



# Steamed Branzino

## Ingredients:



**A:** 1 fresh branzino (about 1 lb per fish)

**B:** Ginger slice (1/2 oz), scallion (1/3 oz), salt (1/4 tsp), and cooking wine (1 tbsp)

**C:** Shredded scallion (a little), shredded ginger (a little), soy sauce for steamed fish (2 tbsps), and edible oil (2 tbsps)

## Tools:



1 perforated steaming plate



1 frying pan



1 set of measuring spoons



1 fish plate

## Steps:

- 1 Remove scales and gills on both sides of the branzino. Then wash and drain away the water, and make three cuts on both sides of the thick back side of the fish.
- 2 Spread out the prepared ginger slices and scallions at the bottom of the fish plate and place the fish on top of them. Then spread it evenly with salt. Pour in the cooking wine, and let the fish marinate for 10 min.
- 3 After marinating, put the fish plate on the perforated steaming plate, and put it into the middle layer of the machine, take out the water tank and fill it with water.
- 4 Turn on the power of the oven, select "Smart Cooking-P01", and press OK to start cooking.
- 5 After the cooking is done, carefully remove it from the oven, and gently pour out the liquid. Sprinkle the shredded scallion and ginger on the branzino, and then evenly sprinkle the fish with seasoned soy sauce for seafood.
- 6 Heat the frying pan and pour in the edible oil. Heat it to 70% hot (slightly smoky). Once heated, pour the hot oil on the fish evenly and serve while the dish is still hot.

• **Tips:** Putting ginger slices and scallions at the bottom of the plate is conducive to the circulation of hot air and makes the dishes easier to cook.



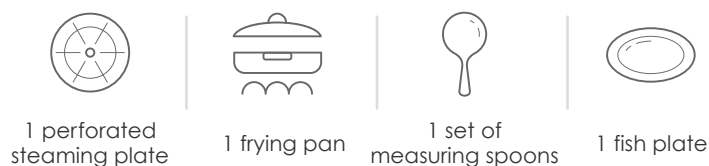
# Steamed Halibut/Cod

## Ingredients:



- A:** 1 fresh cod head or filet of cod (about 1 to 1.5 lbs)
- B:** Scallion (2 stems), ginger slice (2 pcs), salt (1/2 tsp), and cooking wine (2 tbsps)
- C:** Edible oil (2 tbsps), ginger slice (2 pcs), garlic (2 cloves), green garlic (1 clove), fermented soya beans (2 tbsps), green chopped chili (4 tbsps), red chopped chili (4 tbsps), salt (1/4 tsp), water (2 tbsps), cooking wine (1 tbsp), and starch water (1 tbsp)
- D:** Chili oil (2 tbsps)

## Tools:



- 1 perforated steaming plate
- 1 frying pan
- 1 set of measuring spoons
- 1 fish plate

## Steps:

- 1** Remove scales and gills on both sides of the fish. Wash and drain away the water. Split the fish head in half along the dorsal fin, and then make a cut on the thick part of the fish's back
  - 2** Spread out the prepared ginger slices and scallions at the bottom of the fish plate and place the fish on top of them. Then spread it evenly with salt. Pour in the cooking wine, and let the fish marinate for 10 min.
  - 3** Finely mince the ginger, cut the garlic into slices and then cut green garlic into sections.
  - 4** Heat the frying pan, add the edible oil, and pour in the minced ginger, garlic slices, green garlic sections and garlic leaves. Start to stir fry them, and add the fermented soya beans, green chopped chili and red chopped chili into the pan, and keep stir frying them. Add salt, water and cooking wine to the pan, and finally add starch water to thicken the sauce. Then pour the prepared broth on the carp head.
  - 5** Place the fish on the perforated steaming plate and put it into the middle layer of the machine. Take out the water tank and fill it with water.
  - 6** Turn on the power of the oven, select "Smart Cooking-P02", and press OK to start cooking.
  - 7** After cooking is done, carefully take it out of the oven. Heat the frying pan, pour in the chili oil, and heat to 70% hot (slightly smoke). Once done, pour the hot oil on the fish head evenly, and serve while the dish is still hot.
- **Tips:** It is suggested to adjust the amount of chopped chili according to personal taste.



## Steps:

- 1 Brush the scallop shell clean, put a thin spoon close to the flat shell wall of the scallop and slowly pry it open. Then remove the scallop meat from the shell and cut off the gills on both sides. Keep the cylindrical meat, the crescent-shaped roe and rim, and then make oblique cuts on the scallop meat.
- 2 Cut the Longkou vermicelli mentioned in Item B into sections with a length of 3.2". Then soak them in boiling water for approximately 10 min, and then cut the spring onion and red pepper into small pieces.
- 3 Minced garlic: heat the frying pan and add the edible oil and minced garlic. Stir fry over low heat, and take it out when the minced garlic becomes light yellow. Set it aside.
- 4 Sauce: add all the ingredients mentioned in Item D into a small bowl, and stir well.
- 5 Put the vermicelli on the concave shell and roll the vermicelli by hand to gather them together. Then neatly put the scallop meat on the vermicelli. Scoop out the sauce with a small spoon and pour it evenly on the scallop meat. Then scoop out the minced garlic and pour it on the scallop meat. Finally put the scallop and vermicelli on the steaming and toasting plate and put it in the middle layer of the machine. Take out the water tank and fill it with water.
- 6 Turn on the power of the oven, select "Smart Cooking-P03", and press OK to start cooking.
- 7 After the cooking is done, take it out of the oven and sprinkle with chopped spring onion and red pepper cubes for decoration, and serve while the dish is still hot.

• **Tips:** It is best to process and cook any shellfish them when they are fresh. Failure to do so can result in food poisoning.

# Steamed Scallops

## Ingredients:



**A:** 6 fresh scallops

**B:** Longkou vermicelli (1.5 oz), spring onion (1 piece), and red pepper (1/4 piece)

**C:** Edible oil (5 tbsps) and minced garlic (1.75 oz)

**D:** Light soy sauce (4 tps), cooking wine (1 tbsp), chicken essence (1/2 tsp), and white pepper powder (1/2 tsp)

## Tools:



1 steaming and toasting plate



1 frying pan



1 set of measuring spoons



# Steamed Maryland Crab



## Ingredients:



**A:** 8 Maryland crabs (about 5 to 6 oz each)

**B:** Ginger slice (8 pcs), spring onion (1 piece), and cooking wine (2 tbsps)

**C:** Ginger slice (2 pcs), light soy sauce (1 tbsp), and aromatic vinegar (1 tbsp)

## Tools:



1 steaming  
and toasting plate



1 small bowl



1 set of  
measuring spoons

## Steps:

- 1 Soak the crabs in water (no need to remove the claw safety rope), and clean them with a brush.
- 2 Put the crabs on the steaming and toasting plate with their belly upward. Then place the spring onion and ginger mentioned in Item B and mix it with the cooking wine, and pour it on to the crabs. Then put the crabs into the middle layer of the machine and take out the water tank to fill it with water.
- 3 Turn on the power of the oven, select "Smart Cooking-P04", and press OK to start cooking.
- 4 Finely chop the ginger mentioned in Item C and put it into a small bowl. Pour in the light soy sauce and aromatic vinegar and mix it well and set it aside. This will be your dipping sauce.
- 5 After the cooking is done, take out the crabs and put them on a plate. Dip them in the sauce when eating.

- **Tips:** It is best to process and cook any shellfish them when they are fresh. Failure to do so can result in food poisoning.



