SHARP

HEALSIO

AX-1700

COOK BOOK









Delicious, Healthy Recipes Every day!

No need for oil! Just cook with water and keep the nutrients.



Expand your recipes by cooking with Healsio!

The convenience you need!

Auto Sensor Cook (ALL IN ONE)

Arrange your ingredients to the baking tray and press one button! That's it!

➡ Pages **8 - 29**

I don't have all the ingredients in the recipe···



No need for a recipe!

Make these dishes with the ingredients you want!

I don't have enough ingredients···



No need to measure the ingredients!

The amount of the ingredients are easily adjustable!

I forgot to defrost···



No need to defrost!

Cooking from frozen ingredients!

Cook meat, fish, and vegetables at the same time with All-in-one cooking!

3 internal sensors adjusts cooking time and heat based on the types of ingredients, the temperature, and the amount.
Use the Superheated Steam setting to create delicious, healthy dishes.

Popular Dishes for Every Day of the Week

Non-Fried Dish



Deep Fried Chicken ➡ Page **39**

Grilled Dish



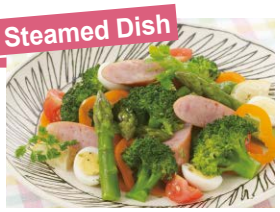
Salisbury Steak ➡ Page **34**

Grilled Dish



Macaroni Gratin ➡ Page **38**

Steamed Dish



Broccoli and Asparagus Salad ➡ Page **46**

Option Number Overview

Auto Menus				Manual Cooking	Maintenance
1 Crispy Reheat	4 Reheat Frozen Food	8 Grilled Fish	12 Breakfast Set	16 Grill	21 Sterilization
2 Steam Reheat	5 Reheat as Temprerature	9 Steamed Vegetables	13 Sponge Cake	17 Steam High	22 Drain Water
3 Reheat Bread	6 Grilled Chicken	10 Baked Sweet Potato	14 Cream Puff	18 Steam Low	23 Steam Clean
-1 Roll/Pizza	7 Deep Fried Chicken	11 Toast	15 Dried Food	19 Steam Proof	24 Descale
-2 Baguette				20 Proof	25 Clean Oven (First Use)
-3 Croissant/Pie					

For more information of Option numbers 1-5, 9, Manual Cooking and Maintenance numbers 16-25, please refer to the attached operation manual.

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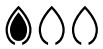
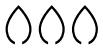
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Superheated Steam Level for Manual Cooking

On MANUAL Water Oven and Water Grill, you can select the quantity of Superheated Steam.
This function is also available during the cooking.

Superheated Steam Level	Display	Examples
- Water Oven 3 - Water Grill 3		• To quickly raise oven temperature for such items as frozen foods and pieces of meat. • Applies ample steam when starting to cook baguette for a crispy finish.
- Water Oven 2 - Water Grill 2		• Evenly cooks the inside and outside of food. • Most online cookbook recipes recommend Superheated Steam Level 2. • Starting to cook both bread cream puffs with superheated steam for a fluffy finish.
- Water Oven 1 - Water Grill 1		• Concentrates baking on the outside to prevent dryness.
- Water Oven 0 - Water Grill 0		- No Superheated Steam For stopping to generate Superheated Steam. (This level is same as both Oven and Grill without water)
THIS LEVEL IS AVAILABLE DURING THE COOKING ONLY.		
- Oven - Grill	No Superheated steam level indicator lights.	- No water needs for these modes. NOTE: These modes cannot be changed to Water oven and Water Grill during the cooking.

Information regarding cooking accessories not included:

You can use metal bowls, colanders, and baking dishes purchased from your local store to cook.
Use the items at home, following the dimensions shown on in the chart below.

Warning

- The following items will create sparks and can be damaged when using the microwave function, so make sure never to use them.
- When removing dishes from the oven where you have placed a Rack on a metal bowl or colander, be careful as food may slip off.

[Examples of Sizes and Menu Items to Be Used]

Metal Colander 	Approx. 18x18cm & 4.5cm deep (left) Approx. 20cm in diameter & 9cm deep (right)	Mimosa Salad (Page 47) Steamed Bean Sprouts and Pork (Page 49)
Metal Bowl 	Approx. 24cm in diameter & 9cm deep (see photo)	Black Beans (Page 54)
Metal Baking Dish 	Approx. 27x21cm & 3.5cm deep (Large) Approx. 24.5x20cm & 3.5cm deep (Medium) Approx. 19x13cm & 3cm deep (Small)	Red Bean Rice (Page 55)

Before Cooking With This Cook Book

Low-Calorie Dish
Preserved Nutrients Dish
are shown at the top.

Accessories

Here, you can see the accessories needed and where to place it in the oven.

* The accessories you need will vary based on what is being cooked. If you plan to use any accessories not indicated in this cook book, then please be careful that there are no issues. Furthermore, please be sure to use the attached baking tray and rack in the package.
* The accessories (baking tray, rack) pictured here are drawn in black in order to make them more visible. Actual color may vary.

Ingredients

Amount

Please cook with the amount of ingredients listed in the recipe when using the automatic cooking function.

Measuring Chart

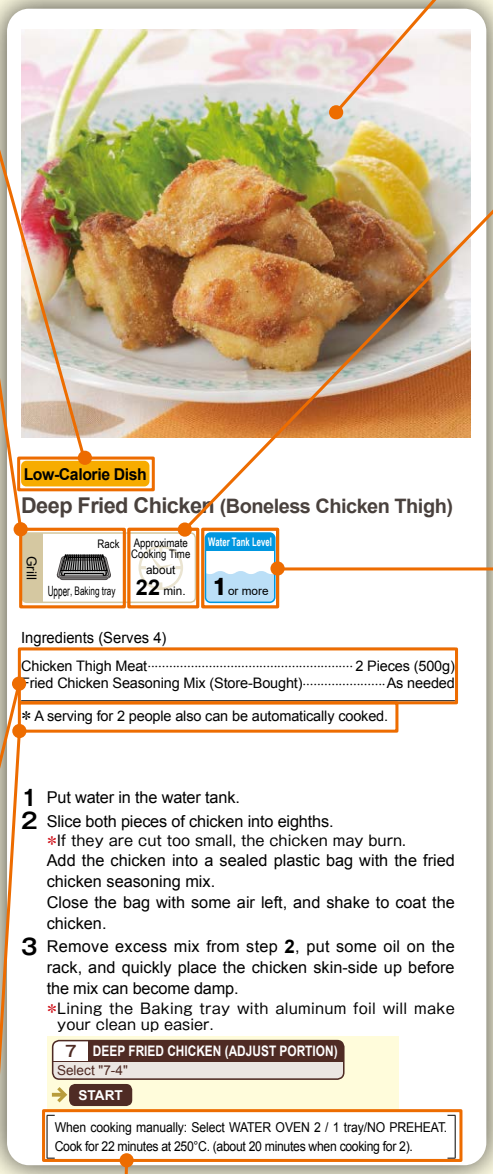
1 cup = 200ml 1 tablespoon = 15ml 1 teaspoon = 5ml
*1 milliliter = 1 cc

Cooking with the All-in-one Cooking Function

The asterisk (*) indicates that the all-in-one cooking function can adjust as necessary.

In this case, you would reduce the amount each ingredient by half.

- If you don't know how many number set people will eat this dish.
- In the menu, you can also select **MORE(▲) / LESS(▼)** to adjust the cooking finish of the dish.



Explanations on how to cook dishes

When using the Manual Cook setting:

there are the advices for when using the Manual Cook setting.

* When using the automatic cooking function, a microcomputer controls the slightest temperature variations. As such, results may vary when cooking manually.
* In the event that it isn't possible to use the Manual Cook setting to cook a dish, nothing will be written here.

Using the Manual Cook Setting

These settings are all an estimate. Please keep an eye on your dish and adjust cooking times as necessary.

About the Photo:

- This is an example of how to arrange the dish.
- Note that the actual appearance of the dish can vary from the photo provided based on what ingredients and cooking method is used.

Cooking Time Suggestion

The cooking times shown are an estimate of how long it will take for the dish to cook using the automatic cooking function. This example is for "**7 Deep Fried Chicken**".

* The times shown do not include time needed for preheating.
* Preheating times may vary between cooking with Manual Cooking and Automatic Cooking settings.

Water Tank Level

This is for when you use water in your cooking.

The image provides an estimate for what your water level should be.

Putting in and Removing Food

After the oven has finished preheating or finished cooking, food, cooking accessories, and the inside of the oven will be hot, so please be sure to use oven mitts.

All-In-One Cooking

Let "Healsio" cook

Have you ever experienced this mode?

CASE 1

Oh no! I don't have all the ingredients!



CASE 2

I can't never get the right level of doneness...



CASE 3



I forgot to defrost the meat I wanted to use!

CASE 4



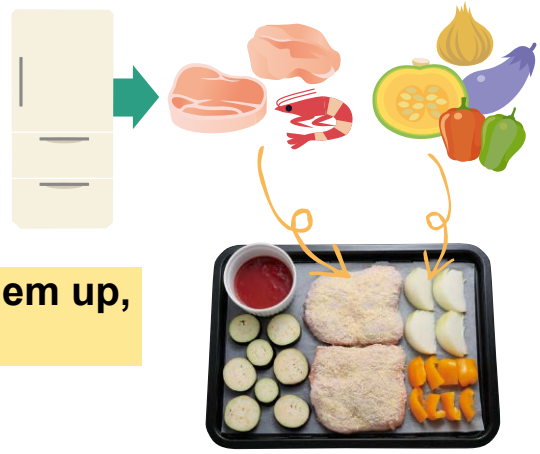
You have to watch over food. Imagine, when you fry or cook not in summer...

In that case...

delicious meals for you every day♪

Count on All-In-One Cooking!

No need for a recipe!

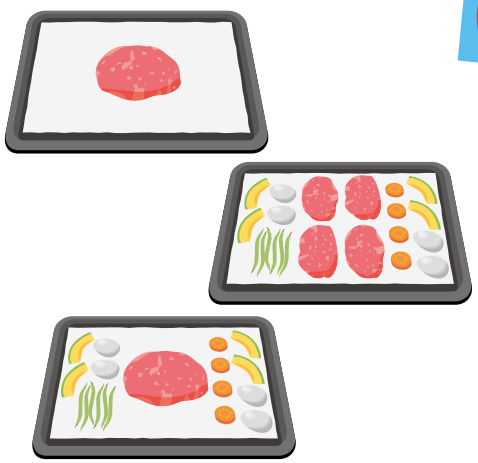


Cook meals with the ingredients* at home.

Just cut up your ingredients, line them up, and put them in your Healsio.

Both meat and fish will work!
Add in whatever vegetables at home!

No need to measure anything!



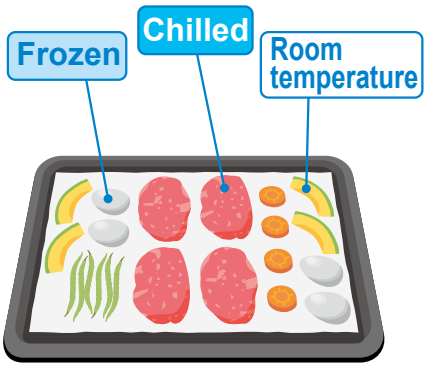
Choose the amount* you want to make.

Cook for 1 or up to 4

Both small and large portions will work!

No need to defrost anything!

Cook frozen, chilled, and room temperature items together!



Free from the time and stress of defrosting the ingredients!

How convenient ! You don't even have to worry about defrosting anything!
When cooking with frozen ingredients, select "Frozen Ingredients".

*The final dish will vary based on ingredients used and their shape. Estimate gross weight to be 1kg for all ingredients and 800g when steaming.
For details, please make sure to refer to the "Helpful Tips" section for menu examples of each cooking method.

What Is All-In-One Cooking?

Cook meat, fish, and vegetables simultaneously with All-In-One cooking!

No matter if your ingredients vary on in type, temperature, or amount, **let Healsio handle it!**

An inside sensor automatically adjusts cooking time and heat. Use the Superheated Steam setting to create delicious, healthy dishes.

Cook easily everyday with

Arrange your and press one

Use your favorite ingredients that you have at home.



Even if they're different from the recipe, just arrange them on the tray.



Cook frozen, chilled, and room temperature ingredients together!

Press the AUTO SENSOR COOK pad, choose your cooking style, and let it cook for you!

AUTO SENSOR COOK

- GRILL
- BAKE
- STIR FRY
- STEAM

When cooking with frozen ingredients, press the pad twice to choose "Frozen Ingredients".

*To choose "BAKE", "STIR FRY" or "STEAM", press the AUTO SENSOR COOK pad and turn the Knob.

An example of one delicious meal you can make!



Panko Breaded Boneless Chicken with Grilled Veggies and Tomato Sauce.

any ingredients at home!

ingredients to the baking tray button! That's it!

Grill

Grill by placing ingredients on the rack.

- Cook meat and fish that have been marinated, salt-grill them, and more, with this setting.
- Make fried chicken and other fried dishes without any oil.
- Cook with your favorite vegetables and put them in together easily have everything done at the same time!



Bake

Place ingredients directly into the baking tray and bake.

- Cook Salisbury steak, gratin, and your favorite baked dishes with this setting.
- Cook with your favorite vegetables, at the same time, and improve the nutritional value of your meal.



Stir Fry

Cook by spreading out ingredients across the baking tray.

- Make stir-fried noodles just like they were made in a frying pan.
- Use preferred ingredients purchased from a store.



Steam

Steam all sorts of items from vegetables to meat, fish, eggs, and other ingredients from your grocerg store.

- Cook steamed chicken, steamed veggies, and more.
- Add in a sauce or dressing to create a new variation to your recipe.



In order to make the most of "All-In-One Cooking"...

- Please be absolutely sure to read the "Helpful Tips" section.
- The final dish can vary greatly based on ingredients used, their condition, and flavoring. Please refer to the "Helpful Tips" section to find out how to extend cooking times.

Auto Sensor Cook + Warming Up Side Dishes



When using **No Frozen Ingredients** for **"Grill", "Bake"** and **"Stir Fry",** you can warm up store-bought fried foods and vegetables, by placing your dish for Auto Sensor Cook on the upper position, and fried foods and vegetables on the lower position.

[Preparing Ingredients]

- **Upper position dish:** Please refer to the correct menu option and helpful points to prepare for your dish.
  *When selecting "Frozen Ingredients" for dishes with frozen items, this function cannot be used to heat anything on the lower position.
- **Lower position dish:** Heat up chilled or room temperature store-bought fried vegetables and other dishes (tempura, fried chicken, croquettes, etc.) by placing them on the rack.
  *A store-bought rack and wrinkled aluminum foil are available instead of the rack attached.
- Uncooked food such as croquetts, pork cutlets and so on with using white bread crumbs cannot be cooked with this oven.
- Suitable portion of side dish per person should be 100g and fit the quantity of the main dish on the upper position when heating.
  ex). Main dish on the upper position (4 portions). Side dish on the lower position (About 400g) .

16 Page Helpful Tips

Grill	Rack	Approximate Cooking Time	Water Tank Level
	Upper: Baking tray	No Frozen Ingredients: 20~25 Minutes / Frozen Ingredients: 25~30 Minutes	1 or more

*Cooking times will vary the temperature and the types of ingredients.

Deep Fried Chicken

See Page 39 for the recipe.

What You Need:

2 Boneless Chicken Thighs



Fried Chicken Seasoning Mix (Store-bought) As needed



1 Slice the chicken thighs into 8 equal parts.
*Be careful not to slice them too small. they may be overcooked.

2 Coat the meat with the seasoning mix.

3 Dust off any unnecessary seasoning mix, coat the rack with oil, and place the meat on it skin-side up.

4 Place them on the upper position.



When you want to cook from seasoned frozen meat, don't defrost the meat. Instead, use the **AUTO SENSOR COOK** setting to cook.

One Point Tip

- Store-bought fried chicken seasoning mix can be used.
- Pre-seasoned, frozen meat can also be cooked using this method.
  Please see "Tips for Frozen Meal Prep" (Page 29)
- Sliced vegetables, such as paprika, can be cooked alongside the meat by placing them on the sides. (See page 13)

You can cook a half-batch, too.





[Setting] **AUTO SENSOR COOK** → **No Frozen Ingredients 【ALL IN ONE】** **GRILL** → **START**

*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".

Fried Chicken and Vegetables

Place your favorite vegetables on both sides of the meat.

Chicken coated with the fried chicken seasoning mix.

One paprika can be sliced into tenths.

Wrap mushrooms in aluminum foil.



Cut pumpkin into bite size pieces.





Chicken Wingettes with Teriyaki Sauce & Moromi Soaked Vegetables

Leave the carrots and eggplants uncovered.



Wrap mushrooms in aluminum foil.

The baked vegetables and mushrooms are seasoned with the Moromi miso.

Chicken Wingettes Marinated in a Teriyaki Sauce.

Place the chicken skin-side up.
This recipe also be can made with boneless chicken thighs and drumettes.

Mixed Grilled Dish

How to make butter sauce (per scallop):
- Butter, parmesan cheese...1 tbsp each
- Finely chopped onion.....10g
- Finely chopped parsley.....As needed

Use a butter sauce to create a gratin-style flavor.

Coat prawns in olive oil, place in aluminum foil.



Place your favorite vegetables on both sides of the meat.

Marinate the pork in a yakiniku sauce and then dab off excess sauce before placing on the rack.





Tandoori Chicken & Baked Potatoes

See Page 33 for the recipe.

MORE(▲)
Within 30 seconds of pressing **"START"**, set the cooking adjustment to MORE (▲).



Coat the potatoes in oil and line on the rack.

It's even easier when you toss them in a plastic bag!

【ALL IN ONE】

GRILL

16 Page Helpful Tips

Grill	Rack	Approximate Cooking Time	Water Tank Level
	Upper Baking tray	No Frozen Ingredients ~20~25 Minutes / Frozen Ingredients ~25~30 Minutes	1 or more

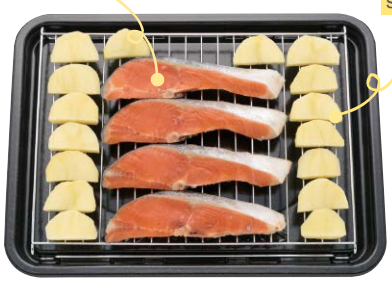
*Cooking times will vary the temperature and the types of ingredients.

Grilled Salted Salmon & Potatoes

Simply place your fish filets, miso marinated filets, or cut open and dried Atka mackerel or Japanese mackerel on the rack!

Fish fillets or fish cut open are both perfectly fine.

Slice potatoes about 7-8mm thick, and just season with butter and soy sauce when done!





One Point Tip

- Both vegetables and potatoes can be cooked together.
- Frozen fish filets can be cooked in the same manner.

"Tips for Frozen Meal Prep" (Page 29)

Grilled Fish & Pickled Vegetables with Sweetened Potatoes



Coat the sweet potatoes with oil before cooking them. Once done, try sweetening them with honey and sesame seeds!

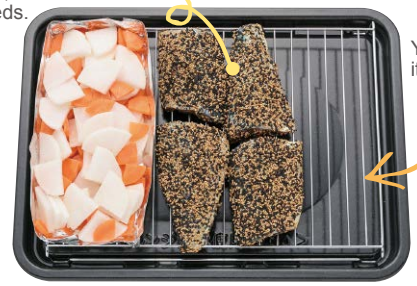
Pick vegetables you enjoy like daikon radish, carrots, lotus root, and more.



When done cooking, marinate the vegetables in sweet vinegar (equal parts vinegar and sugar with a pinch of salt).

Grilled Sesame Mackerel Fillets & Pickled Vegetables

Season the fish with cooking sake and soy sauce. Then, coat with sesame seeds.



You may add another item in this open spot!



[Setting] AUTO SENSOR COOK → No Frozen Ingredients 【ALL IN ONE】 GRILL → START

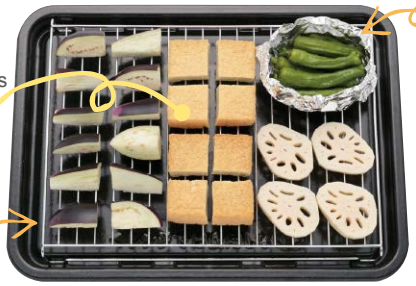
*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".



Thick Fried Tofu with Grated Daikon Radish Ponzu Sauce

Give grated daikon radish ponzu sauce a try! It's delicious with grated ginger in soy sauce, too.

Slice the thick fried tofu and vegetables into bite size pieces.



Cover with aluminum foil when cooking.

Lightly coat the eggplants with a small amount of oil before cooking.

Simple Dishes for That Open Spot



Meat Roll-Ups, Bacon Roll-Ups, Pickled Veggie Sticks

- Roll the central ingredient with meat so that it does not stick out at all. Once cooked, enjoy with ponzu sauce or a sauce you like.
  [Recommended Ingredients]
  Asparagus, mushrooms, spring onions, green beans, okra, etc.
- Coating the sweet potatoes with some oil before grilling will increase the flavor.

Chicken Nuggets & French Fries
(Made with store-bought pre-made or frozen items)

Store-bought dishes work well, too!



Store-bought chicken nuggets and French fries can be cooked at the same time, so this is perfect for those who are in a hurry. It is recommended to coat the French fries in some oil!





Coat the store-bought dumplings with oil and cook. That's all you need to make this dish! They can be frozen or chilled.

Fried Meat Dumplings (Shumai)
(Made with Store-Bought Dumplings)

Yakitori
(Grilled Chicken on Skewers)
(Made with store-bought items)



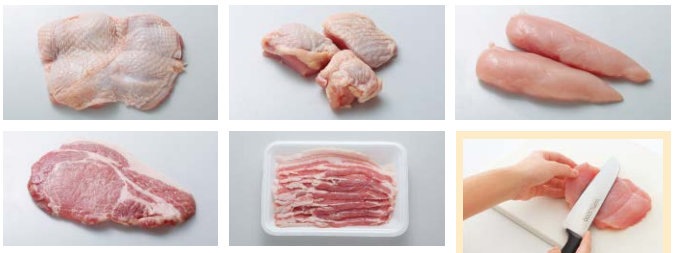
Season store-bought yakitori with your favorite sauces, salt and pepper, or Japanese sansho pepper, and grill!

Helpful Tips

Ingredients and Preparation

- Estimate that the oven can handle roughly 1kg of ingredients. As for shapes, please refer to the images below as well as the recipes on pages 12-15.
- Room temperature, chilled, and frozen ingredients may be used.

Types of Meat



- **Chicken thighs** (boneless & cut)**, Chicken breasts, chicken breast strips, pork loin, thinly-sliced pork, etc.**
- **When cooking chicken wings, please refer to the "Cooking Adjustments"** section



*Please slice thicker cuts of meat to a 1.5cm thickness or less.

Types of Vegetables



- **Cut vegetables into bite size pieces (Store-bought pre-cut vegetables can be used).**
  When dealing with thin vegetables (mushrooms, bean sprouts, etc.) and green vegetables (broccoli, asparagus, shishito peppers), if you cut them small or thinly, there is a chance they will burn, so wrap them in aluminum foil.

Types of Fish



- **Fish fillets or fish cut open**
- **Shishamo smelt**

*Please see page 45 for more information on how to cook saury and other single-tail fish.

Store-bought Items

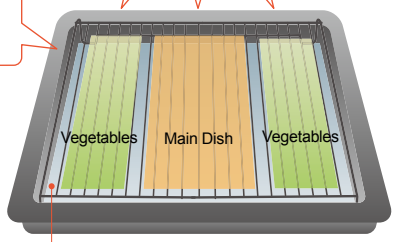
- **Processed Foods**
  (Chicken Nuggets, French Fries, Steamed Meat Dumplings (Shumai), Savory Pancakes (Okonomiyaki)

Seasoning

- You may use seasonings and store-bought flavoring to cook.

Wrap green vegetables and other vegetables that will easily burn in aluminum foil.

Arrange so they do not overlap.



Covering this grate with aluminum foil makes it easier to clean.

Placement

- Place main dishes (meant, fish) in the center with vegetables surrounding it on the sides.
- When grilling teriyaki and miso-soaked dishes, line the baking tray with aluminum foil.

Cooking Adjustments

- When cooking with items listed below, you will need to use the "Cooking Adjustments" function. Within 30 seconds of pressing "START", set the oven to **MORE (▲)** .
  - Chicken Wings and other thick dishes.

