

FOTILE
ASIAN KITCHEN EXPERT

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STEAM OVEN

RECIPE

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THAI STEAMED PRAWN WITH FRUIT FLAVOUR

Features: fruity appetizer.
Difficulty level: ★★☆☆

ASIAN CUISINE


◆ Ingredients

15 fresh prawns, 1 well-soaked white fungus, 1/4 grapefruit, 1/4 orange, 1/4 green lime, 1 hot pepper, 2 ginger slices, 3g minced garlic, and 6 mint leaves.

◆ Seasonings

30g Thai sweet and hot sauce, 5ml fish sauce, 5ml white spirit, 1g salt, and 1g sugar .

◆ Directions

1. Rinse the prawn, add ginger slices, white spirit and salt and leave them alone for 5 minutes, then put them into the steam oven, select  and set to 100°C for 2 minutes until the prawns turn red, and take them out.
2. Remove the roots of white fungus, tease it into pieces, put them into the boiling water and boil them about 2 minutes, then put them into ice water immediately.
3. Mince the mint leaves and hot pepper, put them in the bowl, with the sweet and hot sauce, fish sauce, sugar, minced garlic, finally add some lemon juice and stir to mix well.
4. Shell the steamed prawn, and put them into the prepared sauce for 20 minutes.
5. Peel the grapefruit and orange, dice the pulp into appropriate size, and stir them with the white fungus, prawn and sauce. It's better if being placed into the refrigerator for 1 hour in the summer.



◆ Tips

1. Steaming the prawn with shells will make them more delicious
2. The white part in the pulp of grapefruit and orange must be removed or the taste will turn bitter.
3. Green lemon is much more abundant in fruit flavor than yellow lemon.

THAI STEAMED BEAN CURD



Features: red in color, sweet and hot in taste.

Difficulty level: ★★

ASIAN CUISINE


◆ Ingredients

A box of tender bean curd, 100g peeled prawns.

◆ Seasonings

10g shallot, 10g cooking wine, 2g salt and a bottle of Thai sweet and hot sauce.

◆ Directions

1. Dice the bean curd into pieces (about 2cm in thickness), core the pieces, mince the peeled prawns, and add the shallot, cooking wine and salt, mix them together.
2. Shape the minced prawn into balls and fill them into the bean curd pieces. Put the filled pieces into the steam oven. Select  and set to 100°C for about 5 minutes, and then take them out.
3. Serve with Thai sweet and hot sauce.



◆ Tips

1. Tender bean curd is fragile so carefully handling is required.

VIETNAMESE FRIED RICE NOODLES

WITH BEEF SOUP



Features: thick soup and smooth noodles.
Difficulty level: ★★★

ASIAN CUISINE



◆ Ingredients

Ingredients: 1000g Ox bones, 200g beef tenderloin, 100g dry fried rice noodles, a hot pepper, 70g sprouts of mung bean, 2 pieces of coriander, 2 pieces of chive, 1 green lemon, 3 slices of ginger, 3 branches of basil, 1 aniseed, 10 grains of cumin seed, a piece of cinnamon

◆ Seasonings

5g salt, 5ml fish sauce.

◆ Directions

1. Boil ox bones for 2 minutes, then put the ox bones into boiling water, and add the aniseed, cumin seeds and cinnamon. Place them into the steam oven, select  and set to 100°C for 2 hours..
2. Put soaked fried rice noodles into boiling water. Fill a soup bowl with the ox bone soup, add the ginger slices, salt, and diced green pepper. And then put them both into the steam oven. Select  and set to 100°C for 5 minutes.
3. Fish boiled fried rice noodles out, add sliced beef and beef soup.
4. Add the green mung sprouts, basil leaves, coriander sections and green lemon slices in the noodles, and serve with fish sauce.



◆ Tips

1. Flavour of soup and color of green pepper will be lessened if salt and green peppers are too early being boiled together. Separately steaming is recommended.
2. Ox bones with marrow are recommended, which can boost the flavour of soup.
3. If you like peppery taste, some chili sauce will make the dish more attractive.

