

Panasonic®

Operating Instructions

使用說明書

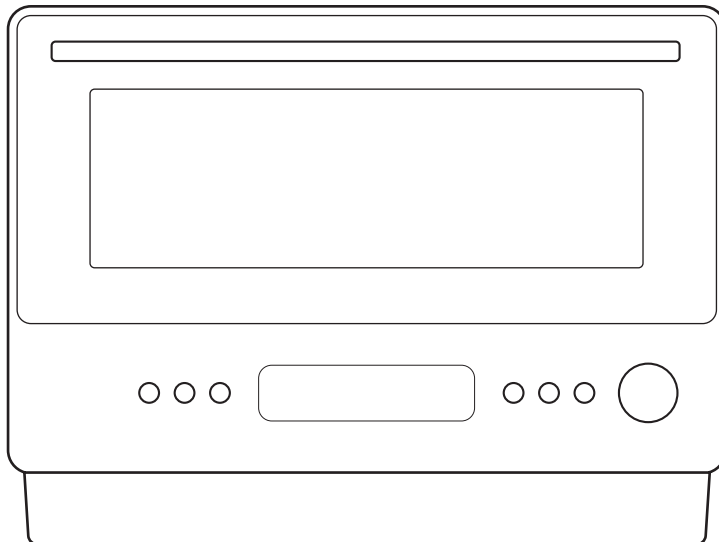
Microwave Oven

微波爐

Household Use Only

僅家庭用

Model No. **NN-DS59RW**
型號：



Important safety instructions
Read carefully and keep for future reference
重要安全措施
仔細閱讀並妥善保存

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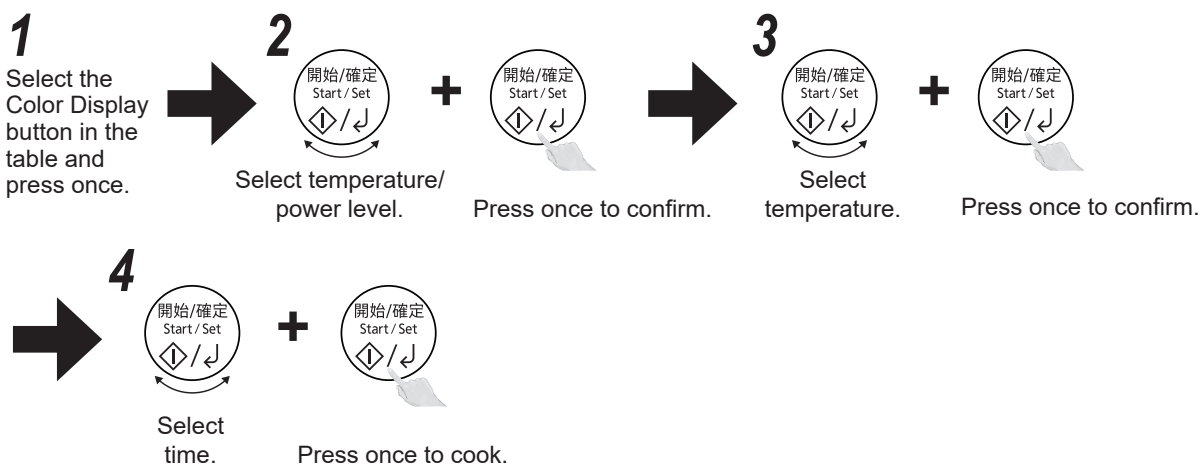
Quick Guide to Operation

After plugging in, "88:88" will appear in the display window, then you can start to operate.

English

Manual functions

Manual settings for temperature, power and time are required.



Color Display button	Temperature / Power Level	Function	Max Setting Time	Initial Settings
	30 - 90°C	Steam Low	1 hour	100°C
	100°C	Steam Med		
	110 - 150°C	Steam High	30 minutes	
	S	Stew	3 hours	
	30 - 45°C	Steam Ferment	9 hours	150°C
	50 - 95°C	Oven	9 hours	
	100 - 250°C		1 hour 30 minutes	
	180 - 250°C	Airfry	1 hour 30 minutes	200°C
	1000 W	Microwave	30 minutes	1000 W
	800 W / 600 W / 440 W / 300 W / 100 W		1 hour 30 minutes	
	70 - 250°C	Preheat	—	150°C
	Combination 1	MW+Oven	1 hour 30 minutes	—
	Combination 2	MW+Steam	30 minutes	—
	Combination 3	MW+Airfry	1 hour 30 minutes	—
	Combination 4 (Temperature: 190 - 250°C)	Steam+Oven	30 minutes	190°C
	Combination 5	Grill+Steam	30 minutes	—

Note:

- Step 3 is only required for Combination 4.
- Steps 3 and 4 are not required for the preheat function.

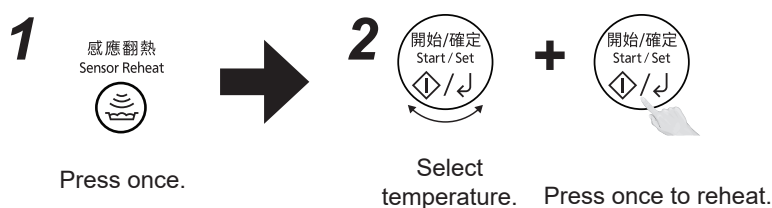
Auto functions

Select the desired function without setting the time.

Turbo Defrost

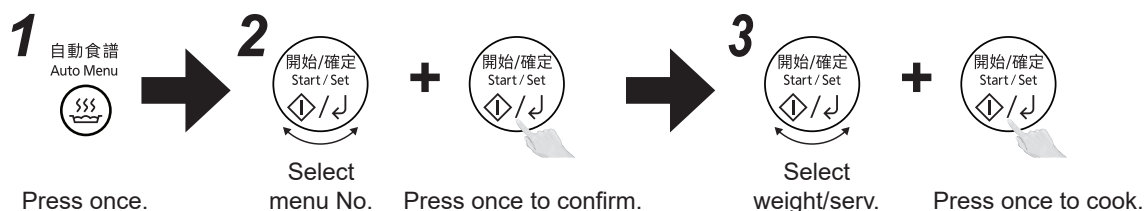


Sensor Reheat



Auto Menu

Without Preheating (Only for menu No. 1-23, 38, 42-58)



Note: Step 3 is only required for menu No 1 and 4.

With Preheating (Only for menu No. 24-37 and 39-41)



Cleaning



Accessibility

Other functions besides manual and auto functions.

To Set/Cancel Child Safety Lock	To Set:  →  Tap twice lightly, then press and hold once. To Cencel: 暫停/取消 Stop/Cancel  →  Tap twice lightly, then press and hold once.
Grill+Steam (Quick Select)	上烤下蒸 Grill+Steam  →  +  Press once. Select time. Press once to cook.
Steam Shot	Set and run the microwave, Steam Ferment, and Oven programs  →  Optional During cooking, press and hold this button until 2 extra minutes of steam are added. If you need to add 3–4 more minutes of steam, please press the button 1–2 more times within 3 seconds after the previous step appears.

Cautions

1. Never start the microwave program without food in the oven.
2. When using function with Steam, always clean and wipe the cavity, Integrated Water Tank and flat table after cooling the oven.
3. **White smoke or odor may occur during first-time use. This is normal and caused by heating residual machine oil, not by burning components. It will disappear after a few uses.**
4. After using the microwave oven, the fan motor will continue operating several minutes. It's normal.

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs INSPECTION FOR DAMAGE:

A microwave oven should only be used if an inspection confirms all of the following conditions

1. The door fits squarely, securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS:

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass, since they can scratch the surface, which may result in shattering of the glass.
7. Always use the oven with the cookware recommended by the manufacturer.
8. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
9. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.

10. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
11. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
12. Children should be supervised to ensure that they do not play with the appliance.
13. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
14. The surfaces are liable to get hot during use.
15. The appliance must not be installed behind a decorative door in order to avoid overheating.
16. The oven should be cleaned regularly and any food deposits removed.
17. Do not place any items on top of the microwave. Placing items may impact the operation and reliability of the appliance.

Practical Hints:

1. For initial use of **Steam, Oven, Airfry, Preheat** and **Combination**, if you see white smoke arise, it is not a malfunction.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during use. Use with care when opening or closing door and when inserting or removing food and accessory.



Caution! Hot surfaces

3. The oven has heating elements situated in the oven. After using **Steam, Oven, Airfry, Preheat** and **Combination**, the oven will be very hot.
4. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
WARNING: Accessible parts may become hot during use. Young children should be kept away.
5. Before using **Oven, Airfry, Preheat** and **Combination** for the first time, operate the oven without food and accessory on **Oven** 230°C for 10 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

IMPORTANT SAFETY INSTRUCTIONS (continued)

Important Instructions

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars and sealed baby bottles with teat) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
 - (c) Remove wire twist-ties from bags before placing bag in oven.
 - (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
 - (e) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. This appliance is not intended to be operated by means of an external timer or separate remotecontrol system.
13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
14. **WARNING:** Ensure that the cavity does not contain any items or utensils that are not suitable for the use with the microwave oven before you operate the appliance.
15. **WARNING:** Do not use the cavity for storing combustible products, cooking utensils, or food and similar when the microwave oven is not in use.
16. The appliance shall not be cleaned with a steam cleaner.

Circuits

Your microwave ovens should be operated on a separate circuit from other appliances. The voltage used must be the same as specified on this microwave oven. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

WARNING—Improper use of the earthing plug can result in a risk of electric shock.

Fan Motor Operation after Cooking

After using this oven, the fan may rotate to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

After using **Oven** mode, it is recommended to open the door of the oven to accelerate the cooling down process and shorten fan running time.

WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- c) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- d) It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- e) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- f) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- g) Liquids or other foods must not be heated in sealed containers since they are liable to explode, at the same time, it should avoid the boiling liquids splash.
- h) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- i) When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

Installation and General Instructions

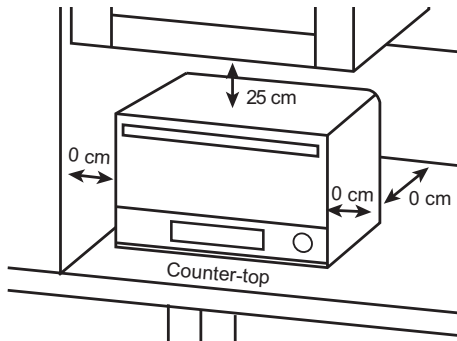
General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
3. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar can lead to risk of injury, ignition or fire.
4. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
5. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the oven. The oven can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on the base of oven unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
11. **DO NOT** use this oven to heat chemicals or other non-food products. **DO NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
12. When using the **Combination with Microwave** mode, never place any aluminum or metal container directly on the Airfry Basket.
13. Do not use the Airfry Basket and Enamel Tray when cooking in the **Microwave** mode only.
14. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
15. Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.
16. Metallic containers for food and beverages are not allowed during microwave cooking.
17. Only use utensils that are suitable for use in microwave ovens.
18. Please use distilled water, purified water, or filtered water; do not use mineral water or tap water. **Failure to use water as required may cause blockages. If white powder appears at the steam outlet, water tray, or inside the cavity, please contact the service department of the distributor.**

Placement of the Oven

This oven is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard. The appliance shall not be placed in a cabinet.

1. The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. **Only the top of the oven needs a 25 cm space; the right, left, and back walls do not require any space. Do not remove feet.**

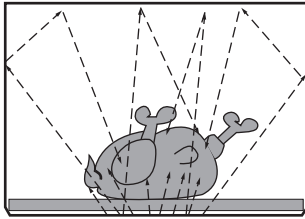


- (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
 - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only

Food

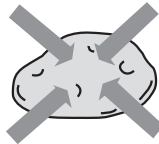
1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they can explode, even after microwave heating has ended.
4. Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
 - (a) Avoid using straight-sided containers with narrow necks.
 - (b) Do not overheat.
 - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
 - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
 - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
 - (f) As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.** To check the degree of cooking of roasts and poultry use a **MICROWAVE THERMOMETER**. Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES** given in the Cooking Guide section are **APPROXIMATE**. Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Microwave Principles



Microwave is a high-frequency electromagnetic wave that does not generate heat itself. Microwaves are present in the atmosphere all the time, both in the universe and nature. The microwave dispersion is not concentrated in nature and food cannot be heated. In a microwave oven, electricity is converted into microwaves by the magnetron that penetrate food at an oscillation frequency of 2450 MHz per second.

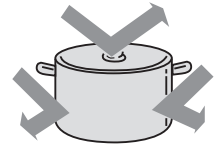
Reflection



Absorption by water-containing foods



Penetrating porcelain, glass, etc.



Reflection by metal

When microwaves are absorbed by food, polar molecules in food (such as water, fat, protein, sugar, etc.) is attracted and oscillates rapidly at a rate of 2.45 billion times per second to vibrate which causes friction heat. The microwave oven use this heat generated by the food molecules themselves, which both inside and outside to heat food quickly.

English

Cooking Techniques

Timing

A range in heating time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in the recipe and check for doneness. If the food is under cooked, continue cooking. It is easy to add time to an under cooked product. Once the food is overcooked, nothing can be done!

Spacing

Individual foods, such as baked potatoes and cupcakes will heat more evenly if placed in the oven equal distance apart.



When possible, arrange foods in a circular pattern.



Piercing

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape.

Egg: pierce the egg yolk 2 times with a toothpick and protein several times.

Clam and oyster: pierce several times with a toothpick.

Potatoes and vegetables: pierced with a fork.

Sausages: scratched smoked sausages. Pierce the casing with a fork.



Browning

Meat and poultry will automatically be burnt or grilled after being cooked for 10-15 minutes, because the meat itself is easy to absorb by microwaves, so it can produce a roast or burnt effect. To shorten the food oven or cooking time and get good color effect, be sure to apply dark soy sauce or spicy sauce to the food before baking. For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

Covering

When cooked in a microwave, the water will evaporate. Since microwave cooking is performed internally and externally at the same time instead of directly heating. So the evaporation rate is not easy to control. As long as the cover is used, the shortcoming will be easily corrected. All recipes are not covered unless with instructions. Use wax paper or paper towels to maintain food moisture.

Stirring

When cooking in microwaves, stir the food as needed. In recipes, words such as once, twice, often or occasionally are used to indicate the times of food stirring required. The portion near the container is often stirred toward to the center and the uncooked is stirred outside.

Rotating and repositioning food

Sometimes heat cannot be redistributed by stirring the food. You need concentrate food in certain part. To achieve even cooking effect, you can reposition or rotate the food. For example, turn over the food in the cooking process, turn over large portions of food such as meat or chicken. Small pieces of food such as chicken, shrimp, hamburger and pork chops need to move the position, which exchange the food inside and outside position.

Standing Time

When a microwave oven is switched off, the food will continue to cook by conduction. When cooking meat, if it is placed for 10-20 minutes, the internal temperature will rise by 5°C - 15°C. Steamed frozen foods and vegetables are placed for a short period of time. This is to allow the hot central food to transmission heat to the side and the food itself is not hot.

Changing Menu

Choose recipes that are easy to change to microwave cooking. For principle, reduce $\frac{1}{4}$ time as previous when changing a standard recipe to microwave recipe. At the same time, look for the same microwave recipe and the corresponding fixed time and power level. Before cooking, you should marinate the food with seasoning, and then add salt after cooking to avoid excessive moisture precipitation. The simmered food does not have to be pre-fried before cooking. If you have fried oil, you should pour out the excess oil or fat. Cut the clam meat into 2.5 cm pieces. Cut carrots, potatoes and other harder vegetables into small pieces. The carrots should be sliced, chopped with potatoes, covered with a glass lid, boiled on high heat until the water boils, then turn to low heat and occasionally stir once.

Note: Put a dish on the meats and vegetables to avoid overheated.

The microwave oven can cook the soup recipe very well, divide the food evenly and add it to the soup. Choose a larger tray to stirring. Use a glass lid or a special plastic lid to reduce cooking time

Food Characteristics

Size

Small portions cook faster than large ones.

Shape

Uniform sizes heat more evenly. To compensate for irregular shapes, place thin pieces toward the centre of the dish and thicker pieces toward the edge of dish.



Starting Temperatures

Room temperature foods take less time to heat up than refrigerator frozen foods.

Bone and Fat

When heating boned food and the fat absorbs microwaves more positively than the bones, the surrounding parts are relatively easy to be cooked and so the heating of the boned food is not distribution.



Density

Porous, airy foods take less time to heat than heavy, compact foods.



Cookware and Utensil Chart

	Microwave	Oven/Airfry/Preheat	Steam Low/Steam Med/ Steam High
Aluminium foil	no	yes	yes
Ceramic plate	yes	yes	yes
Browning dish	yes	no	no
Brown paper bags	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes
non-oven/ microwave safe	no	no	no
Disposable paperboard containers	yes*	yes*	no
Glassware oven glassware & ceramic	yes	yes	yes
non-heat resistant	no	no	no
Metal cookware	no	yes	yes
Metal twist-ties	no	yes	yes
Oven cooking bag	yes	yes*	yes
Paper towels and napkins	yes	no	no
Plastic defrosting rack	yes	no	no
Plastic dishes microwave safe	yes	no	yes
non microwave safe	no	no	no
Microwave safe plastic wrap	yes	no	not required
Straw, wicker, wood	yes	no	yes
Thermometers microwave safe	yes	no	no
conventional	no	yes	no
Waxed paper	yes	yes	yes
Silicon bakeware	yes*	yes*	yes*

* Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

Cookware and Utensil Chart

(continued)

English

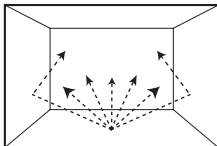
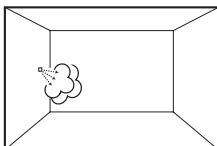
	Stew/Steam Ferment/ Combination 4 (Steam+Oven)	Combination 1 (MW+Oven), Combination 3 (MW+Airfry)	Combination 2 (MW+Steam)	Combination 5 (Grill+Steam)
Aluminium foil	yes	no	no	yes
Ceramic plate	yes	yes	yes	yes
Browning dish	no	no	no	no
Brown paper bags	no	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes	yes
non-oven/ microwave safe	no	no	no	no
Disposable paperboard containers	no	yes*	no	no
Glassware oven glassware & ceramic	yes	yes	yes	yes
non-heat resistant	no	no	no	no
Metal cookware	yes	no	no	yes
Metal twist-ties	yes	no	no	yes
Oven cooking bag	yes	yes	yes	yes
Paper towels and napkins	no	no	no	no
Plastic defrosting rack	no	no	no	no
Plastic dishes microwave safe	no	no	yes	no
non microwave safe	no	no	no	no
Microwave safe plastic wrap	no	no	not required	no
Straw, wicker, wood	no	no	yes	no
Thermometers microwave safe	no	no	no	no
conventional	no	no	no	no
Waxed paper	yes	yes	yes	yes
Silicon bakeware	yes*	yes*	yes*	yes*

* Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

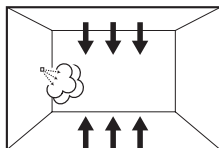
Cooking Mode

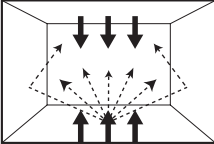
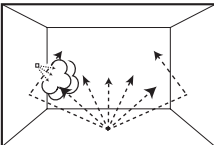
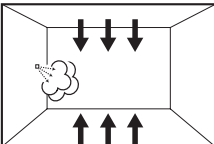
This product has multiple cooking functions. The table below shows the heating principle of each cooking mode, the types of food suitable for cooking, the recommended accessories to use, and their placement. Cooking results may vary depending on the type, shape, and initial temperature of the food, the conditions of the containers used, and the placement. Please adjust according to your actual needs.

English

Cooking mode	Heating Principles and Example of Use	Recommended accessories and placement														
Microwave 	<u>The action of microwaves causes water molecules to collide with each other, generating a large amount of frictional heat. Therefore, food can be quickly heated both inside and out.</u> <table><tr><th>Power</th><th>Example of Use</th></tr><tr><td>1000 W</td><td>Cook fresh fruits and vegetables, cook preserved fruits and candies.</td></tr><tr><td>800 W</td><td>Cook fish and seafood, cook meat, poultry, and eggs. Cook pastries.</td></tr><tr><td>600 W</td><td>Bake cakes, simmer foods, melt butter and chocolate.</td></tr><tr><td>440 W</td><td>Cook tougher cuts of meat, make soups or stews.</td></tr><tr><td>300 W</td><td>Thaw meat, poultry, or seafood, soften butter.</td></tr><tr><td>100 W</td><td>Soften ice cream.</td></tr></table> No Preheating	Power	Example of Use	1000 W	Cook fresh fruits and vegetables, cook preserved fruits and candies.	800 W	Cook fish and seafood, cook meat, poultry, and eggs. Cook pastries.	600 W	Bake cakes, simmer foods, melt butter and chocolate.	440 W	Cook tougher cuts of meat, make soups or stews.	300 W	Thaw meat, poultry, or seafood, soften butter.	100 W	Soften ice cream.	Use microwave heatproof dishes, plates or bowls, directly on the base of the oven. (no metal)
Power	Example of Use															
1000 W	Cook fresh fruits and vegetables, cook preserved fruits and candies.															
800 W	Cook fish and seafood, cook meat, poultry, and eggs. Cook pastries.															
600 W	Bake cakes, simmer foods, melt butter and chocolate.															
440 W	Cook tougher cuts of meat, make soups or stews.															
300 W	Thaw meat, poultry, or seafood, soften butter.															
100 W	Soften ice cream.															
Steam Low / Steam Med 	<u>Cooking with steam.</u> Steam Low: <table><tr><th>Temp (°C)</th><th>Example of Use</th></tr><tr><td>50</td><td>Thaw, marinate root vegetables: pickles, pickled radish</td></tr><tr><td>60-70</td><td>Sous vide cooking</td></tr><tr><td>80-90</td><td>Onsen egg, shrimp, steamed egg</td></tr></table> Steam Med: <table><tr><th>Temp (°C)</th><th>Example of Use</th></tr><tr><td>100</td><td>Vegetables, buns, rice, whole grains, steamed fish</td></tr></table> No Preheating	Temp (°C)	Example of Use	50	Thaw, marinate root vegetables: pickles, pickled radish	60-70	Sous vide cooking	80-90	Onsen egg, shrimp, steamed egg	Temp (°C)	Example of Use	100	Vegetables, buns, rice, whole grains, steamed fish	[Single layer] lower shelf position: Enamel Tray [Doubles layers] upper shelf position: Airfry Basket lower shelf position: Enamel Tray		
Temp (°C)	Example of Use															
50	Thaw, marinate root vegetables: pickles, pickled radish															
60-70	Sous vide cooking															
80-90	Onsen egg, shrimp, steamed egg															
Temp (°C)	Example of Use															
100	Vegetables, buns, rice, whole grains, steamed fish															

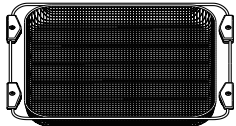
Cooking mode	Heating Principles and Example of Use	Recommended accessories and placement																		
Oven / Airfry	<u>Use both the top and bottom heaters to heat simultaneously.</u> Oven: <table><tr><th>Temp (°C)</th><th>Example of Use</th></tr><tr><td>50-95</td><td>Keep warm, dried fruits, slow cooking, tender roasting, low-temperature cooking, jerky, dried meat</td></tr><tr><td>100-145</td><td>Melty beans, roasted vegetables, roasted seafood, fruit cakes, cookies</td></tr><tr><td>150-185</td><td>Macarons, cheesecakes, chiffon cakes, pies, biscuits, cupcakes</td></tr><tr><td>190-230</td><td>Pastries, roast chicken, baguettes, potato dishes</td></tr><tr><td>235-250</td><td>Baked potatoes, baked sweet potatoes, thin-crust pizza, lamb chops, steaks and other thin cuts of meat</td></tr></table> Airfry: <table><tr><th>Temp (°C)</th><th>Example of Use</th></tr><tr><td>180-200</td><td>Reheat refrigerated fried pork cutlet, roasted garlic eggplant</td></tr><tr><td>210-250</td><td>French fries, store-bought frozen bite-sized fried meat, roasted potatoes, roasted sweet potatoes, roasted salmon</td></tr></table> Preheating advised	Temp (°C)	Example of Use	50-95	Keep warm, dried fruits, slow cooking, tender roasting, low-temperature cooking, jerky, dried meat	100-145	Melty beans, roasted vegetables, roasted seafood, fruit cakes, cookies	150-185	Macarons, cheesecakes, chiffon cakes, pies, biscuits, cupcakes	190-230	Pastries, roast chicken, baguettes, potato dishes	235-250	Baked potatoes, baked sweet potatoes, thin-crust pizza, lamb chops, steaks and other thin cuts of meat	Temp (°C)	Example of Use	180-200	Reheat refrigerated fried pork cutlet, roasted garlic eggplant	210-250	French fries, store-bought frozen bite-sized fried meat, roasted potatoes, roasted sweet potatoes, roasted salmon	[Single layer] lower shelf position: Enamel Tray / Airfry Basket
Temp (°C)	Example of Use																			
50-95	Keep warm, dried fruits, slow cooking, tender roasting, low-temperature cooking, jerky, dried meat																			
100-145	Melty beans, roasted vegetables, roasted seafood, fruit cakes, cookies																			
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Temp (°C)	Example of Use																			
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210-250	French fries, store-bought frozen bite-sized fried meat, roasted potatoes, roasted sweet potatoes, roasted salmon																			

Cooking mode	Heating Principles and Example of Use	Recommended accessories and placement																				
Steam High / Stew / Steam Ferment / Combination 4 (Steam+Oven) 	<u>This function is a heating method that combines steam and oven, meaning that steam is injected while baking. It can reduce the loss of nutrients in food and make the baked food more tender and flavorful.</u> Steam High <table><tr><th>Temp (°C)</th><th>Example of Use</th></tr><tr><td>110-120</td><td>Seafood: abalone, oysters, scallops, etc.; spare ribs, chicken feet</td></tr><tr><td>130-150</td><td>Chinese sausage, cured meat, smoked meat</td></tr></table> Stew <table><tr><th>Power</th><th>Example of Use</th></tr><tr><td>S</td><td>Foods that are simmered for a long time, such as stews and braised dishes</td></tr></table> Steam Ferment <table><tr><th>Temp (°C)</th><th>Example of Use</th></tr><tr><td>30-45</td><td>Fermenting dough, homemade yogurt</td></tr></table> Combination 4 (Steam+Oven) <table><tr><th>Temp (°C)</th><th>Example of Use</th></tr><tr><td>190-230</td><td>European bread, baguette, whole beef</td></tr><tr><td>240-250</td><td>Lamb chops, steak, ribs, seafood baked rice</td></tr></table> Combination 4 (Steam+Oven): Preheating advised Steam High, Stew, Steam Ferment: No Preheating.	Temp (°C)	Example of Use	110-120	Seafood: abalone, oysters, scallops, etc.; spare ribs, chicken feet	130-150	Chinese sausage, cured meat, smoked meat	Power	Example of Use	S	Foods that are simmered for a long time, such as stews and braised dishes	Temp (°C)	Example of Use	30-45	Fermenting dough, homemade yogurt	Temp (°C)	Example of Use	190-230	European bread, baguette, whole beef	240-250	Lamb chops, steak, ribs, seafood baked rice	[Single layer] lower shelf position: Enamel Tray / Airfry Basket
Temp (°C)	Example of Use																					
110-120	Seafood: abalone, oysters, scallops, etc.; spare ribs, chicken feet																					
130-150	Chinese sausage, cured meat, smoked meat																					
Power	Example of Use																					
S	Foods that are simmered for a long time, such as stews and braised dishes																					
Temp (°C)	Example of Use																					
30-45	Fermenting dough, homemade yogurt																					
Temp (°C)	Example of Use																					
190-230	European bread, baguette, whole beef																					
240-250	Lamb chops, steak, ribs, seafood baked rice																					

Cooking mode	Heating Principles and Example of Use	Recommended accessories and placement
Combination 1 (MW+Oven)/ Combination 3 (MW+Airfry) 	<u>This function is a heating method that combines microwaves with top and bottom heater heating. Microwaves are added while the top and bottom heaters are operating, achieving the effect of rapid baking or quick Airfrying.</u> Combination 1 (MW+Oven) Example of Use Stuffed pastry, roasted chicken leg, potato products Combination 3 (MW+Airfry) Example of Use French fries, chicken nuggets, fried pork cutlet No Preheating	[Single layer] lower shelf position: Airfry Basket (no metal)
Combination 2 (MW+Steam) 	<u>Adding microwaves while steaming allows for quick penetration of hard-to-cook ingredients, while also locking in nutrients.</u> Example of Use Steamed fish, root vegetables, frozen foods, etc. No Preheating	[Single layer] lower shelf position: Airfry Basket (no metal)
Combination 5 (Grill+Steam) 	<u>Using steam together with top and bottom heaters simultaneously can achieve the effect of grilling food in the upper space and steaming food in the lower space at the same time.</u> Example of Use ■ Salt-Grilled Prawns / Steamed Clams ■ Grilled Mushrooms / Poached Shrimp ■ Grilled Enoki Mushrooms / Steamed Tofu with Mixed Vegetables and Shrimp No Preheating	[Doubles layers] upper shelf position: Enamel Tray Flat Table: Heat-resistant container

Oven Accessories

English

Function	Power Level	Enamel Tray	Airfry Basket
			
Steam Low	Steam only	✓	✓
Steam Med			
Steam High	Steam + Oven	✓	✓
Stew	Steam + Oven	✓	✓
Steam Ferment	Steam + Oven	✓	✓
Oven	Oven	✓	✓
Airfry	Oven	✓	✓
Microwave	Microwave	x	x
Preheat	Oven	x	x
Combination 1 (MW+Oven)	Microwave (100 W) + Oven	x	✓
Combination 2 (MW+Steam)	Microwave (440 W) + Steam	x	✓
Combination 3 (MW+Airfry)	Microwave (100 W) + Oven	x	✓
Combination 4 (Steam+Oven)	Steam + Oven	✓	✓
Combination 5 (Grill+Steam)	Top Heater + Steam + Bottom Heater	✓	x

* When using Combination 1 / Combination 2 / Combination 3, do not use any metal container directly on the accessories. Place the food directly on the accessory, or put the food in a microwave-safe container before placing it on the accessory.

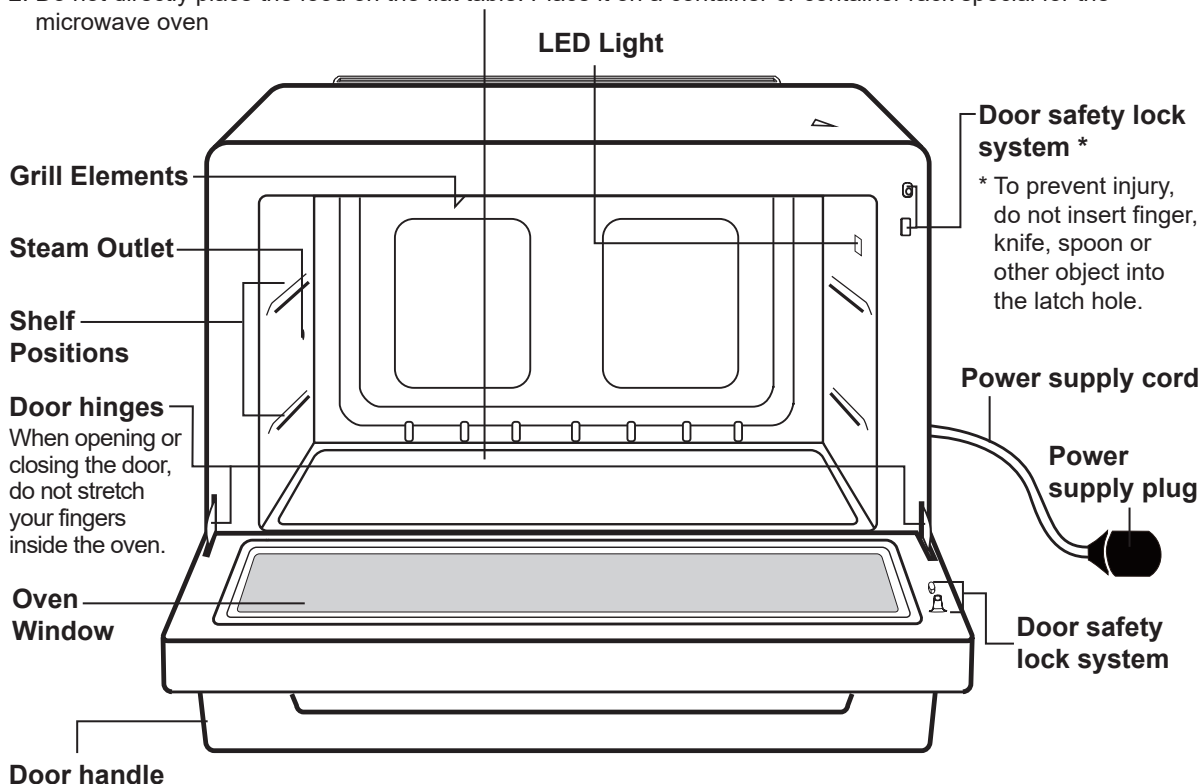
Note:

1. The illustration is for reference only.
2. Standard accessories are shown in the table. Please note that additional tools (e.g., heat-resistant gloves) need to be prepared separately.

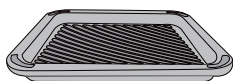
Parts of Your Oven

Flat Table

1. Clean the flat table after cooling.
2. Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven



Door handle
During cooking, opening the oven door will stop the cooking process. Close the oven door and press the **Start/Set** to continue cooking. After the oven door is opened, the oven light will stay on for 1 minute and then automatically turn off. Opening the oven door during cooking does not cause microwave leakage.



Enamel Tray

1. Do not place it on the oven window. Otherwise, the oven window may be damaged.
2. Be sure to use it on the shelf position.
3. Use oven gloves when removing the Enamel Tray as it will be very hot, and so will the roof and walls of the oven.
4. The Enamel Tray should be cleaned regularly.
5. Always place food in the wavy central area of the Enamel Tray. Avoid letting the food enter the grooves around the edges, as this may prevent it from cooking evenly.
6. The Enamel Tray can't be used in the function with Microwave.



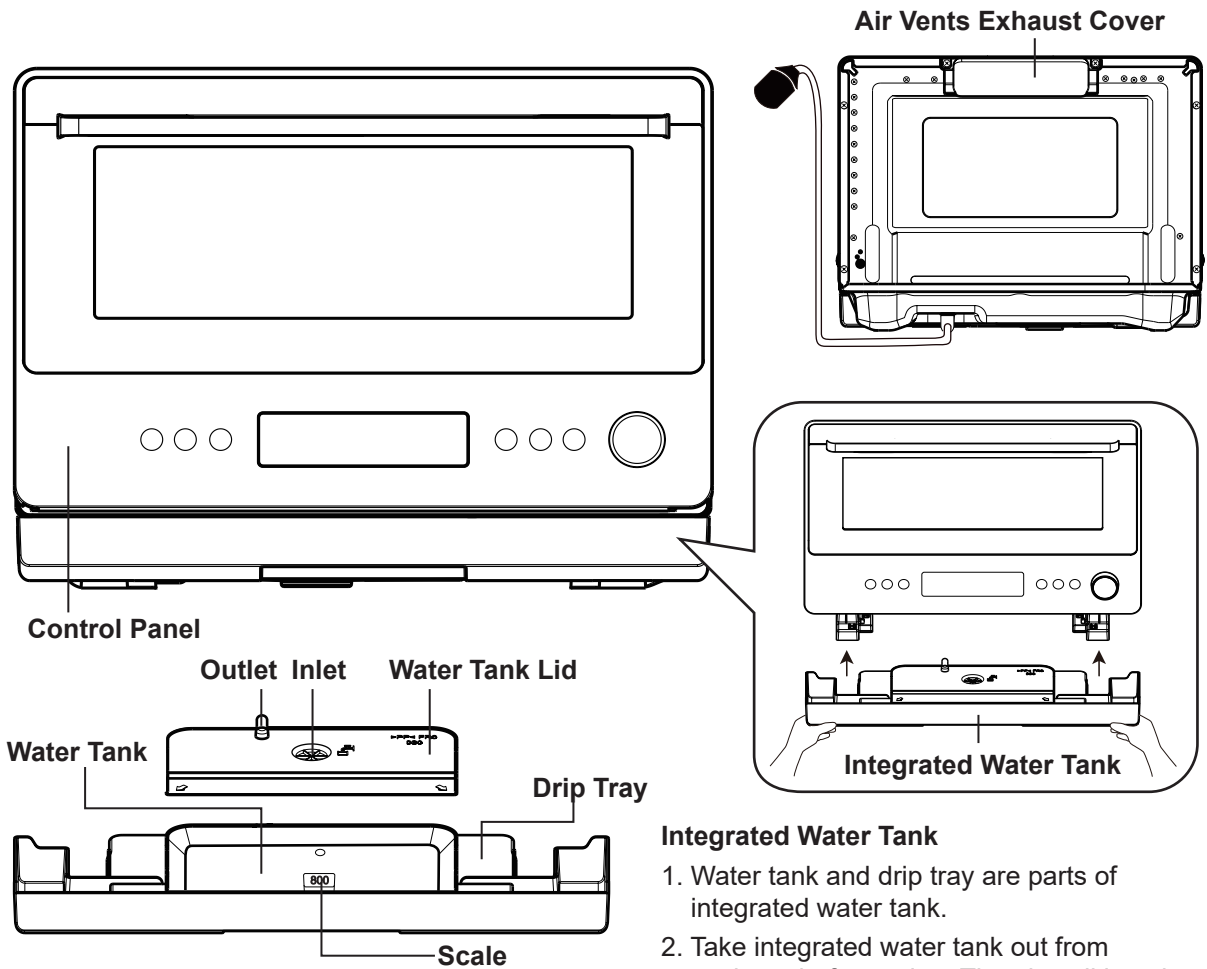
Airfry Basket

1. Be sure to use place it on the shelf position and push it all the way in. When taking or checking food, be sure to use both hands to pick it up and remove it directly, never leave it partially on the shelf position.
2. Check the food during cooking or take it out after cooking, never touch it with your hands to avoid burns.
3. Airfry Basket can't be used in Microwave function.

WARNING: Please place and remove the Airfry basket correctly; otherwise, the basket may fall and cause burns.

Notes:

1. The above illustration is for reference only.
2. Oven accessories are including Enamel Tray and Airfry Basket. Other cooking utensils involved in the instructions (such as heat-resistant gloves) should be purchased by yourself.



Water Tank

1. Full water level is 800 ml. Add water to 800 ml mark.
2. Please use distilled water, purified water, or filtered water; do not use mineral water or tap water.
Failure to use water as required may cause blockages. If white powder appears at the steam outlet, water tray, or inside the cavity, please contact the service department of the distributor.

Drip tray

1. The drip tray must be fitted as it collects excess water during cooking.
2. The drip tray should be removed and cleaned on a regular basis.

Note:

The above illustration is for reference only.

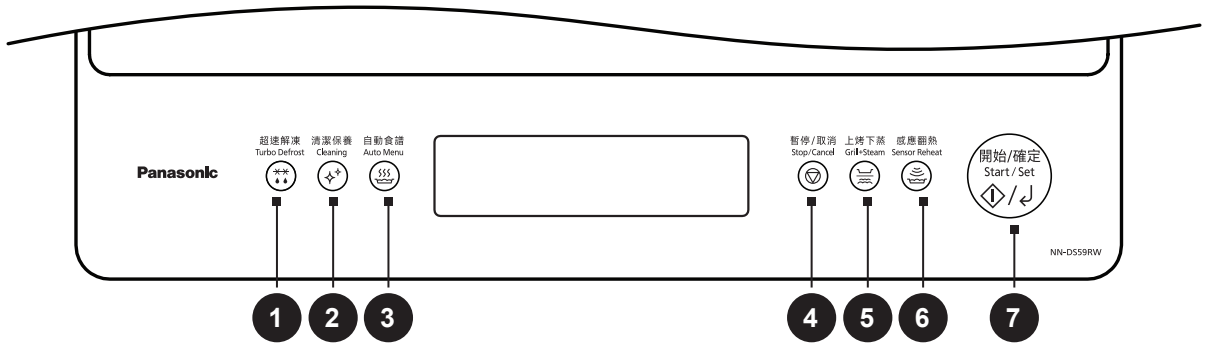
Integrated Water Tank

1. Water tank and drip tray are parts of integrated water tank.
2. Take integrated water tank out from package before using. Then install it to the lower side.
3. To remove the integrated water tank, hold with both hands and gently ease forward.
4. Always clean the integrated water tank.
5. Ensure the water tank is closed tightly and securely positioned, otherwise leakage may occur.
6. **DO NOT USE A DISHWASHER TO CLEAN THE INTEGRATED WATER TANK.**

Note:

When remove the integrated water tank, several drops may flow from the water outlet of bottom cavity. You can remove integrated water tank after the oven cavity cooling down.

