128g双铜（封面封底过油） 彩色印刷 148*148mm 24P 骑马钉





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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: Bake Pan
Placement: Middle Layer

Steps

01. Rinse the clams in salted water for about 30 minutes to get rid of any sand;

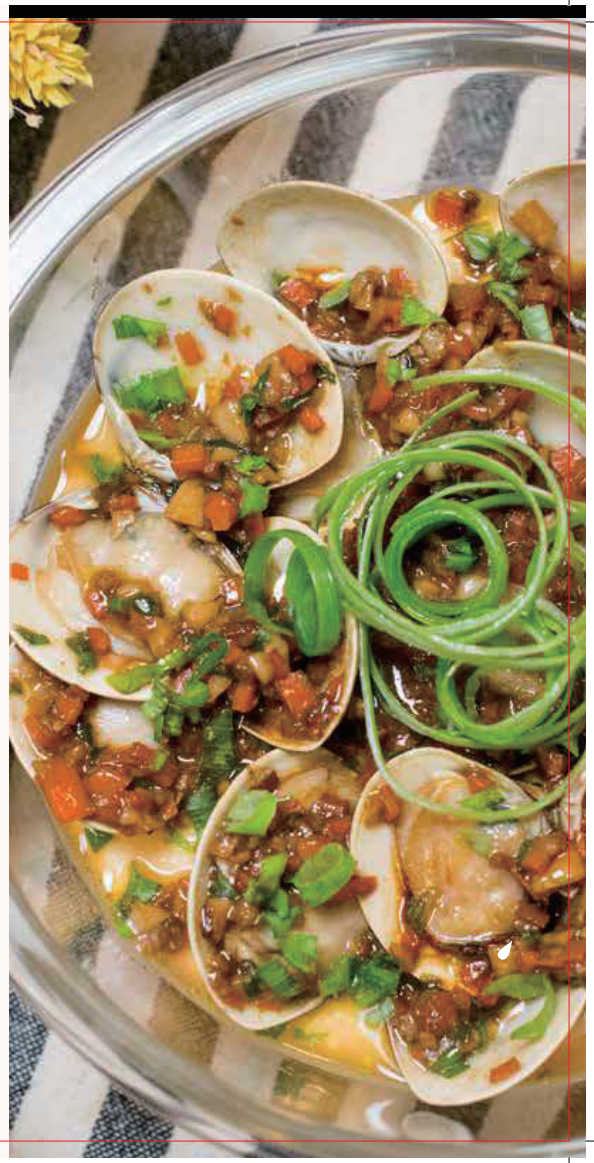
02. Fill half of a large bowl with water, add some salt, a bit of ginger, a few scallions, and the clams. Steam this mixture in the oven for 3 minutes, then take it out. Drain the clams, leaving the clam water for later use;