MALAY PEPPERY NOODLES

ASIAN CUISINE



◆ Ingredients

250g egg noodles, 8 pieces of spinach, 1 egg, 20g green beans, 1/3 carrot, 3g minced garlic.

◆ Seasonings

45g chili sauce, 30g ketchup, 3g salt, 1g sugar, 1g white ground pepper, 60ml water.

◆ Directions

1. Dice the carrot (1cm3 pieces), quickly boil the green beans and fish them out for future use.
2. Add boiling water into the noodles, and place them into the steam oven, select  and set to 100°C for 2 minutes.
3. Add salt, sugar, water, white ground pepper, Laska sauce, ketchup, green beans, and diced carrot into the needles and mix them together, then add an egg and spinach and put them into the steam oven. Select  and set to 100°C for 3 minutes.



◆ Tips

1. According to your taste, you may replace the egg noodles with other noodles like spaghetti. However, you may need to modify the steaming time.

Features: slightly peppery taste.

Difficulty level: ★★★

INDONESIAN SATAY NOODLES



Features: rich sauce flavor.
Difficulty level: ★★★

ASIAN CUISINE


◆ Ingredients

150g Yee Mee noodles, 60g beef stuffing, 10g yellow bell pepper, 10g celery, 10g carrot, 1 piece of chive.

◆ Seasonings

15g satay sauce, 3g curry powder, 10g peanut butter, 15g oyster sauce, 1g salt, 5ml light soy sauce, 3g black ground pepper, 5ml cooking wine, 1g sugar, and 150ml water

◆ Directions

1. Add some water until it reaches the 1/2 height of the noodles, and put them into the steam oven, select  and set to 100°C for 5 minutes.
2. Add the stuffing, light soy sauce, cooking wine and black ground pepper into a bowl, mix them together and set aside for 5 minutes.
3. Fry the beef stuffing until the it turns white, then add the diced carrot (1 cm³) and celery (1 cm³), then curry powder, water, satay sauce, peanut butter, oyster sauce and salt. Boil them out, and stew them until they become thick, then add sliced pepper.
4. Add the cooked sauce, and serve with minced chives.



◆ Tips

1. Yee Mee noodles are good choice for this dish. If you want some other noodles instead, slim ones are recommended, otherwise the flavour is hard to get into the noodles.
2. You can choose the curry flavor that you favour most.

ASSORTED VEGETABLES WITH CURRY

ASIAN CUISINE

◆ Ingredients

1/2 carrot, 1 potato, 1/2 onion, 1/2 broccoli, 1/4 lemongrass, 2 pieces of celery, 2 shallots, 2 red peppers, 2 garlic cloves, and a piece of welsh onion stem.

◆ Seasonings

15g Turmeric powder, 25g curry powder, 3g salt, 5g sugar, 12ml red chili oil, 300ml coconut milk and 50ml water.

◆ Directions

1. Slice lemongrass (1cm in width), celery (3cm in length) and peeled shallots, shred cored peppers (3cm in length), mince the garlic, dice the potato carrot and onion, and tease the broccoli into pieces.
2. Put the carrot, potato, broccoli and onion in a container, add the garlic, lemongrass, shallot, salt, sugar, turmeric powder, curry powder, coconut milk and water, and mix everything together. Select 🍲 and set to 100°C for 10 minutes.
3. Serve with pepper shred, celery shred and chili oil.



Features: abundant in coconut flavor.

Difficulty level: ★★★

SUSHI

ASIAN CUISINE

◆ Ingredients

500g cooked pearl rice, 50g sushi nori (seaweed), 50g egg wrapper, 100g cucumber, 100g ham, 50g meat floss, and 100g shrimps

◆ Seasonings

20g sushi vinegar.

