 4 leaves
- Red-leaved chicory: 1 leave
- Small shrimp: 24
- Thin sliced lemon: 4
- Chervil·dash
- 1 Insert the cucumber into the food processor (Coarse Shredding Blade), and start.
- 2 Put "A" into a bowl, and mix.
- 3 Put the cucumber and "B" into cocktail glasses, and top with the sauce from step (2).

Turnip and raw ham roll marinade

Ingredients

- Turnip: 2
- Salt: 1 tsp
- Raw ham: 6 slices
- Lemon juice: 2 tsp
- Olive oil: 50 ml
- Hard or semi-hard cheese, grated: 8 g
- Black pepper: dash

- 1 Insert the turnip into the food processor (Thin-Slicing Blade), and start.
- 2 Sprinkle salt on the turnip and let sit, then squeeze out the moisture, and dry with a paper towel.
- 3 Cut the raw ham into bite-sized pieces, place the turnip onto the ham and roll up. Then place half cut of olive on top, and spear with a
- 4 Arrange the ingredients from step (3) onto a plate, add lemon juice and olive oil, then sprinkle with powdered cheese and black

Paris-brest

Ingredients

- Water: 50 ml ■ Flour: 60 g
- Milk: 50 ml ■ Eqq: 2 ■ Butter: 50 g
 - Custard cream [P.26]
 - Whip cream
 - Sliced almonds:
 - to taste
 - Powdered sugar

■ Sugar: 5 g

■ Salt: dash

- 1 Put "A" into a pan and bring to a boil. Change to low heat, then insert sifted flour and mix.
- Once the dough stops sticking to the bottom of the pan and forms a ball, place it into the food processor (Kneading Blade), then start. At this time, divide the egg into several parts and mix it into the dough.
- Insert the dough into a pastry bag, then squeeze it into an 18-cm, two-layered ring, on an oven plate, and sprinkle almond slices onto it.
- 4 Spray water onto the entire surface with an atomizer, then bake in a 180°C oven for 45
- 5 Remove from the oven and let cool. Then cut the two layers in half horizontally. Squeeze the custard cream and whipped cream onto the lower layer, and replace the upper layer. Garnish with sliced almonds and powdered sugar.

Anniversary Dinner





Anniversary Dinner

Attachments

Carottes râpées





Fine-Shredding Blade

Zucchini tortilla



Thick-Slicing Blade

Chicken saute diable



Potatoes dauphinoise



Thick-Slicing Blade

Fruit tart





Carottes râpées

Ingredients

- Carrot: 2 ■ Salt: 1/2 tsp
- Vinegar: 1 1/2 tbsp A
- Olive oil: 2 tbsp ■ Orange: 1
- Lettuce: 1/4
- Black pepper: dash

Method

- 1 Insert the carrot into the food processor (Fine Shredding Blade), and start.
- 2 Place the shredded carrot into a bowl, add "A" and orange pulp, and mix.
- Put the black pepper into the Dry Mill, then attach the Dry Mill to the food processor, and
- 4 Arrange the ingredients from step (2) onto a plate or a bowl, and sprinkle the black pepper onto it.

Zucchini tortilla

Ingredients

- Zucchini: 1/2
- Olive oil: 1/2 tbsp
- Egg: 4
- Parmesan cheese: 8 g
- Salt and pepper: dash _
- Tomato: 1/2
- Olive oil: 1 tbsp
- Butter: 10 g

Method

- 1 Insert the zucchini into the food processor (Thick-Slicing Blade), and start.
- 2 Heat olive oil in a frying pan, then saute the
- 3 Put "A" into a bowl, and stir. Then add the roughly chopped tomato and zucchini, and mix.
- Place olive oil and butter into a frying pan and heat, then add the ingredients from step (3). When the egg is half-done, cover it with a lid and cook at low heat for 3 minutes.
- 5 When the ingredients from step (4) are cooked, turn them over, then cover them with a lid and cook for 2 minutes.

Chicken saute diable

Ingredients

- Salt and pepper: dash
- Salad oil: 2 tsp
- Garlic: 1 clove ■ Whole grain mustard
- Herb bread crumbs : to taste [P.27]
- : 60 a
- Chicken thigh: 4 pieces White wine vinegar : 2 tbsp
 - Coarsely ground A black pepper: dash
 - Thyme leaf: 1 stalk __ ■ Fond de veau
 - (brown stock): 150 ml
 - Mustard: 1 tbsp

Method

- 1 Salt and pepper the chicken.
- 2 Heat salad oil in a frying pan, add garlic, and place the chicken thighs skin-side down. When the chicken thighs are browned, turn them over and cook the other side.
- 3 Arrange the chicken thighs onto an oven baking sheet, and spread mustard onto the skin side. Then sprinkle the herb bread crumbs on top, place the baking sheet into the oven preheated to 220°C, and bake for 10-15 minutes.
- 4 Discard the oil from step (2), then heat "A", boiling it down to 1/2 of its original amount. Next, add Fond de veau, and boil it down again to about 2/3 amount. Strain this into a separate pan, bring it to a boil, then turn off the heat, add mustard, and mix.
- 5 Arrange the chicken onto a plate, and garnish with

