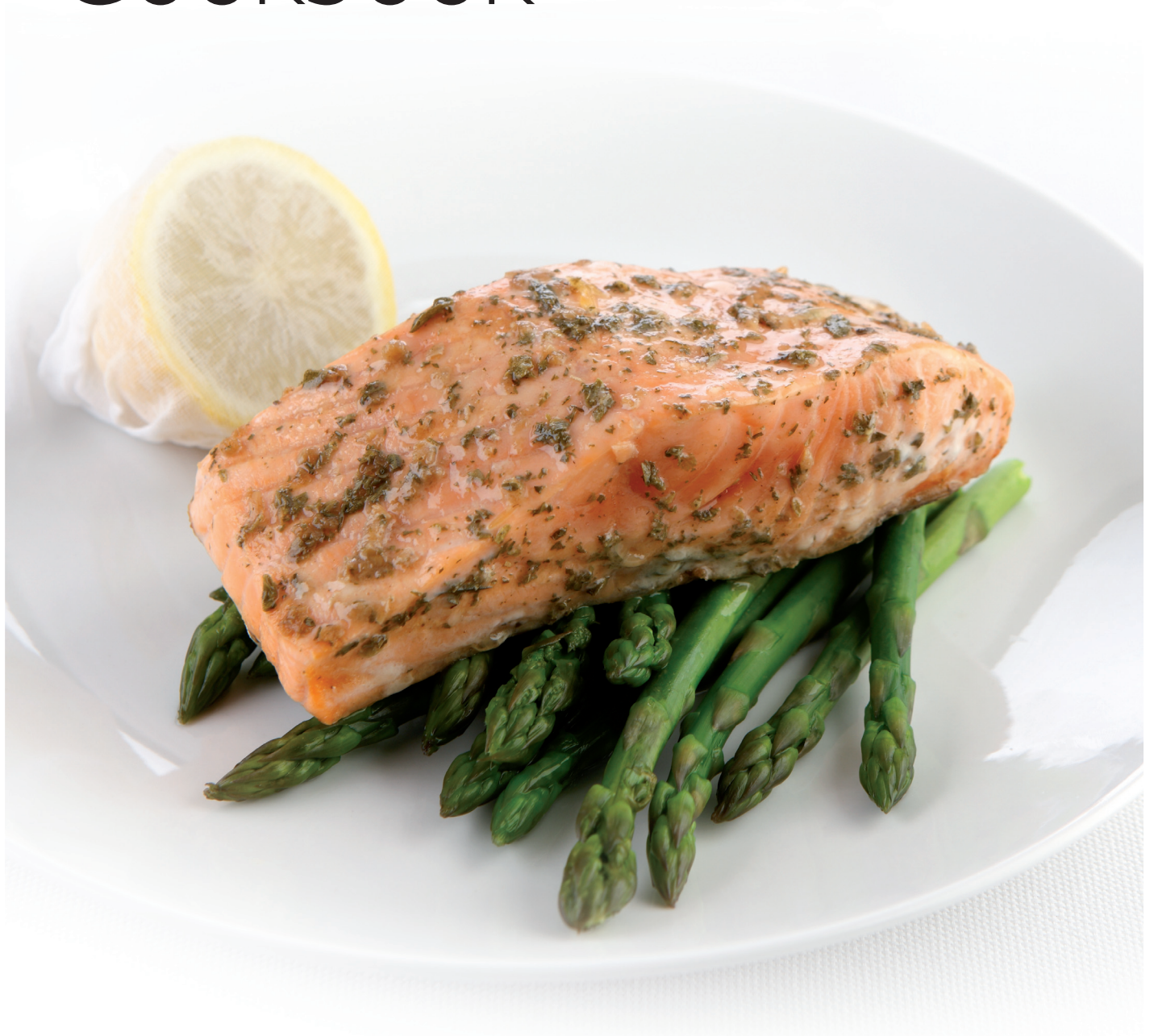


**SHARP**

# Water Oven Cookbook



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# SHARP水波爐簡介...

感謝您購買SHARP水波爐，它將帶您進入健康烹飪的新世紀。這款創新型的SHARP水波爐由傳統蒸氣技術及烘焙、烘烤、燒烤等加熱的過程構成。

手動操作是您使用此款SHARP水波爐的第一步，我們將詳細闡述SHARP水波爐如何運作及正確的操作方式。掌握如何使用SHARP水波爐後，回顧本食譜了解如何烹調自己喜愛的美味佳餚。本書所述食譜操作簡單，是烹飪美食的理想選擇。

SHARP水波爐採用特有的對流加熱、蒸氣、高溫蒸氣處理技術，提高食物的口感與味道，更能降低食物脂肪與卡路里，保持其維他命含量及營養。

這項多功能的“創新技術”提供一種新型健康的烹調方式，四合一的烹調選擇為現代生活方式的需求提供便利。它是一台您夢寐以求的SHARP水波爐。SHARP誠邀您一起享受SHARP水波爐帶來的美味佳餚。

## 圖表

SHARP美食測試部的專家已精心編制烹調說明圖表，為您提供最受歡迎食物的數量、SHARP水波爐設置、烹調時間的快速參考。

參照以下圖表用SHARP水波爐烹調你最喜歡或最簡便的美食。

**注意：**除註明冷凍的項目外，烹飪時間與SHARP水波爐設置為新鮮或已解凍的食物所使用。

## 純蒸：高溫蒸氣圖表

使用烤盤及烤架

| 食物   |             | 重量/數量          | 水波爐設置    | 水波爐位置 | 時間      |
|------|-------------|----------------|----------|-------|---------|
| 海鮮   | 全魚          | 0.2-1千克        | 自動：新鮮魚/蝦 | 上層    | 預設      |
|      | 0.5英寸厚肉片    | 0.2-1千克        | 自動：新鮮魚/蝦 | 上層    | 預設      |
|      | 魷魚          | 0.2-0.6千克      | 手動：高溫蒸氣  | 上層    | 5-8分鐘   |
| 家禽肉  | 半塊雞胸肉       | 0.25-1千克       | 手動：高溫蒸氣  | 上層    | 25-30分鐘 |
| 餃子   | 冷凍餃子        | 0.1-0.5千克      | 自動：冷凍餃子  | 上層    | 預設      |
| 貝殼類  | 帶殼牡蠣        | 0.2-0.9千克      | 手動：高溫蒸氣  | 上層    | 25-30分鐘 |
|      | 帶殼蚌類        | 0.2-0.9千克      | 手動：高溫蒸氣  | 上層    | 5-8分鐘   |
|      | 扇貝          | 0.2-0.7千克      | 手動：高溫蒸氣  | 上層    | 5-8分鐘   |
|      | 大蝦          | 0.2-0.5千克      | 自動：新鮮魚/蝦 | 上層    | 預設      |
| 蔬菜   | 蘆筍          | 0.2-1千克        | 自動：新鮮蔬菜1 | 上層    | 預設      |
|      | 西蘭花         | 0.2-1千克        | 自動：新鮮蔬菜1 | 上層    | 預設      |
|      | 胡蘿蔔         | 小胡蘿蔔           | 自動：新鮮蔬菜2 | 上層    | 預設      |
|      |             | 切絲，0.25英寸厚     | 自動：新鮮蔬菜2 | 上層    | 預設      |
|      | 椰菜花         | 0.2-1千克        | 自動：新鮮蔬菜2 | 上層    | 預設      |
|      | 粟米棒         | 0.2-1千克        | 自動：新鮮蔬菜2 | 上層    | 預設      |
|      | 四季豆，切成2英寸小段 | 0.2-1千克        | 自動：新鮮蔬菜2 | 上層    | 預設      |
|      | 蘑菇          | 0.2-1千克        | 自動：新鮮蔬菜1 | 上層    | 預設      |
|      | 綠葉蔬菜        | 白菜，切段          | 手動：高溫蒸氣  | 上層    | 3-6分鐘   |
|      |             | 芥蘭，切段          | 手動：高溫蒸氣  | 上層    | 3-6分鐘   |
|      |             | 大白菜，切段         | 手動：高溫蒸氣  | 上層    | 3-6分鐘   |
|      |             | 菜心             | 手動：高溫蒸氣  | 上層    | 3-6分鐘   |
|      |             | 菠菜，撕開          | 手動：高溫蒸氣  | 上層    | 3-6分鐘   |
|      |             | 小型黃色長南瓜，切成兩半   | 自動：新鮮蔬菜1 | 上層    | 預設      |
|      |             | 脆肉瓜，切0.25英寸的細絲 | 自動：新鮮蔬菜1 | 上層    | 預設      |
|      | 薯仔          | 帶皮薯仔           | 手動：高溫蒸氣  | 上層    | 35分鐘    |
|      |             | 小薯仔            | 手動：高溫蒸氣  | 上層    | 30分鐘    |
| 米飯   | 白米          | 1杯             | 手動：高溫蒸氣  | 上層    | 25分鐘    |
|      |             | 2杯             | 手動：高溫蒸氣  | 上層    | 28分鐘    |
| 義大利麵 | 通心粉         | 1杯             | 手動：高溫蒸氣  | 上層    | 23分鐘    |
|      |             | 2杯             | 手動：高溫蒸氣  | 上層    | 27分鐘    |

**注意：**以上功能僅在純蒸鍵下使用。請按照圖表中的水波爐設置操作。

烹調米飯或義大利麵時，用一個2升的淺砂鍋直接放在烤盤上。

烹調小型蔬菜請使用在市場上買到的金屬筐，再放在烤架上。



## 水波：烘烤圖表

使用烤盤及烤架

| 食物 |             | 重量/數量     | 烤爐設置                | 烤爐位置 | 時間      | 生熟程度  |
|----|-------------|-----------|---------------------|------|---------|-------|
| 牛肉 | 煎牛肩肉        | 1-2千克     | 自動：燒烤：烤牛柳           | 下層   | 預設      | 半熟    |
|    |             | 1-2千克     | 自動：燒烤：烤牛柳：其他        | 下層   | 預設      | 全熟    |
|    | 裡脊肉         | 1-2千克     | 手動：水波烘焙/烘烤：無預熱200°C | 下層   | 30-40分鐘 | 半熟    |
|    |             | 1-2千克     | 手動：水波烘焙/烘烤：無預熱200°C | 下層   | 40-50分鐘 | 全熟    |
| 羊肉 | 羊腿肉         | 1-2千克     | 自動：燒烤：烤羊腿           | 下層   | 預設      | 全熟    |
|    | 羊扒          | 約8塊肉片     | 手動：水波烘焙/烘烤：無預熱180°C | 下層   | 35分鐘    | 半熟/全熟 |
| 豬肉 | 無骨豬柳        | 0.9-1.5千克 | 自動：燒烤：烤肉（豬）         | 下層   | 預設      | 全熟    |
|    | 排骨          | 750克      | 手動：水波烘焙/烘烤：預熱150°C  | 下層   | 30分鐘    | 半熟/全熟 |
|    | 裡脊肉         | 0.3-1千克   | 手動：水波烘焙/烘烤：無預熱200°C | 下層   | 30-40分鐘 | 全熟    |
| 雞肉 | 半塊雞胸肉       | 0.25-1千克  | 手動：水波烘焙/烘烤：無預熱190°C | 下層   | 25-30分鐘 | 全熟    |
|    | 整隻雞         | 0.9-2千克   | 自動：燒烤：烤雞肉           | 下層   | 預設      | 全熟    |
| 火雞 | 整隻火雞<br>加配料 | 4.5千克     | 手動：水波烘焙/烘烤：無預熱220°C | 下層   | 120分鐘   | 全熟    |
|    |             | 6千克       | 手動：水波烘焙/烘烤：無預熱220°C | 下層   | 150分鐘   | 全熟    |
| 鴨肉 | 整隻鴨         | 2千克       | 手動：水波烘焙/烘烤：無預熱200°C | 下層   | 60-70分鐘 | 全熟    |

**注意：**以上功能僅在水波鍵下使用。請按照圖表中的烤爐設置操作。  
因含糖或蜂蜜的醃泡汁在高溫下快速焦化，生熟程度或將受到影響。

## 水波：燒烤圖表

使用烤盤及烤架

| 食物  |           |                | 重量/厚度     | 烤爐設置       | 烤爐位置 | 時間      | 生熟程度 |
|-----|-----------|----------------|-----------|------------|------|---------|------|
| 牛肉  | 漢堡1-4肉片   |                | 1-2厘米厚    | 手動：水波燒烤：預熱 | 上層   | 12-15分鐘 | 全熟   |
|     | 牛扒        | T骨牛扒、肉眼牛扒、西冷牛扒 | 0.2-0.8千克 | 手動：水波燒烤：預熱 | 上層   | 10-13分鐘 | 半熟   |
|     |           |                | 0.2-0.8千克 | 手動：水波燒烤：預熱 | 上層   | 14-17分鐘 | 全熟   |
| 魚肉  | 魚扒        |                | 0.2-1千克   | 自動：燒烤：烤魚   | 上層   | 預設      | 薄片   |
| 羊肉  | 肉塊（羊扒或肋骨） |                | 0.1-0.8千克 | 手動：水波燒烤：預熱 | 上層   | 18-22分鐘 | 全熟   |
| 豬肉  | 無骨豬扒      |                | 0.1-0.8千克 | 手動：水波燒烤：預熱 | 上層   | 18-22分鐘 | 全熟   |
| 雞肉  | 半塊雞胸      |                | 0.25-1千克  | 自動：燒烤：雞肉   | 上層   | 預設      | 全熟   |
|     | 雞腿        |                | 0.2-1千克   | 自動：燒烤：雞腿   | 上層   | 預設      | 全熟   |
| 香腸  | 普通香腸      |                | 0.2-0.6千克 | 手動：水波燒烤：預熱 | 上層   | 15-20分鐘 | 熟透   |
|     | 低脂牛肉      |                | 0.2-0.6千克 | 手動：水波燒烤：預熱 | 上層   | 15-20分鐘 | 熟透   |
| 貝殼類 | 扇貝        |                | 多達0.5千克   | 手動：水波燒烤：預熱 | 上層   | 7-10分鐘  | 不透明  |
|     | 大蝦        |                | 多達0.5千克   | 手動：水波燒烤：預熱 | 上層   | 7-10分鐘  | 不透明  |

**注意：**以上功能僅在水波鍵下使用。請按照圖表中的烤爐設置操作。

# 水波：烘焙圖表

使用烤盤及/或烤架

| 食物   |             |        | 重量/數量      | 烤爐設置              | 烤爐位置 | 時間      |
|------|-------------|--------|------------|-------------------|------|---------|
| 麵包   | 麵包卷         | 冷凍     | 1袋         | 手動：水波麵包：預熱200℃    | 下層   | 6-7分鐘   |
|      |             | 自製或混合料 | 8卷         | 手動：水波麵包：預熱220℃    | 下層   | 10-15分鐘 |
|      | 麵包片、自製或混合料  |        | 13x20厘米錫紙  | 自動：烘焙：麵包          | 下層   | 預設      |
| 蛋糕   | 枕頭蛋糕        |        | 13x20厘米錫紙  | 手動：水波蛋糕：預熱180℃    | 下層   | 45分鐘    |
|      | 馬德拉島蛋糕      |        | 13x20厘米錫紙  | 自動：烘焙：蛋糕          | 下層   | 預設      |
|      | 牛油蛋糕        |        | 20厘米方形錫紙   | 自動：烘焙：蛋糕          | 下層   | 預設      |
| 甜點   | 芝士蛋糕        |        | 1          | 手動：水波烘焙/烘烤：預熱160℃ | 上層   | 60分鐘    |
|      | 餅乾<br>曲奇    | 自製或混合料 | 15         | 手動：水波烘焙/烘烤：預熱180℃ | 上/下層 | 12-14分鐘 |
|      |             | 冷藏     | 1袋         | 手動：水波烘焙/烘烤：預熱180℃ | 上/下層 | 12-14分鐘 |
|      | 自製鬆餅或混合料    |        | 1袋         | 手動：水波烘焙/烘烤：預熱180℃ | 上/下層 | 15-20分鐘 |
|      | 自製紙杯蛋糕或混合料  |        | 12個        | 手動：水波烘焙/烘烤：預熱180℃ | 上/下層 | 20-25分鐘 |
| 魚製品  | 冷凍魚片，搗碎或切片  |        | 0.2-0.5千克  | 手動：水波烘焙/烘烤：預熱200℃ | 上層   | 15-20分鐘 |
|      | 冷凍魚柳條，搗碎或切片 |        | 0.25-0.5千克 | 手動：水波烘焙/烘烤：預熱200℃ | 上層   | 15-20分鐘 |
| 餡餅   | 冷凍水果派       |        | 23厘米       | 手動：水波烘焙/烘烤：預熱180℃ | 上層   | 32-37分鐘 |
|      | 自製水果派       |        | 23厘米       | 手動：水波烘焙/烘烤：預熱160℃ | 上層   | 30-35分鐘 |
|      | 冷凍肉派        |        | 1-4個       | 手動：水波烘焙/烘烤：預熱180℃ | 上層   | 15-20分鐘 |
| 薄餅   | 冷凍薄餅        |        | 0.2-1千克    | 自動：烘焙：冷凍薄餅        | 上/下層 | 預設      |
| 冷凍快餐 | 義式闊條        |        | 400克       | 手動：水波烘焙/烘烤：預熱180℃ | 上層   | 35分鐘    |
| 薯類製品 | 冷凍薯條        |        | 0.2-0.5千克  | 手動：水波烘焙/烘烤：預熱210℃ | 上層   | 15-20分鐘 |
|      | 冷凍薯仔、薯仔煎餅   |        | 0.2-0.5千克  | 手動：水波烘焙/烘烤：預熱210℃ | 上層   | 15-20分鐘 |
| 雞肉製品 | 冷凍          | 雞爪     | 0.25-0.5千克 | 手動：水波烘焙/烘烤：預熱220℃ | 上層   | 12-15分鐘 |
|      |             | 雞塊     | 0.25-0.5千克 | 手動：水波烘焙/烘烤：預熱220℃ | 上層   | 12-16分鐘 |
|      |             | 雞胸/肉排  | 0.2-0.4千克  | 手動：水波烘焙/烘烤：預熱200℃ | 上層   | 21-26分鐘 |
|      | 冷藏          | 雞塊     | 0.25-0.5千克 | 手動：水波烘焙/烘烤：預熱220℃ | 上層   | 14-16分鐘 |
|      |             | 雞胸/肉排  | 0.2-0.5千克  | 手動：水波烘焙/烘烤：預熱220℃ | 上層   | 12-16分鐘 |
|      |             |        |            |                   |      |         |