◆ Directions

1. Mix the hot pearl rice with sushi vinegar into.
2. Extend the egg wrapper and nori on the sushi mat, wrap and roll cucumber shreds, ham shreds, shrimps and meat floss with the wrapper. Place the rice on nori.
3. Place the egg rolls on the rice and cut them into little rolls (2cm in thickness).



◆ Tips

1. Wooden frame could be used for making square style sushi.
2. When wrapping the rice, it's better to have some water on your hands for convenience sake.
3. Other stuffing can be used in the sushi.

Features: reasonable meat and vegetarian proportion, rich taste and colorful style.

Difficulty level: ★

SHAOMAI DUMPLINGS

WITH STICKY RICE



Features: sweet, salty, sticky and delicious delicious.

Difficulty level: ★★★★★

ASIAN CUISINE

◆ Ingredients

100g plain flour, 200g sticky rice, 100g chicken breast, 10g carrot, 50g lard.

◆ Seasonings

Sugar, salt, gourmet powder, soy sauce and cooking wine in appropriate proportion.

◆ Directions

1. Steam the sticky rice. Dice the chicken breast.
2. Fry the chicken, add cooking wine and soy sauce and stew, then add sticky rice, salt, gourmet powder and sugar, evenly stir them for future use.
3. Shape the flour dough into a strip and cut it into small pieces (about 15g), roll it into round flat sheets, place stuffing on sheets, round them up with the top unclosed, and add some diced carrot on the top.
4. Put them into the steam oven, select ☺ and set to 100°C for 10-15 minutes.



◆ Tips

1. Sticky rice should be soaked in the water for at least half a day before cooking.
2. No more water is required during steaming process. The rice can be placed on the porous stainless steel plate covered with gauze and steamed with some water for 20 minutes.

STEAMED DUMPLINGS

WITH CELERY AND PRAWN STUFFING

Features: abundant in both flavor and nutrition.

Difficulty level: ★★★

ASIAN CUISINE

◆ Ingredients

200g plain flour, 100g celery, 30g peeled prawns, 100g minced pork.

◆ Seasonings

Salt, gourmet powder, cooking wine and sesame oil in appropriate proportion.