Potatoes dauphinoise

Ingredients

- Potato: 5
- Fresh cream: 100 ml
- Milk: 100 ml
- Salt and pepper: dash
- Nutmeg: dash
- Butter: 5 g
- Garlic: dash

- 1 Insert the potatoes into the food processor (Thick-Slicing Blade), and start.
- 2 Place the potatoes and "A" into a bowl, and
- 3 Coat a gratin container with butter and garlic, insert the ingredients from step (2), then bake it in an oven preheated to 220°C for 35-40 minutes.

Fruit tart

Ingredients

- Baked tart pastry: 1 (20 cm) [P.27]Custard cream [P.26]
- Strawberry: 5
- Kiwifruit: 1
- Orange: 1/2
- Melon: 1/8
- Raspberry: 30 g ■ Blueberry: 20 g
- Nappage neutral (an apricot glaze): 60 g

Method

- 1 Cut the fruit into bite-sized pieces.
- 2 Spread the custard cream into an unfilled, baked tart pastry so the surface is flat, then arrange the fruit on top, and apply nappage.

Iftar Meals



21



Attachments

Lentil and tomato soup





Cucumber salad



Thick-Slicing

Fried kibbeh



Knife Blade

Dawood pasha



Almond cake



Lentil and tomato soup

Ingredients

- Ginger
- : 1 thumb-size piece ■ Garlic: 3 cloves
- Carrot: 1
- Onion: 1
- Cumin seeds: 1 tsp Lime: 1
- Tomato: 3
 - Lentil: 4 tbsp ■ Vegetable stock : 500 ml
 - Salt and pepper: dash
- Olive oil: 2 tbsp ■ Chervil: to taste

Method

- Place the ginger and garlic into the food processor (Knife Blade), and start. When the ginger and garlic are appropriately chopped, add the carrot. When the carrot is appropriately chopped, add the onion. Continue chopping until all the ingredients are finely chopped.
- 2 Heat olive oil in a pan, then add the ingredients from step (1) and cumin, and saute until the vegetables are
- 3 Put chopped tomatoes, soaked lentil beans, and vegetable stock into the ingredients from step (2), and simmer at a low heat for 30 minutes until all ingredients are soft.
- 4 Cool the ingredients, then blend them with a Blender, and simmer them in a frying pan. Season with salt, pepper and lime juice. Pour into serving bowls and garnish with lime peel and chervil.

Cucumber salad

Ingredients

- Cucumber: 3
- Salt: 1 tsp
- Rice vinegar: 4 tbsp
- Grated ginger: 1 1/2 tbsp A
- Honey: 1 tbsp
- Roasted sesame seeds: 1 1/2 tbsp

Method

- 1 Insert the cucumber into the food processor (Thick-Slicing Blade), and start.
- 2 Put the cucumber into a bowl, sprinkle with salt, and let sit until moisture is released.
- 3 Mix "A" together.
- 4 Squeeze out the moisture from the cucumber, arrange the cucumber in a bowl, then add the ingredients from step (3), and cool for 30 minutes. Sprinkle with white

Fried kibbeh

Ingredients

[For the shell] [For the stuffing]

- Bulgur: 100 g
- Onion: 1/2
- Salt: 1/2 tsp
- Lamb: 200 g
- Lamb: 250 g Olive oil: to taste ■ Salt: 1/2 tsp
- Ice cube: 1
- Pepper: 1/2 tsp ■ Allspice powder: 1/2 tsp
- Cumin powder: 1/2 tsp _
- Oil: For frying

- 1 Soak the bulgur for 30 minutes, then squeeze
- 2 Place the onion into the food processor (Knife Blade), and start. Once the onion is finely chopped, insert the meat, then start until minced. Next, add the bulgur, salt and ice, and start until the mixture is smooth.
- 3 Place the onion into the food processor (Knife Blade), and start. Once the onion is finely chopped, remove it from the food processor. Next, insert the lamb meat, and start.
- Heat some olive oil in a frying pan, add "A" to the ingredients from step (3), then saute them until they are browned.
- 5 Wrap the shell around the stuffing, then deep-fry in oil heated to 180°C until it is

Dawood pasha

Ingredients

- Onion: 1/2
- Beef: 400 g
- Baharat spice powder: 1 tsp
- Cinnamon powder: 1/2 tsp
- Salt: dash
- Black pepper: 1 tsp
- Tomato sauce [P.26] ■ Lime juice: 1 tsp
- Roasted pine seeds,
- Fried onions, parsley

- 1 Place the onion into the food processor (Knife Blade), and start. Once the onion is finely chopped, remove it from the food processor. Next, add "A" and start. When the mixture becomes a mince texture, put it into the onion bowl and mix.
- 2 Make small balls of the mince and refrigerate for
- 3 Place the meat balls on the rim of a plate and microwave high for 4 minutes uncovered. Set aside.
- 4 Add the meat balls and lime juice to the tomato sauce, and cook on high for 5 more minutes. Garnish with fried onions, chopped parsley and roasted pine seeds, and serve.