注意：以上功能僅在水波鍵下使用。請按照圖表中的烤爐設置操作。  
烹調魚肉或家禽肉類是可同時使用烤盤及烤架

## 純蒸：發酵圖表

使用烤盤

| 食物       |        | 重量/數量    | 烤爐設置   | 烤爐位置 | 時間                   |
|----------|--------|----------|--------|------|----------------------|
| 麵團發酵（麵包） | 麵包卷    | 8卷/500克  | 手動: 發酵 | 下層   | 第一輪：30分鐘<br>第二輪：30分鐘 |
|          | 麵包片    | 麵包片/500克 | 手動: 發酵 | 下層   | 第一輪：30分鐘<br>第二輪：30分鐘 |
| 麵團發酵（薄餅） | 普通薄餅麵團 | 500克     | 手動: 發酵 | 下層   | 第一輪：30分鐘<br>第二輪：30分鐘 |

**注意：**以上功能僅在純蒸鍵下使用。請按照圖表中的水波爐設置操作。  
第一輪發酵時，將麵團放在碗中，再將碗放在水波爐下層的烤盤上。  
第二輪發酵時，將微波爐用具如：錫紙、薄餅盤和麵團放在水波爐下層的烤盤上。

## 微波：解凍圖表

| 食物      | 重量       | 烤爐設置       | 烤爐位置    | 時間 |
|---------|----------|------------|---------|----|
| 牛扒、帶骨肉塊 | 0.1-1 千克 | 自動解凍：肉扒/肉塊 | 直接放在爐底座 | 預設 |
| 家禽肉     | 0.9-2 千克 | 自動解凍：禽肉    | 直接放在爐底座 | 預設 |
| 烤肉      | 1-2 千克   | 自動解凍：烤肉    | 直接放在爐底座 | 預設 |
| 肉碎/香腸   | 0.1-1 千克 | 自動解凍：肉碎/香腸 | 直接放在爐底座 | 預設 |

**注意：**以上功能僅在微波鍵下使用。請按照圖表中的水波爐設置操作。  
解凍以上肉類時請使用微波爐解凍盒

## 微波：智能加熱圖表

| 食物     |                 |                 | 初始溫度    | 重量/數量    | 烤爐設置      | 烤爐位置    | 時間 |
|--------|-----------------|-----------------|---------|----------|-----------|---------|----|
| 餐碟食物加熱 | 肉類              | 牛肉、羊肉、雞肉（切片）、T骨 | 3 ℃ 冷藏  | 175-180克 | 智能加熱：餐碟食物 | 直接放在爐底座 | 預設 |
|        | 薯仔              | 切片              |         | 125克     |           |         |    |
|        | 蔬菜              | 胡蘿蔔、椰菜花         |         | 100克     |           |         |    |
| 鍋物加熱   | 牛肉湯、嫩羊肉<br>杏仁雞肉 |                 | 3 ℃ 冷藏  | 1-4杯     | 智能加熱：鍋物   | 直接放在爐底座 | 預設 |
|        | 罐裝焗豆、義大利麵       |                 | 20 ℃ 室溫 | 1-4杯     |           |         |    |
| 湯      | 南瓜、薯仔、雞         |                 | 20 ℃ 室溫 | 1-4杯     | 智能加熱：湯    | 直接放在爐底座 | 預設 |
| 薄餅     | 辣腸薄餅、至尊薄餅       |                 | 3 ℃ 冷藏  | 1-4片     | 智能加熱：薄餅   | 直接放在爐底座 | 預設 |

**注意：**以上功能僅在微波鍵下使用。請按照圖表中的水波爐設置操作。  
餐盤：用保鮮紙蓋上，用竹籤刺5個小孔。  
鍋物：將食物裝入砂鍋並用保鮮紙蓋好，再用竹籤刺5個小孔。  
湯：使用微波爐專用玻璃碗，加熱後攪拌。  
薄餅：加熱前用保鮮紙將薄餅包住。

# 蔬菜

## 百里香烤薯仔

小薯仔800克  
橄欖油1湯匙  
搗碎的大蒜2瓣  
搗碎的百里香葉1湯匙  
適量食鹽及胡椒

將薯仔切成1-2厘米的方塊。  
在大碗中加入橄欖油、大蒜、百里香、食鹽、胡椒拌勻。  
將薯仔放入混合醬汁中，拌勻。  
取出瀝油，將薯仔放入烤盤中。  
將烤盤放在水波爐的上層。  
水波爐調至水波>手動>水波烘焙/烘烤>  
無預熱200°C，烤30-35分鐘即可。

4人份

## 綠色時蔬

白菜250克  
西蘭花250克  
蠔油2湯匙  
芝麻油半茶匙

白菜及西蘭花洗淨切塊。  
切成約10厘米的相等長度。  
將蔬菜放在烤架的烤盤中。  
將烤盤放在水波爐上層。  
水波爐調至純蒸>手動>高溫蒸氣>蒸6分鐘。  
從水波爐中取出蔬菜，攪置一分鐘，瀝乾水份。  
將蠔油、芝麻油倒入小碗中拌勻。  
把蔬菜倒入餐盤，加調味汁拌勻。  
熱食

2-4人份



釀蘑菇



## 釀蘑菇

白麵包2片  
煙肉2片  
青蔥4根，切段  
番茄乾100克、切片  
指天椒1條，去籽切丁  
特香芝士碎1杯  
西芹一湯匙，切碎  
大蒜2瓣，拍碎  
蘑菇8個，去莖（每個約80-100克）  
小塊牛油20克  
適量食鹽、胡椒

將白麵包弄成麵包碎備用。  
用兩張廚房紙將煙肉包起，放在水波爐底座。  
水波爐調至微波爐>手動。  
烹調2分鐘。  
再將蔥及煙肉放在碗內。  
水波爐調至微波>手動。  
烹調1分鐘。  
水波爐調至水波>手動>水波燒烤>預熱。  
將麵包碎、煙肉、青蔥、番茄乾、辣椒、芝士、西芹、大蒜、食鹽及胡椒混合，攪拌均勻。  
將混合後的肉餡釀入蘑菇中。  
將牛油切成8個同等的小塊，每個蘑菇上放一塊。  
把釀好的蘑菇放在烤盤的烤架上。  
將烤盤放在水波爐上層。  
烤15分鐘。

4人份



烤蔬菜

## 烤蔬菜

小薯仔600克  
蘿白250克  
橄欖油2湯匙  
香草1茶匙  
乾西芹1茶匙  
少量食鹽

蔬菜洗淨。  
將薯仔切成4半或1-2厘米的方塊。  
蘿白切成4半。  
用大碗將油、香草、西芹、食鹽混合，攪拌至均勻。  
將蔬菜加入混合調味汁中，攪拌均勻。  
將蔬菜放入烤盤。  
將烤盤放在水波爐上層。  
水波爐調至超水波>手動>水波烘焙/烘烤>無預熱200℃，烤30-35分鐘。

4人份

## 牛油果火腿薯仔沙律

小薯仔1千克，切成4半  
西班牙洋蔥1個，切成圈  
牛油30克  
蛋黃醬半杯  
細香蔥1湯匙，切段  
牛油果1個，切片  
檸檬汁1茶匙  
煙燻火腿4片，切成條狀  
適量黑胡椒粉  
細香蔥用於裝飾  
火腿條用於裝飾

將薯仔放在烤盤上。  
將烤盤放在水波爐的上層。  
將水波爐調至純蒸>手動>高溫蒸氣>，蒸25-30分鐘。用錫紙蓋住放置5分鐘。  
在微波爐專用碗中加入洋蔥圈及牛油。  
將水波爐調至微波>手動。  
烹調1分鐘。  
將薯仔、蛋黃醬、細香蔥與洋蔥放入碗中攪拌均勻。  
牛油果切塊並撒上檸檬汁。  
將牛油果、火腿加入薯仔混合物中，輕輕攪拌均勻，再加入黑胡椒調味。  
用剩餘的細香蔥，火腿加以裝飾。  
與涼拌雞肉，其他肉類同食或單獨食用。

4人份

## 印度式蔬菜

南瓜200克  
薯仔1個（約200克）  
中等大小胡蘿蔔2個  
中等大小薯仔1個（約180克）  
乳酪1湯匙  
搗碎生薑1茶匙  
辣椒粉0.25茶匙  
紅辣椒2茶匙  
咖哩粉1茶匙  
油1茶匙  
檸檬汁半茶匙

蔬菜剝皮洗淨，切成1-2厘米的小塊。  
用大碗中將乳酪、生薑、辣椒粉、紅辣椒、咖哩粉、油及檸檬汁混合攪拌均勻。  
將蔬菜放入混合調味汁中攪勻。  
將蔬菜放入烤盤中。  
將烤盤放在水波爐上層。  
將水波爐調至水波>手動>水波烘焙/烘烤>  
無預熱200℃，烤35-40分鐘。

4人份



## 芝士蘆筍燴飯

新鮮蘆筍2根  
青蔥3根，切段  
大蒜3瓣，拍碎  
雞湯2杯半  
意大利米2杯，洗淨  
特香芝士碎1杯半  
適量食鹽、胡椒

蘆筍削皮，切成適合食用的大小即可。  
用大碗中將蘆筍、青蔥、大蒜及雞湯混合攪拌均勻。  
接著加入大米、特香芝士、食鹽及胡椒，攪拌均勻。  
小心將混合物倒入烤盤中，均勻鋪開。  
將烤盤放在水波爐上層。  
將水波爐調至純蒸>手動>高溫蒸氣>蒸25分鐘即可。

4人份

## 地中海式蔬菜

西班牙洋蔥1個  
脆肉瓜2個（400克）  
紅辣椒1個（280克）  
茄子1個（300克）  
小蕃茄250克

橄欖油3湯匙  
乾西芹0.25茶匙  
香草至0.25茶匙  
適量食鹽及胡椒

水波爐調至水波>手動>水波烘焙/烘烤>預熱220°C  
碎肉瓜、茄子切成約1厘米厚、6厘米長的小塊。柿子椒切條、洋蔥切成楔子形。  
將蔬菜、橄欖油、西芹、香草至、食鹽及胡椒加入大碗中混合攪拌均勻。  
將蔬菜放入烤盤中。  
將烤盤放在水波爐上層。  
烤35-40分鐘即可。  
4-6人份

## 意式香菇燴飯

香菇300克，洗淨切丁  
大西班牙洋蔥1個，切丁  
大蒜2瓣，拍碎  
蔬菜湯2杯  
忌廉半杯  
意大利米2杯，洗淨  
切碎的新鮮羅勒1湯匙  
切碎的新鮮西芹1湯匙  
切碎的新鮮百里香1茶匙  
切碎的芝士三分之一杯  
適量食鹽及胡椒



將香菇及洋蔥放入大碗中。加入大蒜、蔬菜湯及忌廉攪拌均勻。

接著加入大米、羅勒、西芹、百里香、芝士粉、食鹽及胡椒。

混合攪拌均勻。

將混合後的食材小心倒入烤盤，均勻攤開。

將烤盤放在水波爐上層。

將水波爐調至純蒸>手動>高溫蒸氣>蒸25分鐘即可。

4人份

將水波爐調至水波>手動>水波烘焙/烘烤>預熱200℃。

番茄切半放入抹油的2升砂鍋中，撒上西芹及細香蔥。

用中等大的碗將麵粉、雞蛋混合攪拌均勻。慢慢加入酸忌廉、牛奶、食鹽及胡椒。

將混合後的食材慢慢地倒在番茄上，再撒上芝士。

將砂鍋放在烤盤上。

將烤盤放在水波爐上層。

烤30分鐘即可。

4人份

## 番茄蛋餅

小番茄200克

切碎的新鮮西芹2湯匙

切碎的新鮮細香蔥1湯匙

中筋麵粉四分之一杯

大雞蛋4個，打散

酸忌廉3湯匙

牛奶1杯

食鹽四分之一茶匙

適量胡椒

切碎的芝士1杯



番茄蛋餅

## 糖漬橙皮胡蘿蔔

胡蘿蔔500克去皮  
已溶解的牛油40克  
切碎的橙皮1湯匙  
白砂糖1茶匙

胡蘿蔔切半，再切成5厘米的段。  
將胡蘿蔔絲放在烤盤上。  
將水波爐調至純蒸>手動>高溫蒸氣。  
將烤盤放在水波爐上層。  
蒸16分鐘即可。  
用中等大的碗將牛油、橙皮、糖混合攪拌均勻。  
將蒸好的胡蘿蔔加入混合調味汁，翻動使其均勻浸到醬汁中。  
熟食

4人份

## 芝士蔬菜餅

芝士500克  
洋蔥1個，切丁  
雞蛋2個打散  
切碎的芝士一杯  
芝士粉半杯  
1個切碎的脆肉瓜  
紅柿子椒半個，切丁

用牛油塗抹2個鬆餅托盤（每個烤盤可放6個）。  
將水波爐調至水波>手動>水波烘焙/烘烤>

預熱180°C。  
用中等大的碗將所有配料混合攪拌均勻。  
將混合醬汁在鬆餅托盤上均勻攤開。  
將鬆餅托盤放在烤盤上。  
將兩個烤盤分別放在水波爐上、下層，烤25分鐘或金黃即可。

熟食

可做12個

## 番茄醬汁義大利麵

400克碎番茄2罐  
番茄醬4湯匙  
大蒜2瓣，拍碎  
青蔥1杯，切段  
糖2茶匙  
2茶匙蔬菜湯  
義大利闊條麵375克  
適量食鹽、胡椒

將義大利麵放在烤盤的底部。  
將碎番茄、番茄醬、大蒜、青蔥、糖、蔬菜湯、鹽及胡椒混合拌勻。  
將混合調味汁均勻鋪在義大利麵上。  
將烤盤放在水波爐的上層。  
將水波爐調至純蒸>手動>高溫蒸氣，蒸20-25分鐘或麵條變軟即可。  
攪拌並蓋上錫紙，放置3-5分鐘後可食用。

4人份

## 芝士菠菜千層麵

菠菜1捆，洗淨（約500克）

橄欖油2茶匙

洋蔥1個，切碎

大蒜2瓣，拍碎

新鮮芝士500克

切碎的新鮮羅勒2湯匙

義大利千層麵3片

肉醬汁500克

切碎的芝士1杯

適量食鹽及胡椒

菠菜去莖切段，放入微波爐專用的大玻璃碗中。

將水波爐調至微波>手動，烹調7分鐘，中途攪拌。菠菜瀝乾水份，擠掉多餘的水份，先放在一邊。

在另一個微波爐專用大玻璃碗中加入油、洋蔥、大蒜。

將水波爐調至微波>手動。

烹調3分鐘，中途攪拌。

將洋蔥混合配料、芝士、羅勒、食鹽及胡椒加入菠菜中拌勻。

將水波爐調至水波>手動>水波烘焙/烘烤>預熱180℃。

準備一個大的淺砂鍋，將三分之一的菠菜放在鍋底。

蓋上一層千層麵。

再鋪上剩餘菠菜的一半，倒入三分之一的肉醬，接著再蓋上一層千層麵。

重複以上步驟將剩下的菠菜、肉醬的一半及千層麵放入鍋中。

再倒入剩下的肉醬，均勻鋪開。

撒上芝士。

將砂鍋放在烤盤上。

將烤盤放在水波爐的上層。

烤30-35分鐘。

6人份



芝士菠菜千層麵



香辣檸檬章魚

# 海鮮

## 香辣檸檬章魚

小章魚400克  
磨碎的檸檬皮一個  
檸檬汁四分之三杯  
橄欖油2湯匙  
2湯匙辣椒醬（甜辣椒醬亦可）  
大蒜4瓣，拍碎

用水沖洗章魚，確保魚頭乾淨。大塊的章魚須切成小塊以便熟透。  
用大碗將檸檬皮、檸檬汁、大蒜、油、辣椒醬混合攪勻。  
將章魚放入醃料中，蓋好放入冰箱冷藏醃製2小時。  
將水波爐調至水波>手動>水波燒烤>預熱。

取出章魚並放在烤盤上。  
將烤盤放在水波爐上層。  
烤7-10分鐘。  
撒上西芹葉裝飾，配檸檬片及蔬菜沙拉食用。  
**注意：**烹調時間長短可根據個人口感而定。  
2人份

## 蒜香烤蝦

大蝦500克，去皮、去腸、留蝦尾  
蔬菜油三分之一杯  
芝麻油3茶匙  
芫荽籽粉1茶匙



大蒜3瓣，拍碎

白酒2湯匙

竹籤8根

用中等大的碗中將蔬菜油、芝麻油、芫荽、大蒜及白酒混合攪勻。  
將蝦加入醃料中，蓋好放入冰箱冷藏醃製2小時。  
將水波爐調至水波>手動>水波燒烤>預熱。  
將竹籤放在冷水中浸泡5分鐘。  
用竹籤將蝦串好。  
將串好的蝦放入烤盤中。  
將烤盤放在水波爐的上層。  
烹調7-10分鐘。