Control Panel



Pad Instructions

- | | | | |
|----------------------------|----------------------------|-------------------------------|--------------------------|
| 1 Turbo Defrost Pad | 2 Cleaning Pad | 3 Auto Menu Pad | 4 Stop/Cancel Pad |
| 5 Grill+Steam Pad | 6 Sensor Reheat Pad | 7 Dial (Start/Set Pad) | |

Note:

- Before cooking: Press **Stop/Cancel** Pad once to clear your instructions.
- During cooking: Press **Stop/Cancel** Pad once to stop the cooking program. Press **Stop/Cancel** Pad again to cancel all your instructions and " " will appear in the display.

Dial Instructions



Turn

- **Temperature/Power Level Setting:** To set the temperature and Power Level.
- **Time Setting:** To set cooking time for each function.
- **Menu Setting:** To set a desired Auto Menu number.
- **Weight/Serv. Setting:** To set a weight/Serv. for Auto Menu.

Note: Turn the Dial quickly to rewind or fast forward.



Press

- After the program is set up, press **Start/Set** once to allow the oven to start working. If during cooking the door is opened or **Stop/Cancel** is pressed once, **Start/Set** pad has to be pressed again to continue cooking.
- Press **Start/Set** once to confirm the selected program.

Beep Sound:

When a pad is touched correctly, a beep sound will be heard. If a pad is touched and no beep is heard, the unit did not or could not accept the instruction. When the oven will beep twice between programmed stages, it means stirring or end one of stages. After preheating, a long continuous beep will sound. At the end of any completed program, the oven will beep 5 times.

Note:

When the temperature is set above 230°C, the set temperature will be maintained for about 5 minutes, after which it will automatically switch to 220°C.

Display Window

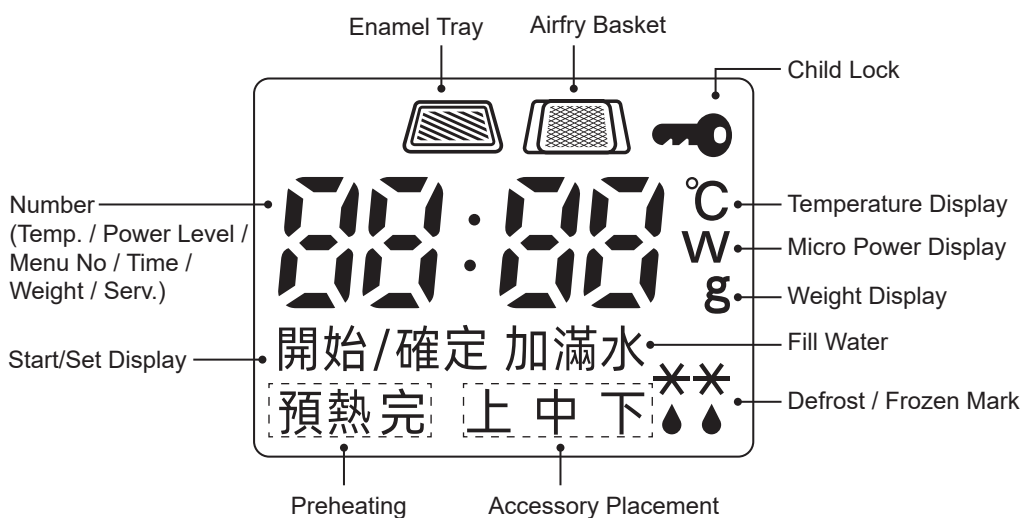
English



Color Display button Instructions

- | | | |
|--------------------|------------------|----------------------|
| 1 Steam | 2 Oven | 3 Airfry |
| 4 Microwave | 5 Preheat | 6 Combination |

Display Instructions



Note:

After using this product, it will enter standby mode after a period of time. There is no display during standby mode. If an operation is continued, open the door once. This display will revert back to "0".

Child Safety Lock Setting

This function allows you to prevent operation of the oven by a young child. When you set child lock, it is no relation to the oven door open or close. This function can be set when “” is displayed.

To set:



Tap Start/Set twice lightly, then press and hold once, “” appears in the display window.

To cancel:



Tap Stop/Cancel twice lightly, then press and hold once, “” appears in the display window.

Note:

To set or cancel child safety lock must be pressed within 10 seconds.

Micro Power Setting

This function allows you to set the desired power and time for cooking by yourself.

English

1



Press once to select the Micro Power Setting.



2



Set desired power level by turning the dial.

Initially set to 1000 W

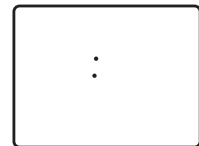
E.g.: 800 W



3



Press Start/Set to confirm.



4



Set desired cooking time by turning the dial.

1000 W: Maximum setting time is 30 minutes

Others: Maximum setting time is 1 hour 30 minutes

E.g.: 20 minutes



5



Press Start/Set, the cooking will start. The time in the display window will count down.



You can change the cooking time during cooking if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

Power level	Example of Use
1000 W (High)	Cook fresh fruits and vegetables, cook preserved fruits and candies.
800 W (Medium-High)	Cook fish and seafood, cook meat, poultry, and eggs. Cook pastries.
600 W (Medium)	Bake cakes, simmer foods, melt butter and chocolate.
440 W (Medium-Low)	Cook tougher cuts of meat, make soups or stews.
300 W (Defrost)	Thaw meat, poultry, or seafood, soften butter.
100 W (Low)	Soften ice cream.

Note:

1. The maximum cooking time of 1000 W is 30 minutes, and other power levels are 1 hour and 30 minutes
2. When the selected cooking time is less than 1 hour, the time counts down second by second.
3. When the selected cooking time exceeds 1 hour, the time counts down minute by minute until only 1 hour remains. Then the display shows minutes and seconds, counting down second by second.
4. Do not attempt to use microwave power only with any metal container in the oven.
5. Do not place food directly on the flat table. Place in a microwave heatproof container or glass dish. Foods reheated or cooked by microwave only should be covered with a lid or pierced cling film, unless otherwise stated.

Microwave Defrost Setting

This function allows you to set the desired time for defrosting by yourself.

English

1



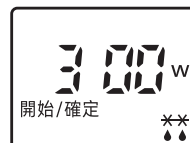
Press once to select the Micro Power Setting.



2



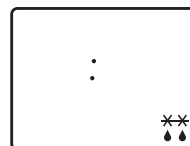
Set 300 W by turning the dial.



3



Press Start/Set to confirm.



4



Set desired cooking time by turning the dial.

E.g.: 30 minutes



Maximum setting time is 1 hour 30 minutes

5



Press Start/Set. The defrosting time in the display window will count down.



You can change the cooking time during defrosting if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

Note:

1. It is recommended to take out defrosted parts during cooking, turn over, stir or rearrange the parts which are still in icy.
2. Stand for 5-10 minutes and then take food out from oven after defrosting.
3. When the selected cooking time is less than 1 hour, the time counts down second by second.
4. When the selected cooking time exceeds 1 hour, the time counts down minute by minute until only 1 hour remains. Then the display shows minutes and seconds, counting down second by second.

Turbo Defrost Setting

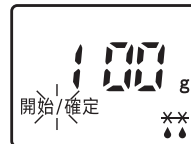
This function allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving weight is 100 g to 3000 g.

1

超速解凍
Turbo Defrost



Press once to select the Turbo Defrost.

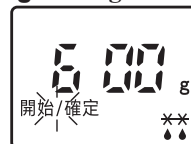


2



Set desired weight by turning the dial.

E.g.: 600 g

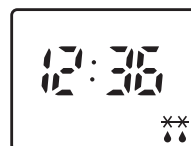


Default weight of defrosting food is 100 g.

3



Press Start/Set. Defrosting will start. The time in the display window will count down.



Note:

1. You should turn over the food and change their placement after 2 beep sounds when you defrosting food.
2. Stand for 5-10 minutes and then take food out from oven after defrosting.
3. You can choose Auto Menu No.4. to use this function.

Defrosting Tips and Techniques

Prepare Food For Defrosting

The quality of the defrosted foods comes from the foods before freezing, freezing time and defrosting tips and time. So it is important to purchase fresh and high quality foods. And freeze them immediately and are all able to be reserved in the refrigerator for some times.

Thick plastic foil, package, freezing wrap are all used for freezing food.

1. When freezing meat, poultry and fish, the food should be divided into one or two layers, and a layer of wax paper can be placed between the two layers for spacing.
2. Remove all air and seal securely.
3. Label package with type of meat, date and weight.

Note:

1. Remove the aluminum foil if the package is made of aluminum to prevent arcing.
2. The foods in the refrigerator should be kept under -18°C . (At least 24 hours in freezer before defrosting.)

Defrosting Techniques:

1. Remove food from wrapper and set in a dish and place it on flat table directly.
2. On turbo defrost, the oven will beep during the defrosting time. At "beep", turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Apart the meat loaf from the hamburger.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

Tips for Turbo Defrost

Meat, which is with bones. For example, if the meat with bones has the same weight as the pure meat, the meat in the former one is lighter than the latter one. So, subtract 0.5 kg for 2 kg meat with bones is better for defrosting and it should reduce 0.2 kg - 0.3 kg for meat with bones which is less than 2 kg.

Two Buzz Beeps

Turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Apart the meat loaf from the hamburger.

Standing Time

After defrosting, stand it for a while and then remove the food from the oven. The greater the weight of the food, the longer it will take.

Key to Defrosting

For evenly defrosting, turn over the foods or move the position of the foods in the containers during defrosting.



Remove the package of the raw meat and place it on the plate.



Remove the package of the fish fillet and place it on the plate.

Steam Setting

30-90°C (Steam Low) and 100°C (Steam Med): Cooking with steam retains the food's moisture and tenderness. This function can be used to steam vegetables or seafood. In addition, it can also be used to heat canned or vacuum-packed foods.

110-150°C (Steam High) and "S"(Stew): It is a heating method that combines Steam and Oven, which can reduce the loss of nutrients in food, making it more tender and flavorful.

1



Press once to select the Steam function.



2



Set desired Temperature by turning the dial.

E.g.: 90°C



The display of Stew is "S"
The default temperature is 100°C, with an increment of 10°C.

3



Press Start/Set to confirm.



4



Set desired cooking time by turning the dial.

E.g.: 20 minutes



Steam Low: Maximum setting time is 1 hour
Steam Med: Maximum setting time is 1 hour
Steam High: Maximum setting time is 30 minutes
Stew: Maximum setting time is 180 minutes

5



Press Start/Set, the cooking will start. The time in the display window will count down.



You can change the cooking time during cooking if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

Function	Temperature (°C)	Example of Use
Steam Low	50°C	Thaw, marinate root vegetables: pickles, pickled radish
	60-70°C	Sous vide cooking
	80-90°C	Onsen egg, shrimp, steamed egg
Steam Med	100°C	Vegetables, buns, rice, whole grains, steamed fish
Steam High	110-120°C	Seafood: abalone, oysters, scallops, etc.; spare ribs, chicken feet
	130-150°C	Chinese sausage, cured meat, smoked meat
Stew	S	Foods that are simmered for a long time, such as stews and braised dishes

Note:

1. Fill the Integrated Water Tank with water before using.
2. The maximum time for cooking in Steam Low and Steam Med is one hour. The maximum time for cooking in Steam High is 30 minutes. The time for cooking in Stew is 1 hour 30 minutes to 3 hours, 30 minutes per setting. (This function is suitable for small pots. If using a large-capacity container for stewing, it is recommended to appropriately extend the stewing time.)
3. The accessories and oven will get very hot after using this function. Use oven gloves.
4. During the cooking and end of the cooking, be careful to keep the distance to avoid burn your face or hands when open the door.
5. Dry the oven after cooking. Remove the drip tray and clean it with Integrated Water Tank, and put it back.
6. When removing the food or Grill Tray, hot water may drip from the oven top.

Steam Shot Setting

This function allows you to add steam (up to 4 minutes) during manual cooking processes such as Microwave, Oven and Steam Ferment. Adding steam during cooking can increase the humidity inside the cavity, making the surfaces of desserts softer and the surfaces of meat dishes more moist. Using steam in the early stages of fermentation can increase cavity humidity, which is more conducive to dough fermentation.

E.g.: Add 2 minutes of steam in the Oven function

1	The Oven function in progress.	
2		During cooking, press and hold this button until 2 extra minutes of steam are added.
3		If you need to add 4 more minutes of steam, please press the button 2 more times within 3 seconds after the previous step appears. Pressing it three times will reset the time to 0. If you want to set the time again, please repeat step 3.

Tips:

The Oven function in progress:

When making choux pastry, bread, and similar dishes, use steam shot immediately at the start of heating; when making cakes, use steam shot halfway through the heating time.

Note:

1. Fill the Integrated Water Tank with water before using.
2. Steam shot is not available during preheating.
3. The original program still counts down when operating steam shot.
4. The added time cannot exceed the remaining cooking time.

Steam Ferment Setting

The Steam Ferment function adds steam on top of the regular fermentation function, making the dough softer and fluffier. You can set different temperatures ranging from 30°C to 45°C (in 1°C increments). The 30-39°C range is suitable for European-style bread and high-fat doughs, such as baguettes, croissants, and Danish pastries. The 40-45°C range is suitable for regular dough fermentation, such as Chinese pastries and pizza dough.

English

1



Press once to select the Oven function.



2



Set desired Temperature by turning the dial.

E.g.: 40°C



30-45 , with an increment of 1°C.

3



Press Start/Set to confirm.



4



Set desired cooking time by turning the dial.

E.g.: 40 minutes



Maximum setting time is 9 hours.

5



Press Start/Set, the cooking will start. The time in the display window will count down.



You can change the cooking time during cooking if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

Note:

1. Fill the Integrated Water Tank with water before using.
2. Oven temperature will change according to the food and room temperature. Please adjust the fermentation time according to the situation.
3. When the oven cavity temperature or room temperature is higher than the set fermentation temperature, the fermentation effect of the food may be affected, and the display window will automatically show “H” with a thermometer icon. Please wait until the oven cavity or room temperature decreases and the “H” with a thermometer icon disappears before proceeding with the fermentation operation, or place the food at room temperature for fermentation.
4. When the selected cooking time is less than 1 hour, the time counts down second by second.
5. When the selected cooking time exceeds 1 hour, the time counts down minute by minute until only 1 hour remains. Then the display shows minutes and seconds, counting down second by second.

Oven Setting

The Oven temperature ranges from 50°C to 250°C (in increments of 5°C). It is suitable for baking meat, fish, as well as Western-style pastries like cakes and pizza. Place the food on the accessory, select the appropriate temperature and time, and you can start cooking. If you are concerned about uneven browning, adjust the position of the food or rotate the accessory during heating.

English

1



Press once to select the Oven function.

The default temperature is 150°C.



2



Set desired Temperature by turning the dial.

50-250°C, with an increment of 5°C

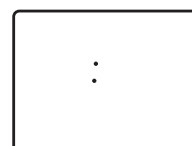
E.g.: 230°C



3



Press Start/Set to confirm.



4



Set desired cooking time by turning the dial.

50-95°C: Maximum setting time is 9 hours.
100-250°C: Maximum setting time is 1 hour 30 minutes.

E.g.: 30 minutes



5



Press Start/Set, the cooking will start. The time in the display window will count down.

You can change the cooking time during cooking if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.



Temperature (°C)	Example of Use
50-95	Keep warm, dried fruits, slow cooking, tender roasting, low-temperature cooking, jerky, dried meat
100-145	Melty beans, roasted vegetables, roasted seafood, fruit cakes, cookies
150-185	Macarons, cheesecakes, chiffon cakes, pies, biscuits, cupcakes
190-230	Pastries, roast chicken, baguettes, potato dishes
235-250	Baked potatoes, baked sweet potatoes, thin-crust pizza, lamb chops, steaks and other thin cuts of meat

Note:

1. The accessories and oven will get very hot after using this function. Use oven gloves.
2. When the selected cooking time is less than 1 hour, the time counts down second by second.
3. When the selected cooking time exceeds 1 hour, the time counts down minute by minute until only 1 hour remains. Then the display shows minutes and seconds, counting down second by second.

Airfry Setting

This function allows cooked food to achieve a fried effect with little or no oil, making it healthier than traditional deep frying. It is suitable for frying French fries, Japanese-style breaded shrimp, chicken nuggets, and more.

1



Press once to select the Airfry function.

The default temperature is 200°C.



2



Set desired Temperature by turning the dial.

180-250°C, with an increment of 10°C

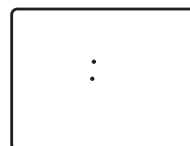
E.g.: 230°C



3



Press Start/Set to confirm.



4



Set desired cooking time by turning the dial.

Maximum setting time is 1 hour 30 minutes.

E.g.: 30 minutes



5



Press Start/Set, the cooking will start. The time in the display window will count down.

You can change the cooking time during cooking if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.



Temperature (°C)	Example of Use
180-200	Reheat refrigerated fried pork cutlet, roasted garlic eggplant
210-250	French fries, store-bought frozen bite-sized fried meat, roasted potatoes, roasted sweet potatoes, roasted salmon

Note:

1. The accessories and oven will get very hot after using this function. Use oven gloves.
2. When the selected cooking time is less than 1 hour, the time counts down second by second.
3. When the selected cooking time exceeds 1 hour, the time counts down minute by minute until only 1 hour remains. Then the display shows minutes and seconds, counting down second by second.

Preheat Setting

This function can preheat the oven cavity.

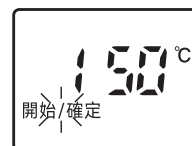
English

1



Press once to select the Preheat function.

The default temperature is 150°C.



2



Set desired Temperature by turning the dial.

70-250°C, with an increment of 5°C

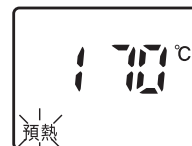
E.g.: 170°C



3

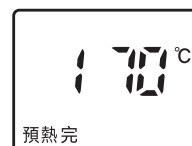


Press Start/Set to preheat.



4

After preheating, long beeps will sound, to prompt preheating completed. Quickly place the accessories along with the food into the shelf position.



5

Within 6 minutes after preheating is complete, the Oven/Airfry/Combination buttons will flash. Select the desired function, temperature and time. Press Start/Set, the cooking will start.

Note:

1. During preheating, you can change the preheating temperature by turning the dial.
2. The oven will get very hot after using this function. Use oven gloves.

Combination Setting

This function has five power levels. The combo mode is an ideal choice for a variety of foods. Combination.

Combination 1, 3: Microwave can cook quickly, while Oven allows food to maintain the traditional baked color and crispiness. Combining the two can shorten the cooking time compared to traditional methods.

Combination 2, 4: A cooking method that effectively combines steam with microwave or Oven. This method is slightly shorter in cooking time compared to traditional cooking and keeps the food moist while cooking or baking.

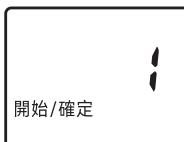
Combination 5: Achieve dual-chamber cooking results in a single oven through Panasonic's unique technology.

Without temperature selecting (For Combination 1-3, 5):

1



Press once to select the Combination function.

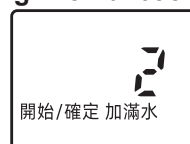


2



Set desired Combination Power Level by turning the dial.

E.g.: Combination 2



3



Press Start/Set to confirm.

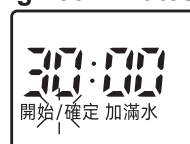


4



Set desired cooking time by turning the dial.

E.g.: 30 minutes



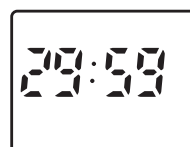
Combination 1, 3: Maximum setting time is 1 hour 30 minutes.

Combination 2, 5: Maximum setting time is 30 minutes.

5



Press Start/Set, the cooking will start. The time in the display window will count down.



You can change the cooking time during cooking if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

Combination Setting

(continued)

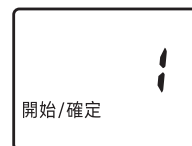
With temperature selecting (For Combination 4):

English

1



Press once to select the Combination function.



2



Set desired Combination 4 by turning the dial.



3



Press Start/Set to confirm.

The default temperature is 190°C.



4



Set desired Temperature by turning the dial.

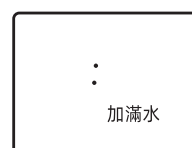
190-250°C, with an increment of 10°C



5



Press Start/Set to confirm.



6



Set desired cooking time by turning the dial.

Maximum setting time is 30 minutes.

E.g.: 30 minutes



7



Press Start/Set, the cooking will start. The time in the display window will count down.



You can change the cooking time during cooking if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

Function	Power Level	Example of Use
Combination 1 (MW+Oven)	Microwave (100 W) + Oven	Stuffed pastry, roasted chicken leg, potato products
Combination 2 (MW+Steam)	Microwave (440 W) + Steam	Steamed fish, root vegetables, frozen foods, etc.
Combination 3 (MW+Airfry)	Microwave (100 W) + Oven	French fries, chicken nuggets, fried pork cutlet
Combination 4 (Steam+Oven)	Steam + Oven	190-230°C: European bread, baguette, whole beef; 240-250°C: Lamb chops, steak, ribs, seafood baked rice
Combination 5 (Grill+Steam)	Top Heater + Steam + Bottom Heater	Salt-Grilled Prawns / Steamed Clams; Grilled Mushrooms / Poached Shrimp; Grilled Enoki Mushrooms / Steamed Tofu with Mixed Vegetables and Shrimp

Note:

1. The accessories and oven will get very hot after using this function. Use oven gloves.
2. Fill the Integrated Water Tank with water before using Combination 2, 4, 5.
3. When the selected cooking time exceeds 1 hour, the time counts down minute by minute until only 1 hour remains. Then the display shows minutes and seconds, counting down second by second.

Grill+Steam Setting

The Grill Steam function uses an Enamel Tray to divide the oven cavity into two compartments, with the upper half used for grilling and the lower half for steaming. Steam, the top and bottom heaters work simultaneously, which is particularly suitable for foods whose required cooking times for the two functions are similar. You only need to set the cooking time once, saving the time.

Foods with similar cooking times can be freely combined. For example, salt-grilled prawns can be paired with any food that also requires 15-18 minutes, such as steamed clams, boiled shrimp, steamed broccoli, oatmeal, or cold eggplant salad.

1

上烤下蒸
Grill+Steam


Press once to select the Grill+Steam function.

:

加滿水

2

開始/確定
Start / Set


Set desired cooking time by turning the dial.

E.g.: 30 minutes


開始/確定 加滿水

Maximum setting time is 30 minutes.

3

開始/確定
Start / Set


Press Start/Set, the cooking will start. The time in the display window will count down.



You can change the cooking time during cooking if required. Turn the dial to decrease or increase the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

Note:

1. You can also choose Combination 5 to use the Grill Steam function. (Refer to page 39-40)
2. There is no need to cover when using the Grill Steam function, unless otherwise specified.
3. Fill the Integrated Water Tank with water before using.
4. The initial temperature, size, and placement of the food can all affect cooking speed. The cooking times listed in the table are for reference only.
5. When steaming or boiling food, use shallow heat-resistant containers and do not place food directly on Flat Table.
6. When removing enamel trays and heat-resistant containers, be careful of high temperatures to avoid burns.

Cooking recipes and suggested cooking times:

English

Time	Grill	Enamel Tray/ Upper shelf position	Steam	Heat-resistant container/ Flat Table
	Food	Weight/Serv.	Food	Weight/Serv.
approx. 15-18 mins	Salt-grilled prawns	4 pcs (50 g / pc)	Steamed clams	500 g
	Grilled mushrooms	200 g	Boiled shrimp	300 g
	Grilled lamb chops	400 g (6 pcs)	Steamed broccoli	200 g
	Chilled spring rolls	6 pcs	Cold eggplant salad	200 g (Cut in half, do not overlap)
approx. 18-21 mins	Grilled pacific saury	4 pcs (approx. 300 g)	Steamed scallops with garlic and vermicelli	6 pcs
	Frozen pizza	1 pc (250 g)	Hot spring egg	160 g-300 g (50-55 g / pc)
approx. 25-28 mins	Grilled sausages	4 pcs (approx. 280 g)	Minced meat tofu	Tofu: 1 pc (350 g) Minced meat: 100 g
	Grilled enoki mushrooms	250 g	Steamed tofu with mixed vegetables and shrimp	Tofu: 1 pc (350 g) Mixed Vegetables, Shrimp: 150 g
	Garlic roasted eggplant	2 pcs (200 g / pc)	Steamed fish	1 pc (approx. 300 g)
approx. 30 mins	Chilled chicken wings	12 pcs (approx. 500 g)	Steamed rice	3 serv. (Rice 200 g, water 240 g)
	Grilled fish	1 pc (300~400 g)	Steamed spare ribs with black bean sauce	3 serv. (Pork ribs 300 g)
	Roasted sweet potatoes	3 pcs (100 g / pc)	Steamed mixed grains	500 g (Chinese yam, corn, taro, etc.)

Sensor Reheat Setting

(continued)

This function can heat food to the appropriate temperature.

English

1



Press once to select the Sensor Reheat function.



The default temperature is 70°C.

2



Set desired Temperature by turning the dial.

E.g.: 80°C

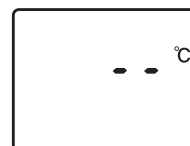


-10°C-90°C , with an increment of 5°C

3



Press Start/Set, the cooking will start. After a while, the temperature of the food will be displayed on the display window.



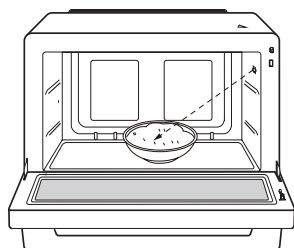
Note:

1. Once started, the temperature cannot be changed.
2. After successful detection, the current heating temperature will be displayed.
3. If the power is not turned off, the previously set temperature (55°C~75°C) will be remembered and will be displayed first the next time heating is started.

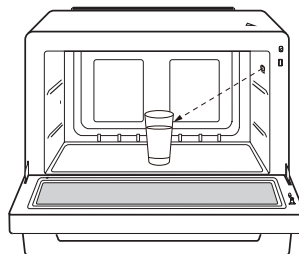
Precautions:

Considering IR sensor assembled deep inside cavity side wall, if it fails to detect the surface temperature of the foods, in that way the detected temperature will be different from the actual temperature. Therefore, we do not recommend using straight-sided containers with narrow necks when reheating small amount of food or liquids, in that the side wall of the container will obstruct the infrared rays to get through and lead to error detection. In order to achieve best performance, the following steps should be taken:

1. When reheating solid foods, please use open, flat container with food is no less than 100 g.
2. When reheating liquids, avoid using straight-sided containers with narrow necks and liquids more than 200 ml.
3. Place the container at the center of flat table.



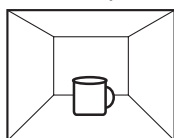
IR sensor detects the food temperature directly



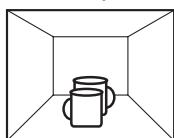
IR sensor may fails to detect the food temperature because the side wall of the container obstruct the infrared ray given out by the food.

4. The default setting is 70°C when plugging in. From the second time on, the default setting will be changed to previously setting if between 55~75°C.
5. After reheating, stir then serve.
6. For the beverage, the reheating ranges from 1-4 cups (200 ml/cup). Default temperature is 8-10°C. Please use open and shallow container, 80% full. Stir after reheating. The illustration shows the placement of milk cups. (Container should not place at the edge to prevent boiling.)

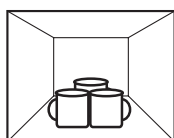
1 cup



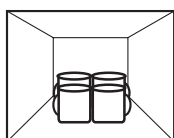
2 cups



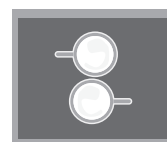
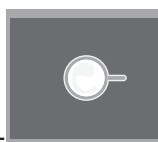
3 cups



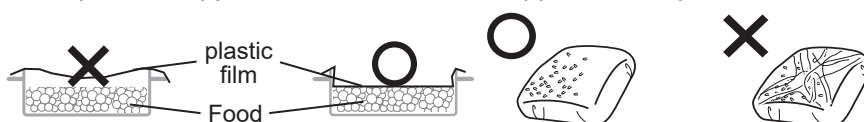
4 cups



Oven door

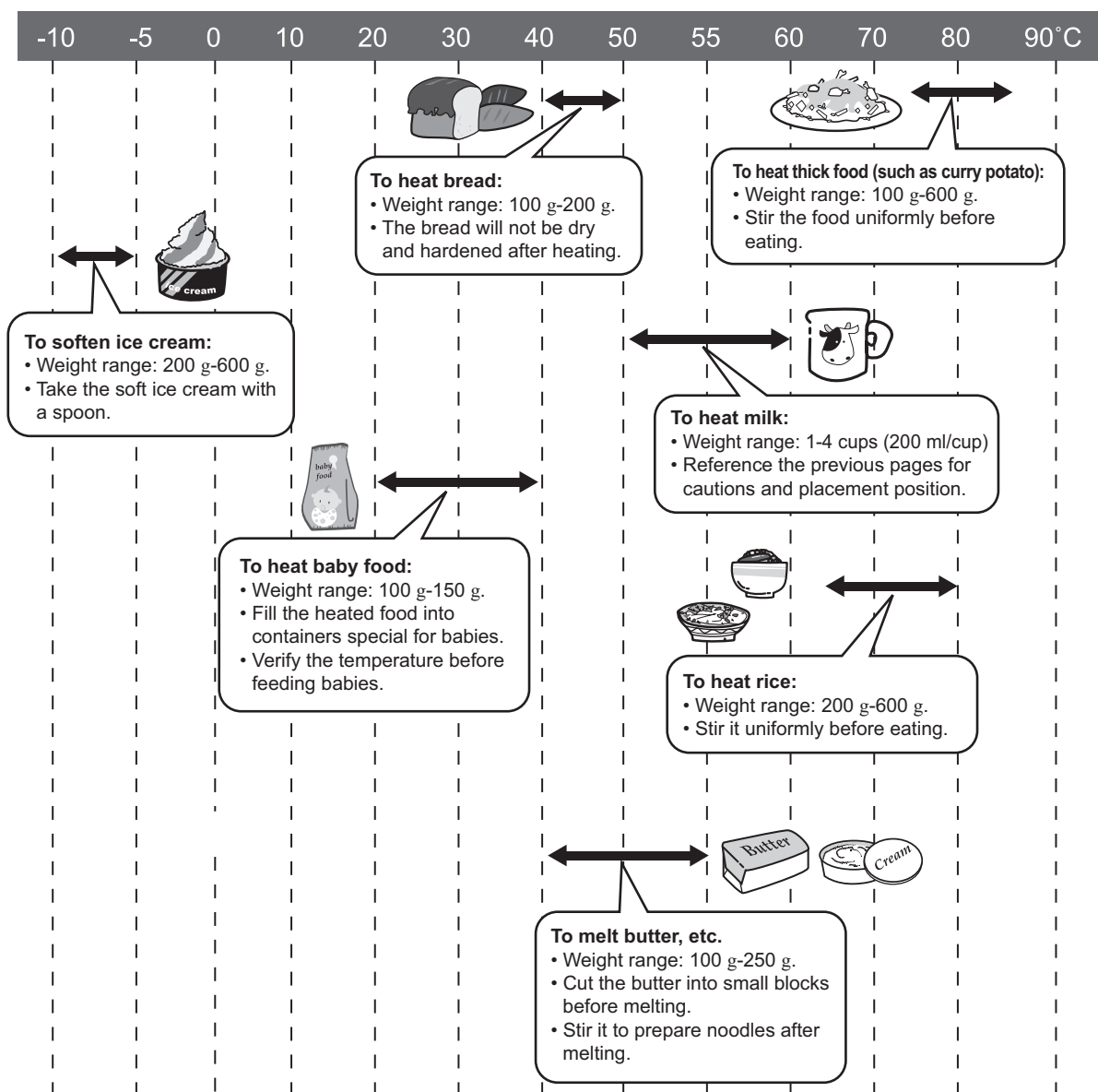


7. Cover food securely with plastic film, otherwise, the temperature of food may not be tested. If the plastic wrap is overlapped, make sure the overlapped area is placed downwards.



8. If the cavity temperature is too high, display window will appear "H1 E". Sensor Reheat function can be used again until the "H1 E" disappear.
9. The actual temperature maybe different from the required temperature. It depends on the cavity temperature, the food density, container and the placement of the food etc.
10. Food less than 100 g cannot be detected. It may cause overcook.
11. Do not use straight-sided container with narrow necks when using Sensor Reheat.

Recommended food temperature



Note:

1. The above are only suggested food heating temperatures.
2. For frozen curry and stews, please use the 'microwave' function at '800 W' and cover with plastic wrap while heating.
3. Frozen baby food cannot be heated.
4. Not suitable for heating stuffed or meat-filled bread.

Auto Menu Setting

This function provides you many auto menus without setting power and time. Only choose auto menu number, weight and serve.

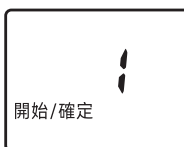
With Preheating (For menus No. 24-37 and 39-41):

1

自動食譜
Auto Menu



Press once to select the Auto Menu function.



2



Set desired Menu No. by turning the dial.

E.g.: Auto Menu 26



3



Press Start/Set to preheat.



4

After preheating, long beeps will sound, to prompt preheating completed. Quickly place the accessories along with the food into the shelf position.



5



Press Start/Set. The time in the display window will count down.



Auto Menu Setting

(continued)

Without Preheating (For menus No. 1-23, 38 or 42-58):

1

自動食譜
Auto Menu



Press once to select the Auto Menu function.



開始/確定

2

開始/確定
Start / Set



Set desired Menu No. by turning the dial.

E.g.: Auto Menu 5



開始/確定

3

開始/確定
Start / Set



Press Start/Set. The time in the display window will count down.



Note:

1. If the cavity temperature is too high, display window will appear "H1 1". This function can be used again until the "H1 1" disappear.
2. If the selected Menu No. is 1 or 4, please choose the desired weight or serv. using the dial after step 3 and press the **Start/Set** to confirm.

Menu No.	Menu	Weight/Serv.		Recommended Cooking Utensils and Accessories	Accessories position
1	Reheating milk	1 serv. (cup)	2 serv. (cups)	Microwave heatproof cup	—
2*	Steamed frozen foods	300 g		Airfry Basket	lower shelf position
3*	Steamed chilled foods	300 g		Airfry Basket	lower shelf position
4	Turbo defrost	100-3000 g		Microwave heatproof dish	—
5	Heat preservation	3 serv. (1000 g)		Microwave heatproof container/with plastic wrap	—
6*	Home-made buns	9 pcs		Enamel Tray	lower shelf position
7*	Steamed egg	3 serv.		Enamel Tray/ Microwave heatproof dish/ with plastic wrap	lower shelf position
8*	Steamed fish	400 g		Enamel Tray/ Microwave heatproof dish	lower shelf position
9*	Steamed hairy crabs	6 pcs		Enamel Tray	lower shelf position
10*	Steamed scallop with mashed garlic	6 pcs		Enamel Tray	lower shelf position
11	White boiled shrimp	3 serv.		microwave heatproof container with a lid	—

Auto Menu Setting

(continued)

English

Menu No.	Menu	Weight/Serv.	Recommended Cooking Utensils and Accessories	Accessories position
12*	Steamed fish head with chopped chili pepper	3 serv.	Airfry Basket/Microwave heatproof dish	lower shelf position
13*	Steamed chicken with mushrooms	3 serv.	Airfry Basket/Microwave heatproof dish	lower shelf position
14*	Steamed pork slices with glutinous rice flour	3 serv.	Airfry Basket/Microwave heatproof dish	lower shelf position
15*	Steamed vegetables	200 g	Enamel Tray	lower shelf position
16*	Steamed grains	800 g	Enamel Tray	lower shelf position
17*	Sticky rice cake	3 serv.	Enamel Tray Rectangle heatproof glass dish (13 x 18 cm)	lower shelf position
18*	Strawberry daifuku	8 pcs	Enamel Tray/Microwave heatproof dish	lower shelf position
19	Snow fungus lotus sweet soup	3 serv.	Microwave heatproof container with a lid	—
20	Pork trotter soup	3 serv.	Microwave heatproof container with a lid	—
21*	Mashed potatoes and carrots	350 g	Enamel Tray/Microwave heatproof dish	lower shelf position
22*	Diced sweet potatoes	150 g	Enamel Tray/Microwave heatproof dish	lower shelf position
23*	Home-made yogurt	9 cups	Enamel Tray/small cups (150 ml)	lower shelf position
24	Cookie	16 pcs	Enamel Tray	lower shelf position
25	Chiffon cake	8 inch	Enamel Tray 8-inch chiffon cake mould	lower shelf position
26	Toast	1 pc	Enamel Tray 450 g toast mould	lower shelf position
27	Buns	9 pcs	Enamel Tray	lower shelf position
28	Home-made pizza	1 pc	Enamel Tray	lower shelf position
29	Milk pudding	9 pcs	Enamel Tray metal pudding cups (120 ml each)	lower shelf position
30	Cream puff	9 pcs	Enamel Tray	lower shelf position
31	Cheese cake	8 inch	Enamel Tray 8-inch cake mould	lower shelf position
32	Chocolate cake	8 inch	Enamel Tray 8-inch cake mould	lower shelf position
33	Custard pudding	6 pcs	Enamel Tray pudding moulds (approx. 5 cm high, 7 cm wide)	lower shelf position
34	Egg tart	9 pcs	Enamel Tray	lower shelf position
35	Suzhou-style mooncake	9 pcs	Enamel Tray	lower shelf position
36*	Cantonese-style mooncake	9 pcs	Enamel Tray	lower shelf position

Auto Menu Setting

(continued)

English

Menu No.	Menu	Weight/Serv.	Recommended Cooking Utensils and Accessories	Accessories position
37	Roast beef steak	2 pcs	Enamel Tray	lower shelf position
38	Tender Roast Beef	3 serv.	Enamel Tray	lower shelf position
39	Grilled lamb chops	4 pcs	Enamel Tray	lower shelf position
40	Roast chicken	1000 g	Enamel Tray	lower shelf position
41	Teriyaki chicken wings	3 serv.	Enamel Tray	lower shelf position
42	Honey-Glazed chicken drumsticks	3 pcs	Enamel Tray	lower shelf position
43	Steamed chicken with chili sauce	3 serv.	Enamel Tray	lower shelf position
44	French confit duck leg	2 pcs	Microwave heatproof container/Enamel Tray	lower shelf position
45	Grilled salmon	3 serv.	Enamel Tray	lower shelf position
46	Salmon and vegetable salad	3 serv.	Enamel Tray	lower shelf position
47	Roasted pork belly	3 serv.	Enamel Tray	lower shelf position
48	Roasted pork ribs	3 serv.	Enamel Tray	lower shelf position
49	Baked sweet potato	500 g	Enamel Tray	lower shelf position
50	Sauteed celery with lily bulb and ginkgo	3 serv.	microwave heatproof container with a lid	—
51	Casserole rice	300 g	microwave heatproof container with a lid	—
52	Spanish paella	3 serv.	microwave heatproof container with a lid	—
53	Broccoli and bacon pasta	3 serv.	microwave heatproof container with a lid	—
54	Tom yum goong soup	3 serv.	microwave heatproof container with a lid	—
55	Japanese-style fried shrimp	3 serv.	Enamel Tray	lower shelf position
56	Fried chicken nuggets	3 serv.	Enamel Tray	lower shelf position
57	Fried pork chops	2 pcs	Enamel Tray	lower shelf position
58	Fried French fries	3 serv.	Airfry Basket	lower shelf position

Note:

1. Fill the Integrated Water Tank with water before cooking the menu with ""*".
2. If the cavity temperature is too high, display window will appear "H₁ L". This function can be used again until the "H₁ L" disappear.
3. For menus No. 24-37 and 39-41 require preheating.