Tips

- The final dish can greatly vary on the types and conditions of ingredients as well as the cook .
- If you want to cook a certain ingredient further after cooking, turn the Knob to add time and press START within 1 minute (well cooked food should be removed)
- When using the manual cook setting, place your dish on the upper position, select "WATER OVEN 2, 1 tray, No preheat at 250°C. Cook while keeping an eye on the dish.
- For store-bought pizza, it can be cooked using the manual cooking setting. Simply place it on the baking tray. (See Page 75)

【ALL IN ONE】

BAKE

[Setting] AUTO SENSOR COOK → No Frozen Ingredients 【ALL IN ONE】 BAKE → START

*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".

21 Page Helpful Tips

*Cooking times will vary the temperature and the types of ingredients.

	Upper	Approximate Cooking Time		Water Tank Level
Baking	Baking tray	No Frozen Ingredients: 20~30 Minutes	Frozen Ingredients: 25~30 Minutes	1 or more

Salisbury Steak

See Page 34 for the recipe.

What You Need:

- White Onion
- Butter
- Beaten egg
- Nutmeg
- Pepper
- Ground Meat
- Salt
- Milk
- Panko Bread/crumbs



Soak the panko bread/crumbs in milk beforehand.

1 Finely chop the onion, add the butter to it, and heat it up in the microwave. Once done, let it cool down.



2 Mix the salt and meat together well until sticky. Add in the other ingredients and mix well.

3 Line the baking tray with aluminum foil and place the patties on it. Press down firmly in the center of each patty.

4 Place it on the upper position.



The size of each patty is recommended as about 1.5cm thick in the center!

You can cook a half-batch, too.



Line the baking tray with aluminum foil or baking paper.

One Point Tip

- Frozen patties and frozen vegetables can be cooked together.
- Place the vegetables on both ends of the tray to cook together.





21 Page Helpful Tips

Baking	Upper	Approximate Cooking Time	Water Tank Level
	Baking tray	No Frozen Ingredients 20~30 Minutes / Frozen Ingredients 25~30 Minutes	1 or more

*Cooking times will vary the temperature and the types of ingredients.

Salisbury Steak with Vegetables & Hard-Boiled Eggs



Caution
Never cook hard boiled eggs with the microwave setting.

In order to prevent cracking, wrap the eggs in aluminum foil.
*Once cooked, be absolutely sure to chill the eggs in water before peeling the shells.

Use aluminum foil or baking paper.



Potatoes & Carrots



Place the sauce in a heat-resistant dish to heat one up at the same time.
Try making your own with ketchup and Japanese Worcestershire sauce.

Add a tab of butter to make your dish Grasse style.

Grilled Salmon Fillets with Vegetables



Season with salt and pepper before topping with a lemon slice and butter.

Use baking paper.

Line up the tomatoes and zucchini before seasoning with salt and pepper. Then pour olive oil on them. Add both garlic and herbs, too!





Stuffed Peppers and Grilled Vegetables

LESS(▼)
Within 30 seconds of pressing **"START"**, set the cooking adjustment to LESS (▼).

Stuff the peppers with raw Salisbury steak meat.



All the carrots and lotus root need is an oil coating!

[Setting] AUTO SENSOR COOK → No Frozen Ingredients 【ALL IN ONE】 BAKE → START

*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".

Gratin & Rice Gtratin



One Point Tip

- The oven can make a dish for one, or up to four at once.
- Both vegetables and potatoes do not need to be boiled in advance.





Macaroni Gratin

See Page 38 for the recipe.

The go-to gratin.
Use canned white sauce to make it even easier.



Soy Milk Gratin

Replace with milk in the white sauce for soy milk.
Thinly slice a pumpkin to bypass the need for parboiling.

Grilled Chicken Parmesan with Yellow & Green Vegetables

Put chicken, pumpkin, and broccoli in a bowl,
and coat with olive oil, salt, pepper, and parmesan cheese.





【ALL IN ONE】

BAKE

[Setting] AUTO SENSOR COOK → No Frozen Ingredients 【ALL IN ONE】 BAKE → START

*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".

*Cooking times will vary the temperature and the types of ingredients.

Baking	Upper	Approximate Cooking Time	Water Tank Level
	Baking tray	No Frozen Ingredients 20~30 Minutes / Frozen Ingredients 25~30 Minutes	1 or more

Panko Breaded Boneless Chicken with Grilled Veggies and Tomato Sauce

Tomato Sauce
- Canned Tomatoes·····60g
- Olive oil·····1 teaspoon
- Salt, Pepper, Dried Herbs····As needed

- Panko·····4 tablespoon
- Powdered Cheese··2 tablespoon

Mix together with the white the breadcrumbs and parmesan cheese, and sprinkle on top of meat seasoned with both salt and pepper.

Cook your tomato sauce at the same time!

Add in preferred vegetables

The eggplant only needs an oil coating before grilling!





Meunière Style Fish Fillets with Vegetables



Coat the fish with cake flour and place a tab of butter on them.
Use salmon, white fish, or a type of fish you enjoy.



The side dishes are placed in aluminum foil, as shown on the above but root vegetables, like potatoes.

White Fish Fillets & Colorful Vegetables Baked in Foil

A flavorsome dish made with just a little bit of cooking sake and dashi broth soup.
Try it with lemon juice, soy sauce, or ponzu sauce mixed with soy sauce.

Place thinly sliced vegetables on top of a preferred white fish fillet.

Cover with aluminum foil when cooking.





BAKE

Helpful Tips

Ingredients and Preparation

- Estimate that the oven can handle roughly 1kg of ingredients. As for shapes, please refer to the images below as well as the recipes on pages 17-20.
- Room temperature, chilled, and frozen ingredients may be used.

Salisbury steak & Gratin



• **Raw Salisbury steak patties**
(Patties should be depressed in the center and approximately 1.5cm thick or less.)



• **Gratins**
*Frozen homemade gratin will appear differently when cooked based on the amount prepared and the container it is in. Please keep an eye on it as it cooks.

*For store-bought items, please see the ! mark below.

Types of Fish



• **Fish Fillets**
(Meunière style, Fried with butter, etc.)

Types of Vegetables



• **Cut vegetables into bite size pieces (Store-bought pre-cut vegetables can be used).**
When dealing with thin vegetables (mushrooms, bean sprouts, etc.) and green vegetables (broccoli, asparagus, shishito peppers), if you cut them small or thinly, in order to avoid them burnt, so wrap them in aluminum foil.

Ready-Made



• **Gyoza *(Japanese Dumplings)***
Wrap Gyoza in aluminum foil after dipping in water. Line the baking tray with baking paper for an easier time removing them.

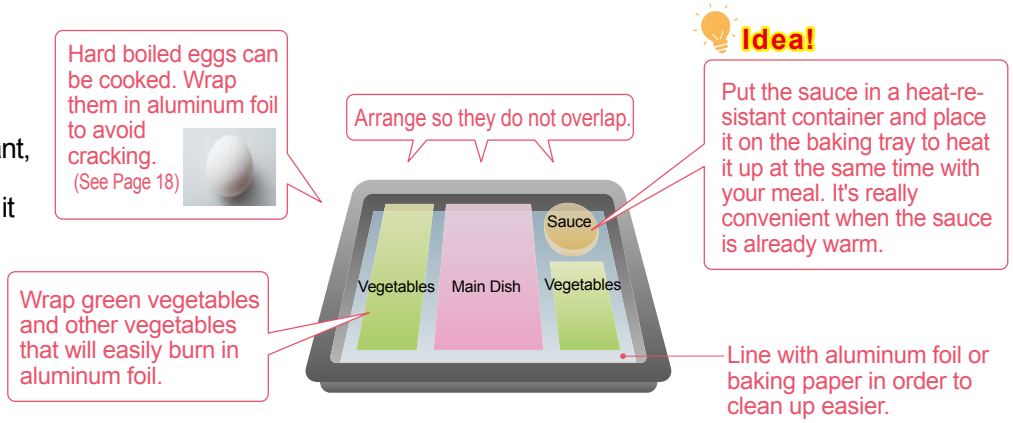
*It is not recommended to make gyoza with wings nor use the mix (usually included) to create them, as they will not cook as desired.
*This oven cannot cook handmade gyoza.

Seasoning

- You may use seasonings and store-bought flavoring to cook.

Placement

- Place main dishes (meant, fish) in the center with vegetables surrounding it on the sides.



Tips

- The final dish can greatly vary on the types and conditions of ingredients as well as the cook.
- If you want to cook a certain ingredient further after cooking, turn the Knob to add time and press START within 1 minute (well cooked food should be removed)
- When using the manual cook setting, place your dish on the upper position, select "WATER OVEN 2, 1 tray, No preheat at 250°C. Cook while keeping an eye on the dish.
- For store-bought pizza, it can be cooked using the manual cooking setting. Simply place it on the baking tray. (See Page 75)

! • Containers that have polypropylene cannot be used with the Auto Sensor Cook setting due to the heater used to warm dishes up. Please use the manual cooking setting by referring to the heating process as indicated on the product package.

【ALL IN ONE】

STIR FRY

25 Page Helpful Tips

Stir Fry	Upper / Baking tray	Approximate Cooking Time	Water Tank Level
		No Frozen Ingredients: 15~20 Minutes / Frozen Ingredients: 25~30 Minutes	1 or more

*Cooking times will vary the temperature and the types of ingredients.

Fried Noodles

See Page 37 for the recipe.

What You Need:



One Point Tip

- Frozen steamed noodles, frozen meat, and pre-cut vegetables can be used.
- Line the baking tray with baking paper. Aluminum foil will also work, but the dish will dry out.

1 Place the ingredients on the dish in the following order: Noodles→ Vegetables→ Sauce→ Meat.

2 Place it on the upper position.

3 Once done cooking, mix and the dish is ready.



④Meat·····
③Sauce·····
②Vegetables·····
①Noodles·····
baking paper

If you find it difficult to mix in a frying pan, the oven can make up to four servings at once!

You can cook a half-batch, too.





[Setting] AUTO SENSOR COOK → No Frozen Ingredients 【ALL IN ONE】 STIR FRY → START

*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".

Fried Rice

See Page 36 for the recipe.

Swap rice for steamed noodles and try adding your favorite seasonings.

Line the baking tray with baking paper.



① Mix together vegetable oil and seasonings into the rice before spreading it out.

Use cooked rice.

② Place finely chopped ingredients on top.



Pepper Steak Stir Fry

Crunchy green peppers are delicious.



Season the peppers and other vegetables with store-bought seasonings before topping with meat and spreading the dish out.



Line the baking tray with baking paper.

Stir Fry Chicken with Cashew Nuts

See Page 37 for the recipe.

Mix together the chicken, nuts, and seasoning. Line the baking tray with baking paper before pouring the mixture into the dish. By placing the cashew nuts on top, the dish will have a stronger aroma.





【ALL IN ONE】

STIR FRY

[Setting] AUTO SENSOR COOK → No Frozen Ingredients 【ALL IN ONE】 STIR FRY → START

*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".

*Cooking times will vary the temperature and the types of ingredients.

Stir Fry	Upper	Approximate Cooking Time		Water Tank Level
	Baking tray	No Frozen Ingredients 15~20 Minutes	Frozen Ingredients 25~30 Minutes	1 or more

German-Style Fried Potatoes

Make fluffy potatoes without parboiling.



① Slice the potatoes about 7-8mm thick and place on the baking tray. Top with thinly sliced onions and garlic.

② Top with sausages, pour olive oil on them, and sprinkle salt and pepper.



Stir Fry Chicken, Prawns & Squid



Line the baking tray with baking paper.

Spread out bite-sized cabbage and paprikas.



Powder the chicken, squid, and prawns with a seasoning (chicken stock powder, cooking sake, potato starch, etc.), and then spread out on top of the vegetables.

Prawns in Chili Sauce

See Page 37 for the recipe.

For ingredients that release a lot of juices, use a flat bottom, heat-resistant container to cook.
Using store-bought seasonings makes it even easier!

Mix everything together and then cook.



MORE(▲)
Within 30 seconds of pressing "START", set the cooking adjustment to MORE (▲).

When cooking on a plate



Helpful Tips

Ingredients and Preparation

- The max estimated weight this oven can handle is about 1kg of food or about four servings. Please refer to the photos and dishes on pages 22-24 for more information about shapes.
- Room temperature, chilled, and frozen ingredients may be used.

Types of Meat




- **For thinly-sliced meat, bacon, sausages, boneless chicken thighs** (cut into small pieces), **sliced meat for yakiniku, liver, frozen pork belly, and other individual frozen meats,** cut into bite size pieces.
- **Ground meat season ground meat in advance,** when seasoned beforehand.

Types of Vegetables




Cut vegetables into bite size pieces (Store-bought pre-cut vegetables can be used).

- **Chinese chives, spring onions, and more**
  Mix with a small amount of oil and seasoning before cooking to prevent them from drying out.

Others



- **Steamed Noodles**
  Loosen after cooking.

Types of Fish




- **Prawns, squid, seafood mixes, etc.**
  Cut into bite size pieces.

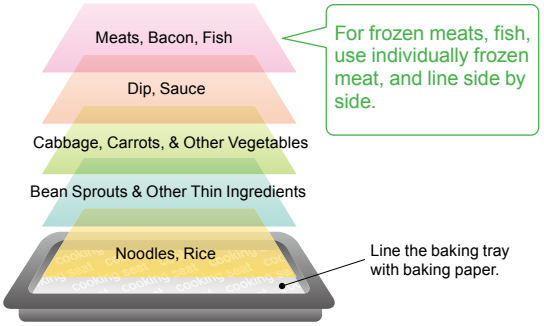
Seasoning

- Store-bought seasonings can be used. When the directions indicate that water is needed, put the ingredients and seasoning in a flat bottom, heat-resistant container, add in the water mixed with starch, and then cook the dish.
- When the ingredients at home are used, using salt, pepper, powders such as chicken stock, oyster sauce, and thicker sauces are recommended. The amount of soy sauce, cooking sake, and other liquid-based ingredients should be reduced.
- It is recommended to season meats and fish and coat with potato starch flour. Sauces are more likely to stick to the dish when coated with potato starch flour.



Placement

- For ingredients that release juices, use a flat bottom, heat-resistant container to cook.
  (Please see the Prawns in Chili Sauce recipe on page 24)
  Please also refer to the **"Cooking Adjustments"** section below.



Cooking Adjustments

- There will be times where the **"Cooking Adjustment"** setting will need to be used based on the ingredients.
  Within 30 seconds of pressing "START", set the oven to **MORE(▲)**.
  - There will be instances where juices are released and fill the dish or plate.
    For example: Prawns in Chili Sauce.

Tips

- The final dish can greatly vary on the types and conditions of ingredients as well as the cook.
- When you want to continue cooking, turn the Knob to add the time and press START within 1 minute.
- There are times when juices will be released based on ingredients and seasonings used.
- Mix well after cooking.
- When using the manual cook setting, place your dish on the upper position, select "WATER OVEN 2, 1 tray, No preheat at 200°C. Cook while keeping an eye on the dish.

29 Page Helpful Tips

Steam	Rack	Approximate Cooking Time	Water Tank Level
Upper Baking tray		No Frozen Ingredients ~15~20 Minutes / Frozen Ingredients ~20~25 Minutes	Set to Level 2

*Cooking times will vary the temperature and the types of ingredients.

Steamed Chicken

What You Need:

Boneless Chicken Breast Meat



1 Slice the breast meat open in the thick parts and then place on the rack.

Remember to keep thickness under 1.5cm!

2 Place it on the upper position.



You can only cook two breasts as well.



One Point Tip

- Cut open thicker parts.
- Frozen meat may also be used. (Try to remember to slice open the meat before freezing)

Tips for Frozen Meal Prep (page 29)

Steamed Chicken Salad with Vegetables



[Setting] **AUTO SENSOR COOK** → **No Frozen Ingredients 【ALL IN ONE】** **STEAM** → **START**

*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".

Bon Bon Chicken

Cut the broccoli into small bunches.

Try different sauce as substite for the normally used sesame dressing.

Substitute Sauces:
- **Ponzu sauce for Japanese flavoring.**
- **Sweet Chili Sauce for Asian flavoring.**
- **Balsamic glaze for Italian flavoring.**



Cut open the meat in the thicker parts.





Pork Belly with Vegetables

Try making this recipe with spring onion sauce, kimchi, or your preferred sauce.

Chinese cabbage and snap peas are recommended as the side vegetable dish.

Slice the meat into bite sized pieces that are about 1cm thick.



Cod with Vegetables Dressed in a Thick Starchy Sauce

Salt the cod fillets.



Place the vegetables and thick starchy sauce in the metal baking dish and steam with the fish. Mix the sauce well both before and after cooking.

Vegetables in Thick Starchy Sauce
(Serves 4)
Carrots, White Onion, Raw Mushrooms, Ginger, etc. (Finely Sliced)……100-150g combined
Soy Sauce, Sweet Rice Wine (Mirin)
……1 tablespoon of each
Potato Starch Flour……1 1/3 Tsp
Water…… 3 tablespoon

*Be careful of the metal baking dish to slip out from the oven when removing baking tray.





Prawns & Asparagus with a Tartar Sauce

Make the tartar sauce by mixing together cooked eggs, finely chopped onions, mayonnaise, salt, and pepper.



It's very convenient to use this metal colander for smaller ingredients!

One Point Tip
- Increase the impact of your tartar sauce by adding in various items like cucumbers, pickles, leeks, and more.

【ALL IN ONE】

STEAM

[Setting] AUTO SENSOR COOK → No Frozen Ingredients 【ALL IN ONE】 STEAM → START

*When using the Auto Sensor Cook function, press the "AUTO SENSOR COOK" button twice to display ❄ "Frozen Ingredients".

*Cooking times will vary the temperature and the types of ingredients.

Steam	Rack	Approximate Cooking Time		Water Tank Level
	Upper Baking tray	No Frozen Ingredients: 15 ~ 20 Minutes	Frozen Ingredients: 20 ~ 25 Minutes	Set to Level 2

Vibrant Steamed Vegetable Salad

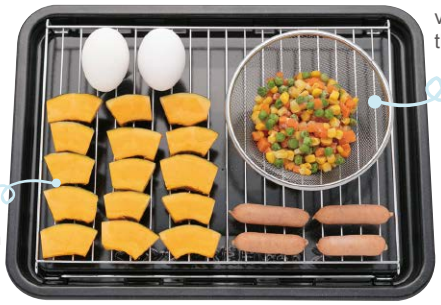






Pumpkin & Sausage Salad

After cooking, add a preferred dressing.



Acqua Pazza Inspired Fish in Papillote







Dim Sum Set (With Store-bought Dishes)

Line up store-bought steamed meat dumplings (shumai), xiaolongbao, frozen Chinese steamed buns, etc., and steam!
Perfect for a simple dim sum party.



One Point Tip

- Add color and nutrition by steaming together with bok-choy and Chinese cabbage! Chop up the stalks, combine with small prawns, vinegar and soy sauce as a side dish.

STEAM

Helpful Tips

Ingredients and Preparation

- Estimate that the oven can handle roughly 800g of ingredients. As for shapes, please refer to the images below as well as the recipes on pages 26-28.
- Room temperature, chilled, and frozen ingredients may be used.

Types of Meat



- **Boneless Chicken Breast Meat, Boneless Chicken Thigh Meat, Chicken Breast Strips**



*Please slice not bigger than meat to 1.5cm thickness into a piece.

Types of Vegetables





Cut vegetables into bite size pieces (ready-made pre-cut vegetables can be used).

*Slice root vegetables, potatoes, and pumpkins less than 1cm in width.

Types of Fish





- **Fish Fillets, Prawns, Squid, Seafood Mix, etc.**

Market product



- **Steamed Meat Dumplings, frozen Chinese steamed buns** (One should be no more than 80g)

* Frozen Chinese steamed buns cannot be cooked in this oven.

Others



- **Eggs**

* After they have cooked, to chill the eggs in water before peeling the shells.

Caution **When cooking eggs, never use the microwave setting.**

Seasoning

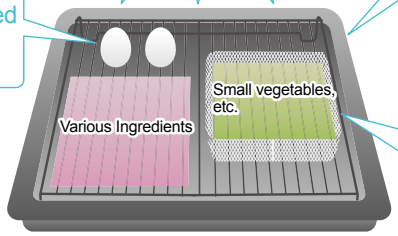
- Use seasonings and store-bought flavoring to cook and after cooking.

Placement

Idea!

Make boiled eggs as a side dish.

Do not overlap the ingredients.



When making vegetables in a starchy soup and miso mixed with ground meat, use the metal baking dish. The combined weight of the ingredients, seasoning, and liquid should be no more than 260g.

The metal baking dish and colander are used at the same time, place both on the right side.
*when you take out the cookdish. The metal baking colander and the metal baking dish can slip, so please be careful.

Tips

- The final dish vary based on the types and conditions of ingredients as well as the cook.
- If you want to cook a certain ingredient further after cooking, turn the Knob to add time and press START within 1 minute (well cooked food should be removed)
- When using the Manual Cook setting, place your items to the upper position, set the oven to "17 STEAM HIGH" and cook while keeping an eye on it.

Tips for Frozen Meal Prep

- Freeze items that are still fresh, and finish them off before they expire.
- Arrange by thickness, lay flat, and be sure that items do not overlap when freezing. If they are bent or uneven, they will cook unevenly."

* In regards to thick chicken breast meat, be sure to slice them open before freezing.



Seasoning

- When cooking with dipping sauces or marinated dishes, season before freezing. Doing so will allow the sauce or may burn. Be careful when cooking strong flavorings, as they these sauces well.
- Before freezing salt-grilled dishes and deep fried chicken, season and coat with a chicken seasoning flour mix.

Tips for "Grilled and Non-Fried Dishes"

Helpful Tips

Check the cooking instructions of each recipe if you need water or pre-heating or not.
(When you see this mark , it means to use water when cooking.)

<<How to Tell the Difference>> * When using the automatic cooking function, each dish will have a different cooking setting.

When You Want to Reduce the Amount of Oil Used

(Ex) Chicken with Teriyaki Sauce

- Use either the Water Grill cooking setting or the Water Oven cooking setting without preheating.
- Use the Superheated Steam setting on high to quickly reduce excess fat from the ingredients of the dish.

When You Want to Quickly Cook Something that is Raw

(Ex) Baked Sweet Potato

- Use either the Water Grill cooking setting or the Water Oven cooking setting without preheating.
- Use the Superheated Steam setting on high to speedily cook the dish all the way through.

Deep Fried Chicken

(Ex) Deep Fried Chicken (Boneless Chicken Thigh)

- Use the Water Oven cooking setting to efficiently reduce fat from the meat.

Frying

(Ex) Croquettes, Fried Sardines

- When raw ingredients give off water, use the regular oven function to cook in order to become sticky. (Do not use water)

Warning ●**"Tempura" cannot be fried in this oven.**

Spring Rolls

(Ex) Spring Rolls

- Use the Water Oven function of high-energy.
- Coat the rolls all over with oil before cooking.

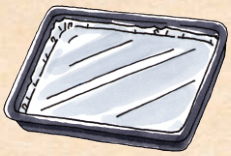
Important Points

→ Dishes can be cooked manually as you like.

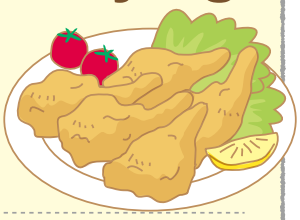
If you expect get more finished color with your dish, and are not concerned with reducing the oil content, use the Grill setting to cook (without water). In the event you do use this setting, reduce the cooking times listed under each dish in this cook book by 10-20 percent to cook manually.

→ We recommend lining the baking tray with aluminum foil or baking paper in order to make clean up easier.

Be aware when lining the baking tray that your foil or paper does not stick out from the edges. When using the rack, use the legs to hold the aluminum foil or baking paper down.



"Frequently Asked Questions" about Frying



Q1. What does the "Non-Fried Cooking" do?

A. • It reduces calories by the need for oil for deep fried chicken, and requires less oil for croquettes, French fries, spring rolls, and more. This makes clean up easier.

• "Tempura" cannot be fried in this oven.

Q2. Can you cook things coated in white panko breadcrumb?

A. The ingredients which are coated with ready-made white breadcrumb cannot be cooked. Please use "the golden-brown breadcrumbs" explained on page 40.(Both ready-made white bread crumbs and vegetable oil cannot brown on top of the dish evenly.)

Q3. Can frozen items be cooked?

A. • When you cook from the seasoned frozen meat from your own kitchen, please refer to the recipe of **Deep Fried Chicken (Boneless Chicken Thigh) on page 39.**

• When you want to reheat the fried cooked foods from outside, 1 CRISPY REHEAT (Operation Manual Page 34) is helpful.



Grilled Chicken

Grill | Rack: Upper, Baking tray | Approximate Cooking Time: about 36 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Bone-In Chicken Thigh Meat ..... 4 (200g per cut)
- Sauce
  - Salt ..... 1 1/3 Tsp
  - Soy Sauce ..... 4 Tbsp
  - Corn Starch ..... 4 Tsp
  - Sugar ..... 4 Tsp

* A serving for 2 people can be also automatically cooked.