4人份

## 白酒烤蝦

大蝦500克、去皮、去腸、留蝦尾  
食鹽半茶匙  
黑椒1茶匙  
白酒三分之一杯  
忌廉三分之一杯  
大蒜3瓣，搗碎  
芫荽籽粉半茶匙  
竹籤8根

用中等大的碗中將蔬菜油、芝麻油、芫荽、大蒜及白酒混合攪勻。

將蝦加入醃料中，蓋好放入冰箱冷藏醃製2小時。

將水波爐調至水波>手動>水波燒烤>預熱。

將竹籤放在冷水中浸泡5分鐘。

用竹籤將蝦串好。

將串好的蝦放入烤盤中。

將烤盤放在水波爐的上層。

烹調7-10分鐘。

4人份

蒜香烤蝦



## 醬汁鯛魚

醬油2湯匙

大蒜2瓣，拍碎

1湯匙芝麻油

磨碎生薑末1茶匙

切碎的新鮮芫荽1湯匙

指天椒2條，去籽切絲

500克鯛魚一隻，清洗乾淨

用小碗將醬油、大蒜、芝麻油、生薑、芫荽及辣椒混合攪勻。

將鯛魚放入一個大的淺砂鍋中，蓋好冷藏2小時，如果鯛魚太大，可切掉魚尾。

將水波爐調至水波>手動>水波燒烤>預熱。

將鯛魚放在烤盤上。

將烤盤放在水波爐上層。

烤15-20分鐘。

2人份

## 芝士鮭魚肉卷

芝士250克

芝士碎90克

適量食鹽、胡椒

雞蛋2個，打散

210克紅鮭魚1罐，瀝乾去骨

檸檬汁2茶匙

肉捲120克

現成義大利麵醬375克

2湯匙切碎的芝士

2湯匙切段的新鮮西芹用以裝飾

在大碗中加入芝士、芝士碎、雞蛋、鮭魚、檸檬汁、食鹽及胡椒混合攪拌均勻。

用調羹將鮭魚混合料填入肉捲中。

肉捲排成排，放入一個大的淺砂鍋。

將義大利麵醬倒在肉捲上，用調羹背面將醬汁攤勻。

撒上剩餘的芝士。

水波爐調至純蒸>手動>高溫蒸氣。

將砂鍋放在烤盤上。

將烤盤放在水波爐的上層。

烹飪30分鐘即可。

加西芹裝飾，配蔬菜沙律食用。

4人份

## 烤吞拿魚扒

醬油2湯匙

芥末2茶匙

橄欖油1湯匙

切碎的新鮮芫荽1湯匙

吞拿魚扒4塊（每塊約200-250克，1-2厘米厚）

用中等大的碗將醬油、芥末，油及芫荽混合攪勻。

將吞拿魚放入醃料中，蓋好放入冰箱冷藏醃製1-2小時。

將水波爐調至水波>手動>水波烘焙/烘烤>無預熱180℃。

將吞拿魚放在烤盤上。

將烤盤放在水波爐上層。

烤20-25分鐘即可。

4人份

烤吞拿魚扒



## 泰式扇貝

芝麻油1茶匙

牛油40克

指天椒1條、去籽切絲

大蒜2瓣，拍碎

白砂糖1茶匙

印尼甜醬油2湯匙

磨碎生薑末1茶匙

魚露1湯匙

扇貝500克

切碎的新鮮芫荽1湯匙，用於裝飾

用微波爐專用小碗將油、牛油、辣椒及大蒜混合。

將水波爐調至微波>手動。

烹調2分鐘。

加糖、印尼甜醬油、薑、魚露及扇貝攪拌均勻，蓋好放入冰箱冷藏醃製1-2小時。

將水波爐調至水波>手動>水波燒烤>預熱。

將扇貝放在烤盤中。

將烤盤放在水波爐上層。

烹調7-10分鐘。

配米飯食用

2-4人份

## 義式海鮮燴飯

雜菜500克

大蒜1瓣，拍碎

切碎的新鮮西芹1湯匙

意大利米1杯，洗淨

紅酒四分之一杯

罐裝現成的義大利麵醬580克

適量食鹽、胡椒

用大碗將雜菜、大蒜、西芹、大米混合攪勻。

加入紅酒、義大利麵醬、食鹽及胡椒攪拌均勻。

將混合後的食材小心地倒入一個大的淺砂鍋，均勻攤開。

將水波爐調至純蒸>手動>高溫蒸氣。

將砂鍋煩放在烤盤中。

將烤盤放在水波爐上層。

蒸35分鐘即可。

4人份





燒三文魚

## 燒三文魚

檸檬汁三分之一杯

醬油2茶匙

辣醬油2茶匙

乾西芹1茶匙

香草至半茶匙

大蒜2瓣，拍碎

適量食鹽、胡椒

4塊三文魚肉片（每塊約200克）

用大碗將檸檬汁、醬油、辣醬油、西芹、香草至、大蒜、食鹽及胡椒混合拌勻。將三文魚肉片加入醃料中，蓋好蓋子放入冰箱冷藏醃製1-2小時。將水波爐調至水波>手動>水波烘焙/烘烤>無預熱180℃。在烤盤上抹一層食用油。將三文魚帶皮一側放在烤盤上。將烤盤放在水波爐上層。烤20-25分鐘即可。

4人份

## 魚肉餡餅

無皮魚肉450克，切塊

蛋白1個

切碎的檸檬香葉1茶匙

泰式綠咖哩1湯匙

四季豆50克，切段

指天椒1條、去籽切絲

切碎的新鮮西芹2湯匙

芫荽粉半茶匙

適量食鹽、胡椒

用食物攪拌器將魚肉、蛋白、檸檬香葉、咖哩醬混合攪拌。

攪拌2分鐘或均勻即可。

將混合後的肉餡裝入碗中。

加入四季豆、辣椒、西芹、芫荽、食鹽及胡椒攪拌均勻。

將混合後的食材揉成約5厘米大的小餡餅。將魚肉餡餅放在盤子中，放入冰箱冷藏醃制至少30分鐘。

將水波爐調至水波>手動>水波燒烤>預熱。

在烤盤上抹一層食用油。

將餡餅放在烤盤中。

將烤盤放在水波爐上層。

烤14-18分鐘即可。

（大約）可做8個魚肉餡餅

**注意：**烘烤前裹上麵包碎，餡餅將更酥脆。



魚肉餡餅

## 吉列魚手指

魚肉300克

粟米粉四分之一杯

雞蛋一個，打散

麵包碎1杯

食鹽四分之一茶匙

檸檬胡椒粉半茶匙

調味油（刷）

魚肉切成約2厘米厚的薄片，放一邊。

用一個小碗將玉米粉和雞蛋混合。

再用另一個碗將麵包碎、食鹽、檸檬胡椒調粉混合。

將水波爐調至水波>手動>水波燒烤>預熱。

將魚片浸在雞蛋混合物中，接著在麵包碎混合物中滾動，均勻即可。

在烤盤上抹上一層食用油。

將魚片放在烤盤中，刷油。

將烤盤放在水波爐上層。

烤14-18分鐘。

2-4人份



吉列魚手指

# 雞肉

## 沙嗲雞肉

生抽1湯匙

芝麻油1湯匙

檸檬汁1湯匙

雞胸肉500克，切成2厘米的小塊

竹籤8根

醬汁

花生醬三分之一杯

辣椒粉四分之一茶匙

紅糖1茶匙

大蒜1瓣，拍碎

1湯匙蔬菜油

用中等大的碗將醬油、芝麻油、檸檬汁混合攪勻。

將雞肉加入醃料中，混合均勻。蓋好放入冰箱冷藏醃製1小時。

將水波爐調至水波>手動>水波燒烤>預熱。

將竹籤浸泡在冷水中5分鐘。

用竹籤將雞肉串好。

將竹籤放在烤盤的烤架上。

將烤盤放在水波爐上層。

烹調12-15分鐘。

配醬汁食用

醬汁

用小碗將花生醬、辣椒粉、紅糖、大蒜及蔬菜油混合均勻。

4人份



沙嗲雞肉



## 椰香雞肉

罐裝椰奶400毫升

指天椒2條，去籽切絲

磨碎生薑末1茶匙

檸檬汁1湯匙

生抽3湯匙

大蒜4瓣，拍碎

切碎的新鮮芫荽半杯

紅糖1湯匙

適量胡椒

雞胸肉4塊（每塊約200-250克）

用食物攪拌器或手動攪拌器將椰奶、辣椒、姜、檸檬汁、醬油、大蒜、芫荽、紅糖及胡椒混合，攪拌2分鐘或均勻即可。將雞肉放入大碗中，鋪上椰奶醬，蓋好蓋子放入冰箱冷藏醃製2小時或一晚。

將水波爐調至水波>手動>水波烘焙/烘烤>無預熱190℃。

將雞肉放在烤盤的烤架上。

將烤盤放在水波爐上層。

烤25-30分鐘。

4人份

椰香雞肉

## 芥末香辣雞腿

雞腿1千克

芥末四分之一杯

蛋黃醬四分之一杯

用大碗將芥末、蛋黃醬混合拌勻。

加入雞腿攪勻。

將水波爐調至水波>手動>水波燒烤>

無預熱。

將雞腿放在烤盤的烤架上。

將烤盤放在水波爐上層。

烤37-40分鐘即可。

4-6人份





## 香辣雞肉串

辣椒粉四分之一茶匙

孜然粉1茶匙

芫荽粉3茶匙

薑黃2茶匙

大蒜4瓣，拍碎

白砂糖2湯匙

食鹽半茶匙

黑胡椒半茶匙

橄欖油2湯匙

雞胸肉500克，切成2厘米的小方塊

竹籤8根

用中等大的碗將辣椒粉、孜然粉、芫荽粉、薑黃、大蒜、白砂糖、食鹽、胡椒粉及橄欖油混合攪勻。  
將雞肉加入醃料中，攪拌均勻，蓋好蓋子放入冰箱冷藏醃製2小時或一晚。  
將水波爐調至水波>手動>水波燒烤>預熱。  
將竹籤浸泡在冷水中5分鐘。  
用竹籤將雞肉串好。  
將肉串放在烤盤的烤架上。  
將烤盤放在水波爐上層。  
烤12-15分鐘。

4人份

## 全麥烤雞

雞大腿肉1公斤

已溶解的牛油100克

切碎的芝士四分之一杯

全麥麵粉1杯

切碎的新鮮西芹1湯匙

將雞腿浸泡在牛油中。  
用小碗將芝士、麵粉、西芹混合，使調味料均勻塗抹在雞肉上。  
將水波爐調至水波>手動>水波烘焙/烘烤>無預熱250°C。  
將雞肉放在烤盤的烤架上。  
將烤盤放在水波爐上層。  
烤25-30分鐘。

4人份

## 中式烤雞翼

雞翼700克

花生油1湯匙

醬油1湯匙

五香粉1茶匙

海鮮醬2湯匙

將雞翼成兩半，放一邊

用小碗將花生油、醬油、五香粉、海鮮醬混合攪勻

將雞翼放入醃料中，翻動均勻，蓋好放入冰箱冷藏醃製2小時或一晚

將水波爐調至水波>手動>水波燒烤>無預熱

將雞翼放在烤盤的烤架上

將烤盤放在水波爐上層

烤30-35分鐘即可

4人份



中式烤雞翼

## 雞肉蔬菜卷

全麥麵包碎1杯

雞肉肉碎500克

雞蛋2個

胡蘿蔔1個，切絲

洋蔥半個，切絲

切碎的新鮮茼蒿四分之一杯

切碎的新鮮西芹四分之一杯

適量食鹽和胡椒

冷凍的千層餅2塊，已解凍

芝麻一湯匙

配番茄或甜辣醬食用

將水波爐調至水波>手動>水波烘焙/烘烤>預熱200°C。

用食物攪拌器將麵包碎、肉碎及雞蛋混合拌勻。

用大碗將混合後的肉碎、洋蔥、胡蘿蔔、茼蒿、西芹、食鹽及胡椒混合。

將一塊千層餅放在撒上麵粉的平面並切成兩半。把四分之一的混合肉餡舀到千層餅中間，將千層餅折疊，合邊。剩下的千層餅及肉餡參照以上步驟。

將肉捲切成同等的4份。

在烤盤上抹上一層食用油，將雞肉卷放在烤盤中。

用小碗將雞蛋打散，在肉捲刷上蛋液、撒上芝麻。

將烤盤放在水波爐的上層。

烤25-30分鐘直到肉捲變黃熟透即可。

熱食

可做16個

## 雞肉凱撒沙律

辣醬油一湯匙

芥末一茶匙

雞胸肉300克

煙肉2塊

切碎的芝士半杯

萵苣1根，洗淨削皮

調味料

大蒜2瓣，拍碎

蛋黃醬四分之一杯

少許辣椒醬（Tabasco）

芥末1茶匙

辣醬油1茶匙

檸檬汁1茶匙

鳳尾魚肉2塊，剁碎

適量胡椒

用小碗將辣椒醬油和芥末混合，將醃料均勻鋪在雞肉上。

將水波爐調至水波>手動>水波烘焙/烘烤>無預熱190°C。

將雞肉放在烤盤的烤架上。

將烤盤放在水波爐上層。  
烤30-35分鐘即可。  
待雞肉冷卻後切成薄塊，放一邊。  
用2張廚房用紙將煙熏肉包起來。  
將水波爐調至微波>手動。  
烹調2-3分鐘。  
待煙肉冷卻後切成細條。

調味料  
用碗將大蒜、蛋黃醬、辣椒醬油（Tabasco），  
芥末、辣醬油、檸檬汁、鳳尾魚肉末及胡椒  
混合攪勻，先放一邊。  
將萵苣放在大碗中，加入雞肉、煙肉、芝士及  
調味料，翻動均勻。如是脆口生菜，可即食。

4人份



雞肉凱撒沙律

## 香草烤雞

軟化牛油60克

大蒜1瓣，拍碎

切碎的芝士3湯匙

鼠尾草粉半茶匙

乾百里香葉四分之三茶匙

磨碎的乾羅勒葉四分之三茶匙

1.5千克雞肉（大約）

用小碗將牛油、大蒜、芝士、鼠尾草粉、百里香葉、羅勒葉混合攪勻，先放一邊。

雞肉皮割開，將香草混合調料放在雞肉和雞皮中間，將雞腿綁在一起。

將水波爐調至水波>手動>水波烘焙/烘烤>無預熱200°C。

將雞胸一側朝上放在烤盤的烤架上。

將烤盤放在水波爐的上層。

烤55-60分鐘。

用錫紙包住雞肉，放置10分鐘。

將雞肉切開配蔬菜或沙律食用。

4人份

## 蔬菜米紙卷

雞胸2塊，每塊約200-250克

大米紙卷12個

牛油果1個，切半、切片

胡蘿蔔1個，切片

綠柿子椒半個，切片

卷心萵苣半個，洗淨切絲

配甜辣醬食用

將水波爐調至水波>手動>水波烘焙/烘烤>無預熱190°C。

將雞胸肉放在烤盤的烤架上。

將烤盤放在水波爐上層。

烤25-30分鐘。

將烤熟的雞肉切塊。

將一張米紙卷放在溫水中浸泡柔軟即可，重複此步驟。

將2張米紙均重疊，加入雞肉、牛油果、胡蘿蔔、柿子椒及萵苣。

將米紙卷較短的一端頭尾折疊，接著將米紙卷的一邊沿肉餡翻折，再折另一邊，卷成筒狀，輕輕按壓封邊。

配甜辣醬食用。

可做6個



## 蔬菜雞肉餅

雞肉肉碎400克

蛋白1個

胡蘿蔔1個，切片

指天椒1條，去籽切絲

切段細香蔥2湯匙

芫荽粉半茶匙

辣椒粉四分子一茶匙（依個人口味而定）

麵包碎（依個人口味而定）

適量食鹽、胡椒

將水波爐調至水波>手動>水波燒烤>預熱。  
用大碗將雞肉肉碎、蛋白混合，再加入胡蘿蔔、辣椒、香蔥、芫荽粉、辣椒粉、食鹽及胡椒，混合攪勻。

將混合後的食材分成約5厘米大的餡餅。

在烤盤上抹上一層食用油。

將餡餅放在烤盤中。

將烤盤放在水波爐的上層。

烹調14-18分鐘

（大約）可做8個餡餅

**注意：**烘烤前裹上麵包碎，餡餅將更酥脆。

蔬菜雞肉餅



# 肉類

## 烤牛肉串

醬油2湯匙

蠔油2湯匙

芝麻油2茶匙

芝麻2茶匙

磨碎生薑末1茶匙

紅糖1茶匙

大蒜1瓣，拍碎

牛腿肉400克

竹籤8根

用中等大的碗將醬油、蠔油、芝麻油、芝麻、薑、紅糖及大蒜混合攪勻，先放一邊。

將牛肉切成2厘米的小方塊，放入混合醃料中，蓋好放入冰箱冷藏醃製1小時。

將水波爐調至水波>手動>水波燒烤>預熱。

將竹籤放在冷水中浸泡5分鐘。

用竹籤將牛肉串好。

將肉串放在烤盤的烤架上。

將烤盤放在水波爐上層。

烤12-15分鐘。

4人份

## 醬汁烤羊扒

橄欖油30毫升

檸檬汁30毫升

切碎的芫荽3湯匙

孜然粉一茶匙

芫荽粉半茶匙

大蒜2瓣，拍碎

食鹽1茶匙

黑胡椒粉半湯匙

羊扒一塊，約8肉片

用小碗將橄欖油、檸檬汁、新鮮芫荽、孜然粉、芫荽粉、大蒜、食鹽和胡椒混合。將羊扒放在一個淺砂鍋中，再加入醃料。蓋好放入冰箱冷藏醃製2-3小時或一晚。將水波爐調至水波>手動>水波烘焙/烘烤>預熱180℃。將羊扒放在烤盤的烤架上。將烤盤放在水波爐上層。烤32-35分鐘。

