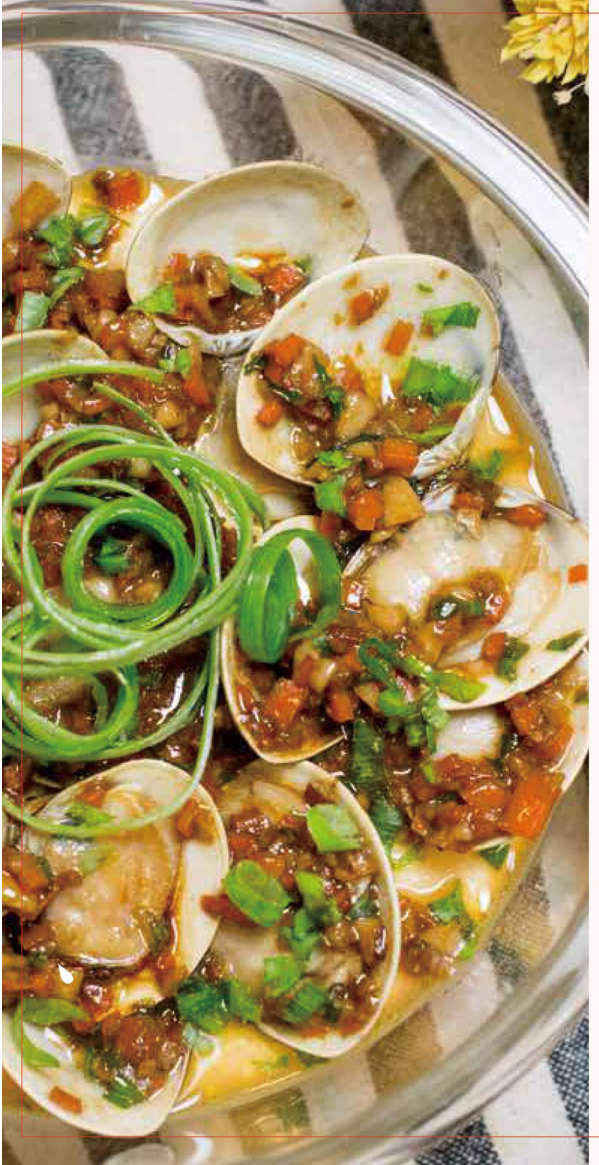
128g双铜（封面封底过油） 彩色印刷 148*148mm 20P 骑马钉





Predefined Code: H-1

Clam Steamed Egg

Steam

212°F (About 100°C)

About 12 Minutes

Ingredients

Main Ingredients:

Clams - 12
Eggs - 2

Other Ingredients:

Ginger - 3 Slices
Cooking Wine - 20ml / 0.7oz
Scallion - 1g / 0.002lb
Salt - 2g / 0.004lb
Soy Sauce - 10ml / 0.3oz

Guidelines for Utensil Arrangement

Tool: Baking Pan/Wire Rack
Placement: Middle Layer

Steps

01. Rinse the clamsin salted water for about 30 minutes to get rid of any sand;
02. Fill half of a large bowl with water, add some salt, a bit of ginger, a few scallions, and the clams.Steam this mixture in the oven for 3 minutes, then take it out. Drain the clams, leaving the clam water for later use;
03. Beat and stir two eggs and mix them in the clam water.The egg to water ratio should be around 1:1.5, and add salt for better favor;
04. Put the clams back in the bowl, cover it with plastic wrap and steam it for 12 minutes [Steam] function at 212°F(about 100°C);
05. Once done, sprinkle some scallions on top and drizzle with light soy sauce.

Adjust the cooking time based on the portion size, food dimensions, shape,and the kind of container used.

Predefined Code: H-2

Garlic Wine Steamed Shrimp

Steam

212°F (About 100°C)

About 12 Minutes

Ingredients

Main Ingredients:

Shrimp - 10 Pieces

Other Ingredients:

Sliced Ginger - 6 Pieces
Scallion Segments - 30g / 0.06lb
Chili Peppers - 3 Pieces
Garlic - 10g / 0.02lb
Cooking Wine - 30ml / 1oz
Salt - 2g / 0.004lb
Black Pepper - 2g / 0.004lb

Guidelines for Utensil Arrangement

Tool: Baking Pan/Wire Rack
Placement: Middle Layer

Steps

01. Clean and peel the shrimp, then slice them in half and lay them flat on a plate;
02. Combine all the ingredients and pour the mixture over the shrimp;
03. Use the [Steam] function setting at 212°F (about 100°C) for about 12 minutes.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.