# Steamed Shrimp



## Ingredients:



**A:** Fresh shrimp (about 1lb)

**B:** Salt (1/4 tsp) and cooking wine (1 tsp)

**C:** Edible oil (3 tbsp), pod pepper (4 pcs), minced ginger (1 tsp), minced garlic (1 oz), cooking wine (1 tbsp), salt (1/4 tsp), light soy sauce (1 tsp), dark soy sauce (1/2 tsp), chicken essence (1/2 tsp), and zanthoxylum oil (1/4 tsp)

## Tools:



1 perforated steaming plate



1 frying pan



1 set of measuring spoons



1 shallow tray

## Steps:

- 1 Wash the shrimp and cut off the feet. Cut the shrimp along the backside with a knife and spread salt evenly from item B. Then pour in the cooking wine and let it marinate for 10 min.
- 2 Heat the frying pan, pour in the edible oil, pod pepper, minced ginger and minced garlic mentioned in Item C, and stir fry over low heat until you can smell a spicy aroma. Then ladle out the sauce into a small bowl. After cooling, add cooking wine, salt, light soy sauce, dark soy sauce, chicken essence and zanthoxylum oil, and mix well.
- 3 Put the prepared ingredients and shrimp in a shallow tray and mix it all together very well. Then put the tray on the perforated steaming plate and put it in the middle layer of the machine. Take out the water tank and fill it with water.
- 4 Turn on the power of the oven, select "Smart Cooking-P05", and press OK to start cooking.
- 5 After cooking, take it out, and serve while the dish is still hot.

• **Tips:** It is better to cut the back of shrimp and remove the main vein for the sake of cleanliness and good taste.



# Steamed Clams



## Ingredients:



**A:** Fresh clams (3/4 lb)

**B:** Butter (1 tbsp), olive oil (1 tbsp), white spirit (1 tsp), garlic (2 cloves), and fresh parsley (a little)

## Tools:



1 perforated steaming plate



1 shallow tray



1 set of measuring spoons

## Steps:

- 1 Wash clams, thoroughly to remove all the dirt and silt from the shells. Then chop the garlic and parsley into small pieces.
- 2 Mix the clams with the seasonings mentioned in Item B and put them into the shallow tray.
- 3 Put the tray on the perforated steaming plate, and put it in the middle layer of the machine. Take out the water tank and fill it with water.
- 4 Turn the power on for the machine, select "Smart Cooking-P06", and press OK to start cooking.
- 5 After cooking, carefully take it out, and serve.

• **Tips:** Serve the clams and all the juice from the clams cooking, over spaghetti or linguini.



# Steamed Buns



## Ingredients:



**A:** Plain flour (1.5 cups), salt (1/3 tsp), white sugar (3 tsp), and yeast (1 tsp)

**B:** Warm water (5 ½ oz), water temperature 95°C - 104°F i.e. you can slightly feel the temperature when touching the water.

## Tools:



1 perforated steaming plate



1 set of measuring spoons



1 electronic scale



several silicon paper pads

## Steps:

- 1** Kneading: mix all the ingredients mentioned in Item A well. Pour the water mentioned in Item B into the flour. Stir it into dough balls using chopsticks, and then knead it into smooth dough by hand (kneading time should be controlled within 10 min, or use the kneader to stir at medium speed for 2 min, and then turn to high speed for 4 min).
- 2** Cutting: knead the dough into a long strip and keep the surface smooth. Then cut it into small pieces (1 ¾ oz - 2 oz / piece) with a knife. Put the small pieces on the perforated steaming plate padded with silicon paper pad, with a certain interval in the middle. Put the steaming plate into the middle layer of the machine, take out the water tank and fill it with water.
- 3** Turn on the power of the machine, select "Fermentation" mode, set 95F for 30-40 min, and press OK to start fermentation.
- 4** After fermentation is done, select "Smart Cooking-P07", and press OK to start cooking.
- 5** After cooking, take it out, and serve while it is still hot.

- **Tips:** 1. Please ferment the dough as per Step 3 because the Smart Cooking function is only available for fermented dough. 2. Cold water can be used when the room temperature is high, and warm water can be used when the room temperature is low. 3. Based on the different water absorption rates of flour, you may need to add more water in several times to get the consistency of dough.



# Rice

## Ingredients:



**A:** Rice (7 oz) and water (8.5 oz)

## Tools:



1 perforated steaming plate,



1 cooking basin



1 electronic scale

## Steps:

- 1** Weigh the rice and wash it, pour it into a deep bowl, add water (recommended ratio: dry rice: water = 1:1.1-1:1.2), and shake gently to make the water and rice evenly distributed.
- 2** Put the bowl on the perforated steaming plate, put it into the middle layer of the machine, take out the water tank and fill it with water.
- 3** Turn on the power of the machine, select "Smart Cooking-P08", and press OK to start cooking.
- 4** After cooking is done, take it out, and serve while it is hot.

- Tips:** 1. If you like dry and hard rice taste, you can reduce the amount of water slightly. If you like the soft and sticky taste, you can increase the amount of water slightly.  
2. The depth and thickness of the bowl should not be too large. Do not use a thick double-layer stainless steel bowl as it can affect the cooking of the rice.





# Steamed Dumplings

## Ingredients:



**A:** Stuffing: minced pork (14 oz), cooking wine (1 tbsp) dark soy sauce (1/2 tsp), light soy sauce (2 tsp) salt (1/2 tsp), sugar (1 tsp), egg white (1 egg) minced ginger (1 tsp), chopped spring onion (1 tsp) clear water (1 3/4 oz), and sesame oil (1 tsp)

**B:** Dumpling wrapper: plain flour (10.6 oz) and warm water (5 oz, 130F)

## Tools:



1 perforated steaming plate



1 set of measuring spoons



1 electronic scale



several silicon paper pads

## Steps:

- 1 Preparing the dumpling stuffing: remove the pork rind and chop it into minced pork (or minced by meat grinder); add cooking wine, dark soy sauce, light soy sauce, salt, white sugar, egg white, minced ginger and chopped spring onion, mix well; add clear water in three times, and stir until the water is fully absorbed by the meat; add sesame oil and mix well; refrigerate for later use.
- 2 Preparing the dumpling wrapper: add warm water into the plain flour, knead it into smooth dough by hand (or use a kneader to stir for 2 min in the second gear, and stir for 6 min in the fourth gear), and leave it for 15 min to wake up the dough.
- 3 Kneading and cutting: knead the dough into a uniform strip, cut it into small pieces (about 1/2 oz for each).
- 4 Rolling: press the small pieces flat, and roll them into dumpling wrappers (about 3.5" in diameter) with a thick middle and a thin edge.
- 5 Stuffing: put about 1/2 oz or a little more of stuffing in the middle of the dumpling wrapper, and make the dumpling with a willow leaf pattern.
- 6 Steaming: put the dumplings on the perforated steaming plate padded with silicon paper pad, put the plate into the middle layer of the machine, take out the water tank and fill it with water. Turn on the power of the machine, select "Smart Cooking-P09", and press OK to start cooking.
- 7 After cooking is done, take it out, and serve while it is hot.

- **Tips:** 1. The weight of dumpling wrapper and stuffing should not exceed the weight indicated in the recipe, so as not to affect the ripeness.  
2. If you use commercially available dumpling wrappers, you may apply water on the edge of dumpling wrapper to improve the adhesion property.