Almond cake

Ingredients

- Blanched and skinned almond: 1/2 cup
- Egg: 3
- Sugar: 1/2
- Margarine: 3/4 cup
- Milk powder: 1 1/2 tsp ■ Baking powder: 1/4 tsp B
- Nutmeg: a pinch
- Almond flake: to taste

Method

- 1 Place "A" into the food processor (Knife Blade), and start until a paste is formed.
- 2 In a bowl, whisk margarine until it is creamy, then slowly add "B" to the ingredients from
- 3 Grease a casserole with butter and pour the mixture in it. Cover with shrink film, and
- Then Micro at high for 4 minutes. Insert a toothpick in the hole and if it comes out clean then let it rest in the oven for 10 minutes. If the toothpick is wet then cook for another 2 minutes and do the test again.
- 5 Garnish with roasted almond flakes.

Basic Recipes



Carrot dressing



Ingredients

- Carrot: 1/2
- Wine vinegar: 15 ml
- Mayonnaise: 80 g
- Salt and pepper: dash _

- 1 Insert carrot into the food processor (Grating Blade), and
- 2 Place the carrot into a bowl, then insert "A", and mix.

Tomato sauce



Ingredients

- Onion: 1
- Garlic: 4 cloves
- Tomato puree: 400 g ■ Tomato paste: 1 tbsp
- Baharat spice powder : 1/2 tsp
- Cumin powder: 1/2 tsp
- Chicken stock: 400 ml Salt and pepper:

to taste

- 1 Separate the onion and garlic, and use the food processor Knife Blade) to finely chop each of them.
- 2 In a casserole, add the oil and garlic and microwave high for 2 minutes uncovered. Add onions and cook on high for 4
- 3 Add "A" to the ingredients from step (2), and cook covered for 12 minutes on micro high.

Custard cream



Ingredients

[for Paris-brest]

- Egg yolk: 3 Sugar: 60 g ■
- Flour: 30 g
- Milk: 300 ml
- Milk: 300 ml
 Vanilla pod: 1/2 pod
 Fresh cream: 200 ml
 Sugar: 40 g
- Sugar: 40 g
- Kirsch: dash

[for Fruit tart]

- Egg yolk: 2 A Sugar: 35 g
- Flour: 20 g
- Milk: 1 cup
- Vanilla pod: 1/3 pods ☐ Fresh cream: 50 ml ☐ C Sugar: 10 g
- Sugar: 10 g

 Kirsch: 1/2 tbsp

Method

- 1 Put "A" into a bowl, then whisk with an eggbeater until it turns whitish. Add the flour, and continue mixing.
- 2 Put "B" into a pan, and warm over medium heat until just before boiling. Then, add a little bit at a time to the ingredients from step (1), and mix.
- 3 Strain the ingredients from step (2) back into the pan, and bring to a boil while mixing. Once the mixture has started thickening, warm it over a low heat for 2-3 minutes. After cooling slightly, chill in the refrigerator.
- 4 Put "C" into the food processor (Whipping Blade), and start.
- 5 Add kirsch liqueur to the ingredients from step (3), and mix.
- 6 Mix ingredients from steps (4) and (5) .
- (For Paris-brest, mix 1/3 of the whip cream.)

Herb bread crumbs



Ingredients

: 20 a

- Garlic: 1 clove
- Parsley: 1 stalk ■ Panko bread crumbs (or simply, bread crumbs)

Method

1 Place the garlic into the food processor (Knife Blade), and start. When the garlic is finely chopped, add the parsley, then the bread crumbs, and start.

Butter cream



Ingredients

- Unsalted butter: 130 g
- Powdered sugar: 400 g ■ Milk: 70 ml

Method

- 1 Bring the butter to room temperature.
- 2 Insert the butter into the food processor (Kneading Blade),
- 3 Divide the remaining ingredients into three parts and insert one part at a time into the butter, starting each time to mix.