Predefined Code: H-3

Garlic-Chili Spiced Steamed Squid

Steam Bake

420°F (About 220°C)

About 10 Minutes

Ingredients

Main Ingredients:
Fresh Squid -1000g/2.2lb

Other Ingredients:
Scallion-1 Piece
Chili Pepper-1 Piece
Garlic -4 Cloves
Cucumber-1/2 Piece
Soy Sauce -50ml/1.7oz
Ketchup -60ml/2oz
White Vinegar-10ml/0.340z
Sugar-20g/0.04lb
Sesame Oil -10ml/0.340z

Guidelines for Utensil Arrangement

Tool: Baking Pan/Wire Rack
Placement: Middle or bottom layer

Steps

01. Thoroughly clean the squid, cut it intorings, and place them systematically in abake pan;
02. Set the[Steam Bake] function to 420°F(about 220°C), and steam it for approximately 10 minutes;
03. Cut the cucumber into circular slices then position them at the bottom of a serving plate. Carefully pour the steamed squid and its cooking liquid onto the plate;
04. Chop the Scallion and chili, mince together with garlic, and blend with soysauce, ketchup, vinegar, sugar, and sesame oil., Mix thoroughly and drizzle evenly over the squid.

Adjust the cocking time based on the portionsize, food dimensions, shape, and the kind of container used.

Predefined Code: H-4

Steamed Shrimp

Steam Bake

212°F (About 100°C)

About 10 Minutes

Ingredients

Main Ingredients:
Shrimp - 500g / 1.1lb

Other Ingredients:
Scallion - 1/2 piece
Black Pepper - 2g / 0.004lb
Salt - 1g / 0.002lb
Cooking Wine - 10ml / 0.34oz

Guidelines for Utensil Arrangement

Tool: Bake Pan
Placement: Middle Layer

Steps

01. Wash the shrimp thoroughly then place the shrimp on a plate with scallion and season evenly with salt and pepper;
02. Add a small quantity of cooking wine and 20ml / 0.68oz of water to the dish;
03. Set the[Steam Bake] function at 212°F (about 100°C) for approximately 10 minutes.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.





Predefined Code: H-5

Italian Roasted Chicken

Steam Roast

360°F (About 180°C)

About 30 Minutes

Ingredients

Main Ingredients:

Chicken - 1
White Onion - 1
Small Tomatoes - 4
Broccoli - 25g / 0.05lb
Cauliflower - 25g / 0.05lb
Baby Corn - 4

Other Ingredients:

Rosemary - 2 Sprigs
Lemon - 1
Paprika Powder - 10g / 0.02lb
Garlic - 3 Cloves
Sea Salt - 30g / 0.06lb
Black Peppercorns - 50g / 0.11lb
Olive Oil - 50ml / 1.7oz
Cooking Wine - 30ml / 1oz

Guidelines for Utensil Arrangement

Tool: Baking Pan /Wire Rack
Placement: Middle or bottom layer

Steps

01. Poke the chicken's surface with a fork to make large and small holes for better flavor absorption;
02. Apply the seasonings and rosemary evenly on both the inside and outside of the chicken, wrap it with plastic wrap, and marinate in the refrigerator for 1 day (if you're short on time, it's recommended to marinate for at least 1 hour);
03. Lay the vegetables flat on the bake pan, place the chicken on top of the vegetables, select the[Steam Roast] (about 180°C) and bake for about 30 minutes. Flip the chicken as needed during the baking process.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.

Predefined Code: H-6

Lemon Chicken Breast

Steam Roast

212°F (About 100°C)

About 15 Minutes

Ingredients

Main Ingredients:

Chicken Breast - 2

Other Ingredients:

Lemon - 1
Salt - 2g / 0.004lb
Black Pepper - 2g / 0.004lb
Rosemary - 1g / 0.002lb
Mint Leaves - 1g / 0.002lb