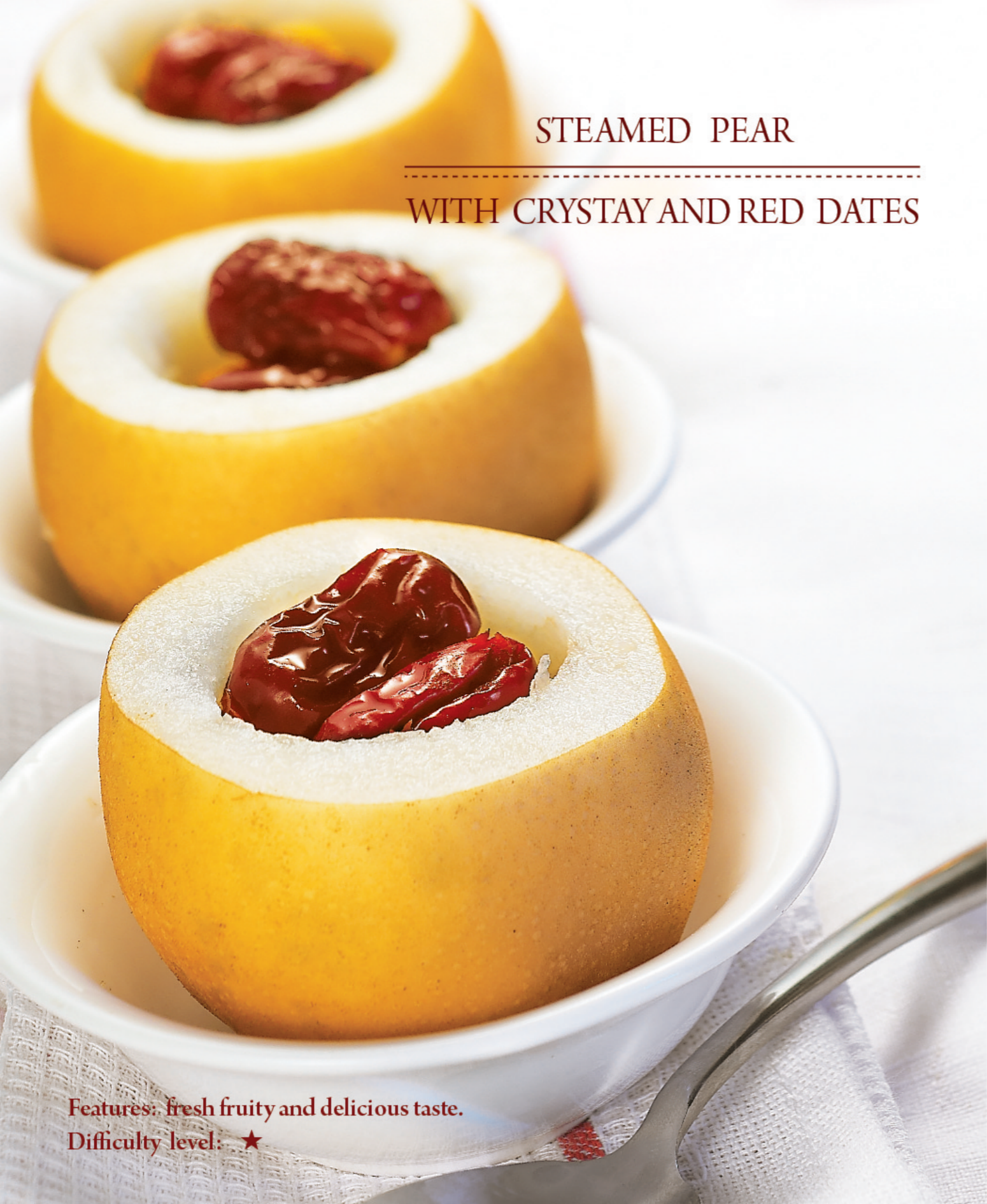
◆ Directions

1. Dice the celery and peeled prawns.
2. Add the seasonings into the minced pork and mix them together, then add celery and peeled prawns, and put them into the refrigerator for future use.
3. Roll the flour dough into square thin sheet (8cm), fill with stuffing and make them into dumplings.
4. Put the dumplings into the steam oven, select ☺ and set to 100°C for 8 minutes.



◆ Tips

1. When handling the dumpling skin, color of this dish would be lessened if dry flour is excess.
2. Serving with favorite seasonings will make the flavor better.



STEAMED PEAR

WITH CRYSTAL SUGAR AND RED DATES

Features: fresh fruity and delicious taste.

Difficulty level: ★

VEGETARIAN DIET


◆ Ingredients

3 juicy pears and 6 red dates.

◆ Seasonings

80g crystal sugar.

◆ Directions

1. Soak the red dates in clean water. Knock crystal sugar into small pieces.
2. Remove the 1/4 part of pear from the top side, remove the core part, and put 2 red dates and crystal sugar inside the pear.
3. Place the loaded pears into the steam oven, select  and set to 90°C for 15-20 minutes.



◆ Tips

1. This dessert can be served in both cold and hot days. Cold dessert is especially applicable for summer days, which can remove heat effects and lower down blood pressure.
2. Sichuan fritillary bulb and medlar can be added into the pears, which can relieve a cough and moisten the lungs.

STEAMED PAPAYA WITH MILK

Features: abundant in fruit flavor.
Difficulty level: ★

VEGETARIAN DIET


◆ Ingredients

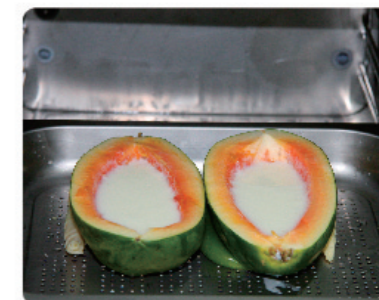
1 papaya, 100g milk, 2 eggs.