Reheating milk (1 serve/2 serves)

1

Ingredients

Milk 200 ml (1 serve)

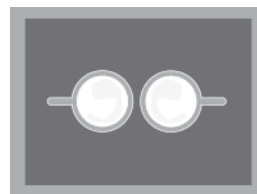
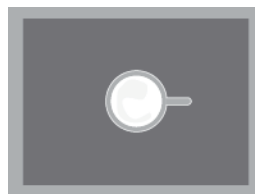
Container/Accessories

Microwave heatproof cup
(approx. 8.4 cm in diameter
and 8.7 cm in height)



Method

1. Place milk at a temperature of 8-12°C into a wide-mouthed, shallow cup, filling it no more than 80% full.
2. Put the cup in the center of the flat table as shown in the illustration, then close the oven door securely.



3. Select the program and the desired serve, then press **Start/Set**.
4. After cooking, stir thoroughly before consuming.



Steamed frozen foods (300 g)

2

Ingredients

Frozen buns 300 g (30–40 g per piece)

Container/Accessories

Airfry Basket
(lower shelf position),
Integrated Water Tank



Method

1. Cut baking paper to a suitable size and place it under the frozen food. Put the food on the Airfry Basket and place the basket in the lower shelf position. Close the oven door securely.
2. Fill the tank with water.
3. Select the program and then press **Start/Set**.

Notes

- 1 Suitable for steaming various frozen foods such as custard buns, stuffed meat buns, barbecued pork buns etc.
- 2 Cook directly without defrosting.
- 3 Food beyond weight range should be set cooking time manually.



Steamed chilled foods (300 g)

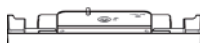
3

Ingredients

Chilled foods (steamed dumpling, steamed buns, rice cakes, etc.) 300 g (50–80 g per piece)

Container/Accessories

Airfry Basket
(lower shelf position),
Integrated Water Tank



Method

1. Cut baking paper to a suitable size and place it under the frozen food. Put the food on the Airfry Basket and place the basket in the lower shelf position. Close the oven door securely.
2. Fill the tank with water.
3. Select the program and then press **Start/Set**.



Turbo defrost

4

This function allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving weight is 0.1 kg to 3 kg.

Container/Accessories

Microwave heatproof dish



Method

1. Place food requiring defrosting in a microwave heatproof dish, position it in the center of the flat table, and close the oven door securely.
2. Select the program and set the desired defrost weight.
3. Press **Start/Set** and the cooking time in the display window will count down.
4. When beeps heard, turn over the food or change their placement.

Notes

1. Stand for 5-10 minutes and then take food out from oven after defrosting.
2. The display window shows "H1 1" to indicate the cavity is overheated. Operate again after it cools down.



Heat Preservation (3 serves)

5

Ingredients

Cooked hot food (such as hot rice, hot dishes, etc.) 1000 g

Container/Accessories

Microwave heatproof
container



Method

1. Place cooked hot food in a microwave heatproof container and cover with plastic wrap.
2. Put the container in the center of the flat table and close the oven door securely.
3. Select the program and then press **Start/Set**.

Note

1. This function maintains cooked hot food at its temperature for 30 minutes after cooking. The initial food temperature is 80°C. It cannot reheat the food of normal or cold temperature.



Home-made buns (9 pcs)

6

Wrapper

Flour	225 g
Castor sugar	12 g
Yeast.....	2.5 g
Warm water (40°C).....	120 ml
Oil	5 g

Fillings

Minced pork	200 g
Dried mushrooms	50 g (after soaking)
Scallion-ginger water	50 g (soak minced ginger and scallion in water for 30 minutes)
Dark soy sauce	4 g
Light soy sauce.....	10 g
White pepper powder	taste
Salt	3 g
Castor sugar	6 g
Sesame oil.....	4 g

Container/Accessories

Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. For fillings: Soak dried mushrooms, drain and dice. Mix the remaining ingredients. Gradually add the scallion-ginger water while stirring in one direction until the mixture becomes sticky and elastic.
2. For wrapper: Dissolve yeast in warm water, stir and let stand for 5 minutes until a layer of fine foam forms on the surface.
3. Pour in flour, castor sugar, yeast water and oil, and knead until the dough becomes smooth and soft.
4. Divide inflated dough in 9 parts, roll into small round pieces with relatively thick rims for easy stuffing. Stuff with about 35 g minced pork.
5. Prepare 9 baking sheets sized 6x6 cm under the dough, put them on the Enamel Tray. Put the tray in the upper shelf position and close the oven door securely.
6. Fill the tank with water.
7. Select the program and then press **Start/Set**.
8. Take it out after cooking.

Note

1. The display window shows "H E" to indicate the cavity is overheated. Operate again after it cools down.



Steamed egg (3 serves)

7

Ingredients

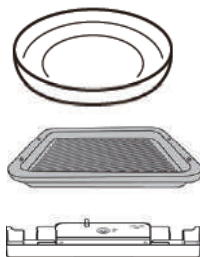
Eggs 3 pcs (approx. 150 g)
Warm water (40°C)..... 300 g

Seasonings

Dark soy sauce..... 3 g
Cooking wine..... 3 g
Salt taste
Sesame oil..... drops

Container/Accessories

Microwave heatproof dish
(approx. 23 cm diameter,
4.5 cm height), Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Mix beaten eggs, light soy sauce, cooking wine and salt together. While stirring, gradually add warm water. Pour in a microwave heatproof dish and remove foam.
2. Put the heatproof dish covered with plastic wrap on the Enamel Tray and place the tray in the lower shelf position.
3. Fill the tank with water.
4. Select the program and then press **Start/Set**.
5. After cooking is complete, take out the dish and drizzle a few drops of sesame oil over it.



Steamed fish (400 g)

8

Ingredients

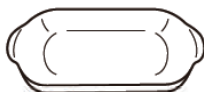
Fish..... 1 pc (net weight 400 g)

Seasonings

Salt taste
Cooking wine 5 g
Seasoned soy sauce 15 g
Shredded ginger 5 g
Chopped scallion 3 g

Container/Accessories

Microwave heatproof dish,
Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Wash the fish and make 2-3 cuts on each side of it.
2. Brush evenly with salt, cooking wine and marinate for 10 minutes.
3. Place the fish covered with shredded ginger and chopped scallion in a microwave heatproof dish.
4. Put the dish on the Enamel Tray in the upper shelf position and close the oven door securely.
5. Fill the tank with water.
6. Select the program and then press **Start/Set**.
7. After cooking is complete, take out the dish and drizzle a few drops of seasoned soy sauce over it.

Note

1. For larger, thicker fish, it is recommended to use **Steam Med** (100°C) and add the cooking time appropriately, based on the actual situation.
2. After cooking, allow the fish to rest in the oven cavity for 2-3 minutes before serving for optimal flavour.



Steamed hairy crabs (6 pcs)

9

Ingredients

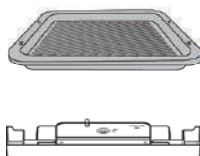
Hairy crab 6 pcs (approx. 150-200 g each)
Ginger slices 6 pcs

Seasonings

Minced ginger 20 g
Castor sugar 5 g
Dark soy sauce 10 g
Water 10 g
Vinegar 30 g

Container/Accessories

Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Keep the crab in clean water for hours to eliminate dirt inside.
2. Brush crab skin under running water and tie up the pliers with string.
3. Put the crab on the Enamel Tray in a neat 2×3 arrangement, with belly upwards, and cover with ginger slice. Put the tray in the lower shelf position and close the oven door.
4. Fill the tank with water.
5. Select the program and then press **Start/Set**.
6. For seasonings: Combine all seasonings and heat.



Steamed scallop with mashed garlic (6 pcs)

10

Ingredients

Scallop 6 pcs (approx. 70g each half shell)
Vermicelli 30 g

Seasonings

Cooking wine 15 g
Minced garlic 15 g
Black bean sauce 30 g
Water 20 g

Container/Accessories

Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Wash the scallop to eliminate dirt and place it in a bowl. Marinate with cooking wine to eliminate any fishy odor. Scrub the shells clean.
2. Soak the vermicelli in boiling water until softened; Mix the black bean sauce with water and set aside.
3. Layer the vermicelli and scallop flesh on the shell, sprinkle with minced garlic, drizzle with black bean sauce, and arrange evenly on the Enamel Tray. Put the tray in the lower shelf position and close the oven door.
4. Fill the tank with water
5. Select the program and then press **Start/Set**.

Note

1. It is recommended to make a few cuts in thick scallop meat.



White boiled shrimp (3 serves)

11

Ingredients

Prawn 500 g

Seasonings

Water 200 g

Ginger slices 5 g

Chopped scallion 5 g

Cooking wine 10 g

Salt 2 g

Container/Accessories

2.25 L microwave heatproof container with a lid



Method

1. Clean the prawns, trim feeler and feet, remove intestine.
2. Put all the ingredients in a microwave heatproof container, stir and cover. Put it in the center of the flat table, then close the oven door securely.
3. Select the program and then press **Start/Set**.
4. Stir when beeps heard during cooking, cover and return it to the center of the flat table. Press **Start/Set** pad to continue.



Steamed fish head with chopped chili pepper (3 serves)

12

Ingredients

Fish head.....	1 pc (900 g)
Chopped pepper sauce	140 g
Shredded ginger	5 g
Chopped scallion	5 g

Seasonings

Cooking wine	15 g
Salt	taste

Container/Accessories

Microwave heatproof dish,
Airfry Basket
(lower shelf position),
Integrated Water Tank



Method

1. Clean fish head, cut from the middle but do not cut off. Marinate with cooking wine and salt for 1 hour.
2. Put the fish head on a heatproof dish, cover with chopped pepper sauce, shredded ginger and chopped scallion. Place the dish on the Airfry Basket in the lower shelf position and close the oven door securely.
3. Fill the tank with water.
4. Select the program and then press **Start/Set**.

Note

1. Adjust the amount of chopped pepper sauce according to your preference.



Steamed chicken with mushrooms (3 serves)

13

Ingredients

Chicken drumstick	400 g
Mushroom.....	150 g

Seasonings

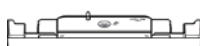
Oil	10 g
Oyster sauce	30 g
Cooking wine	25 g
Sesame oil.....	15 g
Shredded ginger	5 g
Pepper powder	taste
Salt	taste

Method

1. Chop the drumstick into small pieces. Marinate chicken pieces with all the seasonings for about 30 minutes. Chop mushrooms into big pieces.
2. In a heatproof dish, lay orderly mushrooms, and then chicken pieces. Put the dish on the Airfry Basket in the upper shelf position and close the oven door securely.
3. Fill the tank with water.
4. Select the program and then press **Start/Set**.

Container/Accessories

Microwave heatproof dish,
Airfry Basket
(lower shelf position),
Integrated Water Tank





Steamed pork slices with glutinous rice flour (3 serves)

14

Ingredients

Marbled meat..... 500 g
Seasoned glutinous rice flour 100 g

Seasonings

Cooking wine 15 g
Light soy sauce..... 15 g
Oyster sauce 15 g
Dark soy sauce 5g
Castor sugar 5 g
Salt taste
Pepper powder taste

Method

1. Cut every marbled meat piece 0.5 cm thick, marinate with all seasonings for 30 minutes.
2. Coat meat pieces with seasoned glutinous rice flour and put on a heatproof dish. Put the dish on the Airfry Basket in the lower shelf position and close oven door securely.
3. Fill the tank with water.
4. Select the program and then press **Start/Set**.

Note

1. Avoid overlapping more than three layers of meat slices.

Container/Accessories

Microwave heatproof dish,
Airfry Basket
(lower shelf position),
Integrated Water Tank





Steamed vegetables (200 g)

15

Ingredients

Leafy greens or broccoli etc. 200 g

Container/Accessories

Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Wash the vegetables and cut them into medium-sized pieces.
2. Put vegetables directly on the Enamel Tray in the lower shelf position and close the oven door securely.
3. Fill the tank with water.
4. Select the program and then press **Start/Set**.

Note

1. This program is only suitable for cooking leafy or stem vegetables. Lay vegetables as flat as possible and avoid overlapping them.



Steamed grains (800 g)

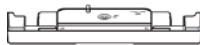
16

Ingredients

Assorted grains..... 800 g

Container/Accessories

Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Wash the assorted grains, cut them into portions of 50 g each. Put them on the Enamel Tray in the lower shelf position and close the oven door securely.
2. Fill the tank with water.
3. Select the program and then press **Start/Set**.

Note

1. Suitable for sweet potato, pumpkin, taro, Chinese yam etc.



Sticky rice cake (3 serves)

17

Ingredients

Glutinous rice flour.....	100 g
Corn starch	30 g
Walnut kernel.....	30 g
Dried red dates	3 pcs
Castor sugar	50 g
Water	130 g
Oil	18 g

Container/Accessories

Rectangle heatproof glass dish (13 x 18 cm),
Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Mash the walnut kernel, deseed dried red dates and dice into small pieces.
2. Mix glutinous rice flour, corn starch, castor sugar well, pour into water, salad oil, mashed walnut kernel and diced dried red dates until well combined. Stand for 10 minutes.
3. Prepare a rectangle heatproof glass dish sized 13x18 cm, lined with plastic wrap coated with oil, pour the mixture inside.
4. Put the dish on the Enamel Tray in the lower shelf position and close the oven door securely.
5. Fill the tank with water.
6. Select the program and then press **Start/Set**.
7. Take the cake out after cooling down, cut 9 pieces to serve.



Strawberry daifuku (8 pcs)

18

Ingredients

Glutinous rice flour.....	60 g
Corn starch	35 g
Milk	100 g
Castor sugar	25 g
Warm water	15 ml
Butter	12 g

Fillings

Sweet bean paste.....	136 g
Strawberry	4 pcs

Cake powder

Glutinous rice flour.....	40 g
---------------------------	------

Container/Accessories

Microwave heatproof dish,
Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Melt the caster sugar in warm water. Add milk, glutinous rice flour, and corn starch in sequence, stirring until smooth. Stand for about 10 minutes.
2. After standing, sift the paste and pour it into a heatproof dish. Place the dish on the Enamel Tray in the lower shelf position and close the oven door securely.
3. Fill the tank with water.
4. Select the program and then press **Start/Set**.
5. Wash and drain the strawberries, then cut each in half. Divide the red bean paste evenly into portions and wrap each strawberry.
6. Take out the wrappers from the oven, add butter, and knead until well combined.
7. Dust your hands with cake flour, divide the wrappers into 8 equal portions, roll each into a suitable size, wrap the filling inside, seal the edges.

Note

1. The strawberries can be substituted with soft fruits such as mangoes.
2. Chill in the refrigerator before serving for better flavor.



Snow fungus lotus sweet soup (3 serves)

19

Ingredients

Tremella.....	20 g
Lotus seed.....	40 g
Chinese wolfberry.....	6 g
Water	1400 ml

Seasoning

Rock sugar	40 g
------------------	------

Container/Accessories

3.25 L Microwave heatproof container with a lid



Method

1. Soak tremella in water and cut into small pieces, wash lotus seed and Chinese wolfberry. soak Chinese wolfberry for 1 hour.
2. Put all ingredients in a microwave heatproof container except for Chinese wolfberry, covered. Put the container in the center of the flat table and close the oven door.
3. Select the program and then press **Start/Set**.
4. When beeps heard during cooking, add rock sugar and stir. Cover the container, put it back into the oven and press **Start/Set** pad to continue.
5. When beeps heard again during cooking, add wolfberry and stir. Cover the container, put it back into the oven and press **Start/Set** pad.



Pork trotter soup (3 serves)

20

Ingredients

Pork trotter.....	600 g
Soybean	100 g
Water	1000 g

Supplementary

Ginger slices.....	10 g
Chopped scallion	5 g
Cooking wine	10 g

Seasoning

Salt	taste
------------	-------

Container/Accessories

3.25 L Microwave heatproof container with a lid



Method

1. Soak soybeans overnight. Clean and de-hair pork trotters, cut into large chunks, and blanch in boiling water to remove blood residue.
2. Place all ingredients and supplementary in a microwave heatproof container. Cover and place the container in the center of the flat table. Close the oven door.
3. Select the program and then press **Start/Set**.
4. Stir when beeps heard during cooking. Cover the container, put it back into the oven and press **Start/Set** pad to continue.
5. Stir again when beeps heard during cooking. Cover the container, put it back into the oven and press **Start/Set** pad.
6. After cooking, season with salt to taste.



Mashed potatoes and carrots (350 g)

21

Ingredients

Potato	250 g
Carrot.....	50 g
Chicken broth	50 g
Salt	taste

Container/Accessories

Microwave heatproof dish
Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Peel the potatoes and slice them into pieces about 1 cm thick. Peel the carrots and slice them thinly.
2. Put the potatoes and carrots evenly in a heatproof dish without overlapping.
3. Place the dish on the Enamel Tray on the Enamel Tray in the upper shelf position and close the oven door securely.
4. Fill the tank with water.
5. Select the program and then press **Start/Set**.
6. After cooking, take out the cooked potato and carrot slices. Place them in a blender and puree until smooth. Add chicken broth and salt, then mix thoroughly.



Diced sweet potatoes (150 g)

22

Ingredients

Sweet potato..... 150 g

Container/Accessories

Microwave heatproof dish,
Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Wash and peel the sweet potatoes, then cut them into 2x2 cm cubes.
2. Place the sweet potato cubes in a heatproof dish. Put the dish on the Enamel Tray in the lower shelf position and close the oven door securely.
3. Fill the tank with water.
4. Select the program and then press **Start/Set**.



Home-made yogurt (9 cups)

23

Ingredients

Milk 1100 g
Yogurt 135 g

Container/Accessories

9 small cups (150 ml each),
Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Pour milk into a stew pot and heat to approximately 45°C. Add yogurt and stir until well combined. Pour evenly into small cups, approximately 135 g per cup.
2. Cover the cups with plastic wrap. Put them evenly on the Enamel Tray in a 3x3 grid. Place the tray in the lower shelf position and close the oven door securely.
3. Fill the Integrated Water Tank completely.
4. Select the program and start cooking.
5. After cooking, let it cool, then refrigerate the cheese.

Note

1. The display window shows "H₂E" to indicate the cavity is overheated. Operate again after it cools down.



Cookie (16 pcs)

24

Ingredients

Unsalted butter	50 g
Castor sugar	30 g
Beaten eggs	25 g
Cake flour	90 g
Vanilla essence.....	2–3 drops
Assorted nuts.....	approx. 20 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Whisk the softened butter with castor sugar until creamy.
2. Add beaten eggs and vanilla essence and stir evenly.
3. Gradually add sifted cake flour and stir evenly with wooden spoon. Cover with plastic wrap and refrigerate for about 10 minutes.
4. Place aluminum foil on the Enamel Tray. Divide the dough into 16 equal portions, roll each into a ball, then flatten slightly with your fingertips to form cookie bases. Press nuts onto them. Arrange them evenly in a 4x4 grid on the Enamel Tray.
5. Select the program, and then press **Start/Set** to preheat the oven.
6. After preheating, put the Enamel Tray in the lower shelf position, close the oven door and then press **Start/Set**.



Chiffon cake (8 inch)

25

Ingredients

Eggs	5 pcs
Castor sugar	60 g
Oil	70 g
Milk	50 g
Cake flour	120 g
Lemon juice	drops

Container/Accessories

8-inch chiffon cake mould,
Enamel Tray
(lower shelf position)



Method

1. Separate the egg yolks from the whites. Add milk, oil, and 20 g of caster sugar to the yolks, whisking thoroughly until the sugar dissolves. Sift in the cake flour and stir in a zigzag motion. Do not stir in a circular motion.

2. Select the program and then press **Start/Set** to preheat the oven.
3. Add lemon juice in the egg whites and stir. Gradually add the caster sugar by three times. Stir until the whites form a stiff peak when the whisk is lifted.
4. Add one-third of the egg white mixture into the egg yolk mixture until well combined. Then mix the entire egg yolk mixture into the remaining egg white mixture and stir thoroughly. Pour the batter into an 8-inch chiffon cake mould and free fall to move the bubble.
5. After preheating, put the cake mould on the Enamel Tray in the lower shelf position, and press **Start/Set**.
6. After cooking, take it out. Shake off the steam. Turn it upside down. Let it cool and unmould.

Note

1. Do not mix egg yolk into the egg whites, as this will affect egg white whipping.



Toast (1 pc)

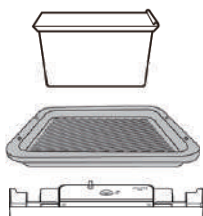
26

Ingredients

High-gluten flour	250 g
Dry yeast	3.5 g
Caster sugar	17 g
Salt	2 g
Beaten eggs	50 g
Milk	115 g
Unsalted butter	35 g

Container/Accessories

450 g toast mould,
Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

1. Combine all ingredients except butter (Do not mix salt and yeast together; add them separately.) After kneading the dough for several minutes, add the butter and knead until the dough can be stretched into a thin layer.
2. Divide the dough into 3 equal portions. Roll each portion into a ball, cover with plastic wrap, and let rest for 15-20 minutes.
3. Turn the dough into oval shape. Put the smooth side faces down, then roll it up from top to bottom. Then turn them into oval shape again and roll it up.

4. Place the rolled dough evenly into the toast mould with the closed seam facing down. Leave uncovered. Position the mould horizontally on the Enamel Tray in the lower shelf position.
5. Fill the tank with water.
6. Select Steam Ferment at 40°C, set for 60 mins to 1.5 hours and start to ferment (Dip your finger in flour and poke the dough lightly; it should not spring back or spring back slowly).
7. After fermentation completes, remove the Enamel Tray and cover the toast mould.
8. Select the program and preheat the oven.
9. After preheating, place the toast on the Enamel Tray in the lower shelf position. Close the oven door securely and press **Start/Set**.
10. After baking, give the mould a quick shake and remove the toast. Place the toast on a cooling rack on its side.

Note

1. The amount of liquid in the dough may be adjusted based on the flour's absorbency and local humidity levels.
2. The display window shows "H₁L₁" to indicate the cavity is overheated. Operate again after it cools down.



Buns (9 pcs)

27

Ingredients

High-gluten flour	200 g
Caster sugar	14 g
Yeast.....	3 g
Milk powder	8 g
Salt	2.5 g
Beaten eggs	25 g
Butter	28 g
Thick sugar-free yogurt.....	70 g
Milk	40-50 g

Decoration

beaten eggs.....	taste
Sesame	taste

Container/Accessories

Microwave heatproof container, Enamel Tray (lower shelf position), Integrated Water Tank



Method

1. Combine all ingredients except butter (Do not mix salt and yeast together; add them separately.) After kneading the dough for several minutes, add the butter and knead until the dough can be stretched into a thin layer.
2. Lightly grease the heatproof container. Put the dough in the container, place the container on

the Enamel Tray in the lower shelf position.

3. Fill the tank with water.
4. Select Steam Ferment at 40°C, set for 30–40 minutes. Let the dough rise until it doubles in size. Dip your finger in flour and poke the dough lightly; it should not spring back or spring back slowly.
5. Deflate the fermented dough, then divide it evenly into 9 portions. Lightly grease the Enamel Tray. Roll each portion into a ball and arrange them evenly in the tray. Place the tray in the lower shelf position.
6. Select Steam Ferment at 40°C, set for 30–40 minutes. Let the dough rise to 1.5 to 2 times its size.
7. After fermentation completes, take out the Enamel Tray.
8. Select the program and preheat the oven.
9. Brush the dough surface with Beaten eggs with sesame seeds.
10. After preheating, place the Enamel Tray in the lower shelf position. Close the oven door securely and press **Start/Set**.

Note

1. The amount of liquid in the dough may be adjusted based on the flour's absorbency and local humidity levels.
2. The display window shows "H₁ L" to indicate the cavity is overheated. Operate again after it cools down.



Home-made pizza (1 pc)

28

Base

Cake flour	140 g
Castor sugar	10 g
Unsalted butter	10 g
Milk powder	7 g
Salt	3 g
Warm water (40°C).....	70 g
Yeast.....	3 g
Castor sugar	1 g

Fillings

Chopped onions	20 g
Sliced mushroom	20 g
Sliced green pepper	20 g
Sliced sausage	40 g
Mozzarella cheese.....	90 g
Tomato paste	40 g

Container/Accessories

Microwave heatproof
container, Enamel Tray
(lower shelf),
Integrated Water Tank



Method

1. For the Base: Combine yeast and 1 g of caster sugar in warm water, stirring until well mixed. Let sit for about 5 minutes.
2. Thoroughly mix the yeast water with the remaining base ingredients, kneading into

a smooth dough. Grease the heatproof container. Put the dough in the container, cover with plastic wrap, and place the container on the Enamel Tray in the lower shelf position.

3. Fill the tank with water.
4. Select Steam Ferment at 40°C, set for 30 minutes and press **Start/Set**.
5. After fermentation is complete, take out the dough. Lightly flour the work surface and then flatten the dough with hands to allow air inside to escape.
6. Roll out the dough in a 22 cm diameter round and transfer to the greased Enamel Tray. Then pinch the edges of the dough to form a rim.
7. Select the program and preheat the oven.
8. Prick several small holes on the dough. Spread tomato paste evenly, sprinkle half of the cheese, then add the filling. Finally, cover with the remaining half of the cheese.
9. After preheating, place the Enamel Tray in the lower shelf position. Close the oven door securely and press **Start/Set**.

Note

1. The display window shows "H7 L" to indicate the cavity is overheated. Operate again after it cools down.



Milk pudding (9 pcs)

29

Ingredients

Milk	500 ml
Castor sugar	40 g
Egg	4 pcs (approx. 200 g)
Caramel sauce	27 g
Vanilla essence	2 ~ 3 drops
Butter	taste

Container/Accessories

9 metal pudding cups
(120 ml each),
Enamel Tray
(lower shelf position)



Method

1. Lightly grease the pudding cups bottom and wall with butter, fill 3 g caramel sauce in every cup.
2. Pour in milk and castor sugar in a microwave heatproof container and cook on 600 W for about 5 minutes. Stir constantly until castor sugar totally dissolved, the liquid temperature

should be around 70°C.

3. Keep stirring when pouring beaten eggs in milk, add vanilla essence, and stir until mixed well. Stand for a while, remove the foam, the liquid temperature should be around 40°C.
4. Pour 80 g liquid in every pudding cups, less than 80% full.
5. Select the program and preheat the oven.
6. Line the Enamel Tray with kitchen paper, arrange the pudding in 3x3 formation.
7. After preheating, pour 400 ml 50°C warm water in Enamel Tray in the lower shelf position, and press **Start/Set**.
8. Take out puddings after cooking, as soon as they cool down, keep them in the refrigerator for about 4 hours to unmould.

Note

1. This method is called water-bathing and be careful of high temperature when pouring water.



Cream puff (9 pcs)

30

Ingredients

Unsalted butter	45 g
Water	75 g
Cake flour	45 g
Beaten eggs	90 g

Filling

Cream.....	250 g
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Container/Accessories

Microwave heatproof
container, Enamel Tray
(lower shelf position)



Method

1. Cut unsalted butter into small pieces and place them in a microwave heatproof container with water. Microwave uncovered at 1000 W for 2 minutes until boiling.

2. Add sifted cake flour while hot, stir quickly with a wooden spade until well combined. Beat the eggs, gradually add in the cake flour and keep stirring. When lift up, it's a good sign when flows down slowly.
3. Select the program and preheat the oven.
4. Grease the Enamel Tray with butter, pour the batter in pastry bag, divide in 9 and arrange into 3x3, about 25 g each.
5. After preheating, put the Enamel Tray in the lower shelf position and then press **Start/Set**.
6. After cooking, allow the puffs to cool.
7. When cool down, make a small opening on the puff and fill in cream.

Note

1. Adjust the quantity of beaten eggs according to the dough's consistency.
2. As the dough expands during baking, maintain sufficient spacing between each portion to prevent sticking.



Cheese cake (8 inches)

31

Cake base

Digestive biscuit..... 100 g
Unsalted butter 40 g

Cake foundation

Cream cheese 250 g
Whipped cream 150 g
Egg 2 (100 g)
Sour cream 200 g
Castor sugar 120 g
Unsalted butter 50 g
Corn starch 60 g
Lemon juice 30 g
Minced lemon peels..... 1 lemon (approx. 15 g)
Vanilla essence..... 2-3 drops

Container/Accessories

8-inch cake mould,
Enamel Tray
(lower shelf position)



Method

1. Cake base: smash digestive biscuits in a plastic food bag and crush with rolling pin.
2. Melt butter completely and mix well with biscuit crumbs.
3. Grease the cake mould with butter. Spoon the mixture into mould lined with baking paper and press firmly. Put the mould in the refrigerator.
4. Cake foundation: cut cream cheese and butter and let stand at room temperature until soft.
5. Stir together cream cheese, sour cream and butter in a mixer then beat at high speed until smooth. Stir in vanilla essence, minced lemon peels and stir uniformly. Mix castor sugar, egg, corn starch, whipping cream, lemon juice together until well combined.
6. Select the program and preheat the oven.
7. Take out cake mould from refrigerator, fill in the batter and free-fall to remove bubbles from the surface.
8. After preheating, put cake mould on the Enamel Tray and put the tray in the lower shelf position and press **Start/Set**.
9. After cooking, take out the tray, let it cool, then refrigerate it for about 4 hours before serving.



Chocolate cake (8 inches)

32

Ingredients

Eggs	4 (approx. 200 g)
Castor sugar	90 g
Cake flour	90 g
Coco powder	20 g

Supplementary

Whipped cream	400 ml
Castor sugar	30 g
Sugar syrup	90 g
Brandy	10 g
Chocolate chips	taste

Container/Accessories

8-inch cake mould,
Enamel Tray
(lower shelf position)



Method

1. Grease and line the cake mould with baking paper at the bottom and side wall.
2. Select the program and preheat the oven.
3. Mix eggs and caster sugar with a whisk on low speed until sugar dissolves completely. Increase to high speed and whisk until the mixture forms stiff peaks. Then shift to low speed and whisk to make the bubbles even.
4. Sieve in cake flour and coco powder, stir well with a spatula.
5. Pour the batter in cake tin, free-fall to remove bubbles inside. Put the mould on the Enamel Tray.
6. After preheating, put the tray in the lower shelf position, close the oven door and press **Start/Set**.
7. After cooking, take out the tray, unmould and let it cool. Whip the cream and caster sugar until stiff peaks form, then refrigerate until needed. Combine the sugar syrup and brandy well and set aside.
8. Cut the cake horizontally into two equal halves. Spread a layer of syrup over the bottom surface, then add a layer of whipped cream. Place the top half of the cake on top. Spread the remaining whipped cream evenly over the top and sides of the cake. Sprinkle chocolate chips over the surface.



Custard pudding (6 pcs)

33

Ingredients

Milk	60 g
Castor sugar	25 g
Vanilla essence.....	0.5 g
Egg yolk.....	100 g
Whipped cream	260 g

Seasoning

Castor sugar	taste
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Container/Accessories

6 pudding moulds
(approx. 5 cm high, 7 cm wide),
Enamel Tray
(lower shelf position)



Method

1. Pour in milk and castor sugar in a heatproof container and cook until castor sugar totally dissolved. The liquid temperature should be around 70°C.
2. Whisk the egg yolks and cream until smooth. Gradually add the liquid from step 1 in small batches, sift the mixture twice, and combine thoroughly to create the pudding liquid.
3. Select the program and preheat the oven.
4. Pour about 70 g liquid in every pudding moulds, cover with aluminum foil, wrap tightly, and arrange evenly on the Enamel Tray.
5. After preheating, put the tray in the lower shelf position, close the oven door and press **Start/Set**.
6. After cooking, take out the tray, let it cool, then refrigerate it for more than 4 hours.
7. Take the chilled puddings out of the refrigerator, sprinkle caster sugar over the surface, and heat it with a blowtorch until the sugar caramelizes.



Egg tart (9 pcs)

34

Ingredients

Frozen egg tart shells 9

Fillings

Whipped cream 105g

Milk 85g

Cake flour 8g

Caster sugar 30g

Egg yolks 2

Condensed milk 10g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Place frozen egg tart shells at room temperature to defrost naturally.
2. Mix cream, milk, condensed milk, and caster sugar. Heat over low heat while stirring until the caster sugar dissolves. Remove from heat and let cool slightly. Add egg yolks and cake flour, stirring until smooth to form the tart filling.
3. Sift the tart filling and pour into the tart shells, filling them about 80% full.
4. Select the program and preheat the oven.
5. Arrange the egg tarts evenly in a 3x3 grid on the Enamel Tray.
6. After preheating, put the tray in the lower shelf position, close the oven door and press **Start/Set**.



Suzhou-style mooncake (9 pcs)

35

Water-oiled crust

Plain flour.....	150 g
Lard	60 g
Castor sugar	25 g
Warm water	60 g

Shorten pastry

Plain flour.....	100 g
Lard	50 g

Fillings

Minced pork	200 g
Castor sugar	20 g
Honey	10 g
Sesame oil.....	2 g
Light soy sauce.....	6 g
Cooking wine	4 g
Salt	5 g
White pepper powder	taste

Seasonings

Beaten eggs	20 g
Cooked sesame.....	10 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Mix all the fillings together, keep stirring until it thickens, set aside.
2. Mix and knead the water-oiled crust until smooth. Cover with plastic wrap and let rest for about 15 minutes.
3. Combine the plain flour and lard to make shorten pastry, knead until well combined.
4. Divide the water-oiled crust and shorten pastry into 9 equal parts, let stand for about 15 minutes.
5. Pat a small water-oiled crust and wrap a small round shorten pastry, pinch the seam together and put it downwards on working surface, flatten the dough lightly with your palm, roll the dough out as an oval shape, gently roll up to toward you. Repeat the above steps.
6. Using a rolling pin, make the dough into thin and round pieces to wrap in minced meat (25 g each), seal. Put the seam side downwards on grill tray lined with aluminum foil, pat slightly.
7. Select the program and preheat the oven.
8. Brush a single layer of beaten eggs on the surface, sprinkle with cooked sesame.
9. After preheating, put the Enamel Tray in the lower shelf position, and then press **Start/Set**.



Cantonese- style mooncake (9 pcs)

36

Ingredients

Plain flour.....	160 g
Custard powder	10 g
Oil	40 g
Sugar syrup	110 g
Soda powder	4 g
Sweet bean paste.....	540 g

Seasonings

Beaten egg	half one
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Container/Accessories

Enamel Tray
(lower shelf position),
Integrated Water Tank



Method

- Mix sugar syrup, salad oil, and soda water together. Sift in plain flour and custard powder. Stir until well combined to form a dough, cover with plastic wrap, keep in refrigerator for 1 hour.
- Divide the sweet bean paste in 9 parts, about 60 g each, round them in small balls.
- Divide chilled dough in 9 parts (35 g each), using a rolling pin, make each dough into thin and round pieces. Wrap sweet bean paste in the middle of small dough, and seal, make a round shape. Arrange them evenly in a 3x3 grid on the Enamel Tray lined with baking paper, with the sealed edges facing down.
- Fill the tank with water.
- Select the program and preheat the oven.
- Coat a single layer of flour on the mooncake mould, press dough ball into the mooncake mould. Each time a mooncake is pressed, a layer of flour must be sprinkled inside the mould.
- Brush the surface of the shaped mooncakes with a thin layer of beaten egg. Put them on the Enamel Tray.
- After preheating, put the Enamel Tray in the lower shelf position, and then press **Start/Set**.



Roast beef steak (2 pcs)

37

Ingredients

Sirloin steak 2 pieces (approx. 180g each)

Seasonings

White wine 10g

Salt 3g

Black pepper powder taste

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Pat lightly and drain excessive water, rub the outer and inner surface of the steak generously with salt, black pepper powder and white wine, set aside for 1 hour at room temperature.
2. Place the steak on the Enamel Tray.
3. Select the program and preheat the oven.
4. After preheating, put the Enamel Tray in the lower shelf position, and then press **Start/Set**.
5. After cooking, take the steak out and wrap it in foil. Leave it to rest for about three minutes before serving.

Note

1. The steak around 2 cm thick is recommended.
2. This recipe is suitable for cooking a medium-rare steak; cooking time may be adjusted to your preference.



Tender Roast Beef (3 serves)

38

Ingredients

Beef neck..... 1000 g

Seasonings

Salt 3 g

Black pepper powder..... taste

olive oil..... 10 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Clean the beef and pat dry the surface thoroughly. Evenly sprinkle with sea salt and black pepper.
2. Pour olive oil into a frying pan. Sear the beef on all sides to quickly seal in the juices.
3. Ensure the seared beef is completely wrapped in foil, then place it on the Enamel Tray. Put the tray in the lower shelf position, and then press **Start/Set**.
4. Select the program and preheat the oven.
5. After cooking, take out the beef, slice thinly, and serve on a plate.



Grilled lamb chops (4 pcs)

39

Ingredients

Lamb chops 4 pcs (each 100 g)

Seasonings

Dark soy sauce 5 g

Light soy sauce 20 g

Cumin taste

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Pat lightly and drain excessive water, rub the outer and inner surface of the steak generously with dark soy sauce, light soy sauce and cumin, set aside for 1 hour.
2. Place the lamb chops on the Enamel Tray.
3. Select the program and preheat the oven.
4. After preheating, put the Enamel Tray in the lower shelf position, and then press **Start/Set**.
5. After cooking, take the lamb chops out and wrap them in foil. Leave it to rest for about three minutes before serving.

Note

1. This recipe is suitable for cooking a medium-rare lamb chop; cooking time may be adjusted to your preference.



Roast chicken (1000 g)

40

Ingredients

Whole chicken 1 (net weight approx. 1000 g)

Seasonings

Light soy sauce..... 15 g
Dark soy sauce..... 10 g
Oyster sauce 15 g
Salt 3 g
Honey 5 g

Method

1. Cut the chicken, wash thoroughly, and pat dry. Prick it several times with a fork. Add all seasonings and marinate overnight.
2. Place breast side down on the Enamel Tray.
3. Select the program and preheat the oven.
4. After preheating, put the Enamel Tray in the lower shelf position, close the oven door and then press **Start/Set**.

Container/Accessories

Enamel Tray
(lower shelf position)





Teriyaki chicken wings (3 serves)

41

Ingredients

Chicken wings (mid-section)..... 12 pcs
(approx. 35–40 g each)

Seasonings

Dark soy sauce..... 30 g
Oyster sauce 30 g
Sugar 6 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Wash chicken wings thoroughly. Prick it several times with a fork or bamboo skewer. Add all seasonings and marinate for 30 minutes.
2. Place the marinated wings evenly in a 3x4 grid on the Enamel Tray lined with foil, skin-side up.
3. Select the program and preheat the oven.
4. After preheating, put the Enamel Tray in the lower shelf position, close the oven door and then press **Start/Set**.



Honey-Glazed chicken drumsticks (3 serves)

42

Ingredients

Chicken drumsticks 3 pcs (approx. 400 g)

Seasonings

Oyster sauce 40 g
 Light soy sauce 50 g
 Cooking wine 20 g
 Minced garlic 5 g
 Shredded ginger 5 g
 Honey 20 g
 Dark soy sauce 10 g
 Cumin 5 g
 Sugar 3 g
 Black pepper powder 1 g
 Chilli powder 1 g
 White sesame seeds (toasted) taste

Container/Accessories

Enamel Tray
 (lower shelf position)



Method

1. Wash the chicken drumsticks thoroughly, soak to remove any blood residue, then add all seasonings except white sesame seeds and honey. Marinate for at least four hours, turning several times.
2. Drain the marinated chicken drumsticks. Wrap each leg tightly in foil, ensuring no gaps remain. Place them on the Enamel Tray in the lower shelf position. Close the oven door.
3. Select the program and then press **Start/Set**.
4. Take 15g of marinade and stir in honey until well combined. Set aside. After cooking, take the Enamel Tray out. Drain the liquid in the foil parcel. Brush the chicken drumsticks with the honey and sprinkle with white sesame seeds. Put the chicken drumsticks on the Enamel Tray in the lower shelf position. Close the oven door. Select the Oven at 180°C for about 8 minutes, or until the chicken drumsticks are nicely browned.