2-3人份



醬汁烤羊扒

## 醬燒牛肉串

大蒜2瓣，拍碎

磨碎生薑末2茶匙

紅糖1湯匙

生抽1湯匙

檸檬汁1湯匙

芝麻油1茶匙

芫荽粉半茶匙

辣椒粉半茶匙

切碎的檸檬皮1茶匙

牛柳500克

竹籤8根

用大碗將大蒜、生薑、紅糖、醬油、檸檬汁、芝麻油、芫荽粉、辣椒粉及檸檬皮混合攪勻，先放一邊。

將牛柳切成2厘米的方塊，並放入醃料中，蓋好冷藏2小時或一晚。

將水波爐調至水波>手動>水波燒烤>預熱。

將竹籤放在冷水中浸泡5分鐘。

用竹籤將牛肉串好。

將肉串放在烤盤的烤架上。

將烤盤放在水波爐上層。

烤12-15分鐘。

4人份

## 梅子排骨

排骨750克，切塊

梅子醬210毫升

辣椒粉四分之一茶匙

用大碗將梅子醬和辣椒粉混合攪拌均勻。將排骨放入醃料中，蓋好放入冰箱冷藏醃製1-2小時。

將水波爐調至水波>手動>水波烘焙/烘烤>預熱150℃。

將排骨放在烤盤的烤架上。

將烤盤放在水波爐上層。

烤30-35分鐘。

4人份

醬燒牛肉串





亞洲牛肉沙律



## 亞洲牛肉沙律

黑胡椒碎1湯匙

五香粉1湯匙

肉排4塊（每塊約125克）

豆芽125克

青蔥4根，切段

磨碎生薑末1茶匙

大紅柿子椒半個，切絲

調味料

生抽3湯匙

指天椒2條，去籽切絲

切碎的香茅2茶匙

橄欖油2湯匙

芝麻油1湯匙

水波爐調至水波>手動>水波燒烤>預熱。  
用小碗將黑胡椒、五香粉混合，將混合調料抹在肉排上。

將肉排放入烤盤的烤架上。

將烤盤放在水波爐上層。

烤15-20分鐘。

待冷卻後將肉排切成薄片。

再用一個碗將豆芽、青蔥、生薑、柿子椒混合，先放一邊。

調味料

用一個碗將醬油、辣椒粉、香茅、橄欖油和芝麻油混合攪勻。

將牛肉片放在豆芽上，再撒上混合調料食用。

4人份



## 義大利香草薄餅

### 薄餅麵糰

中筋麵粉半杯，過篩

自發麵粉半杯，過篩

芥末粉半茶匙

卡彊（Cajun）調料四分之一茶匙

適量食鹽

牛油60克，切小塊

雞蛋1個

牛奶50毫升

油（刷）

### 薄餅餡料

醃肉4塊，切丁（約125克）

小洋蔥1個，切丁

大蒜1瓣，拍碎

番茄400克，切丁

新鮮西芹1湯匙，切段

切碎的新鮮羅勒1湯匙

香料半茶匙

辣椒粉四分之一茶匙

切碎的芝士半杯

適量食鹽、胡椒

將水波爐調至水波>手動>水波烘焙/烘烤>  
預熱180°C。

### 薄餅麵糰

用大碗將中筋麵粉、自發麵粉、芥末粉、卡彊（Cajun）調料、食鹽混合，將牛油揉入麵粉，直到看起來像新鮮麵包碎。再用一個碗將雞蛋和牛奶攪拌均勻。再跟乾配料攪拌，跟麵團混合。

在撒上麵粉的平面將麵團揉軟。將麵團碾成22厘米\*28厘米的長方形，裝入烤盤中。再刷上油。  
先放一邊。

### 薄餅餡料

用大碗將醃肉、洋蔥、大蒜、番茄、西芹、羅勒、香料及辣椒粉混合拌勻。將混合調料鋪在薄餅餅上，再撒上芝士。將烤盤放在水波爐的上層。  
烤25-30分鐘。  
熱食

4人份

## 迷迭香烤羊肉

大蒜3瓣，切半

羊腿1.5千克

切碎的新鮮迷迭香2湯匙

食鹽四分之一茶匙

油（刷）

在羊腿的一側劃6道淺口，在每道刀口上放一片大蒜。  
在羊腿均勻的刷上一層油，用迷迭香搓羊腿表面，再加鹽調味。  
將水波爐調至水波>手動>水波烘焙/烘烤>無預熱160℃。  
將羊腿較肥的一側放在烤盤的烤架上。  
將烤盤放在水波爐的下層，烤1小時。  
35分鐘至1小時45分鐘。

4-6人份



## 希臘肉丸

橄欖油1湯匙

大蒜1瓣，壓碎

指天椒1條，去籽切絲

青蔥2根，切段

牛肉肉碎500克

蛋黃1個

乾西芹半茶匙

芫荽粉半茶匙

食鹽1茶匙

適量黑胡椒粉

用微波爐專用小玻璃碗將油、辣椒、青蔥混合。  
將水波爐調至微波>手動。  
烹調1-2分鐘，先放一邊。  
用大碗將牛肉、蛋黃、西芹、芫荽、食鹽及胡椒混合。  
再加入大蒜辣椒混合料拌勻。  
將烤爐調至水波>手動>水波燒烤>預熱。  
用手將混合食材捏成3-4厘米的肉丸。  
將肉丸放在烤盤的烤架上。  
將烤盤放在水波爐的上層。  
烤14-18分鐘。

大約可做20個肉丸

希臘肉丸

## 蒜香香草烤羊肉

大蒜3瓣，拍碎

新鮮迷迭香1湯匙，切碎

新鮮百里香1茶匙，切碎

橄欖油2湯匙

醬油1茶匙

適量食鹽和胡椒

羊腿肉4塊（每塊約200-250克）

用大碗將大蒜、迷迭香、百里香、油、醬油、食鹽及胡椒混合。

將羊肉放在醃料中，拌勻，蓋好放入冰箱冷藏醃製2小時或一晚。

將水波爐調至水波>手動>水波燒烤>預熱。

將羊肉塊放在烤盤的烤架上。

將烤盤放在水波爐的上層。

烤15-20分鐘。

4人份

## 醋汁牛扒

洋蔥1個，切丁

大蒜5瓣，拍碎

橄欖油四分之一杯

醬油四分之一杯

醋四分之一杯

新鮮迷迭香1湯匙，切碎

芥末1茶匙

食鹽1茶匙

黑胡椒半茶匙

牛肉4塊（每塊約200-250克）

用食物攪拌器將洋蔥、大蒜、油、醋、醬油、迷迭香、芥末、食鹽及胡椒混合，攪拌2分鐘至均勻。

將牛肉放在一個大碗中，加入醃料，蓋好放入冰箱冷藏2小時或一晚。

將水波爐調至水波>手動>水波燒烤>預熱。

將牛扒放在烤盤的烤架上。

將烤盤放在水波爐上層。

烤15-20分鐘。

4人份

## 牛肉千層麵

牛肉肉碎500克

白洋蔥半個，切丁

大蒜2個，切碎

青柿子椒半個，切絲

575克罐裝肉醬

乾羅勒半茶匙

香料半茶匙

白醋半茶匙

白砂糖2湯匙

食鹽半茶匙

適量黑胡椒粉

芝士粒2杯

芝士碎半杯

芝士一杯

現成的千層麵皮1袋

用微波爐專用玻璃大碗將牛肉肉碎、洋蔥、大蒜及柿子椒混合。

將水波爐調至微波>手動。

烹調6-8分鐘，每2分鐘攪拌一次，瀝乾放一邊。

將水波爐調至水波>手動>水波烘焙/烘烤>預熱180°C。

用一個中等大的碗將肉醬、羅勒、香料、白醋、糖、食鹽及胡椒混合。

加入煮熟的牛肉攪拌均勻。

用一個大的淺砂鍋將三分之一的牛肉混合食材鋪在鍋底，接著放入一張千層面皮。在面皮鋪上半杯芝士，再撒上半杯芝士粒及四分之一杯芝士碎，接著放入一張千層麵皮。

在麵皮上加入剩下牛肉混合食材的一半，再按以上步驟加入同等分量的芝士。最後鋪上一張千層麵皮。

將剩下的牛肉混合食材鋪在麵皮上，再撒上餘下的芝士粒。

將砂鍋放在烤盤上。

將烤盤放在水波爐的上層。

烤30-35分鐘即可。

6人份



牛肉千層麵

# 甜點

## 胡蘿蔔慕斯蛋糕

油1杯

紅糖1杯

雞蛋3個

半自發麵粉1杯，過篩

發酵粉1茶匙

桂皮2茶匙

食鹽四分之一茶匙

薑粉半茶匙

荳蔻粉1茶匙半

搗碎的橙皮1茶匙

大胡蘿蔔2個，切碎

碎核桃仁80克

芝士糖霜

忌廉芝士250克

糖粉2杯

檸檬汁2茶匙

在蛋糕模上抹一層油。

將水波爐調至水波>手動>水波蛋糕>預熱180℃。

用大碗將油、糖、雞蛋打勻。

加入麵粉、發酵粉、桂皮、食鹽、薑粉、荳蔻粉及橙皮。

再鋪上胡蘿蔔、核桃仁。

將混合後的麵團倒入蛋糕模中，放在烤盤上。

將烤盤放在水波爐的下層。

烤55-60分鐘。

待冷卻後再冷藏。

糖霜

忌廉芝士打至光滑無顆粒。

加入糖粉、檸檬汁繼續打

將糖霜均勻鋪在蛋糕上

6-8人份



## 椰香杏仁蛋撻

白砂糖4湯匙

牛油125克

香草油半茶匙

雞蛋1個

麵粉2杯，過篩

發酵粉1茶匙

杏仁醬

### 餅面

雞蛋1個，打散

白砂糖半杯

椰子粉1杯

將2個圓形烤盤抹上油（1個烤盤可放12個蛋撻）。

將水波爐調至水波>手動>水波烘焙/烘烤>預熱220℃。

用大碗將糖、牛油、香草油攪成輕軟的糊狀。

加入雞蛋繼續打，打至均勻即可。

接著加入麵粉、發酵粉、將麵團揉軟。

在撒上麵粉的平面上，將麵團卷成0.5厘米厚。用一個7-8厘米的圓盤刀具切24個圓形。

將切好的麵團放在烤盤上，在每個麵團中間放半茶匙-1茶匙杏仁醬。

### 裝飾配料

用小碗將雞蛋、糖、椰子粉混合攪勻。在每個小餡餅上加一勺配料。

將小餡餅放在烤盤上。

將2個烤盤分別放在水波爐的上、下層。烤13-15分鐘。

可做24個蛋撻



椰香杏仁蛋撻

## 牛油麵包布丁

維也納麵包片半個，撕成小塊

牛油（塗抹）

無核葡萄四分之一杯

雞蛋1個，打散

忌廉300毫升

牛奶1.25杯

香草香精1茶匙

白砂糖3湯匙

荳蔻粉四分之一茶匙

更多的白砂糖（撒）

將水波爐調至水波>手動>水波烘焙/烘烤>預熱180°C。

將牛油撒在撕好的麵包上，放在一個2升的砂鍋中，加入無核葡萄，先放一邊。

用中等大的碗將雞蛋、奶油、牛奶、香草香精、糖混合攪拌均勻，再倒在麵包和葡萄上。

麵包放入牛奶混合調料中翻動攪勻，撒上荳蔻粉和糖。

將砂鍋放在烤盤上。

將烤盤放在水波爐的上層。

烤20分鐘即可。

擱一邊冷卻5-10分鐘，配忌廉或冰淇淋食用。

4-6人份

## 萊明頓蛋糕

白砂糖四分之三杯

軟化牛油125克

香草油一茶匙

雞蛋2個

牛奶半杯

自發麵粉2杯，過篩

食鹽四分之一茶匙

糖霜

糖粉2杯

可可粉四分之一杯

軟化牛油30克

熱水4湯匙

椰子粉2杯

將一個20厘米的蛋糕模上抹油。

將水波爐調至水波>手動>水波蛋糕>預熱180°C。

用大碗將糖、黃油、香草油混合打至松軟。

一次加入一個雞蛋繼續打。接著倒入。

三分之一的牛奶，繼續打。

將鹽、剩餘的牛奶加入麵粉中。

將混合後的麵糊倒入蛋糕模，將蛋糕模放在烤盤上。

將烤盤放在水波爐的下層。

烤40-45分鐘。

擱一邊待冷卻，將蛋糕脫模。

蛋糕切成同等大小的16塊。

放置3-4小時至完全冷卻或一晚。

## 糖霜

用一個大盤子中將可可粉攤開  
在小碗中加入牛油、水，將糖霜和可可粉  
攪拌至光滑無顆粒。  
用長夾將蛋糕放在巧克力醬中，使蛋糕每  
一面都沾到糖霜，再放入椰子汁中。餘下  
蛋糕重複以上步驟。

**注意：**為延緩巧克力糖霜的冷卻，可將碗  
放在裝有熱水的大碗中。

可做16塊蛋糕



## 香蕉麵包

熟香蕉4個，搗碎

軟化牛油70克

紅糖四分之三杯

雞蛋1個

香草油1茶匙

發酵粉1茶匙

少量食鹽

肉桂粉半茶匙

中筋麵粉1杯半

將一個13\*20厘米的麵包模抹油。  
將水波爐調至水波>手動>水波蛋糕>預熱  
180℃。  
用大碗將香蕉泥和牛油混合，加入糖、雞  
蛋、香草香精、發酵粉、食鹽、肉桂粉及  
麵粉混合，攪拌均勻。  
將混合食材倒入麵包模，將麵包模放在烤  
盤上。  
將烤盤放在水波爐的下層。  
烤40-50分鐘。

6-8人份

香蕉麵包

## 肉桂環

### 生麵團

中筋麵粉2杯，過篩

混合香料半茶匙

肉桂粉四分之一茶匙

食鹽半茶匙

牛油30克

酵母14克

白砂糖四分之一杯

熱水四分之一杯

牛奶四分之一杯

雞蛋1個，打散

### 餡料

軟化牛油1湯匙

紅糖三分之一杯

肉桂粉1茶匙

什錦水果三分之一杯

### 糖衣

糖粉1杯

牛奶1湯匙

檸檬汁半茶匙

用小碗將麵粉、混合香料、肉桂粉、食鹽混合。將牛油揉入麵粉，直到看起來像新鮮麵包碎。

再用一個碗將酵母粉、糖、水、牛奶和雞蛋混合攪拌均勻。將麵團揉軟成球形。放入烤盤上的玻璃碗中。

將水波爐調至純蒸>手動>發酵。

定時30分鐘。

將麵團碾成約40x20厘米的長方形。

### 餡料

將牛油攤開，撒上紅糖、肉桂粉和什錦水果。將較寬大的一端捲起，揉成原木狀。

在烤盤上抹一層油。

將麵團捏成環形放在烤盤中。將兩端對接封邊。用刀在環形麵團上每2厘米處切一刀。

將烤盤在烤爐的上層。

將水波爐調至純蒸>手動>發酵。

定時30分鐘，從烤爐中取出。

將水波爐調至水波>手動>水波麵包>預熱180°C。

烤10-15分鐘至麵團變黃即可。

### 糖衣

用小碗將糖粉、牛奶、檸檬汁混合攪勻，倒在麵團上。

6-8人份

## 草莓奶油酥薄

蛋白1個

軟化牛油60克

白砂糖四分之一杯

糖漿1湯匙

中筋麵粉四分之一杯

### 餡料

草莓一籃，切粒

忌廉150毫升

糖霜用於裝飾

在每個烤盤鋪上一張烘焙紙。  
將水波爐調至水波>手動>水波烘焙/烘烤>  
預熱180°C。  
用一個中等大的碗將蛋白打發，先放一  
邊。  
再用一個大碗將牛油、糖混合打至鬆軟。  
加入糖漿、蛋白、麵粉繼續打。  
用湯匙將9湯匙混合後的麵粉舀到烤盤上。  
留出6-7厘米空格，每排放三個，放三排。  
將2個烤盤分別放在水波爐的上、下層。  
烤10分鐘，麵團變黃即可。  
放在金屬架上冷卻。

餡料

食用前，將忌廉打至糊狀，每個酥餅上放  
一勺忌廉，再撒上草莓粒，再放上一酥  
餅。  
重複以上步驟。  
撒上糖霜食用。

9人份

## 野莓派

糕點

自發麵粉2杯

牛油125克

水3-5湯匙

食鹽少量

餡料

罐裝混合野莓830克，瀝乾水分

白砂糖半杯

食鹽半茶匙

粟米粉1湯匙

已溶解的牛油20克

蛋白（上光）

更多的白砂糖（撒）

用大碗將麵粉過篩，將牛油揉入麵粉，直  
到看起來像新鮮麵包碎，加入鹽、足量的  
水慢慢攪拌，使麵團變軟。繼續揉面至光  
滑無顆粒。  
用防油紙包住麵團冷卻30分鐘  
用大碗將混合野莓、白砂糖、食鹽、粟米  
粉、牛油混合，放置10分鐘，使果汁麵粉  
發酵。

將水波爐調至水波>手動>水波烘焙/烘烤>  
預熱160°C  
將糕點的三分之二捲起放在一個23厘米的  
玻璃餡餅碟中  
將剩下的三分之一糕點捲起鋪滿碟子  
用叉子輕壓糕點的兩端封邊  
將野莓派刷上蛋白，撒上白砂糖。  
用叉子叉糕點3次以通氣  
將餡餅碟放在烤盤上  
將烤盤放在水波爐的上層  
烤30-35分鐘  
擱置10分鐘方可食用