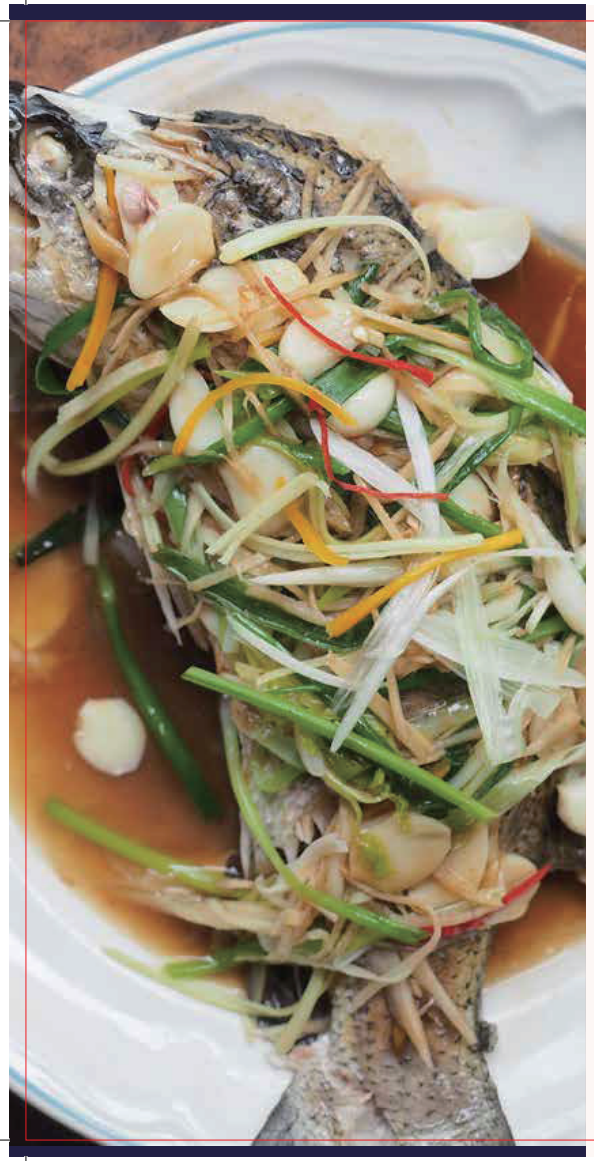
03. Beat and stir two eggs and mix them in the clam water. The egg to water ratio should be around 1:1.5, and add salt for better favor

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.





Steamed Sea Bass

Steam

212°F (About 100°C)

About 12 Minutes

Ingredients

Main Ingredients:

Sea Bass 500g - 1000g
(1.1lb - 2.2lb)

Other Ingredients:

Scallion - 5g / 0.01lb
Shredded Ginger - 10g / 0.02lb
Sugar - 3g / 0.006lb
Steam Fish Soy Sauce - 15ml / 0.5oz
Salt - 3g / 0.006lb
Oil - 30ml / 1oz

Guidelines for Utensil Arrangement

Tool: Bake Pan
Placement: Middle Layer

Steps

01. After thoroughly cleaning the sea bass, drain it on with kitchen paper towel and lightly season it with a pinch of salt and a drizzle of cooking oil;

02. Layer the scallion and shredded or sliced ginger evenly over the fish and wait for 5 - 10 minutes. Then, position it in the oven on the bake pan, set the [Steam] function to 212°F / about 100°C, and steam it for approximately 12 minutes;

03. Take the steamed sea bass out and pour over a little bit steam fish soy sauce before serving. (For enhanced flavor, consider adding a drizzle of hot oil if available)

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

Garlic Wine Steamed Shrimp

Steam

212°F (About 100°C)

About 15 Minutes

Ingredients

Main Ingredient:

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: Bake Pan
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 15 minutes.

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





Steamed Shrimp

Steam

212°F (About 100°C)

About 12 Minutes

Ingredients

Main Ingredient:

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] function at 212°F / about 100°C for approximately 12 minutes;

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

Citronella Seafood Soup

Steam

212°F (About 100°C)

About 28 Minutes

Ingredients

Main Ingredients:

Mussels - 6 Pieces
Conch - 6 Pieces
Clams - 250g / 0.55lb
Shrimp - 250g / 0.55lb

Other Ingredients:

Citronella - 1 Stalk
Hondashi Powder - 20g / 0.04lb
Salt - 1g / 0.002lb
Minced Garlic - 3g / 0.006lb
Chili Flakes - 2g / 0.004lb

Guidelines for Utensil Arrangement

Tool: Bake Pan
Placement: Middle or bottom layer

Steps

01. Wash all seafood ingredients thoroughly and soak them in saltwater to expel sand for 20 minutes or more;

02. Pour all ingredients except the minced garlic and chili into the pot, and add an appropriate amount of water;

03. Cut the citronella into small pieces into segments and put them into the pot. Cover the pot and select the [Steam] function, set the temperature to 212°F / about 100°C, and steam for about 28 minutes;

04. Take the pot out and sprinkle with minced garlic and chili, then mix well.

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





Italian Roasted Chicken

Steam bake

375°F (About 190°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: Bake Pan
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 Bake] function, set the temperature to 375°F / about 190°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.