Steamed chicken with chili sauce (3 serves)

43

Ingredients

Boneless chicken thighs ... 2 pcs (approx. 450 g)
 Coriander 20 g
 White sesame seeds (toasted) taste
 Red peppers (finely diced) taste

Seasonings

Coarse sea salt 5 g
 Cooking wine 15 g
 Light soy sauce 15 g
 Chilli oil 10 g
 White vinegar 5 g
 Sesame oil 2 g
 Caster sugar 3 g

Container/Accessories

Enamel Tray
 (lower shelf position)



Method

1. Wash the boneless chicken thighs thoroughly, Drizzle with cooking wine and coarse salt, rub evenly and refrigerate for about 2-3 hours.
2. Combine all remaining seasonings into a sauce and set aside.
3. Roll the marinated chicken thighs with the skin-side out, wrap tightly in foil and twist both ends securely. Place them on the Enamel Tray in the lower shelf position. Close the oven door.
4. Select the program and then press **Start/Set**.
5. After cooking, allow the boneless chicken thighs to cool before refrigerating.
6. To serve, slice the chicken thighs, drizzle with the prepared sauce, and garnish with chopped coriander, peppers, and white sesame seeds.



French confit duck leg (2 pcs)

44

Ingredients

Duck legs..... 2 pcs (approx. 400 g)
Olive oil..... 450 g

Seasonings

Thyme..... 6 pcs
Garlic slices 8 g
Bay leaves 2 pcs
Salt 5 g
White pepper powder 3 g

Container/Accessories

Microwave heatproof
container
(22 cm×16 cm×5 cm),
Enamel Tray
(lower shelf position)



Method

1. Rub the duck legs evenly with salt and white pepper, then refrigerate to marinate for 12 hours.
2. Take out the duck legs, rinse under cold running water, and pat dry with kitchen paper.
3. Place the duck legs in a deep, heatproof container. Add thyme, garlic slices, and bay leaves. Pour in enough olive oil to submerge the duck legs. Put the container on the Enamel Tray in the lower shelf position and close the oven door.
4. Select the program and then press **Start/Set**.
5. After cooking, take out the duck legs. Before serving, heat a small amount of the olive oil in a frying pan and sear the duck legs until crispy on the surface.



Grilled salmon (3 serves)

45

Ingredients

Salmon fillets 3 pieces (approx. 150g each)
Fresh lemon.....Half

Seasonings

Salt 5 g
Black pepper powder..... 1 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Combine salt and black pepper powder on the surface of salmon and marinate for 10 minutes.
2. Arrange the salmon fillets evenly on the Enamel Tray lined with greaseproof paper, skin-side down.
3. Put the tray on the Enamel Tray in the lower shelf position and close the oven door.
4. Select the program and then press **Start/Set**.
5. After cooking, squeeze over some lemon juice and serve.



Salmon and vegetable salad (3 serves)

46

Ingredients

Salmon fillets 2 pieces (approx. 200 g each)

Vegetables for salad 200 g

Seasonings

Sea salt 3 g

Crushed black pepper taste

Salad dressing taste

Container/Accessories

Enamel Tray

(lower shelf position)



Method

1. Wrap the salmon in foil, place it on the Enamel Tray in the lower shelf position and close the oven door.
2. Select the program and then press **Start/Set**.
3. After cooking, take out the salmon. Rinse the vegetables, drain thoroughly, and arrange in a salad bowl. Place the cooked salmon on the vegetables, season with salt, crushed black pepper and salad dressing.



Roasted pork belly (3 serves)

47

Ingredients

Pork belly..... 1000 g

Seasonings

Coarse salt 20 g

Five-spice powder 2 g

Black pepper powder..... 2 g

Apple vinegar..... 30 g

Sauce

Honey 10 g

Rice vinegar..... 10 g

Water 60 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Mix coarse salt, five-spice powder and black pepper together in a small bowl. Rub the mixture evenly over the surface of the pork belly.
2. Score the surface of the pork belly skin at 45-degree angles, spaced 2.5 cm apart with a knife. Repeat in another direction to create neat grid patterns. Take care not to press too hard, score only the surface of the skin, not the meat beneath.
3. Evenly coat the seasoned meat with apple cider vinegar with a brush.
4. Wrap the pork belly tightly in foil, ensuring no gaps remain. Place it on the Enamel Tray in the lower shelf position and close the oven door.
5. Select the program and then press **Start/Set**.
6. After cooking, take out the pork belly. Pat dry with kitchen paper and brush the skin with the pre-prepared sauce.
7. Form the foil into a bowl shape. Place the pork belly skin-side up inside, set it on the Enamel Tray in the lower shelf position and close the oven door. Select Oven at 200°C. Set for about 15 minutes, or until the pork belly skin is nicely browned.
8. After cooking, slice the pork belly thinly and serve.



Roasted pork ribs (3 serves)

48

Ingredients

Pork rib 800 g

Seasonings

Sugar 30 g

Light soy sauce..... 45 g

Salt 3 g

Black pepper powder..... 1 g

Five-spice powder 1 g

Garlic paste 25 g

Corn flour..... 6 g

Honey 20 g

Garlic cloves..... 20 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Rinse the pork rib and pat dry. Sprinkle all seasonings except honey and garlic cloves over the surface, coating evenly. Marinate for about one hour.
2. Wrap the marinated rib tightly in foil, ensuring no gaps remain. Place it on the Enamel Tray in the lower shelf position and close the oven door securely.
3. Select the program and then press **Start/Set**.
4. Mix 10 g of the remaining marinade with honey; set aside. Fold the foil into a bowl shape.
5. After cooking, take out the rib, pat dry any surface juices, brush with the prepared sauce, then sprinkle over the garlic cloves.
6. Place the pork rib in the foil bowl and put it on the Enamel Tray in the lower shelf position. Select Oven at 200°C for about 10 minutes or adjust the time to achieve your desired level of color.



Baked sweet potatoes (500 g)

49

Ingredients

Sweet potatoes..... 500 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Wash, dry and prick cross on the potato surface.
2. Put the sweet potatoes evenly on the Enamel Tray lined with foil. Place the tray in the lower shelf position and close the oven door securely.
3. Select the program and then press **Start/Set**.

Note

1. Each sweet potatoes weighs about 250 g, and larger ones can be halved before roasting.



Sauteed celery with lily bulb and ginkgo (3 serves)

50

Ingredients

Celery	150 g
Fresh ginkgo	30 g
Lily bulbs.....	30 g

Seasonings

Oil	25 g
Minced garlic	2 g
Castor sugar	3 g
Salt	2 g

Container/Accessories

1.25 L microwave heatproof container with a lid



Method

1. Wash and chop celery, soak fresh ginkgo and lily bulbs for 1 hour.
2. Put all the ingredients and seasonings in a microwave heatproof container, covered. Put the container in the center of the flat table. Close the oven door.
3. Select the program and then press **Start/Set**.
4. Stir when beeps heard during cooking, put it back and press **Start/Set** pad to continue.

Note

1. Fresh ginkgo can be substituted with about 30 g of corn kernels.



Casserole rice (300 g)

51

Ingredients

Rice	300 g
Preserved pork	60 g
Sausage	60 g
Recommended water quantity.....	400–500 g

Container/Accessories

2.25 L microwave heatproof container with a lid



Method

1. Clean the preserved pork and sausages, slice them, and set aside.
2. Rinse the rice, then soak in water for about 10 minutes (ensure ingredients do not exceed half the container's capacity to prevent overflow). Put the preserved pork and sausages on top, then cover.
3. Place the microwave heatproof container in the center of the flat table and close the oven door securely.
4. Select the program and preheat the oven.

Note

1. As different varieties of rice absorb varying amounts of water, please adjust the quantity of water accordingly.



Spanish paella (3 serves)

52

Ingredients

Cold rice	400 g
Mussels	70 g
Prawns.....	70 g
Squid rings.....	30 g
Chicken thigh meat.....	100 g
Onion	100 g
Mixed vegetables.....	100 g

Seasonings

White pepper powder	taste
Salt	6 g
Olive oil.....	30 g
Minced garlic	10 g
White wine	10 g
Black pepper powder.....	taste
Lemon.....	1 slice

Container/Accessories

3.5 L microwave heatproof container with a lid



Method

1. Remove the skin from the chicken thigh, dice it, then season with white pepper and 3g salt. Marinate for about 30 minutes.
2. Rinse the mussels, squid rings and prawns, and remove prawn's intestine. Blanch them in boiling water for 5-10 seconds. Dice the onion and set aside.
3. In a microwave heatproof container, layer olive oil, diced onion, and minced garlic. Stir briefly, cover the container, place it in the centre of the flat table, and close the oven door.
4. Select the program and then press **Start/Set**.
5. Upon the first beep, add the chicken thigh meat. Stir, cover, put it back to the centre of the flat table, and continue cooking.
6. Upon the second beep, add the cold rice, mixed vegetables, black pepper powder, and remaining salt. Stir, cover, put it back to the centre of the flat table, and continue cooking.
7. Upon the third beep, add the mussels, prawns, squid rings, and white wine. Stir, cover, put it back to the centre of the flat table, and continue cooking.
8. After cooking, drizzle lemon juice and stir to serve.



Broccoli and Bacon Pasta (3 serves)

53

Ingredients

Broccoli	100 g
Bacon	75 g
Pasta	100 g

Seasonings

Water	1 L
Garlic paste	10 g
Oil	5 g
Salt	2 g
Ground black pepper	taste

Container/Accessories

Microwave heatproof bowl,
3 L microwave heatproof
container with a lid



Method

1. Wash the broccoli, chop into small pieces and set aside.
2. Cut the bacon into small pieces, add the crushed garlic, and place in a microwave heatproof bowl. Put the bowl in the centre of the flat table, close the oven door, and microwave at 600 W for about 1 minute 20 seconds, stirring once during cooking.
3. Add water, pasta, salt, and oil in a 3 L microwave heatproof container. Cover the container, place it in the centre of the flat table, and close the oven door.
4. Select the program and then press **Start/Set**.
5. Upon hearing the first beep, remove the cover, stir and continue cooking.
6. Upon hearing the second beep, stir, add the broccoli and continue cooking.
7. After cooking, take it out, drain off any excess liquid, arrange on a plate, add the cooked bacon slices, sprinkle with black pepper powder, and mix well.



Tom Yum Goong soup (3 serves)

54

Ingredients

Prawns.....	150 g
Fish fillets.....	150 g
Mushrooms.....	50 g
Onion.....	100 g
Tomatoes.....	160 g
Coconut milk.....	50 g
Limes.....	15 g
Coriander.....	20 g
Bird's eye chillies.....	20 g
Lemongrass.....	20 g
Stock.....	800 g

Seasonings

Salt.....	3 g
Dried peppers.....	2 g
Oil.....	40 g
Minced ginger.....	5 g
Garlic slices.....	5 g

Container/Accessories

3.25 L microwave heatproof container with a lid



Method

1. Rinse the fish fillets and prawns. Remove prawn's intestine; slice the mushrooms, tomatoes, and limes; shred onions, bird's eye chillies and the lemongrass.
2. Halve the dried peppers and place them in a microwave heatproof container. Add the oil, minced ginger, garlic slices and onion shreds in sequence, stirring to combine. Cover and put in the centre of the flat table. Close the oven door.
3. Select the program and then press **Start/Set**.
4. Upon the first beep, add all remaining ingredients and seasonings. Stir thoroughly, cover, and place in the centre of the flat table. Continue cooking.
5. Upon the second beep, take out the container, stir thoroughly, cover, and return to the centre of the flat table. Continue cooking until complete.



Japanese-style fried shrimp (3 serves)

55

Ingredients

Fresh prawns..... 500 g (approx. 20 pcs)
 Beaten egg 25 g
 Breadcrumbs 50 g
 Shredded ginger taste

Seasonings

Cooking wine 10 g
 Oil 25 g
 Salt taste

Container/Accessories

Enamel Tray
 (lower shelf position)



Method

1. Remove the heads, shells and intestines from the prawns, leaving only the tail and the shell of the first segment intact. Marinate with shredded ginger, salt and cooking wine, then set aside.
2. Place breadcrumbs and oil in a bowl, mix thoroughly, then set aside.
3. Line the Enamel Tray with greaseproof paper. Pat the prawns dry with kitchen paper, then coat each in beaten egg followed by the breadcrumb. Arrange evenly on the tray.
4. Put the tray in the lower shelf position and close the oven door securely.
5. Select the program and then press **Start/Set**.



Fried chicken nuggets (3 serves)

56

Ingredients

Boneless chicken thighs with skin 12 pcs
(approx. 360 g)

Seasonings

Shop-bought fried chicken seasoned
flour..... 40 g

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Clean the chicken thigh meat, pat dry, and cut into small pieces weighing about 30g each.
2. Coat the chicken pieces evenly with the fried chicken seasoned flour. Arrange them in a 3x4 grid on the Enamel Tray lined with greaseproof paper, skin-side up.
3. Put the tray in the lower shelf position and close the oven door securely.
4. Select the program and then press **Start/Set**.



Fried pork chops (2 pcs)

57

Ingredients

Pork chops.....	2 pcs (approx. 100 g each)
Breadcrumbs	40 g
Plain flour.....	20 g
Cornflour.....	20 g
Beaten eggs	50 g
Oil	20 g

Seasonings

Light soy sauce.....	15 g
Cooking wine	3 g
White pepper powder	taste

Container/Accessories

Enamel Tray
(lower shelf position)



Method

1. Make the pork chops loosely, marinate with the seasonings for 30 minutes.
2. Mix the cornflour and plain flour together and set aside; mix the breadcrumbs with salad oil and set aside.
3. Coat the pork chops evenly in sequence with the flour mixture, beaten eggs, and breadcrumbs. Arrange them evenly on the Enamel Tray lined with greaseproof paper. Place the tray in the lower shelf position and close the oven door securely.
4. Select the program and then press **Start/Set**.

Note

1. For best flavour, serve with chilli sauce.



Fried French fries (3 serves)

58

Ingredients

Frozen French fries 250 g

Seasonings

Salt 3 g

Ketchup 10 g

Pepper powder taste

Container/Accessories

Airfry Basket
(lower shelf position)



Method

1. Put frozen French fries on the Airfry Basket, without overlap.
2. Put the basket in the lower shelf position and close the oven door.
3. Select the program and then press **Start/Set**.
4. Sprinkle with salt, pepper powder, mix well and serve with ketchup.

Note

1. There is no need to defrost the frozen French fries.
2. It is a good choice to purchase pre-cooked skinny fries.

Cleaning Setting

Disinfection Settings

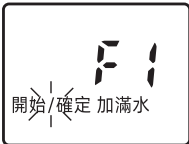
This function have 3 modes, F1 (130°C Disinfection), F2 (100°C Disinfection), F3 (100°C Quick Disinfection). F1 is suitable for all kind of dish disinfecting, etc. F2 and F3 are suitable for all kind of baby bottles and breast pump etc. Place the dish that needs to be disinfected on the Enamel Tray and put it in the lower shelf position.

English

1

清潔保養
Cleaning


Press once to select the Cleaning function.



F1
開始/確定 加滿水

2

開始/確定
Start / Set


Set desired No. by turning the dial.

E.g.: F3



F3
開始/確定 加滿水

3

開始/確定
Start / Set


Press Start/Set. The time in the display window will count down.



0:00

Note:

1. Fill the Integrated Water Tank with water before using.
2. High temperature will occur in cavity when using this function. Using F1 (130°C Disinfection), all utensils must be heat-proof temperature over 130°C. Using F2 (100°C Disinfection) & F3 (100°C Quick Disinfection), all utensils must be heat-proof temperature over 100°C.
3. When cleaning bottles, it's recommended to place it horizontally in the Enamel Tray, but not stacked.
4. If the cavity temperature is too high, display window will appear "H0 1". This function can be used again until the "H0 1" disappear.
5. When using this function to disinfecte baby bottles, the number should not exceed 3.

Deodorization

This function is suitable for ovens with odors (need 20 minutes). Before maintenance (cleaning the oven), please empty the oven.

English

1

清潔保養
Cleaning



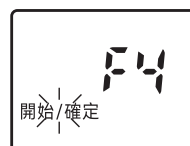
Press once to select the Cleaning function.



2



Set "F4" by turning the dial.



3

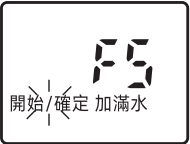


Press Start/Set. The time in the display window will count down.



Cleaning Cavity

This function is suitable for cleaning a dirty oven caused by oil (need 20 minutes).

1		Press once to select the Cleaning function.	
2		Set "F5" by turning the dial.	
3		Press Start/Set. The time in the display window will count down.	

Note:

1. Fill the Integrated Water Tank with water before using.

Drying Cavity

This function can be used after the steam function to keep the oven cavity dry (requires 15 minutes). Remove all accessories before maintenance.

English

1

清潔保養
Cleaning



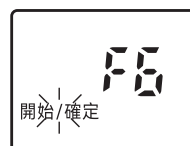
Press once to select the Cleaning function.



2



Set "F6" by turning the dial.



3



Press Start/Set. The time in the display window will count down.



Defrosting Chart

Preparation for Freezing:

1. Heavy-duty plastic wraps, bags and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

Defrosting Technique:

1. Remove from wrapper and set on a defrosting rack in a dish on flat table.
2. On Turbo Defrost, the oven will beep during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

Defrosting Chart (by setting Micro Power at 300 W):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
Meat		
Beef		Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted. Turn meat over two to three times during defrosting. Large roasts may still be icy in centre. Let stand.
Minced Beef	6 - 8	
Roast: Topside	7 - 9	
Roast: Beef Tenderloin	7 - 9	
Roast: Chuck or Rump	6 - 8	
Roast: Sirloin, rolled	7 - 9	
Steak	6 - 7	
Miscellaneous	6 - 8	
Lamb		
Roast	6 - 8	
Chops	5 - 7	
Ribs	5 - 7	
Poultry		
Chicken/whole	7 - 9	Turn poultry over two to four times during defrosting. Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces. Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking.
Chicken/pieces	6 - 8	
Chicken/fillets	6 - 8	
Duck	6 - 8	
Turkey	7 - 9	
Fish & shellfish		
Fish Fillets	6 - 8	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted. Let stand, 5 to 10 minutes, before cooking.
Whole Fish	6 - 8	
Crabmeat	5 - 7	
Lobster Tails	5 - 7	
Sea Scallops	4 - 6	
Green Prawns	5 - 7	

Reheating Chart

The suggested times in the table are for reference only. The heating time depends on the initial temperature, the amount of food, and the size of the container.

Food	Initial State	Serv./Weight	Accessories/ Placement	Power Level	Reheating Time	Instructions
Chilled Rice	Chilled	1 serv. (150 g)	Microwave-safe bowl/Flat Table	800 W	1 min.- 1 min. 10 sec	Cover with plastic wrap
		2 serv. (300 g)			2 min.- 2 min. 10 sec	Cover with plastic wrap
Chilled dish	Chilled	1 serv. (150 g)	Microwave-safe bowl/Flat Table	800 W	2 min.- 2 min. 20 sec	Cover with plastic wrap
		2 serv. (300 g)			3 min. 40 sec- 4 min.	Cover with plastic wrap
Fried noodles	Chilled	1 serv. (200 g)	Microwave-safe bowl/Flat Table	800 W	1 min. 30 sec- 1 min. 50 sec	Cover with plastic wrap
Fried pork chop	Chilled	1 pc (180 g)	Enamel Tray/ lower shelf position	200°C (without preheating)	16 min.- 18 min.	—
Steamed salmon*	Chilled	2 pcs (280 g)	Enamel Tray/ lower shelf position	Steam Med 100°C	11-12 min.	—
Steamed potato*	Room temperature	500 g	Enamel Tray/ lower shelf position	Steam Med 100°C	23-24 min.	—
Large meat bun*	Chilled	2 pcs (240 g)	Enamel Tray/ lower shelf position	Steam Med 100°C	19-20 min.	—
Shumai*	Chilled	6 pcs (300 g)	Enamel Tray/ lower shelf position	Steam Med 100°C	17-18 min.	—
Sandwich	Chilled	1 pc (150 g)	Microwave-safe dish/Flat Table	1000 W	30 sec	Cover with plastic wrap
Yellow wine	Room temperature	1 cup (200 ml)	Microwave-safe cup/Flat Table	800 W	1 min. 20 sec	—
Coffee	Room temperature	1 cup (200 ml)	Microwave-safe cup/Flat Table	1000 W	1 min.	—
Vegetable soup or meat soup	Chilled	1 serv. (200 g)	Microwave-safe bowl/Flat Table	800 W	1 min. 40 sec- 2 min.	Cover with plastic wrap
		3 serv. (600 g)			6 min.- 6 min. 30 sec	Cover with plastic wrap
Butter	Chilled	100 g	Microwave-safe dish/Flat Table	300 W	2 min. 30 sec	Cover with plastic wrap
Chocolate	Room temperature	50 g	Microwave-safe dish/Flat Table	300 W	4 min. 30 sec	—

Note:

- Before cooking, please choose microwave-safe cookware.
- Chilled refers to a storage temperature between 0-3°C. If the food is at room temperature, please reduce the heating time accordingly.
- Fill the Integrated Water Tank with water before cooking the food with "**".

Cooking Chart

The suggested times in the table are for reference only. The cooking time depends on the initial temperature, the amount of food, and the size of the container.

Food	Serv./ Weight	Accessories/ Placement	Power Level	Cooking Time	Instructions
Sous-vide steak*	2 pcs (200 g)	Enamel Tray/ lower shelf position	Steam Low 70°C	60 min.	Pat the steak dry, place it in a vacuum-seal bag; after cooking, add a little oil to a skillet and sear the surface until browned.
Steamed shrimp*	350 g	Enamel Tray/ lower shelf position	Steam Low 90°C	14-15 min.	Wash the fresh shrimp, mix with cooking wine and green onions and ginger, then spread evenly on a wavy plate without overlapping.
Steamed rice*	3 serv.	Enamel Tray/ lower shelf position	Steam Med 100°C	30 min.	Rice 200 g, water 240 g
Steamed clams*	500 g	Enamel Tray/ lower shelf position	Steam High 120°C	14-15 min.	Wash the clams, mix with cooking wine and green onions and ginger, then spread evenly on a wavy plate without overlapping.
Steamed cured meats*	200 g	Enamel Tray/ lower shelf position	Steam High 130°C	23-27 min.	Wash the cured pork and Chinese sausage, slice them, and lay them flat in a heatproof shallow dish without overlapping more than two layers.
Waterless braised beef shank*	500 g	Enamel Tray/ lower shelf position	Stew S	2.5 hour	Wash the beef shank, marinate overnight with soy sauce, doubanjiang, and various spices, then wrap in aluminum foil for cooking.
Steamed sweet potato*	3 pcs (700 g)	Enamel Tray/ lower shelf position	Steam Med 100°C	30 min.	Wash the sweet potatoes.
Roasted seasonal vegetables	350 g	Enamel Tray/ lower shelf position	200°C (with preheating)	7-19 min.	Wash root vegetables such as eggplant, green peppers, carrots, potatoes, and asparagus, cut them to suitable sizes, and marinate for 10 minutes with crushed black pepper, soy sauce, and olive oil.
Roasted mushrooms	16 pcs (230 g)	Enamel Tray/ lower shelf position	190°C (with preheating)	10-11 min.	Wash the fresh mushrooms, remove the stems, place them bowl side up, and sprinkle with crushed black pepper and sea salt after cooking.
Grilled lamb skewers	12 pcs (250 g)	Enamel Tray/ lower shelf position	210°C (with preheating)	8-9 min.	Store-bought frozen lamb skewers need to be thawed.

Cooking Chart

(continued)

English

Food	Serv./ Weight	Accessories/ Placement	Power Level	Cooking Time	Instructions
Grilled beef skewers	12 strings (320 g)	Enamel Tray/ lower shelf position	230°C (with preheating)	9-10 min.	Store-bought frozen beef skewers need to be thawed.
Grilled lamb chunks	1 pc (1000 g)	Enamel Tray/ lower shelf position	190°C (with preheating)	70-75 min.	Wash and marinate lamb cubes, cook them, flipping halfway through two-thirds of the cooking time.
Grilled beef chunks	1 pc (1000 g)	Enamel Tray/ lower shelf position	170°C (with preheating)	75-80 min.	Wash and marinate beef cubes, cook them, flipping halfway through half of the cooking time.
Frozen pizza	1 pc (300 g)	Enamel Tray/ lower shelf position	200°C (with preheating)	9-10 min.	Store-bought frozen pizza does not need to be thawed.
Fried Hash Browns	6 pcs (390 g)	Enamel Tray/ lower shelf position	230°C (without preheating)	19-21 min.	Store-bought frozen hash browns, no need to thaw.
Fried Frozen Popcorn Chicken	350 g	Enamel Tray/ lower shelf position	230°C (without preheating)	23-25 min.	Store-bought frozen salted crispy chicken, no need to thaw.
Fried Refrigerated Spring Rolls (Savory Filling)	6 pcs (200 g)	Enamel Tray/ lower shelf position	230°C (without preheating)	19-21 min.	Store-bought refrigerated spring rolls, brush oil all around.
Fried Frozen Chicken Nuggets	12 pcs (250 g)	Enamel Tray/ lower shelf position	230°C (without preheating)	16-17 min.	Store-bought frozen chicken nuggets, no need to thaw.
Fried Frozen Cod Fillets	6 pcs (230 g)	Enamel Tray/ lower shelf position	230°C (without preheating)	22-24 min.	Store-bought frozen cod fillets, no need to thaw, brush oil all around.
Fried Frozen Chicken Drumettes	6 pcs (540 g)	Enamel Tray/ lower shelf position	230°C (with preheating)	28-30 min.	Store-bought frozen chicken drumettes, no need to thaw.
Fried Frozen Chicken Wingettes	9 pcs (430 g)	Enamel Tray/ lower shelf position	230°C (with preheating)	20-22 min.	Store-bought frozen chicken wings, no need to thaw.

Note:

1. Before cooking, please choose an appropriate baking paper or aluminum foil as needed.
2. Fill the Integrated Water Tank with water before cooking the food with "**".
3. Frozen refers to a storage temperature of -18°C.

Before Requesting Service

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, bluetooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.
Steam accumulates in the oven cavity and on the oven door, and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most the steam and warm air are removed from the oven vents, but some steam will condense on cooler surfaces such as in the oven cavity and on the oven door. This is normal. Always wipe to dry after cooling down.
Steam accumulates inside the oven door.	During cooking, some steam will condense on cooler surfaces such as inside the oven door. It is normal and safe to use the product.
I accidentally operate my microwave oven without any food in it.	Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.
There are humming and clicking noises from my oven when I cook by Combination .	These noise occur as the oven automatically switch the Grill. This is normal.
The oven has an odour and generates smoke when using Oven, Airfry, Preheat and Combination .	It is essential that your oven is wiped out regularly particularly after cooking by Oven, Airfry, Preheat and Combination . Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Some smoke will be given off from the cavity when using Oven, Airfry, Preheat and Combination or Steam for the first time.	It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.
The fan motor continue operating after cooking is over.	After using the microwave oven, the fan motor will operate for several minutes to cool the electric compenents.
Sounds will occur when using the function with Steam	Sounds will occur when using the Steam function.
The sound of "Bar... Bar..." may be emitted at the back of the oven cavity during and after the use of different kinds of Oven function.	This is a cause of thermal expansion and contraction of the metal material used in the product. It is normal.
Steam leaks out from all four sides of the oven door.	When a function related to steam is used, a lot of steam are generated in the oven cavity during operation of the product. Some steam may leak from all four sides of the oven door. It is normal.

Before Requesting Service

(continued)

English

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely. Circuit Breaker or fuse is tripped or blown. There is a problem with the outlet.	Remove plug from outlet, wait 10 seconds and re-insert. Contact the specified service Centre. Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely. Start/Set was not pressed after programming. Another program has already been entered into the oven. The program has not been entered correctly Stop/Cancel pad has been tapped accidentally.	Close the oven door securely. Press Start/Set Pad. Tap Stop/Cancel pad to cancel the previous program and program again. Program again according to the Operating Instructions. Program oven again.
"H01 E" appears in the display window.	The cavity is overheated.	Operate again after it cools down.
Only "U14" appears in the display window.	The water tank is empty.	If U14 appears for the first or second time during cooking, please refill the water tank, place it back into the oven, and press the Start/Set Pad to continue cooking. If U14 appears a third time, the cooking will stop. Refill the water tank, place it back into the appliance, and press the Stop/Cancel Pad before resetting.
"H + number (eg. H98)" appears in the Display Window.	This display indicates a problem with the microwave generation system.	Contact the authorised service centre.
The "🔒" appears in the Display Window.	The child lock was activated by tap Start/Set twice lightly, then press and hold once.	To deactivate lock by tapping Stop/Cancel twice lightly, then press and hold once.
White powder found at steam outlet, drip tray and oven cavity.	Did not use water as required. (See page 19)	Contact the authorised service centre.

If it seems there is a problem with the oven, contact an authorized Service Centre.

Care of your Microwave Oven

Turn the oven off and remove the power plug from the wall socket before cleaning.

The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

Always clean the Flat Table after cooling down with a mild detergent and wipe to dry.

Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

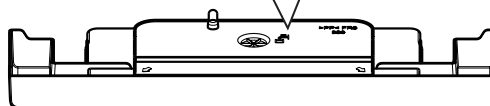
Clean the upper heater after it is completely cold. Wipe with a soft and damp cloth carefully.

If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or sprayon cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning tap Stop/Cancel pad to clear display window.

For some models:
The Control Panel is covered with a removable protective film to prevent scratches during shipping. Small bubbles may appear under this film, so if this is the case, remove by applying masking or clear tape to an exposed corner and pull gently.

After using, clean it with a mild detergent or dishwasher.



Please regularly remove the Integrated Water Tank and clean it with a soft sponge dipped in water.

Note:

1. When using **Oven, Airfry and Combination**, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
2. After using **Oven, Airfry and Combination**, the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Grill, Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.
DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
A steam cleaner is not to be used for cleaning.
3. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
4. It is possible that a few water droplets appeared on countertop if steam function is used intensively, especially under high humidity environment or poor ventilation conditions. Please wipe the liquid off in case.
5. When it becomes necessary to replace the oven light, please consult the service Centre specified by Panasonic.

Technical Specifications

English

Model:		NN-DS59RW
Power Supply:		220 V~, 50 Hz
Power Consumption:	Microwave	5.4 A 1200 W
	Oven	8.6 A 1890 W
	Steam (Pure)	4.7 A 1030 W
	Combination	8.6 A 1890 W
Power Requirement (Initial Maximum):		1930 W
Output power:	Microwave*	1000 W
Outside Dimensions (W × H × D):		470 mm (W) x 350 mm (H) x 390 mm (436 mm)** (D)
Oven Cavity Dimensions (W × H × D)*:		385 mm (W) x 210 mm (H) x 341 mm (D)
Overall Cavity Volume*:		28 L
Operating Frequency:		2450 MHz
Uncrated Weight:		Approx. 15 kg

** 390 mm is the dimension without handle
436 mm is the dimension with handle

* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, manufactory and serial number, please refer to the name plate on the microwave oven.

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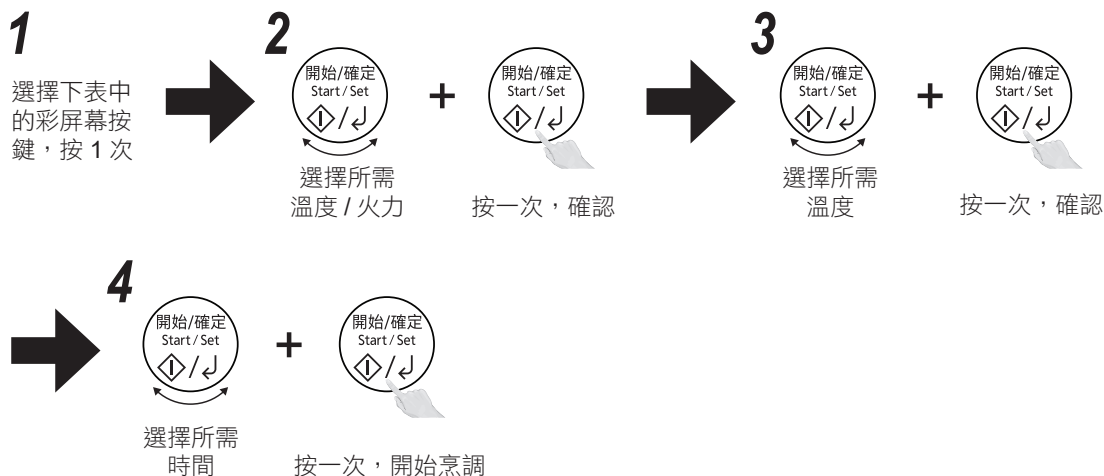
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簡易操作指南

當您插上本產品的電源插頭後，顯示屏顯示“88:88”，即可開始使用本產品。

手動功能

需要手動設置溫度 / 火力 / 時間進行烹調。



中文

彩屏幕按鍵	可選溫度 / 火力	功能	最大時間	默認設置
	30 - 90°C	低溫蒸	1 小時	100°C
	100°C	原氣蒸		
	110 - 150°C	高溫蒸	30 分鐘	
	S	蒸氣燉	3 小時	
	30 - 45°C	蒸氣發酵	9 小時	150°C
	50 - 95°C	烘烤	9 小時	
	100 - 250°C		1 小時 30 分鐘	
	180 - 250°C	氣炸	1 小時 30 分鐘	200°C
	1000 W	微波	30 分鐘	1000 W
	800 W / 600 W / 440 W / 300 W / 100 W		1 小時 30 分鐘	
	70 - 250°C	預熱	—	150°C
	組合功能 1	微烘烤	1 小時 30 分鐘	—
	組合功能 2	微蒸	30 分鐘	—
	組合功能 3	微炸	1 小時 30 分鐘	—
	組合功能 4 (可選溫度：190 - 250°C)	蒸烘烤	30 分鐘	190°C
	組合功能 5	上烤下蒸	30 分鐘	—

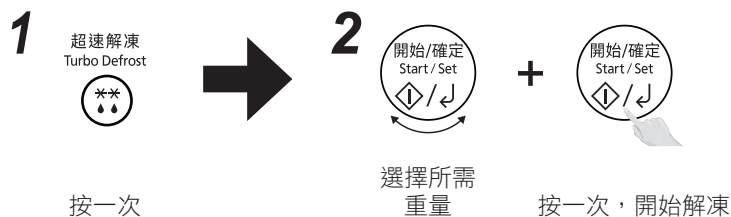
備註：

- 步驟 3 僅適用於組合功能 4。
- 預熱功能請跳過步驟 3 及步驟 4。

自動功能

選擇所需的功能，無需設置時間。

超速解凍功能

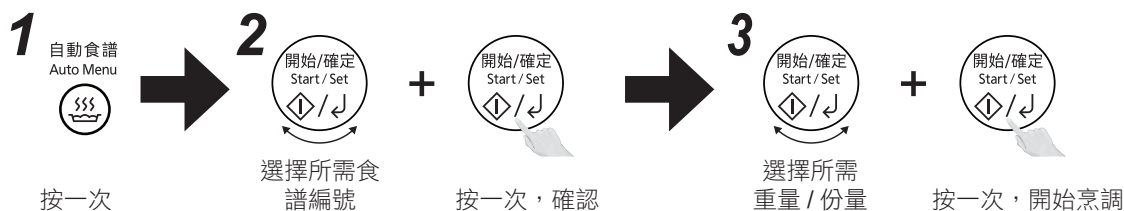


感應翻熱功能



自動食譜功能

無需預熱（適用於編號 1-23，38，42-58）

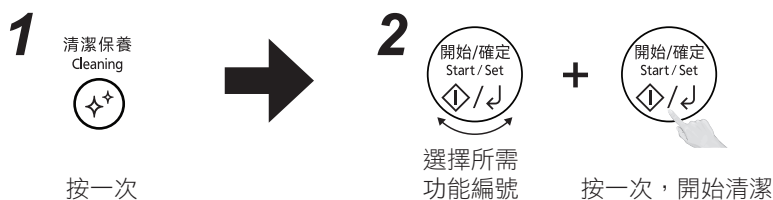


注：步驟 3 僅適用於編號 1 和 4。

需要預熱（適用於編號 24-37 及 39-41）

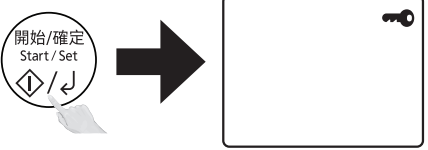
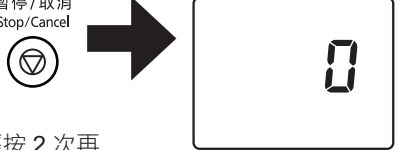


清潔保養功能



輔助功能

除手動功能及自動功能的其他功能。

兒童安全鎖 設定 / 取消	設定：  輕按 2 次再長按 1 次 取消：  輕按 2 次再長按 1 次
上烤下蒸 (快速選擇)	上烤下蒸 Grill+Steam  按一次 ➔ 開始/確定 Start / Set 選擇所需時間 + 開始/確定 Start / Set 按一次，開始烹調
一鍵蒸氣	設置並運行微波，蒸氣發酵，烘烤程序 ➔ 開始/確定 Start / Set ➔ (開始/確定 Start / Set) 非必要步驟 根據需要在烹調過程中，長按此鍵，直至追加蒸氣 2 分鐘 如果需要追加 3~4 分鐘蒸氣，請在前一步狀態出現後 3 秒內再連續按鍵 1~2 次

注意事項

1. 在爐腔內沒有食物的情況下，請不要啟動微波程序。
2. 使用與蒸氣相關的功能後會產生大量水蒸氣，待本產品冷卻後及時擦乾腔體及一體式水箱。
3. 初次使用本產品時，可能有白煙及異味冒出，這是由於機油加熱後揮發所致，而非元器件、電線燒焦引起，屬於正常現象，使用數次後此現象會消失。
4. 產品烹調結束後電動風扇會繼續工作一段時間，這是正常現象。

重要安全措施

仔細閱讀並妥善保存

使用微波烹調應注意之事項 檢查有否損壞：

使用微波爐前應先檢查下列各項：

1. 爐門是否妥當，可暢順開關。
2. 門鉸是否妥當。
3. 爐門的金屬邊緣不可弄曲或變形。
4. 爐門的邊緣不可沾上食物或積聚油污。

預防事項：

請注意以下事項。（否則可能會導致微波外洩）：

1. 切勿損壞爐門的安全鎖。
2. 當微波爐運作時，請勿使用任何物件（特別是金屬物件）強行打開爐門。
3. 切勿放置任何金屬物體於爐內，包括金屬容器，罐頭或任何金屬物品等。
4. 不可讓其他金屬物體如速食食品之錫紙包裝，碰觸爐壁。
5. 清潔爐腔，應使用溫和洗潔液清理爐門及其邊緣位置。不可使用具腐蝕性的清潔劑，以免損壞爐腔。
6. 不要使用粗糙磨料清洗劑或鋒利的金屬刮刀清潔產品門的玻璃，因為其會擦傷玻璃表面，從而可能導致玻璃破碎。
7. 使用微波爐時必須應用附設的烹調器皿。
8. 使用微波爐時，爐內應放有可吸收能量的物質。（例如：食物，水）。除本說明書特別許可的情況外。
9. 爐門開啟時，請勿在爐門上放置重物。

10. 微波爐內切勿使用密封的容器。嬰兒用的奶樽亦算密封容器。
11. 本微波爐不能由身體虛弱（包括未成年人）或缺乏經驗和相關知識的人來操作，除非在監護人的監督指導下安全使用。
12. 要看顧兒童以免兒童把微波爐當成玩具。
13. 除受過專業培訓的合資格的維修人員外，其他人員拆下機殼來進行檢修操作是非常危險的，如在檢修過程中錯誤拆下防止微波能量洩漏的機件等操作。
14. 微波爐在使用過程中，表面可能會變得很燙。
15. 本產品不能安裝於裝飾性門後，以免過熱。
16. 微波爐必須定期清洗去除食物殘渣。
17. 請勿在本產品頂部放置任何物品。放置物品可能會影響產品的運行及可靠性。