6-8人份



## 法式焦糖布丁

牛奶200毫升

香草籽半條

忌廉100毫升

雞蛋2個

蛋黃1個

糖2湯匙

焦糖

半杯砂糖

4湯匙水

將牛奶、香草籽放入微波爐專用大玻璃碗中，將水波爐調至微波>手動。烹調2分鐘，先放一邊。

再用一個碗將忌廉、雞蛋、蛋黃及糖混合攪拌均勻。

取出香草籽，放入雞蛋混合物種攪拌均勻，先放一邊。

焦糖

用小碗將砂糖、水混合攪勻。將水波爐調至微波>手動。烹調6-8分鐘或變淡黃色即可。

每30秒攪拌一次。

在模上撒上焦糖，待冷卻。

將牛奶混合物加入模中。

將模放在烤盤上。

將烤盤放在水波爐的上層。

將水波爐調至純蒸>手動>蒸低溫，蒸35分鐘。放在後食用。內密封10分鐘，待冷卻後食用。

4人份

**注意：**準備焦糖的過程中須小心，避免燙傷。

## 酥餅

中筋麵粉1杯，過篩

米粉1杯，過篩

糖粉三分之二杯

少量食鹽

香草油1茶匙

方塊牛油250克

將一個23厘米的餡餅碟抹油。

用大碗將麵粉、米粉混合，加入糖、鹽、香草攪拌。

加入牛油，將麵團揉軟。

用防油紙包住冷卻1小時。

將水波爐調至水波>手動>水波烘焙/烘烤>預熱160℃。

將混合食材倒入餡餅碟中。劃成小塊。

將餡餅碟放在烤盤中。

將烤盤放在水波爐的上層。

烤30-35分鐘，趁熱切塊。

（大約）可做16塊



## 棗泥布丁

軟化牛油60克

砂糖三分之二杯

雞蛋2個

無核紅棗200克，搗碎

開水1杯

發酵粉1茶匙

自發麵粉1杯半，過篩

### 醬汁

開水2杯

紅糖1杯

切碎的牛油25克

將一個三升的砂鍋抹油。  
將水波爐調至水波>手動>水波烘焙/烘烤>預熱180°C。  
用大碗將牛油、糖混合打至鬆軟。加入雞蛋繼續打，打至均勻即可。  
將紅棗放在碗中，倒入開水，再加入發酵粉攪拌均勻，先放一邊。  
將麵粉加到牛油混合料中。  
再倒入紅棗開水中輕輕攪拌均勻，裝入砂鍋中。

### 醬汁

用一個中等大的碗將開水、紅糖及牛油攪拌均均勻，倒在混合麵糊上。  
將砂鍋放在烤盤上。  
將烤盤放在水波爐的下層。  
烤30-35分鐘即可，熱食。

4-6人份

## 烤餅

自發麵粉3杯半

方塊牛油60克

白砂糖2湯匙

食鹽四分之一茶匙

牛奶1杯半

更多牛奶（上光）

將水波爐調至水波>手動>水波烘焙/烘烤>預熱180°C。  
用大碗將麵粉、牛油混合，將牛油揉入面粉，直到看起來像新鮮麵包碎加入糖、鹽攪拌，接著加入牛奶將麵團揉軟。  
在烤盤上抹一層油並撒上麵粉。  
在一個撒上麵粉的平面將麵團卷成3厘米厚，用7厘米的圓形刀具將麵團切成圓形。  
將餅並排放在烤盤中，刷一層牛奶。  
將烤盤放在水波爐的上層，烤20分鐘。

（大約）可做15-18個。

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# Introduction to your New Water Oven...

**C**ongratulations on the purchase of your new Sharp Water Oven. You are about to move into a whole new world of healthy cooking. This innovative oven combines the ancient technique of steaming with a state of the art development to superheat the steam and additional heating processes that allow you to roast, grill, bake and more.

The Operation Manual should be your first step in working with your new oven, as it explains how the Sharp Water Oven works and what you need to know to operate it successfully. Once you have an understanding of the operation of your Water Oven return to this book for information on how to cook your favourite foods and all the great recipes in the following pages. All recipes in this book include easy steps for the optimum cooking method with great results.

The Sharp Water Oven uses a unique combination of conventional heat, steam and super steam to enhance the flavours and textures of food. It also helps to reduce fat and calories whilst preserving vitamins and nutrients.

This versatile “NEWTECHNOLOGY” offers a new and healthy way of cooking, with 4-in-1 cooking options, offering convenience that modern life demands. The only oven you will ever need.

Sharp invites you to enjoy the fantastic flavours possible with the Sharp Water Oven.

## Charts

The experts in Sharp’s Test Kitchens have carefully compiled useful cooking charts to give you a quick reference guide for amounts, oven settings and cooking times for most popular foods.

Use the information in these charts to help prepare and cook your own favourite recipes or convenience foods in the Sharp Water Oven.

**NOTE:** With the exception of those items indicated as frozen, all the times and settings are for fresh or defrosted foods.

# PureSteam: Steam High Chart

Use baking tray and rack

| food       |                                     |                                       | weight/amount | oven setting                            | position in oven | cooking time |
|------------|-------------------------------------|---------------------------------------|---------------|---|------------------|--------------|
| SEAFOOD    | Whole fish                          |                                       | 0.2-1kg       | Auto: Fresh Fish/<br>Fresh Prawns       | upper            | Preset       |
|            | Fillets, ½-inch thick               |                                       | 0.2-1kg       | Auto: Fresh Fish/<br>Fresh Prawns       | upper            | Preset       |
|            | Calamari                            |                                       | 0.2-0.6kg     | Manual: Steam High                      | upper            | 5-8 min.     |
| POULTRY    | Chicken breast, half                |                                       | 0.25-1kg      | Manual: Steam High                      | upper            | 25-30 min.   |
| DUMPLINGS  | Frozen dumplings                    |                                       | 0.1-0.5kg     | Auto: Frozen<br>Convenience (dumplings) | upper            | Preset       |
| SHELLFISH  | Oysters, in shell                   |                                       | 0.2-0.9kg     | Manual: Steam High                      | upper            | 25-30 min.   |
|            | Mussels, in shell                   |                                       | 0.2-0.9kg     | Manual: Steam High                      | upper            | 5-8 min.     |
|            | Scallops                            |                                       | 0.2-0.7kg     | Manual: Steam High                      | upper            | 5-8 min.     |
|            | Prawns, large                       |                                       | 0.2-0.5kg     | Auto: Fresh Fish/<br>Fresh Prawns       | upper            | Preset       |
| VEGETABLES | Asparagus spears                    |                                       | 0.2-1kg       | Auto: Fresh Veg 1                       | upper            | Preset       |
|            | Broccoli florets                    |                                       | 0.2-1kg       | Auto: Fresh Veg 1                       | upper            | Preset       |
|            | Carrots                             | Baby                                  | 0.2-1kg       | Auto: Fresh Veg 2                       | upper            | Preset       |
|            |                                     | Sliced, ¼-inch thick slices           | 0.2-1kg       | Auto: Fresh Veg 2                       | upper            | Preset       |
|            | Cauliflower florets                 |                                       | 0.2-1kg       | Auto: Fresh Veg 2                       | upper            | Preset       |
|            | Corn on the cob                     |                                       | 0.2-1kg       | Auto: Fresh Veg 2                       | upper            | Preset       |
|            | Green beans, cut into 2-inch pieces |                                       | 0.2-1kg       | Auto: Fresh Veg 2                       | upper            | Preset       |
|            | Mushrooms                           |                                       | 0.2-1kg       | Auto: Fresh Veg 1                       | upper            | Preset       |
|            | Greens                              | Bok choy, chopped                     | 1-4 cups      | Manual: Steam High                      | upper            | 3-6 min.     |
|            |                                     | Chinese broccoli, chopped             | 1-4 cups      | Manual: Steam High                      | upper            | 3-6 min.     |
|            |                                     | Chinese cabbage, chopped              | 1-4 cups      | Manual: Steam High                      | upper            | 3-6 min.     |
|            |                                     | Choy sum                              | 1-4 cups      | Manual: Steam High                      | upper            | 3-6 min.     |
|            |                                     | Spinach, torn                         | 1-4 cups      | Manual: Steam High                      | upper            | 3-6 min.     |
|            |                                     | Yellow squash, small, cut into halves | 0.2-1kg       | Auto: Fresh Veg 1                       | upper            | Preset       |
|            |                                     | Zucchini, ¼ inch thick slices         | 0.2-1kg       | Auto: Fresh Veg 1                       | upper            | Preset       |
|            | Potatoes                            | Jacket potatoes                       | 0.8kg         | Manual: Steam High                      | upper            | 35 min.      |
|            |                                     | Baby Potatoes                         | 0.8kg         | Manual: Steam High                      | upper            | 30 min.      |
| RICE       | White rice                          | 1 cup                                 | 1½ cups water | Manual: Steam High                      | upper            | 25 min.      |
|            |                                     | 2 cup                                 | 2½ cups water | Manual: Steam High                      | upper            | 28 min.      |
| PASTA      | Dry pasta                           | 1 cup                                 | 1½ cups water | Manual: Steam High                      | upper            | 23 min.      |
|            |                                     | 2 cup                                 | 2½ cups water | Manual: Steam High                      | upper            | 27 min.      |

**Note:** All of these functions are used under the PureSteam key. Please follow recommended oven setting listed in chart. When cooking rice and pasta, use a shallow 2 litre shallow casserole dish and place directly onto the baking tray. When cooking small vegetables, it is recommended to use the metal basket available in the market and put on the rack.



# SuperSteam: Roast Chart

Use baking tray and rack

| food    |                          | weight/amount     | oven setting                           | position in oven | cooking time | result      |
|---------|--------------------------|-------------------|--|------------------|--------------|-------------|
| BEEF    | Blade roast              | 1-2kg             | Auto: Roast: Roast Beef Med            | lower            | Preset       | Medium      |
|         |                          | 1-2kg             | Auto: Roast: Roast Beef Med: More      | lower            | Preset       | Well done   |
|         | Eye fillet               | 1-2kg             | Manual: SS Bake/Roast: Without P 200°C | lower            | 30-40 min.   | Medium      |
|         |                          | 1-2kg             | Manual: SS Bake/Roast: Without P 200°C | lower            | 40-50 min.   | Well done   |
| LAMB    | Leg of lamb              | 1-2kg             | Auto: Roast: Roast Leg of Lamb         | lower            | Preset       | Well done   |
|         | Rack of lamb             | Approx. 8 cutlets | Manual: SS Bake/Roast: Without P 180°C | lower            | 35 min.      | Medium/Well |
| PORK    | Boneless pork loin roast | 0.9-1.5kg         | Auto: Roast: Roast Meat (Pork)         | lower            | Preset       | Well done   |
|         | Ribs                     | 750g              | Manual: SS Bake/Roast: With P 150°C    | lower            | 30 min.      | Medium/Well |
|         | Tenderloin               | 0.3-1kg           | Manual: SS Bake/Roast: Without P 200°C | lower            | 30-40 min.   | Well done   |
| POULTRY | Chicken breast, half     | 0.25-1kg          | Manual: SS Bake/Roast: Without P 190°C | lower            | 25-30 min.   | Well done   |
|         | Whole chicken            | 0.9-2kg           | Auto: Roast: Roast Chicken             | lower            | Preset       | Well done   |
| TURKEY  | Whole Turkey, stuffed    | 4.5kg             | Manual: SS Bake/Roast: Without P 220°C | lower            | 120 min.     | Well done   |
|         |                          | 6kg               | Manual: SS Bake/Roast: Without P 220°C | lower            | 150 min.     | Well done   |
| DUCK    | Whole Duck               | 2kg               | Manual: SS Bake/Roast: Without P 200°C | lower            | 60-70 min.   | Well done   |

**Note:** All of these functions are used under the SuperSteam key. Please follow recommended oven setting listed in chart.

The cooking result may be affected when using marinades that contain sugar or honey as they tend to burn quickly when exposed to high heat.

• Abbreviations: SS = SuperSteam, P = Preheat

# SuperSteam: Grill Chart

Use baking tray and rack

| food      |                        |                          | weight/thickness | oven setting                | position in oven | cooking time | result         |
|-----------|------------------------|--------------------------|------------------|-----------------------------|------------------|--------------|----------------|
| BEEF      | Hamburgers 1-4 patties |                          | 1-2cm thick      | Manual: SS Grill: With P    | upper            | 12-15 min.   | Well done      |
|           | Steaks                 | T-bone, rib eye, sirloin | 0.2-0.8kg        | Manual: SS Grill: With P    | upper            | 10-13 min.   | Medium         |
|           |                        |                          | 0.2-0.8kg        | Manual: SS Grill: With P    | upper            | 14-17 min.   | Well done      |
| FISH      | Steaks                 |                          | 0.2-1kg          | Auto: Grill: Grilled Fish   | upper            | Preset       | Flakes         |
| LAMB      | Chops (loin or rib)    |                          | 0.1-0.8kg        | Manual: SS Grill: With P    | upper            | 18-22        | Well done      |
| PORK      | Boneless loin chops    |                          | 0.1-0.8kg        | Manual: SS Grill: With P    | upper            | 18-22        | Well done      |
| POULTRY   | Chicken breast, half   |                          | 0.25-1kg         | Auto: Grill: Chicken Fillet | upper            | Preset       | Well done      |
|           | Chicken legs           |                          | 0.2-1kg          | Auto: Grill: Chicken legs   | upper            | Preset       | Well done      |
| SAUSAGE   | Regular                |                          | 0.2-0.6kg        | Manual: SS Grill: With P    | upper            | 15-20        | Cooked through |
|           | Lean, low fat beef     |                          | 0.2-0.6kg        | Manual: SS Grill: With P    | upper            | 15-20        | Cooked through |
| SHELLFISH | Scallops               |                          | up to 0.5kg      | Manual: SS Grill: With P    | upper            | 7-10 min.    | Opaque         |
|           | Prawns, large          |                          | up to 0.5kg      | Manual: SS Grill: With P    | upper            | 7-10 min.    | Opaque         |

**Note:** All of these functions are used under the SuperSteam key. Please follow recommended oven setting listed in chart.

• Abbreviations: SS = SuperSteam, P = Preheat

# SuperSteam: Bake Chart

Use baking tray and/or rack

| food                       |  |                         | weight/amount    | oven setting                        | position in oven | cooking time |
|----------------------------|--|-------------------------|------------------|-------------------------------------|------------------|--------------|
| BREADS                     | Rolls                                    | Refrigerated            | 1 package        | Manual: SS Bread: With P 200°C      | lower            | 6-7 min.     |
|                            |  | Homemade or packet mix  | 8 rolls          | Manual: SS Bread With P 220°C       | lower            | 10-15 min.   |
|                            | Loaf, homemade or packet mix             |                         | 13x20cm loaf tin | Auto: Bake: Bread                   | lower            | Preset       |
| CAKES                      | Loaf                                     |                         | 13x20cm loaf tin | Manual: SS Cake: With P 180°C       | lower            | 45 min.      |
|                            | Madeira                                  |                         | 13x20cm loaf tin | Auto: Bake: Cake                    | lower            | Preset       |
|                            | Butter                                   |                         | 20cm square tin  | Auto: Bake: Cake                    | lower            | Preset       |
| DESSERTS                   | Cheesecake                               |                         | 1                | Manual: SS Bake/Roast: With P 160°C | upper            | 60 min.      |
|                            | Cookies/Biscuits                         | Homemade or packet mix  | 15               | Manual: SS Bake/Roast: With P 180°C | upper/lower      | 12-14 min.   |
|                            |  | Refrigerated            | 1 package        | Manual: SS Bake/Roast: With P 180°C | upper/lower      | 12-14 min.   |
|                            | Muffins, homemade or packet mix          |                         | 1 package        | Manual: SS Bake/Roast: With P 180°C | upper/lower      | 15-20 min.   |
|                            | Cupcakes, homemade or packet mix         |                         | makes 12         | Manual: SS Bake/Roast: With P 180°C | upper/lower      | 20-25 min.   |
| FISH                       | Fish pieces, battered or crumbed, frozen |                         | 0.2-0.5kg        | Manual: SS Bake/Roast: With P 200°C | upper            | 15-20 min.   |
| PRODUCTS                   | Fish sticks, battered or crumbed, frozen |                         | 0.25-0.5kg       | Manual: SS Bake/Roast: With P 200°C | upper            | 15-20 min.   |
| PIES                       | Frozen prepared fruit                    |                         | 23cm             | Manual: SS Bake/Roast: With P 180°C | upper            | 32-37 min.   |
|                            | Homemade fruit                           |                         | 23cm             | Manual: SS Bake/Roast: With P 160°C | upper            | 30-35 min.   |
|                            | Meat pie, frozen                         |                         | 1-4 pies         | Manual: SS Bake/Roast: With P 180°C | upper            | 15-20 min.   |
| PIZZAS                     | Pizza, frozen                            |                         | 0.2-1kg          | Auto: Bake: Frozen Pizza            | upper/lower      | Preset       |
| FROZEN<br>INSTANT<br>MEALS | Lasagne, Cannelloni, Lamb Casserole      |                         | 400g             | Manual: SS Bake/Roast: With P 180°C | upper            | 35 min.      |
| POTATO                     | Chips, frozen                            |                         | 0.2-0.5kg        | Manual: SS Bake/Roast: With P 210°C | upper            | 15-20 min.   |
| PRODUCTS                   | Potato gems/Hash browns, frozen          |                         | 0.2-0.5kg        | Manual: SS Bake/Roast: With P 210°C | upper            | 15-20 min.   |
| POULTRY<br>PRODUCTS        | Prepared, frozen                         | Chicken fingers         | 0.25-0.5kg       | Manual: SS Bake/Roast: With P 220°C | upper            | 12-15 min.   |
|                            |  | Nuggets                 | 0.25-0.5kg       | Manual: SS Bake/Roast: With P 220°C | upper            | 12-16 min.   |
|                            |  | Breast fillet/Schnitzel | 0.2-0.4kg        | Manual: SS Bake/Roast: With P 200°C | upper            | 21-26 min.   |
|                            | Prepared, refrigerated                   | Nuggets                 | 0.25-0.5kg       | Manual: SS Bake/Roast: With P 220°C | upper            | 14-16 min.   |
|                            |  | Breast fillet/Schnitzel | 0.2-0.5kg        | Manual: SS Bake/Roast: With P 220°C | upper            | 12-16 min.   |

**Note:** All of these functions are used under the SuperSteam key. Please follow recommended oven setting listed in chart.