# Steamed Green Beans

## Ingredients:



**A:** Green beans (10.6 oz)

**B:** Butter (2.5 tsp), salt (appropriate amount) and black pepper (appropriate amount)

## Tools:



1 perforated steaming plate



1 shallow tray



1 electronic scale

## Steps:

- 1 Mix the green beans with butter and salt, put them in a shallow tray and sprinkle with appropriate amount of black pepper.
- 2 Put the shallow tray on the perforated steaming plate, put it into the middle layer of the machine, take out the water tank and fill it with water.
- 3 Turn on the power of the machine, select "Smart Cooking-P10", and press OK to start cooking.
- 4 After cooking is done, take it out, and serve while it is hot.

• **Tips:** Try adding some fresh garlic



# Steamed Chicken

## Ingredients:



- A:** 2 big chicken legs or thighs (12 to 15 oz)
- B:** Salt (1/4 tsp), white sugar (1/4 tsp) light soy sauce (1 tbsp), starch (1 tsp), water (1 tbsp) and edible oil (1 tbsp)
- C:** Dried mushrooms (30g) shredded ginger (a little), and dark soy sauce (1 tsp)

## Tools:



1 perforated steaming plate | 1 set of measuring spoon | 1 shallow tray

## Steps:

- 1** Wash the dried mushrooms, soak them in warm water, squeeze out the water and cut them in half (small mushrooms need not be cut); add water into starch and mix well to prepare the starch water.
- 2** Wash the chicken legs or thighs and cut them into small pieces, add salt, white sugar and light soy sauce mentioned in Item B, add starch water, and mix the chicken pieces with your hands for several minutes, and finally add edible oil and mix well.
- 3** Sprinkle the dark soy sauce mentioned in Item C evenly on the bottom of the plate, spread the mushrooms face up on the plate, then spread chicken pieces on mushrooms, and sprinkle with shredded ginger and marinate for 20 min.
- 4** Put the plate on the perforated steaming plate and put it into the middle layer of the machine, take out the water tank and fill it with water.
- 5** Turn on the power of the machine, select "Smart Cooking-P11", and press OK to start cooking.
- 6** After the cooking is done, take it out, and serve while it is hot.

- **Tips:** 1. Mushrooms should be soaked until there are no hard lumps before steaming. Otherwise, it is not easy to cook thoroughly.  
2. The chicken legs can be replaced by chicken middle wings, or chicken nuggets, or thighs.



## Steps:

# Steamed Pork Chop

## Ingredients:



**A:** Streaky pork (8 to 9 oz) and taro (8 to 9 oz)

**B:** Ginger slice (2 pcs) and spring onion (2 sections)

**C:** Salt (1/4 tsp), chicken essence (1/2 tsp), white sugar (1 tsp), dark soy sauce (1 tsp), light soy sauce (2 tps), cooking wine (1 tbsp), water (2 tbsps), and spare rib sauce (2 tps)

**D:** Spring onion (2 sections), ginger slice (2 pcs) star anise (1 piece), cinnamon (1 section), and edible oil (1 tsp)

## Tools:



1 perforated steaming plate

- 1 Peel and wash the taro, and cut it into taro slices about 2" in length, 1" in width and 1/4" thickness (if the taro is too small, you may peel and cut it into 1/4" slices).
- 2 Put the streaky pork into the pot, immerse it in cold water, and add the ginger slices and spring onion mentioned in Item B; heat the pot over high heat until boiling; continue to blanch it for 10 min, ladle out the streaky pork and wash them with clean water; cut the pork into slices about 2" in length and 1/4" in thickness.
- 3 Sauce: put the ingredients mentioned in Item C into a small bowl and stir well.
- 4 Put the prepared streaky pork and taro in a bowl according to the rule of one taro slice and one pork slice in turn, and then stack it up (for small taro: one layer of pork at the bottom, then lay one layer of taro slices, and then stack it up).
- 5 Add the spring onion, ginger slices, star anise and cinnamon mentioned in Item D, and drizzle with sauce and edible oil.
- 6 Put the bowl on the perforated steaming plate, put it into the middle layer of the machine, take out the water tank and fill it with water.
- 7 Turn on the power of the machine, select "Smart Cooking-P12", and press OK to start cooking.
- 8 After cooking is done, take it out, remove the spring onion and ginger slices, and pour out the soup. Take a plate to cover the bowl, put the bowl upside down on the plate, then remove the bowl, pour the soup over the steamed pork, and serve while it is still hot.

- **Tips:** 1. When washing taro, please avoid your skin to touch mucus, to avoid itching.  
2. When slicing pork and taro, the thickness should be uniform. Too thick or too thin of slices will affect the cooking.  
3. If more soup is poured out after cooking, the soup can be heated and thickened in the pot to be poured on the pork.



# Steamed Corn

## Ingredients:

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**A:** 4 corns

## Tools:

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1 steaming  
and toasting plate

## Steps:

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- 1** Peel off the skin of the corn and remove the corn stigma. Rinse with clean water and then drain. Place the corn on the steaming and toasting plate and put it into the middle layer of the machine. Take out the water tank and fill it with water.
- 2** Turn on the power of the machine, select "Smart Cooking-P13", and press OK to start cooking.
- 3** After the cooking is done, take it out, and serve while it is hot.

• **Tips:** The steaming time should be extended according to the size and number of corn being made.



# Steamed Broccoli



## Ingredients:



**A:** Broccoli (12 oz)

**B:** Butter (2 tsp), salt (1/4 teaspoon)  
and black pepper powder (appropriate amount)

## Tools:



1 perforated  
steaming plate



1 shallow tray



1 electronic scale

## Steps:

- 1 Wash the broccoli, drain away the water, and cut it into small pieces.
- 2 Mix broccoli with butter and salt, and put it in a shallow tray, and then sprinkle with black pepper powder.
- 3 Put the shallow tray on the perforated steaming plate, and put it into the middle layer of the machine. Take out the water tank and fill it with water.
- 4 Turn on the power of the oven, select "Smart Cooking-P14", and press OK to start cooking.
- 5 After cooking is done, take it out of the oven, and serve while it is still hot.



# Steamed Asparagus

## Ingredients:



**A:** Asparagus (11 oz)

**B:** Butter (2 tsp), salt (1/4 tsp) and black pepper powder (appropriate amount)

## Tools:



1 perforated steaming plate



1 shallow tray



1 electronic scale

## Steps:

- 1 Wash the asparagus and cut it into sections in lengths of 1 ½".
- 2 Mix the asparagus with butter and salt, and then put them in a shallow tray and sprinkle them with black pepper powder.
- 3 Put the shallow tray on the perforated steaming plate and put it into the middle layer of the machine. Then take out the water tank and fill it with water.
- 4 Turn on the power to the oven, select "Smart Cooking-P15", and press OK to start cooking.
- 5 After cooking is done, take it out of the oven, and serve while it is still hot.