Tart pastry (20 cm)



Ingredients

- Butter: 90 g ■ Sugar: 40 g
- Egg yolk: 1 ■ Vanilla extract B
- : a few drops __
- Flour: 150 g

Method

- 1 Put "A" into the food processor (Kneading Blade), and start. When it becomes smooth, add "B", then start again.
- 2 Add flour to the ingredients from step (1), then start. (Be careful not to over-mix.)
- 3 Gently knead the ingredients until they form a ball, then wrap the ball with shrink film and place it in the refrigerator for 1
- Dust the pastry from step (3) with flour, then roll it out so it is a round shape and 3 mm thick.
- 5 Cover the baking mold with the pastry, and attached firmly to
- 6 Cut off the left-over pastry, then use a fork to poke air holes into several places in the pastry, and place it in the refrigerator for about 30 minutes.
- 7 Place a cooking sheet over the tart pastry, place pie weights onto the sheet, then bake it in an oven preheated to 200°C for 20 minutes. Remove the pie weights and bake for 10 minutes

Food Preparation





for Knife Blade



Meat / Fish
Remove all skin and bones, cut into 2-3 cm cubes.



Soft White Bread Slice soft bread into 6 to 8 pieces.



Frozen Fruit
1-2 cm width, half frozen condition, i.e. toothpick can pierce.



Italian Parsley
Remove stalk.



Onion / Carrot
Peel skin, cut into 2-3 cm cubes



Ice Cubes
2-3 cm ice cubes.



Roasted Peanuts
Remove peanut shell and skin



Mushroom
Cut into 2-3 cm cubes.



for Blade Stand



Carrot / Cabbage
Cut ingredient till is small enough to fit into the Feeding



Cheese
Cut ingredient till is small enough to fit into the Feeding Tube. Do not use hard ingredients such as Parmesan.



for Whipping Blade



Egg White
Separate the egg white from the yolk for a smooth meringue.



Cream
Use fresh cream of fat content 35% or higher at 5°C.



for Kneading Blade



Bread Flour Liquid
Add yeast during the processing of dough.



for Grating Blade



Apple / Carrot
Cut into 2-3 cm cubes.



for Citrus Press

Citrus Fruit
Cut fruit into halves.



for Salad Drainer



Lettuce Leaves
Cut into 3-5 cm slices.

30

方便和安全的功能

耐用的容器



容器不含二酚基丙 烷,可以放心及安 全地使用,容器容 易清洗及可放進洗 碗機。

方便提取



底部的橡膠墊能安 全穩固地放在桌上 ,移動時只需按下 旁邊的按鈕,橡膠 墊就能輕易掀取。

安全鎖設置



當容器蓋鎖緊容器 時,攪拌器才可開 動,防止食物在攪 拌過程中濟出。

尺寸適中的給料口



尺寸適中的的給料 口能防止小孩把手 伸進容器口。

規格

 型號	MK-F800	MK-F500
耗電量	1000 瓦	1000 瓦
速度控制	手動 / 可變 / 暫停 / 自動	手動 / 暫停
預設模式	有 (5 個自動模式)	-
運作	觸控及旋鈕控制	旋鈕控制
最大容量	2.5 升	2.5 升
運作容量	1.5 升	1.5 升
附件及功能	13 件配件 / 33 項功能	13 件配件 / 33 項功能
附件盒	有	有
斷路器	有	有
顏色	黑色及銀色,鋁合金旋鈕	白色
重(公斤)	淨重 6.50, 毛重 7.00	淨重 6.50, 毛重 7.00
尺寸(闊x深x高)	約 263×259×437	約 263×259×437
·		





 Panasonic 食物處理器的特色
 P. 04

 13 種不同用途配件
 P. 06

 孩子的生日派對
 P. 08

 假日歡聚
 P. 12

 週年晚餐
 P. 16

 聚餐
 P. 20

 基本食譜
 P. 24

 食品準備
 P. 28



目錄



01

5種預設自動模式

(只適用於型號MK-F800)

玻璃面板,觸控式操作。每個預設自動模式均有不同 的運作速度及次序,讓每次的食材準備都獲得完美 的效果。







切塊





由主菜到甜品, 它都能輔助你造出不同的菜式。

02

13種不同用途配件 配合33種功能

不同種類的刀片,助你切碎、攪拌、研磨及切片。其他配件 還可榨出新鮮果汁及打麵團。附設的存儲箱可作存放功 能,令您的廚房變得更企理更乾淨。



03

專業級數的切割效果

鋒利的切割刀片可把材料均匀地切割, 讓長時間的食材預備工作變得快捷簡單。





切刀



切片刀片





薯條製作刀片

13種配件助你輕鬆地 準備各種菜式





切刀

- 剁碎/捏碎 切件/糊狀 研磨/醬料 搓揉/細切





攪拌器

- 製造果汁製造醬汁製造湯類預先清洗





■研磨







麵團刀片 ■ 揉麵團







細碎刀片 (幼絲/粗絲) ■ 切碎 ■ 條狀





攪拌刀片 ■ 攪打忌廉





刨蓉器 ■ 磨蓉





切片刀片 (薄片 / 厚片)