When cooking fish and poultry menus you can use both baking tray and rack.

•Abbreviations: SS = SuperSteam, P = Preheat

# PureSteam: Proof Chart

Use baking tray

| food              |                               | weight/amount       | oven setting  | position in oven | cooking time                           |
|-------------------|-------------------------------|---------------------|---------------|------------------|--|
| BREAD YEAST DOUGH | Rolls, homemade or packet mix | 8 rolls/ 500g       | Manual: Proof | lower            | 1st rise: 30 min.<br>2nd rise: 30 min. |
|                   | Loaf, homemade or packet mix  | standard loaf/ 500g | Manual: Proof | lower            | 1st rise: 30 min.<br>2nd rise: 30 min. |
| PIZZA YEAST DOUGH | Regular pizza dough           | 500g                | Manual: Proof | lower            | 1st rise: 30 min.<br>2nd rise: 20 min. |

**Note:** All of these functions are used under the PureSteam key. Please follow recommended oven setting listed in chart.

For the first rise: Leave the yeast dough in the mixing bowl. Place the bowl on the baking tray in lower position.

For the second rise: Fill the corresponding preparation overware with the yeast dough, e.g. loaf tin, pizza baking pan or use the baking tray and place in lower position.

# Microwave: Defrost Chart

| food           | weight  | oven setting                 | position in oven      | cooking time |
|----------------|---------|------------------------------|-----------------------|--------------|
| STEAK, CHOPS   | 0.1-1kg | Auto Defrost: Steak/Chops    | directly on oven base | Preset       |
| POULTRY        | 0.9-2kg | Auto Defrost: Poultry        | directly on oven base | Preset       |
| ROAST MEAT     | 1-2kg   | Auto Defrost: Roast Meat     | directly on oven base | Preset       |
| MINCE/SAUSAGES | 0.1-1kg | Auto Defrost: Mince/Sausages | directly on oven base | Preset       |

**Note:** All of these functions are used under the Microwave key. Please follow recommended oven setting listed in chart.

Use a microwave safe defrosting rack when defrosting these menus.

# Microwave: Sensor Reheat Chart

| food                |   |                                      | initial temperature   | weight/amount | oven setting                | position in oven      | cooking time |
|---------------------|---|--------------------------------------|-----------------------|---------------|-----------------------------|-----------------------|--------------|
| REHEAT DINNER PLATE | Meat  | Beef, Lamb, Chicken (sliced), T-Bone | 3°C Refrigerated      | 175-180g      | Sensor Reheat: Dinner Plate | directly on oven base | Preset       |
|                     | Potato  | sliced                               |                       | 125g          |                             |                       |              |
|                     | Vegetables  | Carrot, Broccoli, Zucchini           |                       | 100g          |                             |                       |              |
| REHEAT CASSEROLE    | Beef Stroganoff, Springtime Lamb, Apricot Chicken |                                      | 3°C Refrigerated      | 1-4 cups      | Sensor Reheat: Casserole    | directly on oven base | Preset       |
|                     | Canned Baked Beans, Spaghetti                     |                                      | 20°C Room temperature | 1-4 cups      |                             |                       |              |
| REHEAT SOUP         | Pumpkin, Tomato, Chicken                          |                                      | 20°C Room temperature | 1-4 cups      | Sensor Reheat: Soup         | directly on oven base | Preset       |
| REHEAT PIZZA        | Pepperoni, Supreme                                |                                      | 3°C Refrigerated      | 1-4 slices    | Sensor Reheat: Pizza        | directly on oven base | Preset       |

**Note:** All of these functions are used under the Microwave key. Please follow recommended oven setting listed in chart.

Dinner plate: Cover with plastic wrap before cooking and pierce 5 times with skewer.

Casserole: Place in casserole dish and cover with plastic wrap before cooking and pierce 5 times with skewer.

Soup: Place in microwave safe glass bowl, stir after cooking.

Pizza: Place pizza on paper towel before cooking.

# Vegetables

## Garlic and thyme potatoes

800g baby potatoes

1 tablespoon olive oil

2 cloves garlic, crushed

1 tablespoon chopped fresh thyme leaves

salt and pepper to taste

- Cut potatoes into 1-2cm cubes.
- In a large bowl combine oil, garlic, thyme, salt and pepper. Mix until well combined.
- Add potatoes to the mixture and evenly coat.
- Drain excess oil. Place potatoes on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 30-35 minutes.

Serves 4

## Asian greens

250g bok choy

250g Chinese broccoli

2 tablespoons oyster sauce

½ teaspoon sesame oil

- Wash and trim bok choy and broccoli. Cut into equal lengths of approximately 10cm.
- Place vegetables on the rack and on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to PURE STEAM > MANUAL > STEAM HIGH. Cook for 6 minutes.
- Remove from oven and stand for 1 minute. Drain.
- In a small bowl, add the oyster sauce and sesame oil. Mix until well combined.
- Place vegetables into serving dish and stir through the sauce.
- Serve warm.

Serves 2-4



Stuffed Portobello mushrooms

## Stuffed Portobello mushrooms

2 slices white bread  
2 rashers of bacon, chopped  
4 shallots, chopped  
100g sun-dried tomatoes, finely chopped  
1 fresh bird's eye chilli, seeds removed, finely chopped  
1 cup grated parmesan cheese  
1 tablespoon chopped fresh parsley  
2 cloves garlic, crushed  
8 large flat Portobello mushrooms, stalks removed (approx. 80-100g each)  
20g butter, cubed  
salt and pepper to taste

- Process the bread into fine breadcrumbs. Set aside.
- Place the bacon between two sheets of paper towel and place on base of oven.
- Set oven to MICROWAVE > MANUAL. Cook for 2 minutes.
- Place the shallots and bacon in a small microwave safe glass bowl.
- Set oven to MICROWAVE > MANUAL. Cook for 1 minute.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Mix breadcrumbs, bacon, shallots, sun-dried tomatoes, chilli, cheeses, parsley, garlic, salt and pepper until well combined.
- Spoon mixture into the mushrooms.
- Cut butter into 8 equal cubes and place one on each mushroom.
- Place filled mushrooms on the rack on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15 minutes.

Serves 4





Roast vegetables

## Roast vegetables

600g baby potatoes  
250g parsnips  
2 tablespoons olive oil  
1 teaspoon dried oregano  
1 teaspoon dried parsley  
pinch of salt

- Wash all vegetables.
- Cut potatoes into quarters or 1-2cm cubes and parsnips into quarters.
- In a large bowl, combine oil, oregano, parsley and salt. Mix until well combined.
- Add vegetables to the mixture and evenly coat.
- Place vegetables on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 30-35 minutes.

Serves 4

## Potato salad with avocado and prosciutto

1 kg baby potatoes, cut in quarters  
1 Spanish onion, sliced into rings  
30g butter  
½ cup whole-egg mayonnaise  
1 tablespoon chopped fresh chives  
1 large avocado, sliced  
1 teaspoon lemon juice  
4 slices prosciutto, cut into strips  
ground black pepper to taste  
extra chopped fresh chives, to garnish  
extra strips prosciutto, to garnish

- Place potatoes on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to PURE STEAM > MANUAL > STEAM HIGH. Cook for 25-30 minutes. Drain and stand covered with foil for 5 minutes.
- In a large microwave safe glass bowl, combine the onion rings and butter.
- Set oven to MICROWAVE > MANUAL. Cook for 1 minute or until just collapsing.
- Add potato, mayonnaise and chives to the bowl with the onion. Stir until the potato is well coated.
- Slice the avocado and sprinkle with lemon juice.
- Add avocado and prosciutto to the potato mixture, stir gently to combine. Season with black pepper.
- Garnish with extra chives and prosciutto, serve salad with cold chicken or meat, or on its own for lunch.

Serves 4

# Tandoori style vegetables

200g pumpkin

1 small sweet potato (approx. 200g)

2 medium carrots

1 medium potato (approximately 180g)

1 tablespoon natural yoghurt

1 teaspoon grated fresh ginger

¼ teaspoon chilli powder

2 teaspoons paprika

1 teaspoon curry powder

1 teaspoon oil

½ teaspoon lemon juice

- Peel and wash all vegetables and cut into 1-2cm cubes.
- In a large bowl, combine yoghurt, ginger, chilli, paprika, curry, oil and lemon juice. Mix until well combined.
- Add vegetables to the mixture and evenly coat.
- Place all vegetables on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 35-40 minutes.

Serves 4



Tandoori style vegetables

## Cheesy asparagus risotto

2 fresh bunches of asparagus  
3 shallots, sliced  
3 cloves garlic, crushed  
2½ cups chicken stock  
2 cups Arborio rice, rinsed  
1½ cup grated tasty cheese  
salt and pepper to taste

- Trim and cut asparagus into bite-sized pieces.
- In a large bowl, combine asparagus, shallots, garlic, and chicken stock. Mix until well combined.
- Continue to add rice, tasty cheese, parmesan cheese, salt and pepper. Mix until well combined.
- Carefully pour this mixture into one of the baking trays provided and evenly spread.
- Place baking tray in the upper position.
- Set oven to PURE STEAM > MANUAL > STEAM HIGH. Cook for 25 minutes.

Serves 4

## Mediterranean vegetables

1 Spanish onion  
2 zucchinis (400g)  
1 red capsicum (280g)  
1 eggplant (300g)  
250g cherry tomatoes

3 tablespoons olive oil  
¼ teaspoon dried parsley  
¼ teaspoon dried oregano  
salt and pepper to taste

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 220°C.
- Cut zucchini and eggplant into chunky pieces approximately 1cm thick and 6cm in length. Cut capsicum into thick strips and onion into wedges.
- In a large bowl, combine all vegetables, olive oil, parsley, oregano, salt and pepper. Mix until well combined.
- Place vegetables into one of the baking trays provided.
- Place baking tray in the upper position. Cook for 35-40 minutes.

Serve 4-6

## Mushroom risotto

300g mushrooms, washed and diced  
1 large Spanish onion, diced  
2 cloves garlic, crushed  
2 cups vegetable stock  
½ cup cream  
2 cups Arborio rice, rinsed  
1 tablespoon chopped fresh basil  
1 tablespoon chopped fresh parsley  
1 teaspoon chopped fresh thyme  
⅓ cup grated parmesan cheese  
salt and pepper to taste

- Place mushrooms and onion into a large bowl. Add garlic, vegetable stock and cream. Mix until well combined.
- Continue to add rice, basil, parsley, thyme, parmesan cheese, and salt and pepper.
- Mix until well combined.
- Carefully pour this mixture into one of the baking trays provided and evenly spread.
- Place baking tray in the upper position.
- Set oven to PURE STEAM > MANUAL > STEAM HIGH. Cook for 25 minutes.

Serves 4

## Cherry tomato frittata

- 200g cherry tomatoes
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh chives
- ¼ cup plain flour
- 4 large eggs, lightly beaten
- 3 tablespoons sour cream
- 1 cup milk
- ¼ teaspoon salt
- pepper to taste
- 1 cup shredded cheddar cheese

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 200°C.
- Cut tomatoes in half and place into a lightly greased 2 litre casserole dish. Sprinkle tomatoes with parsley and chives.
- In a medium bowl, combine the flour and eggs. Whisk until well combined. Slowly add the sour cream, milk, salt and pepper.
- Gently pour this mixture over the tomatoes. Sprinkle with cheddar cheese.
- Place the casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30 minutes.

Serves 4



Cherry tomato frittata



## Orange carrots

500g carrots, peeled

40g butter, melted

1 tablespoon grated orange rind

1 teaspoon caster sugar

- Slice carrots lengthwise in quarters. Then cut each slice 5cm in length.
- Place carrot slices on the rack and on one of the baking trays provided.
- Set oven to PURE STEAM > MANUAL > STEAM HIGH.
- Place baking tray in the upper position. Cook for 16 minutes.
- In a medium bowl, combine butter, orange rind and sugar. Mix until well combined. Add steamed carrots to mixture. Toss to coat evenly. Serve hot.

Serves 4

## Baked ricotta and vegetable frittata

500g ricotta cheese

1 onion, diced

2 eggs, lightly beaten

1 cup grated cheddar cheese

½ cup grated parmesan cheese

1 zucchini, grated

½ red capsicum, diced

- Lightly grease 2 muffin trays with butter (6 serves per tray).
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.

- In a medium bowl, combine all ingredients. Stir until well combined. Divide mixture evenly between muffin trays.
- Place one muffin tray on each of the baking trays provided.
- Place one baking tray in the upper position and the other in the lower position. Cook for 25 minutes, or until puffed, golden and set in the middle.
- Serve warm.

Makes 12

## Pasta Napolitano

2 x 400g cans crushed tomatoes

4 tablespoons tomato paste

2 cloves garlic, crushed

1 cup green shallots, finely sliced

2 teaspoons sugar

2 teaspoons vegetable stock

375g fresh fettucine pasta

salt and pepper to taste

- Place pasta on the bottom of one of the baking trays provided.
- In a medium bowl, combine crushed tomatoes, tomato paste, garlic, shallots, sugar, vegetable stock, salt and pepper. Stir until well combined.
- Pour mixture evenly over pasta.
- Place baking tray in the upper position.
- Set oven to PURE STEAM > MANUAL > STEAM HIGH. Cook for 20-25 minutes, or until pasta is tender.
- Stir, cover with aluminium foil and stand for 3-5 minutes before serving.

Serves 4



# Spinach and ricotta lasagne

1 bunch of spinach (silverbeet), washed  
(approximately 500g)  
2 teaspoons olive oil  
1 onion, chopped  
2 cloves garlic, crushed  
500g fresh ricotta cheese  
2 tablespoons chopped fresh basil  
3 fresh lasagne sheets  
500g jar Napolitano sauce  
1 cup grated mozzarella cheese  
salt and pepper to taste

- Remove stalks and finely chop spinach. Place in a large microwave safe glass bowl.
- Set oven to MICROWAVE > MANUAL. Cook, covered for 7 minutes, stirring halfway through. Drain. Squeeze spinach to remove any excess liquid. Set aside.
- In a separate large microwave safe glass bowl, add the oil, onion and garlic.
- Set oven to MICROWAVE > MANUAL. Cook for 2-3 minutes, stirring halfway through.
- Add the onion mixture, ricotta cheese, basil, salt and pepper to the spinach. Mix until well combined.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- Using a large shallow casserole dish, place  $\frac{1}{3}$  of the spinach mixture covering the bottom. Cover with one layer lasagne sheet.
- Continue layering with half the remaining spinach mixture. Pour over  $\frac{1}{3}$  of the Napolitano sauce, followed by another lasagne sheet.

- Repeat step above with remaining spinach mixture, half the remaining Napolitano sauce and one more lasagne sheet.
- To finish the layering process, pour remaining Napolitano sauce, spread evenly. Sprinkle with mozzarella cheese.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 6



Spinach and ricotta lasagne



Grilled chilli lemon octopus

# Seafood

## Grilled chilli lemon octopus

- 400g baby octopus
- grated rind of 1 lemon
- $\frac{3}{4}$  cup lemon juice
- 2 tablespoons olive oil
- 2 tablespoons hot chilli sauce (sweet chilli sauce optional)
- 4 cloves garlic, crushed

- Rinse octopus thoroughly, making sure the heads are clean. Large pieces of octopus should be cut in half to ensure even cooking.
- In a large bowl, combine lemon rind, lemon juice, garlic, oil and chilli sauce. Mix until well combined.
- Add the octopus to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Remove octopus from marinade. Place the octopus on the rack and on one of the baking

trays provided.

- Place baking tray in the upper position. Cook for 7-10 minutes.
- Garnish with parsley leaves and serve with lemon wedges on salad greens.

**NOTE:** A shorter or longer cooking time may be necessary depending on your preference of texture.

Serves 2

## Grilled garlic prawns

- 500g green king prawns, peeled, tails intact, deveined
- $\frac{1}{3}$  cup vegetable oil
- 3 teaspoons sesame oil
- 1 teaspoon ground coriander

3 cloves garlic, crushed  
2 tablespoons white wine  
8 bamboo skewers

- In a medium bowl, combine vegetable oil, sesame oil, coriander, garlic and white wine. Mix until well combined.
- Add the prawns to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread prawns evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.

Serves 4

## Grilled white wine prawns

500g green king prawns, peeled, tails intact, deveined  
½ teaspoon salt  
1 teaspoon ground black pepper  
⅓ cup white wine  
⅓ cup cream  
3 cloves garlic, crushed  
½ teaspoon ground coriander  
8 bamboo skewers

- In a medium bowl, combine salt, pepper, wine, cream, garlic and coriander. Mix until well combined.

- Add the prawns to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread prawns evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.

Serves 4

Grilled white wine prawns



## Marinated snapper

2 tablespoons soy sauce  
2 cloves garlic, crushed  
1 tablespoon sesame oil  
1 teaspoon grated fresh ginger  
1 tablespoon chopped fresh coriander  
2 bird's eye chillies, seeds removed,  
finely chopped  
500g whole snapper, cleaned

- In a small bowl, combine soy sauce, garlic, sesame oil, ginger, coriander and chillies. Mix until well combined.
- Place snapper in a large shallow casserole dish and add the marinade. Cover and refrigerate for 1-2 hours. If snapper is larger than rack provided, remove tail.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place fish onto the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 2

## Cheesy salmon cannelloni

250g ricotta cheese  
90g shredded cheddar cheese  
salt and pepper to taste  
2 eggs, lightly beaten  
210g can red salmon, drained, bones removed  
2 teaspoons lemon juice  
120g cannelloni  
375g readymade pasta sauce  
2 tablespoons shredded cheddar cheese, extra  
2 tablespoons chopped fresh parsley, to garnish

- In a large bowl, combine ricotta, cheddar, egg, salmon, lemon juice, salt and pepper. Mix until well combined.
- Fill the cannelloni with salmon mixture using a spoon.
- Place the cannelloni in a row, close together in a large shallow casserole dish.
- Pour pasta sauce over the cannelloni. Smooth sauce over the pasta using the back of a spoon to ensure even coverage.
- Sprinkle extra cheese over the pasta.
- Set oven to PURE STEAM > MANUAL > STEAM HIGH.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30 minutes.
- Garnish with parsley and serve with a green salad.