操作要點：

1. 首次使用蒸，烘烤，氣炸，預熱和組合功能時，如有白煙冒出，並非是故障現象。
2. 使用過程中，爐身、排風口及爐門亦會受熱，請小心開關爐門及取放食物和器皿。且勿讓孩童接近。



警告！高溫表面

3. 使用蒸，烘烤，氣炸，預熱和組合功能時，因加熱器工作會導致微波爐處於高溫狀態。
4. 使用過程中，電器會變熱。應注意避免接觸爐腔內的加熱元件。
警告：可接觸的部位在使用過程中可能會變熱。幼兒應遠離。
5. 在第一次使用烘烤，氣炸，預熱和組合功能之前，請在沒有放置任何食物及配件的情況下選擇**烘烤**功能設置攝氏 230 度運作 10 分鐘。這樣可以燃燒掉加熱器上的保護油。這是唯一一次微波爐在沒有負載的情況下工作。

使用要點說明

注意——使用本微波爐時，為避免發生著火，漏電，傷人或微波外泄等意外，必須注意以下安全要點：

1. 在使用本設備前，請參閱重要安全指引。
2. 生雞蛋及密封盒之類的東西，例如：密封的玻璃器皿**及嬰兒用奶瓶**容易引起爆裂，故不能放入爐內加熱烹調。
3. 本設備僅適用於本說明書所指示之用途。
4. 小孩使用本設備時必須有監管人監管。
5. 當微波爐操作不正常，或受損及跌撞時，應停止繼續使用。
6. 不可用於室外。
7. 不可將電線或插頭浸入水中。
8. 不可將電線接近高溫處。
9. 不可將電線掛在桌子或櫃台邊。
10. 為避免微波爐起火：
 - (a) 不可過度烹煮食物。注意放入爐內的材料如：紙，塑料或其他易燃物品等。
 - (b) 不建議加熱醫用袋，如果要加熱，請勿離開並仔細參照製造商的指示。
 - (c) 放盒子入微波爐時，請取走金屬包裝。
 - (d) 萬一爐內的東西著火，請保持爐門緊閉，然後拔去電源插頭，或關掉屋內電源總開關。
 - (e) 烹調或加熱進行時，請勿離開。
11. 切勿拆開爐身。
12. 請勿通過外接計時器或獨立遙控系統操作本微波爐。
13. 未能保持微波爐清潔可能導致微波爐表面損壞，這將影響微波爐的使用壽命或導致其有所損壞。
14. **警告：**在操作設備之前，請確保爐腔中無任何不適合與微波一起使用的物品或器具。
15. **警告：**不使用微波爐時，請勿將爐腔用於存放可燃物品、炊具或食物等。
16. 不得使用蒸汽清潔器清潔設備。

電源

Panasonic 微波爐需以獨立電源運作，而所用的電壓應與標籤上提供的資料一致。否則電路保險線有機會被溶斷或會延長所需烹調時間。禁止插入高容量的電線板。

接地說明

本設備必須接地。萬一漏電，則接地可以提供電流回路以避免觸電。本設備配有一個接地插頭。這插頭必須接插在確實接地的插座上。

注意——錯誤地使用接地插頭會有觸電的危險。

電動風扇的操作：

在使用某些功能後，電動風扇會繼續開動，這是正常情況，此時可隨意取出食物。

使用完**烘烤**功能後，建議打開爐門以加速冷卻過程並縮短電動風扇運行時間。

警告

- a) 門縫範圍應以濕布清潔。若本產品的門邊及線縫，若有損壞，必須停止使用，並交由維修人員修理。
- b) 如果門或門邊緣縫有損壞，請勿使用微波爐，並交由維修人員修理。
- c) 必須由指定製造商所訓練的維修人員做調整或修理服務，讓他人修理，會有危險。
- d) 除有資格的維修人員外，其他人來執行檢修操作都是危險的，包括拆下防止微波能量洩漏的防護蓋等操作。
- e) 如電源線損壞，必須由維修人員或有相關維修資質的人員進行維修，以避免危險。
- f) 使用前，使用者必須檢查清楚所用的烹調用具是否適用於微波爐。
- g) 液體食品或其他食品一定不要放在密封的容器裏加熱，因為這樣有可能會發生爆炸，同時應防止沸騰液體延遲噴濺，以防燙傷。
- h) 兒童要單獨使用微波爐，父母必須給予正確指導，並清楚讓兒童知道使用方法不正確所帶來的危害。
- i) 當微波爐在使用組合功能時，因溫度升高，兒童必須在成人監護下使用。

安裝及一般說明

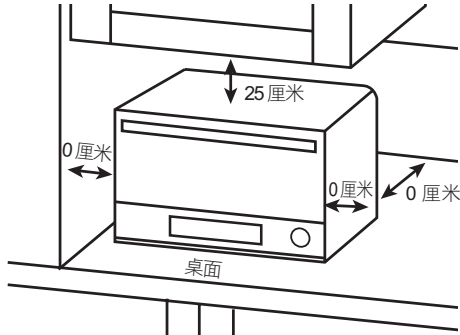
一般使用

- 1. 為保持高質素的烹調效果，切勿讓微波爐空著操作，因為當沒有食物或水份在爐內吸收能量的情況下，微波能量會不停地在爐內反射。這會導致爐腔損壞。
- 2. 如發現微波爐起煙，請關閉或拔下設備插頭並緊閉爐門以熄滅爐內的任何火焰。
- 3. 本產品主要用來加熱食物和飲料。切勿用來烘乾食物或衣物，或加熱電熱器，拖鞋，海綿，濕布和其他類似產品，否則可能引起受傷，著火或者火災。
- 4. 不要在爐內烘乾布類、報紙或其他東西。可能會引起火災。
- 5. 不可使用再生紙製品，因其含有容易引起火花和火種的雜質。
- 6. 不可將報紙或紙盒用於微波爐。
- 7. 不可敲打控制面板以免損壞控制裝置。
- 8. 取出已煮完的食物時必須使用鍋夾，因為熱力會從高溫的食物傳至烹調容器，然後再由烹調容器傳至平板玻璃，當烹調容器從爐內取出，平板玻璃會非常熱。
- 9. 不可將易燃物放在爐內或爐頂以免導致起火。
- 10. 如非食譜所指定，不可直接在平板玻璃上烹煮食物。（食物必須放入適合的烹調器皿中。）
- 11. **請勿使用該微波爐加熱化學劑或其他非食物製品。不可用含有腐蝕性化學劑的製品清洗微波爐。在爐內加熱腐蝕性化學劑可能會引起微波外洩。**
- 12. 當使用**含微波的組合功能**時，請勿將任何鋁或金屬容器直接置於空氣炸籃上。
- 13. 當僅使用**微波**功能烹調時，請勿使用空氣炸籃或波浪形金屬盤。
- 14. 烹調時，蒸氣會在爐門上及 / 或爐門內少量凝聚，這是正常現象，微波爐仍可安全使用，冷卻後蒸氣將會自動消散。
- 15. 在使用紙，塑料或其他易燃材料製成的容器加熱或烹調食物時，請勿離開，因過度加熱此類製品可能會引起火災。
- 16. 在使用微波功能時，請勿將食物或飲料放在金屬容器內。
- 17. 僅使用微波爐適用容器。
- 18. 請使用蒸餾水、純淨水或過濾後的水，不能使用礦泉水或自來水。
如未按要求用水會導致堵塞。如蒸氣噴出口、積水盤或爐腔內出現白色的粉末，請聯絡代理商的維修部門。

微波爐的放置

該產品僅供桌面使用。它不能放置於櫥櫃內。

1. 微波爐必須平穩地擺放在離地面 85 厘米以上的平面，不能放置於櫥櫃內。正常地使用，爐的周圍必需保持空氣流通。僅爐的頂端需留 25 cm 空隙，右壁，左壁及後壁則無需留空隙。不可取去爐腳。



- (a) 不可堵塞通氣口。如在使用過程中被堵塞，令微波爐過熱，則安全裝置會自動關閉微波爐。並待微波爐冷卻後才可使用。
- (b) 不可放置微波爐於高溫潮濕地方例如煤氣爐，帶電區或水槽等。
- (c) 如室內溫度過高則不能使用微波爐。

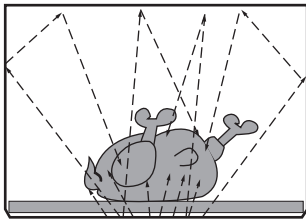
2. 本微波爐只適用於家庭使用。

食物

1. 不可將密封罐裝食物或瓶子放入微波爐，當氣壓增加，瓶子可能會爆炸，而且微波爐不能使食物維持在適當的溫度，微波可能會引致罐裝食物變質及進食後可能會對身體有害。
2. 不可用微波爐煎炸食物。
3. 不可煮帶殼蛋，因壓力會使蛋爆裂。
4. 馬鈴薯、蘋果、蛋黃、雞翼、栗子、紅腸等帶皮的食物在烹調前必須用叉或刀穿孔以防止燒焦。

5. 當加熱湯，醬汁或飲品等液體食物時，若加熱過度便會有滾瀉的現象出現。要避免這種情況發生，請留意以下各點：
 - (a) 避免使用直身及開口窄的容器。
 - (b) 不要加熱過度。
 - (c) 加熱前以及加熱中途略加攪拌。
 - (d) 加熱後先讓食物於爐內放置片刻，略加攪拌才將之取出。
 - (e) 微波加熱飲料會導致延遲噴濺沸騰，因此取出時必須小心謹慎。
 - (f) 一般情況下，在烹調湯，砂鍋，或者肉類的時候，需要加蓋。
6. 不可使用一般的測肉溫度計於微波爐。若檢查肉類的烹調溫度，請使用微波爐專用測肉溫度計。當食物從微波爐拿出後，可以使用一般的測肉溫度計。若烹調不足，則再放入微波爐內用適當的火力和時間多煮數分鐘。確認肉類和禽類完全煮熟是非常重要的。
7. 烹調指南所提供的烹調時間為大約時間。影響烹調時間的因素有：所喜歡的生熟程度，開始溫度、海拔高度、份量、大小、食物形狀和盛載器皿。若您熟悉爐的操作，則可以適當參照以上這些因素加以修正烹調時間。
8. 烹調食物時最好是寧可烹調不足也不要烹調過度。若食物烹調不足則可重新再加以烹調，但若烹調過度則無法補救。請時常選用最短時間。
9. 爆谷必須用微波爐專用的爆谷器皿盛載。另外一些紙袋包裝的微波爆谷亦適用於微波爐烹調。請依照食品製造商的說明指示及用法。烹調爆谷時，請加倍注意，切勿離開。
10. 當使用所購食品包裝的塑料、紙或其他易燃材料的容器加熱或烹調時，請加倍注意，切勿離開。
11. 在使用奶樽或其他容器餵食嬰兒前，應對這些食品進行攪拌或搖晃並試一試溫度以防止燙傷嬰兒。

微波加熱原理



受到微波照射時



含水食物的吸收



穿過陶瓷、
玻璃等



被金屬反射

微波是一種高頻率的電磁波，其本身並不產生熱能，在宇宙、自然界中到處都有微波，但存在自然界中的微波，因為分散不集中，故不能翻熱食品。微波爐是利用其內部的磁控管，將電能轉變成微波，以每秒 2450 MHz 的振盪頻率穿透食物，當微波被食物吸收時，食物內的極

性分子（如水、脂肪、蛋白質、糖等）即被吸引，以每秒鐘 24 億 5 千萬次的速度快速振盪，使得分子間互相碰撞而產生大量摩擦熱，微波爐即是利用此種由食物分子本身產生的摩擦熱，裡外同時快速加熱食物的。

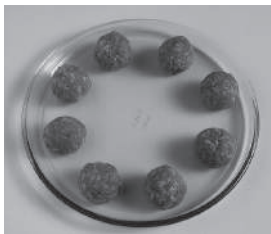
烹調技巧

時間

每份食譜都備有烹調參考時間。但是由於食物具體的形狀，翻熱前的溫度和所處的位置不同，必須相應調整翻熱時間。通常按照食譜參考時間設定最短翻熱時間，看看食物的熟透程度後再加時間烹調，若一開始就用長時間烹調的話，熟透食物是無法變生的。

空間距離

烹製烘焙小份食物時，儘量將食物排列成圓形，這樣烘焙程度會比較均勻。



同樣的，將食物順著烘盤的外形排列，而不是凌亂、無規則地排列，並且，不要將食物疊放在一起。



穿刺

在微波烹調期間，有些食物的表皮或膜會阻止蒸氣外流。在沒有烹調之前，將這些食物的皮剝掉或穿刺些洞和切縫，以便讓蒸氣蒸發。

蛋—用牙籤刺穿蛋黃 2 次，蛋白數次。

蛤和蠔—用牙籤刺數次。

馬鈴薯和蔬菜—用叉刺穿。

香腸和臘腸—將熏過的香腸和臘腸劃痕。用叉刺穿腸衣。



食物上色

肉類和家禽被烹製 10-15 分鐘後自動會顯有如被燒或烤過的效果，原因是肉類本身的脂肪容易吸收微波，所以能夠產生烤或燒的效果。假如要縮短烤或燒食物的時間而又要到良好的顏色效果，必須在未烤之前，塗上深色醬油或辣醬油。做快熟麵包或華夫餅時，用黃糖代替糖粒，或者在烘焙之前撒些深色的香料於表面上。

遮蓋

當採用微波烹調時，水份會蒸發。因為微波烹調是內外同時翻熱而不是直接燒熱的，所以蒸發速度不容易控制。但是只要利用遮蓋盛器，這個缺點將會容易地改正過來。可是除非指明，全部食譜是不加蓋煮的。利用蠟紙或紙巾可以保持一定程度的食物水份。

攪拌

採用微波烹調時，應根據需要攪拌食物。在食譜中，一般用一次、二次、時常或偶爾等詞表示所需的食物攪拌次數。常將靠近容器的部分攪向中心，而將未熱熱的攪向外面。

轉動和重新放置

有時候不可能通過攪拌食物重新分散熱力。這個時候微波集中在食物中的某一部分。為了得到均勻的烹調，可重新放置或移動食物。通常在烹調中途翻轉食物，將大塊的食物如肉或雞翻轉。小塊的食物如雞肉、小蝦、漢堡排需要移動位置，交換在盤上排放的食物內外位置。

放置時間

微波爐停止工作之後，利用導熱原理，食物還可以繼續烹調。煮肉類時，假如加蓋放置 10-20 分鐘，內熱將會上升 5°C-15°C。蒸冷凍食品和蔬菜的放置時間比較短，但這是為了讓熱的中央食物向旁邊傳熱，食物本身不會熱。

更改喜愛的食譜

選些容易更改為微波烹調的食譜。作為基本規則，是將普通的食譜更改為微波食譜時，將時間減至 $\frac{1}{4}$ 。同時，尋找同樣的微波食譜和相應固定的時間和火力，在烹調之前，應該先用調味料醃食物，烹調結束再加鹽，以免水份釋出過多。燜的食物不必在烹調之前預先煎黃。假如有煎油的話，應該先把多餘的油或脂肪倒掉。將燜肉切成 2.5 厘米塊。將紅蘿蔔、馬鈴薯和其它較硬的蔬菜切成小塊。紅蘿蔔應該切成薄片，馬鈴薯切塊，用玻璃蓋蓋住後用高火煮至水沸，然後轉向低火，偶爾攪拌一次。

備註：放一個小碟在肉類或蔬菜上，能夠避免過度煮熟。微波爐可以把湯類的食譜烹調得很好，將食物分切均勻，加入湯裡。選擇比較大的盤以方便攪拌。使用玻璃蓋或特製塑膠蓋，可以減少烹調時間。

食物的特性

體積與數量

一般份量少的食物比份量多的熟得快。

形狀

體積大小差不多的食物翻熱情況比較平均。為了彌補大小不均而造成的翻熱偏差，可將薄片置於盤中間而將厚塊放在盤邊進行調整。



開始的溫度

常溫食物比冷凍食物的翻熱時間短，因此上述兩種狀態的食物翻熱特性並不一致。

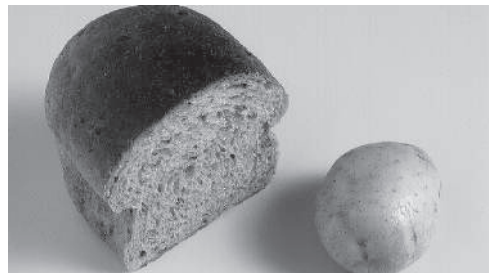
骨頭和脂肪

翻熱帶骨的食物時，因為脂肪吸收微波能力比骨頭強，其周圍部分比較容易熟，所以帶骨食物的翻熱情況不均勻。



密度

翻熱鬆軟食物的時間比翻熱硬實食物的時間短。



烹調用具使用指南

	微波	烘烤 / 氣炸 / 預熱	低溫蒸 / 原氣蒸 / 高溫蒸
錫紙	不可	可	可
陶瓷盤	可	可	可
微波碟	可	不可	不可
牛皮紙袋	不可	不可	不可
快餐用紙碟 耐熱 / 微波適用	可	可	可
非耐熱 / 微波適用	不可	不可	不可
一次性紙容器	可 *	可 *	不可
玻璃器皿 耐熱玻璃 / 陶瓷	可	可	可
非耐熱玻璃 / 陶瓷	不可	不可	不可
金屬器皿	不可	可	可
金屬絲	不可	可	可
耐熱烹飪袋	可	可 *	可
廚房紙巾及餐紙	可	不可	不可
塑料解凍架	可	不可	不可
塑料碟子 微波適用	可	不可	可
不可用於微波塑料碟	不可	不可	不可
微波適用保鮮紙	可	不可	不需要
草、柳及木製容器	可	不可	可
溫度計 微波適用	可	不可	不可
常規市售溫度計	不可	可	不可
蠟紙	可	可	可
矽料烤盤	可 *	可 *	可 *

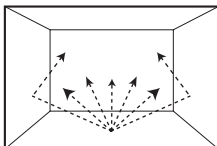
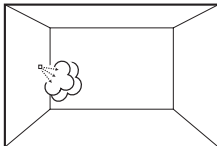
* 請嚴格按照廠商的建議溫度及食譜操作使用。

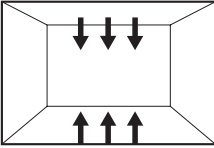
	蒸氣燉 / 蒸氣發酵 / 組合功能 4 (蒸烘烤)	組合功能 1 (微烘烤) , 組合功能 3 (微炸)	組合功能 2 (微蒸)	組合功能 5 (上烤下蒸)
錫紙	可	不可	不可	可
陶瓷盤	可	可	可	可
微波碟	不可	不可	不可	不可
牛皮紙袋	不可	不可	不可	不可
快餐用紙碟 耐熱 / 微波適用	可	可	可	可
非耐熱 / 微波適用	不可	不可	不可	不可
一次性紙容器	不可	可 *	不可	不可
玻璃器皿 耐熱玻璃 / 陶瓷	可	可	可	可
非耐熱玻璃 / 陶瓷	不可	不可	不可	不可
金屬器皿	可	不可	不可	可
金屬絲	可	不可	不可	可
耐熱烹飪袋	可	可	可	可
廚房紙巾及餐紙	不可	不可	不可	不可
塑料解凍架	不可	不可	不可	不可
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常規市售溫度計	不可	不可	不可	不可
蠟紙	可	可	可	可
矽料烤盤	可 *	可 *	可 *	可 *

* 請嚴格按照廠商的建議溫度及食譜操作使用。

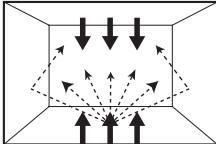
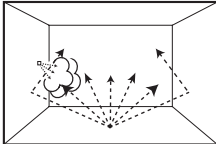
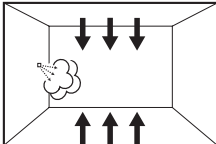
烹調模式

本產品有多種烹調功能。下表是各烹調模式的加熱原理、適合烹調的食物、推薦使用的附屬件及放置位置。烹調效果會因食物種類、形狀、初始溫度、使用的容器條件及放置的位置等產生差異，請根據實際需求進行調整。

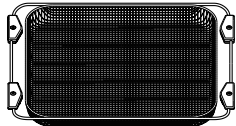
烹調模式	加熱原理及適用類型	推薦使用的附件及放置位置														
微波 	微波的作用使得水分子之間相互碰撞而產生大量摩擦熱。因此可以裡外同時快速加熱食物。 <table><tr><th>火力</th><th>適用類型</th></tr><tr><td>1000 W</td><td>烹調鮮果、蔬菜，烹調蜜餞糖果。</td></tr><tr><td>800 W</td><td>烹調魚及海鮮類，烹調肉類、家禽類及蛋類。烹調糕餅。</td></tr><tr><td>600 W</td><td>烹調蛋糕，燜煮食品，融化牛油、朱古力。</td></tr><tr><td>440 W</td><td>烹調較韌的肉塊，煲湯或燉品。</td></tr><tr><td>300 W</td><td>解凍肉類、家禽類或海鮮類，軟化牛油。</td></tr><tr><td>100 W</td><td>軟化冰淇淋。</td></tr></table> 無需預熱	火力	適用類型	1000 W	烹調鮮果、蔬菜，烹調蜜餞糖果。	800 W	烹調魚及海鮮類，烹調肉類、家禽類及蛋類。烹調糕餅。	600 W	烹調蛋糕，燜煮食品，融化牛油、朱古力。	440 W	烹調較韌的肉塊，煲湯或燉品。	300 W	解凍肉類、家禽類或海鮮類，軟化牛油。	100 W	軟化冰淇淋。	微波安全容器直接放置在平板玻璃上 (不可使用金屬容器)
火力	適用類型															
1000 W	烹調鮮果、蔬菜，烹調蜜餞糖果。															
800 W	烹調魚及海鮮類，烹調肉類、家禽類及蛋類。烹調糕餅。															
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100 W	軟化冰淇淋。															
低溫蒸 / 原氣蒸 	以蒸氣加熱，蒸煮完成。 低溫蒸： <table><tr><th>溫度 (°C)</th><th>適用類型</th></tr><tr><td>50</td><td>解凍，醃制根莖類蔬菜：醃黃瓜，醃蘿蔔</td></tr><tr><td>60-70</td><td>慢煮料理</td></tr><tr><td>80-90</td><td>溫泉蛋，蝦，蒸蛋</td></tr></table> 原氣蒸： <table><tr><th>溫度 (°C)</th><th>適用類型</th></tr><tr><td>100</td><td>蔬菜，包子，米飯，雜糧，蒸魚</td></tr></table> 無需預熱	溫度 (°C)	適用類型	50	解凍，醃制根莖類蔬菜：醃黃瓜，醃蘿蔔	60-70	慢煮料理	80-90	溫泉蛋，蝦，蒸蛋	溫度 (°C)	適用類型	100	蔬菜，包子，米飯，雜糧，蒸魚	【單層】 下層：波浪形金屬盤 【雙層】 上層：空氣炸籃 下層：波浪形金屬盤		
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100	蔬菜，包子，米飯，雜糧，蒸魚															

烹調模式	加熱原理及適用類型	推薦使用的附件及放置位置																		
烘烤 / 氣炸 	利用頂面和底面加熱器同時加熱。 烘烤： <table><tr><th>溫度 (°C)</th><th>適用類型</th></tr><tr><td>50-95</td><td>保溫，果乾，慢燉，嫩烤，低溫料理，肉脯肉乾</td></tr><tr><td>100-145</td><td>溶豆，烤蔬菜，烤海鮮，水果蛋糕，曲奇餅乾</td></tr><tr><td>150-185</td><td>馬卡龍，芝士蛋糕，戚風蛋糕，餡餅，餅乾，紙杯蛋糕</td></tr><tr><td>190-230</td><td>酥皮類，烤雞，法棍，馬鈴薯製品</td></tr><tr><td>235-250</td><td>烤馬鈴薯，烤番薯，薄底比薩，羊排，牛排等薄塊肉類</td></tr></table> 氣炸： <table><tr><th>溫度 (°C)</th><th>適用類型</th></tr><tr><td>180-200</td><td>加熱冷藏炸豬排、烤蒜蓉茄子</td></tr><tr><td>210-250</td><td>炸薯條、市售冷凍小酥肉、烤馬鈴薯、烤番薯、烤三文魚</td></tr></table> 建議預熱	溫度 (°C)	適用類型	50-95	保溫，果乾，慢燉，嫩烤，低溫料理，肉脯肉乾	100-145	溶豆，烤蔬菜，烤海鮮，水果蛋糕，曲奇餅乾	150-185	馬卡龍，芝士蛋糕，戚風蛋糕，餡餅，餅乾，紙杯蛋糕	190-230	酥皮類，烤雞，法棍，馬鈴薯製品	235-250	烤馬鈴薯，烤番薯，薄底比薩，羊排，牛排等薄塊肉類	溫度 (°C)	適用類型	180-200	加熱冷藏炸豬排、烤蒜蓉茄子	210-250	炸薯條、市售冷凍小酥肉、烤馬鈴薯、烤番薯、烤三文魚	【單層】 下層： 波浪形金屬盤 / 空氣炸籃
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烹調模式	加熱原理及適用類型	推薦使用的附件及放置位置																				
高溫蒸 / 蒸氣燉 / 蒸氣發酵 / 組合功能 4（蒸烘烤）	此功能是将蒸氣和烘烤相結合的一種加熱方式，即在烘烤的同時噴射蒸氣，能減少食物的營養流失，使烤出來的食物口感更嫩，味道更鮮美。 高溫蒸 <table><tr><td>溫度（℃）</td><td>適用類型</td></tr><tr><td>110-120</td><td>海鮮：鮑魚，生蠔，扇貝等，排骨，雞爪</td></tr><tr><td>130-150</td><td>臘腸，臘肉，熏肉</td></tr></table> 蒸氣燉 <table><tr><td>火力</td><td>適用類型</td></tr><tr><td>S</td><td>燉湯、燉菜等長時間燉煮的食物</td></tr></table> 蒸氣發酵 <table><tr><td>溫度（℃）</td><td>適用類型</td></tr><tr><td>30-45</td><td>麵糰發酵，自製酸奶</td></tr></table> 組合功能 4（蒸烘烤） <table><tr><td>溫度（℃）</td><td>適用類型</td></tr><tr><td>190-230</td><td>歐包，法棍，整塊牛肉</td></tr><tr><td>240-250</td><td>羊排，牛排，肋排，海鮮焗飯</td></tr></table> 組合功能 4（蒸烘烤）建議預熱 高溫蒸、蒸氣燉、蒸氣發酵無需預熱。	溫度（℃）	適用類型	110-120	海鮮：鮑魚，生蠔，扇貝等，排骨，雞爪	130-150	臘腸，臘肉，熏肉	火力	適用類型	S	燉湯、燉菜等長時間燉煮的食物	溫度（℃）	適用類型	30-45	麵糰發酵，自製酸奶	溫度（℃）	適用類型	190-230	歐包，法棍，整塊牛肉	240-250	羊排，牛排，肋排，海鮮焗飯	【單層】 下層： 波浪形金屬盤 / 空氣炸籃
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30-45	麵糰發酵，自製酸奶																					
溫度（℃）	適用類型																					
190-230	歐包，法棍，整塊牛肉																					
240-250	羊排，牛排，肋排，海鮮焗飯																					

烹調模式	加熱原理及適用類型	推薦使用的附件及放置位置
組合功能 1 (微烘烤) / 組合功能 3 (微炸) 	此功能是将微波和頂面及底面加熱器加熱相結合的一種加熱方式，即在頂面及底面加熱器工作的同時加入微波，可達到快速烘烤或快速空氣炸的效果。 組合功能 1（微烘烤） 適用類型 餡餅，烤雞腿，馬鈴薯製品 組合功能 3（微炸） 適用類型 炸薯製品，炸雞塊，炸豬排 無需預熱	【單層】 下層： 空氣炸籃 (不可使用金屬容器)
組合功能 2 (微蒸) 	在蒸氣烹調的同時加入微波，快速穿透難熟食材，同時鎖住營養成分。 適用類型 蒸魚，根莖類，冷凍食品等 無需預熱	【單層】 下層： 空氣炸籃 (不可使用金屬容器)
組合功能 5 (上烤下蒸) 	利用蒸氣和頂面及底面加熱器同時加熱，可達到上烤下蒸的效果。 適用類型 ■ 鹽烤大蝦 / 蒸蛤蜊 ■ 烤蘑菇 / 白灼蝦 ■ 烤金針菇 / 雜菜蝦仁蒸豆腐 無需預熱	【雙層】 上層： 波浪形金屬盤 平板玻璃： 耐熱容器

產品附件

功能	火力	波浪形金屬盤	空氣炸籃
			
低溫蒸	純蒸氣加熱	✓	✓
原氣蒸			
高溫蒸	蒸氣 + 烘烤	✓	✓
蒸氣燉	蒸氣 + 烘烤	✓	✓
蒸氣發酵	蒸氣 + 烘烤	✓	✓
烘烤	烘烤	✓	✓
氣炸	烘烤	✓	✓
微波	微波加熱	✗	✗
預熱	烘烤	✗	✗
組合功能 1 (微烘烤)	微波 (100 W) + 烘烤	✗	✓
組合功能 2 (微蒸)	微波 (440 W) + 蒸氣	✗	✓
組合功能 3 (微炸)	微波 (100 W) + 烘烤	✗	✓
組合功能 4 (蒸烘烤)	蒸氣 + 烘烤	✓	✓
組合功能 5 (上烤下蒸)	頂面加熱器 + 蒸氣 + 底面加熱器	✓	✗

* 使用組合功能 1 / 組合功能 2 / 組合功能 3 時，金屬容器不能直接放置在附件上。將食物直接放置在附件上，或將食物放在微波耐熱容器內，再放到附件上。

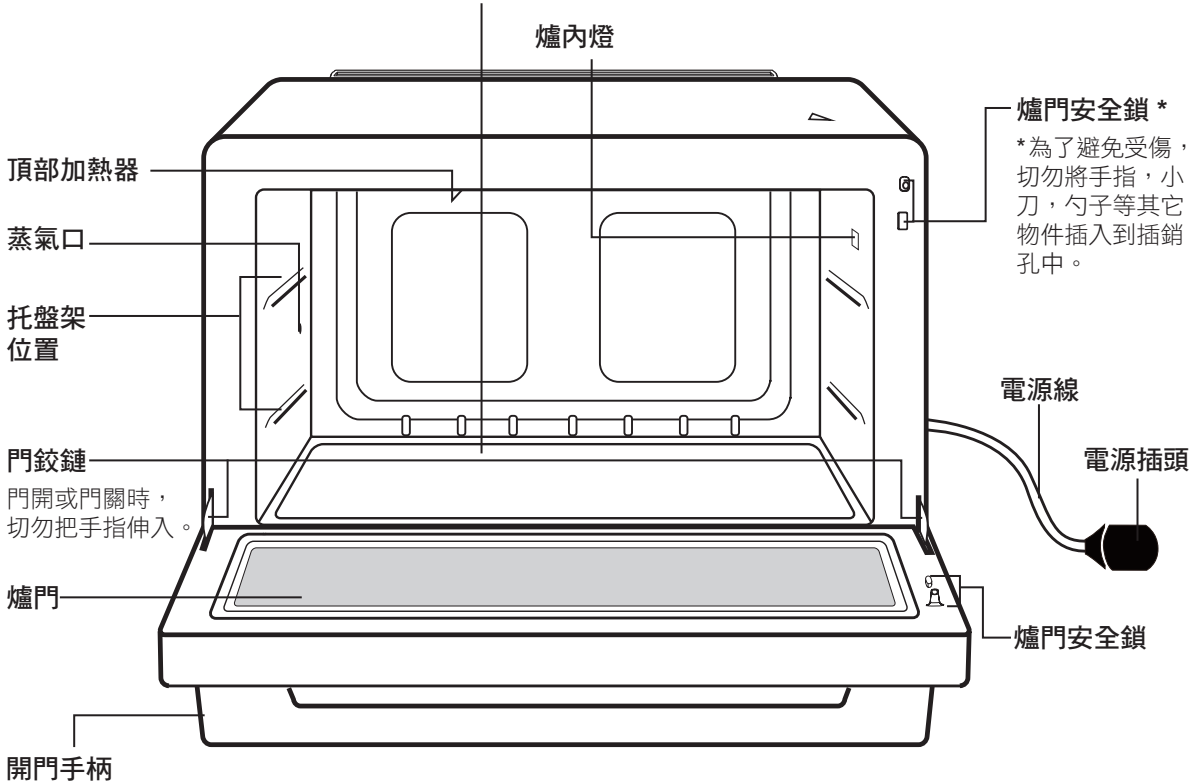
備註：

1. 圖示僅供參考，請以實物為準。
2. 本產品自帶附件參見上面表格，其它在本說明書內提及到的烹調用具都需自行購買，例如隔熱手套等。

微波爐部件

平板玻璃

1. 烹調結束待平板玻璃冷卻後再進行清潔。
2. 不得將食物直接放在平板玻璃上。必須把食物放在微波爐容器中。



在烹調途中，爐門打開將停止烹調。關上爐門並按**開始 / 確定**鍵後，繼續進行烹調。爐門打開後，爐燈會持續點亮 1 分鐘，然後自動熄滅。烹調途中打開爐門無微波外泄。



波浪形金屬盤

1. 取放時勿在爐門上拖動，以免損壞爐門。
2. 請務必放到托盤架上使用。
3. 使用後此波浪形金屬盤及整個爐腔內壁及頂部都很燙，以隔熱手套拿取，切勿用手接觸，以免燙傷。
4. 經常清潔此波浪形金屬盤。
5. 烹調食物時，把食物放在波浪形金屬盤中間波浪狀區域。避免因食物進入四周的凹槽而不能完全烤熟。
6. 波浪形金屬盤不能用於微波功能。



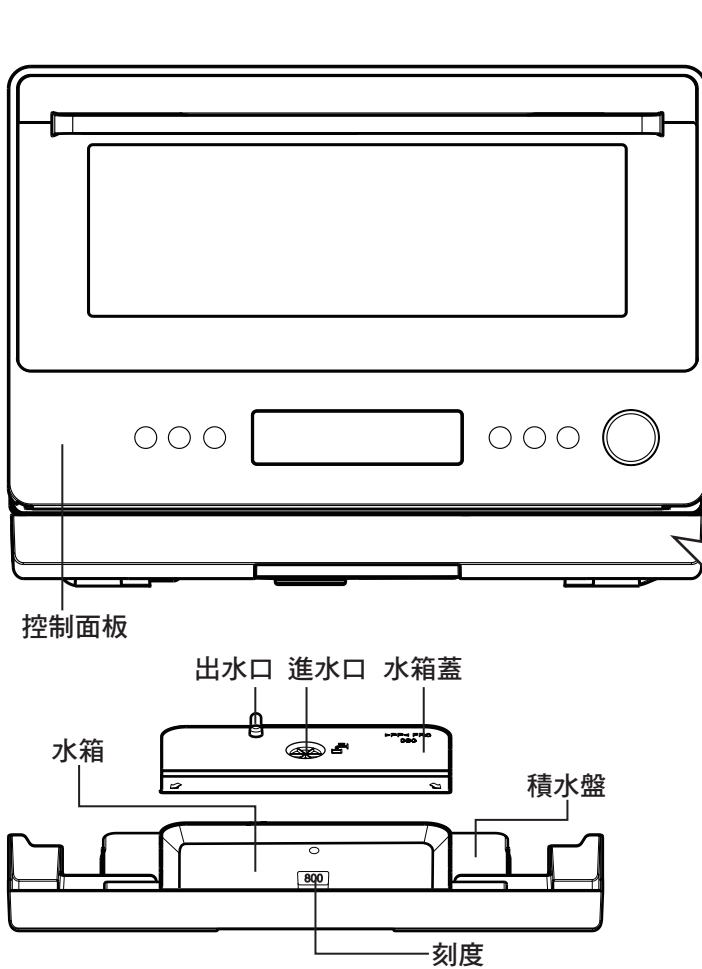
空氣炸籃

1. 放置時請務必放到托盤架上並推到底。拿取或查看時請務必雙手拿取並直接取出，切勿半擱在托盤架上。
2. 烹調途中查看食物或烹調結束後拿取食物，切勿用手接觸，以免燙傷。
3. 空氣炸籃不能用於純微波功能。

警告：請嚴格按照正確的方式放置 拿取空氣炸籃，否則空氣炸籃可能跌落導致燙傷。

備註：

1. 以上圖示僅供參考，請以實物為準。
2. 本產品自帶附件為波浪形金屬盤及空氣炸籃，其它在本說明書內提及到的烹調用具都需自行購買，例如隔熱手套等。



水箱

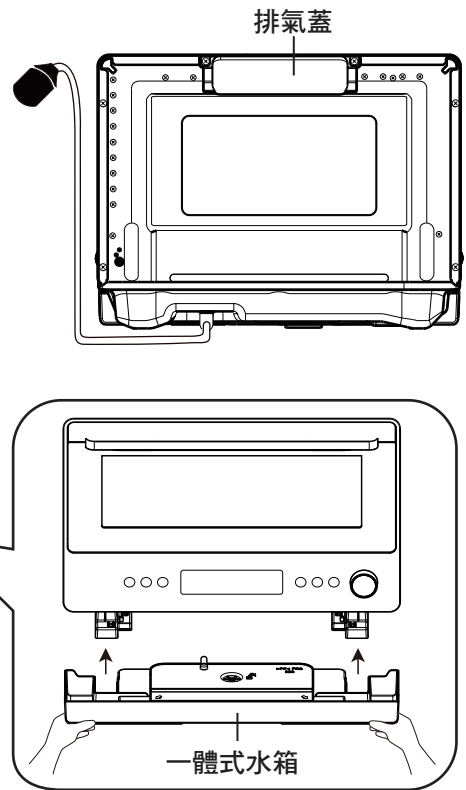
1. 水箱的最大滿水位為 800 毫升。加水至 800 刻度處。
2. 請使用蒸餾水、純淨水或過濾後的水，不能使用礦泉水或自來水。
如未按要求用水會導致堵塞。如蒸氣噴出口、積水盤或爐腔內出現白色的粉末，請聯絡代理商的維修部門。

積水盤

1. 積水盤是用來收集本產品在烹調過程中滴出的多餘的水滴。
2. 每次使用完後請及時清除積水盤內的積水並清洗乾淨。

備註：

以上圖示僅供參考，請以實物為準。



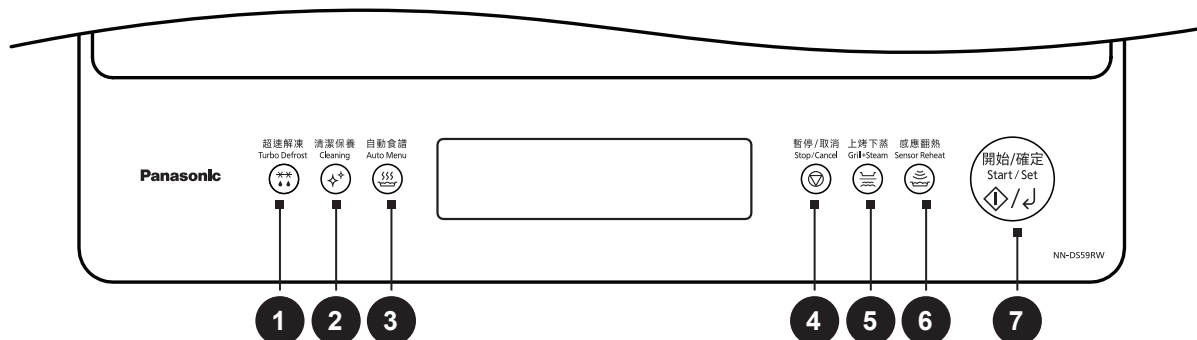
一體式水箱

1. 水箱和積水盤為一體式。
2. 使用前請務必安裝一體式水箱，先從包裝箱泡沫中取出一體式水箱，再如上圖所示，裝入本產品下方位置。
3. 拆除一體式水箱時，雙手拿住積水盤兩側凸出部位，輕輕的拉出。
4. 請經常清洗一體式水箱。
5. 請確認一體式水箱是否安裝到位，以避免漏水現象。
6. 請不要使用自動洗碗機來清洗一體式水箱。