# Cookies

## Ingredients:



**A:** Butter (4 tbsp ), berry sugar (2 tbsp), and salt (a pinch)

**B:** Whole egg liquid (1 ½ tbsp) and milk (2 tsp)

**C:** Low-gluten flour (3 oz) and milk powder (2 tsp)

## Tools:



1 electric mixer



1 cooking basin



1 electronic scale



1 flour sifter



1 silicone scraper



1 steaming and toasting plate



1 silicon paper



1 pastry bag



1 pastry nozzle

## Steps:

- 1 Soften 4 tbsp of butter at room temperature, using the electric mixer, whip the butter until it becomes white, add 2 tbsp of berry sugar and two pinches of salt and whip it until it is twice the original volume.
- 2 Add 1 ½ tbsp of dispersed whole egg liquid into the mixture, and use the electric mixer to whip it until it is fine and even.
- 3 Add 2 tsp of milk and slightly stir them until they are fine and even.
- 4 Mix 3 oz of low-gluten flour and 2 tsp of milk powder and sift them into a biscuit paste. Then mix the biscuit paste with a scraper until it's even.
- 5 Load the biscuit paste into the pastry bag with a nozzle, and then evenly extrude 1" - 1 1/2 " cookies on the steaming and toasting plate padded with silicon paper; put the steaming and toasting plate in the middle of the machine.
- 6 Turn on the power of the oven, select "Smart Cooking-P16", and press OK to start cooking.
- 7 After cooking is done, take it out and let it cool before eating. You may seal the cookies and store them in a dry place.

- **Tips:** 1. Butter can be softened at room temperature without hard lumps. If it melts into liquid, it cannot be whipped.
- 2. Different types of pastry nozzles or biscuit molds can be used to prepare cookies in different shapes.





# Chiffon Cake

## Ingredients:

**A:** Egg white (4 egg whites), berry sugar (4 tbsp), and lemon juice (12 drops)

**B:** Low-gluten flour (6 tbsp) and corn starch (3 tsp)

**C:** Egg yolk (4 yolks), milk (4 tbsp), corn oil (3 tbsp), salt (a pinch), sifted powder (6 tbsp), and vanilla extract (4 drops, optional)

## Tools:



1 steaming and toasting plate



1 electric mixer



2 cooking basins



1 silicone scraper



1 8-inch cake mold with flexible platform



1 flour sifter



1 electronic scale

## Steps:

- 1 Put the egg white and yolk into two cooking basins respectively and sift 5 tbsp of low-gluten flour and 3 tsp of corn starch.
- 2 Egg yolk paste: add 4 tbsp of milk, a pinch of salt, 4 drops of vanilla extract, 6 tbsp of sifted powder and 3 tbsp of corn oil into the cooking basin containing egg yolk in turn. Note that each ingredient needs to be stirred until it is completely mixed before adding the next one.
- 3 Add 12 drops of lemon juice into the egg white, and use the electric mixer to whip the egg whites until coarse bubbles appear. Add 1 tbsp of berry sugar and continue to whip the batter. Add the remaining 3 tbsp of berry sugar in twice, and whip it until the egg white is whipped into a thick peak state.
- 4 Take 1/3 of the whipped egg white and add it to the egg yolk paste. Stir them evenly with a scraper from the bottom to the top (do not stir in circles). Then pour the paste into the remaining egg white stirring them evenly. Pour them into the cake mold and slightly shake it twice to eliminate any internal bubbles. Put the mold on the steaming and toasting plate and put it into the lower layer of the machine.
- 5 Turn on the power of the machine, select "Smart Cooking-P17", and press OK to start cooking.
- 6 After cooking is done, take out the cake mold and put it upside down on the steaming grill, and then demold it after sufficient cooling.

### • Tips:

1. This recipe is suitable for 8-inch cake. The materials consumption for a 6-inch cake is about 1/2 that of an 8-inch cake.
2. Cooking basin must be water-free and oil-free, otherwise the egg white will not whip successfully. Flour sifting can prevent flour agglomerate.
3. After baking, the cake can be demolded only after sufficient cooling, otherwise the cake can easily collapse.



# Pastry

## Ingredients:



**A:** High-gluten flour (3/4 cup), yeast (1/3 tsp), milk powder (3 tsp), berry sugar (2 tbsp), and salt (a pinch)

**B:** Water (1.5 oz), milk (1 oz), and egg liquid (1 tbsp)

**C:** Butter (1 tbsp)

## Tools:



## Steps:

- 1 Mix and knead  $\frac{3}{4}$  cup of high-gluten flour, 1/3 tsp of yeast, 3 tsp of milk powder, 2 tbsp of berry sugar, a pinch of salt of salt, 1.5 oz of water, 1 oz of milk and 1 tbsp of egg liquid to form a dough. When the dough is kneaded to the extension stage, add 1 tbsp of softened butter, and continue kneading until the dough is fully extended. You will know it is fully extended when you can form a thin film while stretching the dough. It won't be easy to break and when broken, the edge is smooth.
- 2 Put the rounded dough into the cooking basin, and cover the mouth of the basin with fermentation cloth or plastic wrap for the first fermentation; squeeze the air out of the dough when the dough is fermented to about 2.5 times the original volume (you may dip your index finger with flour and poke a hole on the top of the dough. If the hole will not retract, the fermentation is completed).
- 3 Divide the dough into 12 small pieces (about 1 oz each), and knead them to form smooth doughs. Put them on a steaming and toasting plate padded with silicon paper and cover them with plastic wrap for the second fermentation; gently remove the plastic wrap when the small doughs are fermented to about 2 times the original volume.
- 4 Turn on the power of the machine, select "Smart Cooking-P18", and press OK to start cooking.
- 5 After cooking is done, take it out and serve.

- **Tips:** 1. If the dough is kneaded by a mixer, please carefully watch the state of the dough.  
2. You may select the "Fermentation" mode of the steaming oven, set to 95 - 104F, ferment for 1.5hrs for the first time, and then ferment for 1.5hrs for the second time. After fermentation, wipe off the water in the chamber before baking.



# Tarts

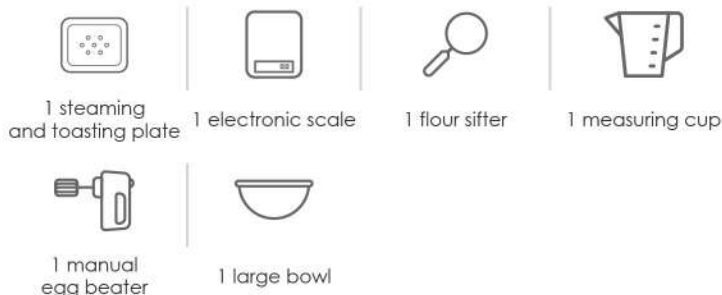
## Ingredients:



**A:** Egg yolk (2 pcs), whipping cream (4.2oz), milk (3.5tbsp), powdered sugar (1 tbsp), and vanilla extract (2 drops, optional)

**B:** B: Frozen egg tarts (9 pcs)

## Tools:



## Steps:

- 1 Take out 9 egg tarts from the refrigerator 30 min in advance and arrange them evenly on the steaming and toasting plate.
- 2 Pour 3.5tbsp of milk and 2 egg yolks into a large bowl, and stir gently with a manual egg beater.
- 3 Add 1tbsp of sugar powder and stir well. Add 4.2 oz of whipping cream and 2 drops of vanilla extract, and slowly stir it in one direction to prepare egg tart liquid.
- 4 After sifting, pour the liquid into the measuring cup, and pour them into the egg tarts one by one (60-70% full).
- 5 Turn on the power of the machine, select "Smart Cooking-P19", and press OK to start cooking.
- 6 After cooking is done, take it out and serve.

- **Tips:** 1. Egg tart liquid should be gently stirred to avoid excessive bubbles.  
2. You may add some raisins or dried cranberries to the egg tart liquid, or put fruit jam, or fresh fruit and other materials on the tart after baking.  
3. The oil content of the egg tart may vary with brands. This may affect the degree of coloring.