Serves 4

# Grilled tuna steaks

2 tablespoons soy sauce  
2 teaspoons Dijon mustard  
1 tablespoon olive oil  
1 tablespoon chopped fresh coriander  
4 tuna steaks (approximately 200-250g each and 1-2cm thick)

- In a medium bowl, combine soy sauce, mustard, oil and coriander. Mix until well combined.
- Add the tuna steaks to the marinade. Cover and refrigerate for 1-2 hours.
- Set oven on SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 180°C.
- Place tuna steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 20-25 minutes.

Serves 4

Grilled tuna steaks





## Thai scallops

- 1 teaspoon sesame oil
- 40g butter
- 1 bird's eye chilli, seeds removed, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon caster sugar
- 2 tablespoons kecap manis
- 1 teaspoon grated fresh ginger
- 1 tablespoon fish sauce
- 500g scallops
- 1 teaspoon chopped fresh coriander, to garnish

- In a small microwave safe bowl, combine oil, butter, chilli and garlic.
- Set oven to MICROWAVE > MANUAL. Cook for 2 minutes.
- Add sugar, kecap manis, ginger, fish sauce and scallops. Mix until well combined. Cover and refrigerate for 1-2 hours.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place scallops on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.
- Serve with rice.

Serves 2-4

## Marinara risotto

- 500g marinara mix
- 1 clove garlic, crushed
- 1 tablespoon chopped fresh parsley
- 1 cup Arborio rice, rinsed
- 1/4 cup red wine
- 580g jar readymade pasta sauce
- salt and pepper to taste

- In a large bowl, combine marinara mix, garlic, parsley and rice. Mix until well combined.
- Add red wine, pasta sauce, salt and pepper. Mix until well combined.
- Carefully pour this mixture into a large shallow casserole dish and evenly spread.
- Set oven to PURE STEAM > MANUAL > STEAM HIGH.
- Place the casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 35 minutes.

Serves 4





Marinated salmon

## Marinated salmon

1/3 cup lemon juice  
2 teaspoons soy sauce  
2 teaspoons Worcestershire sauce  
1 teaspoon dried parsley  
1/2 teaspoon dried oregano  
2 cloves garlic, crushed  
salt and pepper to taste  
4 salmon fillets (approximately  
200g each)

- In a large bowl, combine lemon juice, soy sauce, Worcestershire sauce, parsley, oregano, garlic, salt and pepper. Mix until well combined.
- Add salmon fillets to the marinade. Cover and refrigerate for 1-2 hours.
- Set oven on SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 180°C.
- Lightly coat the rack with cooking oil spray.
- Place salmon skin side down on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 20-25 minutes.

Serves 4

# Fish cakes

450g skinless white fish fillets, cut  
into cubes  
1 egg white  
1 teaspoon shredded kaffir lime leaves  
1 tablespoon Thai green curry paste  
50g green beans, finely chopped  
1 bird's eye chilli, seeds removed, finely  
chopped  
2 tablespoons chopped fresh parsley  
½ teaspoon ground coriander  
salt and pepper to taste

- In a food processor, combine the fish, egg white, kaffir lime leaves and curry paste.
- Process for 2 minutes, or until smooth. Transfer the mixture to a bowl.
- Add the beans, chilli, parsley, coriander, salt and pepper. Mix until well combined.
- Shape the mixture into small patties approximately 5cm in width.
- Place fish patties on a plate and refrigerate for at least 30 minutes.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Lightly coat the rack with cooking oil spray.
- Place patties on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Makes 8 fish cakes (approximately)

**NOTE:** Roll patties in breadcrumbs before cooking for a more crisp and crunchy finish.



Fish cakes

# Crumbed fish fingers

300g firm, white fish fillets

¼ cup cornflour

1 egg, lightly beaten

1 cup breadcrumbs

¼ teaspoon salt

½ teaspoon lemon pepper seasoning  
oil, for brushing

- Cut fish fillets into slices, approximately 2cm thick. Set aside.
- In a small bowl, mix together cornflour and egg.
- In a separate bowl, combine breadcrumbs, salt and lemon pepper seasoning.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Dip the fish pieces in egg mixture then roll into breadcrumb mixture, ensuring an even coat.
- Lightly coat the rack with cooking oil spray.
- Place fish on the rack and on one of the baking trays provided. Lightly brush with oil.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Serves 2-4



Crumbed  
fish fingers

# Chicken

## Chicken satay

- 1 tablespoon light soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon lemon juice
- 500g chicken breast, cut into 2cm cubes
- 8 bamboo skewers

### DIPPING SAUCE

- 1/3 cup crunchy peanut butter
- 1/4 teaspoon chilli powder
- 1 teaspoon brown sugar
- 1 clove garlic, crushed
- 1 tablespoon vegetable oil

- In a medium bowl, combine soy sauce, sesame oil and lemon juice. Mix until well combined.
- Add the chicken pieces to marinade, mix until evenly coated. Cover and refrigerate for 1 hour.

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread chicken evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.
- Serve with dipping sauce.

### DIPPING SAUCE

- In a small bowl combine peanut butter, chilli powder, brown sugar, garlic and vegetable oil. Mix until well combined.

Serves 4



Chicken satay



## Grilled coconut chicken

400ml canned coconut milk  
2 bird's eye chillies, seeds removed,  
finely chopped  
1 teaspoon grated ginger  
1 tablespoon lemon juice  
3 tablespoons light soy sauce  
4 cloves garlic, crushed  
½ cup chopped fresh coriander  
1 tablespoon brown sugar  
pepper to taste  
4 chicken breasts (approximately  
200-250g each)

- In a food processor or using a hand blender combine coconut milk, chilli, ginger, lemon juice, soy sauce, garlic, coriander, brown sugar and pepper. Process for 1-2 minutes or until well combined.
- Place chicken in a large bowl and add the coconut milk mixture covering the chicken. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.
- Place chicken on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 25-30 minutes.

Serves 4

Grilled coconut chicken

## Spicy mustard drumsticks

1kg chicken drumsticks  
¼ cup Dijon mustard  
¼ cup whole egg mayonnaise

- In a large bowl, combine mustard and mayonnaise. Mix until well combined.
- Add drumsticks and coat evenly in mixture.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITHOUT PREHEAT.
- Place drumsticks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 37-40 minutes.

Serves 4-6



## Spicy grilled chicken skewers

- ¼ teaspoon ground cayenne pepper
- 1 teaspoon ground cumin
- 3 teaspoons ground coriander
- 2 teaspoons ground turmeric
- 4 cloves garlic, crushed
- 2 tablespoons caster sugar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons olive oil
- 500g chicken breast, cut into 2cm cubes
- 8 bamboo skewers

- In a medium bowl, combine cayenne pepper, cumin, coriander, turmeric, garlic, caster sugar, salt, pepper and olive oil. Mix until well combined.
- Add the chicken pieces to marinade. Mix until evenly coated. Cover and refrigerate for 2 hours, or overnight.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread chicken evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4

## Wholemeal chicken

- 1 kg chicken thighs
- 100g butter, melted
- ¼ cup finely grated parmesan cheese
- 1 cup wholemeal flour
- 1 tablespoon chopped fresh parsley

- Dip chicken thighs in butter.
- In a small bowl, combine cheese, flour and parsley. Coat chicken evenly with mixture.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 250°C.
- Place chicken on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 25-30 minutes.

Serves 4



# Grilled Chinese chicken wings

700g chicken wings

1 tablespoon peanut oil

1 tablespoon soy sauce

1 teaspoon five-spice powder

2 tablespoons Hoisin sauce

- Cut the chicken wings into 2 pieces at the joint. Set aside.
- In a small bowl, combine peanut oil, soy sauce, five-spice powder and Hoisin sauce. Mix until well combined.
- Add the chicken to the marinade. Toss until evenly coated. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITHOUT PREHEAT.
- Place chicken wings on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 4



Grilled Chinese chicken wings

# Chicken and vegetable rolls

1 cup fresh wholemeal breadcrumbs  
500g chicken mince  
2 eggs  
1 carrot, finely grated  
½ onion, grated  
¼ cup chopped fresh coriander  
¼ cup chopped fresh parsley  
salt and pepper to taste  
2 sheets frozen puff pastry, just thawed  
1 tablespoon sesame seeds  
tomato or sweet chilli sauce, to serve

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 200°C.
- In a food processor combine breadcrumbs, chicken mince and 1 egg. Mix until well combined.
- In a large bowl, combine processed chicken mixture, onion, carrot, coriander, parsley, salt and pepper.
- Place one puff pastry sheet on a floured surface and cut in half. Spoon a quarter of the mixture lengthways along the centre of each piece. Fold pastry lengthwise, pressing edges lightly to form a seal. Repeat with remaining pastry and filling.
- Cut each roll evenly into 4 pieces.
- Lightly coat one of the baking trays provided with cooking oil spray. Place chicken rolls evenly onto baking tray.
- In a small bowl beat the remaining egg. Brush rolls with egg and sprinkle with sesame seeds.

- Place baking tray in the upper position. Cook for 25-30 minutes until the rolls are lightly browned and cooked through.
- Serve warm.

Makes 16

# Grilled chicken Caesar salad

1 tablespoon Worcestershire sauce  
1 teaspoon Dijon mustard  
300g chicken breast fillet  
2 lean rashers bacon  
½ cup grated parmesan cheese  
1 cos lettuce, washed and torn

## DRESSING

2 cloves garlic, crushed  
¼ cup whole egg mayonnaise  
1 dash Tabasco sauce  
1 teaspoon Dijon mustard  
1 teaspoon Worcestershire sauce  
1 teaspoon lemon juice  
2 anchovy fillets, minced  
pepper to taste.

- In a small bowl, combine Worcestershire sauce and Dijon mustard. Evenly coat the chicken breast with marinade mixture.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.
- Place chicken on the rack and on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 30-35 minutes.
- Allow chicken to cool before slicing into thin strips. Set aside.
- Place bacon between two sheets of paper towel.
- Set oven to MICROWAVE > MANUAL. Cook for 2-3 minutes.
- Allow bacon to cool before slicing into thin strips.

#### DRESSING

- In a separate bowl, combine garlic, whole egg mayonnaise, Tabasco sauce, Dijon mustard, Worcestershire sauce, lemon juice, anchovy fillets, and pepper. Mix until well combined. Set aside.
- Place the lettuce in a large bowl. Add chicken, bacon, parmesan cheese and dressing. Toss to coat evenly. For crispy lettuce, serve straight away.

Serves 4



Grilled chicken Caesar salad

## Herb roasted chicken

60g butter, softened  
1 clove garlic, crushed  
3 tablespoons grated parmesan cheese  
½ teaspoon ground sage  
¾ teaspoon crushed dried thyme leaves  
¾ teaspoon crushed dried basil leaves  
1.5kg chicken (approximately)

- In a small bowl, combine the butter, garlic, parmesan cheese, sage, thyme and basil. Mix until well combined. Set aside.
- Make a slit to separate the skin from the chicken. Using your fingers press the herb mixture between the skin and flesh evenly. Tie the chicken legs together.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C.
- Place chicken breast side up on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 55-60 minutes.
- Cover chicken with aluminium foil and stand for 10 minutes.
- Carve and serve with vegetables or salad.

Serves 4

## Vegetable rice paper rolls

2 chicken breasts, approximately  
200-250g each  
12 large rice paper rolls  
1 avocado, halved, thinly sliced  
1 carrot, grated  
½ green capsicum, thinly sliced  
½ small iceberg lettuce, washed and shredded

sweet chilli sauce, to serve

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.
- Place chicken breast on the rack on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 25-30 minutes.
- Finely slice cooked chicken into small pieces.
- Place one rice paper roll in luke warm water until soft. Repeat this process.
- To prepare rolls, overlap two rice paper rolls and thinly layer with chicken, avocado, carrot, capsicum and lettuce.
- Fold each short end of the rice paper roll over the top and bottom of the filling. Fold one edge of rice paper over and tuck in alongside the filling, then fold over the other side, making a roll. Press down lightly to seal.
- Serve with sweet chilli sauce.

Makes 6

# Vegetable chicken patties

400g chicken mince

1 egg white

1 carrot, finely grated

1 bird's eye chilli, seeds removed,  
finely chopped

2 tablespoons chopped fresh chives

½ teaspoon ground coriander

¼ teaspoon chilli powder (optional)

breadcrumbs (optional)

salt and pepper to taste

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.

- In a large bowl, combine chicken mince and egg white, mixing well. Add the carrot, chilli, chives, coriander, chilli powder, salt and pepper. Mix until well combined.

- Shape the mixture into small patties approximately 5cm in width.

- Lightly coat the rack with cooking oil spray.

- Place patties on the rack and on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 14-18 minutes.

Makes 8 patties (approximately)

**NOTE:** Roll patties in breadcrumbs before cooking for a more crisp and crunchy finish.

Vegetable chicken patties





# Meats

## Grilled soy beef skewers

2 tablespoons soy sauce  
2 tablespoons oyster sauce  
2 teaspoons sesame oil  
2 teaspoons sesame seeds  
1 teaspoon grated fresh ginger  
1 teaspoon brown sugar  
1 clove garlic, crushed  
400g lean beef rump steak  
8 bamboo skewers

- In a medium bowl, combine soy sauce, oyster sauce, sesame oil, sesame seeds, ginger, brown sugar and garlic. Set aside.
- Cut the beef into 2cm cubes. Add to the marinade mixture. Cover and refrigerate for 1 hour.
- Set oven to SUPER STEAM> MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread beef evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4



# Freshly seasoned grilled rack of lamb

30ml olive oil

30ml lime juice

3 tablespoons chopped fresh coriander

1 teaspoon ground cumin

½ teaspoon ground coriander

2 cloves garlic, crushed

1 teaspoon salt

½ teaspoon ground black pepper

1 rack of lamb, approximately 8 cutlets

- In a small bowl, combine the olive oil, lime juice, fresh coriander, ground cumin, ground coriander, garlic, salt and pepper.
- Place lamb into a shallow casserole dish and add marinade. Cover and refrigerate for 2-3 hours or overnight.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- Place lamb on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 32-35 minutes.

Serves 2-3



Freshly seasoned grilled rack of lamb

## Tangy grilled beef skewers

2 cloves garlic, crushed  
2 teaspoons grated fresh ginger  
1 tablespoon brown sugar  
1 tablespoon light soy sauce  
1 tablespoon lime juice  
1 teaspoon sesame oil  
½ teaspoon ground coriander  
½ teaspoon chilli powder  
1 teaspoon grated lemon rind  
500g lean beef fillet  
8 bamboo skewers

- In a large bowl, combine the garlic, ginger, brown sugar, soy sauce, lime juice, sesame oil, ground coriander, chilli powder and lemon rind. Set aside.
- Cut the beef fillet into 2cm cubes and add to the marinade mixture. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread the beef evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4

## Plum spare ribs

750g pork spare ribs, cut into strips  
210ml plum sauce  
¼ teaspoon chilli powder

- In a large bowl, combine plum sauce and chilli powder. Mix until well combined.
- Add ribs to marinade, mix until evenly coated. Cover and refrigerate for 1-2 hours.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 150°C.
- Place ribs on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 4



Tangy grilled beef skewers

Asian beef salad



## Asian beef salad

- 1 tablespoon cracked black pepper
- 1 tablespoon Chinese five spice powder
- 4 steak fillets (approximately 125g each)
- 125g bean sprouts
- 4 shallots, finely sliced
- 1 teaspoon grated fresh ginger
- ½ large red capsicum, thinly sliced

### DRESSING

- 3 tablespoons light soy sauce
- 2 bird's eye chillies, seeds removed, finely chopped
- 2 teaspoons finely chopped lemon grass
- 2 tablespoons olive oil
- 1 tablespoon sesame oil

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- In a small bowl, combine the black pepper and Chinese five spice powder. Press this mixture onto all sides of the steak fillets.
- Place the steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.
- Allow to cool. Cut each fillet into thin slices.
- In a separate bowl, combine bean sprouts, shallots, ginger and capsicum. Set aside.

### DRESSING

- In a separate bowl combine soy sauce, chilli, lemon grass, olive oil and sesame oil. Mix until well combined.
- To serve, arrange the beef slices across the top of the bean sprout mixture and drizzle with dressing mixture.

Serves 4

# Italian herbed pizza

## PIZZA BASE

- ½ cup plain flour, sifted
- ½ cup self-raising flour, sifted
- ½ teaspoon powdered mustard
- ¼ teaspoon Cajun seasoning
- salt to taste
- 60g butter, cubed
- 1 egg
- 50ml milk
- oil for brushing

## TOPPING

- 4 rashers bacon, diced (approx. 125g)
- 1 small onion, finely diced
- 1 clove garlic, crushed
- 400g can diced tomatoes
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ cup grated tasty cheese
- salt and pepper to taste

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.

## PIZZA BASE

- In a large bowl, combine the plain flour, self-raising flour, powdered mustard, Cajun seasoning and salt. Rub in the butter with your fingers until mixture resembles fine breadcrumbs. In a separate bowl, whisk together the egg and milk. Stir into the dry ingredients. Mix into a firm dough.
- On a clean floured surface, knead dough until smooth. Evenly roll dough out to a 22cm x 28cm rectangle, to fit the base of one of the baking trays provided. Brush with oil. Set aside.

## TOPPING

- In a large bowl, combine the bacon, onion, garlic, tomatoes, parsley, basil, oregano and cayenne pepper. Mix until well combined.
- Spread this mixture evenly over the pizza base. Sprinkle with cheese.
- Place baking tray in the upper position. Cook for 25-30 minutes.
- Serve hot.