◆ Seasonings

20g sugar.

◆ Directions

1. Cut the papaya into half and remove the core. Add sugar and egg white into the milk and mix them together.
2. Pour the milk into the papaya, put them into the steam oven, select  and set to 95°C for 10-15 minutes.



◆ Tips

1. While steaming the papaya, keep it level by stuffing something beneath it.
2. This dessert is believed to have the ability to suppress tumor and have breast enhancement effect.

BRAISED BABY CABBAGE IN SUPERIOR SOUP



Features: crispy and tasty.
Difficulty level: ★

VEGETARIAN DIET


◆ Ingredients

200g baby cabbage, 20g dried scallops, 20g ham, 150g chicken soup, and 4g salt.

◆ Seasonings

5g salt, 5ml fish sauce.

◆ Directions

1. Cut the cabbage into 4-6 pieces. Place minced ham and dried scallop shreds on the cabbage, then add salt and chicken soup.
2. Put the seasoned cabbage into steam oven, select  and set to 100°C for about 8 minutes.



◆ Tips

1. Baby cabbage can be replaced with Chinese cabbage or green vegetables.
2. This dish is helpful to lower cholesterol and blood pressure.

EGGPLANT

WITH SOY SAUCE AND VINEGAR

Features: salty and sour
flavor. Difficulty level: ★★

VEGETARIAN DIET


◆ Ingredients

200g eggplant.

◆ Seasonings

20g brown vinegar, 20g soy sauce, 10g sugar and some mashed garlic.

◆ Directions

1. Cut the eggplant into pieces (about 3-4cm).
2. Put the eggplant pieces into the steam oven, select  and set to 100°C for about 10 minutes.
3. Serve with seasonings made from vinegar, soy sauce, sugar and mashed garlic.



◆ Tips

1. The eggplant should not be overcooked. Steaming time shall be determined according to size of the eggplant. Bigger eggplant shall be cut into pieces before steaming.
2. Eggplant is helpful to prevent the cerebral hemorrhage caused by hypertension and the retina bleeding due to diabetes.

PURPLE POTATO SALAD



Features: nice appearance, and soft and sweet taste.

Difficulty level: ★★

VEGETARIAN DIET


◆ Ingredients

250g purple potatoes.

◆ Seasonings

50g honey, and salad dressing.

◆ Directions

1. Cut the purple potatoes apart, and put them into the steam oven, select  and set to 100°C for about 10 minutes. Then mash the potatoes, and mix them with honey.
2. Squeeze mashed potato with a pastry bag, and serve with salad dressing.



◆ Tips

1. If the pastry bag is not available, soup spoon is an alternative.
2. In order to ensure the taste, the potato must be mashed fine.

STEAMED PUMPKIN

WITH COCONUT MILK



Features: sweet but not greasy.

Difficulty level: ★★

VEGETARIAN DIET


◆ Ingredients

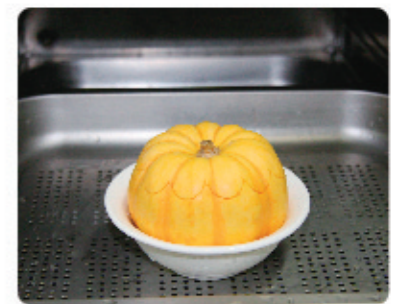
3 small pumpkins.

◆ Seasonings

50g honey, 100g coconut milk and 20g agar.

◆ Directions

1. Cut the pumpkins apart (remove the 1/3 part of the pumpkin at the top side), remove the core. Soak the agar in cool water.
2. Fill the small pumpkins with coconut milk evenly mixed with honey, and add agar into the pumpkins.
3. Cover the pumpkins with their own top part, put them into steam oven, select  and set to 100°C for about 20 minutes.



◆ Tips

1. If coconut milk is not available, coconut juice or milk is also good choice.
2. Don't get the pumpkin punctured when removing the core.