Guidelines for Utensil Arrangement

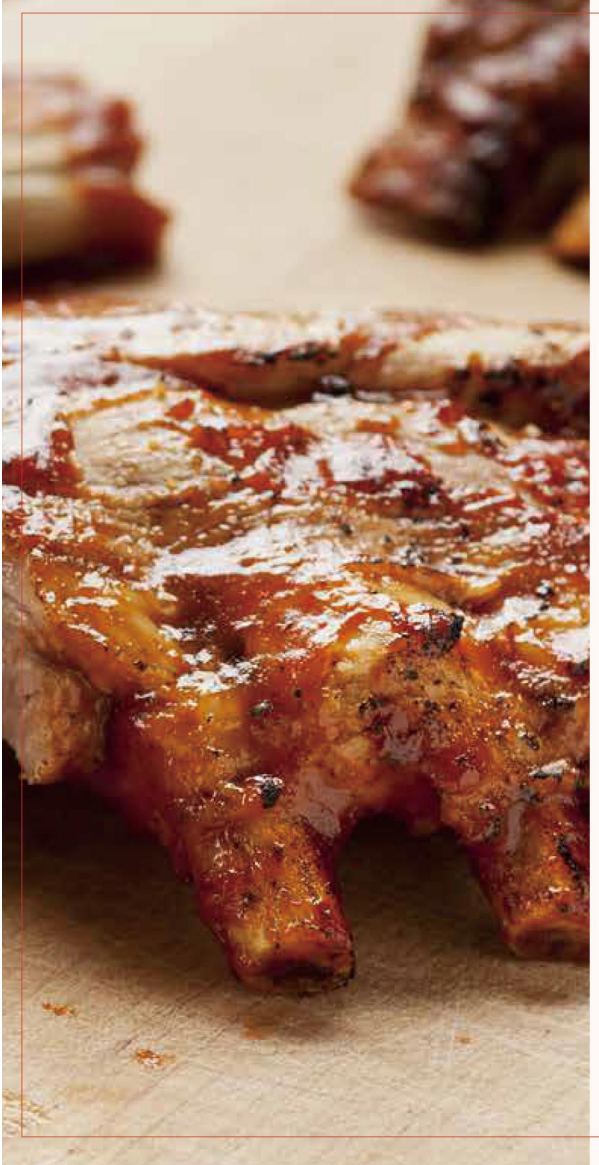
Tool: Baking Pan /Wire Rack
Placement: Middle or bottom layer

Steps

01. Wash the chicken breast and drain it with kitchen paper towel, then evenly rub it with salt and pepper to marinate for 10 minutes;
02. Slice the lemon and place the slices evenly on a plate, then place the chicken breast on top;
03. Select the [Steam Roast] function, set the temperature to 212°F (about 100°C), and bake for about 15 minutes;

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.





Predefined Code: H-7

Steamed and Roasted Garlic Pork Ribs

Steam Roast

360°F (About 180°C)

About 30 Minutes

Ingredients

Main Ingredients:

Pork Ribs - 450g / 0.99lb (Whole)
Carrot - 1 (Cut into small pieces)
Onion - 1 (Cut into pieces)

Other Ingredients:

Minced Garlic - 30g / 0.06lb
Light Soy Sauce - 100ml / 3.4oz
Dark Soy Sauce -20ml / 0.68oz
Syrup - 30ml / 1oz
Salt - 3g / 0.006lb
Oyster Sauce - 10ml / 0.34oz
White Sesame Seeds - 2g / 0.004lb

Guidelines for Utensil Arrangement

Tool: Baking Pan/Wire Rack
Placement: Middle Layer

Steps

01. Rinse the pork ribs and drain on kitchen paper towel and set aside;
02. Mix the minced garlic, light soy sauce, dark soy sauce, syrup, salt, and oyster sauce together, and spread it evenly on the surface of the pork ribs. Wrap with plastic wrap or put in a resealable bag and marinate for 1 day (if you're short on time, it's recommended to marinate for at least 1 hour);
03. Add the carrot and onion pieces to the marinated ribs, place them in the oven, select the [Steam Roast] function, set the temperature to 360°F (about 180°C), and bake for about 30 minute;
04. Take the pork ribs out from the oven, and sprinkle evenly with white sesame seeds.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.

Predefined Code: H-8

French Roasted Cod Fish

Air Fry

400°F (About 200°C)

About 15 Minutes

Ingredients

Main Ingredients:

Cod Fillets - 2 pieces
White Mushrooms - 4
White onion - 1/2

Other Ingredients:

Aluminum Foil - 1
Garlic - 4
Lemon - 4
Black pepper - 5g / 0.01lb
Salt - 5g / 0.01lb
Olive Oil

Guidelines for Utensil Arrangement

Tool: Bake Pan / Air Fry Basket
Placement: Middle Layer

Steps

01. Slice the white mushrooms and white onion into small pieces, and slice the lemon in pieces for later use;
02. Mix the minced garlic, salt, olive oil, and black pepper together, and spread it evenly over the surface of the cod fillets;
03. Place all the ingredients into aluminum foil and wrap it up. Select the [Air Fry] function, set the temperature to 400°F (about 200°C), and air fry for about 15 minutes.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.