■切片





榨汁器 ■ 榨汁





薯條製作刀片

- 條絲
- ■撕碎





沙律漏斗

■ 隔水

孩子的 生日派對





孩子的 生日派對

|配件|

漢堡



法式炸薯條



薯條製作刀片

椰菜沙律





薄切片刀

切幼絲刀片







沙律漏斗

杯子蛋糕







橙汁



漢堡

材 料

- 沙津油:1湯匙
- 茄汁:2湯匙
- 洋蔥:適量
- 漢堡包:4塊
- 蕃茄:1個

方法

- 把"A"的材料放入食物處理器,投入(切刀), 經過幾次攪拌後,肉會被完全剁碎。
- 2 把肉分成4份及搓至1CM厚的圓餅型。
- 3 把油放入鍋內加熱,直到2邊的肉變成啡色。
- 4 把生菜,茄汁,洋蔥及蕃茄放入漢堡中及進行 加熱。

法式炸薯條

材 料

- 薯仔:6個
- 沙津油:適量

- 把薯仔放進食物處理器放入(薯條製作刀片), 開動食物處理器。
- 2 把薯仔放進水裡,用廚房紙把薯仔去皮。
- 3 把沙津油放進鍋裡用中火加熱,然後用大火 把薯條炸成薯片。
- 4 把薯仔取出及用隔油紙吸乾食油,再加上些 鹽,即可。

椰菜沙律

材 料

- 椰菜:1/4個 粟米粒:120克
- 青瓜:1個
- 蕃茄:1個(細)
- 蘿蔔汁:[p.26]

方 法

- 1 把椰菜放進食品處理器,投入'切幼絲刀片',開 動食物處理器。
- 2 换上薄切片刀,投入青瓜,再開動食物處理
- 3 把步驟1及2的材料放進水裡,再放進食品處 理器內及裝上沙津漏斗。按開始把水份瀝
- 4 把3的材料放入碗,加入1CM大小的蕃茄及粟 米粒,再加入蘿蔔汁,即可。

杯子蛋糕

- 麵粉:150克 無鹽牛油:90克
- 糖:150克 A 雞蛋:2隻
- 發酵粉:1湯匙 」 牛奶:80毫升
 - 雲喱拿油:數滴 _

 - 牛油忌廉:[p.27]

- 1 把牛油放進微波爐內軟化.
- 2 將A放進食物處理器及加入麵團刀片,開動 食物處理器把它輕輕混合。
- 3 把B的材料加入步驟2,再開動食物處理器。
- 4 待杯子蛋糕待涼,加上牛油忌廉等裝飾。

橙汁

材料

■ 橙:6個

方 法

1 把橙切開一半,放進食物處理器中的榨汁器, 開動食物處理器。

假日歡聚







三色椒法包



煙三文魚忌廉芝士法包



鮮蝦青瓜杯



切粗絲刀片

大頭菜巴馬火腿卷漬



薄切片刀

巴黎甜甜圈





三色椒法包

材 料

- 紅椒:2個 橄欖油:40毫克
- 黄椒:1個 Å
- 洋蔥:1/2個 法包:個人喜好
- 紅辣椒:1隻
- 鹽:適量
- 蒜頭:1茶匙
- 意大利香草:適量

方 法

- 1 把材料A放進食物處理器,放入厚切片刀, 然後開動食物處理器。
- 2 把已切好的蒜頭泥及辣椒粉放入鍋炒至有 香味溢出,然後把材料攪拌炒,加蓋蒸約10 分鐘,加適量的鹽。
- 3 把炒熱的材料放上法包,再加上意大利香 草作裝飾用。

煙三文魚忌廉芝士法包

材 料

- 煙三文魚150克
 - 忌廉芝士50克 法包:個人喜好
- 生菜:2塊
- - 鮮忌廉60毫升 A 黑糊椒:適量
 - 鹽:適量
- _ 菠蘿:適量

方 法

- 1 把煙三文魚放進食物處理器,放入切刀,開動
- 2 把煙三文魚切好,把材料A放進,開動食物處
- 3 把生菜放上法式麵包,把材料放在生菜上,再 加上黑糊椒及菠蘿,作裝飾和調味。

鮮蝦青瓜杯

材 料

■ 辣汁:適量

- 青瓜:2個
- 蛋黃醬:30毫克
- 茄汁:50毫克 A 蝦:24隻 ■ 檸檬汁:5毫克

方 法

1 把青瓜放入食物處理器,加入切粗絲刀片,再 開動食物處理器。

■ 波士頓生菜:4塊

■ 紅色闊葉:1塊

■ 薄片檸檬:4片

■ 細西芹:適量

- 2 放A的材料放入碗裡攪拌。
- 3 加入青瓜及B的材料入酒杯,再在上面加上酱 汁(第2個步驟),完成。

大頭菜巴馬火腿卷漬

- 大頭菜:2個
- 鹽:1湯匙

- 全熟或半熟芝士:8克
- 檸檬汁:2湯匙
- 橄欖油:50毫克
- 巴馬火腿:6片 黑糊椒:適量

- 1 把大頭菜放入食品處理器,加入薄切片,開動 食物處理器。
- 2 加入鹽及大頭菜備用,再用隔油紙吸乾。
- 3 把巴馬火腿切至一口的大小,把大頭菜放上, 再把火腿捲起,最後用牙籤拮實,加上橄欖。
- 4 把完成的材料放在碟上,加入檸檬汁及橄欖 油。最後放上全熟或半熟芝士和黑糊椒,完 成。