# Pizza

## Ingredients:



**A:** Plain flour (5 tbsp , separately prepare 2 tsp of flour as kneading flour), salt (a pinch), berry sugar (1/2 tsp), olive oil (1.5 tsp), dried yeast (1/4 tsp), and water (1.5 oz)

**B:** Pizza sauce (3 tbsp), mozzarella cheese (4 oz), diced red pepper (1 tbsp), diced green pepper (1 tbsp), diced onion (1.5 Tbsp), fresh shrimps (4 pcs), bacon (1 piece, sliced), olive oil (a little), and black pepper (a little)

## Tools:



## Steps:

- 1 Mix 5 tbsp of flour, a pinch of salt, and ½ tsp of berry sugar , add ¼ tsp of yeast and 1.5 oz of water, and stir well. Add 1.5 tsp of olive oil and knead them into a smooth dough.
- 2 Put the rounded dough into a large bowl, cover with plastic wrap (wet towel), and ferment for 20-30 min.
- 3 Sprinkle a little flour on the panel, exhaust the fermented dough, and knead it into dough. Cover it with plastic wrap and let it sit for 10 min. Roll the dough with a rolling pin to make the dough slightly larger than the pizza plate.
- 4 Brush a little olive oil on the pizza plate and put the pastry on the plate, spreading the dough by hand. Make the dough cover the plate bottom evenly, and then use a fork to make holes on the dough evenly.
- 5 Spread 3 tbsp of pizza sauce, 3 oz of shredded cheese, shrimp meat, sliced bacon, 1 tbsp of diced green pepper, 1 tbsp of diced red pepper, 1.5tbsp of diced onion and a little black pepper powder on the dough in turn. Then sprinkle 1 oz of shredded cheese
- 6 Place the pizza plate on the steaming grill and place it in the middle layer of the machine. Turn on the power of the machine, select "Smart Cooking-P20", and press OK to start cooking.
- 7 After cooking is done, take it out and serve.

- **Tips:** 1. Ingredients can be added according to your own preferences, but if the ingredients have more water, it will affect the taste of the pizza pastry. It is suggested that such ingredients should not be excessive, You can stir fry before use to remove excess water.  
2. The pizza dough should be kneaded to a smooth dough.



# Roast Pork Chops

## Ingredients:



**A:** Pork (or streaky pork) (14 – 16 oz)

**B:** Dark soy sauce (3 tsp), light soy sauce (4 tsp), red fermented bean curd (2 1/2 tbsp), berry sugar (3 tbsp), five spice powder (1/4 tsp), minced garlic (1 tsp), oyster sauce (2 tbsp), wine sauce or red fermented bean curd soup (1 tbsp)

## Tools:



1 steaming and toasting plate



1 steaming grill

## Steps:

- 1 Pour all the sauces mentioned in Item B into a bowl and stir them until they are well proportioned to prepare the Char Siu sauce.
- 2 Wash and dry the pork, and cut it into 3/4 to 1" thick strips; put the pork in a sealed zip-loc bag (you may poke the meat with a fork for several times to ensure more flavor in the meat), pour in enough Char Siu sauce to cover the pork, close the zip loc bag and marinate it in the refrigerator for 1-2 days.
- 3 Put the steaming grill on the steaming and toasting plate and pad it with silicon paper. Drain the marinated pork, put it on the steaming grill, and put it in the middle layer of the machine.
- 4 Turn on the power of the machine, select "Smart Cooking-P21", and press OK to start cooking.
- 5 After cooking is done, take it out and serve.

- **Tips:** When eating, the roast pork can be dipped in sauce, or wrapped with lettuce wraps.



# Baked Salmon

## Ingredients:



**A:** Salmon (7 – 8 oz)

**B:** Salt (a little) and black pepper (a little)

## Tools:



1 knife



1 cutting board



1 roll of  
kitchen paper



1 steaming grill



1 steaming  
and toasting plate



aluminum foil

## Steps:

- 1 Cut the salmon into ½" thin slices, spread a little salt, and let it marinate for a while.
- 2 Spread the salmon slices on a steaming and toasting plate lined with tin foil, and then sprinkle with black pepper powder.
- 3 Put the plate in the middle layer of the machine. Turn on the power of the machine, select "Smart Cooking-P22", and press OK to start cooking.
- 4 After cooking is done, take it out and serve.

- **Tips:** Serve your Salmon over a bed of greens or rice with a side of steamed vegetables.



# Baked Sweet Potato

## Ingredients:

**A:** 4 sweet potatoes (about 5 oz to 10 oz each)

## Tools:



1 steaming and toasting plate



1 steaming grill



1 silicon paper

## Steps:

- 1 Wash the sweet potatoes and dry the surface.
- 2 Put the steaming grill on the steaming and roasting plate and line it with silicon paper, then put the sweet potatoes on the grill, and put it into the lower layer of the machine.
- 3 Turn on the power of the machine, select "Smart Cooking-P23", and press OK to start cooking.
- 4 After cooking is done, take it out and serve.

- **Tips:** 1. Enjoy with butter or your favorite toppings.  
2. For large size potatoes, (especially sweet potatoes) you may have to cook a little longer or cut the potato in half before cooking.



## Steps:

- 1 Add  $\frac{3}{4}$  tsp of alkaline water into 3.7 oz of invert syrup and stir evenly with a scraper. Then add 1  $\frac{1}{2}$  tbsp of peanut oil and stir it until it's in a viscous state.
- 2 Add 5  $\frac{1}{2}$  oz of plain flour into the above mixture, stir evenly with a scraper but do not overmix it. Cover it with plastic wrap, and let it stand at room temperature for 1 hr.
- 3 Divide the cupcake dough into 12 small cupcakes (about  $\frac{3}{4}$  oz for each), then divide the 2  $\frac{1}{2}$  cups of bean paste filling into 12 parts (about 2 oz for each), and round them into a ball one by one. Then cover the doughs and filling with plastic wrap to prevent the dough from drying out.
- 4 Press the small cupcake doughs down flat and put the filling into the flat dough. Push and pinch the dough together with your hands to close up the dough.
- 5 Roll a layer of flour on the surface of the prepared cupcake dough, and put them into the cupcake molds, pressing them into shape one by one.
- 6 Put the prepared cupcakes on a steaming and toasting plate lined with silicon paper. Brush the top of the cupcakes with a layer of egg yolk liquid (1 egg yolk and 1 teaspoon water), and put the plate in the middle layer of the machine.
- 7 Turn on the power of the machine, select "Smart Cooking-P24", and press OK to start cooking.
- 8 After the baking is done, take it out to cool, and place it on your counter covered with aluminum foil. Once fully cooled, you can place them in your fridge to keep them fresh longer.

# Cookies



## Ingredients:



**A:** Plain flour (5  $\frac{1}{2}$  oz), invert syrup (3.7oz), peanut oil (1  $\frac{1}{2}$  tbsp), and alkaline water ( $\frac{3}{4}$  tsp)

**B:** Bean paste filling (2  $\frac{1}{2}$  cups)

**C:** Egg yolk (1) and water (1 tsp)

## Tools:



1 set of cupcake mold (2.5 oz /piece)



1 steaming and toasting plate



1 silicon paper



1 scraper



1 brush



1 electronic scale

- **Tips:** 1. Do not overmix the cupcake dough in order to prevent the formation of gluten.
- 2. Do not brush too much egg yolk liquid to avoid excessive coloring of the cupcakes. Brush it only on the top of the cupcakes.
- 3. Bake the cupcakes with egg yolk liquid ASAP to prevent discoloration of the cupcakes.
- 4. You may bake cupcake in different sizes. The ratio of wrapper to filling is as follows:  
 1.7 oz cupcake: wrapper (1/2 oz), filling (2 tbsp), about 18 pcs;  
 2.6 oz cupcake: wrapper (3/4 oz), filling (3.5 tbsp), about 12 pcs;  
 3.5 oz cupcake: wrapper (1 oz), filling (4.5 tbsp), about 9 pcs.