Predefined Code: H-9

Roasted Chicken Drumsticks

Air Fry

360°F (About 180°C)

About 30 Minutes

Ingredients

Main Ingredients:

Chicken Drumsticks - 6 pieces

Other Ingredients:

Turmeric Powder - 50g / 0.11lb
Chili Powder - 60g / 0.13lb
Cumin Powder - 30g / 0.06lb
Indian Masala Powder - 30g / 0.06lb
Fennel Seeds - 3g / 0.006lb
Yogurt (Sugar-Free) - 100ml / 3.4oz
Chopped Cilantro - 10g / 0.02lb
Lemon Juice - 20ml / 0.68oz
Sea Salt - 2g / 0.004lb
Minced Ginger - 2g / 0.004lb
Minced Garlic - 2g / 0.004lb
Cloves - 2g / 0.004lb
Olive Oil - 20ml / 0.68oz

Guidelines for Utensil Arrangement

Tool: Bake Pan / Air Fry Basket
Placement: Middle Layer

Steps

01. Wash the chicken drumsticks and drain on the kitchen paper towel;
02. Prepare a large container, place the drumsticks and all the other ingredients inside, and mix well to marinate for 2 hours;
03. Line a bake pan with baking paper (or aluminum foil), then place the drumsticks neatly on the bake pan;
04. Preheat the oven to 212°F (about 100°C) for 5 minutes, then place the bake pan inside. Select the [Air Fry] function, set the temperature to 360°F (about 180°C), and air fry for about 30 minutes.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.

Predefined Code: H-10

Roasted Beef Steak

Air Fry

360°F (About 180°C)

About 20 Minutes

Ingredients

Main Ingredients:

Beef Steak (Such as sirloin, ribeye, or filet)

Other Ingredients:

Salt (To taste)
Black Pepper (To taste)
Olive Oil or Butter (For cooking)
Optional: Garlic (Minced), Herbs (Like thyme or rosemary), Lemon Juice (For serving)

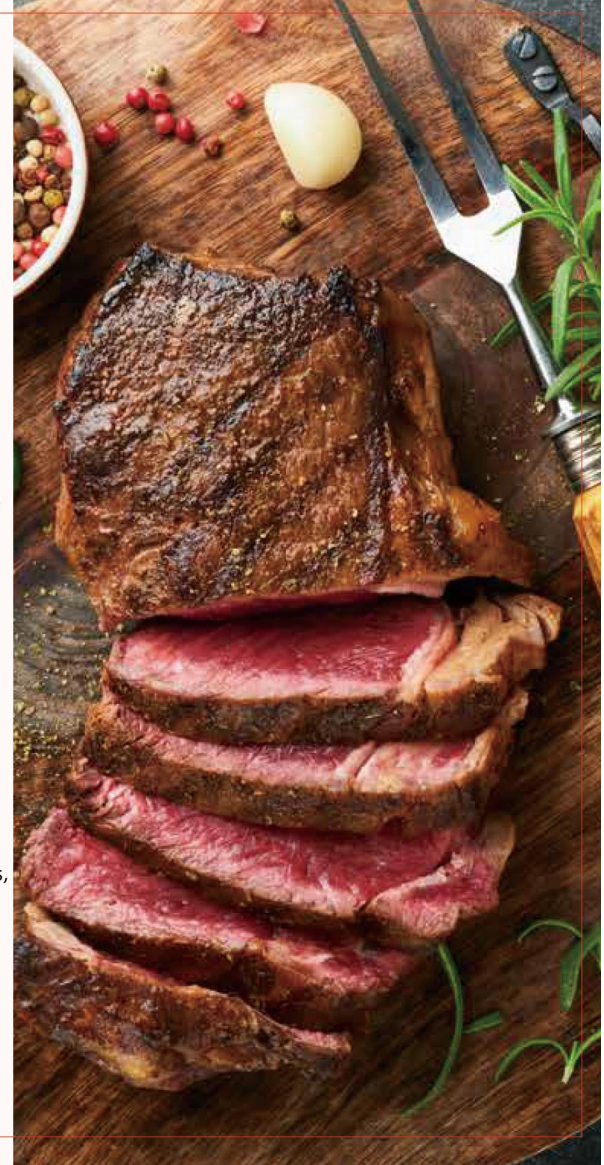
Guidelines for Utensil Arrangement

Tool: Bake Pan / Air Fry Basket
Placement: Middle Layer

Steps

01. Marinate the beef steak with black pepper sauce for 20 minutes;
02. Line the bake pan with aluminum foil then place into the bake pan then pour the sauce and cooking wine into the bake pan;
03. Preheat the oven to 360°F (about 180°C) for 10 minutes, then place the steak in the oven. Select the [Air Fry] function, set the temperature to 360°F (about 180°C), and air fry for about 20 minutes.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.