巴黎甜甜圈

材料

- 水:50毫升 ■ 麵粉:60克 ■ 牛奶:50毫升
 - 雞蛋:2隻
 - 厚忌廉
- 牛油:50毫升 A ■ 糖:5毫克 ■ 杏仁(已切片)
 - ■糖粉

方 法

■ 鹽:適量

- 1 把A的材料放入鍋及加熱,轉至細火,放入已 篩好的麵團再攪拌。
- 2 當麵團不再沾鍋,把它搓成球狀再放入食品 處理器,加入麵團刀片,開動食物處理器同 時,把蛋分幾次加入進麵團裡。
- 3 把麵團放入食品袋,擠出18厘米的兩層圈。 平放在碟上,再放上杏仁粒。
- 4 在麵團的表面噴上水,然後放入焗爐加熱至 180度, 焗45分鐘。
- 5 從焗爐取出,待涼。然後把甜甜圈分成兩層, 加上忌廉,先在底層塗上忌廉再放上面層, 再加以杏仁及糖粉作裝飾。

週年晚宴





|配件|

蘿蔔小碟





乾磨器

切幼絲刀片

南瓜蛋餅



厚切片刀

香草雞塊



特色薯圈



厚切片刀

雜果撻





蘿蔔小碟

材料

- 紅蘿蔔:2個
- 鹽:1/2茶匙 ■ 醋:1 1/2湯匙
- 橄欖油:2湯匙 _
- 橙:1個
- 生菜:1/4個 ■ 黑糊椒:適量
- 方 法
- 1 把蘿蔔放入食品處理器,加上切幼絲刀片,開 動食物處理器。
- 2 把已削好的蘿蔔放進碗裡,再把"A"的材料 連橙皮攪拌。
- 3 把黑糊椒放進乾磨器,再放進食品處理器雜 菜湯開動食物處理器。
- 4 把步驟2的材料放於碟或碗裡,再加上黑糊

南瓜蛋餅

材 料

- 南瓜:1/2個
- 橄欖油:1/2湯匙
 - 雞蛋:4隻
 - 巴馬臣芝士:3克 A
 - 鹽及黑糊椒:適量 _
 - 蕃茄:1/2個 ■ 橄欖油:1湯匙
 - 牛油:10克

方 法

- 1 把南瓜放進食品處理器,加入厚切片刀開動 食物處理器。
- 2 於鍋裡加入熱橄欖油,炒熱南瓜。
- 3 把材料A放入碗裡攪拌,再圍圈加蕃茄及南
- 4 把橄欖油及牛油放進熱鍋,再加入步驟3的材 料當雞蛋半熟,把蓋蓋上,轉用細火煮3分
- 5 當步驟4的材料煮好,反轉再加蓋煮2分鐘。

香草雞塊

材料

- 雞腿:4塊
- 鹽及黑糊椒:適量
- 沙律油:2湯匙
- 蒜頭:1茶匙
- 芥末:60克 ■ 麵包碎:適量
- 粗粒糊椒:適量 A
- 百里香葉:1扎

■ 白醋:2湯匙

- 芥末:1湯匙
- 雜菜湯:150克

方法

- 1 把雞腿加上鹽及黑糊椒。
- 2 加熱沙律油,加入蒜頭,把雞腿皮向下,當雞 皮轉色,就把雞腿反轉。
- 3 把雞腿放上焗爐上,把芥末放在雞皮上,灑 上麵包碎,然後加上焗紙,放入已預熱220度 的焗10-15分鐘。
- 4 除去步驟2的油,加熱"A",收水至原本1/2的 份量。再加入雜菜湯,煮至2/3份量,把宅倒 至新的鍋,然後熄火,加芥末,攪拌。
- 5 把雞放於碟上,再加上汁。

特色薯圈

材 料

- 薯仔:5個
- 鮮忌廉:100毫升
- 牛奶:100毫升 ■ 鹽及黑糊椒:適量
- 肉豆蔻粉:適量
- 牛油:5克
- 蒜頭:適量

方 法

- 1 把薯仔放入食品處理器,加入厚切片刀,再開 動食物處理器。
- 2 把薯仔及材料A,放入碗內攪拌。
- 3 把牛油及蒜頭加入容器,把步驟2的材料放進 已預熱220度的焗爐35-45分鐘。