# Baked Chestnuts

## Ingredients:



**A:** Fresh raw chestnuts (17.5 oz)

**B:** Salad oil (1 tsp), berry sugar (2 tsp), and boiling water (2.5 tsp)

## Tools:



1 steaming and toasting plate



1 silicon paper



1 knife



1 large bowl

## Steps:

- 1 Put the chestnuts on a clean wet towel and roll them back and forth to wipe off the skin; use a knife to make a small cut on the surface of the chestnut. Be careful with the knife, as the chestnut may roll.
- 2 Put the chestnuts into a bowl, and pour in the salad oil. Mix it well to make sure the surface of every chestnut is covered with oil.
- 3 Mix the berry sugar and boiling water until the sugar is completely melted; pour the sweet water into the bowl and mix it well with the chestnuts.
- 4 Spread the chestnuts evenly on the steaming and toasting plate lined with silicon paper.
- 5 Put the plate into the middle layer of the oven. Turn on the power to the oven, select "Smart Cooking-P25", and press OK to start cooking.
- 6 After toasting, take it out, let it cool slightly and serve.



# Fries

## Ingredients:

**A:** Semi-finished frozen French fries (7 oz)

## Tools:



1 electric mixer



1 cooking basin

## Steps:

- 1 Spread the French fries evenly on the steaming grill lined with silicon paper and put the grill into the middle layer of the machine.
- 2 Turn on the power of the machine, select "Smart Cooking-P26", and press OK to start cooking.
- 3 After cooking, take it out and serve.

- **Tips:** 1. The French fries should be spread flat, not stacked, on the oil paper.  
2. The French fries can be eaten with ketchup, which is more delicious.



# Chicken Nuggets

## Ingredients:

**A:** Semi-finished frozen chicken nuggets (7 oz)

## Tools:



1 steaming and toasting plate



1 steaming grill



1 silicon paper

## Steps:

- 1 Put the steaming grill on the steaming and toasting plate lined with silicon paper. Then spread the chicken nuggets on the grill, and put them into the middle layer of the machine.
- 2 Turn on the power of the machine, select "Smart Cooking-P27", and press OK to start cooking.
- 3 After cooking is done, take it out and serve.

• **Tips:** Serve with a honey mustard sauce, or a sweet & Sour sauce.



# Chicken Wings

## Ingredients:

**A:** Whole Chicken wings (18 Oz)

**B:** Salt (3/4 tsp), berry sugar (2 tsp), chili powder (3/4 tsp), cumin powder (3/4 tsp), white pepper powder (a pinch), light soy sauce (1 tsp), and cooking wine (2 tps)

## Tools:



1 cooking basin



1 steaming grill



1 steaming and toasting plate



1 silicon paper



1 set of measuring spoon



1 electronic scale

## Steps:

- 1** Mix 3/4 tsp of salt, 2 tsp of berry sugar, 3/4 tsp of chili powder, 3/4 tsp of cumin powder, a pinch of white pepper powder, 1 tsp of light soy sauce, and 2 tsp of cooking wine in a large bowl to prepare barbecue sauce.
- 2** Rinse the chicken wings, make three cuts in parallel on the opposite side of the wing, then add the barbecue sauce, stir them evenly in the bowl, cover with plastic wrap, and marinate for at least 4hrs.
- 3** Put the steaming grill on the steaming and toasting plate lined with silicon paper, then spread the chicken wings on the grill, and put it into the middle layer of the machine.
- 4** Turn on the power, select "Smart Cooking-P28", and press OK to start cooking.
- 5** After cooking is done, take it out and serve.

- **Tips:** 1. Be careful not to let any oil or fat from the cooking process to drip down in the oven, 2. Seasoning or types of sauce can be adjusted according to personal taste.



# Fried Spring Rolls



## Ingredients:

- A:** 1 pack spring roll wrappers, 3 tablespoons cooking oil  
2 cloves garlic, chopped finely  
5 oz. chicken meat or Pork, chopped finely  
5 oz. baby shrimp, chopped finely  
5-6 dried shitake mushrooms (or your favorite mushroom), soaked and chopped finely  
7 oz. yam bean, sliced  
3.5 oz. carrot, sliced  
Chili Sauce for dipping
- B:** 1 teaspoon chicken stock granules  
1/2 teaspoon salt  
1 dash pepper  
1 cup water  
1 teaspoon oyster sauce  
1 tablespoon corn starch, mix with water
- C:** 2 tablespoons plain flour  
4 tablespoons water

## Steps:

- 1** In a wok, heat up the cooking oil. Add in garlic and stir-fry until it is aromatic. Add in chicken, shrimps, and mushrooms and continue to stir-fry until cooked.
- 2** Add in yam bean, carrot, and stir-fry for 1-2 minutes, add in 1 cup of water, cover up with lid and simmer for 15-20 minutes until vegetables are tender. Add in seasoning ingredients and mix well. Dish out and set aside.
- 3** Place a piece of spring roll wrapper. Top up 2 spoonfuls of the fillings on the wrapper and then fold in the two sides and roll up. Using flour mixture to seal up the edges, and put it into the middle layer of the machine.
- 4** Turn on the power of the machine, select "Smart Cooking-P29", and press OK to start cooking.
- 5** After cooking is done, take out the Fried Spring Rolls and enjoy.



# Fried Shrimp

## Ingredients:



**A:** Shrimps (7 oz)

**B:** Salt (1 tsp), cooking wine (1 tsp), olive oil (2 tsp), and black pepper powder (appropriate amount)

**C:** Egg (1), breadcrumbs (appropriate amount), and black pepper powder (appropriate amount)

## Tools:



1 steaming and toasting plate



1 steaming grill



1 silicon paper



1 silicone brush



1 cooking basin

## Steps:

- 1 Remove the head and shells of the shrimp, leaving on the tail. Cut along the backside of the shrimp and remove the sand vein.
- 2 Put the processed shrimps in the cooking basin and add the seasoning mentioned in Item B. Mix it well, and marinate for 10 min.
- 3 Wrap the marinated shrimps in egg liquid and then cover them with breadcrumbs.
- 4 Put the steaming grill on the steaming and toasting plate lined with silicon paper. Spread the shrimps on the grill, and sprinkle them with the appropriate amount of black pepper powder. Put the grill into the middle layer of the machine.
- 5 Turn on the power of the machine, select "Smart Cooking-P30", and press OK to start cooking.
- 6 After cooking is done, take it out and serve.

- **Tips:** 1. If the size of the shrimp vary greatly, the cooking time can be adjusted according to personal taste.  
2. When eating the shrimp, you can dip them into your favorite sauce or marinade for a richer taste.



# Lemons



## Ingredients:



**A:** Fresh lemon (2 pcs)

## Tools:



1 steaming grill



1 steaming  
and toasting plate



1 silicon paper



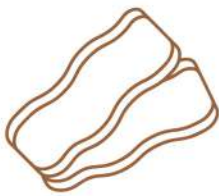
1 knife

## Steps:

- 1 Cut the lemon into about  $\frac{1}{4}$ " to  $\frac{1}{2}$ " thick slices.
- 2 Put the steaming grill on the steaming and toasting plate lined with silicon paper. Spread the lemon slices on the grill and put them into the middle layer of the machine. Put the moisture control insert into the alignment point, and close the oven door.
- 3 Turn on the power, select "Smart Cooking-P31", and press OK to start cooking.
- 4 After dehydrating is done, take it out to cool, and soak it in water when serving.