Predefined Code: H-11

Onion & Shrimp

Air Fry

360°F (About 180°C)

About 15 Minutes

Ingredients

Main Ingredients:
Shrimp - 10 pieces
White Onion - 1/2

Other Ingredients:
Cooking Wine - 5ml / 0.17oz
Soy Sauce - 5ml / 0.17oz
Black Pepper - 1g / 0.002lb
Salt - 2g / 0.004lb

Guidelines for Utensil Arrangement

Tool: Bake Pan / Air Fry Basket
Placement: Middle Layer

Steps

01. Wash the shrimp thoroughly;
02. Cut the onion into rings, add the seasonings, and mix well. Place the shrimp and ingredients in a plastic container and refrigerate for 30 minutes to marinate;
03. Line the bake pan with aluminum foil, put the marinated shrimp and ingredients inside, select the [Air Fry] function, set the temperature to 360°F (about 180°C), and air fry for about 15 minutes (Remember to turn it over at the 10 minutes).
Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.

Predefined Code: H-12

Roasted Corn

Air Fry

360°F (About 180°C)

About 15 Minutes

Ingredients

Main Ingredients:
Corn - 2

Other Ingredients:
Soy Sauce - 10ml / 0.34oz
Cumin Powder - 5g / 0.01lb
Chili Powder - 2g / 0.004lb
White Sesame Seeds - 2g / 0.004lb
Salt - 2g / 0.004lb
Butter - 10ml / 0.34oz
Water - 10ml / 0.34oz

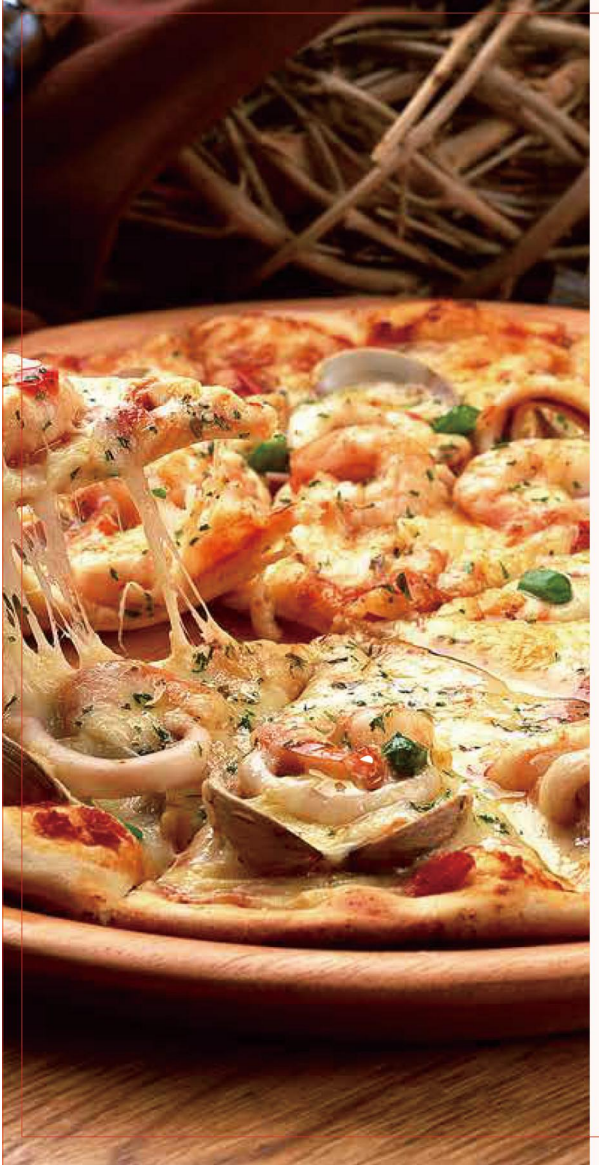
Guidelines for Utensil Arrangement

Tool: Bake Pan / Air Fry Basket
Placement: Middle or bottom laye

Steps

01. Cut the corn into half, then, take each of these halves and cut them in half again;
02. First, select the [Steam] function and steam the corn for 10 minutes, then take the corn out and mix in the other seasonings;
03. Place the seasoned corn on a bake pan, select the [Air Fry] function, set the temperature to 360°F (about 180°C), and air fry for about 15 minutes.
Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.