1. Put water in the water tank.
2. Poke holes in the chicken skin with a fork and pull the meat away from the bone on the backside.
3. Combine the ingredients for the sauce and the chicken in the sealed plastic bag, seal shut, turn over the bag, and then let marinate for about 30 minutes.
4. Place the chicken skin-side up on the rack.

6 GRILLED CHICKEN (ADJUST PORTION)
Select "6-4"
START

When cooking manually:16 GRILL/NO PREHEAT. WATER GRILL 2 / about 36 min. (about 33 min. for serves 2).



Grilled Chicken (Orange Sauce)

Grill | Rack: Upper, Baking tray | Approximate Cooking Time: about 36 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Bone-In Chicken Thigh Meat ..... 4 (200g per cut)
- Salt, pepper ..... As needed
- Orange Sauce
  - Marmalade 140g
  - Water ..... 1 Tbsp
  - Corn Starch ..... 1 Tsp
  - Butter 10g
  - Salt ..... 1/3 Tsp
  - Pepper, Rosemary ..... As needed

* A serving for 2 people can be also automatically cooked.

1. Put water in the water tank.
2. Poke holes in the chicken skin with a fork and pull the meat away from the bone on the backside. Then season with salt and pepper.
3. Place the chicken skin-side up on the rack.

6 GRILLED CHICKEN (ADJUST PORTION)
Select "6-4"
START

When cooking manually:16 GRILL/NO PREHEAT. WATER GRILL 2 / about 36 min. (about 33 min. for serves 2).

4. Heat up your ingredients for the orange sauce and pour it on the meat.







Yakitori (Grilled Chicken on Skewers)

Grill: Rack — Upper, Baking tray
Water Tank Level: 1 or more

Ingredients (8 pieces makes 4 servings)

- Chicken Thigh Meat ····· 2 Pieces (400g)
- Welsh Onion ····· 2 Stalks
- Sauce
  - Soy Sauce ····· 4 Tbsp
  - Sweet Rice Wine (Mirin) ····· 3 Tbsp
  - Sake for cooking ····· 1 1/2 Tbsp
  - Sugar ····· 2 Tbsp
  - Vegetable Oil ····· 1 Tbsp
- Bamboo Skewers

1. Put water in the water tank.
2. Slice the chicken into 12 pieces and cut the onion into 3cm length pieces. Next, slide these ingredients onto 8 bamboo skewers.
3. Place the ingredients for the sauce and the skewers made in step **2** in a sealed plastic bag. Close the bag, turn it over a few times, and let it marinate for about 1 hour.
4. Place the contents of step **3** on the rack.

16 GRILL / NO PREHEAT ENTER
→ GRILL ENTER
→ about 23 min → START

Spicy Chicken

Grill: Rack — Upper, Baking tray
Water Tank Level: 1 or more

Ingredients (Serves 4)

- Chicken Thigh Meat ····· 2 Pieces (500g)
- Welsh Onion ····· 6cm
- Red Chili Pepper (Deseeded) ····· 2 Peppers
- A
  - Soy Sauce ····· 4 Tbsp
  - Sake for cooking ····· 4 Tbsp
- Shichimi Seasoning ····· As needed

1. Put water in the water tank.
2. Finely chop the welsh onions and red chili peppers before putting them in a sealed plastic bag. Add in the ingredients of **A**.
3. Poke holes in the chicken skin with a fork and cut open thick parts.
4. Add the chicken into your sealed plastic bag from step **2**, close, turn it over a few times, and let it marinate for 30 minutes.
5. Place the chicken skin-side up on the rack.

16 GRILL / NO PREHEAT ENTER
→ GRILL ENTER
→ about 23 min → START

6. After cooking, sprinkle the Shichimi Seasoning.

Chicken Teriyaki

Grill: Rack — Upper, Baking tray
Water Tank Level: 1 or more

Ingredients (Serves 4)

- Chicken Thigh Meat ····· 2 Pieces (500g)
- Sauce
  - Soy Sauce ····· 2 Tbsp
  - Sweet Rice Wine (Mirin) ····· 1 Tbsp
  - Sake for cooking ····· 2 Tsp
  - Sugar ····· 1 Tsp

1. Put water in the water tank.
2. Poke holes in the chicken skin with a fork and cut open thick parts. Then, cut each piece of chicken in half.
3. Place the chicken and sauce in a sealed plastic bag, close, turn it over a few times, and let marinate for 30 minutes.
4. Place the chicken skin-side up on the rack.

16 GRILL / NO PREHEAT ENTER
→ GRILL ENTER
→ about 23 min → START



Tandoori Chicken

Grill | Rack: Upper, Baking tray | Approximate Cooking Time: about 30 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

Chicken Wings		12 Wings (60g per wing)
A	Salt	1 Tsp
	Lemon Juice	1/2
B	Plain Yogurt	150g
	Garlic, Ginger (Grated)	1/2 Tbsp each
	Curry Powder, Turmeric	1 1/2Tbsp each
	Salt	1 Tsp
	Chili Powder	1/2 Tsp

1 Put water in the water tank.

2 Rub the chicken wings in **A**. After wiping excess moisture from the chicken wings, combine them in a sealed plastic bag with the ingredients of **B**. Close the bag and let the meat marinate for 2-3 hours in the refrigerator.

<Tips>

Letting the dish sit overnight will allow the flavor to seep even further into the meat.

3 Remove excess moisture from the chicken and place on the rack.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | GRILL → START

→ Within 30 seconds, Set the cooking adjustment to **MORE (▲)**

When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/about 30 minutes at 250°C.



Chicken Steak

Grill | Rack: Upper, Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 4)

Chicken Thigh Meat		2 Pieces (500g)
Red paprika		1
Yellow paprika		1
Salt, Black Pepper		A Pinch
A	Garlic (Thinly Sliced)	1 Clove
	Preferred Herbs	1 Tbsp
	Olive oil	2 Tbsp
	Salt	1 Tsp
	Black Pepper	A Pinch

1 Put water in the water tank.

2 Poke holes in the chicken skin with a fork and cut open thick parts. Then, cut each piece of chicken in half.

3 Combine the chicken and all ingredients of **A** in a sealed plastic bag. Close the bag, turn it over a few times, and let marinate for 30 minutes. Slice the paprikas into 8.

4 Place the meat from Step **3** in the CENTER of the rack and sprinkle salt and pepper on it. Place the sliced paprikas on both sides of the meat.

16 GRILL / NO PREHEAT | ENTER

→ WATER GRILL 2 | ENTER

→ about 27 min → START



Roast Chicken

Grill | Rack: Lower, Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 6)

Chicken	whole chicken (1.5kg)
Salt, Pepper	As needed
Twine, Bamboo skewers	

1 Put water in the water tank.

2 After seasoning the chicken, season the inside with salt and pepper before using twine and bamboo skewers to help it keep shape. Then rub the entire chicken with salt and pepper and let it sit for 30 minutes.

3 Line the Baking tray with aluminum foil, place the rack inside, and place the chicken on top of it.

MANUAL COOK →

WATER OVEN 2 | ENTER

→ 1 tray , NO PREHEAT | ENTER

→ 220°C | ENTER → 50-55 min

→ START

4 Stab parts of the thigh meat with a bamboo skewer. When clear juice comes out, the chicken is already cooked.



Spare Ribs

Grill | Rack: Upper, Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 4)

Pork Spare ribs (10cm in Length)·····600g
Sauce
- Soy Sauce·····2 Tbsp
- Cooking Sake·····1 1/2 Tbsp
- Tomato Ketchup·····1 Tbsp
- Sugar, Vegetable Oil·····1/2 Tbsp each
- Onion (Grated)·····50g
- Garlic (Grated)·····1/2 Clove
- Ginger (Grated)·····10g

1 Put water in the water tank.

2 Place the spare ribs and sauce in a sealed plastic bag, close, and let it marinate for 30 minutes.

3 Line the Baking tray with aluminum foil, remove excess sauce from the ribs, and then place **2** on the rack.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 190°C ENTER → 30-35 min → START

*If you stab a thick part of the meat and its comes out, continue the cooking with the EXTEND function or cook manually.



Grilled Pork

Grill | Rack: Lower, Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 6)

Pork Shoulder Loin (Block)·····600g
Sauce
- Soy Sauce·····1/2 Cup
- Sugar, Cooking Sake·····3 Tbsp each
- Spring Onion (Finely Chopped)·A Pinch
- Ginger, Garlic (Grated)·····A Pinch

Twine

1 Put water in the water tank.

2 Bind the pork with twine to where It is about 6-7cm at its thickest point.

3 Place the **2** and sauce in a sealed plastic bag, remove all air, and close the bag. Let it marinate in the refrigerator for 2-3 hours.

4 Line the Baking tray with aluminum foil and place the rack on top. Remove excess sauce from the meat and place it on top of the rack.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 170°C ENTER → 1 hour-1 hour 5 min → START

5 After cooking, let it stand in the oven for about 10 minutes. Stab through to the CENTER with a bamboo skewer, and if clear juice comes out, the meat is done. Once cooled, remove the twine and slice thinly.

<Tips>
Simmer the marinated sauce the already cooked in and pour it over the cooked porkfor a pan delicious finish.



Salisbury Steak

Grill | Upper: Baking tray | Approximate Cooking Time: about 24 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

Onion (Finely Chopped)·····1 Small (150g)
Butter·····15g
Panko Bread crumbs·····30g
Milk·····3 Tbsp
Ground Meat···400g
Salt·····2/3 Tsp
A
- Beaten Egg·1/2 Medium Egg
- Pepper, Nutmeg·····A Pinch

1 Add the butter and onion into a heat-resistant dish, cover with plastic wrap, and **place in the CENTER of the oven** (Do not place in the Baking tray).

MANUAL COOK → MICROWAVE 600W ENTER → 2 min-2 min 30 sec → START

2 After cooking, remove excess moisture and chill.

3 Put water in the water tank.

4 Soak the panko bread crumbs in milk.

5 Knead the meat in a bowl with the salt before combining the onion butter mixture from step **2**, the bread crumbs from step **4**, and all ingredients of **A**.

6 Coat your hands with some Vegetable Oil and divide the meat equally into four pieces. Gently pat the meat to help excess air escape leave and form round, flat patties that are about 9cm in diameter. Line the Baking tray with aluminum foil, lightly coat with Vegetable Oil, place the meat on the tray and press down in the CENTER of the meat.

<Important Point>
The reason why you gently pat the meat to remove excess air is because this helps prevent the meat from cracking while cooking. The reason why the recipe says to press down in the CENTER of the meat is because the CENTER expands when cooking. It is recommended that the meat be about 1.5cm thick.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | BAKE → START

When cooking manually:
WATER OVEN 2 / 1 tray/NO PREHEAT/ about 24 minutes at 250°C.



Grilled Vegetables

Preheat | Do not use the cooking accessories. | Approximate Preheat Time about 16 min. | Water Tank Level 1 or more

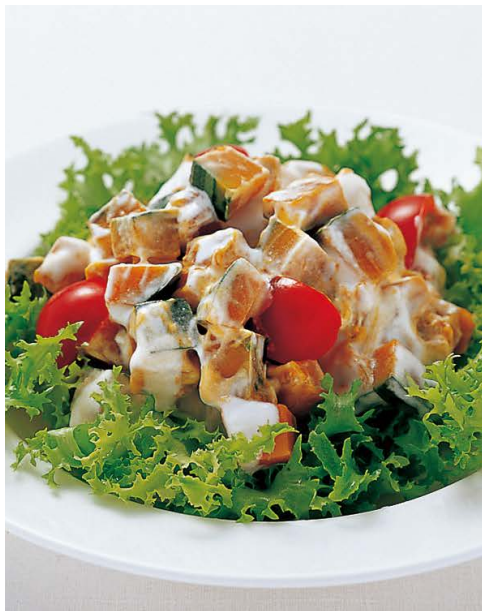
Grill | Upper | Baking tray

Ingredients (Serves 4)

- Carrots 1 (200g)
- Zucchini 1 (150g)
- Daikon Radish 300g
- King Oyster Mushrooms ..... 1 Pack (100g)
- Radishes 8
- Garlic ..... 1 Clove
- A
  - Coriander (Powdered) ..... 1/3 Tsp
  - Coarse Black Pepper ..... 1/3 Tsp
  - Olive oil ..... 2 Tbsp
  - Salt ..... 1/2 Tsp
  - Bay leaf ..... 1 Leaf

1. Put water in the water tank.
2. Slice the carrots, zucchini, and daikon radish into 4-5cm long pieces, then slice those vertically into eighths. For the king oyster mushrooms, slice them vertically in half, and then slice each half vertically into fourth pieces. For the radishes, get rid of the some leaves on and cut in half. Slice the garlic thinly.
3. In a bowl, combine the vegetables from step **2** with all of the ingredients of **A**. Coat the vegetables with oil.
4. Preheat the oven (Do not put the cooking accessories or food inside).
   MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, PREHEAT ENTER → 250°C → START
5. Line the Baking tray with aluminum foil and spread the ingredients from the bowl in step **3** on top of it.
6. When preheating is complete, put the Baking tray prepared in step **5** in the oven. Set the knob to 14-16 min and press START.

<Tips>
After transferring them to a plate, grate some lemon zest to give the dish an even better appearance and flavor.



Grilled Pumpkin Salad

Preheat | Do not use the cooking accessories. | Approximate Preheat Time about 16 min. | Water Tank Level 1 or more

Grill | Upper | Baking tray

Ingredients (Serves 4)

- Pumpkin (Sliced into 1cm Squares) 300g
- A
  - Plain Yogurt 80g
  - Mayonnaise ..... 1 Tbsp
  - Salt, Pepper ..... A Pinch
- Any Vegetables You Enjoy
- Baking Paper

1. Put water in the water tank.
2. Preheat the oven (Do not put the cooking accessories or food inside).
   MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, PREHEAT ENTER → 250°C → START
3. Line the Baking tray with baking paper and place the pumpkin flat on the dish.
   *If using baking paper, be sure not to touch the inside of the oven.
4. When preheating is complete, put the Baking tray prepared in step **3** in the oven. Set the knob to 11-13 min and press START.
5. Mix together the ingredients of **A**, pour over the pumpkin, and then toss together with preferred vegetables.



Grilled Eggplant

Grill | Upper | Baking tray | Water Tank Level 1 or more

Ingredients (Serves 4)

- Eggplant ..... 4 (1 Eggplant = 100g)
- Grated Ginger ..... As needed
- Soy Sauce ..... As needed

1. Put water in the water tank.
2. Wash the eggplants, wipe dry, and then poke holes throughout with a bamboo skewer.
3. Line up the contents of step **2** on the Baking tray.
   MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 250°C ENTER → 28-30 min → START
4. Once cooked, wipe off excess moisture and season with grated ginger and soy sauce.





Baked Sweet Potato

Grill | Upper: Baking tray | Approximate Cooking Time: about 40 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

Sweet Potatoes (5cm in Diameter or Less)·····4 Potatoes (1 Potato = 250g)

* Up to 4 Sticks can be cooked using the auto cook setting.

1 Put water in the water tank.

2 Wash the sweet potatoes, wipe dry, and then poke holes throughout with a fork.
*Poking holes in it prevents the skin from breaking while cooking.

3 Line up the contents of step 2 on the Baking tray.

10 BAKED SWEET POTATO → START

*Where scum will leak out from the potatoes while cooking. It is recommended to line the Baking tray with aluminum foil to make cleanup easier.

When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/about 40 minutes at 250°C.

Variation

Baked potato



Ingredients (Serves 4)

Potatoes···· 4 Potatoes (1 Potato = 150g)

*Up to 4 potatoes can be cooked using the auto cook function.

Cook the potatoes by following the recipe listed above. Within 30 seconds of pressing "Start", set the oven to MORE (▲) (Should take approximately 50 minutes).
*If you would like, after cooking, slice a cross in the potatoes, press down on the four corners, place some butter in the CENTER and season with salt.

Fried Rice

Grill | Upper: Baking tray | Approximate Cooking Time: about 19 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

A
- Chilled rice ····· 600g
- Soy Sauce·····2 Tsp
- Vegetable Oil ·····1 Tsp

B
- Welsh Onion (Finely Chopped)·····2
- Carrots (Finely Chopped)····· 100g
- Green Peppers (Finely Chopped)·····2
- Chicken Stock Powder···4 Tsp
- Salt, Pepper·····A Pinch
- Bacon (Finely Chopped) ·4 Strips

Baking Paper

1 Place the rice in a heat-resistant dish and then place it in the **CENTER of the oven** (Do not place in the Baking tray).

MANUAL MICRO → MICROWAVE 600W ENTER → 1-2 min → START

2 After heating up, add in the ingredients of **A** and mix.

3 Put water in the water tank.

4 Line the Baking tray with baking paper and spread the ingredients from step 2 on it. Add the ingredients of **B** on top in the order as listed.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | STIR FRY → START

When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/ about 19 minutes at 200°C.

5 Mix well after cooking.
*If you have an egg to add in, add it in after the dish is done cooking.

*Change the ingredients of A and B with the ones below to make Curry Fried Rice.

Ingredients (Serves 4)

A
- Curry Powder·····2 Tsp
- Salt·····1 Tsp
- Vegetable Oil ·····1 Tsp

B
- Onion (Finely Chopped) ·····200g
- Frozen Mixed Vegetables···140g
- Salt, Pepper·····A Pinch
- Weiner (Sliced)·····4



Fried Noodles

Grill | Upper: Baking tray | Approximate Cooking Time: about 19 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Steamed Noodles for Fried Noodles (With Powdered Sauce Pack) ····· 4 Servings (1 Serving = 150g)
- Bean Sprouts ····· 1/2 bag (100g)
- Cabbage (Cut into 3cm Pieces) ····· 200g
- Green Peppers (Thinly Sliced) ····· 2
- Carrots (Cut into Thin Slices) ····· 50g
- Thinly Sliced Pork Belly (Cut into Bite Size Pieces) ····· 150g
- Baking Paper

1 Put water in the water tank.

2 Line the Baking tray with baking paper.

3 Untangle the noodles and spread step 2 across the Baking tray. Place the vegetables in order on top of the noodles and spread them out. Sprinkle the powdered sauce evenly across the entire dish and then top with the meat.

*If the vegetables are not placed as listed above, they may burn or not cook all the way through.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | STIR FRY

→ START

When cooking manually:
WATER OVEN 2 / 1 tray/NO PREHEAT/ about 19 minutes at 200°C.

4 Mix when done.



Stir Fry Chicken with Cashew Nuts

Grill | Upper: Baking tray | Approximate Cooking Time: about 18 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Chicken Thigh Meat (Cut into 2cm Pieces) ·· 400g
- Salt, Pepper ····· A Pinch
- Green Peppers (Cut into 2cm Pieces) ····· 4
- Welsh Onion (Cut into 1cm Slices) ····· 1
- Boiled Bamboo Shoots (Cut into 1cm Pieces) ····· 50g
- A
  - Oyster Sauce ····· 1 Tbsp
  - Soy Sauce ····· 1/2 Tsp
  - Ginger (Grated) ····· 1/2 Knob
  - Chicken Stock Powder ····· 1/2 Tsp
  - Water ····· 4 Tsp
  - Potato Starch Flour ····· 1 Tbsp
- Cashew Nuts ····· 60g
- Baking Paper

1 Put water in the water tank.

2 Season the chicken with salt and pepper.

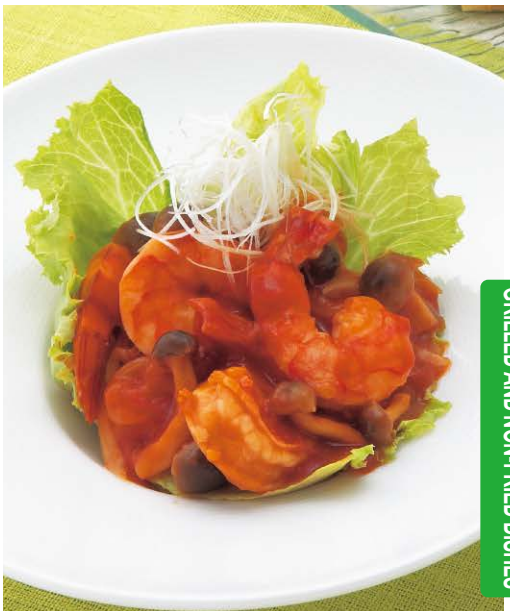
3 Mix the chicken (step 2), vegetables, and ingredients of **A** together. Then, spread out evenly across the Baking tray after it has been lined with baking paper. Sprinkle the cashew nuts on top.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | STIR FRY

→ START

When cooking manually:
WATER OVEN 2 / 1 tray/NO PREHEAT/ about 18 minutes at 200°C.

4 Mix well after cooking.



Prawns in Chili Sauce

Grill | Upper: Baking tray | Approximate Cooking Time: about 23 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Prawns (Deshelled & Deveined) ··· 16 Prawns (320g)
- A
  - Cooking sake ····· 2 Tsp
  - Potato Starch Flour ····· 1 1/3 Tbsp
- Shimeji Mushrooms (In small bunches) ···· 1 Pack (100g)
- Welsh Onion (Finely Chopped) ····· 1
- B
  - Tomato Ketchup ····· 3 Tbsp
  - Cooking Sake, Soy Sauce ··· 1 1/2 Tbsp each
  - Sugar, Potato Starch Flour ···· 2 Tsp each
  - Sesame Oil ····· 1 Tsp
  - Doubanjiang ····· 1/2 Tsp
  - Chicken Stock Powder ····· 1/2 Tsp
  - Water ····· 3 Tbsp

1 Put water in the water tank.

2 Mix the prawns with all ingredients of **A**.

3 Place the shimeji mushrooms, welsh onion, and all ingredients of **B** in a flat bottom, heat-resistant dish. Add in the prawns from step 2 and mix well. Finally, place on the Baking tray.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | STIR FRY

→ START

→ Within 30 seconds, Set the cooking adjustment to **MORE (▲)**

When cooking manually:
WATER OVEN 2 / 1 tray/NO PREHEAT/ about 23 minutes at 200°C.

4 Mix well after cooking.





Macaroni Gratin

Grill | Upper: Baking tray | Approximate Cooking Time: about 27 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

- White Sauce ..... 2 Cups (See Recipe on Page **68**)
- Macaroni (Boiled, Mixed with Butter) 80g
- **A**
  - Prawns (Deshelled, Deveined, and Tails Removed) 200g
  - Onion (Thinly Sliced) 1/2 (100g)
  - Mushrooms (Canned, Sliced) 50g
  - White Wine ..... 2 Tbsp
  - Butter 20g
- Salt, Pepper ..... A Pinch
- Shredded Cheese 80g
- Parsley (Chopped) ..... As needed

1 Place the ingredients of **A** into a heat-resistant container. Cover with plastic wrap and place in the **CENTER of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → MICROWAVE 600W ENTER → 3-4 min → START

2 Once cooked put some juice and pour one into the white sauce in order to adjust the thickness as needed.

3 Put water in the water tank.

4 Add the boiled macaroni to the dish made in step **2**, and add salt, pepper, and half of the white sauce. Use a little butter (not included in ingredients) to grease a gratin baking tray and pour in the mixture. Then pour the last half of the white sauce on top and add the shredded cheese.

5 Line up the contents of step **4** on the Baking tray.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | BAKE → START

When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/ about 27 minutes at 250°C.

6 Sprinkle parsley when done.

Rice Gratin

Grill | Upper: Baking tray | Approximate Cooking Time: about 27 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

- White Sauce ..... 1 Cup (See Recipe on Page **68**)
- **A**
  - Chicken Thigh Meat (Cut into Bite Size Pieces) 200g
  - Onion (Thinly Sliced) 1/2 (100g)
  - Mushrooms (Canned, Sliced) 50g
  - White Wine ..... 1 Tbsp
- Heavy Cream ..... 1/2 Cup
- Cooked Rice 250g
- **B**
  - Tomato Ketchup ..... 3 Tbsp
  - Salt, Pepper ..... A Pinch
- Shredded Cheese 80g

1 Place the ingredients of **A** into a heat-resistant container. Cover with plastic wrap and place in the **CENTER of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → MICROWAVE 600W ENTER → 3 min 30 s-4 min 30 s → START

2 When done, take the juices that are formed during cooking and add it along with the heavy cream, to the white sauce to adjust the thickness to a desired level.

3 Put water in the water tank.

4 Mix the ingredients made in step **1**, the rice, and the ingredients of **B** together. Next, use a little butter (not included in ingredients) to grease a gratin baking tray and pour in the mixture. Pour in the sauce from Step **2** and add the shredded cheese.