# Beef Jerky



## Ingredients:



**A:** Sirloin (18 oz)

**B:** Beery sugar (2 tbsp), light soy sauce (1 1/2 tbsp), chili oil (3.5 tsp), fresh lemon juice (1 tbsp), minced garlic (2 tsp), black pepper powder (1 tsp), and salt (1 tsp)

## Tools:



1 steaming grill



1 steaming and toasting plate



1 tin foil



1 meat hammer

## Steps:

- 1 Wash the sirloin, and put it in the freezer until it is slightly hard. Cut it into 1/4" thick slices. Use a tenderizing mallet to beat the beef slices to make them more tender. Cut them into 1" to 2" long strips.
- 2 Put the beef strips into a pot and immerse them in cold water. Bring to a boil over high heat, and then blanch the meat for 3 min.
- 3 Ladle out the beef strips and drain away the water. Add the seasoning mentioned in Item B, mix well, and refrigerate for at least 3hrs.
- 4 Put the steaming grill on the steaming and toasting plate lined with tin foil and spread the beef strips on the grill. Place them into the middle layer of the machine. Put the moisture control insert into the alignment point, and close the machine door.
- 5 Turn on the power of the machine, select "Smart Cooking-P32", and press OK to start cooking.
- 6 After dehydrating is done, take it out and serve.

- **Tips:** 1. Lemon peel can be chopped and marinated with beef for a more delicious taste.  
2. The beef can be marinated overnight and then roasted, making it easier to cook.





# Juju/ Plums/Raisins



## Ingredients:



**A:** Wash-free, seedless and dry jujube (5 ½ oz)

## Tools:



1 steaming  
and toasting plate



1 silicon paper

## Steps:

- 1** Cut the jujube into ¼ to ½" thick small slices. Evenly spread them on the steaming and toasting plate lined with silicon paper. Put the plate into the middle layer of the machine, put the moisture control insert into the alignment point and close the machine door.
- 2** Turn on the power to the machine, select "Smart Cooking-P33", and press OK to start cooking.
- 3** After dehydrating is done, take it out to cool, and then serve.

- **Tips:** 1. The freshly baked jujube has a tough taste, and will become crisp after full cooling. 2. The baked jujube should be sealed for storage after full cooling. 3. If the jujube is big, the baking time can may have to be extended as appropriate.



# Farfalle

## Ingredients:



**A:** Plain flour (7.5oz) - 210

**B:** Appropriate amount of purple cabbage (up to 3.5 oz), appropriate amount of spinach (up to 3.5 oz), and pumpkin (1 oz)

## Tools:



1 steaming grill



1 noodle press



1 juicer



1 biscuit mold  
(1" in diameter)

## Steps:

- 1 Wash and chop the purple cabbage and spinach, extrude the vegetable juice with the juicer (or use the food processor to crush and filter the vegetable residue). Mix 1 oz of vegetable juice with 2.5 oz of flour respectively. As the dough is dry, it is better to use a dough kneading machine to knead the dough.
  - 2 Press the dough by the noodle press repeatedly to make the dough smooth without any lumps. Adjust the thickness of the noodle press to 1/3" to 1/2" and sprinkle a little flour on the dough to make the dough smooth and prevent adhesion.
  - 3 Steam the pumpkin, add 2.5 oz of flour into the steamed pumpkin, and process them into dough according to the above two steps.
  - 4 Use a biscuit mold to press the three doughs, fold the center in three times, and then press them with chopsticks or a fork in the middle.
  - 5 Spread the farfalle evenly on the steaming grill, put it into the middle layer of the machine. Put the moisture control insert into the alignment point, and close the machine door.
  - 6 Turn on the power of the machine, select "Smart Cooking-P34", and press OK to start cooking.
  - 7 After the cooking is done, take the farfalle out, let it cool to room temperature, and put them into a zip-loc bag.
- **Tips:** 1. When shaping the farfalle, it is best not to knead by hand. If the middle area is too large, the farfalle will not be easy to cook.  
2. The best shape of a biscuit mold is round or petal round.  
3. If you don't have a noodle press, it can be replaced by a rolling pin.



# Grilled Lamb Chops



## Ingredients:



**A:** Tender ginger (18 oz) and brown sugar (10.6 oz)

## Tools:



1 steaming and toasting plate



1 steaming grill



1 silicon paper



1 cooking basin

## Steps:

- 1 Wash and peel the tender ginger and cut it into about 1/4" to 1/3" thick slices.
- 2 Put the ginger slices into a frying pan, add brown sugar, mix well, and marinate for 1 hr.
- 3 After that, heat the ginger over a medium low heat, stir with a mixing spoon from time to time, and heat it until the sugar is thick. This step will take about 30 min.
- 4 Put the steaming grill on the steaming and toasting plate lined with silicon paper. Spread the ginger slices on the grill, and put it into the middle layer of the machine. Put the moisture control insert into the alignment point, and close the machine door.
- 5 Turn on the power of the machine, select "Smart Cooking-P35", and press OK to start cooking.
- 6 After cooking is done, take it out to cool before eating.

• **Tips:** Please use tender ginger as old ginger is too spicy.



# Roasted Whole Chicken



## Ingredients:

**A:** Small Roast chicken (net weight: 2.5 – 3.5 lbs.)

**B:** Salt (3/4 tsp and butter)(2 tbs)

## Tools:



1 steaming grill

## Steps:

- 1 Wash and drain the small chicken, evenly spread salt and butter on the chicken's body, until it is even distributed on the chicken. Let the chicken marinate for 30 min.
- 2 Put the chicken on the steaming grill and put it into the middle layer of the machine. Put the steaming and toasting plate lined with silicon paper into the bottom layer of the machine.
- 3 Turn on the power of the machine, select "Smart Cooking-P36", and press OK to start cooking.
- 4 After cooking, take it out and serve.

- **Tips:** Add fresh garlic to the chicken when rubbing it down with salt and butter. Place a small peeled and chopped onion inside the chicken before cooking for additional flavor.



# Grilled Lamb Chops



## Ingredients:



**A:** Lamb chops (2.5 lbs)

**B:** Red wine (4 tbsps), salt (3.5 tsp), chicken essence (1 tsp) sugar (3.5 tsp), light soy sauce (1 tbsp) dark soy sauce (1 tsp), edible oil (2 tsp), sesame oil (2 tsp) scallion (2 tsp), ginger slice (2 tsp), minced garlic (2 tsp) anise (3 pcs), myrcia (3 pcs), 3 cinnamon (3 sections) and pepper (30 pcs)

**C:** Cumin powder (1 tsp), chili powder (1 tsp) cooked white sesame (2 tsp) and chopped spring onion (appropriate amount)

## Tools:



1 steaming and toasting plate



1 steaming grill



1 set of measuring spoon



1 tin foil



1 roll of freshness protection package



1 electronic scale

## Steps:

- 1 Remove the skin from the lamb chops, soak the chops in water for 1hr to remove the thin blood, and absorb the water.
- 2 Mix scallion, ginger and garlic, 4 tbsp of red wine, ½ tsp of salt, 1 tsp of chicken essence, 3.5 tsp of sugar, 1 tbsp of light soy sauce, 1 tsp of dark soy sauce, 2 tsp of edible oil, 2 tsp of sesame oil, 3 anises, 3 pcs of myrcia, 3 cinnamon sections, 30 peppers and lamb chops in a bag and refrigerate for 8hrs.
- 3 Put the steaming grill on the steaming and toasting plate lined with tin foil. Take out the marinated lamb chops, and spread them on the grill. Put them into the middle layer of the machine. Take out the water tank and fill it with water.
- 4 Turn on the power of the machine, select "Smart Cooking-P37", and press OK to start cooking.
- 5 After cooking is done, take it out, sprinkle cumin powder, chili powder, white sesame and chopped spring onion on the surface of the lamb chops, and serve while it is still hot.