備註：

拆除一體式水箱時，可能會有少許水從底板底部排水口滴落，建議待爐腔冷卻後，再拆除一體式水箱。

控制面板



按鍵說明

- | | | | |
|----------------|----------------|-----------------------|-------------------|
| 1 超速解凍鍵 | 2 清潔保養鍵 | 3 自動食譜鍵 | 4 暫停 / 取消鍵 |
| 5 上烤下蒸鍵 | 6 感應翻熱鍵 | 7 旋鈕（開始 / 確定鍵） | |

備註：

- 烹調前：按一次**暫停 / 取消**鍵可消除已輸入的程序。
- 烹調時：按一次**暫停 / 取消**鍵可暫時中止烹調程序。再按一次即將所輸入的程序消除，而顯示屏上將顯示“0”。

旋鈕說明



旋轉

- **溫度 / 火力設定**：用於設定溫度或火力。
- **時間設定**：用於設定各功能烹調所需的時間。
- **食譜設定**：用於設定自動食譜編號。
- **重量 / 份量設定**：用於設定自動食譜所需的重量 / 份量。

備註：快速旋轉旋鈕，可快退或快進。



輕按

- 程序設置完成後，按**開始 / 確定**鍵一次，產品開始工作。如烹調時曾打開爐門或曾按**暫停 / 取消**鍵，則須再次按動**開始 / 確定**鍵令產品繼續工作。
- 按**開始 / 確定**鍵一次確認選擇的程序。

蜂鳴器聲訊號：

正確按動爐鍵時，便會聽到蜂鳴器聲響，如聽不到的話，則表示未能接收指令。如果在烹調過程中，本產品發出兩次蜂鳴聲，則是提示需對食物翻身或攪拌，或表示一個烹調階段的結束。預熱完成後，會發出持續一段時間的長蜂鳴。當整個烹調程序完成後，則會發出五次蜂鳴器聲。

備註：

當設定 230°C 以上的溫度時，設定的溫度保持約 5 分鐘，之後將自動切換為 220°C。

顯示屏的介紹



彩屏幕按鍵說明

- | | | |
|------|------|------|
| 1 蒸 | 2 烤焗 | 3 氣炸 |
| 4 微波 | 5 預熱 | 6 組合 |

顯示說明



備註：

本產品使用結束後，經過一段時間會進入待機模式。如果進入待機模式，顯示屏將無顯示；若要繼續操作，需要爐門開關一次，恢復到顯示屏顯示“0”的狀態。

兒童安全鎖設置

此功能可防止兒童胡亂開動微波爐，免生意外。設定後僅對操作鍵鎖定，與爐門的開閉無關。請在顯示屏顯示“”的狀態時進行設定。

開啟兒童安全鎖：



輕按開始 / 確定鍵兩次再長按一次，
“” 將顯示在顯示屏。

取消兒童安全鎖：



輕按暫停 / 取消鍵兩次再長按一次，
“” 重新顯示在顯示屏。

備註：

操作必須在 10 秒鐘內完成。

微波火力設定

此功能可以讓您自行設定所需的微波火力及時間進行烹調。

1



按 1 次，選擇微波。



2



旋轉旋鈕，設置您所需的微波火力。

例如：800 W

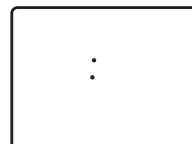


程序默認為 1000 W。

3



按開始 / 確定鍵，確定。



4



旋轉旋鈕，設置您所需烹調的時間。

例如：20 分鐘



1000 W：最大設定時間為 30 分鐘
其他火力：最大設定時間為 1 小時 30 分鐘

5



按開始 / 確定鍵，開始烹調。顯示屏開始倒數計時。



烹調過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 1 分鐘為單位來逐漸增加或減少。最長 10 分鐘。

微波火力	適用類型
1000 W (高火)	烹調鮮果、蔬菜，烹調蜜餞糖果。
800 W (中高火)	烹調魚及海鮮類，烹調肉類、家禽類及蛋類。烹調糕餅。
600 W (中火)	烹調蛋糕，燜煮食品，熔化牛油、朱古力。
440 W (中低火)	烹調較韌的肉塊，煲湯或燉品。
300 W (解凍)	解凍肉類、家禽類或海鮮類，軟化牛油。
100 W (低火)	軟化冰淇淋。

備註：

1. 1000 W 火力的最長烹調時間為 30 分鐘，其餘火力的最長烹調時間為 1 小時 30 分鐘。
2. 當所選擇的烹調時間少於 1 小時，時間逐秒倒數計時。
3. 當所選擇的烹調時間超過 1 小時，時間逐分鐘倒數計時，直到僅剩下 1 小時。然後顯示屏顯示分鐘和秒數，並逐秒倒數計時。
4. 使用此功能烹調食物，不能使用金屬容器。
5. 不要將食物直接放在平板玻璃上。可將食物放在微波耐熱容器或玻璃盤內，再放入爐內的平板玻璃上。使用此功能加熱或烹調食物時，需要加蓋或覆蓋保鮮膜，除非另有說明。

微波解凍設定

此功能可讓您自行決定時間進行微波解凍。

1



按 1 次，選擇微波。



2



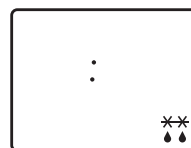
旋轉旋鈕，設置 300 W。



3



按開始 / 確定鍵，確定。



4



旋轉旋鈕，設置您所需烹調的時間。

例如：30 分鐘



最大設定時間為 1 小時 30 分鐘

5



按開始 / 確定鍵，開始解凍。顯示屏開始倒數計時。



解凍過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 1 分鐘為單位來逐漸增加或減少。最長 10 分鐘。

備註：

1. 建議在烹調中途打開爐門，取出已解凍的部分，並把剩餘未能解凍的部分翻身、攪拌或重新排放。
2. 解凍完成後，請放置 5-10 分鐘，再從爐內取出食物。
3. 當所選擇的烹調時間少於 1 小時，時間逐秒倒數計時。
4. 當所選擇的烹調時間超過 1 小時，時間逐分鐘倒數計時，直到僅剩下 1 小時。然後顯示屏顯示分鐘和秒數，並逐秒倒數計時。

超速解凍設定

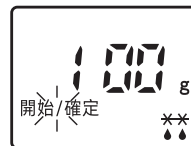
此功能可根據食物重量自動解凍肉類，魚類或海鮮類。解凍重量為 100 克 ~ 3000 克。

1

超速解凍
Turbo Defrost



按 1 次，選擇超速解凍。

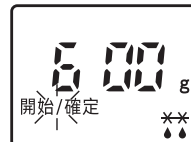


2



旋轉旋鈕，設置您所需解凍食物的重量。

例如：600 克



默認解凍食物的重量是 100 克。

3



按開始 / 確定鍵，開始解凍。顯示屏開始倒數計時。



備註：

1. 解凍食物時，請在聽到兩聲蜂鳴聲後，將食物翻轉或改變放置位置。
2. 解凍完成後，請放置 5-10 分鐘，再從爐內取出食物。
3. 也可以通過自動食譜編號 4 選擇此功能。

解凍技巧

準備食物以便解凍

解凍食品的品質取決於食品冷凍前的質量，同時取決於食品冷凍時間，以及解凍技巧和解凍時間。所選購的食物務求鮮美和品質優良，並在購買後迅速冷凍，保存一定時間。

厚塑膠膜，塑膠袋和保鮮紙都適用於包裹需要冷藏的食物。

1. 在冷凍肉類、禽類和魚類時，應將食物分成一到兩層包裹好，兩層之間可鋪一張蠟紙用來間隔。
2. 排去所有氣體並密封起來。
3. 在密封袋上加標籤注明肉的種類，日期及重量。

備註：

1. 如包裝是使用錫紙，在解凍之前須除去所有的錫紙，以防止產生電弧。
2. 在冷凍庫內的食物應保持在 -18°C 以下。（解凍之前至少已冷凍 24 小時的食物）

解凍方法：

1. 將食物從包裝中取出，並放在碟子上，然後將碟子直接放在平板玻璃上。
2. 在快速解凍過程中，微波爐會發出蜂鳴器聲。當蜂鳴器響起時，我們需將解凍的肉類、禽類、魚類和貝類翻轉。拆散燉肉、雞塊和肉塊。分開肉排和漢堡包的肉餅。
3. 解凍過程中，將一些已經解凍的碎肉或肉塊取出。
4. 解凍後，大塊烤肉的中心可能仍然結冰。讓它靜置 15 到 30 分鐘，並放入雪櫃中繼續解凍。

解凍的特別要訣

連骨肉類，例如，相等重量的連骨肉類和無骨肉類相比，連骨肉類中肉的分量輕。所以，設定超過 2 千克連骨肉類的重量宜減少 0.5 千克；設定不到 2 千克連骨肉類重量，則應減少 0.2-0.3 千克。

聽到兩聲蜂鳴聲時

翻轉所有的肉、雞、魚及貝殼類。拆散燉肉、雞塊和肉糜；分開肉排和漢堡包的肉餅。

放置時間

解凍完畢後，放置一段時間，再將食物從爐中取出。食物的重量越大，放置時間也越長。

解凍技巧

為了均勻地解凍，請在解凍過程中將食物翻轉，或移動食物在盛器中的位置。



冷凍的生肉要除去包裝放在盤子上解凍。



切片的魚要除去包裝放在盤子上解凍。

蒸氣功能設定

30-90°C（低溫蒸）和 100°C（原氣蒸）：用蒸氣蒸煮，保留食物的濕潤鬆軟，此功能可以蒸蔬菜或海鮮類等。此外也可以加熱罐頭或真空食品包。

110-150°C（高溫蒸）和 “S”（蒸氣燉）：是將蒸氣和烘烤相結合的一種加熱方式，能減少食物的營養流失，使食物口感更嫩，味道更鮮美。

1

蒸



按 1 次，選擇蒸氣功能。



2



旋轉旋鈕，設置您所需的溫度。

例如：90°C

蒸氣燉顯示 “S”
默認溫度為 100°C，增幅為 10°C



3



按開始 / 確定鍵，確定。



4



旋轉旋鈕，設置您所需烹調的時間。

例如：20 分鐘

低溫蒸：最大設定時間為 1 小時
原氣蒸：最大設定時間為 1 小時
高溫蒸：最大設定時間為 30 分鐘
蒸氣燉 "S"：最大設定時間為 180 分鐘



5



按開始 / 確定鍵，開始烹調。顯示屏開始倒數計時。



烹調過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 1 分鐘為單位來逐漸增加或減少。最長 10 分鐘。

功能	溫度 (°C)	適用類型
低溫蒸	50°C	解凍，醃制根莖類蔬菜：醃黃瓜，醃蘿蔔
	60-70°C	慢煮料理
	80-90°C	溫泉蛋，蝦，蒸蛋
原氣蒸	100°C	蔬菜，包子，米飯，雜糧，蒸魚
高溫蒸	110-120°C	海鮮：鮑魚，生蠔，扇貝等，排骨，雞爪
	130-150°C	臘腸，臘肉，熏肉
蒸氣燉	S	燉湯、燉菜等長時間燉煮的食物

備註：

1. 每次使用前，應在一體式水箱裡加滿水。
2. 低溫蒸和原氣蒸的最大設定時間為 1 小時。高溫蒸的最大設定時間為 30 分鐘。蒸氣燉的設定時間為 1 小時 30 分鐘至 3 小時，30 分鐘一檔。（此功能適用小盅燉煮。如選用大容量容器燉煮，建議適當延長燉煮時間。）
3. 使用此功能烹調食物，烹調結束後附件和爐腔會很燙，請使用隔熱手套。
4. 在烹調途中或烹調結束，打開爐門時，要注意保持距離，以免蒸氣燙傷臉部或手。
5. 烹調結束後，請將爐腔內的多餘水分擦乾，並將一體式水箱取出，用溫水清洗乾淨，再裝回原處。
6. 移出附件和食物時，爐腔頂部可能會有燙的水滴滴落。

一鍵蒸氣設定

此功能可以在微波，烘烤，蒸氣發酵的手動料理過程中追加蒸氣（最多可以追加 4 分鐘）。烹調過程中加入蒸氣能提高爐腔濕度，從而使甜點類食物表面更鬆軟、肉類食物表面保持濕潤。發酵初期使用蒸氣可以提高腔體濕度，更有利於麵糰發酵。

例如：在烘烤途中追加 2 分鐘蒸氣。

中文

1

烘烤進行中

20:00

2



開始/確定
Start / Set

長按此鍵，顯示屏顯示追加蒸氣 2 分鐘。

2:00

3



開始/確定
Start / Set

如果您想追加 4 分鐘蒸氣，請在第二步驟出現後的 3 秒鐘內再按 2 次鍵，顯示屏顯示蒸氣 4 分鐘。

按三次時間將會變成 0。若想要重新設置時間請重複步驟 3。

4:00

小貼士：

烘烤烹調時：

做泡芙、麵包等料理時，在加熱開始時立即噴入蒸氣；做蛋糕時，在加熱時間過半時噴入蒸氣。

備註：

1. 每次使用前，應在一體式水箱裡加滿水。
2. 預熱功能，不能使用一鍵蒸氣。
3. 使用“一鍵蒸氣”功能，原來設定的微波，烘烤，蒸氣發酵的手動料理時間仍在倒數計時。
4. 追加蒸氣的時間不能超過料理所剩的時間。

蒸氣發酵功能設定

蒸氣發酵功能在普通發酵功能的基礎上加入蒸氣，使發酵的麵團更為鬆軟。可設定從 30°C 到 45°C 範圍內的不同溫度（以 1°C 為單位遞增）。30-39°C 適用於歐式麵包、以及高油類麵糰發酵，如法棍、可頌和丹麥類麵包麵糰。40-45°C 適用於普通麵糰發酵，如中式麵點、比薩餅底等麵糰。

1



按 1 次，選擇烘烤功能。



2



旋轉旋鈕，設置您所需的溫度。

例如：40°C

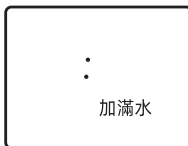
30-45°C，增幅為 1°C



3



按開始 / 確定鍵，確定。



4



旋轉旋鈕，設置您所需烹調的時間。

例如：40 分鐘

最大設定時間為 9 小時。



5



按開始 / 確定鍵，開始烹調。顯示屏開始倒數計時。



烹調過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 1 分鐘為單位來逐漸增加或減少。最長 10 分鐘。

中文

備註：

1. 每次使用前，應在一體式水箱裡加滿水。
2. 本產品內的溫度會因食品與室溫的不同而改變，請根據發酵狀態調節發酵的時間。
3. 當爐腔溫度或室溫大於設定的發酵溫度時，食物的發酵效果可能會受影響，顯示屏會自動顯示“H0 E”。請待爐腔溫度或室溫降低，“H0 E”消失後再進行發酵操作，或將食物置於室溫進行發酵。
4. 當所選擇的烹調時間少於 1 小時，時間逐秒倒數計時。
5. 當所選擇的烹調時間超過 1 小時，時間逐分鐘倒數計時，直到僅剩下 1 小時。然後顯示屏顯示分鐘和秒數，並逐秒倒數計時。

烘烤功能設定

烘烤可設定從 **50°C** 到 **250°C** 範圍內的不同溫度（以 **5°C** 為單位遞增）。它適用於烘烤肉類、魚類以及烘焙蛋糕、比薩之類的西點。把食物放在附件上，選擇合適的溫度和時間後即可開始烹調。如果擔心烤色不均勻，請在加熱途中重新調整食物位置或旋轉附件。

1



按 1 次，選擇烘烤功能。

默認溫度為 **150°C**



2



旋轉旋鈕，設置您所需的溫度。

50-250°C，增幅為 **5°C**

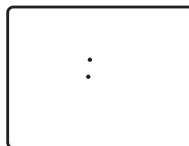
例如：**230°C**



3



按開始 / 確定鍵，確定。



4



旋轉旋鈕，設置您所需烹調的時間。

50-95°C：最大設定時間為 **9 小時**。
100-250°C：最大設定時間為 **1 小時 30 分鐘**。

例如：**30 分鐘**

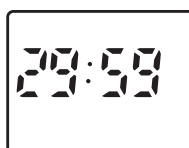


5



按開始 / 確定鍵，開始烹調。顯示屏開始倒數計時。

烹調過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 **1 分鐘** 為單位來逐漸增加或減少。最長 **10 分鐘**。



中文

溫度 (°C)	適用類型
50-95	保溫，果乾，慢燉，嫩烤，低溫料理，肉脯肉乾
100-145	溶豆，烤蔬菜，烤海鮮，水果蛋糕，曲奇餅乾
150-185	馬卡龍，芝士蛋糕，戚風蛋糕，餡餅，餅乾，紙杯蛋糕
190-230	酥皮類，烤雞，法棍，馬鈴薯製品
235-250	烤馬鈴薯，烤番薯，薄底比薩，羊排，牛排等薄塊肉類

備註：

1. 使用此功能烹調食物，烹調結束後附件和爐腔會很燙，請使用隔熱手套。
2. 當所選擇的烹調時間少於 1 小時，時間逐秒倒數計時。
3. 當所選擇的烹調時間超過 1 小時，時間逐分鐘倒數計時，直到僅剩下 1 小時。然後顯示屏顯示分鐘和秒數，並逐秒倒數計時。

氣炸功能設定

此功能可使烹調的食物在少油或無油的情況下產生煎炸的效果，比傳統的油炸烹調更健康。適用於炸薯條、炸日式麵包蝦、炸雞塊等。

1



按 1 次，選擇氣炸功能。

默認溫度為 200°C



2



旋轉旋鈕，設置您所需的溫度。

180-250°C，增幅為 10°C

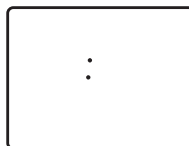
例如：230°C



3



按開始 / 確定鍵，確定。



4



旋轉旋鈕，設置您所需烹調的時間。

最大設定時間為 1 小時 30 分鐘。

例如：30 分鐘



5



按開始 / 確定鍵，開始烹調。顯示屏開始倒數計時。

烹調過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 1 分鐘為單位來逐漸增加或減少。最長 10 分鐘。



溫度 (°C)	適用類型
180-200	加熱冷藏炸豬排、烤蒜蓉茄子
210-250	炸薯條、市售冷凍小酥肉、烤馬鈴薯、烤番薯、烤三文魚

備註：

1. 使用此功能烹調食物，烹調結束後附件和爐腔會很燙，請使用隔熱手套。
2. 當所選擇的烹調時間少於 1 小時，時間逐秒倒數計時。
3. 當所選擇的烹調時間超過 1 小時，時間逐分鐘倒數計時，直到僅剩下 1 小時。然後顯示屏顯示分鐘和秒數，並逐秒倒數計時。

預熱功能設定

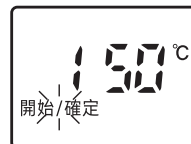
此功能可以預熱爐腔。

1



按 1 次，選擇預熱功能。

默認溫度為 150°C



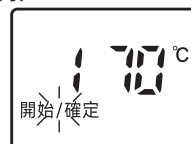
2



旋轉旋鈕，設置您所需的溫度。

70-250°C，增幅為 5°C

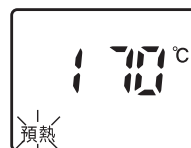
例如：170°C



3



按開始 / 確定鍵，開始預熱。



4

預熱結束後會發出長蜂鳴聲，提示預熱完，快速將附件連同食物放入相應的托盤架。



5

預熱完成 6 分鐘內，“烤焗”，“氣炸”，“組合”鍵閃爍，選擇所需功能，並設置想要烹調的溫度及時間。
按開始 / 確定鍵，開始烹調。

備註：

1. 預熱時選擇旋鈕可以更改預熱溫度。
2. 預熱結束後爐腔會很燙，請使用隔熱手套。

組合功能設定

此功能有五段火力可供選擇。組合功能是許多食品的理想選擇。

組合功能 1, 3：微波能快速進行烹調，而烘烤能讓食物保持傳統烘烤的烤色和鬆脆感。兩者結合可以縮短較傳統烹調方式的料理時間。

組合功能 2, 4：蒸氣和微波，烘烤功能有效結合起來的烹調方式。這種烹調方式較傳統烹調時間略短並使食物在蒸烤的同時保持食物的濕潤度。

組合功能 5：通過松下特有的技術，達到一爐雙腔的料理效果。

無需選擇溫度（適用組合功能 1-3, 5）：

1

組合



按 1 次，選擇組合功能。

開始/確定

1

2



旋轉旋鈕，設置您所需的組合功能。

例如：組合功能 2

開始/確定 加滿水

2

3



按開始 / 確定鍵，確定。

加滿水

:

4



旋轉旋鈕，設置您所需烹調的時間。

例如：30 分鐘

組合功能 1, 3：最大設定時間為 1 小時 30 分鐘。

組合功能 2, 5：最大設定時間為 30 分鐘。

開始/確定 加滿水

30:00

5



按開始 / 確定鍵，開始烹調。顯示屏開始倒數計時。

烹調過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 1 分鐘為單位來逐漸增加或減少。最長 10 分鐘。

29:59

組合功能設定

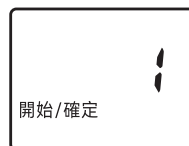
(續)

需選擇溫度（僅適用組合功能 4）：

1



按 1 次，選擇組合功能。



2



旋轉旋鈕，設置組合功能 4。



3



按開始 / 確定鍵，確定。

默認溫度為 190°C。



4



旋轉旋鈕，設置您所需烹調的溫度。

190-250°C，增幅為 10°C。



5



按開始 / 確定鍵，確定。



6



旋轉旋鈕，設置您所需烹調的時間。

最大設定時間為 30 分鐘。

例如：30 分鐘



中文

7



按開始 / 確定鍵，開始烹調。顯示屏開始倒數計時。

29:59

烹調過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 1 分鐘為單位來逐漸增加或減少。最長 10 分鐘。

中文

功能	火力	適用類型
組合功能 1 (微烘烤)	微波 (100 W) + 烘烤	餡餅，烤雞腿，馬鈴薯製品
組合功能 2 (微蒸)	微波 (440 W) + 蒸氣	蒸魚，根莖類，冷凍食品等
組合功能 3 (微炸)	微波 (100 W) + 烘烤	炸薯製品，炸雞塊，炸豬排
組合功能 4 (蒸烘烤)	蒸氣 + 烘烤	190-230°C: 歐包，法棍，整塊牛肉； 240-250°C: 羊排，牛排，肋排，海鮮焗飯
組合功能 5 (上烤下蒸)	頂面加熱器 + 蒸氣 + 底面加熱器	鹽烤大蝦 / 蒸蛤蜊；烤蘑菇 / 白灼蝦；烤金針菇 / 雜菜蝦仁 蒸豆腐

備註：

1. 使用此功能烹調食物，烹調結束後附件和爐腔會很燙，請使用隔熱手套。
2. 每次使用組合功能 2，4，5 前，應在一體式水箱裡加滿水。
3. 當所選擇的烹調時間超過 1 小時，時間逐分鐘倒數計時，直到僅剩下 1 小時。然後顯示屏顯示分鐘和秒數，並逐秒倒數計時。

上烤下蒸功能設定

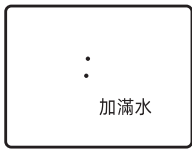
上烤下蒸功能利用波浪形金屬盤將爐腔隔成兩個空間，爐腔上半部分進行烤制，下半部分進行蒸制。蒸氣和頂面及底面加熱器同時工作，特別適合兩個烹調功能分別所需時間較為接近的食物，只需要一次設置烹調時間即可，節省您的烹調時間。

相同烹調時間範圍內的食物可以自由組合，例如鹽烤大蝦可以和烹調時間同樣是 **15-18 分鐘** 的食物：蒸蛤蜊、白灼蝦、蒸西蘭花、燕麥粥、涼拌茄子其中任意一個進行搭配。

1

上烤下蒸
Grill+Steam


按 1 次，選擇上烤下蒸功能。



加滿水

2

開始/確定
Start/Set


旋轉旋鈕，設置您所需烹調的時間。

例如：30 分鐘



開始/確定 加滿水

最大設定時間為 30 分鐘。

3

開始/確定
Start/Set


按開始 / 確定鍵，開始烹調。顯示屏開始倒數計時。



烹調過程中可以根據需要改變烹調時間。旋轉旋鈕增加或減少烹調時間。可以以 1 分鐘為單位來逐漸增加或減少。最長 10 分鐘。

備註：

- 你也可以通過選擇**組合功能 5**來使用上烤下蒸的功能。（參閱第 39-40 頁）
- 如無特別說明，使用上烤下蒸功能時，無需加蓋。
- 烹調前一體式水箱中請加滿水。
- 食物起始溫度、大小、擺放位置等都會對烹調速度有影響，表格所列烹調時間僅供參考。
- 蒸制食物時，請使用較淺的耐熱容器，不可直接將食物放置在平板玻璃上。
- 取出波浪形金屬盤和耐熱容器時，請注意高溫，防止燙傷。

烹調食譜建議加熱時間：

建議烹調時間	上烤	波浪形金屬盤 / 上層托盤架	下蒸	耐熱容器 / 平板玻璃
	食物	重量 / 份量	食物	重量 / 份量
約 15-18 分鐘	鹽烤大蝦	4 隻 (50 克 / 隻)	蒸蛤蜊	500 克
	烤蘑菇	200 克	白灼蝦	300 克
	烤羊排	400 克 (6 塊)	蒸西蘭花	200 克
	冷藏春捲	6 個	涼拌茄子	200 克 (對半切開, 不可重疊)
約 18-21 分鐘	烤秋刀魚	4 條 (約 300 克)	蒜蓉粉絲蒸扇貝	6 個
	冷凍披薩	1 個 (250 克)	溫泉蛋	160 克 - 300 克 (50-55 克 / 個)
約 25-28 分鐘	烤香腸	4 根 (約 280 克)	肉末豆腐	豆腐: 1 塊 (350 克) 肉末: 100 克
	烤金針菇	250 克	雜菜蝦仁蒸豆腐	豆腐: 1 塊 (350 克) 雜菜、蝦仁: 150 克
	蒜蓉烤茄子	2 個 (200 克 / 個)	蒸魚	1 條 (約 300 克)
約 30 分鐘	冷藏雞翼	12 個 (約 500 克)	蒸米飯	3 人份 (米 200 克, 水 240 克)
	烤魚	1 條 (300~400 克)	豉汁蒸排骨	3 人份 (排骨 300 克)
	烤番薯	3 個 (100 克 / 個)	蒸雜糧	500 克 (淮山、玉米、芋艿等)

感應翻熱功能設定

可加熱食物到合適的溫度。

1

感應翻熱
Sensor Reheat



按 1 次，選擇感應翻熱功能。

70 °C

開始 / 確定

2

開始/確定
Start / Set



旋轉旋鈕，設置您所需的溫度。

例如：80°C

-10°C-90°C，增幅為 5°C。

80 °C

開始 / 確定

3

開始/確定
Start / Set



按開始 / 確定鍵，開始烹調。一段時間後，食物的溫度會顯示在顯示屏上。

-- °C

備註：

1. 開始後就無法變更溫度。
2. 成功檢測後，當前加熱溫度會顯示。
3. 在未斷電情況下前次設定的溫度（55°C ~75°C）會被記憶，下次加熱時將優先顯示此溫度。

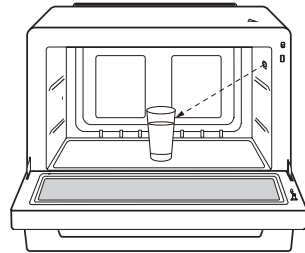
注意事項：

由於紅外線溫度傳感器位於爐腔側壁的上部，如果不能直接檢測到食物或者翻熱飲料表面發出的紅外線，檢測到的溫度就會和實際翻熱溫度不符。因此，建議不要使用細長容器翻熱少量的食物或者翻熱飲料，因為容器壁會阻擋食物表面發出的紅外線直達溫度傳感器從而引起誤檢測。為獲得更好的感應翻熱效果，在操作時請注意以下事項：

1. 翻熱固體食物時，請使用敞口，扁平的容器。食物重量不要少於 100 克。
2. 翻熱液體飲料時，不得使用細長容器，液體不要少於 200 毫升。
3. 容器請放置於平板玻璃的中央。



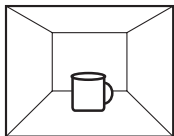
紅外線傳感器直接檢測到食物溫度



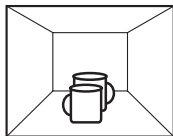
紅外線傳感器未能直接檢測到食物溫度，
容器壁阻擋了食物表面發出的紅外線。

4. 初次使用時，默認設定為 70°C。第二次使用起，若前一次設定溫度在 55°C ~ 75°C，默認值改為前次設定的溫度。
5. 翻熱結束，請進行攪拌後食用。
6. 翻熱飲料範圍為 1 ~ 4 杯（200 毫升 / 杯）。初始溫度為 8 ~ 10°C。請使用廣口且較淺的容器。容器內放 8 分滿。翻熱後務必攪拌。圖示為翻熱牛奶時的擺放方法（容器不得放在邊緣，有沸騰的危險）。

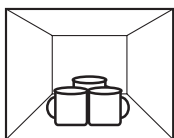
1 杯



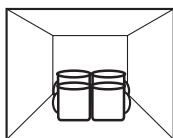
2 杯



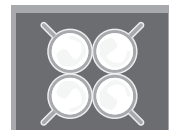
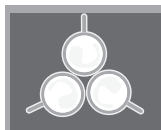
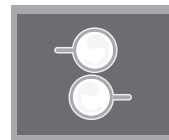
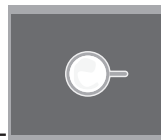
3 杯



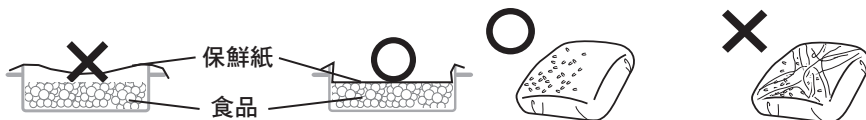
4 杯



爐門位置

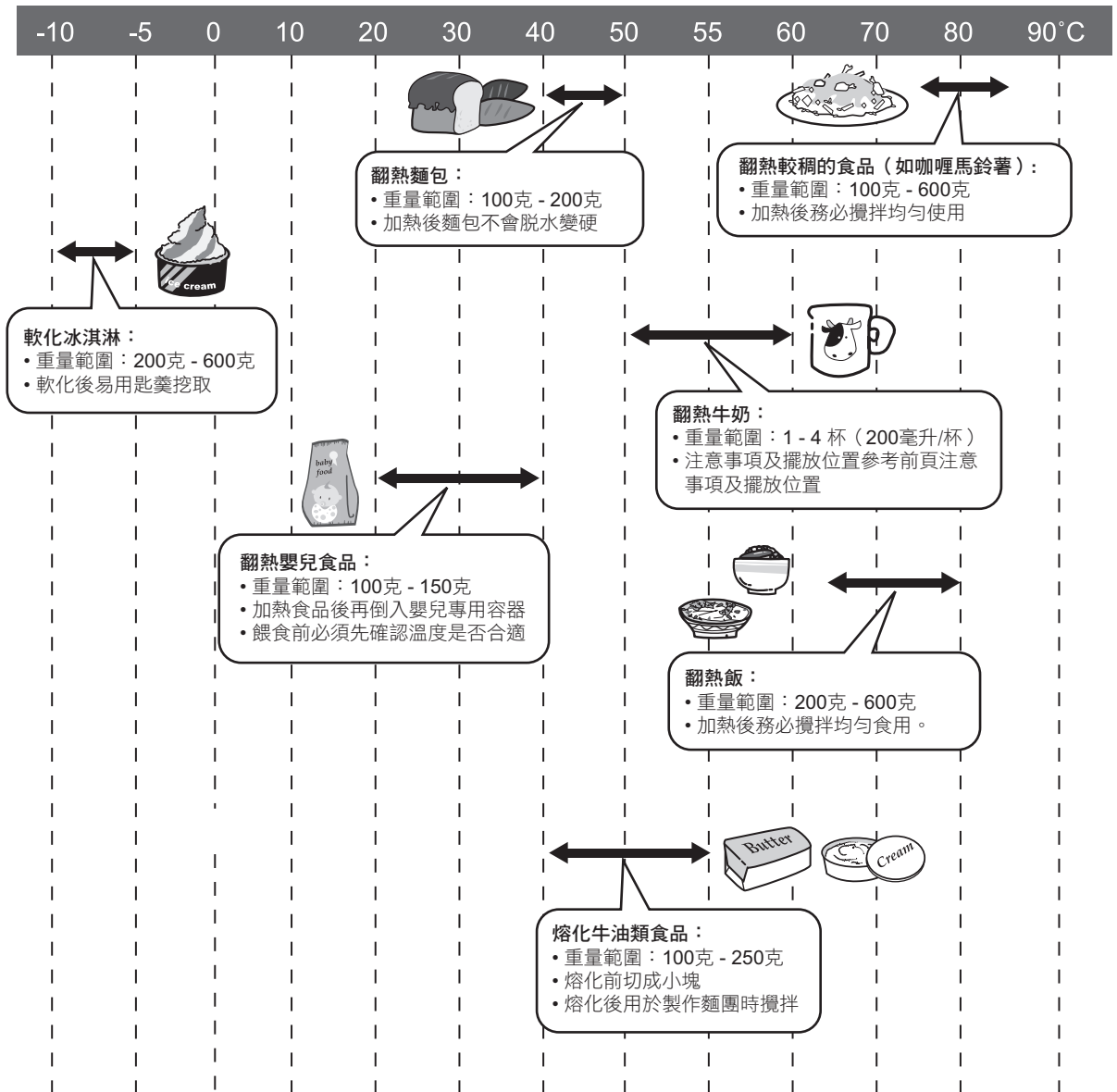


7. 如翻熱食品必須使用保鮮紙，保鮮紙要緊貼食物表面，以免檢測不到食品的溫度。如包裹的保鮮紙重疊，重疊面應朝下放置。



8. 當爐腔內過熱時，窗顯示將顯示“HOT”，此時不能使用該功能。只有當“HOT”顯示消失後，才能使用。
9. 食物溫度與設定值之間的誤差取決於當時的爐溫、食物的密度、容器的材質及食物擺放在平板玻璃上的位置。
10. 避免翻熱重量小於 100 克的食品，因為食品溫度很難被檢測到，食品可能被翻熱過頭。
11. 在使用感應翻熱功能時，避免使用直身細頸的容器。

溫度設定參照



備註：

1. 以上僅為建議的食品加熱溫度。
2. 冷凍咖喱與燉菜請用微波 800 W 同時覆蓋保鮮膜進行加熱。
3. 冷凍嬰兒食品無法加熱。
4. 不適合加熱填餡或含肉類的麵包

自動食譜功能設定

此功能為您設定了多個常用菜譜，烹調時無需設定火力和時間，只需選擇所需烹調食物的編號和重量 / 份數即可。

需預熱的食譜（第 24-37 及 39-41 個食譜）操作方法：

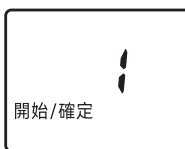
中文

1

自動食譜
Auto Menu



按 1 次，選擇自動食譜功能。



2



旋轉旋鈕，選擇所需烹調的食譜編號。

例如：自動食譜 26



3



按開始 / 確定鍵，開始預熱。



4

預熱結束後會發出長蜂鳴聲，提示預熱完，快速將附件連同食物放入相應的托盤架。



5



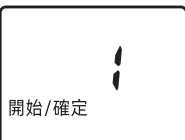
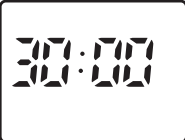
按開始 / 確定鍵，顯示屏開始倒數計時。



自動食譜功能設定

(續)

無需預熱的食譜 (第 1-23, 38 及 42-58 個食譜) 操作方法

1	 自動食譜 Auto Menu	按 1 次，選擇自動食譜功能。	 開始 / 確定
2	 開始/確定 Start / Set	旋轉旋鈕，選擇所需烹調的食譜編號。	例如：自動食譜 5  開始 / 確定
3	 開始/確定 Start / Set	按開始 / 確定鍵，顯示屏開始倒計時。	

備註：

1. 當爐腔過熱時，顯示屏將顯示“HOT”，此時不能使用該功能。只有當“HOT”顯示消失後才能使用。
2. 如選擇的食譜編號為 1 或 4，請在步驟 3 後選擇旋鈕選擇需要重量或份量並按開始 / 確定鍵確定。

自動食譜功能設定

(續)

中文

編號	食譜	重量 / 份數		建議烹調器具及附件	附件位置
1	熱牛奶	1 份 (杯)	2 份 (杯)	微波耐熱杯子	——
2*	蒸急凍食品	300 克		空氣炸籃	下層
3*	蒸冷藏食品	300 克		空氣炸籃	下層
4	超速解凍	100-3000 克		微波耐熱淺盤	——
5	飯菜保溫	3 人份 (1000 克)		微波耐熱容器 / 覆膜	——
6*	自製肉包 (饅頭)	9 個		波浪形金屬盤	下層
7*	蒸蛋	3 人份		波浪形金屬盤 / 耐熱淺盤 / 覆膜	下層
8*	清蒸魚	400 克		波浪形金屬盤 / 耐熱淺盤	下層
9*	清蒸大閘蟹	6 隻		波浪形金屬盤	下層
10*	豉汁蒸扇貝	6 個		波浪形金屬盤	下層
11	白灼蝦	3 人份		微波耐熱容器 / 加蓋	——
12*	剁椒魚頭	3 人份		空氣炸籃 / 微波耐熱淺盤	下層
13*	香油蒸雞	3 人份		空氣炸籃 / 微波耐熱淺盤	下層
14*	米粉蒸肉	3 人份		空氣炸籃 / 微波耐熱淺盤	下層
15*	蒸時蔬	200 克		波浪形金屬盤	下層
16*	蒸雜糧	800 克		波浪形金屬盤	下層
17*	紅棗核桃糯米糕	3 人份		波浪形金屬盤 13x18 厘米長方形 玻璃耐熱方盤	下層
18*	雪媚娘 (草莓大福)	8 個		波浪形金屬盤 / 耐熱淺盤	下層
19	養生燉蓮子枸杞銀耳羹	3 人份		微波耐熱容器 / 加蓋	——
20	養生燉豬腳湯	3 人份		微波耐熱容器 / 加蓋	——
21*	紅蘿蔔馬鈴薯泥	350 克		波浪形金屬盤 / 耐熱淺盤	下層
22*	香甜番薯丁	150 克		波浪形金屬盤 / 耐熱淺盤	下層
23*	自製乳酪	9 杯		波浪形金屬盤 / 150 毫升小杯	下層
24	曲奇	16 個		波浪形金屬盤	下層
25	戚風蛋糕	8 寸		波浪形金屬盤 8 寸戚風煙囪模具	下層
26	多士	1 個		波浪形金屬盤 450 克多士模具	下層
27	餐包	9 個		波浪形金屬盤	下層
28	自製薄餅	1 個		波浪形金屬盤	下層
29	牛奶布甸	9 個		波浪形金屬盤 120 毫升金屬布甸杯	下層
30	奶油泡芙	9 個		波浪形金屬盤	下層
31	乳酪芝士蛋糕	8 寸		波浪形金屬盤 8 寸蛋糕模具	下層
32	朱古力蛋糕	8 寸		波浪形金屬盤 8 寸蛋糕模具	下層
33	焦糖布甸	6 個		波浪形金屬盤 高 5 厘米、寬 7 厘米 布甸模具	下層
34	蛋撻	9 個		波浪形金屬盤	下層
35	蘇式月餅	9 個		波浪形金屬盤	下層