雜果撻

材料

- 撻皮:20CM[P.27] ■ 蛋撻皮[P.26]
- 士多啤梨:5粒
- 奇異果:1個 ■ 橙:1/2個
- 西瓜:1/8個
- 紅莓:30克
- 藍莓:20克
- 意大利香草:60克

方法

- 1 把生果切成一口大小。
- 再放上生果及於果撻上加些香草。

聚餐





配件

雜菜蕃茄湯





青瓜沙律



厚切片刀

炒肉丸



蕃茄醬肉丸



杏仁蛋糕



雜菜蕃茄湯

材料

- 薑:一小截
- 小茴香籽:1茶匙
- 蒜頭:3匙
- 紅蘿蔔:1個
- 洋蔥:1個
- - 蕃茄:3個
- 雜菜湯:500毫升
- 橄欖油:2湯匙
- 小扁豆:4湯匙
- 鹽及黑糊椒:適量
- 青檸:1個
- 青芹:適量

方 法

- 1 把薑及蒜頭放進食品處理器,加入切刀開動 食物處理器。當薑及蒜頭適量地切,加入紅 蘿蔔。當紅蘿蔔切好,加洋蔥繼續切直至所 有材料切好。
- 2 把鍋加熱,加入步驟1的材料及小茴香籽,再 炒熱雜菜,直到變軟。
- 3 把豆加上蕃茄放入雜菜蕃茄湯及加入步驟2 的材料,煮30分鐘細火,直到所有材料變軟。
- 4 把材料待涼,放入處理器,再放入鍋中,加入 鹽和青檸調味,倒進碗裡再加入青檸皮及青

青瓜沙律

材 料

- 青瓜:3條
- 鹽:1茶匙
- 白醋:4湯匙
- 老薑:1 1/2湯匙 A
 - 蜂蜜:1湯匙
 - 已炒芝麻:1 1/2湯匙

方 法

- 1 把青瓜放進食品處理器,加入厚切片刀,開動
- 2 把青瓜放進碗裡入鹽及待水釋出。
- 3 把材料A攪拌在一起。
- 4 倒出青瓜的水,加入步驟3的材料,再待涼30 分鐘,最後加上芝麻。

炒肉丸

材 料

【外層】

■ 保加利小麥:100克

- 洋蔥:1/2個
- 鹽:1/2茶匙

- 羊肉:250克
- 冰塊:1袋

■ 橄欖油:適量 ■ 鹽:1/2茶匙 ■ 黑糊椒:1/2茶匙

■ 洋蔥:1/2個

■ 羊肉:200克

【內料】

- 五香粉:1/2茶匙
- 小茴香粉:1/2茶匙
- 油:煮食用

方 法

- 1 把小麥浸30分鐘,把水倒去。
- 2 放入洋蔥到食品處理器,加入切刀,開動食物 處理器。當洋蔥切好後放入肉,再按開始。直 到打碎。然後,加入小麥,鹽及冰,再開動食 物處理器。直至混合物變滑。
- 3 把洋蔥加入有"切刀"的處理器,當洋蔥切好 後取出放入肉,開動食物處理器。
- 4 加熱橄欖油,把內料煮至啡色。
- 5 搓到貝殼型把油加熱至180度把肉煮熟。

蕃茄醬肉丸

- 洋蔥:1/2個
- 牛肉:400克
- 香料粉:1茶匙
- 肉桂粉:1茶匙 洋蔥乾
- 鹽:適量
- 黑糊椒:1湯匙

1 把洋蔥放入食品處理器,加入切刀,開動食物 處理器。當洋蔥切好,從食品處理器取走,再 加入"A" 開動食物處理器, 當混合物攪拌 好,放入洋蔥入碗攪均。

■ 蕃茄醬:[P.26]

■ 青檸汁: 1湯匙

■ 菠蘿籽

■ 西芹

- 2 把材料做成小球形狀冷藏15分鐘。
- 3 把肉丸放進碟內,用微波爐用大火煮4分鐘, 不要加封,備用。
- 4 把肉球及青檸汁加入蕃茄醬,煮5分鐘,加入 乾洋蔥,再加上切好的西芹和菠蘿籽。

杏仁蛋糕

材料

- 杏仁(1/2杯) ■ 奶粉:1 1/2茶匙] ■ 發粉:1/4茶匙 B
- 雞蛋:3隻 ■ 糖:1/2杯
 - 肉荳蔻:少許 🔟
- 植物牛油:3/4杯 杏仁薄片:適量

方法

- 1 把"A"放入食品處理器,加入切刀,直至呈現
- 2 把植物牛油打起,直到滑身,再慢慢加入 "B"至步驟1的材料。
- 3 把牛油塗上蛋糕模,倒入混合物。用微波爐 保鮮紙蓋好,然後再保鮮紙拮一個小洞。
- 4 用微波爐加熱4分鐘,若沒有粘著牙籤,可放 入焗爐10分鐘,若牙籤上面有濕,多焗2分
- 5 以杏仁片作配飾。