Predefined Code: H-13

Deluxe Pizza

Bake

420°F (About 220°C)

About 15 Minutes

Ingredients

Main Ingredients:

9-inch Pizza Dough - 1 Piece
Shredded Chicken - 20g / 0.04lb
Squid - 4
Shrimp - 6
Clams - 6
Squid - 1
German Sausage - 2

Other Ingredients:

Marinara Sauce - 100ml / 3.4oz
Black Pepper - 10g / 0.02lb
Salt - 3g / 0.006lb
Sugar - 2g / 0.004lb
Mozzarella Cheese - 100g / 0.22lb

Guidelines for Utensil Arrangement

Tool: Baking Pan
Placement: Middle Layer

Steps

01. Whisk together the marinara sauce, sugar, salt and black pepper and set aside;
02. Clean the squid and shrimp, cut the squid intorings, and soak the clams in salt water for 2 hours to expel any sand;
03. Spread the prepared sauce evenly on the pizza dough, then place the seafood, shredded chicken,and sliced german sausage randomly on top. Make sure to interlace the sausage slices among the seafood. Finally, cover everything with a generous layer of mozzarella cheese, ensuring the seafood and ingredients are completely covered;
04. Preheat the oven to 420°F (about 220°C) for 10 minutes, then put in the pizza. Select the [Bake] function, set the temperature to 420°F (about220°C, and bake for approximately 15 minutes.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.

Predefined Code: H-14

Black Sesame Bread Rolls

Bake

360°F (About 180°C)

About 25 Minutes

Ingredients

Main Ingredients:

High-gluten Flour - 280g / 0.61lb
Instant Yeast - 4g / 0.008lb
Eggs - 1.5

Other Ingredients:

Unsalted Butter - 20g / 0.04lb
Salt - 4g / 0.008lb
Water - 170ml / 5.7oz
Black Sesame Seeds - 2g / 0.004lb