5 Line up the contents of step **4**.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | BAKE → START

When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/ about 27 minutes at 250°C.

Gratin Tips

- Place the gratin dish in the CENTER of the Baking tray.
- In the event that the gratin is to be cooked after the sauce and ingredients have cooled, place the gratin dish in the **CENTER** (Do not insert the Baking tray). Microwave to just above room temperature at MICROWAVE 600W . Then bake as indicated.
  - *Place shredded cheese on top before baking.
- Follow the instructions indicated on the package,if you use store-bought frozen gratin .
  - *The final varies on manufactured date makers, ingredients used, degree of preservation, and manufactured date. Please keep an eye on the dish while it cooking.
  - *Containers polypropylene cannot be used with containers may melt or burn. containers that are made of...must not be used with the cooking modes or water oven, oven water grill and when warming up some dishes.



Low-Calorie Dish

Deep Fried Chicken (Boneless Chicken Thigh)

Grill | Rack: Upper, Baking tray | Approximate Cooking Time: about 22 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

Chicken Thigh Meat ..... 2 Pieces (500g)
Fried Chicken Seasoning Mix (Store-Bought) ..... As needed

* A serving for 2 people also can be automatically cooked.

1 Put water in the water tank.
2 Slice both pieces of chicken into eighths.
*If they are cut too small, the chicken may burn.
Add the chicken into a sealed plastic bag with the fried chicken seasoning mix.
Close the bag with some air left, and shake to coat the chicken.
3 Remove excess mix from step **2**, put some oil on the rack, and quickly place the chicken skin-side up before the mix can become damp.
*Lining the Baking tray with aluminum foil will make your clean up easier.

7 DEEP FRIED CHICKEN (ADJUST PORTION)
Select "7-4"
→ START

When cooking manually: Select WATER OVEN 2 / 1 tray/NO PREHEAT. Cook for 22 minutes at 250°C. (about 20 minutes when cooking for 2).

Grilling Frozen Items without Defrosting

Deep Fried Chicken (Boneless Chicken Thigh)

- Follow the recipe up to coating the chicken with the fried chicken seasoning mix. Lay the chicken flat in a freezer bag and leave space between the pieces.
Cook on the AUTO SENSOR COOK FROZEN INGREDIENTS GRILL.



Low-Calorie Dish

Deep Fried Chicken(Chicken Wings)

Grill | Rack: Upper, Baking tray | Approximate Cooking Time: about 27 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

Chicken Wings ..... 12 Wings (60g per wing)
Fried Chicken Seasoning Mix (Store-Bought) ..... As needed

* A serving for 2 people also can be automatically cooked.

1 Put water in the water tank.
2 Add the chicken wings into a sealed plastic bag with the fried chicken seasoning mix. Close the bag with some air left, and shake to coat the chicken with mix.
3 Put some oil on the rack and place the chicken on top.

7 DEEP FRIED CHICKEN (ADJUST PORTION)
Select "7-4"
→ START
→ Within 30 seconds, Set the cooking adjustment to **MORE (▲)**

When cooking manually: Select WATER OVEN 2 / 1 tray/NO PREHEAT. Cook for 27 minutes at 250°C. (about 23 minutes when cooking for 2).

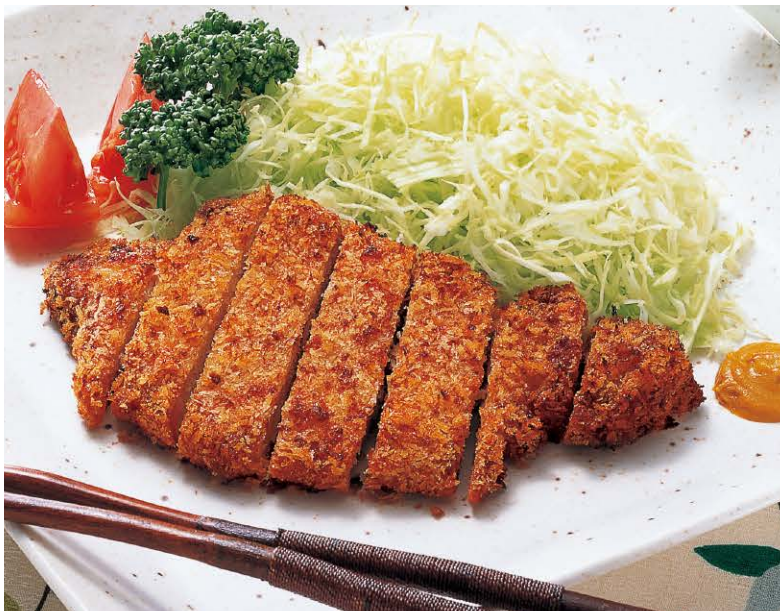
Fried Chicken Tips

- Cutting ingredients smaller than the indicated size could lead to burn.
- Coat the chicken entirely with the seasoning and then shake to remove excess mix. Once coated, quickly set up in the oven in order to prevent the mix from becoming damp.

*If using the AUTO SENSOR COOK function, add in vegetables to cook both at the same time!

Place your favorite vegetables(1cm slices of pumpkin, paprikas, etc.) in the open spaces of the rack without overlapping, to cook them with Deep Fried Chicken.





Potato Croquettes

Grill — Rack — Upper, Baking tray

Water Tank Level — Set to Level 2

Ingredients (Serves 4)

- Golden-Brown Bread crumbs
  - Panko Bread crumbs 60g
  - Vegetable Oil ..... 3 Tbsp
- Potatoes (Quartered) 3 (450g)
- A
  - Onion (Finely Chopped) ..... 1 Small (150g)
  - Ground Beef (Broken Up) .. 100g
  - Butter ..... As needed
- Salt, Pepper, Nutmeg .....A Pinch
- Mayonnaise ..... 1 Tbsp
- Cake Flour, Beaten Egg ..As needed

1 Make the golden-brown bread crumbs by following the recipe on the right.

2 Put water in the water tank.

3 Place the potatoes on the rack and place on the **Upper position**.

17 STEAM HIGH → ENTER → about 22 min → START

*When pressed for time, place the potatoes on a heat-resistant plate, cover with plastic wrap, place in **the CENTER of the oven** (do not insert the Baking tray) and cook for **about 8 minutes** in MICROWAVE 600W.

4 After cooking, remove the skins while still hot.

5 Place the ingredients of **A** into a heat-resistant container. Cover with plastic wrap and place in the **CENTER of the oven.** (Do not insert the Baking tray)

MANUAL MICRO → MICROWAVE 600W → ENTER → 3 min-3 min 30 sec → START

6 Once cooked, combine with the peeled potatoes from step **4**, and season with salt, pepper, nutmeg, and mayonnaise. Once it has cooled, place in the refrigerator to chill.

7 Separate the mixture from Step **6** into eighths and form into oblong shapes. Then, roll in cake flour, dip in the beaten egg, and then roll in the golden-brown bread crumbs (step **1**) before placing on the rack.

MANUAL COOK → CONVEC OVEN → ENTER → 1 tray, NO PREHEAT → ENTER → 250°C → ENTER → 18-20 min → START

Grilling Frozen Items without Defrosting

Potato Croquettes

- Follow the above steps from 1 to 7, place the croquettes flat with space among them in the freezer bag, freeze the bag, cook with the above setting and extend 5 to 7 minutes to finish.

Pork Cutlet

Grill — Rack — Upper, Baking tray

Ingredients (Serves 4)

- Golden-Brown Bread crumbs ..... (See Recipe Below)
- Pork loin ..... 4 Pieces (1 Piece = 130g)
- Salt, Pepper ..... A Pinch
- Cake Flour, Beaten Egg ..... As needed

1 Poke a few holes along the meat and fat line of the meat and score it.
<Important Point>
By scoring it, it assures that the meat will not shrink when cooking.

2 Use a meat tenderizer all over the entire cut of meat until soft. Season both sides with salt and pepper.
<Important Point>
Ifyou do not have a meat tenderizer, an empty bottle or pestle will work.

3 Next, coat the meat (step **2**) in cake flour, dip in the beaten egg, and coat with the golden-brown bread crumbs. Finally, place on the CENTER of the rack.

MANUAL COOK → CONVEC OVEN → ENTER → 1 tray, NO PREHEAT → ENTER → 250°C → ENTER → 18-20 min → START

*How to Make Golden-Brown Bread crumbs

- These golden-brown bread crumbs can be frozen. When you want to use them, don't defrost, and simply use as is.

Ingredients

For every 60g of white bread crumbs, use 3 tbsp of Vegetable Oil.



Place the ingredients in a frying pan. Turn on the heat and mix well. As you do, they will turn as golden brown. The image above is what they should look like when freshly done.



Fried Salted Pollock Roe



Ingredients (Serves 4)

- Golden-Brown Bread crumbs ·· (See Recipe on Page **40**)
- Chicken Breast Strips ····· 8 Strips (400g)
- Salted Pollock Roe ····· 100g
- Salt, Pepper ····· A Pinch
- Cake Flour, Beaten Egg ····· As needed

1 Remove the gristle from the chicken and place the chicken between two layers of plastic wrap. Then, use a rolling pin to roll the meat out flat. Season with salt and pepper. Finally, arrange the chicken vertically, place the salted pollock roe on top, and roll up.

2 Next, coat the meat (step **1**) in cake flour, dip in the beaten egg, and coat with the golden-brown bread crumbs. Finally, place on the rack.

MANUAL COOK → CONVEC OVEN ENTER → 1 tray, NO PREHEAT ENTER → 250°C ENTER → about 20 min → START



Fried Sardines



Ingredients (Serves 4)

- Golden-Brown Bread crumbs ·· (See Recipe on Page **40**)
- Sardine ····· 8 (1 fish = 60g)
- Salt, Pepper, Curry Powder ····· A Pinch
- Cake Flour, Beaten Egg ····· As needed

1 Remove the head part from the fish, slice it open on the underside, and remove the guts. Open the fish from head to fin with your hands, and then remove the spine and the fin.
<Tips>
Increase your calcium intake while also not being wasteful by thinly chopping the spine up and smearing it across the fish.

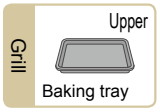
2 Sprinkle salt, pepper, and curry powder on the fish and let it sit for a while.

3 Next, coat the fish (step **2**) in cake flour, dip in the beaten egg, and coat with the golden-brown bread crumbs. Finally, place on the rack.

MANUAL COOK → CONVEC OVEN ENTER → 1 tray, NO PREHEAT ENTER → 250°C ENTER → about 16 min → START



French Fries





Ingredients (Serves 4)

- Potatoes ····· 2 (300g)
- Vegetable Oil ····· 2 Tsp
- Salt ····· As needed

1 Put water in the water tank.

2 Wash the potatoes well and then slice each into eight wedges. Place in a sealed plastic bag, add in some Vegetable Oil and shake until both sides are coated.

3 Line the Baking tray with aluminum foil and place the potatoes (step **2**) on it, make sure they don't overlap.

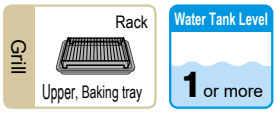
MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 250°C ENTER → 22-25 min → START

4 Coat with salt immediately after cooking.
*Add butter when they are freshly cooked dishes more tasty.





Spring Rolls



Ingredients (Serves 4)

Onion ····· 100g
Chinese Chives ····· 2/3 of a Stalk
Nuts (Any) ····· 30g

A
- Ground Pork ····· 160g
- Soy Sauce ····· 1 Tbsp
- Sesame Oil ····· 2/3 Tsp
- Potato Starch Flour ·· 2 Tbsp
- Salt, Pepper ····· A Pinch

Spring Roll Skins ····· 8
Cake Flour, Water ····· As needed
Vegetable Oil ····· As needed

1 Put water in the water tank.

2 Finely chop the onion and coarsely chop the Chinese chives into 1cm pieces. Smash the nuts and then stir them fry.

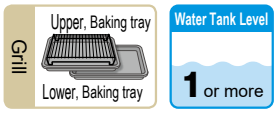
3 Melt the flour into the exact same amount of water.

4 Mix what you prepared in step **2** with all the ingredients of **A**. Separate into pieces, wrap in the spring roll skins, and then close the skins with the flour water mixture from step **3**.

5 Use a brush to coat the contents of step **4** completely with Vegetable Oil, and then place on the rack.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 250°C ENTER → 23-25 min → START

Sweet and Sour Pork



Ingredients (Serves 4)

Pork Leg Meat (Block) ····· 300g
Soy Sauce, Sweet Rice Wine (Mirin) ···2 Tsp each
Potato Starch Flour ····· 2 Tbsp
Onion ····· 1 (200g)

A
- Boiled Bamboo Shoots ·· 60g
- Paprika ····· 1/3 (60g)
- Green Pepper ····· 2
- Pineapple (Canned, Sliced) ····· 2 Slices
- Dried Shiitake Mushrooms (Rehydrated with Water) ··· 2 Slices

B
- Water from Rehydrated Mushrooms (If this is not enough, add more water) ····· 30mL
- Sugar ····· 5 Tbsp
- Soy Sauce, Tomato Ketchup ····· 3 Tbsp each
- Cooking Sake, Vinegar 2 Tbsp each
- Potato Starch Flour ····1 Tbsp each
- Chicken Stock Powder ····· 2 Tsp

1 Put water in the water tank.

2 Cut the meat into 16 pieces.

3 Put the meat (step **2**), soy sauce and sweet rice wine (mirin) in a sealed plastic bag and mix together well. Remove excess moisture from the pork and put it into a new bag along with the potato starch flour and toss. Remove excess flour.

4 Coat the rack in oil and place the meat (step **3**) on it.

5 Slice the onion into 12 wedges and cut every ingredient of **A** into bite size pieces.

6 Place every ingredient of **B** in a flat bottom, heat-resistant container and mix well.

*If there is any excess potato starch flour, the dish can become lumpy.

7 Combine the ingredients of **A** from step **5** with the mixture made in step **6**. Then place it on a separate Baking tray on the right side. Line the left side with aluminum foil and place the onions.



8 Place the meat from step **4** on the **Upper position**, and the vegetables from step **7**on the **Lower position**.

MANUAL COOK → WATER OVEN 2 ENTER → 2 tray, NO PREHEAT ENTER → 250°C ENTER → 25-27 min → START

9 Once cooked, mix the vegetable well and add in the onion and meat.

*Still is more likely to be some potato starch may be left after cooking, but it will not be noticeable after mixing with the other seasonings.

Tips for "Grilled Fish"

Helpful Tips

Check the cooking instructions of each recipe if you need water or pre-heating or not. (When you see this mark, it means to use water when cooking)

<<How to Tell the Difference>> * When using the automatic cooking function, each dish will have a different cooking setting.

Grilled Sauce & Miso Marinated Dishes

(Ex) Grilled Yellowtail with Teriyaki Sauce, Grilled Japanese Spanish Mackerel with Miso Marinade

- GRILL without preheating.
- If you use the WATER GRILL setting when cooking with these, the steam will thin the sauce/marinade. Thus, the GRILL setting is used (No water needed).

Fish cooked using the Water Grill setting will produce an overall softer flavor and color compared to cooking with the Grill setting.

Salt-Grilled Dishes

- Use the WATER GRILL setting with preheat.

Important Tips

→ Dishes can be cooked manually as you like.

If the main goal is to produce a nice golden-brown color when done, and not reduce salt or oil content, cook using the Grill setting. By preheating the oven, the color will be even richer. (No water needed)

→ Depending on fat content of the fish, the degree of brown will vary. If you want more brown color, then extend the cooking time for 4-5 minutes and keep an eye on it.

*Depending on the degree of freshness, the skin may break and the finished condition will very.

→ Grilling Frozen fishes without Defrosting

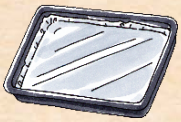
For frozen Salt-Grilled Fish Fillets*, Fish Fillets that are less than 150g*, and Sun-Dried Fish, they can be grilled as is. They are cooked by the same following the same instructions for raw fish. If the finished color isn't satisfactory, simply extend the cooking time with the EXTEND function.

*For Frozen Fish, use the AUTO SENSOR COOK / FROZEN INGREDIENTS / GRILL Setting.

*Please see "How to Freeze Salt-Grilled Fish" on page **45** for more information on freezing.

→ We recommend lining the Baking tray with aluminum foil or baking paper in order to make cleanup easier.

*Be mindful when lining the Baking tray that your foil or paper does not stick out from the edges. When using the rack, use the legs to hold the aluminum foil or baking paper down.



→ What to do with other fillet not mentioned in this cook book:

Please read through the **"Helpful Tips"** section in order to look for the close grilled fish dish. Low-fat cuts of fish are best cooked with the Grill setting.



Grilled Salted Salmon

Grill | Rack: Upper, Baking tray | Approximate Cooking Time: about 26 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

Salted Salmon ..... 4 Fillets (1 Fillet = 100g)

* A serving for 2 people also can be automatically cooked.

1 Put water in the water tank.

2 Coat the rack with oil and place the fish cut-side up on it.

8 GRILLED FISH (ADJUST PORTION)
Select "8-4"
→ START

When cooking manually:16 GRILL/NO PREHEAT. WATER GRILL 2/ 24-28 min. (22-26 min. for serves 2).



Grilled Salted Mackerel

Grill | Rack: Upper, Baking tray | Approximate Cooking Time: about 26 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

Salted Mackerel ..... 4 Fillets (1 Fillet = 100g)

* A serving for 2 people also can be automatically cooked.

1 Put water in the water tank.

2 Coat the rack with oil and place the fish cut-side up on it.

8 GRILLED FISH (ADJUST PORTION)
Select "8-4"
→ START

When cooking manually:16 GRILL/NO PREHEAT. WATER GRILL 2/ 24-28 min. (22-26 min. for serves 2).





Grilled Sun-Dried Salted Horse Mackerel

Grill | Rack: Upper, Baking tray | Approximate Cooking Time: about 26 min. | Water Tank Level: 1 or more

Ingredients (Serves 4)

Sun-Dried Salted Horse Mackerel ····· 4 Fillets (1 Fillet = 100g)

* A serving for 2 people can also be automatically cooked.

1 Put water in the water tank.

2 Coat the rack with oil and place the fish skin-side up on it. Push the tail through and under the rack so that it doesn't warp.

8 GRILLED FISH (ADJUST PORTION)
Select "8-4"
→ START

When cooking manually:16 GRILL/NO PREHEAT. WATER GRILL 2/ 24-28 min. (22-26 min. for serves 2).

Variation

Grilled Sun-Dried Salted Saury

Cook four fillets (1 fillet = 120g) on the same setting.



Grilled Yellowtail with Teriyaki Sauce

Grill | Rack: Upper, Baking tray

Ingredients (Serves 4)

Yellowtail ····· 4 Fillets (1 Fillet = 80g)
Sauce
- Soy Sauce ····· 2 Tbsp
- Sweet Rice Wine (Mirin) ····· 1 Tbsp
- Cooking sake ····· 2 Tsp

1 Place the yellowtail in a sealed plastic bag, remove all of the air, and seal it closed. Turn it over about 2-3 times and then let it sit for about 30 minutes.
<Important Point>
The reason why this is done is to assure that the sauce coats the fish completely. It also makes cleaning up easier.

2 Once the fish has been soaked, put some oil on the rack and place the fish cut-side up on it.

16 GRILL, NO PREHEAT → ENTER → GRILL → ENTER →
18-20 min → START

Variation

Grilled Japanese Spanish Mackerel with Miso Marinade

Cook four fillets (1 fillet = 80g) on the same setting. Remove excess miso marinade before cooking.







Salt-Grilled Mackerel

Preheat: Do not use the cooking accessories. | Approximate Cooking Time about 13 min. | Grill: Rack, Upper, Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 4)

Mackerel.....4 Fillets (1 Fillet = 100g)
Salt or a Sugar-Salt Mixture
(Please refer to the "Tips for Salt-Grilling Fish" point below).....As needed

1 Put water in the water tank.

2 Cut some marks into the skin-side of the fish, sprinkle salt on both sides, and let it sit for about 30 minutes. Wipe off excess moisture.

3 Preheat the oven (Do not put the cooking accessories or food inside).

16 GRILL, PREHEAT ENTER
→ WATER GRILL 2
→ START

4 Coat the rack with oil and place the fish cut-side up on it.

5 When preheating is complete, put the Baking tray prepared in step **4** in the oven. Set the knob to 12-15 min and press START.

Tips for Salt-Grilling Fish

- The final color will vary on the fat content of the fish. When cooking with a fish with low-fat content, coat both sides with a sugar-salt mixture.
- How to make a sugar-salt mixture: about 20% of the mixture should be sugar. The remainder 80% can be salt. Using this will increase the umami flavor and turn the fish a nice golden-brown color.
- The moisture pulled out by the salting will also start to bring out the smells of the fish, so use a paper towel to wipe it off.

Salt-Grilled Saury

Preheat: Do not use the cooking accessories. | Approximate Cooking Time about 13 min. | Grill: Rack, Upper, Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 4)

Saury.....4 Fillets (1 Fillet = 150g)
Salt or a Sugar-Salt Mixture
(Please refer to the "Tips for Salt-Grilling Fish" point below).....As needed

1 Put water in the water tank.

2 Salt both sides of the fillet and let sit for about 30 minutes. Once done, wipe off excess moisture.

<Important Point>
The moisture pulled out by the salting will also start to bring out the smells of the fish, so use a paper towel to wipe it off.

3 Preheat the oven (Do not put the cooking accessories or food inside).

16 GRILL, PREHEAT ENTER
→ WATER GRILL 2
→ START

4 Line the Baking tray with aluminum foil, oil the rack, and then place the fish on top. The fish should be cut-side up.

5 When preheating is complete, put the Baking tray prepared in step **4** in the oven. Set the knob to 20-22 min and press START.

Grilling Frozen fishes without Defrosting

- How to Freeze Salt-Grilled Fish
  Coat the fillet with salt, let sit for about 10 minutes, quickly rinse the fillets and then remove excess moisture. Let the fillets sit for 20 to 30 minutes after this to absorb the salt originally sprinkled on it. Finally, lay the fillets flat inside of a freezer bag taking care to make sure they do not overlap.
- Cook the frozen fishes with the same steps 3-5 above. If the fish aren't golden brown enough, please extend the cooking time.

Tips for the "Steamd Dish / Simmered Dish"

Helpful Points for Steaming

→ For the Steam High setting, dishes can be cooked up to around 100°C using steam. Enjoy using this realistic steam cooking setting without the need for a steamer.

→ By letting the oven permeate with steam and reduce the oxygen content, food doesn't oxidize as much, allowing vegetables to maintain their important nutrients.

→ Items normally prohibited when using the microwave function can be used when steaming.

Eggs can be left inside the shell and food in retort packaging can also be left inside. Vegetables can be steamed using the metal fine hole colander.

Warning Please do not try to boil eggs, cook retort packaged food, or use the metal accessories with the microwave function.

→ If the cooking times are the same, different dishes (vegetables & eggs, spaghetti & sauce) can be cooked at the same time with this oven, saving you time.

Ex: Mimosa Salad (Page **47**)
& Spaghetti with Store-Bought Sauce (Page **57**)

→ When cooking with the Steam setting, please refrain from opening the oven door as opening it will allow steam to escape and the dish may not cook all the way through.

Helpful Points for Simmering

→ Simmered dishes are cooked using the Superheated Steam setting. Use the Water Oven setting with a heat-resistant container and a lid (made of aluminum foil, etc.).
(Refer to "Convection/Grill" on Page 29 of the Operation Manual)

*It's easier to cook by using a metal bowl as pictured on the right.
*In the event that an aluminum foil lid is being used, be sure to close the edges tightly.
*When done, be careful when removing the lid (aluminum foil, etc.) as the steam may cause burns.

Create a drop lid with the baking paper and then cover with an aluminum foil lid.



→ Using baking paper to make a drop lid is recommended as this makes it easier to cook the dish. In the event that you don't have any, a heat-resistant plate may be used, but due to it being more difficult for heat to pass through the plate, there may be parts that aren't cooked fully. In the event of this, please extend the cooking time as necessary.

→ When cooking a dish that releases large amounts of juice, please use a deep, heat-resistant container to cook with to prevent the container from boiling over.

Preserved Nutrients Dish

Broccoli and Asparagus Salad

Steam | Rack: Upper, Baking tray | Approximate Cooking Time: about 13 min. | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

- Broccoli ····· 1
- Asparagus ····· 12 Stalks
- Sausages (Coarsely ground meat) ····· 4
- Quail Eggs ····· 4
- Dressing
  - Onion (Grated) ····· 50g
  - Ponzu Sauce Mixed with Soy Sauce ····· 4 Tbsp
  - Olive oil ····· 1 Tbsp
  - Salt, Pepper ····· A Pinch

*A serving for 2 people can also be automatically cooked.