編號	食譜	重量 / 份數	建議烹調器具及附件	附件位置
36*	廣式月餅	9 個	波浪形金屬盤	下層
37	烤牛排	2 塊	波浪形金屬盤	下層
38	嫩烤牛肉	3 人份	波浪形金屬盤	下層
39	烤羊排	4 塊	波浪形金屬盤	下層
40	烤全雞	1000 克	波浪形金屬盤	下層
41	照燒雞翼	3 人份	波浪形金屬盤	下層
42	蜜糖烤雞腿	3 個	波浪形金屬盤	下層
43	川味口水雞	3 人份	波浪形金屬盤	下層
44	油封鴨腿	2 個	耐熱容器 / 波浪形金屬盤	下層
45	烤三文魚	3 人份	波浪形金屬盤	下層
46	三文魚蔬菜沙律	3 人份	波浪形金屬盤	下層
47	嫩烤五花肉	3 人份	波浪形金屬盤	下層
48	香嫩豬肋排	3 人份	波浪形金屬盤	下層
49	烤番薯	500 克	波浪形金屬盤	下層
50	白果百合炒西芹	3 人份	微波耐熱容器 / 加蓋	——
51	煲仔飯	300 克	微波耐熱容器 / 加蓋	——
52	西班牙海鮮飯	3 人份	微波耐熱容器 / 加蓋	——
53	西蘭花煙肉意粉	3 人份	微波耐熱容器 / 加蓋	——
54	冬陰功湯	3 人份	微波耐熱容器 / 加蓋	——
55	日式炸蝦	3 人份	波浪形金屬盤	下層
56	空氣炸雞塊	3 人份	波浪形金屬盤	下層
57	空氣炸豬排	2 塊	波浪形金屬盤	下層
58	空氣炸薯條	3 人份	空氣炸籃	下層

備註：

1. 帶 “*” 為使用蒸氣的菜譜，請在烹調前給一體式水箱加滿水。
2. 爐腔溫度過高時，顯示屏會顯示 “H0 E”，請待爐腔溫度降低，“H0 E” 消失後再進行操作。
3. 食譜 24-37 及 39-41 有預熱。



熱牛奶（1 份 /2 份）

1

原料

牛奶 200 毫升（1 杯）

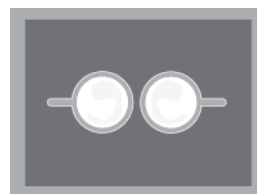
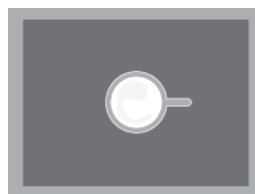
容器 / 附件

直徑約 8.4 厘米，
高約 8.7 厘米的微波耐熱杯子



操作方法

1. 初始溫度為 8-12°C 的牛奶，倒入廣口且較淺的杯子內，不超過容器的 8 分滿。
2. 將杯子按照圖示，放入平板玻璃中央，並關好爐門。



3. 選擇程序和份量，開始烹調。
4. 烹調結束後，請進行攪拌後再飲用。



蒸急凍食品（300 克）

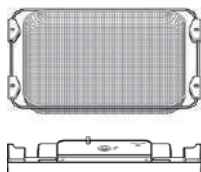
2

原料

急凍食品 300 克（30-40 克 / 個）

容器 / 附件

空氣炸籃（下層）、
一體式水箱



操作方法

1. 將牛油紙剪成合適的大小墊在急凍食品下面，均勻的放置在空氣炸籃上，放入爐腔下層托盤架，並關好爐門。
2. 一體式水箱中加滿水。
3. 選擇程序，開始烹調。

備註

1. 適合蒸各類市售急凍食品，如奶黃包、鮮肉包、叉燒包等。
2. 無需解凍，直接烹調。
3. 個頭較大的急凍食品請手動設置烹調時間。



蒸冷藏食品（300 克）

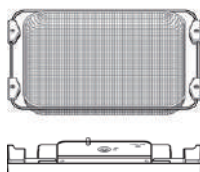
3

原料

冷藏食品（冷藏燒賣、冷藏包子、冷藏米糕等）
..... 300 克（50-80 克 / 個）

容器 / 附件

空氣炸籃（下層）、
一體式水箱



操作方法

1. 將牛油紙剪成合適的大小墊在冷藏食品下面，均勻的放在空氣炸籃上，放入爐腔下層托盤架，並關好爐門。
2. 一體式水箱中加滿水。
3. 選擇程序，開始烹調。



超速解凍

4

此功能可根據食物重量自動解凍肉類，魚類或海鮮類。解凍重量為 0.1 千克 ~ 3 千克。

容器 / 附件

微波耐熱淺盤



操作方法

1. 將需要解凍的食物放置在微波耐熱淺盤內，放入平板玻璃中央，並關好爐門。
2. 選擇程序，設置所需解凍的重量。
3. 按**開始 / 確定**鍵，顯示屏開始倒數計時。
4. 聽到蜂鳴聲後，將食物翻轉或改變放置位置。

備註

1. 解凍完成後，請放置 5 ~ 10 分鐘，再從爐內取出食物。
2. 當爐腔溫度過熱時，顯示屏會顯示“H0 E”警告爐腔內高溫，待爐腔內溫度降低後再進行操作。



飯菜保溫（3 人份）

5

原料

煮熟的熱食（如熱飯、熱菜等） 1000 克

容器 / 附件

微波耐熱容器



操作方法

1. 將煮熟的熱食放入微波耐熱容器內，蓋上保鮮紙。
2. 將微波耐熱容器放入平板玻璃中央，並關好爐門。
3. 選擇程序，開始烹調。

備註

1. 此食譜為您設定了可將煮熟的熱食在烹調後能保持 30 分鐘的溫度。食物的初始溫度為 80°C，不能加熱常溫、冷藏或冷凍的食物。



自製肉包（饅頭）（9 個）

6

面皮

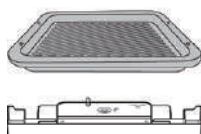
普通麵粉	225 克
細砂糖	12 克
酵母	2.5 克
溫水（40 攝氏度）	120 毫升
油	5 克

餡料

豬肉碎	200 克
乾香菇	50 克（泡發後份量）
蔥薑水（薑絲和蔥段提前用清水浸泡 30 分鐘）	50 克
老抽	4 克
生抽	10 克
白胡椒粉	適量
鹽	3 克
細砂糖	6 克
麻油	4 克

容器 / 附件

波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 肉餡：乾香菇用水泡發，切成細粒，豬肉碎加入除蔥薑水以外的其他餡料食材，攪拌均勻，分次加入蔥薑水朝一個方向攪拌至肉餡上勁。
2. 面皮：酵母用溫水混合攪拌靜置 5 分鐘，至表面起一層細密的泡沫。
3. 盆內倒入麵粉、細砂糖、酵母水以及油，攪拌均勻後揉成光滑的麵糰。
4. 均勻分成 9 份，擀成中間厚四邊薄的圓形片狀，包入約 35 克左右的肉餡。
5. 剪 9 張 8x8 厘米的牛油紙墊在包子下，以 3×3 的方式均勻放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
6. 一體式水箱中加滿水。
7. 選擇程序，開始烹調。
8. 烹調結束後，取出。

備註

1. 當爐腔溫度過熱時，顯示屏會顯示“H01”警告爐腔內高溫，待爐腔內溫度降低後再進行發酵操作。



蒸蛋（3 人份）

7

原料

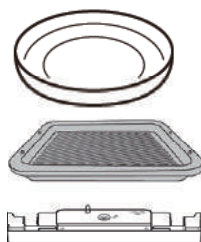
雞蛋 3 個（約 150 克）
溫水（40 攝氏度左右） 300 克

調味料

生抽 3 克
料酒 3 克
鹽 適量
麻油 幾滴

容器 / 附件

直徑約 23 厘米，
高約 4.5 厘米耐熱淺盤、
波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 雞蛋打散，加入生抽，料酒，鹽，攪拌均勻，再邊攪拌邊倒入溫水後過濾，倒入耐熱淺盤，並去浮沫。
2. 耐熱淺盤放在波浪形金屬盤上，蓋上保鮮紙，放入爐腔下層托盤架。
3. 一體式水箱中加滿水。
4. 選擇程序，開始烹調。
5. 烹調結束後，取出，滴上幾滴麻油即可。



清蒸魚（400 克）

8

原料

魚.....1 條（淨重 400 克）

調味料

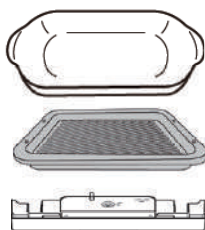
鹽.....適量
料酒.....5 克
蒸魚豉油.....15 克
薑絲.....5 克
蔥段.....3 克

操作方法

1. 魚洗淨，在魚身兩面各切 2-3 刀口。
2. 用鹽，料酒均勻地抹在魚身上，靜置 10 分鐘。
3. 將魚放在耐熱淺盤上，鋪上薑絲和蔥段。
4. 耐熱淺盤放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
5. 一體式水箱中加滿水。
6. 選擇程序，開始烹調。
7. 烹調結束後，取出，淋上蒸魚豉油即可。

容器 / 附件

耐熱淺盤、
波浪形金屬盤（下層）、
一體式水箱



備註

1. 對於較大較厚的魚，建議根據實際情況使用**原氣蒸 100°C** 適當追加烹調時間。
2. 烹調結束後，魚在爐腔內靜置 2-3 分鐘食用更佳。



清蒸大閘蟹（6 隻）

9

原料

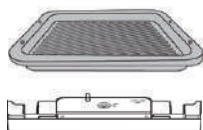
大閘蟹.....6 隻（約 150-200 克 / 隻）
薑片 6 片

蘸料

薑末 20 克
細砂糖.....5 克
生抽 10 克
水 10 克
香醋 30 克

容器 / 附件

波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 把大閘蟹先在淨水中養半天，使它排淨腹中汙物。
2. 在流水下用刷子把大閘蟹刷乾淨，並用細繩綁住蟹鉗和蟹腳。
3. 將大閘蟹以 2×3 方式，均勻的排列在波浪形金屬盤上，腹部朝上並分別鋪上薑片，放入爐腔下層托盤架，並關好爐門。
4. 一體式水箱中加滿水。
5. 選擇程序，開始烹調。
6. 蘸料製作：所有蘸料混合後加熱即可。



豉汁蒸扇貝（6 個）

10

原料

扇貝 6 個（半殼約 70 克左右 / 個）
 粉絲 30 克

調味料

料酒 15 克
 蒜蓉 15 克
 豆豉醬 30 克
 水 20 克

容器 / 附件

波浪形金屬盤（下層）、
 一體式水箱



操作方法

1. 扇貝去泥沙，洗淨，放入碗內加料酒醃制，去腥；貝殼刷洗乾淨。
2. 粉絲用開水泡軟；豆豉醬加水混合，待用
3. 貝殼上依次鋪粉絲和貝肉，撒上蒜蓉，淋上豆豉醬水，均勻的擺放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
4. 一體式水箱中加滿水。
5. 選擇程序，開始烹調。

備註

1. 建議肉厚的扇貝肉劃幾個刀口。



白灼蝦（3 人份）

11

原料

鮮蝦 500 克

調味料

水 200 克

薑片 5 克

蔥段 5 克

料酒 10 克

鹽 2 克

操作方法

1. 蝦洗淨，剪去蝦鬚和蝦腳，挑去泥沙線。
2. 微波耐熱容器內，放入所有原料和調味料，攪拌均勻，加蓋，放入平板玻璃中央，並關好爐門。
3. 選擇程序，開始烹調。
4. 聽到蜂鳴聲後，取出攪拌均勻，加蓋，放回平板玻璃中央，繼續烹調至結束。

容器 / 附件

2.25 升微波耐熱容器、加蓋





剁椒魚頭（3 人份）

12

原料

魚頭 1 個（900 克）
 剁椒醬 140 克
 薑絲 5 克
 蔥段 5 克

調味料

料酒 15 克
 鹽 適量

容器 / 附件

微波耐熱淺盤
 空氣炸籃（下層）、
 一體式水箱



操作方法

1. 魚頭洗淨，從中間剖開，但不要切斷，用料酒、鹽醃制 1 小時。
2. 魚頭平鋪在微波耐熱淺盤上，鋪上剁椒醬、薑絲和蔥段，放在空氣炸籃上，放入爐腔下層托盤架，並關好爐門。
3. 一體式水箱中加滿水。
4. 選擇程序，開始烹調。

備註

1. 按喜好調節剁椒醬的量。



香油蒸雞（3 人份）

13

原料

雞腿肉.....400 克
鮮香菇.....150 克

調味料

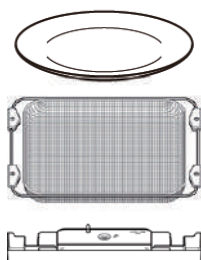
油.....10 克
蠔油.....30 克
料酒.....25 克
麻油.....15 克
薑絲.....5 克
白胡椒粉.....適量
鹽.....適量

操作方法

1. 雞腿肉切成小塊，加入所有調味料醃制約 30 分鐘；鮮香菇切大塊。
2. 微波耐熱淺盤內先鋪上香菇，再加入雞腿肉和醃料，放在空氣炸籃上，放入爐腔下層托盤架，並關好爐門。
3. 一體式水箱中加滿水。
4. 選擇程序，開始烹調。

容器 / 附件

微波耐熱淺盤
空氣炸籃（下層）、
一體式水箱





米粉蒸肉（3 人份）

14

原料

五花肉.....500 克
市售粉蒸肉米粉.....100 克

調味料

料酒.....15 克
生抽.....15 克
蠔油.....15 克
老抽.....5 克
糖.....5 克
鹽.....適量
白胡椒粉.....適量

操作方法

1. 五花肉切成 0.5 厘米左右的厚片，加入所有調味料醃制 30 分鐘後待用。
2. 醃制好的肉片均勻裹上蒸肉粉，平鋪在微波耐熱淺盤內，放在空氣炸籃上，放入爐腔下層托盤架，並關好爐門。
3. 一體式水箱中加滿水。
4. 選擇程序，開始烹調。

備註

1. 肉片儘量不要重疊三層以上。

容器 / 附件

微波耐熱淺盤
空氣炸籃（下層）、
一體式水箱





蒸時蔬（200 克）

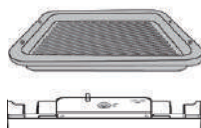
15

原料

蔬菜（青菜、芥蘭等）.....200 克

容器 / 附件

波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 蔬菜洗淨，切成中等大小。
2. 將蔬菜放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
3. 一體式水箱中加滿水。
4. 選擇程序，開始烹調。

備註

1. 此程序僅適合烹調葉類或莖類時蔬。蔬菜放置時盡可能平鋪，避免疊放。



蒸雜糧（800 克）

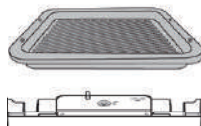
16

原料

各類雜糧 800 克

容器 / 附件

波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 雜糧洗淨，切成每塊約 50 克左右，平鋪在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
2. 一體式水箱中加滿水。
3. 選擇程序，開始烹調。

備註

1. 適合烹調如番薯、玉米、芋艿、淮山等雜糧。



紅棗核桃糯米糕（3 人份）

17

原料

糯米粉.....	100 克
粟粉	30 克
核桃肉.....	30 克
乾紅棗.....	3 個
細砂糖.....	50 克
水	130 克
油	18 克

容器 / 附件

13 X 18 厘米長
方形玻璃耐熱方盤、
波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 核桃肉搗碎，乾紅棗去核，切成小丁，待用。
2. 糯米粉、粟粉、細砂糖混合均勻，倒入水，油攪拌均勻，加入核桃碎和紅棗丁拌勻，靜置約 10 分鐘。
3. 取一 13 X 18 厘米的長方形玻璃耐熱方盤，底部鋪牛油紙，倒入粉漿。
4. 將玻璃耐熱方盤放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
5. 一體式水箱中加滿水。
6. 選擇程序，開始烹調。
7. 烹調結束後取出，待冷卻後脫模，切成各種形狀的小塊即可食用。



雪媚娘（草莓大福）（8 個）

18

原料

水磨糯米粉.....	60 克
粟粉	35 克
牛奶	100 克
細砂糖.....	25 克
熱水	15 克
牛油	12 克

內餡

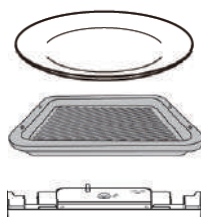
豆沙	136 克
草莓	4 顆

糕粉

水磨糯米粉.....	40 克
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容器 / 附件

耐熱淺盤
波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 細砂糖用熱水融化，依次加入牛奶、糯米粉、粟粉，攪拌均勻，靜置約 10 分鐘。
2. 靜置後的粉漿過篩，倒入耐熱淺盤內，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
3. 一體式水箱中加滿水。
4. 選擇程序，開始烹調。
5. 草莓洗淨，瀝幹，一切為二；豆沙平均分成 8 份，將草莓包裹起來，待用。
6. 烹調結束後，取出蒸好的外皮，加入牛油，揉勻。
7. 手上沾糕粉，將外皮分成 8 等份，擀成合適的大小，包入內餡，收口，即可。

備註

1. 內餡中的草莓也可用芒果等軟性水果替代。
2. 放入冰箱冷藏後食用，味道更佳。



養生燉蓮子枸杞銀耳羹（3 人份）

19

原料

銀耳	20 克
蓮子	40 克
枸杞	6 克
水	1400 克

調味料

冰糖	40 克
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容器 / 附件

3.25 升微波耐熱容器、
加蓋



操作方法

1. 銀耳泡發，剪成小朵；蓮子洗淨，浸泡約 1 小時；枸杞洗淨，待用。
2. 微波耐熱容器內加入除枸杞以外的所有原料，加蓋，放入平板玻璃中央，並關好爐門。
3. 選擇程序，開始烹調。
4. 聽到第一次蜂鳴聲後取出，放入冰糖，攪拌，加蓋，放回平板玻璃中央，繼續烹調。
5. 聽到第二次蜂鳴聲，放入枸杞，再次攪拌，加蓋，繼續放回平板玻璃中央，繼續烹調至結束。



養生燉豬腳湯（3 人份）

20

原料

豬蹄	600 克
黃豆	100 克
水	1000 克

輔料

薑片	10 克
蔥段	5 克
料酒	10 克

調味料

鹽	適量
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容器 / 附件

3.25 升微波耐熱容器、
加蓋



操作方法

1. 黃豆提前浸泡一晚。豬蹄洗淨、去毛，切成大塊，放入沸水中氽燙，去血水。
2. 微波耐熱容器內放入所有原料和輔料，加蓋，放入平板玻璃中央，並關好爐門。
3. 選擇程序，開始烹調。
4. 聽到第一次蜂鳴聲，取出，攪拌均勻，加蓋，放回平板玻璃中央，繼續烹調。
5. 聽到第二次蜂鳴聲，再次取出，攪拌均勻，加蓋，放回平板玻璃中央，烹調至結束。
6. 烹調結束後，加鹽調味即可。



紅蘿蔔馬鈴薯泥 (350 克)

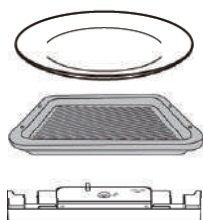
21

原料

馬鈴薯	250 克
紅蘿蔔	50 克
雞湯	50 克
鹽	適量

容器 / 附件

耐熱淺盤
波浪形金屬盤 (下層)、
一體式水箱



操作方法

1. 將馬鈴薯去皮切成 1 厘米左右的片狀，紅蘿蔔去皮切成薄片。
2. 將馬鈴薯和紅蘿蔔均勻的放在耐熱淺盤內，不要重疊。
3. 耐熱淺盤放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
4. 一體式水箱中加滿水。
5. 選擇程序，開始烹調。
6. 烹調結束後，取出煮熟的馬鈴薯和紅蘿蔔片，放入攪拌器內攪打成泥，加入雞湯和鹽，攪拌均勻。



香甜番薯丁（150 克）

22

原料

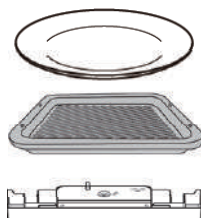
番薯 150 克

容器 / 附件

耐熱淺盤

波浪形金屬盤（下層）、

一體式水箱



操作方法

1. 番薯洗淨，去皮，切成 2x2 厘米的小丁。
2. 番薯丁放在耐熱淺盤內，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
3. 一體式水箱中加滿水。
4. 選擇程序，開始烹調。



自製乳酪（9 杯）

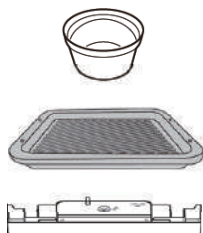
23

原料

牛奶 1100 克
乳酪 135 克

容器 / 附件

150 毫升小杯 9 個
波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 牛奶倒入燉鍋加熱至 45°C 左右，倒入乳酪，攪拌均勻後平均倒入小杯內，每杯約 135 克。
2. 杯子上蓋保鮮紙，按 3x3 的方式均勻的擺放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
3. 一體式水箱中加滿水。
4. 選擇程序，開始烹調。
5. 烹調結束後，冷卻，將乳酪放進冰箱冷藏。

備註

1. 當爐腔溫度過熱時，顯示屏會顯示“HOT”警告爐腔內高溫，待爐腔內溫度降低後再進行發酵操作。



曲奇 (16 個)

24

原料

無鹽牛油	50 克
細砂糖	30 克
雞蛋液	25 克
低筋麵粉	90 克
香精	2-3 滴
各類堅果	約 20 克

容器 / 附件

波浪形金屬盤 (下層)



操作方法

1. 牛油切成小塊，室溫軟化後和細砂糖打至發白。
2. 分次少量的加入蛋液，繼續攪拌均勻，滴入香精，拌勻。
3. 篩入麵粉，用木鏟攪拌至麵粉和上述混合液充分融合至無乾粉，蓋上保鮮紙放入冰箱冷藏約 10 分鐘。
4. 波浪形金屬盤上鋪錫紙，將麵糰分成 16 等份，搓圓再用指腹略壓扁，做成餅乾胚，並在上面嵌入堅果；按 4x4 的方式均勻擺放在波浪形金屬盤上。
5. 選擇程序，開始預熱。
6. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。



戚風蛋糕（8 寸）

25

原料

雞蛋	5 個
細砂糖	60 克
油	70 克
牛奶	50 克
低筋麵粉	120 克
檸檬汁	幾滴

容器 / 附件

8 寸戚風煙囪模具、
波浪形金屬盤（下層）



操作方法

1. 將雞蛋的蛋黃和蛋白液分離，蛋黃中加入牛奶、油、20 克的細砂糖，充分攪拌至細砂糖融化；然後篩入低筋麵粉，用之字形手法攪拌。（不要畫圈，以免起筋）
2. 選擇程序，開始預熱。
3. 蛋白液中加檸檬汁打發，剩下的細砂糖分三次加入。打發到提起打蛋器，蛋白呈小尖角狀態的蛋白霜。
4. 取三分之一蛋白霜加入到蛋黃糊中，攪拌均勻，再將蛋黃糊全部倒入到蛋白霜內，攪拌均勻，倒入 8 寸戚風煙囪模具內，震出氣泡，放在波浪形金屬盤上。
5. 預熱結束後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。
6. 烹調結束後，取出，震出熱氣，倒扣，冷卻後脫模。

備註

1. 蛋白液內不能混入蛋黃，以免影響蛋白液的打發。



多士 (1 個)

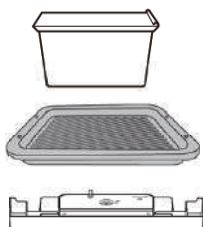
26

原料

高筋麵粉	250 克
乾酵母	3.5 克
細砂糖	17 克
鹽	2 克
雞蛋液	50 克
牛奶	115 克
無鹽牛油	35 克

容器 / 附件

450 克多士模具、
波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 將除牛油以外的原料放在一起，揉至擴展階段。
（鹽和酵母不要放在一起，分兩邊放）麵糰揉幾分鐘之後加入牛油揉至完全擴展，可以拉出薄膜即可。
2. 將麵糰分成 3 等分，滾圓後，蓋上保鮮紙靜置鬆弛 15-20 分鐘。
3. 把鬆弛好的麵糰擀成橢圓形，翻過來，光面朝下，

自上而下卷起。然後再次擀成橢圓形，並卷起。

4. 把卷好的麵糰均勻的放入多士模具中，收口朝下，不加蓋，將多士模具橫放在波浪形金屬盤上，放入爐腔下層托盤架。
5. 一體式水箱中加滿水。
6. 選擇**蒸氣發酵 40°C**，設置 60 分鐘~1 小時 30 分鐘，發酵至 8 分滿（視發酵情況，手指沾乾粉輕按多士表面，不回縮或緩慢回縮即可）。
7. 發酵完成後，取出波浪形金屬盤及多士，並將多士模具加蓋。
8. 選擇程序，開始預熱。
9. 預熱結束後，將波浪形金屬盤及多士放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。
10. 出爐後，震一下模具並立即脫模，放在冷卻架上側躺晾涼。

備註

1. 麵糰的液體可根據麵粉的吸水性和當地氣候潮濕度，適當增減。
2. 當爐腔溫度過熱時，顯示屏會顯示“HtE”警告爐腔內高溫，待爐腔內溫度降低後再進行發酵操作。



餐包 (9 個)

27

原料

高筋麵粉	200 克
細砂糖	14 克
酵母	3 克
奶粉	8 克
鹽	2.5 克
雞蛋液	25 克
牛油	28 克
濃稠型無糖酸奶	70 克
牛奶	40-50 克

裝飾

雞蛋液	適量
芝麻	適量

容器 / 附件

微波耐熱容器、
波浪形金屬盤 (下層)、
一體式水箱



操作方法

1. 將除牛油以外的原料放在一起，揉至擴展階段（鹽和酵母不要放在一起，分兩邊放）。麵糰揉幾分鐘之後加入牛油揉至完全擴展，可以拉出薄膜即可。

2. 耐熱容器中塗抹薄薄一層油（配方外），放入麵糰，蓋上保鮮紙，放在波浪形金屬盤上，放入下層托盤架。
3. 一體式水箱中加滿水。
4. 選擇**蒸氣發酵 40°C**，設置 30~40 分鐘，麵糰發酵至 2 倍大，手指蘸麵粉戳一下，不回彈不回縮即可。
5. 發酵好的麵糰排氣，然後平均分成 9 等份，波浪形金屬盤內抹薄薄一層油（配方外），滾圓麵糰均勻的放入波浪形金屬盤內，放入爐腔下層托盤架。
6. 選擇**蒸氣發酵 40°C**，設置 30~40 分鐘，發酵至 1.5 至 2 倍大。
7. 發酵完成後，取出波浪形金屬盤。
8. 選擇程序，開始預熱。
9. 麵糰表面刷雞蛋液，撒上芝麻。
10. 預熱結束後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焙。

備註

1. 麵糰的液體可根據麵粉的吸水性和當地氣候潮濕程度適當的增減。
2. 當爐腔溫度過熱時，顯示屏會顯示“HOT”警告爐腔內高溫，待爐腔內溫度降低後再進行發酵操作。



自製薄餅（1 個）

28

餅底

低筋麵粉	140 克
細砂糖	10 克
無鹽牛油	10 克
奶粉	7 克
鹽	3 克
溫水（約 40 攝氏度）	70 克
乾酵母	3 克
細砂糖	1 克

餡料

洋蔥（小粒）	20 克
蘑菇（薄片）	20 克
青椒（薄片）	20 克
薩拉米或香腸	40 克
水牛芝士（比薩專用）	90 克
番茄醬	40 克

容器 / 附件

微波耐熱容器、
波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 餅底的酵母和 1 克細砂糖用溫水混合攪拌均勻，

靜置約 5 分鐘。

2. 靜置後的酵母水和其餘餅底原料充分混合，揉成光滑的麵糰（在耐熱容器中塗一層油配方外），放入麵糰，覆保鮮紙；放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
3. 一體式水箱中加滿水。
4. 選擇**蒸氣發酵 40°C**，設置 30 分鐘，按**開始 / 確定**鍵，開始發酵。
5. 發酵結束後取出，在桌上撒薄薄一層麵粉，把發酵好的麵糰放置於桌上，用手向四周壓開，並去除其中的空氣。
6. 用擀麵杖把麵糰擀成直徑 22 厘米左右的面餅，將面餅放在波浪形金屬盤上，調整一下形狀，捏出一圈薄餅邊。
7. 選擇程序，開始預熱。
8. 在餅底上紮若干小孔，番茄醬均勻塗抹在餅底，撒上一半的芝士，再撒上餡料，最後覆蓋上剩下的一半芝士。
9. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。

備註

1. 當爐腔溫度過熱時，顯示屏會顯示“HOT”警告爐腔內高溫，待爐腔內溫度降低後再進行發酵操作。



牛奶布甸（9 個）

29

原料

牛奶	500 克
細砂糖	40 克
雞蛋	4 個（約 200 克）
焦糖醬	27 克
香精	2-3 滴
牛油	適量（塗抹用）

容器 / 附件

120 毫升金屬布甸杯 9 個、
波浪形金屬盤（下層）



操作方法

1. 布甸杯底面和側面抹上薄薄一層牛油。每個布甸杯內倒入 3 克左右的焦糖醬。
2. 微波耐熱容器內倒入牛奶和細砂糖，用微波 600 W 加熱 5 分鐘左右，加熱後攪拌均勻，使細砂糖融化，此時牛奶溫度約為 70°C。

3. 雞蛋打成均勻的蛋液，邊緩緩倒入到牛奶中，邊用打蛋器攪拌均勻，滴入香精，拌勻後過濾，並除去泡沫，此時，混合液的溫度約為 40°C。
4. 在裝有焦糖醬的布甸杯內倒入蛋奶混合液，每杯約 80 克（不超過布甸杯的 8 分滿）。
5. 選擇程序，開始預熱。
6. 波浪形金屬盤上鋪廚房用紙，布甸杯按 3X3 的方式排列在廚房紙上（放置時注意不要讓布甸杯傾斜）。
7. 預熱完成後，在波浪形金屬盤內倒入 400 克 50°C 左右的熱水（配方外），並快速放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。
8. 烹調結束後，取出布甸杯，冷卻後放入冰箱冷藏室，冷藏約 4 個小時後脫模。

備註

1. 此烹調法為蒸烤法（水浴法），倒入熱水時，請注意高溫。



奶油泡芙（9 個）

30

原料

無鹽牛油	45 克
水	75 克
低筋麵粉	45 克
雞蛋液	90 克

餡料

打發的忌廉.....	250 克
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容器 / 附件

微波耐熱容器、
波浪形金屬盤（下層）



操作方法

1. 無鹽牛油切成小塊，和水一起放在微波耐熱容器中，不加蓋，微波 1000 W 加熱 2 分鐘至沸騰。
2. 迅速倒入低筋麵粉，並用木鏟快速攪拌至無乾粉，雞蛋液少量分次的加入到麵糰中，每次加入雞蛋液用木鏟攪拌至完全被麵糰吸收，直至木鏟鏟取麵糰呈緩慢落下的亮黃色帶狀。
3. 選擇程序，開始預熱。
4. 波浪形金屬盤抹上薄薄一層牛油（配方外），麵糰裝入裱花袋，以 3x3 的形式，每個約 25 克左右，均勻的擠在波浪形金屬盤上。
5. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。
6. 烹調結束後，晾涼。
7. 冷卻後，開一小口，擠入忌廉，即可。

備註

1. 雞蛋液根據麵糰的狀態增減。
2. 麵糰烘烤後會膨脹，以免粘一起，每個小麵糰之間保持一定距離。



乳酪芝士蛋糕（8 寸）

31

蛋糕底

消化餅乾 100 克
無鹽牛油 40 克

蛋糕糊

忌廉芝士 250 克
忌廉 150 克
雞蛋 2 個（100 克）
酸忌廉 200 克
細砂糖 120 克
無鹽牛油 50 克
粟粉 60 克
檸檬汁 30 克
檸檬皮（切碎） 1 個（約 15 克）
香精（可不用） 2-3 滴

容器 / 附件

8 寸蛋糕模具、
波浪形金屬盤（下層）



操作方法

1. 蛋糕底：消化餅乾掰成小塊，放入保鮮袋，用擀麵杖碾壓成餅乾屑。
2. 牛油融化至液體後和餅乾屑混合均勻。
3. 模具底部和內側鋪牛油紙，將餅乾屑混合物均勻鋪在底部，並壓緊。將模具放入冰箱冷藏室待用。
4. 蛋糕糊：忌廉芝士和牛油切小塊，室溫軟化。
5. 電動打蛋器的容器內加入忌廉芝士、牛油、酸忌廉，以中高速攪打至順滑，滴入香精、放入檸檬皮碎，用刮鏟攪拌均勻；依次加入細砂糖、雞蛋、粟粉、忌廉和檸檬汁，繼續攪拌至所有材料充分融合。
6. 選擇程序，開始預熱。
7. 從冰箱中取出模具，倒入蛋糕糊，抹平表面，並在桌子上震幾下，震出氣泡。
8. 預熱完成後，將模具放在波浪形金屬盤上，放入爐腔下層托盤架，並關上爐門，按**開始 / 確定**鍵，開始烘焗。
9. 烹調結束後，取出，冷卻，放入冰箱冷藏 4 個小時左右，即可食用。



朱古力蛋糕（8 寸）

32

原料

雞蛋	4 個（約 200 克）
細砂糖	90 克
低筋麵粉	90 克
可可粉	20 克

輔料

忌廉	400 毫升
細砂糖	30 克
糖漿	90 克
白蘭地	10 克
朱古力碎屑	適量

容器 / 附件

8 寸蛋糕模具、
波浪形金屬盤（下層）



操作方法

1. 蛋糕模具底部和四周鋪牛油紙。
2. 選擇程序，開始預熱。
3. 將雞蛋和細砂糖放入容器內，用打蛋器低速攪拌至糖完全融化，再調至高速攪拌，直到蛋液完全發泡，用打蛋器在蛋液表面寫字，可保持片刻，再調至低速攪拌，使氣泡均勻。
4. 將過篩的低筋麵粉和可可粉倒入打勻的蛋液，用刮刀由下而上攪拌均勻。
5. 將麵糊倒入蛋糕模具，並在桌子上震幾下，震出氣泡，把模具放在波浪形金屬盤上。
6. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。
7. 烘焗結束後，取出，脫模，冷卻；忌廉和細砂糖打發，冷藏待用；糖漿和白蘭地混合調勻，待用。
8. 從中間橫向將蛋糕切開，分為上下 2 個部分；下部上層表面抹一層糖漿，再抹上一層忌廉，蓋上上半部蛋糕，將剩餘的忌廉均勻的塗抹在上層及四周，表面撒上朱古力碎屑即可。



焦糖布甸（6 個）

33

原料

牛奶	60 克
細砂糖	25 克
香草精	0.5 克
蛋黃	100 克
忌廉	260 克

調味料

細砂糖	適量
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容器 / 附件

高約 5 厘米、
寬 7 厘米的布甸模具 6 個、
波浪形金屬盤（下層）



操作方法

1. 牛奶、細砂糖和香草精一起放入鍋中加熱至 70 攝氏度左右，直至細砂糖全部融化。
2. 蛋黃和忌廉攪拌均勻，少量多次加入 1 攪拌均勻後，再過篩 2 次，製成布甸液。
3. 選擇程序，開始預熱。
4. 將布甸液分別倒入布甸模具中，每杯約 70 克。每個布甸模具分別蓋上錫紙，並包緊，均勻的放在波浪形金屬盤上。
5. 預熱結束後，將波浪形金屬盤放入爐腔下層托盤架，按**開始 / 確定**鍵，開始烘焗。
6. 烘焗結束後，取出，冷卻，放入冰箱冷藏 4 小時以上。
7. 取出冷藏好的布甸，在表面撒一層薄薄的細砂糖，用噴火槍加熱至糖呈焦糖色，即可享用。



蛋撻 (9 個)

34

原料

市售冷凍蛋撻皮 9 個

蛋撻水

忌廉 105 克
 牛奶 85 克
 低筋麵粉 8 克
 細砂糖 30 克
 蛋黃 2 個
 煉奶 10 克

容器 / 附件

波浪形金屬盤 (下層)



操作方法

1. 冷凍蛋撻皮在室溫下放置至自然解凍。
2. 將忌廉、牛奶、煉奶、細砂糖放在小鍋裡用小火加熱，邊加熱邊攪拌，至細砂糖融化時，離火略放涼。加入蛋黃和低筋麵粉攪拌均勻，即成蛋撻水。
3. 將蛋撻水過篩，倒入蛋撻皮中，倒至約 8 成滿。
4. 選擇程序，開始預熱。
5. 蛋撻按 3×3 的方式均勻排列在波浪形金屬盤上。
6. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。



蘇式月餅（9 個）

35

水油皮麵糰

普通麵粉	150 克
豬油	60 克
細砂糖	25 克
熱水	60 克

油酥麵糰

普通麵粉	100 克
豬油	50 克

餡料

豬肉碎	200 克
細砂糖	20 克
蜂蜜	10 克
麻油	2 克
生抽	6 克
料酒	4 克
鹽	5 克
白胡椒粉	適量

裝飾

雞蛋液	20 克
熟芝麻	10 克

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 把餡料中的所有材料混合，用筷子攪拌至肉餡出現粘性，備用。
2. 將水油皮麵糰的所有材料混合，揉成光滑的麵糰，蓋上保鮮紙，醒約 15 分鐘左右。
3. 將油酥麵糰的所有材料混合，揉成麵糰。
4. 將水油皮麵糰和油酥麵糰分別分成大小均等的 9 份，蓋保鮮紙靜置鬆弛 15 分鐘左右。
5. 取一個小的水油皮麵糰，在手掌上壓扁。把小油酥麵糰放在壓扁的水油皮麵糰上用水油皮麵糰把油酥麵糰包起來。包好的麵糰收口朝上放在案板上，並用手掌壓扁。用擀麵杖把麵糰擀成長橢圓形。從外往內卷起來。把卷好的麵糰，再次用擀麵杖擀成長橢圓形面片。再次把面片卷起來。
6. 將卷好的麵糰用擀麵杖擀成圓形的面片，將鮮肉餡放在面片中央，每個約 25 克，並包起來，收口朝下放在鋪了錫紙的波浪形金屬盤上，用手掌握住麵糰，輕輕壓扁。
7. 選擇程序，開始預熱。
8. 在麵糰表面刷一層雞蛋液，再撒上一些芝麻。
9. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。



廣式月餅（9 個）

36

原料

普通麵粉	160 克
吉士粉	10 克
油	40 克
轉化糖漿	110 克
梘水	4 克
豆沙	540 克

調味料

蛋液	半個
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容器 / 附件

波浪形金屬盤（下層）、
一體式水箱



操作方法

1. 容器內轉化糖漿、油和梘水混合，攪拌均勻，篩入麵粉和吉士粉，混合成麵糰，用保鮮紙包好，放入冰箱冷藏 1 個小時。
2. 豆沙餡分成 9 等份，每個約 60 克，搓成圓球。
3. 取出麵糰，分成 9 等份，每個約 35 克，擀成月餅皮，包入豆沙餡，小心的圍攏四周的面皮，將整個餡料包裹住，搓成圓形，以 3x3 的方式，均勻的擺放在鋪有牛油紙的波浪形金屬盤內，收口朝下。
4. 一體式水箱中加滿水。
5. 選擇程序，開始預熱。
6. 在月餅模具內，撒入薄薄一層麵粉（配方外），壓在包好的月餅上整形，每壓一個月餅，模具內均需撒一層麵粉。
7. 整形完的月餅表面刷薄薄一層雞蛋液。
8. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烘焗。



烤牛排（2塊）

37

原料

西冷牛排 2塊（每塊約 180 克）

調味料

白葡萄酒 10 克

鹽 3 克

黑胡椒碎 適量

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 牛排用廚房紙吸幹水分，加白葡萄酒、鹽和黑胡椒碎醃制片刻。
2. 將醃制好的牛排放入波浪形金屬盤上。
3. 選擇程序，開始預熱。
4. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烹調。
5. 烹調結束後，取出牛排，並用錫紙包裹，放置約 3 分鐘後食用。

備註

1. 建議使用 2 厘米左右厚度的牛排。
2. 此食譜適合烹調 7 分熟牛排，可根據個人喜好調整烹調時間。



嫩烤牛肉（3 人份）

38

原料

牛上腦肉 1000 克

調味料

海鹽 3 克

黑胡椒碎 2 克

橄欖油 10 克

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 牛肉洗淨擦乾表面水分，均勻的撒上海鹽和黑胡椒碎。
2. 平底鍋內倒入橄欖油，將牛肉的上下及左右表面都煎一下，以達到迅速鎖住牛肉內部水分的效果。
3. 將煎好的牛肉用錫紙嚴實的包裹起來，四周不留空隙，再放到波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
4. 選擇程序，開始烹調。
5. 烹調結束後，取出切薄片裝盤即可