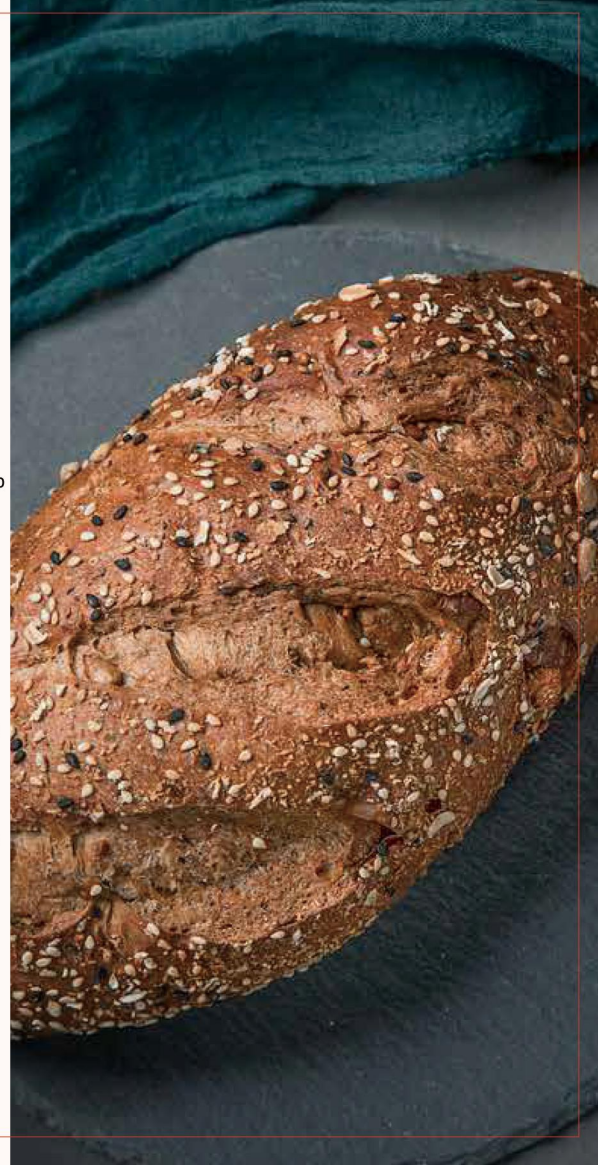
Guidelines for Utensil Arrangement

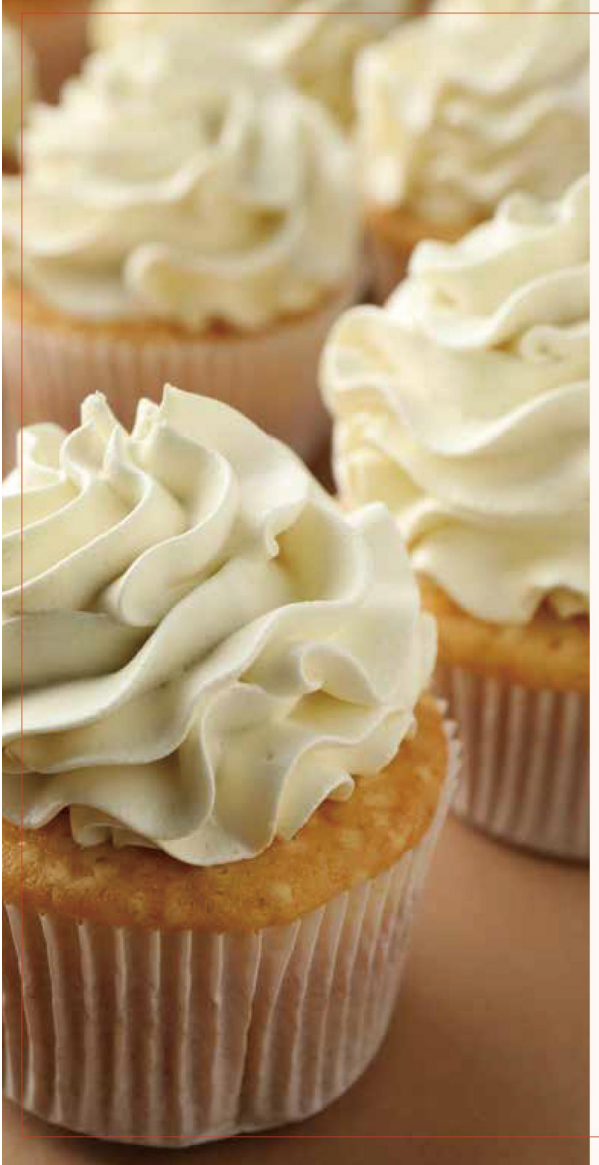
Tool: Baking Pan
Placement: Middle Layer

Steps

01. Combine all ingredients except black sesame seeds and eggs in a large bowl and mix to form a dough. Shape the dough into a round ball and place it back to the large bowl, covering it with a damp cloth to ferment for 50 minutes;
02. Divide the dough into ten equal parts. Roll each small piece of dough into a small round shape. Cover it with a cloth and let it relax for ten minutes. Finally, roll it out into a round shape about 25cm / 10 inches long. Roll it up slowly;
03. Cover the rolled dough with a damp cloth and let it ferment for 40 minutes, preheat the oven to 360°F (about 180°C) for 10 minutes;
04. Brush the liquid egg on the surface of the breadroll, sprinkle with black sesame seeds, select the [Bake] function, set to 360°F (about 180°C), and bake for about 25 minutes.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.





Predefined Code: H-15

Butter Cupcake

Bake

360°F (About 180°C)

About 18 Minutes

Ingredients

Main Ingredients:

Low-gluten Flour - 130g / 0.28lb
Baking Powder - 30g / 0.06lb
Milk - 30ml / 1oz

Other Ingredients:

Unsalted Butter - 120g / 0.26lb
Sugar - 100g / 0.22lb
Cupcake Molds - 6 Pieces

Guidelines for Utensil Arrangement

Tool: Baking Pan
Placement: Middle Layer

Steps

01. Use an egg beater to whip butter and sugar until fluffy, then add eggs and mix well;
02. Sift in flour and baking powder and mix them thoroughly then add milk and mix well;
03. Pour the batter into the paper cupcake molds, set the oven to the [Bake] function at 360°F (about 180°C), and bake for approximately 18 minutes.

Adjust the cooking time based on the portion size, food dimensions, shape, and the kind of container used.

Predefined Code: H-16

Butter Cookie

Bake

360°F (About 180°C)

About 15 Minutes

Ingredients

Main Ingredients:

Low-gluten Flour - 70g / 0.15lb

Other Ingredients:

Powdered Sugar - 50g / 0.11lb
Unsalted Butter - 70g / 0.15lb
Egg White - 1

Guidelines for Utensil Arrangement

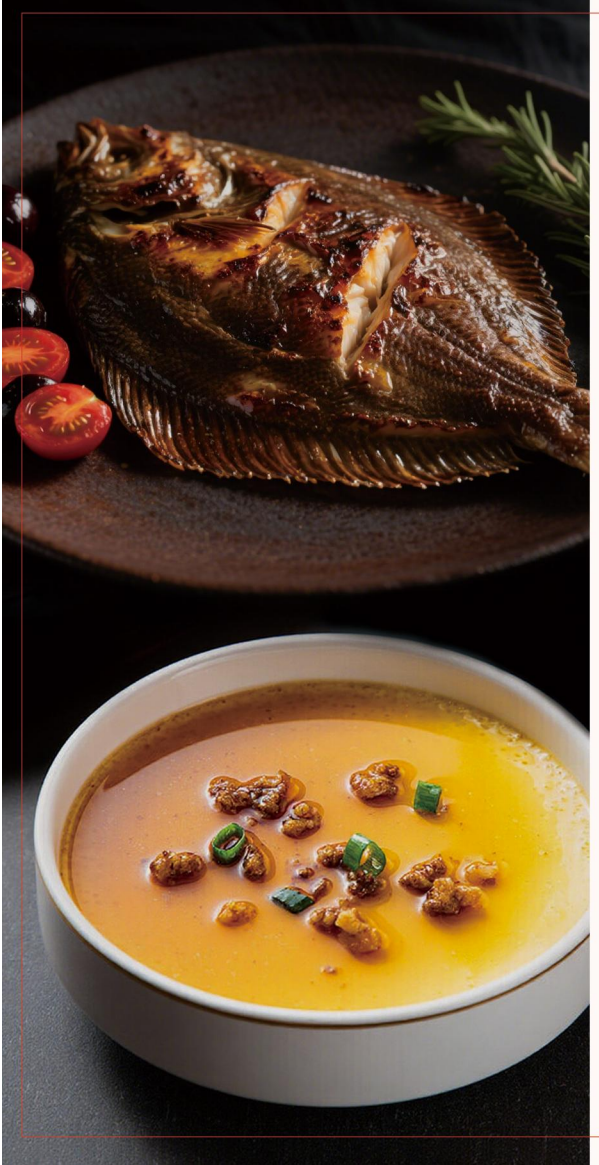
Tool: Baking Pan
Placement: Middle Layer

Steps

01. Whirsk together the sugar and unsalted butter until the mixture lightens to a pale yellow;
02. Gradually add the egg whites into the mixture by 2 - 3 times, a little at a time, while continuously stirring. Then, slowly sift in the flour in several additions, ensuring it is well incorporated after each addition;
03. Load the batter into a piping bag and pipe the cookies onto the bake pan lined with baking paper,creating your desired shapes;
04. Preheat the oven to 360°F (about 180°C) for 10 minutes for better results. Then, place the bake pan with the cookies in the oven, select the [Bake] function, and bake for approximately 18 minutes.

Adjust the cooking time based on the portion size,food dimensions, shape, and the kind of container used.





Predefined Code: H-17

Baked Flounder + Steamed Egg Custard

Dual Cook
(Steam Bake)

360°F (About 180°C)

About 15 Minutes

Ingredients

Main Ingredients:

500g flounder fillet
½ onion
1 red bell pepper
250g cherry tomatoes
1 lemon
2 tbsp black olives
1 tbsp capers
---
2 eggs
150g stock or water

Other Ingredients:

50g olive oil
5g black pepper
3g salt

2g salt

Guidelines for Utensil Arrangement

Tool: Baking Pan (Upper Layer)
Placement: Air Fryer Basket

Steps

01. Marinate flounder fillets with black pepper, salt, and olive oil for 10 minutes;
02. Cut ingredients into pieces. Finely chop black olives and capers. Toss all with olive oil, black pepper, salt, thyme, and lemon juice. Spread the mixture in a baking pan, place the fillets on top, and set the pan on the upper rack;
03. Beat 2 eggs in a bowl. Add 150 ml stock or water, 1.5g salt, and mix well;
04. Pour into a heatproof bowl and place it on the lower rack;
05. Select the [Dual Cook] function, Set to 360°F(180°C) and cook for 15 minutes, both dishes will be ready at the same time.

Predefined Code: H-18

Grilled Lamb Chops + Garlic Butter Mussels

Dual Cook
(Steam Bake)

400°F (About 200°C)

About 20 Minutes

Ingredients

Main Ingredients:

500g lamb chops
200g asparagus
250g pumpkin

1000 -1500g mussels

Other Ingredients:

6g black pepper
8g salt
80g olive oil
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5 cloves garlic
50g butter
5g parsley leaves
5g black pepper
2g salt (optional)
50g white wine
2g thyme

Guidelines for Utensil Arrangement

Tool: Baking Pan (Upper Layer)
Placement: Air Fryer Basket

Steps

01. Marinate the lamb chops (whole or cut) with olive oil, black pepper, salt, and a little rosemary for 10 minutes. Place in the baking pan;
02. Cut pumpkin into chunks and asparagus into sections. Toss with olive oil, black pepper, and salt. Place them in the baking pan with the lamb,and set the pan on the upper rack;
03. Clean the mussels thoroughly and place the m in a baking dish plate;
04. Finely chop 10 g garlic and 5g parsley. Mix with 50g melted butter, 50g white wine, a pinch of thyme, black pepper, and salt. Put the dish on the air fryer basket, and set it on the lower rack;
05. Select the [Dual Cook] function, Set to 400°F(200°C) and cook for 20 minutes, both dishes will be ready at the same time.