Warning
Never cook hard boiled eggs with the microwave setting.



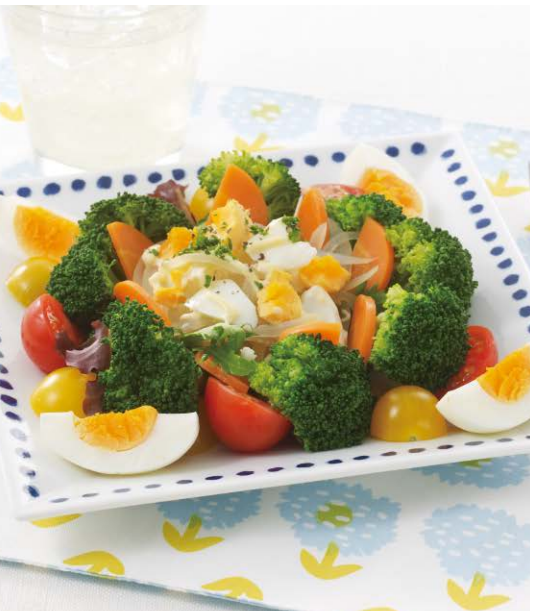
1 Put water in the water tank.

2 Break the broccoli into small bunches, trim the asparagus, and then arrange the ingredients on the rack.

9 STEAMED VEGETABLES → START

When cooking manually:17 STEAM HIGH, cook for About 13 minutes.

3 After the dish is cooked, be absolutely sure to place the quail eggs in running water before deshelling. Once done, serve on plates and pour dressing.



Preserved Nutrients Dish

Mimosa Salad

Steam | Rack: Upper, Baking tray | Approximate Cooking Time: about 13 min. | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

- Broccoli (In Small Bunches) 150g
- Onion (Thinly Sliced) 50g
- Carrots (Cut into 3mm Thick Half Moons) 50g
- Eggs (Chilled) ..... 2 Medium

*A serving for 2 people can also be automatically cooked.

Warning

Never cook hard boiled eggs with the microwave setting.

1. Put water in the water tank.
2. Place the vegetables in the metal colander (if the carrots are sliced thinly enough, they can be cooked at the same time) and place on the rack. Next, place the eggs on top.



The metal colander can be used here, and It is useful for small vegetables.

9 STEAMED VEGETABLES → START

When cooking manually:17 STEAM HIGH, cook for About 13 minutes.

3. When the dish is done, take out the metal colander with the vegetables in it, then continue to cook eggs. Turn the knob to add 3-5 minutes and press START within 1 minute.
4. When done, be sure to chill the eggs thoroughly in running water before deshelling. Separate the whites from the yolks and chop.

*This dish uses 9 STEAMED VEGETABLES. Once done, quickly take out the metal colander with the vegetables in it and leave the eggs inside. Extend the cooking time to cook eggs completely.



Preserved Nutrients Dish

Vegetable Salad

Steam | Rack: Upper, Baking tray | Approximate Cooking Time: about 18 min. | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

A
- Pumpkin 120g
- Carrots 100g
- Daikon Radish 100g
- Burdock Root 80g
- Lotus Root 80g

- Radishes 4
- Preferred Dressing ..... As needed

*A serving for 2 people can also be automatically cooked.

1. Put water in the water tank.
2. Cut all ingredients of **A** into 5mm thin slices.
3. Place everything cut in step **2** along with the radishes on the rack.
   *In the event that the vegetables appear that they may fall through the rack, place in the metal colander, and then place on top of the rack.

9 STEAMED VEGETABLES → START
→ Within 30 seconds, Set the cooking adjustment to **MORE (▲)**

When cooking manually:
17 STEAM HIGH, cook for About 18 minutes.

4. When done, top with a preferred dressing.



Preserved Nutrients Dish

Salt & Peppered Spinach and Bacon

Steam | Rack: Upper, Baking tray | Approximate Cooking Time: about 10 min. | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

- Spinach (If the root is thick, cut a cross in the bottom) 200g
- Bacon ..... 3 Strips
- Salt, Pepper ..... A Pinch

*A serving for 2 people can also be automatically cooked.

1. Put water in the water tank.
2. Place the spinach on the rack and place the bacon on top.

9 STEAMED VEGETABLES → START
→ Within 30 seconds, Set the cooking adjustment to **LESS (▼)**

When cooking manually:
17 STEAM HIGH, cook for About 10 minutes.

3. When done cooking, put the spinach in water immediately to help remove any scum. Wring it out and then coarsely chop it. Thinly slice the bacon.
4. Season with salt and pepper to **3** and mix.





Steamed Sweet Potatoes

Steam | Rack | Upper, Baking tray | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

Sweet Potatoes (5cm in Diameter or Less) ..... 1-2 Potatoes (1 potato = 250g)

1 Put water in the water tank.

2 Wash the potatoes and then place on the rack.

17 STEAM HIGH ENTER → About 30 min. → START

*The final version of sweet potatoes will vary **based on thickness and condition.** In the event that the potatoes aren't done, fill the water tank to level 2, and extend the cooking time for about 10 minutes.

Potato Salad

Steam | Rack | Upper, Baking tray | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

Chicken Breast Meat (Skin Removed) 150g
Salt, Pepper ..... A Pinch
White Wine ..... 2 Tsp
A
- Potatoes (Cut into 1cm Thick Slices) ..... 2(300g)
- Carrots (Cut Into 5mm Thick Slices) 80g

Eggs (Chilled) ..... 2 Medium Eggs
B
- Mayonnaise ..... 5 Tbsp
- Wasabi ..... A Pinch
- Salt, Pepper ..... A Pinch

Preferred Vegetables (Cherry Tomatoes, etc.) ..... As needed

Warning

Never cook hard boiled eggs with the microwave setting.

1 Put water in the water tank.

2 Cut the chicken breast meat into halves. Sprinkle salt and pepper on top, and then a little bit of white wine. Let sit like this for 2-3 minutes.

3 Place the ingredients of **A** in the metal colander.

4 Place what you made in step 3 on the rack and place the chicken and eggs around it.

17 STEAM HIGH ENTER → About 22 min. → START



5 When done, **be sure to chill the eggs thoroughly in running water** before deshelling and cutting into a preferred size. Remove the vegetables from the metal colander.

6 Cut the chicken into appropriate size pieces. Add it to the vegetables and eggs from step 5 and season with the ingredients of **B**.

*Roughly mash the potatoes.

7 Add in preferred vegetables and serve.





Steamed Bean Sprouts & Pork

Steam | Upper / Baking tray | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

Thinly Sliced Pork Belly		240g
Salt, Pepper		A Pinch
A	Cooking Sake	2 Tbsp
	Ginger (Grated)	A Pinch
Bean Sprouts		2 Bags (400g)
Chinese Chives (Coarsely Chopped)		1 Bunch (100g)
Preferred Vegetables (Tomatoes, etc.)		As needed
Preferred Dressing		As needed

1 Put water in the water tank.

2 Place the bean sprouts in the metal colander and wash them. Once done, add in the Chinese chives before seasoning with salt and pepper.



<Important Point>
It is easier to steam vegetables when washed in the colander beforehand.

3 Slice the pork in half lengthwise, sprinkle salt and pepper on top, and then massage it in the ingredients of **A**. Press down lightly on the vegetables in the metal colander from step **2** before spreading the meat out on top.

4 Line up the contents of step **3** on the Baking tray.

17 STEAM HIGH ENTER → About 17 min. → START

5 After cooking, serve with vegetables you like and top with a preferred dressing.

Note

The Baking tray will have water in it. Please remove carefully so as not to spill the water in it.

Hard Boiled Eggs

Steam | Rack / Upper, Baking tray | Approximate Cooking Time about 16 min. | Water Tank Level: Set to Level 2

Ingredients

Eggs (Chilled)	4 Medium Eggs

*Up to 8 eggs can be automatically cooked.

Warning

Never cook hard boiled eggs with the microwave setting.

1 Put water in the water tank.

2 Place the eggs on the rack.

AUTO SENSOR COOK | NO FROZEN INGREDIENTS | STEAM → START

When cooking manually:
17 STEAM HIGH, cook for 14-16 minutes.

3 When done, be sure to chill the eggs thoroughly in running water before deshelling.

*If the eggs aren't chilled all the way through, then the eggs may break apart when deshelling.

Tips for Boiled Eggs.

- Refrigerated eggs can be used.
- Finished eggs can vary based on the degree of freshness and size. Adjust the level of doneness within 30 seconds of pressing start to suit your tastes.





Chawanmushi (Savory Egg Custard)

Steam — Upper / Baking tray

Water Tank Level: Set to Level 2

Ingredients (Serves 4)

Dried Shiitake Mushrooms (Rehydrated with Water) ··· 2 Slices
A
- Water from Rehydrated Mushrooms ····· 2 Tbsp
- Soy Sauce ····· 1 Tbsp
- Sugar ····· 1 Tbsp

Chicken Breast Strips ····· 100g
Cooking Sake, Light Soy Sauce ·· A Pinch
Prawns ····· 4
Kamaboko (Fish Paste) ··· 4 Slices
Ginkgo Nuts (Canned) ····· 8 Nuts
Egg Wash
- Eggs ····· 2 Medium Eggs
- Dashi Soup ····· 2 Cups
- Salt ····· A Pinch
- Light Soy Sauce ····· 1 Tsp
- sweetened sake (Mirin) ·· 2 Tsp

Japanese Parsley ····· As needed

1 Put water in the water tank.

2 Slice the dried shiitake mushrooms in half, and combine together with all ingredients of **A** in a large, heat-resistant bowl. Set in the **center of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → MICROWAVE 600W ENTER → About 1min 10 s → START

3 Remove the gristle from the chicken and slice thinly. Season with the cooking sake and light soy sauce. Leave the tails on the prawn, deshell, and devein.

4 Once the eggs have been beaten, thin with the dashi soup, and then add in the salt, light soy sauce, and sweetened sake (mirin).

5 Add the other ingredients into eight tea cups before pouring the egg and dashi soup mixture on top. Cover with one large lid.

6 Line up the contents of step **5** on the Baking tray.

*In the event that you do not have a lid large enough, use aluminum foil instead.

18 STEAM LOW ENTER → 90℃ ENTER → About 25 min. → START

When done, leave inside the oven for an additional 10 minutes or so and then top with the parsley.

Tips for Chawanmushi

- If the egg hasn't been beaten enough, then it may not harden properly. Keep chopsticks on the bottom of the bowl while mixing to assure no bubbles form.
- The eggs and dashi soup should be mixed in a 1:4 ratio.
- The eggs should be cooked at about 15-25°C. If the temperature is too high, the dish will become spongy.
- The eggs and other ingredients (mushrooms, chicken, etc.) should all be about the same amount. The ingredients should be 1/3 of the cup or less (about 50g) and the egg. The dashi soup mixture should be poured until the cup is 4/5ths full.

Handmade Steamed Meat Dumplings (Shumai)

Steam — Rack / Upper, Baking tray

Water Tank Level: Set to Level 2

Ingredients (Serves 4 / 20 pieces)

Ground Pork ····· 300g
Salt ····· A Pinch
A
- Onion (Finely Chopped) ····· 1/2(100g)
- Potato Starch Flour ····· 2 Tbsp
- Sugar, Cooking Sake, Soy Sauce ····· 1 Tbsp each
- Ginger (Grated) ····· 1 Tsp
- Water ····· 4 Tbsp

Shumai Wrappers ····· 20 Leaf
Potato Starch Flour (Mix with Double the Amount of Water) ····· 1 Tbsp
Baking Paper

1 Put water in the water tank.

2 Thoroughly knead the meat in a bowl with the salt. Mix together all ingredients of **A** and then add it to the bowl with the meat.

3 Using your index finger and thumb, break the meat apart into small rings. Place this meat on the shumai wrappers and press down in the center to make a spot for your topping. Use a spoon or knife to press the topping down into the bottom. Next, form the shumai by bringing the edges of the wrappers to the center around the topping. Gently coat the top of the shumai with the water and potato starch flour mixture. Line the rack with a baking paper and place on top.

17 STEAM HIGH ENTER → About 18 min. → START

*The photo shows cooked shumai topped with chopped red paprikas.

Tips for Handmade Shumai

- By coating the top of the shumai with the water and potato starch mixture, the shumai will be moister and glossier when finished.
- Don't let the wrapped shumai dough dry out while waiting for the oven. Cover with plastic wrap until It is time to put in the oven.





Seafood Salad

Steam | Rack: Upper, Baking tray | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

- Calamari ..... 1 Squid (250g)
- Boiled Octopus 100g
- Cooking Sake ..... 1 Tbsp
- A
  - Tomato (Cut into Wedges) ..... 1 Large (200g)
  - Cucumber (Coarsely Chopped) 1
  - Onion (Thinly Sliced) 50g
  - Olives 12
  - White Wine, Vinegar ..... 2 Tbsp each
  - Powdered Mustard ..... 1 Tsp
  - Lemon Juice ..... 1/2 Tsp
  - Salt ..... 1/3 Tsp
  - Pepper ..... A Pinch
  - Red Chili Pepper (Deseeded & Sliced) 1
  - Garlic (Thinly Sliced) ..... 1 Clove
  - Baby Leaf Lettuce, Lemon (Thinly Sliced) ..... As needed

1 Put water in the water tank.

2 Remove the innards from the squid and wash it. Then remove each tentacle one by one. Slice its torso into 7-8mm rings. Cut the octopus into bite size pieces.

3 Place the prepared squid and octopus from step **2** into the metal baking dish and sprinkle on the cooking sake.

4 Place the seafood (step **3**) on the rack.

18 STEAM LOW ENTER → 75℃ ENTER → About 16 min. → START

*When removing the Baking tray from the oven, the metal baking dish can slip, so please be careful.

5 Once cooked, drain the juice and season it with the ingredients of **A**.

Tender Chicken Ham

Steam | Rack: Upper, Baking tray | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

- Chicken Breast Meat 1 (300g)
- A
  - White Wine ..... 1/2 Tbsp
  - Honey ..... 1/2 Tbsp
  - Salt ..... 1 Tsp
  - Pepper ..... A Pinch

1 Put water in the water tank.

2 Remove the skin and then place it together with all ingredients of **A** in a sealed plastic bag. Powder the seasonings into the chicken, and let it sit in the refrigerator for a night.

*If you're in a hurry, increase the salt to 2 tsp and it will be ready to cook after about an hour of marinating.

3 Place the chicken on the rack.

18 STEAM LOW ENTER → 80℃ ENTER → 35-40 min. → START

4 When done, allow to cool and then chill in the refrigerator.

5 Slice the chicken thinly and pair with your favorite dressing.

Tips for a Tender Chicken Ham

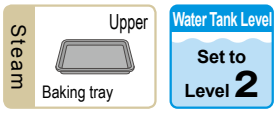
- This ham can be used in salads, sandwiches, and even ramen.
- The cooking method and ingredients presented here are different from a normal ham. This ham with less salt and no preservatives must be consumed all within 1-2 days.

Our Recommended Homemade Dressing
*Carrot Dressing

- Carrots (Grated) ..... 1/4 of a Stick (50g)
- Onion (Grated) ..... 1-2 Tbsp
- Olive oil ..... 5 Tbsp
- Lemon Juice ..... 1 Tbsp
- Salt ..... 1/3 Tsp
- Pepper, Sugar ..... As needed



Steamed Chicken and Vegetables



Ingredients (Serves 4)

- Chicken Breast Meat ····· 1 (300g)
- Salt ····· 1/2 Tsp
- Pepper ····· A Pinch
- Onion (Thinly Sliced) ····· 50g
- Carrots (Thinly Sliced) ····· 60g
- Asparagus (5cm Diagonal Cuts) ····· 4
- A
  - White Wine ····· 2 Tbsp
  - Bay leaf ····· 1 Leaf
  - Preferred Dried Herbs ····· 1/2 Tsp
  - Powdered Consommé ····· 1 Tsp

1. Put water in the water tank.
2. Slice the chicken in half and cut open the thick parts. Sprinkle salt and pepper on top and then let sit for 10 minutes.
3. Lay vegetables in a flat bottom, heat-resistant container, and place the chicken on top without overlap, then pour **A** on them.
4. Line up the contents of step **3** on the Baking tray.

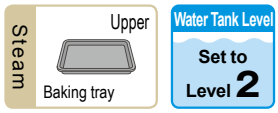
   18 STEAM LOW ENTER → 85℃ ENTER → 35-40 min. → START
5. When done, Slice the chicken thinly, serve together with the vegetables and pour the juice created from steaming, over the dish.
   *The juice is also delicious when mixed with a little soy sauce or mayonnaise.

*Make Healthy & Delicious Chicken Breast Meat!

If you're going for the Steam Low setting, then start with the Tender Chicken Ham (Page **51**) for a tender, moist finish. It also preserves the anti-fatigue compound, imidazole dipeptide.



Sake Steamed Clams



Ingredients (Serves 4)

- Clams ····· 400g
- Cooking Sake ····· 50mL

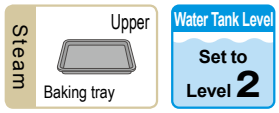
(If you do not have cooking sake, then white wine will work.)

1. Put water in the water tank.
2. Soak the clams in salt water for a while till they release all of their internal sand.
3. Place the clams in a shallow, flat bottom heat-resistant container and be sure that they do not overlap. Pour the cooking sake over them.
4. Line up the contents of step **3** on the Baking tray.

   17 STEAM HIGH ENTER → 15-16 min. → START



Steamed Sea Bream



Ingredients (Serves 4)

- Red Sea Bream ····· 1 fillet (500g)
- A
  - Salt ····· 1/2 Tsp
  - Cooking Sake ····· 3 Tbsp
- B
  - Ginger (Finely Sliced) ····· 10g
  - Carrots (Finely Sliced) ····· 15g
  - Raw Shiitake Mushrooms (Thinly Sliced) ····· 1 Leaf
- Snap Peas (Stem Removed) ····· 3 Strips
- Salt ····· As needed
- Potato Starch Flour (Mix with Same Amount of Water) ·· 1 Tsp
- Spring Onions (Sliced Diagonally) ····· 1

1. Put water in the water tank.
2. Remove the scales, gills, and innards. Wash and then remove excess moisture. Score both sides of the dorsal fin and pelvic fin with a knife and anywhere else that the fish is thick.
3. Place the fish in a shallow, flat bottom heat-resistant container. Sprinkle ingredients of **A** on top, followed by ingredients of **B**. Prepare the snap peas.
4. Line up the contents of step **3** on the Baking tray.

   17 STEAM HIGH ENTER → About 23 min. → START
5. When done cooking, add the snap peas, extend cooking time for **about 5 more minutes.**
6. When that is done, move its juices to a pot. Add some salt for seasoning and bring to a simmer. Add in the melted potato starch and spring onions to create a thick sauce. Pour this over the fish.



Simmered Pumpkin

Simmer | Lower: Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Pumpkin 600g
- A
  - Dashi Soup ..... 1 & 1/2 Cups
  - Sugar ..... 3 Tbsp
  - Sweet Rice Wine (Mirin), Cooking Sake .. 2 Tbsp each
  - Soy Sauce ..... 1 Tbsp
  - Salt ..... 1/3 Tsp
- Baking Paper

1. Put water in the water tank.
2. Cut the pumpkin into 3-4cm chunks. Score off pieces of the rind randomly.
3. Combine what was prepared in step 2 with all ingredients of A in a deep, heat-resistant container. Make a drop lid out of baking paper that matches the size of the dish, and then cover with a heat-resistant lid or make one out of aluminum foil.
4. Line up the contents of step 3 on the Baking tray.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 220℃ ENTER → 40-45 min → START



Simmered Hijiki Seaweed

Simmer | Lower: Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Hijiki Seaweed (Dried) 30g
- Thin Fried Tofu ..... 2 Slices
- Carrots 40g
- A
  - Dashi Soup ..... 1/2 Cup
  - Soy Sauce, Sweet Rice Wine (Mirin) .. 3 Tbsp each
  - Sugar ..... 1 Tbsp
- Baking Paper

1. Put water in the water tank.
2. Rehydrate the hijiki seaweed by soaking it in water for about 15 minutes. Once done, rinse 2-3 times with fresh water and drain. Pour boiling water over the thin fried tofu in order to wash off the oil. Slice in half vertically, and then thinly slice those halves. Thinly slice the carrots, too.
3. Combine what was prepared in step 2 with all ingredients of A in a deep, heat-resistant container. Make a drop lid out of baking paper that matches the size of the dish, and then cover with a heat-resistant lid or make one out of aluminum foil.
4. Line up the contents of step 3 on the Baking tray.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 220℃ ENTER → 40-45 min → START

5. Mix when done.



Kiriboshi Daikon Radish (Simmered Daikon Radish Strips)

Simmer | Lower: Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Dried Daikon Radish Strips 70g
- Thin Fried Tofu ..... 2 Slices
- A
  - Dashi Soup ..... 2 Cups
  - Sugar, Light Soy Sauce ..... 4 Tbsp each
  - Cooking Sake ..... 2 Tbsp
- Baking Paper

1. Put water in the water tank.
2. Take the dried daikon radish strips and rehydrate them for about 20 minutes in water. One done, drain them and wring out excess water. Pour boiling water over the thin fried tofu in order to wash off the oil. Slice in half vertically, and then thinly slice those halves.
3. Place the thin fried tofu strips at the bottom of a deep, heat-resistant container. Place the daikon radish strips on top and add in all ingredients of A. Make a drop lid out of baking paper that matches the size of the dish, and then cover with a heat-resistant lid or make one out of aluminum foil.
4. Line up the contents of step 3 on the Baking tray.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 220℃ ENTER → 35-40 min → START

5. Mix when done.



Simmered Taro

煮ごみ | Lower: Baking tray | Water Tank Level: 1 or more

Ingredients (Serves 4)

- Taro 800g
- A
  - Dashi Soup ..... 2 Cups
  - Light Soy Sauce ..... 2 Tbsp
  - Sugar, Sweet Rice Wine (mirin) ... 3 Tbsp each
  - Salt ..... 1/2 Tsp
- Baking Paper

1. Put water in the water tank.
2. Peel the taro and sprinkle salt (not listed) on top to remove the stickiness. Wash with water.
3. Combine what was prepared in step 2 with all ingredients of A in a deep, heat-resistant container. Make a drop lid out of baking paper that matches the size of the dish, and then cover with a heat-resistant lid or make one out of aluminum foil.
4. Line up the contents of step 3 on the Baking tray.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 220℃ ENTER → About 50 min → START





Black Beans

Simmer | Lower | Baking tray | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

- Black Beans ..... 2 Cups (280g)
- A
  - Water ..... 5 1/2 Cups
  - Sugar 90g
  - Soy Sauce ..... 2 Tbsp
  - Salt ..... 1 Tsp
  - Baking Soda ..... 1/3 Tsp
- Sugar 90g
- Baking Paper

1 Combine the beans with all ingredients of **A** in a deep, heat-resistant container and let sit covered overnight.
<Important Point>
Use a deep, heat-resistant container (2.5L or more) in order to prevent the meal from boiling over.

2 Put water in the water tank.

3 Make a drop lid out of baking paper that matches the size of the dish, and then cover with a heat-resistant lid or make one out of aluminum foil.

4 Line up the contents of step **3** on the Baking tray.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 220℃ ENTER → About 1 h → START

5 As soon as the dish is done, press STOP/CLEAR to move on to the next step.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 140℃ ENTER → About 1 h → START

6 Take the dish out of the oven when done, add in the sugar, and stir.
Immediately cover the dish again with the drop lid and heat-resistant lid, and place the dish on the Baking tray. Repeat the cooking directions in step **5**.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 140℃ ENTER → About 1 h → START

7 If there are still beans floating on the surface (step 6), take some juice and put the beans in it. Let them sit for an evening to allow the flavor to sink in.

Kombu Seaweed & Beans

Simmer | Lower | Baking tray | Water Tank Level: Set to Level 2

Ingredients (Serves 4)

- Soy Beans ..... 2 Cups (280g)
- A
  - Water ..... 4 1/2 Cups
  - Sugar 70g
  - Soy Sauce ..... 3 1/2 Tbsp
  - Sweet Rice Wine (Mirin) ..... 1 1/2 Tbsp
  - Salt ..... A Pinch
- Kombu Seaweed (Cut an Appropriately Sized Piece) 10cm
- Baking Paper

1 Combine the beans with all ingredients of **A** in a deep, heat-resistant container and let sit covered overnight.
<Important Point>
Use a deep, heat-resistant containerdish (2.5L or more) in order to prevent the meal from boiling over.

2 Put water in the water tank.

3 Make a drop lid out of baking paper that matches the size of the dish, and then cover with a heat-resistant lid or make one out of aluminum foil.