烤羊排（4 塊）

39

原料

羊排 4 塊（每塊約 100 克）

調味料

老抽 5 克

生抽 20 克

孜然 適量

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 廚房紙吸幹羊排表面水份，加老抽、生抽、孜然醃制約 1 小時。
2. 將羊排均勻的擺放在波浪形金屬盤上。
3. 選擇程序，開始預熱。
4. 預熱完成後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烹調。
5. 烹調結束後，取出羊排，並用錫紙包裹，放置約 3 分鐘後食用。

備註

1. 此食譜適合烹調 7 分熟羊排，可根據個人喜好調整烹調時間。



烤全雞（1000 克）

40

原料

全雞 1 隻（淨重約 1000 克）

調味料

生抽 15 克
老抽 10 克
蠔油 15 克
鹽 3 克
蜂蜜 5 克

操作方法

1. 雞開膛並洗淨、擦乾表面水分，用叉子在雞身上紮幾下。加入所有調味料，醃過夜。
2. 將醃制好的雞趴開，放在波浪形金屬盤上。
3. 選擇程序，開始預熱。
4. 預熱結束後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烹調。

容器 / 附件

波浪形金屬盤（下層）





照燒雞翼 (3 人份)

41

原料

雞翼中 12 個 (每個約 35-40 克)

調味料

生抽 30 克

蠔油 30 克

糖 6 克

容器 / 附件

波浪形金屬盤 (下層)



操作方法

1. 雞翼中洗淨，用叉子或竹簽在雞翼表面紮幾下，加入所有調味料，醃制約 30 分鐘。
2. 醃制好的雞翼按 3x4 的方式均勻的擺放在鋪有錫紙的波浪形金屬盤上，雞皮朝上。
3. 選擇程序，開始預熱。
4. 預熱結束後，將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，按**開始 / 確定**鍵，開始烹調。



蜜糖烤雞腿（3 個）

42

原料

雞琵琶腿 3 個（約 400 克）

調味料

蠔油 40 克
 生抽 50 克
 料酒 20 克
 蒜末 5 克
 薑絲 5 克
 蜂蜜 20 克
 老抽 10 克
 孜然粉 5 克
 糖 3 克
 黑胡椒粉 1 克
 辣椒粉 1 克
 白芝麻（熟） 適量

操作方法

1. 將雞腿沖洗乾淨，浸泡後除去血水，加入除白芝麻和蜂蜜以外的所有調味料，醃制至少 4 個小時，中間翻動幾次使其更入味。
2. 將醃制好的雞腿瀝幹，用錫紙將雞腿包裹住，四周不留空隙，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
3. 選擇程序，開始烹調。
4. 取 15 克剩餘的醃料，加入蜂蜜攪拌均勻，待用。
5. 烹調結束後，取出波浪形金屬盤，將錫紙內的汁水倒掉，雞腿表面刷蜂蜜水，撒上白芝麻，放入爐腔下層托盤架，並關好爐門，選擇**烘烤** 180°C 設置 8 分鐘左右，或至雞腿表面上色為止，取出即可享用。

容器 / 附件

波浪形金屬盤（下層）





川味口水雞（3 人份）

43

原料

去骨雞大腿.....	2 個（約 450 克）
香菜	20 克
白芝麻（熟）	適量
紅辣椒（切小丁）	適量

調味料

粗鹽	5 克
料酒	15 克
生抽	15 克
紅油	10 克
白醋	5 克
麻油	2 克
細砂糖	3 克

操作方法

1. 去骨雞大腿洗淨後擦乾，淋上料酒和粗鹽，均勻的塗抹後放入冰箱冷藏約 2-3 小時。
2. 將剩餘所有調味料混合拌勻後作為醬汁備用。
3. 醃制好的雞腿，雞皮朝外卷成長條，用錫紙嚴實的包裹住，兩頭擰緊，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
4. 選擇程序，開始烹調。
5. 烹調結束後，將雞腿晾涼後放入冰箱冷藏。
6. 食用時，將雞腿切片，淋上調製好的醬汁，撒上香菜末、辣椒和白芝麻即可。

容器 / 附件

波浪形金屬盤（下層）





油封鴨腿（2 個）

44

原料

鴨腿 2 個（約 400 克）
橄欖油 450 克

調味料

百里香 6 根
蒜片 8 克
香葉 2 片
鹽 5 克
白胡椒粉 3 克

容器 / 附件

耐熱容器
（22 厘米 X 16 厘米 x 5 厘米）
波浪形金屬盤（下層）



操作方法

1. 用鹽和白胡椒粉均勻的抹在鴨腿上，放入冰箱冷藏醃制 12 個小時。
2. 取出鴨腿，用冷水沖洗，廚房紙擦乾表面水分。
3. 把鴨腿放在較深的耐熱容器內，放入百里香、蒜片和香葉，倒入能淹沒鴨腿的橄欖油，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
4. 選擇程序，開始烹調。
5. 烹調結束後，取出鴨腿。食用前，在平底鍋內放入少許烹調後的橄欖油，將鴨腿表面煎脆即可。



烤三文魚（3 人份）

45

原料

三文魚塊 3 塊（每塊約 150 克）
新鮮檸檬 半個

調味料

鹽 5 克
黑胡椒碎 1 克

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 吸幹三文魚表面水分，撒上鹽和黑胡椒碎，醃制約 10 分鐘。
2. 將三文魚均勻的平鋪在鋪有牛油紙的波浪形金屬盤上，皮朝下。
3. 將波浪形金屬盤放入爐腔下層托盤架，並關好爐門
4. 選擇程序，開始烹調。
5. 烹調結束後，擠上檸檬汁，即可。



三文魚蔬菜沙律 (3 人份)

46

原料

三文魚..... 2 塊 (每塊約 200 克)
沙律用蔬菜..... 200 克

調味料

海鹽 3 克
黑胡椒碎 適量
沙律醬..... 適量

容器 / 附件

波浪形金屬盤 (下層)



操作方法

1. 三文魚用錫紙包裹住，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
2. 選擇程序，開始烹調。
3. 烹調結束後，取出三文魚，蔬菜洗淨，瀝幹水分，鋪在沙律碗內，上面放上烤好的三文魚，撒上鹽、黑胡椒碎和沙律醬即可。



嫩烤五花肉（3 人份）

47

原料

豬五花肉 1000 克

調味料

粗鹽 20 克

五香粉 2 克

黑胡椒粉 2 克

蘋果醋 30 克

醬汁

蜂蜜 10 克

米醋 10 克

水 60 克

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 取一小碗，將粗鹽、五香粉和黑胡椒粉拌勻，再均勻的塗抹在五花肉四周。
2. 在整張五花肉的皮上，用刀切出呈 45 度角，間隔 2.5 厘米的紋路，完成後再換另一個方向切出同樣的紋路，形成漂亮的正方形，注意力度不要太大，在豬皮表面切即可，不要切至皮下的肉處。
3. 再用刷子將蘋果醋均勻的塗抹在已調味的肉上。
4. 用錫紙將五花肉包裹起來，四周不留空隙，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
5. 選擇程序，開始烹調。
6. 烹調結束後，取出五花肉，用廚房紙吸幹水分，在表皮刷上一層事先調好的醬汁。
7. 錫紙折成碗狀，將五花肉表皮朝上的放在裡面，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門，選擇**烘烤 200°C**設置 15 分鐘左右，或至五花肉表皮上色為止。
8. 烹調結束後，將五花肉切成薄片，即可食用。



香嫩豬肋排（3 人份）

48

原料

整塊豬肋排.....800 克

調味料

糖.....30 克

生抽.....45 克

鹽.....3 克

黑胡椒碎.....1 克

五香粉.....1 克

蒜泥.....25 克

粟粉.....6 克

蜂蜜.....20 克

蒜粒.....20 克

操作方法

1. 豬肋排洗淨擦乾表面水分，撒上除蜂蜜和蒜粒以外的所有調味料，塗抹均勻，醃制約 1 小時左右。
2. 將醃制好的豬肋排用錫紙嚴實的包裹起來，四周不留空隙，放在波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
3. 選擇程序，開始烹調。
4. 取 10 克剩餘的醃料與蜂蜜混合成醬料，備用；錫紙折成碗狀，待用。
5. 烹調結束後，取出豬肋排，擦乾表面汁水，刷上準備好的醬料，再撒上剩餘的蒜粒。
6. 將豬肋排放入碗狀錫紙內，放在波浪形金屬盤上，放入爐腔下層托盤架，選擇**烘烤 200°C**設置 10 分鐘左右，或者增減時間至想要的上色程度即可。

容器 / 附件

波浪形金屬盤（下層）





烤番薯（500 克）

49

原料

番薯 500 克

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 番薯洗淨，擦乾水分，用叉子隨意的在表面紮若干小孔。
2. 波浪形金屬盤內鋪錫紙，將番薯均勻的擺放在上面，放入爐腔下層托盤架，並關好爐門。
3. 選擇程序，開始烹調。

備註

1. 番薯約 250 克左右一個，較大的話可以切半再烘烤。



白果百合炒西芹（3 人份）

50

原料

西芹	150 克
鮮白果仁	30 克
鮮百合	30 克

調味料

油	25 克
蒜末	2 克
糖	3 克
鹽	2 克

容器 / 附件

1.25 升微波耐熱容器、加蓋



操作方法

1. 鮮白果仁浸泡 1 小時；西芹洗淨，切塊；百合洗淨，待用
2. 微波耐熱容器內放入所有原料和調味料，加蓋，放入平板玻璃中央，並關好爐門。
3. 選擇程序，開始烹調。
4. 聽到蜂鳴聲後，取出攪拌均勻，加蓋，放回平板玻璃中央，繼續烹調至結束。

備註

1. 鮮白果仁也可以用約 30 克玉米粒替代。



煲仔飯 (300 克)

51

原料

米	300 克
臘肉	60 克
香腸	60 克
建議加水量.....	400-500 克

容器 / 附件

2.25 升微波耐熱燉鍋、加蓋



操作方法

1. 臘肉和香腸洗淨，切片，待用。
2. 米洗淨後加水浸泡 10 分鐘左右（食材的量不可超過器皿容量的一半，以防滾泄），鋪上臘肉和香腸，加蓋。
3. 將微波耐熱容器放入平板玻璃中央，並關好爐門。
4. 選擇程序，開始烹調。

備註

1. 因大米的種類較多，吸水量不同，請酌情增減水量。



西班牙海鮮飯（3 人份）

52

原料

冷飯	400 克
貽貝	70 克
蝦	70 克
墨魚圈	30 克
雞腿肉	100 克
洋蔥	100 克
雜菜	100 克

調味料

白胡椒粉	適量
鹽	6 克
橄欖油	30 克
蒜末	10 克
白葡萄酒	10 克
黑胡椒粉	適量
檸檬	1 片

操作方法

1. 雞腿肉去皮，切丁，加白胡椒粉和 3 克鹽醃制約 30 分鐘。
2. 貽貝、墨魚圈和蝦洗淨，蝦去泥沙線，放入沸水中焯約 5-10 秒；洋蔥切丁，待用。
3. 微波耐熱容器內依次加入橄欖油、洋蔥丁和蒜末，略攪拌後加蓋，放入平板玻璃中央，並關好爐門。
4. 選擇程序，開始烹調。
5. 聽到第一次蜂鳴聲，加入雞腿肉，攪拌後加蓋，放回平板玻璃中央，繼續烹調。
6. 聽到第二次蜂鳴聲，加入冷飯、雜菜、黑胡椒粉和剩餘的鹽，攪拌後加蓋，放回平板玻璃中央，繼續烹調。
7. 聽到第三次蜂鳴聲，加入貽貝、蝦、墨魚圈和白葡萄酒，攪拌後加蓋，放回平板玻璃中央，繼續烹調至結束。
8. 出爐後淋上檸檬汁，攪拌均勻即可。

容器 / 附件

3.5 升微波耐熱容器、加蓋





西蘭花煙肉意粉（3 人份）

53

原料

西蘭花.....	100 克
煙肉	75 克
意粉	100 克

調味料

水	1 升
蒜蓉	10 克
油	5 克
鹽	2 克
黑胡椒碎	適量

容器 / 附件

微波耐熱碗、
3.0 升微波耐熱容器、加蓋



操作方法

1. 西蘭花洗淨，切成小朵待用。
2. 煙肉切成小片，加入蒜蓉，放在微波耐熱碗中，放入平板玻璃中央，並關好爐門，用微波 600 W 加熱約 1 分 20 秒，途中攪拌一次。
3. 另取一個 3.0 升的微波耐熱容器加入水，放入意粉，加鹽和油，加蓋，放入平板玻璃中央，並關好爐門。
4. 選擇程序，開始烹調。
5. 聽到蜂鳴聲，取出攪拌，不用加蓋，放回平板玻璃中央，繼續烹調。
6. 聽到第二次蜂鳴，取出攪拌，加入西蘭花，不加蓋，放回平板玻璃中央，繼續烹調至結束。
7. 烹調結束後，取出，瀝幹水分，裝盤，加入煮好的煙肉片，加入黑胡椒碎，拌勻即可。



冬陰功湯（3 人份）

54

原料

蝦	150 克
魚片	150 克
蘑菇	50 克
洋蔥	100 克
番茄	160 克
椰漿	50 克
小青檸	15 克
香菜	20 克
小米辣	20 克
香茅	20 克
高湯	800 克

調味料

鹽	3 克
幹辣椒	2 個
油	40 克
薑末	5 克
蒜片	5 克

操作方法

1. 魚片和蝦洗淨，蝦去泥沙線；蘑菇、番茄、小青檸切片；洋蔥、小米椒切絲；香茅切段。
2. 幹辣椒一切二，放入微波耐熱容器內，依次加入油、薑末、蒜片和洋蔥絲，攪拌均勻，加蓋，放入平板玻璃中央，並關好爐門。
3. 選擇程序，開始烹調。
4. 聽到第一次蜂鳴聲，加入所有剩餘原料和調味料，攪拌均勻，加蓋，放入平板玻璃中央，繼續烹調。
5. 聽到第二次蜂鳴聲，取出攪拌均勻，加蓋，放回平板玻璃中央，繼續烹調至結束。

容器 / 附件

3.25 升微波耐熱容器、加蓋





日式炸蝦（3 人份）

55

原料

鮮蝦 500 克（約 20 個）
雞蛋液 25 克
麵包糠 50 克
薑絲 適量

調味料

料酒 10 克
油 25 克
鹽 適量

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 鮮蝦去頭、去殼及腸泥，只留下尾部及第一關節的殼，加入薑絲、鹽、料酒醃製備用。
2. 碗內放入麵包糠和油，攪拌均勻，備用。
3. 波浪形金屬盤上鋪牛油紙，將鮮蝦用廚房紙擦乾水分，依次裹上蛋液和麵包糠，均勻放在波浪形金屬盤上。
4. 將波浪形金屬盤放入爐腔下層托盤架，並關好爐門。
5. 選擇程序，開始烹調。



空氣炸雞塊（3 人份）

56

原料

帶皮去骨雞腿肉 12 塊（約 360 克）

調味料

市售脆皮炸雞粉 40 克

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 雞腿肉洗淨，吸幹水分，切成每塊約 30 克的小塊。
2. 處理好的雞腿塊均勻的裹上脆皮炸雞粉，按 3x4 的方式均勻的擺放在鋪有牛油紙的波浪形金屬盤上面，雞皮朝上。
3. 將波浪形金屬盤放入爐腔下層托盤架，並關好爐門，
4. 選擇程序，開始烹調。



空氣炸豬排（2塊）

57

原料

豬大排.....	2 塊（每塊約 100 克）
麵包糠.....	40 克
麵粉.....	20 克
粟粉.....	20 克
雞蛋液.....	50 克
油.....	20 克

調味料

生抽.....	15 克
料酒.....	3 克
白胡椒粉.....	適量

容器 / 附件

波浪形金屬盤（下層）



操作方法

1. 豬大排拍松，加入調味料醃制約 30 分鐘。
2. 粟粉和麵粉混合，待用；麵包糠和油混合，待用。
3. 豬大排的表面依次均勻的裹上混合粉類、雞蛋液和麵包糠，均勻地平鋪在鋪有牛油紙的波浪形金屬盤上，放入爐腔下層托盤架，並關好爐門。
4. 選擇程序，開始烹調。

備註

1. 食用時蘸上辣醬油，味道更佳。



空氣炸薯條（3 人份）

58

原料

冷凍薯條 250 克

調味料

鹽 3 克

番茄沙司 10 克

胡椒粉 適量

容器 / 附件

空氣炸籃（下層）



操作方法

1. 將冷凍薯條平鋪在空氣炸籃上，不要重疊。
2. 空氣炸籃放入爐腔下層托盤架，並關好爐門。
3. 選擇程序，開始烹調。
4. 烹調結束後，撒上鹽和胡椒粉，攪拌均勻，蘸番茄沙司食用。

備註

1. 薯條無需解凍，直接烹調。
2. 購買預炸過的薯條效果更佳。

清潔保養設定

消毒設定

此功能有三個模式可選擇，F1（130 度消毒），F2（100 度消毒），F3（100 度快速消毒）。F1 適用於各類餐具等的消毒。F2 和 F3 適用於各類奶瓶及吸奶器等消毒。將需要消毒的餐具放置在波浪形金屬盤上，放入下層托盤架。

1

清潔保養
Cleaning

按 1 次，選擇清潔保養設定。

F1

開始/確定 加滿水

2

開始/確定
Start / Set

旋轉旋鈕選擇所需編號。

例如：F3

F3

開始/確定 加滿水

3

開始/確定
Start / Set

按開始 / 確定鍵，顯示屏開始倒數計時。

0:00

備註：

1. 每次使用前，應在一體式水箱裡加滿水。
2. 消毒時，爐腔內的溫度比較高。使用 F1（130 度消毒）前，請務必確認需要消毒的器具的耐熱溫度高於 130 攝氏度。使用 F2（100 度消毒），F3（100 度快速消毒）前，請務必確認需要消毒的器具的耐熱溫度高於 100 攝氏度。
3. 消毒時，請將奶瓶或吸奶器橫放於波浪形金屬盤中，但是不可疊放。
4. 爐腔溫度過高時，顯示屏會顯示“H0 E”，請待爐腔溫度降低，“H0 E”消失後再進行餐具消毒操作。
5. 使用消毒功能對奶瓶進行消毒時，奶瓶的數量建議不超過 3 個。

爐腔除味

此功能適用爐腔有異味時使用（需 20 分鐘）。保養前先取出所有附件，擦拭爐內臟汙。

1

清潔保養
Cleaning



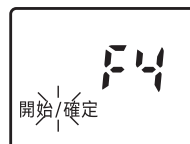
按 1 次，選擇清潔保養設定。



2



旋轉旋鈕選擇“F4”。



3

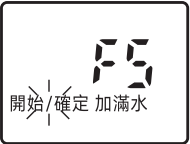


按開始 / 確定鍵，顯示屏開始倒數計時。



爐腔清潔

此功能適用於本產品爐腔油污過多時使用（需 20 分鐘），保養前先取出所有附件。

1	 清潔保養 Cleaning	按 1 次，選擇清潔保養設定。	 開始 / 確定 加滿水
2	 開始/確定 Start / Set	旋轉旋鈕選擇 “F5” 。	 開始 / 確定 加滿水
3	 開始/確定 Start / Set	按開始 / 確定鍵，顯示屏開始倒數計時。	

備註：

1. 每次使用前，應在一體式水箱裡加滿水。

爐腔烘乾

此功能可在帶有蒸氣的功能後使用，以保持爐腔的乾燥（需 15 分鐘），保養前先取出所有附件。

1

清潔保養
Cleaning



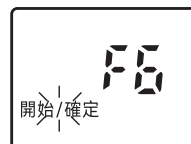
按 1 次，選擇清潔保養設定。



2



旋轉旋鈕選擇“F6”。



3



按開始 / 確定鍵，顯示屏開始倒數計時。



微波解凍建議時間

解凍所需準備：

1. 厚保鮮紙，保鮮袋和保鮮紙都適用於包裝急凍的食物。
2. 在處理凍肉類、家禽類和魚類時，應將食物分成一到兩層包好，兩層之間可鋪一張牛油紙用來間隔。
3. 排去所有氣體並密封起來。
4. 在密封袋上加標籤註明肉的種類，日期及重量。
5. 圖表中的解凍時間為完全解凍食物所需的時間（即在攝氏零下 18 度或更低的溫度下急凍至少 24 小時的食物）。

解凍方法：

1. 在碟子上放置一個解凍架，將食物從包裝中取出，並放在架子上。最後將碟子直接放在平板玻璃上。
2. 在超速解凍過程中，微波爐會發出蜂鳴器聲。當蜂鳴器響起時，我們需將解凍的肉類、禽類、魚類和貝類翻面。拆散燉肉、雞塊和肉碎。分開肉排和漢堡包的肉餅。
3. 解凍過程中，將一些已經解凍的碎肉或肉塊取出。
4. 解凍後，大塊烤肉的中心可能仍然結冰。讓它靜置 15 到 30 分鐘，並放入冰箱中繼續解凍。

解凍時間表（通過微波 300 W 解凍食物）：

食品	大致參考時間 （分鐘） （以 500 克計）	說明
肉類		
牛肉		在解凍的半途中，弄散絞碎的牛肉、分開肉排，並取出部份已解凍的肉類。 解凍過程中，將肉類翻轉兩至三次。 大塊烤肉的中心可能仍然結冰。可以擱置一段時間。
碎牛肉	6 - 8	
烤：牛腿肉	7 - 9	
烤：牛柳	7 - 9	
烤：頸部或臀部	6 - 8	
烤：牛腩，牛肉卷	7 - 9	
牛扒	6 - 7	
牛五花	6 - 8	
羊肉		
燒羊肉	6 - 8	
羊扒	5 - 7	
羊肋骨	5 - 7	
家禽類		
全雞	7 - 9	在解凍過程中將禽類翻轉兩至四次。 弄散雞塊，並將小塊的雞塊取出，例如雞翼部位會比大塊的雞肉更快完成解凍。 用冷水沖洗家禽去除表面的冰晶。在烹飪前，請將它放置五至十分鐘。
雞塊	6 - 8	
雞柳	6 - 8	
鴨	6 - 8	
火雞	7 - 9	
魚類 & 貝類		
魚柳	6 - 8	在解凍的半途中，將整條魚或魚肉件翻轉。此外，分開蝦和貝類，並取出已經解凍的部分。 在烹飪前，請將它放置五至十分鐘。
整條魚	6 - 8	
蟹肉	5 - 7	
龍蝦尾	5 - 7	
帶子	4 - 6	
大蝦	5 - 7	

翻熱食譜建議時間

表格中的建議時間僅供參考，加熱時間長短取決於初始溫度，食物的份量及容器大小。

烹調項目	初始狀態	再加熱份量	附件 / 放置位置	加熱程序	加熱時間	說明
冷飯	冷藏	1 人份 (150 克)	微波耐熱碗 / 平板玻璃	800 W	1 分鐘 - 1 分 10 秒	覆膜
		2 人份 (300 克)			2 分鐘 - 2 分 10 秒	覆膜
冷菜	冷藏	1 人份 (150 克)	微波耐熱碗 / 平板玻璃	800 W	2 分鐘 - 2 分 20 秒	覆膜
		2 人份 (300 克)			3 分 40 秒 - 4 分鐘	覆膜
炒麵	冷藏	1 人份 (200 克)	微波耐熱碗 / 平板玻璃	800 W	1 分 30 秒 - 1 分 50 秒	覆膜
炸豬排	冷藏	1 塊 (180 克)	波浪形金屬盤 / 下層	烘烤 200°C (無預熱)	16 分鐘 - 18 分鐘	—
蒸三文魚 *	冷藏	2 塊 (280 克)	波浪形金屬盤 / 下層	原氣蒸 100°C	11-12 分鐘	—
蒸馬鈴薯 *	常溫	500 克	波浪形金屬盤 / 下層	原氣蒸 100°C	23-24 分鐘	—
大肉包 *	冷藏	2 個 (240 克)	波浪形金屬盤 / 下層	原氣蒸 100°C	19-20 分鐘	—
燒賣 *	冷藏	6 個 (300 克)	波浪形金屬盤 / 下層	原氣蒸 100°C	17-18 分鐘	—
三文治	冷藏	1 個 (150 克)	微波耐熱淺盤 / 平板玻璃	1000 W	30 秒	覆膜
黃酒	常溫	1 杯 (200 毫升)	微波耐熱杯 / 平板玻璃	800 W	1 分 20 秒	—
咖啡	常溫	1 杯 (200 毫升)	微波耐熱杯 / 平板玻璃	1000 W	1 分鐘	—
菜湯或肉湯	冷藏	1 人份 (200 克)	微波耐熱碗 / 平板玻璃	800 W	1 分 40 秒 - 2 分鐘	覆膜
		3 人份 (600 克)			6 分鐘 - 6 分 30 秒	覆膜
牛油	冷藏	100 克	微波耐熱淺盤 / 平板玻璃	300 W	2 分 30 秒	覆膜
朱古力	常溫	50 克	微波耐熱淺盤 / 平板玻璃	300 W	4 分 30 秒	—

備註：

- 烹調前，請選擇合適的微波耐熱烹調器皿。
- 冷藏指存放溫度為 0-3 攝氏度之間，若食物為常溫狀態，請酌情減少加熱時間。
- 帶 “*” 為使用蒸氣的菜譜，務必在烹調前給一體式水箱加滿水。

常用食譜烹調建議時間

表格中的建議時間僅供參考，烹調時間長短取決於初始溫度，食物的份量及容器大小。

烹調項目	份量	附件 / 放置位置	烹調程序	參考時間	說明
牛排舒肥 *	2 塊 (200 克)	波浪形金屬盤 / 下層	低溫蒸 70°C	60 分鐘	牛排吸幹水分，放入密實袋中抽真空；在烹調結束後平底鍋內放少量油，表面煎至上色即可。
蒸蝦 *	350 克	波浪形金屬盤 / 下層	低溫蒸 90°C	14-15 分鐘	鮮蝦洗淨，加料酒和蔥薑拌勻後，平鋪在波形盤上，勿重疊。
蒸米飯 *	3 人份	波浪形金屬盤 / 下層	原氣蒸 100°C	30 分鐘	大米 200 克，水 240 克
蒸蛤蜊 *	500 克	波浪形金屬盤 / 下層	高溫蒸 120°C	14-15 分鐘	蛤蜊洗淨，加料酒和蔥薑拌勻後，平鋪在波形盤上，勿重疊。
蒸臘味 *	200 克	波浪形金屬盤 / 下層	高溫蒸 130°C	23-27 分鐘	臘肉、臘腸洗淨切片後平鋪在耐熱淺盤內，勿重疊兩層以上。
無水鹵牛腱 *	500 克	波浪形金屬盤 / 下層	蒸氣燉 S	2.5 小時	牛腱洗淨，加生抽、豆瓣醬和各種香料醃制過夜，用鋁箔包裹後烹調。
蒸番薯 *	3 個 (700 克)	波浪形金屬盤 / 下層	原氣蒸 100°C	30 分鐘	番薯洗淨即可。
烤時蔬	350 克	波浪形金屬盤 / 下層	烘烤 200°C (有預熱)	7-19 分鐘	茄子、青椒、紅蘿蔔、馬鈴薯、蘆筍等根莖類蔬菜，洗淨後切成合適的大小，加黑胡椒碎、生抽、橄欖油醃漬 10 分鐘。
烤蘑菇	16 個 (230 克)	波浪形金屬盤 / 下層	烘烤 190°C (有預熱)	10-11 分鐘	鮮蘑菇洗淨，去根，碗口朝上，烹調結束後撒上黑胡椒碎和海鹽即可。
烤羊肉串	12 串 (250 克)	波浪形金屬盤 / 下層	烘烤 210°C (有預熱)	8-9 分鐘	市售冷凍羊肉串，需解凍。
烤牛肉串	12 串 (320 克)	波浪形金屬盤 / 下層	烘烤 230°C (有預熱)	9-10 分鐘	市售冷凍牛肉串，需解凍。
烤羊肉塊	1 塊 (1000 克)	波浪形金屬盤 / 下層	烘烤 190°C (有預熱)	70-75 分鐘	羊肉塊洗淨醃制後烹調，三分之二時間翻面。
烤牛肉塊	1 塊 (1000 克)	波浪形金屬盤 / 下層	烘烤 170°C (有預熱)	75-80 分鐘	牛肉塊洗淨醃制後烹調，一半時間翻面。
冷凍比薩	1 個 (300 克)	波浪形金屬盤 / 下層	烘烤 200°C (有預熱)	9-10 分鐘	市售冷凍比薩，無需解凍。
炸薯餅	6 塊 (390 克)	波浪形金屬盤 / 下層	烘烤 230°C (無預熱)	19-21 分鐘	市售冷凍薯餅，無需解凍。
炸冷凍鹽酥雞	350 克	波浪形金屬盤 / 下層	烘烤 230°C (無預熱)	23-25 分鐘	市售冷凍鹽酥雞，無需解凍。
炸冷藏春捲 (鹹餡)	6 個 (200 克)	波浪形金屬盤 / 下層	烘烤 230°C (無預熱)	19-21 分鐘	市售冷藏春捲，四周刷油。
炸冷凍雞塊	12 塊 (250 克)	波浪形金屬盤 / 下層	烘烤 230°C (無預熱)	16-17 分鐘	市售冷凍雞塊，無需解凍。

烹調項目	份量	附件 / 放置位置	烹調程序	參考時間	說明
炸冷凍鱈魚排	6 塊 (230 克)	波浪形金屬盤 / 下層	烘烤 230°C (無預熱)	22-24 分鐘	市售冷凍鱈魚排，無需解凍，四周刷油。
炸冷凍雞翼根	6 個 (540 克)	波浪形金屬盤 / 下層	烘烤 230°C (有預熱)	28-30 分鐘	市售冷凍雞翼根，無需解凍。
炸冷凍雞翼	9 個 (430 克)	波浪形金屬盤 / 下層	烘烤 230°C (有預熱)	20-22 分鐘	市售冷凍雞翼，無需解凍。

備註：

- 烹調前，請酌情選擇合適的烘焙紙或鋁箔。
- 帶 “*” 為使用蒸氣的菜譜，務必在烹調前給一體式水箱加滿水。
- 冷凍指存放溫度為 -18 攝氏度。

要求修理服務之前

下列情況均屬正常：

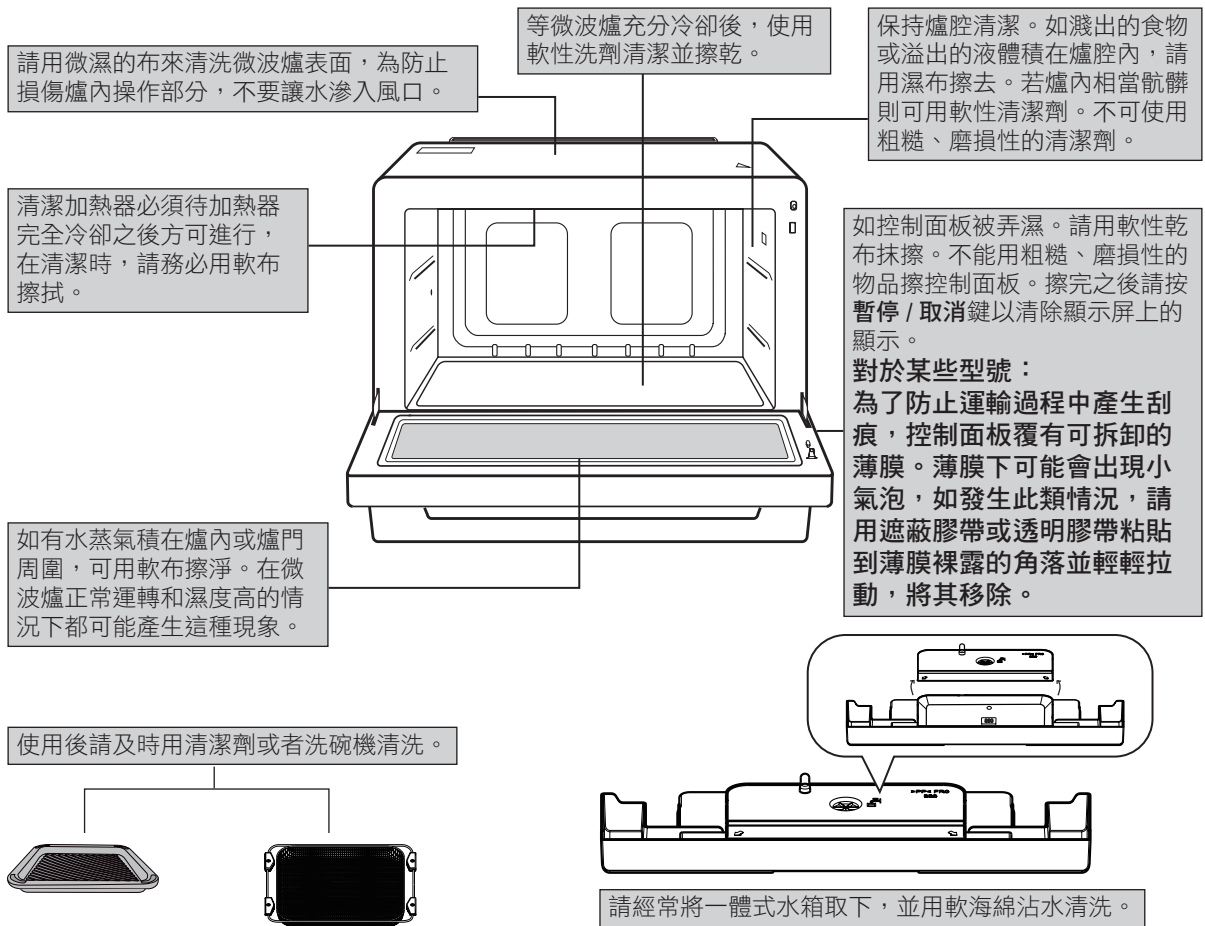
微波爐干擾電視接收。	使用微波爐時，收音機，電視機，無線上網，無線電話，嬰兒監視器，藍牙或其他無線設備可能會受到干擾。此等干擾類似一些小型電器，如攪拌機，吸塵器，電風扇等所引起之干擾。這並非表示微波爐發生故障。
蒸氣積聚於腔體內和爐門表面從而形成水滴，有熱風從排氣口排出。	烹調時，食物會有蒸氣散發，大部分會從排氣口排出，但蒸氣會於較涼的地方如腔體裡面及爐門上少量凝聚，這是正常現象。等產品冷卻後可以使用抹布等進行擦拭。
爐門內有少量蒸氣集聚。	烹調時，蒸氣會於較涼的地方如爐門內少量凝聚，這是正常現象，微波爐仍可安全使用。
未有擺放食物而不慎啟動微波爐。	短時間空爐工作，對於微波爐不會即時造成損害。但用戶應盡量避免這樣使用微波爐。
使用 組合功能 功能時，微波爐有聲響發出。	這些聲響是因為微波爐功能切換的提示，故這屬正常現象。
當使用 烤焗，氣炸，預熱和組合功能 時，微波爐有白煙冒出及產生異味。	微波爐必須定期洗抹乾淨，特別在使用 烤焗，氣炸，預熱和組合功能 後。任何積聚在爐頂及爐壁的油漬，都會引起白煙冒出。
首次使用 蒸，烤焗，氣炸，預熱和組合功能 時，通風口會有少量煙冒出。	這是由爐腔裏保護部件的過多的油脂引起的。
烹調結束後，電動風扇繼續工作。	在使用微波爐後，電動風扇會繼續工作數分鐘以冷卻內部電器部件。
使用 帶有蒸氣的功能 時有聲音。	這是一體式水箱吸水時混入空氣造成的聲音，這是正常現象。
使用各種烘焗功能的過程中及之後，爐腔後部可能會發出“吧嗒…吧嗒…”的聲音。	這是由於產品使用的金屬材料發生熱脹冷縮造成的原因，屬於正常現象。
蒸氣從爐門四周縫隙處溢出。	使用與蒸氣相關的功能時，產品運轉過程中爐腔內會產生大量蒸氣，部分蒸氣可能從門縫四周漏出，這是正常現象。

問題	起因	解決方法
微波爐無顯示。	沒有插緊電源。	拔除插頭，待 10 秒鐘後再重新插上電源。
	保險絲燒掉或電路斷路器發生作用。	聯絡指定維修點進行維修。
	插座有問題。	用其他電器再測試插座是否有問題。
微波爐未能啟動加熱。	爐門未關妥。	小心關好爐門。
	未按 開始 / 確定 鍵。	按 開始 / 確定 鍵。
	輸入其他程序。	按 暫停 / 取消 鍵清除已輸入的程序，然後重新輸入烹調程序。
	烹調程序輸入錯誤。	參考說明書，正確輸入烹調程序。
	不慎按下 暫停 / 取消 鍵。	重新輸入烹調程序。
顯示屏顯示 “H98”	爐腔溫度過熱。	等待爐腔冷卻後再使用。
只有 “U14” 出現在顯示屏上。	一體式水箱中沒有水。	料理中前兩次出現 U14，請重新在水箱中加滿水，裝回到本產品，按 開始 / 確定 鍵繼續烹調。如果第三次再出現 U14 則不可再繼續烹調，請重新在水箱中加滿水。裝回到本產品並按 暫停 / 取消 鍵後重新設定。
微波爐停止工作並且顯示屏顯示 “H + 數字 (例如：H98)”	微波爐發生系統故障。	聯絡代理商的維修部門。
顯示屏顯示 “  ”。	輕按 開始 / 確定 鍵兩次，再長按一次。兒童安全鎖被設定。	輕按 暫停 / 取消 鍵兩次，再長按一次即可取消。
蒸氣噴出口、積水盤或爐腔內出現白色的粉末	未按要求用水。 (參見第 19 頁)	聯絡代理商的維修部門。

若微波爐出現故障，請立即聯絡代理商的維修部門。

微波爐的保養

清洗微波爐之前，須從插座上拔下插頭。



備註：

1. 當使用**烘烤、氣炸和組合功能**時，有些食物的油漬可能會留在爐的內壁上。如不作定期清洗，可能在使用時冒煙。這些污漬必須及時清洗。
2. 當使用**烘烤、氣炸和組合功能**烹煮後，必須使用溫和的清潔劑清洗爐的內壁，特別是要保持爐內腔體的清潔。如爐內藏有頑固的污漬，可使用少量的洗劑或噴劑，沾在軟而濕的抹布上，塗在污漬部份，稍等一會，再抹乾便可。以上清洗方法不可使用於爐門，只須用布抹淨便可。
注意：請勿將洗劑或噴劑直接噴在爐壁上。
請勿使用蒸氣清潔器清潔微波爐。
3. 未能保持微波爐清潔可能導致微波爐表面損壞，這將影響爐子的使用壽命或導致其有所損壞。
4. 當高頻率使用蒸氣功能，特別是在高濕度或通風條件差的使用環境下，有可能有少量蒸氣凝結水滴落在微波爐放置的工作臺上，請及時擦除。
5. 如需更換微波爐燈，請與 **Panasonic** 維修中心聯繫。

規格

型號：		NN-DS59RW
額定電壓：		220 V~, 50 Hz
消耗功率：	微波	5.4 A 1200 W
	烘烤	8.6 A 1890 W
	純蒸氣	4.7 A 1030 W
	組合功能	8.6 A 1890 W
電源要求（初期最大）：		1930 W
輸出功率：	微波 *	1000 W
爐身體積（寬 × 高 × 深）：		470 毫米（寬）x 350 毫米（高）x 390 毫米 (436 毫米)**（深）
爐內體積（寬 × 高 × 深）*：		385 毫米（寬）x 210 毫米（高）x 341 毫米（深）
爐腔容積 *：		28 L
操作頻率：		2450 MHz
淨重：		大約 15 千克

中文

** 390 毫米是未包含門把手的尺寸
436 毫米是包含了門把手的尺寸

* IEC 程序測試規格

規格如有改動無須先行通知。

關於所需電壓，生產國家和編號，請查閱微波爐的產品標籤。

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