基本食譜



蘿蔔醬



材 料

- 蘿蔔:1/2個
- 白醋:15毫升
- 白汁:80克
- 鹽及黑糊椒:適量 📗

方法

- 1 把蘿蔔放進食品處理器,按醬料模式加入刨蓉器,然後開動
- 2 把蘿蔔放進碗裡,然後倒入A,開始混合。

蕃茄醬



材 料

- 洋蔥:1個 ■ 蒜頭:4匙
- 蕃茄蓉:400克
- 茄膏:1湯匙
- 香料粉:1/2茶匙 小茴香粉:1/2茶匙
- 雞湯:400毫升
- 鹽及黑糊椒:適量

- 1 用食品處理器加入切刀,把洋蔥及蒜頭分開切好。
- 2 把油及蒜頭放進微波爐加熱2分鐘,再放洋蔥及用大火煮4分
- 3 將"A"加入步驟2,蓋好後再用大火加熱12分鐘。

乳果忌廉



材 料

【杯裝用】

- 蛋黃:3隻 つ
- 麵粉:30克 ■ 牛奶:300毫升
- 雲喱拿籽:1/2枚 _
- 鮮忌廉:200毫升
- 糖:40克
- 櫻桃酒:適量
- 【蛋撻皮用】
- 蛋黃:2隻 ¬A 糖:35克 ¬A
- 麵粉:20克
- 牛奶:1杯
- 雲喱拿籽:1/2枚 _ ■ 鮮忌廉:50毫升
- 糖:10克
- 櫻桃酒:適量

方 法

- 1 放入材料A入碗,和打蛋器打均,直到變白。加入麵粉後繼續
- 2 把材料B放進鍋裡,再用中火加熱,每次加入小量的材料(從 步驟1)後拌勻。
- 3 把步驟2的材料放入鍋,再加熱及一路攪拌。當混合物變厚, 轉成細火煮2-3分鐘,待涼,再放入冷藏櫃。
- 4 把材料 C 放入食物處理器,加入攪拌刀片,再開動食物處 理器。
- 5 把步驟3的材料加入櫻桃酒,拌匀。
- 6 把步驟 4 和 5 拌匀。

香草麵包碎粒



材料

- 蒜頭:1辨
- 意大利香草:1匙
- 意大利麵包碎粒:20克

1 把蒜頭放進食品處理器加入切刀,完全切碎後再加入香草 及麵包碎,再開動食物處理器。

奶油忌廉



材 料

- 無鹽牛油:130克
- 糖粉:400克 ■ 牛奶:70毫升

方 法

- 1 把牛油放於室溫。
- 2 加入牛油到食品處理器,加入麵團刀片,開動食物處理器。
- 3 把材料分成三部分,分三次加入牛油,每次都需攪拌均匀。

蛋撻底 (20CM)



材 料

- 牛油:90克 ¬A A 糖:40克
- 蛋黃:1隻
- 雲喱拿油:幾滴 B
- 麵粉:150克

- 1 把"A"放入食品處理器,加入麵團刀片,開動食物處理器, 當它變滑後,可加入"B",再開始。
- 2 加入麵粉進入步驟1的材料,再按開始,(記得不要過度攪
- 3 搓匀所有材料直至成球狀,然後壓實球狀放進冷藏櫃近1小
- 4 在步驟3的餡餅上瀟上麵粉,並將其搓圓至3毫米厚。
- 5 把餡餅皮覆蓋整個模具,並握緊餡餅皮。
- 6 將多餘的餡餅皮割去,並用叉子 在餡餅上拮上幾個孔,再放入雪櫃30分鐘。
- 7 把牛油紙放在撻皮上並放入已預熱200度的焗爐20分 鐘,除去模具後再焗10分鐘。

食品準備





切刀用



肉/魚 除去皮和骨後,切成2-3 厘米大小。



白麥包 把1塊麥包分成6-8片



冷藏水果 切成1-2厘米闊,半冷藏狀態,例如牙籤可刺穿。



意大利香草 除去根部



洋蔥/蘿蔔 去皮[,]切成2-3厘米大小。



冰塊 2-3厘米大小的冰塊



焗花生 除去花生皮及殼



菇類 切成2-3厘米大小



各類刀片用



紅蘿蔔 把材料切成能夠送進給料 口的尺寸



芝士 把材料切成能夠送進給料 口的尺寸,請勿使用硬的 材料,例如:巴馬芝士。



攪拌刀片用



蛋白 把蛋黄分隔,用蛋白做成 蛋糕材料



忌廉 使用脂肪含量35%以上及 已冷藏的鮮忌廉



麵團刀片用



麵糊狀 在揉麵時加入酵母。



刨蓉器用



蘋果 / 蘿蔔 切成2-3厘米大小



榨汁器



柑橘類生果 把鮮果切半



沙律漏斗



生菜 分割成3-5厘米