4 Line up the contents of step **3** on the Baking tray.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 220℃ ENTER → About 1 h → START

5 As soon as the dish is done, press STOP/CLEAR to move on to the next step.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 140℃ ENTER → About 1 h → START

6 When done, take the dish out from the oven, add in the kombu seaweed, and mix.
Immediately cover the dish again with the drop lid and heat-resistant lid, and place the dish on the Baking tray. Repeat the cooking directions in step **5**.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 140℃ ENTER → About 1 h → START

7 If there are still beans floating on the surface (step 6), take some of the juice and put the beans in it. Let them sit for an evening to allow the flavor to sink in.





Red Bean Rice

Steam | Rack: Upper, Baking tray | Water Tank Level: Set to Level 2

Ingredients (2 Cups of Rice)

- Stickey Rice ..... 2 Cups (340g)
- Azuki Beans 50g
- Water from Boiling the Azuki Beans (Add water if not enough) 300mL

1. Put water in the water tank.
2. Boil the Azuki beans. (Don't dispose all the water). In a metal baking dish (27cm x 21cm x 3.5cm) place the washed Stickey Rice and pour in the left over of water from boiling the Azuki beans (If you do not have enough, add water). Let sit for about one hour and then add in the boiled Azuki beans.



3. Place the prepared dish in step **2** on the rack.

17 STEAM HIGH ENTER → About 24 min. → START

*When removing the Baking tray from the oven, the metal baking dish may slip, be careful slipping the metal baking dish.

4. When done, mix everything together gently and cover with a dry dish towel. Let stand for about 10 minutes.

Sticky Rice with Wild Vegetables (Sansai Okowa)

Steam | Rack: Upper, Baking tray | Water Tank Level: Set to Level 2

Ingredients (2 Cups of Rice)

- Stickey Rice ..... 2 Cups (340g)
- Water 280mL
- Boiled Mountain Vegetables ..... 60g (Net Weight)
- A [Light Soy Sauce ..... 1/2 Tbsp
- A [Salt ..... A Pinch

1. Put water in the water tank.
2. Place the washed Stickey Rice and water in a metal baking dish (See Red Bean Rice recipe), and let sit for about 1 hour. Then mix in all ingredients of **A**, and finally add in the drained mountain vegetables.
3. Place the prepared dish in step **2** on the rack.

17 STEAM HIGH ENTER → About 24 min. → START

*When removing the Baking tray from the oven, the metal baking dish may slip, be careful slipping the metal baking dish.

4. When done, mix everything together gently and cover with a dry dish towel. Let stand for about 10 minutes.

Tips for Red Bean Rice and Sticky Rice (Okowa)

- The stickey rice used in the Red bean rice and Okowa recipes is measured at 200mL equaling 1 cup.
- Use a shallow, flat bottom metal baking dish in order to fully circulate steam.





Rice Porridge

Freshly Cooked

Do not use the cooking accessories.

Ingredients (Serves 2)

Rice ..... 1/2 Cup (85g)
Water ..... 3 1/2 Cups

1 Wash the rice and then place one in a deep, heat-resistant container. Add in water and let it sit for about 30 minutes.

2 Place the dish in **the center of the oven** and uncovered.(Do not insert the Baking tray)

MANUAL MICRO → MICROWAVE 500W ENTER → About 18 min. → START

3 Press STOP/CLEAR immediately when done.

MANUAL MICRO → MICROWAVE 200W ENTER → About 5 min. → START

4 When done, let the dish stand for about 10 minutes.

Cooked Rice

Ingredients

■When Heating with Microwave:

Freshly Cooked

Do not use the cooking accessories.

1 cup = 200mL

Amt. of Rice	Amt. of Water	Set the microwave to 600W, then 200W
1 Cup (170g)	260mL-280mL	About 4 minutes 30 seconds→ About 17 minutes
2 Cups (340g)	520mL-560mL	About 8 minutes→ About 27 minutes

1 Wash the rice and drain in a colander. Once a majority of the moisture has been drained, place in a deep, heat-resistant container, add in the water, and let sit for about 1 hour.

2 Cover with plastic wrap but fold back one side to leave a little open area (see photo on right) and place in **the center of the oven**.(Do not insert the Baking tray)



MANUAL MICRO → MICROWAVE 600W ENTER → Set Time (See Above Chart) → START

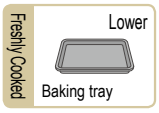
3 Press STOP/CLEAR immediately when done.

MANUAL MICRO → MICROWAVE 200W ENTER → Set Time (See Above Chart) → START

4 When done, mix the rice, cover with a dry dish towel, and stand for about 10 minutes.

■When Heating with Water Oven:

Freshly Cooked





1 cup = 200mL

Amt. of Rice	Amt. of Water	Set Time
1 Cup (170g)	240mL-260mL	About 35 minutes
2 Cups (340g)	500mL-520mL	About 40 minutes

1 Wash the rice and drain in a colander. Once a majority of the moisture has been drained, place in a metal bowl (21cm in diameter x 8cm in height), add in the water, and let sit for 30 minutes-1 hour.

2 Put water in the water tank.

3 Cover the bowl tightly with aluminum foil and place on the Baking tray.



MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 220℃ ENTER → Set Time (See Above Chart) → START

4 When done, mix the rice.

Tips for Rice & Porridge

- 1 Cup of rice is 200mL.
- When cooking rice and rice porridge with the microwave setting, use a microwave-safe, heat-resistant container and plastic wrap for the lid (Please refer to page 29 of the operation manual).
  ＊Use a dish that is double the amount of the rice and water combined to assure that it does not spill over.

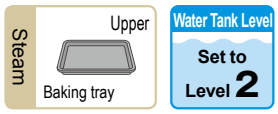
Noodles Set

Reheat Spaghetti and sauce together with noodles and broth at the same time.





Spaghetti with Store-Bought Sauce



Ingredients (Serves 2)

Spaghetti Noodles (7-Minute Boil Type, 1.6mm Thick Noodles)	200g
Water	300mL
Vegetable Oil	2 Tsp
Salt	1/3 Tsp
Spaghetti Sauce (1-2 Servings) (Canned or in Retort Package)	1 Can or 1 Bag (290g)

Warning

When using a can or retort package, be absolutely sure to never use the microwave function.

1. Put water in the water tank.
2. Place the pasta in a microwave-safe dish for boiling pasta (approx. 27cmx9cmx6cm), and add in the water, Vegetable Oil and salt.
3. Place the contents of step 2 and the spaghetti on the Baking tray.



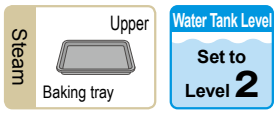
17 STEAM HIGH ENTER → about 27 min → START

4. When done, drain the pasta, untangle it, and then add the sauce.
   *Be careful when opening a retort package or can as the heat inside that is released can cause burns.

Tips for Spaghetti & Sauce

- Use a store-bought container designed for boiling pasta noodles in the microwave. It should be approx. 27cmx9cmx6cm.
- When boiling spaghetti, vegetable oil is added to make the spaghetti noodles not stick together.
- By cooking the pasta in this oven, it will have a slightly less-chewy texture when done. Furthermore, the final product will vary based on the maker of the noodles and the size of the dish used to cook them in. If the noodles are too hard, extend the cooking time and keep an eye on it.

Kitsune Udon



Ingredients (Serves 2)

Boiled Noodles (Udon Noodles)	2 Servings
Dashi Soup	600mL
Store-bought Seasoned Tofu Pouches (Inari) (Packaged)	1-2 Pieces
Spring Onions, Kamaboko (Fish Paste)	As needed

1. Put water in the water tank.
2. Place the noodles in a metal colander. Place two deep, heat-resistant bowls containing the same amount of dashi soup in them.
3. Place contents of step 2 and the pack of seasoned tofu pouches on the Baking tray.

17 STEAM HIGH ENTER → about 22 min → START



4. When done, add the noodles and tofu pouches to the dashi soup, and top with the spring onions and kamaboko.

*Change It Up With Different Kinds of Noodles & Ingredients

- Vegetables (Chinese cabbage sliced at a 45-degree angle, shimeji mushrooms broken into small bunches, etc.) can be cooked in the metal colander with the udon noodles.
- Soba buckwheat noodles can also be substituted in.
- When using frozen noodles, adjust the cooking time to roughly 25 minutes.

Breakfast Set

Mix and Match Freely

Items on the Bread menu and Side dish menu can be prepared at the same time.



Baking | serves 1-2 | Upper: Baking tray | Approximate Cooking Time: about 14 min.

Baking | serves 3-4 | Upper, Baking tray: Lower, Baking tray | Approximate Cooking Time: about 17 min.

Water Tank Level: 1 or more

Make the classic breakfast with **toasted bread**, **a sunny-side up egg** and **bacon wrapped asparagus** at the same time !



Apple Toast with Sausages and Cheesy Grilled Pumpkin



English Muffin and a Sunny-side Up Egg with Tuna & Cabbage Curry Mayo Salad

Tips for Breakfast Set

- Choose items from the **Bread menu** and **Side Dish** menu (Page **59**) and cook both at the same time.
- Items from the Bread menu and Side Dish menu can be cooked in any sort of arrangement.
- Bread can be cooked at room temperature and other items such as English muffins and bagels can also be used.
  - For English muffins and bagels, slice them in half and place them cut-side up.
  - When baking rolls, wrap them in aluminum foil.

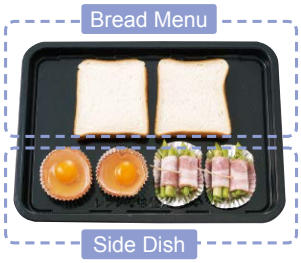


- Up to four servings can be cooked at once. (See Image Below)

Cooking

1 Put water in the water tank.

2 Prepare the bread and side dishes and place them on the Baking tray.
Place the bread item in the back of the dish with the side dishes toward the front.



*When cooking for 4, place the bread on the Baking tray, and then put the tray on the Upper position. Place the side dishes on the Lower position.

12 BREAKFAST SET" (ADJUST PORTION)
Select "12-2"
→ START

When cooking manually : WATER OVEN 2 / 1 tray/ NO PREHEAT/about 14 minutes at 250°C. (2 tray / NO PREHEAT / about 17minutes for 4 serves).

Toast



Baking | 1-2 Slices | Upper: Baking tray | Approximate Cooking Time: about 14 min.

Baking | 3-4 Slices | Upper: Baking tray | Approximate Cooking Time: about 15 min.

Water Tank Level: 1 or more

Tips on Toast

- The final slice of toast will vary based on the type of bread, size, thickness, and degree of freshness. Please keep an eye on it while you cook.

Ingredients

Sandwich Bread (Room Temperature or Frozen, 4-6 Slices)···1-4 Slices

1 Put water in the water tank.

2 Place the bread on the Baking tray.

*When cooking a single slice of bread, place the bread in the center of the Baking tray.



11 TOAST (ADJUST PORTION)
Select "11-2"
→ START

When cooking manually, for 2 slices of room temperature toast, select WATER OVEN 2, 1 tray, NO PREHEAT at 250°C for 14-15 minutes. For 4 slices, cook for 15-16 minutes.

Bread Menu (Each Recipe Serves 2)



Pizza Toast

●Sandwich Bread (4-6 Slices)...2 Slices ●Pizza Sauce...30g ●Onion...30g ●Bacon...1 Slice ● Shredded Cheese...60g ●Green Pepper...1/2

1 Coat bread with the pizza sauce and lay the following ingredients on top of each other: onion (thinly sliced), bacon (5mm pieces), green pepper (sliced), and cheese.



Toasted Ham & Cheese Sandwich

●Sandwich Bread (8-10 Slices)...4 Slices ●**A** [Sliced Cheese...2 Slices, Sliced Ham... 2 Slices]

1 Place a slice of each ingredient of **A** between two slices of bread.



Baby Sardine Toast

●Sandwich Bread (4-6 Slices)...2 Slices ● Mayonnaise...1 Tbsp ●Baby Sardines...20g ●Flavored Seaweed...As needed ●Shredded Cheese...60g

1 Coat the bread with the mayonnaise and lay the following ingredients on top of each other: baby sardines, flavored seaweed (torn into small pieces), and cheese.

The toast is delicious when coated with a store-bought toast spread before baking.





Apple Toast

●Apples (Skin-on Sliced into 5mm Pieces)...1/2 an Apple (150g) ●Butter... 10g ●Sugar...As needed ●Sandwich Bread (4-6 Slices)... 2 Slices ●Butter, Cinnamon...As needed

1 Use a sheet of aluminum foil and line up the apples so they overlap each other ever so slightly. Place the butter on top and then coat with sugar.

2 Place what you made in Step 1 next to the bread.

3 When done, coat the toast in butter, place the cooked apples on top, and top with cinnamon.

Side Dish (Each Recipe Serves 2)



Bacon Wrapped Asparagus

●Asparagus...4 Stalks ●Bacon (Cut in Half)...2 Strips ●Aluminum Muffin Cup...2 Cups

1 Trim the asparagus and cut each stalk into thirds.

2 Wrap the asparagus (step1) with the bacon and use a toothpick to hold it closed. Place in an Aluminum Muffin Cup.



Sunny-side Up Eggs

●Eggs...2 Medium ●Ham... 2 Slices ●Aluminum Muffin Cup...4 Cups

1 Poke a single hole in the center of the ham. Place one muffin cup inside the other and then place the ham on top. Crack the egg open over the ham.

*The finished dish will vary based on the temperature and size of the egg. If It is not cooked enough, extend the cooking and keep an eye on it.



Tuna & Cabbage Curry Mayo Salad

●Cabbage (Cut into 3cm Pieces)...40g ●**A** [Canned Tuna...70g, Mayonnaise...1 Tbsp, Curry Powder...1/2 Tsp]

1 Use a sheet of aluminum foil and spread the cabbage out on it. Mix together all ingredients of **A** and place on top of the cabbage.

*When cooked, it makes an excellent sandwich!



Carottes Râpées

●Carrots...60g ●Raisins...15g ●Salt & Pepper...A pinch ●**A** [Olive Oil...As needed, Lemon Juice...As needed]

1 Thinly slice the carrots and then finely chop the slices.

2 Place the carrots (step 1) on top of a sheet of aluminum foil. Next, place the raisins on top and season with salt and pepper before closing.

3 When done, season to taste with the ingredients of **A**.



Cheesy Grilled Pumpkin

●Pumpkin...60g ●Shredded Cheese...20g ●Baking paper

1 Thinly slice the pumpkin.

2 Line up the pumpkin on the baking paper so it overlaps ever so slightly and sprinkle the cheese on top.

Store-bought processed food items such as sausages, chicken nuggets, and mini Salisbury steaks, can also be cooked.



Tips for "Making Sweets"

●Prepare thoabout

・First, properly measure ingredients and arrange utensils.
・Inconsistencies can occur when measuring flour with a measuring cup. Please measure with a scale.



●Make sure bowls and whisks are free of moisture and oil.

・It makes beating eggs difficult.



Whipping eggs is manual work. It is convenient if you have a hand mixer.

●Froth will disappear if too much time passes after beating the eggs, so please work quickly.

Warning Beating the whole egg and sugar together has less of a tendency to froth compared to beating only the white. Please be careful as mistakes easily arise when cooking with insufficient froth.

●Use butter with or without salt to your liking.

●Properly divide and sift weak and strong flours.

・Lighten the baking by removing clumps and adding plenty of air to the dough.



●Arrange the dough with spaces in between.

・They expand when heated, so make sure there is plenty of space. Enough space is necessary because the dough is more likely to expand with heating.



●For Baking

・Cookies and cream puffs can result in uneven baking if the thickness of the dough is not consistent. Please make the sizes and quantities uniform.



●Results will vary on the quality of the materials.

・Metal pans are mainly used in this cookbook. You may use paper or silicon pans, but please watch as you bake after confirming the heat-resistant temperature. (See operation manual page 29) Also, utensils made of heat-resist glass are slower to heat up when compared to those made of metal, which will yield different results.

●When using recipes not found in this book

・When using recipes found in other books on the market, please cook while using a similar recipe from the cookbook menu as a reference. However, note that it may not be possible to cook under the same conditions found in other books, as the size and construction of the oven will differ, giving different heating times and temperatures.

●Can automatically bake with 15cm or 21cm diameter.
●Properly adjust settings for 15cm or 21cm diameter.
Adjustments should be made within 30 seconds of setting to 13 SPONGE CAKE and start cooking.

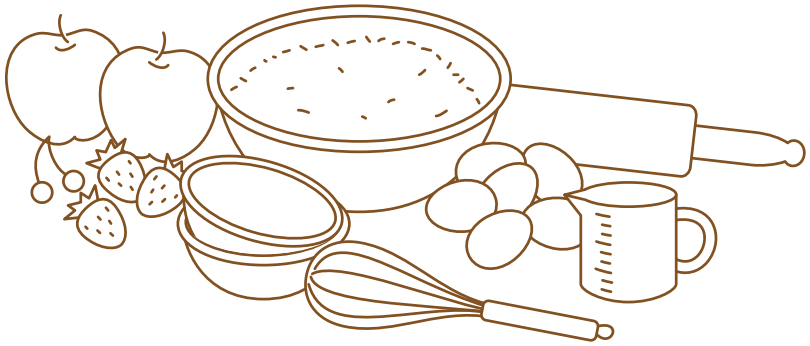
21cm diameter··· **MORE (▲)**
15cm diameter··· **LESS (▼)**

■Ingredient List by Size

Ingredients \ Diameter	15cm	21cm
Cake Flour	60g	120g
Eggs	2 Medium Eggs	4 Medium Eggs
Sugar	60g	120g
Butter	10g	20g
Milk	2 Tsp	4 Tsp

Check!!

Heat Resistant Container	Profile	Cause
Good rise with fine texture and good shape.		
Hard. Texture is sticky, and not puffy.		・Stirred too much after adding flour. ・Melted butter cooled.
Rise is bad.		・Stirred too much after adding both flour and melted butter. ・Did not bake immediately after making batter. ・Eggs are not beaten well enough.
Texture is coarse. Not smooth.		・Flour not matched well. ・Flour is not shifted.





Sponge Cake

Preheat	Baking	Water Tank Level
Do not use the cooking accessories.	Lower: Baking tray	1 or more
Approximate Cooking Time about 7 min.	Approximate Cooking Time about 40 min.	

Ingredients (makes 1 cake in a 18cm diameter metallic round pan)

Sponge Cake
- Cake flour ····· 90g
- Eggs ····· 3 Medium Eggs
- Sugar ····· 90g
- Vanilla extract ····· A Pinch
- Butter ····· 15g
- Milk ····· 1 Tbsp

Whip cream
- Heavy Cream ····· 200mL
- Sugar ····· 2 Tbsp
- Vanilla extract, brandy ····· A Pinch

Fruit for finishing (strawberry) ····· As needed
Baking Paper

1 Apply a thin layer of butter (not from ingredients) on the inside of a circular pan and lay out a baking paper. Separate the egg whites from the yolk.

2 Put the egg whites in a large bowl, and beat until it forms a point. Slowly add half of the sugar and continue beating.

<Important Point>

The point is to have the egg whites & yolks beaten. Please do so thoabout.



3 Add the the sugar to the yolks, and warm both with hot water. Remove when it reaches body temperature and beat until white and lines start to appear (mayonnaise consistency).



4 Combine the egg whites with the yolks, add vanilla extract, and mix with a whisk until smooth.

5 Sift cake flour into the step **4**. Mix by lifting from the bottom gently not to damage the froth until the flour disappears.

<Important Point>

If It is not mixed well enough, the texture will be coarse. If it is mixed too much, it will not rise well.

6 Cut butter into small pieces and put in a heat-resistant container with milk. Place the plastic wrap on top of the container, and place in **the center of the oven**. (Do not insert either Baking tray).

MANUAL MICRO → MICROWAVE 200W ENTER → about 1 min. → START

7 **After baking**, use a spatula to add to the contents of step **5**, and mix quickly.

<Important Point>

Butter will melt just above body temperature, between 50–60°C quickly dissolves in batter.

8 Put water in the water tank.

■When baking with the 13 SPONGE CAKE mode, superheated steam is added with precise timing, on the condition the tank is filled with water. When baking manually. No water is used.

9 Preheat the oven (Do not put the cooking accessories or food inside).

13 SPONGE CAKE (Adjust portion)
Select "13-1 tray".
→ START

10 Pour contents from step **7** into the pan from step **2** and shake. After the surface is even, tap to get rid of air bubbles.

<Important Point>

By pouring the content from an elevated position, the froth will become even.



11 When preheating is complete, add contents from **10** to the center of a Baking tray and press START

When cooking manually: CONVEC OVEN/1 tray/PREHEAT/about 40 minutes at 160°C. (15cm for about 35 minutes, 21cm for about 45 minutes)

It is done if no batter sticks after poking the center with a bamboo skewer.

12 To prevent a reduction in yield after baking, immediately lower the height of each pan 20–30cm. (It will finish nicer and the center won't cave in). Remove from the pan with the bottom up, place on a net and cool.

13 Making whip cream. Put chilled whip cream and sugar in bowls. Beat while cooling each bowl, adding vanilla extract and brandy and beat more until the cream becomes thick. Beat until some lines start to appear.



14 Leave thin cuts of fruit to use as decoration. Cut the sponge cake vertically in half and make a sandwich with whip cream and fruit. Use the remaining whip cream and fruits as decoration on top.





2-Layer Cake

Preheat: Do not use the cooking accessories. | Approximate Cooking Time: about 7 min. | Water Tank Level: 1 or more

Baking: Upper, Baking tray / Lower, Baking tray | Approximate Cooking Time: about 45 min.

*Can bake automatically with the same combinations found on **Ingredient List by Size** on **page 60** (15cm, 21cm [a good balance for 2-layer cake],2 pieces of 18cm sized cakes.

*The finishing steps are similar to the sponge cake.

1 Make sponge cake batter (see **Ingredient List by Size** on **page 60**) by following steps **1**-**8** of the sponge cake recipe on **page 61**.

2 Preheat the oven (Do not put the cooking accessories or food inside).

13 SPONGE CAKE (Adjust portion)
Select "13-2 tray".
→ START

3 Pour the batter into the pan from an elevated position. Shake the pan until the surface is even and remove air bubbles by tapping.

4 When preheating is complete, place the pans on the center of the Baking trays and insert them to the upper and lower position. (set 15cm on the **lower position**.) Press START.

When cooking manually: CONVEC OVEN/2 tray/PREHEAT/ about 45 minutes at 160°C.

Cutout Cookie

Preheat: Do not use the cooking accessories. | Approximate Cooking Time: about 8 min.

Baking: Upper, Baking tray / Lower, Baking tray

Ingredients (makes about 108 pieces on 2 trays)

Cookie dough
- Butter (softened) ····· 180g
- Sugar ····· 160g
- Eggs ····· 1 Large
- Vanilla extract ····· A Pinch
- Cake flour ····· 380g

1 Mix the softened butter and sugar until it turns white.

2 Add the scrambled eggs slowly. Mix well, adding vanilla extract.

3 Sift cake flour and gently mix. Lump together once the flour has disappeared.

4 Wrap and leave in a refrigerated room for at least 30 minutes.

5 Apply a thin layer of butter (not from ingredients) on each Baking tray.

6 Place the dough from step **4** spread the dough out if 5 mm thick by s dough cutter.

<Important Point>

It expands well by placing something about 5mm thick on each end of a rolling pin (such as chopsticks).

7 Cut out with your favorite cutter.

*Dough that has been cut out can be further stretched and cut out.

<Important Point>

Putting some flour on the cutter will make the dough easier to cut out.

8 Space each out on the Baking tray.

9 Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → CONVEC OVEN ENTER → 2 tray, PREHEAT ENTER → 180°C → START

10 When preheating is complete, insert the trays from step **8** to the **upper and lower position**. Set for 14-15 minutes and press START.

*When only using 1 tray, put it on the **lower position** and set the cooking time for 13-14 minutes.

11 After baking, remove from the Baking tray while hot and let cool.

Tips for Cutout Cookie

- Drawing a pattern on a cookie with icing (20g powdered sugar mixed with less than a 1 teaspoon of lemon juice) is a good idea.

Roll Cake

Preheat: Do not use the cooking accessories.

Approximate Cooking Time: about **8** min.

Baking: Lower — Stack 2 Baking trays



Ingredients (makes 1)

- Sponge cake batter
  - Cake flour 90g
  - Eggs ..... 5 Medium Eggs
  - Sugar 100g
  - Vanilla extract ..... A Pinch
  - Milk ..... 2 Tbsp
- Whip cream
  - Heavy Cream 200mL
  - Sugar ..... 2 Tbsp
  - Vanilla extract, brandy ..... A pinch
- Fruit of your choice ..... As needed
- Baking paper

1 Apply a thin layer of butter (not from ingredients) on the inside of the Baking tray, then place a baking paper at the bottom which goes slightly above the edges.