Serves 4



## Rosemary & garlic roast lamb

3 cloves garlic, halved

1.5kg leg lamb

2 tablespoons chopped fresh rosemary

¼ teaspoon salt

oil for brushing

- Cut six shallow slits into one side of the lamb. Press one piece of garlic into each slit.
- Lightly brush the lamb with oil, coating evenly. Rub rosemary into the surface of the lamb. Season with salt.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 160°C.
- Place lamb fat side up on the rack and on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 1 hour 35 minutes-1 hour 45 minutes.

Serves 4-6



Greek meatballs

## Greek meatballs

1 tablespoon olive oil

1 clove garlic, crushed

1 bird's eye chilli, seeds removed,  
finely chopped

2 shallots, finely chopped

500g minced beef

1 egg yolk

½ teaspoon dried parsley

½ teaspoon ground coriander

1 teaspoon salt

ground black pepper to taste

- In a small microwave safe glass bowl, combine the oil, garlic, chilli and shallots. Set oven to MICROWAVE > MANUAL. Cook for 1-2 minutes. Set aside.
- In a large bowl, combine the beef, egg yolk, parsley, coriander, salt and pepper. Add the garlic and chilli mixture. Mix until well combined.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- With your hands, roll mixture into 3-4cm meatballs.
- Place meatballs on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Makes 20 meatballs (approximately)



## Grilled garlic and herb lamb chops

- 3 cloves garlic, crushed
- 1 tablespoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- 2 tablespoons olive oil
- 1 teaspoon soy sauce
- salt and pepper to taste
- 4 lamb leg chops (approximately 200-250g each)

- In a large bowl, combine the garlic, rosemary, thyme, oil, soy sauce, salt and pepper.
- Add the lamb to marinade, mix until evenly coated. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place lamb chops on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 4

## Marinated steak

- 1 onion, chopped
- 5 cloves garlic, crushed
- ¼ cup olive oil
- ¼ cup vinegar
- ¼ cup soy sauce
- 1 tablespoon chopped fresh rosemary
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 beef scotch fillets (approximately 200-250g each)

- In a food processor, combine onion, garlic, oil, vinegar, soy sauce, rosemary, mustard, salt and pepper. Process for 2 minutes until well combined.
- Place scotch fillets into a large bowl and add the marinade. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place the steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 4

# Beef lasagne

500g minced beef

½ white onion, chopped

2 cloves garlic, crushed

½ green capsicum, diced

575g jar Napolitano sauce

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon white vinegar

2 tablespoons caster sugar

½ teaspoon salt

ground black pepper to taste

2 cups shredded mozzarella cheese

½ cup grated parmesan cheese

1 cup ricotta cheese

1 packet ready made lasagne sheets

- In a large microwave safe glass bowl, combine the minced beef, onion, garlic and capsicum.
- Set oven to MICROWAVE > MANUAL. Cook for 6-8 minutes, stirring every 2 minutes. Drain. Set aside.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a medium bowl, combine Napolitano sauce, basil, oregano, vinegar, sugar, salt and pepper. Add the cooked beef. Mix until well combined.
- Using a large shallow casserole dish spread ⅓ of the beef mixture covering the base, then add a layer of lasagne sheet. Spread ½ cup of ricotta cheese over the lasagne sheet, and then sprinkle ½ cup mozzarella cheese followed by ¼ cup parmesan cheese. Layer with one

lasagne sheet.

- Continue with the next layer by spreading ½ of the remaining beef sauce, and continue with the same cheese mixture. Layer with one lasagne sheet.
- To finish the layers, spread remaining beef mixture over the top, sprinkling with remaining mozzarella cheese.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 6



Beef lasagne

# Desserts

## Moist carrot cake

1 cup oil  
1 cup brown sugar  
3 eggs  
1½ cups self-raising flour, sifted  
1 teaspoon baking powder  
2 teaspoons cinnamon  
¼ teaspoon salt  
½ teaspoon ground ginger  
1½ teaspoons ground nutmeg  
1 teaspoon grated orange rind  
2 large carrots, grated  
80g chopped walnuts

### CREAM CHEESE ICING

250g cream cheese  
2 cups icing sugar  
2 teaspoons lemon juice

- Lightly grease a round cake tin.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, beat together the oil, sugar and eggs until well combined.
- Add flour, baking powder, cinnamon, salt, ginger, nutmeg and orange rind.
- Fold in carrots and walnuts.
- Pour mixture into prepared cake tin and place on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 55-60 minutes.
- Cool before icing.

### ICING

- Beat cream cheese until smooth.
- Add icing sugar and lemon juice and beat until smooth.
- Spread icing evenly over the cake.

Serves 6-8

# Coconut apricot tarts

4 tablespoons caster sugar  
125g butter  
½ teaspoon vanilla essence  
1 egg  
2 cups plain flour, sifted  
1 teaspoon baking powder  
apricot jam

## TOPPING

1 egg, beaten  
½ cup caster sugar  
1 cup desiccated coconut

- Lightly grease 2 dome patty trays (12 serves per tray).
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 220°C.
- In a large bowl, beat together sugar, butter and vanilla essence until light and fluffy. Add the egg and continue beating until well combined.
- Add the flour and baking powder, kneading with your hands to form a soft dough.
- On a clean floured surface, roll dough to ½cm thick. Using a 7-8cm circular cutter, cut out 24 circles.
- Press each circle into the bottom of each tray. Place ½-1 teaspoon of apricot jam in the centre of each circle.

## TOPPING

- In a small bowl, combine egg, sugar and coconut. Mix until well combined. Add a spoonful of topping onto each patty.
- Place one patty tray on each of the baking trays provided.
- Place one baking tray in the upper position and the other in the lower position. Cook for 13-15 minutes.

Makes 24 tarts



## Bread and butter pudding

½ Vienna bread loaf, torn into small pieces  
butter for spreading  
¼ cup sultanas  
1 egg, lightly beaten  
300ml cream  
1 ¼ cups milk  
1 teaspoon vanilla essence  
3 tablespoons caster sugar  
¼ teaspoon ground nutmeg  
extra sugar to sprinkle

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- Spread butter on torn pieces of bread and place in a 2 litre casserole dish. Add sultanas. Set aside.
- In a medium bowl, combine the egg, cream, milk, vanilla essence and sugar. Mix until well combined. Pour over the bread and sultanas.
- Press bread into milk mixture to coat. Sprinkle with nutmeg and extra sugar.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 20 minutes.
- Allow to stand for 5-10 minutes. Serve with cream or ice cream.

Serves 4-6

## Lamingtons

¾ cup caster sugar  
125g butter, softened  
1 teaspoon vanilla essence  
2 eggs  
½ cup milk  
2 cups self-raising flour, sifted  
¼ teaspoon salt

### ICING

2 cups icing sugar  
¼ cup cocoa powder  
30g butter softened  
4 tablespoons hot water  
2 cups desiccated coconut

- Lightly grease a 20cm square cake tin.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, beat together the sugar, butter and vanilla essence until light and fluffy. Add the eggs one at a time, beating after every addition. Pour in ⅓ of the milk, continuing to beat.
- Gently fold in flour, salt and remaining milk.
- Pour into prepared cake tin. Place cake tin on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 40-45 minutes.
- Set aside to cool. Turn out.
- Cut the cake into 16 equal squares. Set aside for 3-4 hours to cool completely, or leave overnight.



### ICING

- Evenly spread the coconut onto a large plate.
- Add the butter and water into a small bowl. Stir in the icing sugar and cocoa powder to form a smooth consistency.
- To start icing, pick up a piece of cake using long tongs and dip each side into the chocolate icing, followed by rolling the piece in the coconut. Continue to dip and roll each piece to make lamingtons.

**NOTE:** To slow down the cooling of the chocolate during dipping, place the bowl into a larger bowl of hot water.

Makes 16 pieces



## Banana bread

- 4 ripe bananas, mashed
- 70g butter, softened
- $\frac{3}{4}$  cup brown sugar
- 1 egg
- 1 teaspoon vanilla essence
- 1 teaspoon baking powder
- pinch of salt
- $\frac{1}{2}$  teaspoon ground cinnamon
- 1  $\frac{1}{2}$  cups plain flour

- Lightly grease a 13 x 20cm loaf pan.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, mix together the mashed bananas and butter. Mix in sugar, egg, vanilla essence, baking powder, salt, cinnamon and flour. Mix until well combined.
- Pour mixture into prepared loaf pan and place on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 40-50 minutes.

Serves 6-8

Banana bread

# Cinnamon ring

## DOUGH

- 2 cups plain flour, sifted
- ½ teaspoon mixed spice
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- 30g butter
- 14g yeast
- ¼ cup caster sugar
- ¼ cup warm water
- ¼ cup milk
- 1 egg, beaten

## FILLING

- 1 tablespoon butter, softened
- ⅓ cup brown sugar
- 1 teaspoon cinnamon
- ⅓ cup mixed fruit

## ICING

- 1 cup icing sugar
- 2 tablespoons milk
- ½ teaspoon lemon juice

- In a small bowl, combine flour, mixed spices, cinnamon and salt. Rub in the butter with fingertips until mixture resembles fine breadcrumbs. Set aside.
- In a separate bowl, mix together the yeast, sugar, water, milk and egg until well combined. Add to the flour mixture. Mix to form a soft dough and shape into a ball. Place into a glass bowl and on one of the baking trays provided.
- Set oven to PURE STEAM > MANUAL > PROOF. Set time for 30 minutes.

- Roll out dough to a rectangle approximately 40cm x 20cm.

## FILLING

- Spread butter and sprinkle with brown sugar, cinnamon and mixed fruit. Roll up from one of the widest sides to form a long log shape.
- Lightly grease one of the baking trays provided. Shape the dough into a ring and place on the baking tray. Press the ends together to form a seal. Using a knife, carefully make slits around the ring 2cm apart.
- Place baking tray in the upper position. Set oven to PURE STEAM > MANUAL > PROOF. Set time for 30 minutes. Remove from oven.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BREAD > WITH PREHEAT 180°C. Cook for 10-15 minutes, until golden brown.

## ICING

- Add the icing sugar, milk, and lemon juice in a small bowl. Mix until well combined. Pour over cake.

Serves 6-8

# Strawberry cream wafers

- 1 egg white
- 60g butter, softened
- ¼ cup caster sugar
- 1 tablespoon golden syrup
- ¼ cup plain flour

## FILLING

- 1 punnet strawberries, sliced
- 150ml cream

icing sugar to decorate

- Line both baking trays provided with baking paper.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a medium bowl, beat egg white until soft peaks form. Set aside.
- In a separate large bowl, beat together butter and sugar until light and fluffy. Stir in golden syrup, egg white and flour.
- Using a teaspoon, drop 9 small spoonfuls of mixture onto each baking tray provided. Evenly space leaving 6-7cm between each, making three rows of three.
- Place one of the baking trays in the upper position and the other in the lower position. Cook for 10 minutes, until golden brown.
- Place on a wire rack to cool.

#### FILLING

- When ready to serve, beat cream in a medium bowl until whipped. Place a spoonful of cream on one wafer, followed by sliced strawberries and topped with a second wafer. Continue with remaining wafers.
- Sprinkle icing sugar over wafers and serve.

Serves 9

## Wild berry pie

#### PASTRY

2 cups self-raising flour  
125g butter  
3-5 tablespoons water  
pinch of salt

#### FILLING

830g can mixed berries, drained

½ cup caster sugar

½ teaspoon salt

1 tablespoon cornflour

20g butter, melted

egg white, for glazing

extra caster sugar, to sprinkle

- In a large bowl, sift the flour. Rub in the butter with your fingertips until mixture resembles fine breadcrumbs. Stir in the salt. Slowly stir in enough water to form a soft dough. Knead dough until well combined.
- Wrap in greaseproof paper and chill for 30 minutes.
- In a large bowl, combine mixed berries, caster sugar, salt, cornflour and butter. Stand for 10 minutes to allow juices and flavours to develop.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 160°C.
- Roll out ⅔ of the pastry to line a 23cm glass pie dish. Fill with the berry mixture. Roll out remaining ⅓ of pastry to cover the pie dish. Gently press together the sides of the pastry with a fork, forming a seal.
- Lightly brush the top of the pie with egg white. Sprinkle with extra caster sugar. Pierce the top of the pastry with a fork 3 times to allow air to escape while cooking.
- Place the pie dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.
- Stand 10 minutes before serving.

Serves 6-8

## Crème caramel

200ml milk

½ vanilla pod

100ml cream

2 eggs

1 egg yolk

2 tablespoons sugar

### CARAMEL

½ cup caster sugar

4 tablespoons water

- In a large microwave safe glass bowl, add milk and vanilla pod. Set oven to MICROWAVE > MANUAL. Cook for 2 minutes. Set aside.
- In a separate bowl combine cream, eggs, egg yolk and sugar. Whisk until well combined.
- Remove vanilla pod from milk and add to egg mixture. Continue to whisk until well combined. Set aside.

### CARAMEL

- In a small bowl, combine the caster sugar and water. Mix until well combined. Set oven to MICROWAVE > MANUAL. Cook for 6-8 minutes or until light golden colour is achieved. Stir every 30 seconds.
- Coat the base of 4 small ramekins with caramel. Allow to cool.
- Fill each ramekin with the milk mixture.
- Place ramekins on one baking tray, provided.
- Place baking tray in the upper position. Set oven to PURE STEAM > MANUAL > STEAM LOW. Cook for 35 minutes.
- Allow to stand for 10 minutes in the oven without opening the door. Allow to cool before serving. Serves 4

**NOTE:** Caution should be applied when preparing and handling the caramel as mixture is very hot and may burn quickly.

## Shortbread wedges

1 cup plain flour, sifted

1 cup rice flour, sifted

⅔ cup icing sugar

pinch of salt

1 teaspoon vanilla essence

250g butter, cubed

- Lightly grease 23cm glass pie dish.
- In a large bowl, combine plain flour and rice flour. Stir in sugar, salt and vanilla.
- Rub in the butter to form a soft dough. Wrap in greaseproof paper and chill for 1 hour.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 160°C.
- Press mixture into pie dish. Score into slices.
- Place pie dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes. Cut slices while warm.

Makes 16 pieces (approximately)

Shortbread wedges



## Self-saucing sticky date pudding

60g butter, softened  
2/3 cup caster sugar  
2 eggs  
200g pitted dates, chopped  
1 cup boiling water  
1 teaspoon baking powder  
1 1/2 cups self-raising flour, sifted

### SAUCE

2 cups boiling water  
1 cup brown sugar  
25g butter, chopped

- Lightly grease a 3 litre casserole dish.
- Set oven to SUPER STEAM > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, beat together the butter and sugar until light and fluffy. Add eggs and continue beating until well combined.
- Place dates into a bowl and cover with boiling water. Add baking powder and mix until well combined. Set aside.
- Add flour to butter, sugar and egg mixture. Gently stir in dates and water until well combined. Pour into prepared casserole dish.

### SAUCE

- In a medium bowl, combine the boiling water, brown sugar and butter. Mix until well combined. Pour over mixture.
- Place casserole dish on baking tray provided.
- Place baking tray in the lower position. Cook for 30-35 minutes. Serve hot.

Serves 4-6

## Plain scones

3 1/2 cups self-raising flour  
60g butter, cubed  
2 tablespoons caster sugar  
1/4 teaspoon salt  
1 1/2 cups milk  
extra milk for glazing

- Set oven to SUPER STEAM > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a large bowl, combine the flour and butter, rub in the butter with your fingertips until mixture resembles fine breadcrumbs. Stir in sugar and salt. Stir in the milk to form a soft dough. Knead dough until well combined.
- Lightly grease one of the baking trays provided and dust with flour.
- On a clean floured surface, roll dough to 3cm thick. Cut out scones using a 7cm round cutter. Place scones on baking tray touching each other. Lightly brush the extra milk over scones.
- Place baking tray in the upper position. Cook for 20 minutes.

Makes 15-18 scones (approximately)



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Beef lasagne 39  
Bread and butter pudding 42

## C

Cheesy asparagus risotto 12  
Cheesy salmon cannelloni 18  
Cherry tomato frittata 13  
Chicken and vegetable rolls 28  
Chicken satay 24  
Cinnamon ring 44  
Coconut apricot tarts 41  
Crème caramel 46  
Crumbed fish fingers 23

## F

Fish cakes 22  
Freshly seasoned grilled rack of lamb 33

## G

Garlic and thyme potatoes 8  
Greek meatballs 37  
Grilled chicken Caesar salad 28  
Grilled chilli lemon octopus 16  
Grilled Chinese chicken wings 27  
Grilled coconut chicken 25  
Grilled garlic and herb lamb chops 38  
Grilled garlic prawns 16  
Grilled soy beef skewers 32  
Grilled tuna steaks 19  
Grilled white wine prawns 17

## H

Herb roasted chicken 30

## I

Italian herbed pizza 36

## L

Lamingtons 42

## M

Marinara risotto 20  
Marinated salmon 21  
Marinated snapper 18  
Marinated steak 38  
Mediterranean vegetables 12  
Moist carrot cake 40  
Mushroom risotto 12

## O

Orange carrots 14

## P

Pasta Napolitano 14  
Plain scones 47  
Plum spare ribs 34  
Potato salad with avocado and prosciutto 10

## R

Roast vegetables 10  
Rosemary & garlic roast lamb 37

## S

Self-saucing sticky date pudding 47  
Shortbread wedges 46  
Spicy grilled chicken skewers 26  
Spicy mustard drumsticks 25  
Spinach and ricotta lasagne 15  
Strawberry cream wafers 44  
Stuffed Portobello mushrooms 9

## T

Tandoori style vegetables 11  
Tangy grilled beef skewers 34  
Thai scallops 20

## V

Vegetable chicken patties 31  
Vegetable rice paper rolls 30

## W

Wholemeal chicken 26  
Wild berry pie 45





**SHARP**

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