Lemon Chicken Breast

Steam bake

215°F (About 100°C)

About 25 Minutes

Ingredients

Main Ingredient:

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: Bake Pan
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 Bake] function, set the temperature to 215°F / about 100°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.





Steamed and Roasted Garlic Pork Ribs

Steam bake

320°F (About 160°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: Bake Pan
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 Bake] function, set the temperature to 320°F / about 160°C, and bake for about 30 minutes;

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.

French Roasted Cod Fish

Air Fry

390°F (About 200°C)

About 18 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

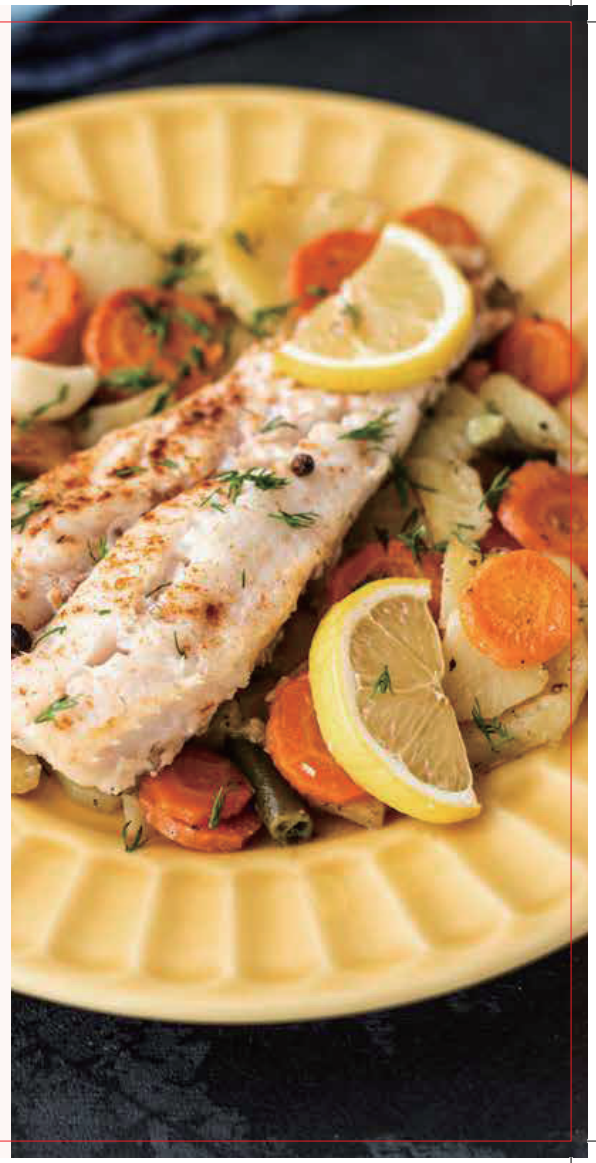
Steps

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 390°F / about 200°C, and air fry for about 18 minutes.

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





Roasted Chicken Drumsticks

Air Fry

355°F (About 180°C)

About 30 Minutes

Ingredients

Main Ingredient:

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 355°F /about 200°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.

Roasted Beef Steak

Air Fry

355°F (About 180°C)

About 25 Minutes

Ingredients

Main Ingredient:

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

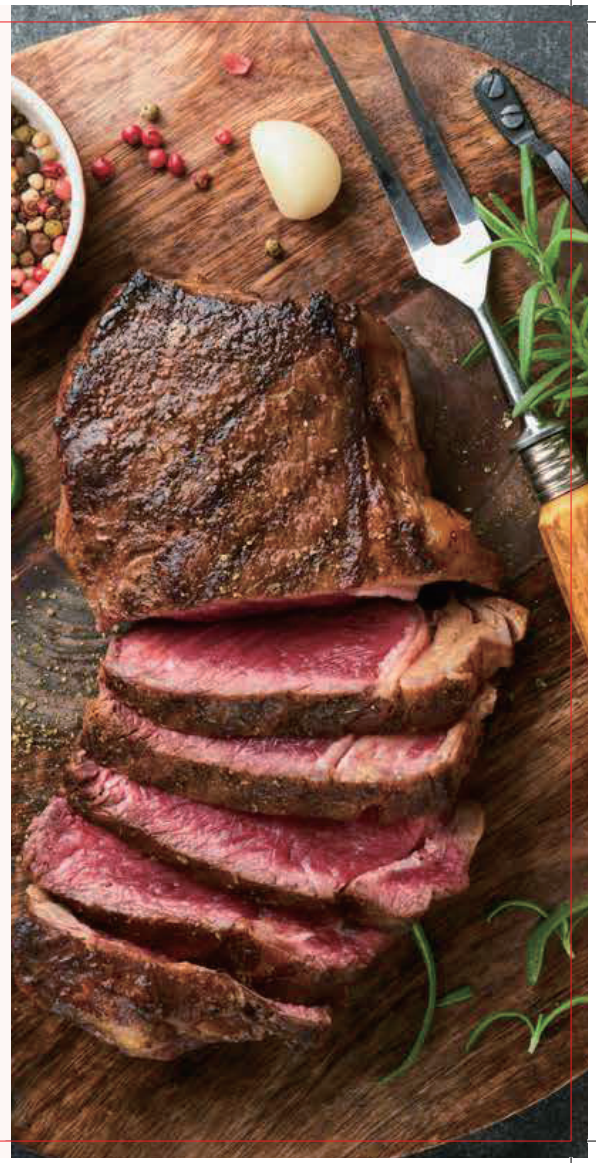
Steps

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 355°F /about 180°C for 10 minutes, then place the steak in the oven. Select the [Air Fry] function, set the temperature to 355°F /about 180°C, and air fry for about 25 minutes.

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





Onion & Shrimp

Air Fry

355°F (About 180°C)

About 20 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 355°F / about 180°C, and air fry for about 20 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.

Roasted Corn

Air Fry

355°F (About 80°C)

About 15 Minutes

Ingredients

Main Ingredient:

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 layer

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 355°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.





Deluxe Pizza

Bake

445°F (About 230°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: Bake 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 into rings, 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 445°F / about 230°C for 10 minutes, then put in the pizza. Select the [Bake] function, set the temperature to 445°F / about 230°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.

Black Sesame Bread Rolls

Bake

390°F (About 200°C)

About 23 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: Bake 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 390°F / about 200°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 390°F / about 200°C, and bake for about 23 minutes.

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





Butter Cupcake

Bake

355°F (About 180°C)

About 18 Minutes

Ingredients

Main Ingredient:

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: Bake 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 355°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.

Butter Cookie

Bake

355°F (About 180°C)

About 18 Minutes

Ingredients

Main Ingredient:

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: Bake 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 355°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.



Other Cooking Guide

212°F/100°C

Food	Dish	Function	Temperature	Cooking Time	Accessories	Rack Level
	**Toast Slices** 5 slices	Air Fry	350°F/180°C	12-15 min	Baking Pan + Wire Rack	1st
	**Egg Tarts** 9 pieces	Bake	350°F/180°C	15 min	Air Fry Basket	1st
	**Roasted Potato Chunks** About 1500g	Steam Roast	350°F/180°C	30 min	Baking Pan	1st
	**Roasted Chicken Wings** Mid-wings or drumettes	Air Fry	400°F/200°C	12-15 min	Baking Pan	1st
	**Frozen Pizza** Under 12 inches	Air Fry	350°F/180°C	15-18 min	Wire Rack	1st
	**French Fries** 600 g	Air Fry	400°F/200°C	15-18 min	Air Fry Basket	1st
	**Steamed Eggs**	Steam	212°F/100°C	Preheat the oven before cooking 8-10 Minutes – Runny Yolk 10-12 Minutes – Jammy Yolk 12-15 Minutes – Fully Cooked	Wire Rack	1st

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

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