*If using baking paper, be sure that it does not touch the insides of the oven.

2 Put the egg whites in a large bowl, and beat until it forms stiel peaks. Slowly add half of the sugar and continue beating.

<Important Point>

The point is to have the egg whites beaten. Please do so thoabout.

3 Add the remainder of the sugar to the yolks, and warm both with hot water. Remove when it reaches body temperature and beat until It is white and some lines start to appear (mayonaise-like consistency).

4 Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → CONVEC OVEN ENTER → 1 tray, PREHEAT ENTER → 170°C → START

5 Combine the egg whites with the yolks and mix with a whisk until smooth.

6 Add the flour by shifting into step **5** in order not to break bubbles and mix by bringing the batter from the bottom until you see no traces of flour. In doing so, as a guideline, move the spatula a little and mix it swiftly so that the powder does not disappear, and if you scoop up the batter with a spatula, it falls like a ribbon, leaving marks for a while.



*Compared to sponge cake, roll cake has a lower cake flour to egg ratio. The texture will be course. if scarce flour is used. Also but be careful of the dough becoming sticky.

Quickly add vanilla extract and milk, then mix.

7 Pour the batter into the Baking tray from step **1**, smoothing out the surface and removing air.

8 When preheating is complete, put the Baking tray prepared in step **7** in the oven. Set the knob to 18-20 min. and press START.

9 After cooking, leave step **7** on the baking paper and take it out from the Baking tray and let it cool down.

10 Make whip cream (as shown in step **13** on page **61**) and mix th chunks of fruit.

11 Turn the cake over, removing the baking paper. Turn it back over again, placing it on the baking paper, spread on cream and roll.

*If you are worried about the hardness of the outer circumference, touching the hard parts with a damp cloth will make it easier to roll

*By diagonally cutting the cake at the end of the roll by 1cm it will rest nicely with no overlap at the edge.

12 After it is rolled, wrap it in baking paper, and further wrap in plastic. Place the rolled end down in a refrigerated room and let it adjust for about 30 minutes.

*When baking 2 rolls, after preheating to 170°C with CONVEC OVEN/2 tray/ PREHEAT, place the Baking trays on each upper and lower position, and bake for 25-27 minutes. If you are worried about uneven baking, change the shelf position and orientation of the Baking trays when the remaining time is between 8 and 10 minutes.

Variation

●Baking instructions are similar to the "roll cake".

Roll Cake (Cocoa)

Ingredients (makes 1)

1 Sift 80g of cake flour and 20g of cocoa together.

Roll Cake (Matcha)

Ingredients (makes 1)

1 Sift 80g of cake flour and 1 tablespoon of matcha together.





Chiffon Cake

Preheat: Do not use the cooking accessories.

Approximate Cooking Time: about 8 min.

Baking: Lower — Baking tray

Ingredients (for 20cm diameter aluminum chiffon cake pan)

- Egg whites ..... 6 Medium
- Sugar 120g
- Egg Yolks ..... 5 Medium Eggs
- Milk 100mL
- Vegetable Oil 80mL
- Cake flour 120g

*The dough may not bake well when the fluorinated pan is not used because it is difficult to stick with the pan.

1 Beat the egg whites until a point forms. Add half of the sugar slowly and beat more.

2 Add the rest of the sugar to the egg yolks, and beat until it begins to whiten.

3 Add milk to the contents of step **2** and quickly mix together. While mixing with a whisk, slowly add vegetable oil.

4 Sift cake flour into the dough of step **3** and mix with a spatula until you see no traces of flour.





5 Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → CONVEC OVEN ENTER → 1 tray, PREHEAT ENTER → 170°C → START

6 Add 1/3 of the contents of step **1** to the step **4** and mix well with a spatula. Add the remaining batter step **1** and gently mix with a spatula as not to damage the froth.

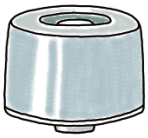
7 Pour the step **6** into a pan without coating either butter or oil. Pressing the central part with your thumb, hold the pan with both hands and tap it on the table to get rid of air bubbles.

8 When preheating is complete, place on the center of the Baking tray from **7**, set the knob to about 40 min. and press START.

9 After baking, **turn the pan upside down and let it cool**. Once it is completely cooled, use a knife to remove the cake from the pan.

<Tips>

If you remove the cake without turning it upside down, it will shrink.



Pound Cake

Preheat: Do not use the cooking accessories.

Approximate Cooking Time: about 8 min.

Baking: Lower — Baking tray

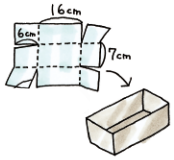
Ingredients (makes 1 cake in a 16 x 7 x 6 cm metallic pound cake pan)

- Rum soaked fruits
  - Dry fruits 90g
  - Rum 30mL
- Batter
  - Butter (softened) 100g
  - Sugar 80g
  - Eggs ..... 2 Medium Eggs
- A
  - Cake flour 100g
  - Baking powder ..... 2/3 Tsp
- B
  - Wall nuts (finely chopped) ... 20g
  - Lemon Juice 1/2
  - Lemon peels (grated) 1/2
  - Vanilla extract ..... A Pinch
- Sliced almonds ..... As needed
- Baking Paper

1 Finely chop dried fruits of your choice. Add rum after putting them in a heat-resistant container. Wrap and put it in the **center of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → MICROWAVE 500W ENTER → 1 min. 20 s. → START

2 Coat the inside of the pound cake pan with butter (not from ingredients) and lay out a baking paper. Separate the egg yolks from the whites.



Warning

Be careful as the baking paper may burn if it touches the side of the oven.

3 Put soft butter and about 2/3 of the sugar in a bowl, mixing until it whitens. Then add the egg yolks and mix.

4 Put the egg whites in a large bowl and beat until. Add the rest of the sugar slowly and more beat.

5 Add half the contents from step **4** to those of step **3**. Sift in items in **A**. Gently mix, then mix in the remainder of contents from step **4**.

6 Add items in **B** and the rum-soaked fruits to the step **5**. Pour into the pan and depress as to make a trench. Sprinkle sliced almonds.

7 Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → CONVEC OVEN ENTER → 1 tray, PREHEAT ENTER → 170°C → START

8 When preheating is complete, add contents from step **6** into the Baking tray and lay them horizontally. Set the knob to about 45 min. and press START.

<Tips>

If the dried fruits are powdered lightly and evenly with cake flour before they're mixed, they are less likely to sink.

Cream Puff

Preheat — Do not use the cooking accessories. — Approximate Cooking Time about **9** min.

Water Tank Level: **1** or more

Baking — 1 tray — Lower — Baking tray — Approximate Cooking Time about **27** min.

Ingredients (makes 12 on 1 tray)

Custard Cream ..... 2 cups
(Make as directed on page **68**)
Cream puff batter
- Water 100mL
- Butter 50g
- Cake flour 50g
- Eggs ..... 2-3 Medium

*Can also automatically be made on 2 trays.

Baking — 2 tray — Upper, Baking tray — Lower, Baking tray



1 Make cream puff batter. Put small pieces of butter and water in a large (about 22cm diameter) heat-resistant container. Put in 1/2 teaspoon of cake flour from the ingredients list, and without wrapping and place it in the **center of the oven**.(Do not insert the Baking tray)



MANUAL MICRO → MICROWAVE 600W → ENTER → 3 min. 30 s. → START

<Important Point>
Add flour when the water and butter are sufficiently boiled. If they need more time to boil, allow for longer heating.

2 After cooking, add the remainder of the flour and quickly knead with a spatula. Without wrapping, put in the **center of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → MICROWAVE 500W → ENTER → 40-50s. → START

3 Add 1 beaten egg. When It is properly mixed add the remaining eggs slowly while watching the consistency of the batter.

4 Try ladling with a spatula; adjusting so it has just enough thickness to pour out.

<Important Point>
The thickness should be where you can ladle about half the batter, then tilt the spatula and in about 5 seconds it all falls out.



If it gets to this state before putting all of the eggs in, don't add any more.

5 Put water in the water tank.

6 Preheat the oven (Do not put the cooking accessories or food inside).

14 CREAM PUFF (ADJUST PORTION)
Choose (14 – 1 tray).
→ START

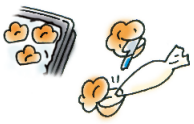
7 Lay aluminum foil on the Baking tray. Put the batter in a pastry bag which has a 1cm diameter round tip. Squeeze out 12.

8 When preheating is complete, put the Baking tray from step **7** in the oven. Press START.

When cooking manually: Mist the dough. WATER OVEN 2 / 1 tray/PREHEAT/about 25-27 minutes at 190°C. (When using 2 trays, 2 tray/PREHEAT/about 40 minutes at 190°C.
After 3 minutes press MANUAL COOK, set the knob to WATER OVEN 0 then press ENTER

<Important Point>
They will deflate if cold air enters before they are finished baking, so make sure not to open the door until they are done.

9 Quickly remove from the foil and let cool while the outer layer is still hot. Open the puffs with a knife and stuff with custard cream.



Tips for Cream Puff

- The puffiness will vary on how the dough was made. They may not inflate properly if the batter is too soft.

Variation



Eclair

1 They're made similarly to cream puffs. However the batter is made in a 10cm long cylindrical shape, and after cooking, the top is cut and 75g of melted chocolate is added then hardens. It is stuffed with custard cream and the top is covered.





Japanese Custard Pudding

Steam | Upper | Baking tray | Water Tank Level: Set to Level 2

Ingredients (makes 10 in stainless steel custard molds)

Caramel sauce
- Sugar ..... 5 Tbsp
- Water, hot water ..... 1 Tbsp each

Custard batter
- Milk 500mL
- Sugar 70g
- Eggs ..... 4 Medium Eggs
- Vanilla extract ..... A Pinch

*Do not use porcelain molds because it is difficult to make them harden.

1. Put sugar and water in a small pot and heat over medium. When boiling as yellowish brown, remove from heat and add hot water. (Be careful not to burn yourself as water may splash).
2. Put an equal amount of caramel sauce in each mold.
3. Put both milk and sugar in a heat-resistant container and place in the **center of the oven** without wrapping. (Do not insert the Baking tray)

   MANUAL MICRO → MICROWAVE 600W → ENTER → about 3 min. 30 s. → START
4. After cooking, mix to melt the sugar. Add well whipped eggs and vanilla extract. Mix well but do not beat, then strain.
   <Important Point>
   Whip the eggs well. If they are not whipped enough, egg whites will stick to the strainer, and it may not harden well.
5. Put water in the water tank.
6. Pour the same amount of custard batter in each mold. Cover each one with aluminum foil and place them near the center of the Baking tray.

   18 STEAM LOW → ENTER → 90°C → ENTER → 20-22 min. → START
7. After cooking, stand in the oven for about 5 minutes, then allow heat to dissipate. Cool in a refrigerator and take them out from the molds.

Custard Pudding (Soft)

Steam | Upper | Baking tray | Water Tank Level: Set to Level 2

Ingredients (makes 8 in 8cm bottom diameter x 4cm cocotte mold)

A
- Milk 300mL
- Sugar 70g

Heavy Cream 150mL
Egg Yolks ..... 5 Medium Eggs
Vanilla extract ..... A Pinch

1. Put items in **A** into a heat-resistant container and place in the **center of the oven** without wrapping. (Do not insert the Baking tray).

   MANUAL MICRO → MICROWAVE 600W → ENTER → about 2 min. 50 s. → START
2. Add the rest to the container in step **1**. Mix well and strain.
3. Put water in the water tank.
4. Pour an equal amount of step **2** into each mold. Cover each with aluminum foil and place them on the Baking tray.

   18 STEAM LOW → ENTER → 90°C → ENTER → 25-27 min. → START
5. After cooking, stand in the oven for about 5 minutes, then allow heat to dissipate. Cool in a refrigerator.
   <Tips>
   You may decorate with whip cream or caramel sauce as you like.

Custard Points

- Cooking results depend on the shape of the molds and the temperature of the custard batter. If you poke one with a bamboo skewer and notice raw batter stuck to one, extend the cooking time.





Cocoa Cheese Cake

Preheat: Do not use the cooking accessories.
Approximate Cooking Time: about **8** min.
Baking: Lower — Baking tray

Ingredients (makes 1 cake in a 18cm diameter metallic round pan)

- Graham crackers ····· 70g
- Butter ····· 35g
- **A**
  - Cream cheese ····· 200g
  - Heavy Cream ····· 100mL
  - Sugar ····· 90g
  - Eggs ····· 2
  - Cake flour ····· 3 Tbsp
- Cocoa ····· 1 Tbsp
- Baking Paper

*Substitute with wheat crackers or biscuits, if you have no graham crackers.

1. Apply a thin layer of butter (not from ingredients) on the inside of a circular pan and place a baking paper.
2. Place graham crackers in a double-layered plastic bag and crush them into fine pieces.
3. Cut small pieces of butter and place them in a heat-resistant container. Wrap and place in the **center of the oven**. (Do not insert the Baking tray)
   MANUAL MICRO → MICROWAVE 200W → ENTER → about 1 min → START
4. After baking, put in the contents of step **2** and mix. Spread all over the pan from step **1**.
5. Put ingredients in **A** into a food processor and mix until smooth. (If you have no food processor, put in a bowl with cream cheese and sugar and mix with a whisk until smooth. After that, add cake flour and mix. Add eggs and cream little by little in that order, and mix as not to make lumps.)
6. Preheat the oven (Do not put the cooking accessories or food inside).
   MANUAL COOK → CONVEC OVEN → ENTER → 1 tray, PREHEAT → ENTER → 170°C → START
7. Make the cocoa batter by putting 1/4 of the batter from step **5** into a bowl. Add the cocoa melted in the same amount of water and mix with a spatula.
8. Pour the rest of the batter from step **5** into step **4**. Gently pour the contents of step **7** on top evenly, resulting in 2 layers of batter.
   *If the cocoa batter is poured into just one place it may not properly spread into two layers.
9. When preheating is complete, place the contents of step **8** on the Baking tray, set the knob to about 45 min. and press START.
10. After baking, let one cool in the pan first, then place in a refrigerator.

Apple Pie

Preheat: Do not use the cooking accessories.
Approximate Cooking Time: about **11** min.
Baking: Lower — Baking tray

Ingredients (makes 1 pie in a 23cm diameter metal pan)

- Apple compote
  - Apples (a type with acidity, such as Jonathan apples) ··· 4 (net weight 600g)
  - Sugar ····· 120g
  - Lemon Juice from a half piece of a lemon ····· 1/2 lemon
  - Corn Starch ····· 2 Tsp
  - Cinnamon (add as you like) ····· A Pinch
- Frozen pie crust (market product) ····· 4 (100g per crust)
- Egg wash
  - Egg Yolk ····· 1 Medium
  - Water ····· 1 Tsp

1. Divide the apples into 8 pieces, removing the peels and the cores, then slice into half of each piece. Immediately soak with salt water.
2. Wash then drain the contents of step **1**. Put them in a heat-resistant container, and cover with sugar and lemon juice. Once you checked the juice from the apples, wrap and place in the **center of the oven**.(Do not insert the Baking tray)
   MANUAL MICRO → MICROWAVE 600W → ENTER → about 10-12 min. → START
   Remove from the oven when **about 2 minutes** remain. Eliminating the juice, mix one with corn starch (dissolve an equal amount in water), place in the **center of the oven** without wrapping, and press START. After cooking, add cinnamon if you want and let one cool.
3. Stick 2 frozen pie crusts together and roll each one to a thickness of about 3-4mm with a rolling pin on a powdered stand. Make the circle just a little bigger than its size of a pie crust.
4. Spread one crust out on the pan and poke many holes with a fork.
5. Add the apple compote, spread egg wash to the edges of the pie crust and cover with another crust.
6. Cut off any extra space on the edges and spread egg wash on the surface. Stretch out the remaining dough of the pie crust, decorate the edges and the surface. Let sit in a refrigerator for about 30 minutes.
7. Preheat the oven (Do not put the baking tray or food inside).
   MANUAL COOK → CONVEC OVEN → ENTER → 1 tray, PREHEAT → ENTER → 210°C → START
8. Spread egg wash on the surface of step **6** and make slits in 3–4 places.
9. When preheating is complete, place on the center of the Baking tray from **8**, set the knob to 25-28 min. and press START.

<Tips>
After baking, consider putting on the mixture of some apricot jam and rum.







Steamed Bun

Steam — Upper — Baking tray

Water Tank Level — Set to Level 2

Ingredients (makes 10 buns in stainless steel custard molds)

	Eggs	2 Medium Eggs
	Sugar	100g
	Vegetable Oil	2 Tbsp
	Milk	150mL
A	Cake flour	200g
A	Baking powder	1/2 Tbsp
	Sweet red beans	60g
	Paper cases	10

1 Put water in the water tank.

2 Break eggs into a bowl, add sugar and mix them with a whisk.

3 Add vegetable oil to step **2** and mix, then add milk and quickly mix. Add sifted ingredients from **A**. Mix quickly with a spatula as not to make lumps, then mix with sweet red beans.

4 Put paper cases into custard molds, then pour equal portions of batter and place them on a Baking tray.

17 STEAM HIGH ENTER
→ about 23 min → START

5 After cooking, remove from each mold and let them cool on a net.

Custard Cream

Cook — Do not use the cooking accessories.

Ingredients (makes 2 cups)

Cake flour, cornstarch	2 Tbsp each
Sugar	80g
Milk	2 Cups
Egg Yolks	3 Medium Eggs
Butter	30g
Brandy	2 Tsp
Vanilla extract	A Pinch

1 Put cake flour, corn starch, and sugar into a large bowl. Add a little milk, then mix with egg yolks, and the remaining milk and place in the **center of the oven** without covering with the plastic wrap. (Do not insert the Baking tray)

MANUAL MICRO
→ MICROWAVE 600W ENTER
→ about 2 min → START

After cooking, mix, then extend the cooking time for 2 minutes and press START.

After that, mix and extend the cooking time for **another 2 minutes 30 seconds** and press START.

<Important Point>

Immediately after cooking it will be soft, its texture will become suitable after cooling it down.

2 Add butter and mix well. After cooling add brandy and vanilla extract for scent.

<Important Point>



Add the brandy and vanilla extract only after cooling. If they're added while it is still hot, the scent will fade. After cooking, no film will be made if you directly stick the plastic wrap on the surface without air.

White Sauce

Cook — Do not use the cooking accessories.

Ingredients (makes 2 cups)

Cake flour, butter	30g of each
Milk	2 Cups
Salt, Pepper	A Pinch

1 Combine the butter and cake flour in a large heat-resistant bowl and place one in the **center of the oven** without covering with the plastic wrap. (Do not insert the Baking tray)

MANUAL MICRO
→ MICROWAVE 600W ENTER
→ about 1 min → START

2 After heating step **1** up, mix until smooth with a whisk.

3 Add milk to step **2** little by little until smooth. (Do not insert the Baking tray)

MANUAL MICRO
→ MICROWAVE 600W ENTER
→ about 1 min → START

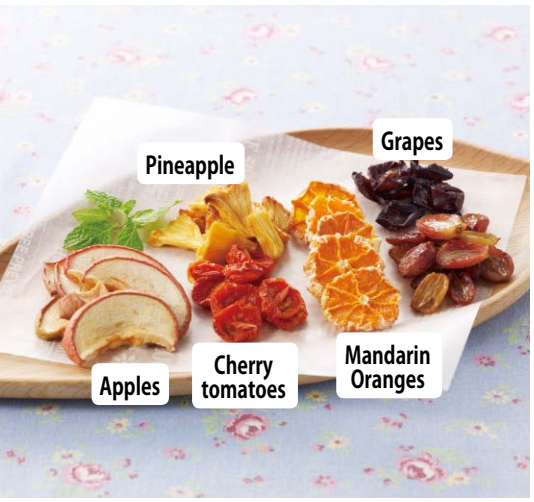
After cooking, mix, then extend the cooking time for 1 minute and press START.

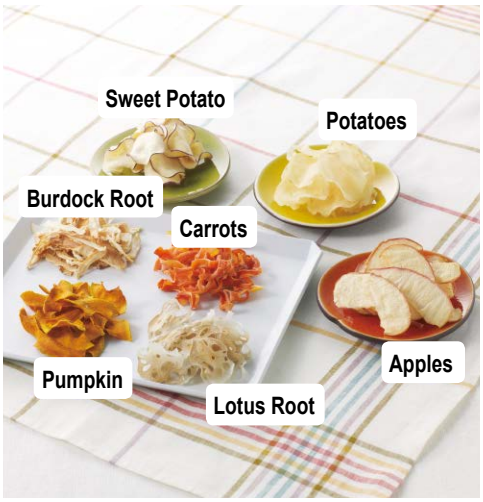
After that, mix and extend the cooking time for **another 3 minutes** and press START.

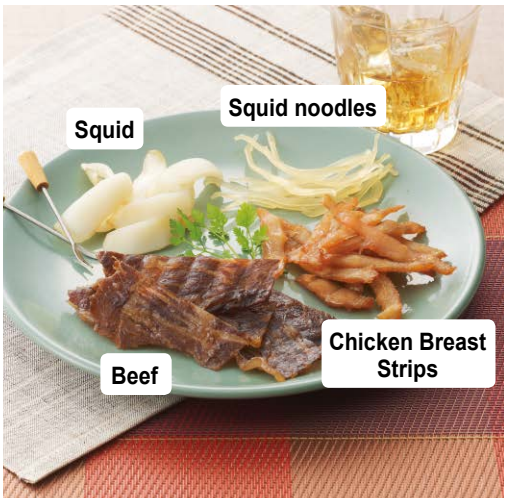
4 When done, mix lightly and add salt and pepper to adjust its taste.

<Important Point>

Once you can make some lines with the whisk, the texture is suitable.No film will be made if you directly stick the plastic wrap on the surface without air.







Dried Food(Dried Fruit Soft)

Baking 2 tray — Upper, Baking tray / Lower, Baking tray | Approximate Cooking Time about 2 h. | Water Tank Level: Set to Level 2

- Ingredient Examples
  Pineapples, apples, mandarin oranges, kiwi, grapes, cherry tomatoes, and mango.
- Standard amounts
  Spread appropriate portion of each ingredient on the Baking tray without overlapping.
- How to Cut
  Slice pineapple and mango to about 1cm and apples and mandarin oranges to 7mm–8mm. Grapes and cherry tomatoes should be cut in half and arranged with those inside sections up. If the apples are rinsed with salt water, it will prevent from its discoloration.

*Can be cooked automatically with 1 tray as well.
*2 Baking trays will be shown on the display, but just insert one in the **lower**.

Baking 1 tray — Lower / Baking tray

1 Put water in the water tank.

2 Spread a baking paper and the appropriate portion of each ingredient without overlapping on the baking tray. Its moisture must be wiped off with a paper towel in advance.



15-1 DRIED FOOD(DRIED FRUIT SOFT)
START

3 After cooking, remove the Baking tray and let one cool.

Dried Food (Dried Chips)

Baking 2 tray — Upper, Baking tray / Lower, Baking tray | Approximate Cooking Time about 1 h. | Water Tank Level: Set to Level 2

- Ingredient Examples
  Potatoes, sweet potatoes, pumpkin, lotus root, greater burdock and apples
- Standard amounts
  Spread appropriate portion of each ingredient on the Baking tray without overlapping.
- How to Cut
  Slice into 1mm-2mm pieces with a slicer. Rinse with water, except for pumpkin. Rinsing greater burdock and lotus root with diluted vinegar, and apples with salt water will prevent from its discoloration. Slice pumpkins after removing skin. Apples will have more flavor with slices around 2mm.

*Can be cooked automatically with 1 tray as well.
*2 Baking trays will be shown on the display, but just insert one in the **lower**.

Baking 1 tray — Lower / Baking tray

1 Put water in the water tank.

2 Spread a baking paper and the appropriate portion of each ingredient without overlapping on the baking tray. Its moisture must be wiped off with a paper towel in advance.



15-2 DRIED FOOD (DRIED CHIPS)
START

*For 2mm slices, within 30 seconds of pressing "Start", set the cooking adjustment to MORE (▲). (Estimated time: 1 hour 15 minutes)

3 After cooking, remove the Baking tray and let one cool.

Dried Food (Snacks)

Baking 2 tray — Upper, Baking tray / Lower, Baking tray | Approximate Cooking Time about 2 h. | Water Tank Level: Set to Level 2

- Ingredient Examples
  Squid, sliced beef (red meat), chicken tenderloin
- Standard amounts
  Spread appropriate portion of each ingredient on the Baking tray without overlapping.
- How to Cut
  Slice thinner than 5mm and season as you like (see below).