- **Tips:** 1. You may buy lamb chops without skin directly. The skin will affect the toasting effect and taste.  
2. Putting the lamb chops on the steaming grill will likely release oil, and increase the amount of crispiness on the meat.



# Steamed Branzino

## Ingredients:



**A:** One branzino (1 lb), salt (1 tsp), cooking wine (2 tsp) scallion (3.5 tsp), ginger slices (1.25 tsp) colza oil (1.5tbsp) and plain flour (2 tsp)

**B:** Celery section (2 tbsps), potato slices (7 oz ) lotus root slices (3.5 oz), onion slices (1 ¼ oz) and bean curd sheets (1 ¼ oz)

**C:** Scallion section (2 tsp), ginger slices (1 tsp) garlic slices (2 tsp), edible oil (1 tbsps) Pixian thick broad-bean sauce (2 tsp) chili hotpot condiment (1 tbsps), beer (1.75 oz ) oyster sauce (2 tsp), dark soy sauce (½ tsp) light soy sauce (1 tsp), pepper powder (1/4 tsp) chicken powder (1/2 tsp), and soup-stock (7 oz)

## Tools:



1 steaming and toasting plate



1 set of measuring spoons



1 frying pan



1 electronic scale

## Steps:

- 1 Remove the scales of the branzino, cut the back in half but keep the belly connected. Remove the gills, intestines and internal black membrane, and rinse the branzino with water. Wipe off the excess water, and then make 3 cuts on the thick part of the back on both sides.
- 2 Marinate the branzino with 1 tsp of salt, 2 tsp of cooking wine, 3.5 tsp of scallions and 1.25 tsp of ginger slices, cover with plastic wrap and refrigerate for 1-2 hrs.
- 3 Spread the ingredients mentioned in Item B on the steaming and toasting plate.
- 4 **Sauce:** heat the edible oil in the frying pan, and stir fry the scallion sections, ginger slices and garlic slices in turn. Add the thick broad-bean sauce and hotpot condiment, and stir fry them until the red oil appears in the pan. Add the oyster sauce, dark soy sauce, light soy sauce, chicken powder, pepper powder, beer and soup, and boil it for 3 min, and set aside.
- 5 After marination, pat 2 tsp of plain flour on the fish and brush 1.5 tbsps of colza oil on the fish with a brush. Put it into the steaming and toasting plate lined with ingredients, and pour the sauce over the fish. Put the plate into the middle layer of the machine, take out the water tank and fill it with water.
- 6 Turn on the power of the machine, select "Smart Cooking-P38", and press OK to start cooking.
- 7 After cooking is done, take it out, and serve while the dish is still hot.

- **Tips:** 1. The sauce for the grilled fish must be both stir-fried and then boiled before it has a strong flavor.  
2. After the fish is half cut, you may use a knife to cut off the fish bones to prevent the fish tail from sticking up during roasting.



# Roasted Butternut Squash

## Ingredients:



**A:** Mature pumpkin (1.5 lbs)

**B:** Honey (3 tbsps) and osmanthus sauce (2 tbsps)

## Tools:



1 steaming and toasting plate



1 set of measuring spoons



1 brush



1 box of tin foil

## Steps:

- 1 Wash the pumpkin and cut it into about ¾" thick cubes or long strips.
- 2 Put the pumpkin on the steaming and toasting plate lined with tin foil, and put it in the middle layer of the machine. Take out the water tank and fill it with water.
- 3 Turn on the power of the machine, select "Smart Cooking-P39", and press OK to start cooking.
- 4 Mix 3 tbsps of honey with 2 tbsps of osmanthus sauce and set aside.
- 5 After cooking is done, take out the pumpkin and brush it with honey osmanthus sauce before eating.



# Artisan Bread



## Ingredients:



**A:** High-gluten bread flour (6.5 oz), water (4.5oz) salt (1/2 tsp), dry yeast (high-sugar yeast) (1/2 tsp) butter (2 tsp), brown sugar (1 ¾ tsp) dried cranberry (2 tsp), dried yellow peach (1 ½ tsp) dried blueberry (1 ½ tsp), and cream cheese (4 tbsps)

## Tools:



## Steps:

- 1** Mixing and kneading: Add 4.5 oz of water, ½ tsp of dry yeast, 6.5 oz of flour, 1 ¾ tsp brown sugar and ½ tsp of salt in the mixing basin. Stir at low speed for 8-10 min; add 2 tsp of softened butter, and stir at low speed for about 3-4 min. At this time, the dough should be smooth and have a certain ductility. Next, add 2 tsp of dried cranberry, 1 ½ tsp of dried yellow peaches, and 1 ½ tsp of dried blueberry. Stir at high speed to mix the dough (due to different power levels of kneading machines, kneading time can be adjusted according to the dough's state).
- 2** First fermentation: Store the dough in 95 degrees F, and 65% humidity for about 60 min.

- 3** Pre-shaping: divide the dough into three parts and put the smooth dough surface down. Press the dough with your hand to exhaust the air gently. Pull the opposite ends of the dough to the middle, to form a round dough, and then make it nice and round on the table.
- 4** Wake-up: sprinkle a little flour on the table and cover the dough with plastic wrap. Wake up the dough at room temperature for 20 min.
- 5** Shaping: Press the dough with your hand to exhaust air gently. Put the cream cheese into the pastry bag, cut out an opening about .5" diameter, and extrude long strips on the dough. Put the smooth dough surface down, gently pinch the upper right corner of the dough with your left hand. Press with your pulicue (the part of the hand between the thumb and the index finger) of your right hand to make the dough close at 1/2 of the top and bottom. Wrap 4 tbsps of cheese in the dough, and turn over the dough to change the position. Fold the dough on the other side and close it up in the same way. Gently press the two sides of the dough with both hands and knead them to form long strips with sharp ends.
- 6** Final fermentation: After shaping the dough, put the dough on the steaming and toasting plate lined with baking paper, with the closed area down, and ferment in the environment of 95 degrees Fahrenheit and 65% humidity for about 60 min.
- 7** Sprinkling: Paste the printed hollow board on the surface of the dough, and sprinkle flour for decoration. Put the steaming and toasting plate into the lower layer of the machine, take out the water tank and fill it with water.
- 8** Turn on the power of the machine, select "Smart Cooking-P40", and press OK to start cooking.
- 9** After cooking is done, take it out and serve.

- Tips:**
  1. Do not exhaust all the air when shaping the dough. At least 1/3 of the air should be kept which will help produce a soft bread on the inside.
  2. How to judge the completion of fermentation: dip a little flour with your fingers and press the dough. If the pressed hole does not bounce back or deflate, the fermentation is completed. If it remains deflated, it means you have over-fermentation. If it bounces back slightly, it means you have an excellent fermentation state.
  3. If you like more professional cooking effect, you can buy baking stone instead of using the steaming and toasting plate. The baking stone is better and should be pre-heated for at least 30 min.