*Can be cooked automatically with 1 tray as well.
*2 Baking trays will be shown on the display, but just insert one in the **lower**.

Baking 1 tray — Lower / Baking tray

1 Put water in the water tank.

2 Spread a baking paper and the appropriate portion of each ingredient without overlapping on the baking tray. Its moisture must be wiped off with a paper towel in advance.



15-3 DRIED FOOD (SNACKS)
START

*When cooking squid noodles arranged one by one, or sliced beef, within 30 seconds of pressing "Start", set the cooking adjustment to LESS (▼). (Estimated time: 1 hour 30 minutes)

3 After cooking, remove the Baking tray and let one cool.
*Consider cooking beef or chicken tenders after adding seasoning liquid.

<Beef, chicken tenderloin seasoning liquid>

Beef or chicken tenderloin		100g
Coarsely ground pepper		A Pinch
A	Red Wine	40mL
	Soy Sauce	20mL
	Sweet Rice Wine (Mirin)	20mL

Dry food cooking points

- The cooking finish of the photos depending on types of the ingredients and seasons.
- Do not keep them for a long time, please eat quickly.
- Various ingredients shown on the above photos are placed together in order to demonstrate the proper size of them. The ingredients is that requires different finish cannnot be cooked at the same time.

Tips for "baking bread"



●Ingredients

- Properly measure ingredients
- Inconsistencies can occur when measuring flour with a measuring cup. Please measure with a scale.
- Use dry yeast that doesn't require pre-fermentation. After opening, remove air from package, fold the opening, close it with tape, then store in the refrigerator. Be sure to use quickly. If It is not stored properly or gets old, the bread will not properly rise.

●Adjust proof (fermentation) based on the situation

- Time required for fermentation differs depending on things like moisture in the room, temperature of the dough, and vitality of the yeast.

Fermentation has a setting for consistent steam 19 STEAM PROOF and no steam 20 PROOF.
Steam proof can be done at 35, 40, or 45C° and proof can be done at 30, 35, 40, or 45°C.

●Be careful of the dough drying out.

- At bench time, wrap the dough as not to let it dry. If you're worried about the dough drying out during secondary fermentation, mist it several times.

●Make space when arranging

- After secondary fermentation, the dough expands 2 to 2.5 times its size.



●Gently spread dorure with a soft brush.

●For Baking

- If the size of the batter of something like a dinner rolls is different, it can cause uneven baking. Make sure the sizes are uniform.

●For the best flavor:

- After baking slightly cool. When temperature gets down around body temperature put in a plastic bag to prevent from drying.



Loaf of Bread

Preheat	Approximate Cooking Time	Water Tank Level
Do not use the cooking accessories.	about 8 min.	1 or more

Baking: Lower — Baking tray

Ingredients (for 1 loaf in a 20x8x8.5cm pan)

Bread dough
- Strong flour ····· 300g
- Sugar ····· 2 Tbsp
- Salt ····· 1 Tsp
- Dry yeast ····· 1 1/3 Tsp(4g)
- Milk (room temperature) ····· 210mL
- Butter ····· 20g

Egg wash
- Beaten Egg ····· 1/2 Medium Egg
- Salt ····· A Pinch

Baking Paper

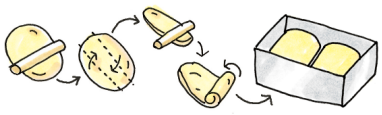


1 Put water in the water tank.
(Water for both fermentation and baking)

2 Follow steps **2**–**5** of the recipe of dinner roll (page **71**) with the ingredients list.

3 Follow steps **6**–**8** of the recipe of dinner roll for primary fermentation, cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 10 minutes. (Bench time)

4 Flatten each piece of dough with a rolling pin and fold in thirds. Make these into rectangles and roll from the edges. Spread on butter (not from ingredients), and put rolled end face down on a bread pan with a baking paper. Put the bread pan on the Baking tray.



*If using baking paper, be absolutely sure that it does not touch the insides of the oven.

5 Put tray from step **4** in the **lower position.**

19 STEAM PROOF ENTER → 40°C ENTER → 40-50 min. → START

6 Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, PREHEAT ENTER → 180°C → START

7 When preheating is complete, spread Egg wash on the surface of the bread dough and lay horizontally in the center of the Baking tray. Set the knob for about 30 min. and press START.



After 5 minutes, perform the following steps.

MANUAL COOK → WATER OVEN 0 ENTER

8 After baking, remove bread from the pan and remove the baking paper.

Superheated steam settings for the bread / pizza menu, see page **6** of this data as well as page **7** of the operation manual.

Dinner Roll

Preheat	Approximate Cooking Time	Baking	Water Tank Level
Do not use the cooking accessories.	about 8 min.	Upper, Baking tray / Lower, Baking tray	1 or more

Ingredients (makes 24 on 2 trays)

Bread dough
- Strong flour ····· 500g
- Sugar ····· 5 Tbsp
- Salt ····· 1 Tsp
- Dry yeast ····· 2 2/3 Tsp(8g)
- Milk (room temperature) ·· 280mL
- Eggs ····· 1 Large
- Butter, Softened ····· 90g

Egg wash
- Beaten Egg ····· 1/2 egg
- Salt ····· A Pinch



1 Put water in the water tank.
(Water for both fermentation and baking)

2 Put sifted strong flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add milk then whipped eggs in order lightly stir, add softened butter and mix.

3 Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.
<Important Point>
If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

4 Spread out the dough, to where you can just see your fingers through one.



5 Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.

6 Insert the tray from step **5** in the **lower position.**
19 STEAM PROOF ENTER → 40°C ENTER → 40-50 min. → START

<Important Point>
The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, It is properly fermented. If the hole closes up, It is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

7 Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).

8 Cut into 24 small round pieces with a scraper or kitchen knife, wrap, and let rest for about 20 minutes. (Bench time).

9 Flatten the round dough into a tear-drop shape with a rolling pin and roll from the thick end. Space out with the end of the roll face down on both thinly buttered (not from the ingredients) Baking trays.

10 Insert trays from step **9** into the both **upper and lower position.**
19 STEAM PROOF ENTER → 40°C ENTER → 35-40 min. → START

<Important Point>
The dough will expand to 2-2.5 times its size after secondary fermentation. If It is not fermented enough, add around 10 more minutes of fermentation time while keeping an eye on its condition.

11 Preheat the oven (Do not put the cooking accessories or food inside).
MANUAL COOK → WATER OVEN 2 ENTER → 2 tray, PREHEAT ENTER → 180°C → START

12 When preheating is complete, spread Egg wash on the surface of the bread, set the knob to 14-15 min. and press START. After 5 minutes, perform the following steps.
MANUAL COOK → WATER OVEN 0 ENTER

*When only using 1 tray, put it on the **lower position** and set the cooking time for 12-13 minutes.

Variation

Sausage Roll
(24 on 2 trays)



1 Follow the steps **1**-**10** of the dinner roll recipe.

2 Spread dorure, cut 3 to 4 cm long deep slits in the middle with a razor. Firmly pack 120g round slices of sausages and 85g of mixed vegetables. Cover with 120g of pizza cheese.



Bread Filled with Red Bean Paste
(24 on 2 trays)



1 Follow the steps **1**-**8** of the dinner roll recipe.

2 Shape the bread into a cylindrical shape and wrap 24 portions of coarse sweet red bean paste (600g). Wrap tightly so the sweet red bean paste will not fall out.



*Before baking, sprinkle with poppy seeds, sesame seeds, or cherry blossom petals, if you like.

Variation

Boule

1 Divide into 4 equal parts after the first fermentation, roll them into round shapes, and firmly pinch the ends of the dough together. Form a # with the cut edges (coupe).

Coupe

1 Divide into 4 equal parts after primary fermentation. After shaping into squares, fold 1/3 from the far side to the front, close with the palm of the hand then fold back the left and right corners of the far side to the center. Once again, fold from the far side to the front and firmly pinch the ends of the dough together. Gently roll to adjust the shape. Form a line with the cut edges (coupe).



Short Memo

- Simple breads like French breads with lower sugar and fat content are called "lean breads". Conversely, breads like dinner rolls which are prepared with plenty of sugar and butter are called "rich breads". For bread, French bread has a high learning curve and is meant for advanced bakers. It is easy for various influences such as measurements and room temperature to get in the way. Please master these tricks by rising to the challenge many times.

French Bread (Baguette)

*A baguette is generally considered a thin, cylindrical shape about 65cm long, but here we make it a size that will fit in the Baking tray.

Preheat: Upper — Baking tray | Approximate Cooking Time about 13 min.*

Baking: Upper — Baking tray | Water Tank Level: 1 or more

*Since cooking accessories are used to preheat, the preheat time is long.

Ingredients (for 2)

Bread dough
- French Bread Flour 300g
- Sugar ..... 1/2 Tsp
- Salt ..... 2/3 Tsp
- Dry yeast ..... 1 Tsp(3g)
- Lemon Juice ..... 1 Tsp
- Water (Refrigerated) 185mL

A canvas
(A canvas to be laid out on the Baking tray to prevent sticking, and on the dough to prevent drying. Made of a thick cotton, It is sold in stores with confectionery and baking tools.)

Razor

A board which will allow the dough to move
(Cut cardboard into an ellipse with a length of around 35cm and a width of 15cm. To prevent slippage, cover with a stocking. Professionals use the same type of tools, but you can also substitute with a plank wrapped in bleached cotton.)



1 Follow steps **2**-**5** of the dinner roll recipe (page **71**) with the ingredients from the list. Wrap the bowl which has the dough.

2 Place the bowl from step **1** on the **lower position**.

20 PROOF ENTER → 30°C ENTER → about 2 h. 30 min. → START

3 Remove the dough to a counter slightly sprinkled with flour. Using both hands press to release gas. Cut in two with either a scraper or a kitchen knife. Lightly fold in two, wrap and let rest for about 20 minutes. (Bench time).

4 Using the palms of your hands lightly tape the dough, then flatten by spreading out into a square. Fold 1/3 from the far side to the front, close with the palm of your hand. Again fold from the far side to the front, press with the palm of your hand, and firmly close the ends. Roll with both hands to about 30cm.



Fold 1/3 on the far side



Close with the palm of your hand



Firmly pinch the ends of the dough together

5 Spread the canvas on the Baking tray, and line up the two pieces of dough with space in between. Loosen the canvas making a groove in the middle. Mist the dough.



6 Insert the tray from step **5** in the **upper position.**

20 PROOF ENTER → 30°C ENTER → about 40 min → START

7 After secondary fermentation remove the dough for each canvas from the Baking tray.

8 Put water in the water tank.

9 Preheat. Put the other Baking tray in the **upper position.** (Do not insert it with any food products on it)

MANUAL COOK → WATER OVEN 3 ENTER → 1 tray, PREHEAT ENTER → 220°C → START

While preheating is taking place, put a canvas on the dough. If it looks like the dough will dry out, use mist. Prepare the board used to move the dough with a razor.

10 When preheating is complete, take the Baking tray from the upper position and close the door. Lift the fabric under the dough a little, move to the board, place both pieces on the preheated Baking tray with space between them.



Looking from directly above

Warning
Use a kitchen mitten when removing the hot baking tray after preheating and place on heat-resistant space.

11 Cut 3 pieces (coupe) each with a razor and return to the upper position. Set the knob for 28-30 min. and press START.

After 5 minutes to the next step.

MANUAL COOK → WATER OVEN 0 ENTER

Replace the baking tray of the front and back at the time of 10 minutes remaining.

Tips for Baking French Bread (Baguette)

Ingredients
- If you do not have flour specifically for baking French bread, it can be created by making a flour mixture that is 8 parts strong flour and 2 parts cake flour and is the measurement indicated in the recipe.
- After kneading the dough, use cold water in order to prevent the dough from reaching room temperature. When cooking in summer, prepare everything in a cool room and use chilled ingredients.

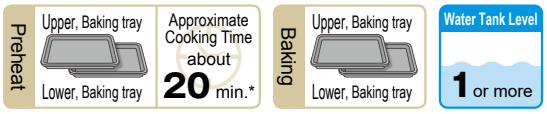
Fermentation & What to Watch For
- Ferment the dough in a slightly cool room. The ideal temperature is about 20-30℃
- The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, It is properly fermented. If the hole closes up, It is not fermented enough. While keeping an eye on its condition, add around 10 more minutes of fermentation time.

Handling the Dough
- French bread is one of the sensitive types of bread and do not touch the bread dough too much to avoid damaging the dough and uneven browning finish.
- Cover the dough from drying during the time of first fermentation and raising.

Baking
- The way to ensure that your bread has that unique French bread crisp and sheen is to make sure that there is hot steam in your oven.



Pizza (Regular)



*Since cooking accessories are used to preheat, the preheat time is long.

Ingredients (for 2 25cm pizzas on 2 trays)

Pizza dough
- Strong flour ····· 160g
- Cake flour ····· 80g
- Sugar ····· 1 1/3 Tsp
- Salt ····· 2/3 Tsp
- Dry yeast ····· 1Tsp(3g)
- Water ····· 140mL
- Vegetable Oil ····· 1 Tbsp

Toppings
- Pizza sauce (market product) ····· As needed
- Salami sausage (thin sliced) ···· 30 slices
- Onion (Thinly Sliced) ····· 1/2(100g)
- Paprika (Thin sliced) ····· 2
- Mushrooms (Canned, Sliced) ····· 80g
- Shredded Cheese ····· 200g

Baking Paper

Cautions when making pizza

- Cut baking papers so they will not fall off the Baking trays. They can burn if they touch the sides of the oven or are cooked too long.
- After preheating, the Baking trays are hot, so use a mitten when removing them and place them somewhere resistant to heat. (Be careful of burning yourself).

1 Put water in the water tank. (Water for both fermentation and baking)

2 Do as instructed in steps **2**–**5** of the dinner roll recipe (page **71**) with the ingredients list.

3 Follow steps **6**–**8** of the dinner roll recipe for primary fermentation, cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 10 minutes. (Bench time)

4 Insert Baking trays and preheat. (Do not put any food products in)

MANUAL COOK → WATER OVEN 2 ENTER → 2 tray, PREHEAT ENTER → 250°C → START

5 Spread the dough out into 25cm diameter round shapes and place on baking papers.

6 Spread pizza sauce on the dough from step **5**, add toppings and sprinkle with pizza cheese.

*Salami can burn easily so It is good to put the cheese on top of it.

7 When preheating is complete, using a mitten, remove the Baking trays and close the door. Place each piece of dough from step **6** on baking papers and put on Baking trays. Set the knob to 11-13 min and press START.
After 5 minutes to the next step.

MANUAL COOK → WATER OVEN 0 ENTER

*When only using 1 tray, put it on the **lower position** and set the cooking time for 9-11 minutes.

Variation

■Cooking instructions are similar to the Pizza (regular) recipe.

Tuna Tomato

Ingredients (for 2 25cm pizzas)

Toppings
- Pizza sauce (market product) ····As needed
- Tuna (canned) ····· 160g
- Tomatoes ····· 2 small (200g)
- Onion ····· 1/2(100g)
- Shredded Cheese ····· 200g

Break the tuna up into small pieces. Remove the tomato seeds and cut into thin slices. Thin slice onions.

Cod Roe

Ingredients (for 2 25cm pizzas)

Toppings
- Pizza sauce (market product) ····· As needed
- Cod roe ····· 100g
- Shredded Cheese ····· 200g
- Shredded seaweed ····· As needed

Remove the skin of the cod roe and spread it all over. Sprinkle pizza cheese and shredded seaweed.

Kimchi

Ingredients (for 2 25cm pizzas)

Toppings
- Kimchi ····· 160g
- Hard Boiled Eggs ····· 2
- Mayonnaise ····· As needed

*Can be tasty even without pizza sauce.
Cut the kimchi to bite-sized, and cut round pieces of hard boiled egg. Spread mayonnaise all over.

■Cooking instructions are similar to the Pizza (crispy) recipe.

Prosciutto and Arugula

Ingredients (for 2 25cm pizzas)

Toppings
- Tomato sauce or pizza sauce (market product) ····· As needed
- Shredded Cheese ····· 180g
- Prosciutto ····· 10-12 slices
- Arugula (or dried basil as needed) ····· 10-12 slices

After cooking, put on prosciutto and arugula.

Anchovies and Vegetables

Ingredients (for 2 25cm pizzas)

Toppings
- Tomato sauce or pizza sauce (market product) ····· As needed
- Anchovies (canned) ····· 10 pieces
- Paprika (red, yellow) ····· As needed
- Asparagus ····· 3
- Olives ····· As needed
- Shredded Cheese ····· 180g
- Shredded Parsley ····· A Pinch

Make thin cuts of paprika and cut the asparagus in half. After cooking, sprinkle shredded parsley.





*Please also see "Cautions when making pizza" (page **74**).

Pizza (Crispy)

Preheat: Upper, Baking tray / Lower, Baking tray — Approximate Cooking Time about **30** min.*

Baking: Upper, Baking tray / Lower, Baking tray

Water Tank Level: **1** or more

*Since cooking accessories are used to preheat, the preheat time is long.

Ingredients (for 2 25cm pizzas on 2 trays)

Pizza dough
- Strong flour, cake flour ····· 70g of each
- Salt ····· A Pinch
- Dry yeast ····· 1 1/3 Tsp(4g)
- Water ····· 2 2/3 Tbsp
- Milk ····· 2 Tbsp
- Olive oil ····· 4 Tsp

Toppings
- Tomato sauce or pizza sauce (market product) ····· As needed
- Mozzarella Cheese(cut into 2cm cubes) ····· 180g

Basil Leaves (or dried basil as needed) ····· 16 leaves

Baking Paper

*Certain types of mozzarella cheese melt differently.

1 Put water in the water tank. (Water for both fermentation and baking)

2 Follow steps **2**–**5** of the dinner roll recipe (page **71**) with ingredients from the list. However it won't be as transparent as the dinner roll dough.

3 Follow steps **6**–**8** of the dinner roll recipe for primary fermentation, cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 10 minutes. (Bench time)

4 Insert Baking trays and preheat. (Do not put any food products in)

MANUAL COOK → WATER OVEN 2 ENTER → 2 tray, PREHEAT ENTER → 250°C → START

5 Spread the dough out into 25cm diameter round shapes and place on baking papers.

6 Spread tomato sauce on the dough from step **5** and sprinkle cheese.

7 When preheating is complete, using a mitten, remove the Baking trays and close the door. Place each piece of dough from step **6** on baking papers and put on Baking trays. Set the knob to 10-12 min. and press START.
After 5 minutes to the next step.

MANUAL COOK → WATER OVEN 0 ENTER

*When only using 1 tray, put it on the **lower position** and set the cooking time for 8-10 minutes.

8 After cooking, put on basil leaves.

Pizza (Market Product)

Baking: Upper / Baking tray

Water Tank Level: **1** or more

Ingredients (makes 1)

Store bought refrigerated pizza (about 23cm diameter) ····· 1
Or
Store bought frozen pizza (about 15cm diameter) ····· 1

1 Put water in the water tank.
2 Put the pizza on the Baking tray.

■If refrigerated

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 250°C ENTER → about 14 min → START

■If frozen

MANUAL COOK → WATER OVEN 3 ENTER → 1 tray, NO PREHEAT ENTER → 250°C ENTER → about 14 min → START

After 5 minutes to the next step.

MANUAL COOK → WATER OVEN 1 ENTER

*Results will differ depending on the manufacturer and the size. Please watch while cooking.

Heating Chart

• As result will differ depending on the type of food, temperature before cooking, freshness, shape of container, and quality of ingredients, please cook while taking note of the situation.

Steam

Menu Item	Condition Before Cooking	Cooking Method	
		Automatic Cooking	
		Setting Key - Menu Number	Amount
Spinach	Room Temperature	**9 Steamed Vegetables→LESS (▼)**	100-400g
		When in a hurry, cook using Manual Micro.	
Broccoli	Room Temperature	**9 Steamed Vegetables**	100-400g
		When in a hurry, cook using Manual Micro.	
Asparagus	Room Temperature	**9 Steamed Vegetables→LESS (▼)**	100-400g
		When in a hurry, cook using Manual Micro.	
Pumpkin	Room Temperature	**9 Steamed Vegetables→MORE (▲)**	100-400g
		When in a hurry, cook using Manual Micro.	
Carrots Burdock Root	Room Temperature	**9 Steamed Vegetables→MORE (▲)**	100-400g
		When in a hurry, cook using Manual Micro.	
Daikon	Room Temperature	**9 Steamed Vegetables→MORE (▲)**	100-400g
		When in a hurry, cook using Manual Micro.	
Potatoes	Room Temperature	Cook manually.	
		When in a hurry, cook using Manual Micro.	
Sweet Potato Steamed Sweet Potatoes (when heating whole)	Room Temperature	Cook manually.	
		When in a hurry, cook using Manual Micro.	
Edamame	Room Temperature	Cook manually.	
		When in a hurry, cook using Manual Micro.	
Corn on the Cob	Room Temperature	Cook manually.	
		When in a hurry, cook using Manual Micro.	
Eggs	Refrigerate	**Auto Sensor Cook | No Frozen | Steam**	1-8 eggs
Crab (raw)	Refrigerate	Cook manually.	

＊① Fill the water tank up to **level 2**.
Please refer to Page 6 of the Operation Manual.

Manual Cooking			Accessories – Shelf position	Wrap (yes or no) or Water level	One Point Tip
Amount	Menu Number (output, temperature)	Approximate Cooking Time			
200g	**17 Steam High**	About 10 min.	Baking tray and Rack on upper	To water level 2＊①	●Cut a cross in the bottom If the root is thick.
	Microwave 600W	About 2 min. 30 s.	—	Wrapped	●Wrap alternating between leaves and stems, then place on dish.
200g	**17 Steam High**	About 13 min.	Baking tray and Rack on upper	To water level 2＊①	●Divide into small pieces.
	Microwave 600W	About 2 min. 30 s.	—	Wrapped	●Divide into small pieces and wrap, then place on dish.
200g	**17 Steam High**	About 10 min.	Baking tray and Rack on upper	To water level 2＊①	●Remove tough skin at the root.
	Microwave 600W	About 1 min. 50 s.	—	Wrapped	●Wrap alternating between the tips and roots, then place on dish.
400g	**17 Steam High**	About 18 min.	Baking tray and Rack on upper	To water level 2＊①	●Dice into 3-4cm cubes.
	Microwave 600W	About 4 min. 30 s.	—	Wrapped	●Arrange by size and cut, then place on dish.
200g	**17 Steam High**	About 18 min.	Baking tray and Rack on upper	To water level 2＊①	●Cut to 1cm thickness.
	Microwave 600W	About 5 min. 30 s.	—	Wrapped	●Add enough water (about 100mL per 200g) for the vegetables to be submerged. Loosen the wrap and cover to where it will just touch the vegetables.
400g	**17 Steam High**	About 18 min.	Baking tray and Rack on upper	To water level 2＊①	●Cut into 1cm thick half circle slices.
	Microwave 600W	About 7 min. 30 s.	—	Wrapped	●Put in the flat bottom, heat resistant container.
1 (150g)	**17 Steam High**	About 22 min.	Baking tray and Rack on upper	To water level 2＊①	●Cut into 4 pieces. (Cannot cook whole)
	Microwave 600W	About 4 min.	—	Wrapped	●Put on dish. When cooking whole, wrap after cooking and stand for 4–5 minutes.
1 (250g)	**17 Steam High**	About 30 min.	Baking tray and Rack on upper	To water level 2＊①	●See steamed sweet potatoes (page **48**). ●When cutting and cooking, set cooking time to about 22 minutes.
	Microwave 600W	About 5 min. 30 s.	—	Wrapped	●Put on dish. When cooking whole, wrap after cooking and stand for 4–5 minutes.
1 bag (200g)	**17 Steam High**	About 18 min.	Baking tray on upper	To water level 2＊①	●For a snack, add plenty of salt and heat after letting sit. ●Spread out as not to overlap on the Baking tray.
	Microwave 600W	About 5 min. 30 s.	—	Wrapped	●Add enough water (about 200mL) for the edamame to be submerged. Loosen the wrap and cover to where it will just touch the edamame.
2 (600g)	**17 Steam High**	About 17 min.	Baking tray and Rack on upper	To water level 2＊①	●Shuck.
	Microwave 600W	5 min. 30 s. -6 min.	—	Wrapped	●Shuck and place on a dish. After cooking, wrap and stand for 2–3 minutes.
4	**17 Steam High**	About 16 min.	Baking tray and Rack on upper	To water level 2＊①	●Use refrigerated eggs.
1 cup (400g)	**17 Steam High**	About 16 min.	Baking tray and Rack on upper	To water level 2＊①	●To avoid spilling the liquid, cook with the belly up. ＊Adjust cooking time according to size.

SHARP