MINCED BROAD BEANS

WITH ALMOND



Features: fresh and good taste.

Difficulty level: ★★★

VEGETARIAN DIET


◆ Ingredients

200g fresh broad beans, 50g almond, 100g pea powder.

◆ Seasonings

3g salt and 1g gourmet powder.

◆ Directions

1. Mince the fresh broad beans with grinder. Add pea powder and water mixture in the minced beans and evenly mix them together, and add salt and gourmet powder.
2. Crush the almond into small pieces.
3. Put them together (covered with film) into steam oven, select  and set to 100°C for about 8 minutes.



◆ Tips

1. Beans shall be evenly and finely minced.
2. This dish also can be served as a dessert.
3. This dish is helpful to relieve cough and asthma, also to free the bowels function and strengthen spleen function.

PEARL RICE BALL



Features: soft and tender.

Difficulty level: ★★★

MEAT CATEGORY


◆ Ingredients

100g minced marble pork, 100g sticky rice, 1 egg, 10g shallot, 10g ginger.

◆ Seasonings

5g salt, 1g gourmet powder, and 10g cooking wine.

◆ Directions

1. Add salt, minced shallot, minced ginger, cooking wine, gourmet powder and egg in the minced marble pork, and mix them together. Soak the sticky rice in cool water for 30 minutes.
2. Divide the seasoned minced pork into several shares, and roll them into balls. Make those meat balls covered with sticky rice.
3. Remove shallot and ginger from the soup, and get the soup prepared. Put those meat balls into the steam oven, select  and set to 100°C for 15-20 minutes.



◆ Tips

1. Pork shall not be minced too fine or the taste will be lessened.
2. Meat balls shall be tightly wrapped with sticky rice.

MUSHROOM CAKE



Features: soft, tender and tasty.

Difficulty level: ★★

MEAT CATEGORY


◆ Ingredients

20 soaked mushrooms, 150g lean pork, 1 egg, 25g cooked and minced ham, 15g minced spring onion.

◆ Seasonings

2g salt, 20g soy sauce, 1g gourmet powder, 1g sugar, 10g green starch, 25g dry starch, 150g chicken soup, 10g sesame oil and 25g refined lard.

◆ Directions

1. Mash the lean pork, and then add the cooked and minced ham, minced shallot, soy sauce, salt, sugar, gourmet powder, dry starch, refined lard and egg to stir them together.
2. Press some mushrooms flat, sprinkle some dry starch, add the pre-made stuffing and cover it with remained mushrooms. Put them into the steam oven, select  and set to 100°C for 10-15 minutes.
3. Boil out chicken soup with soy sauce, refined salt and gourmet powder, add some green starch and sesame oil. Serve mushroom cakes with those cooked seasonings.



◆ Tips

1. Make sure that all the mushrooms are similar in size and thickness
2. Pork stuffing needs to be evenly distributed.
3. Do not get starch juice over salty.

STEAMED MUTTON IN CELAR SOUP



Features: delicious soup and tender mutton.

Difficulty level: ★★

MEAT CATEGORY



◆ Ingredients

500g fresh mutton, 50g Chinese green onion, 20g ginger, 20g garlic, 20g shallot, 20g coriander.

◆ Seasonings

10g aniseed, 3g salt, 50g cooking wine, and 150g chicken soup.

◆ Directions

1. Chop the mutton into pieces, and then put mutton pieces, shallot, ginger slices, aniseeds, garlic and cooking wine together into the steam oven, select  and set to 100°C for about 20 minutes.
2. Add Chinese green onion, salt and chicken soup in the bowl with mutton, and put the bowl into the steam oven, select  and set to 100°C for about 20 minutes.
3. Serve with coriander.



◆ Tips

1. Membrane in the fat of fresh mutton needs to be removed due to its unpleasant smell.

STEAMED RIB WITH BARBEQUE SAUCE



Features: abundant in barbecue sauce flavor.
Difficulty level: ★★

MEAT CATEGORY


◆ Ingredients

500g ribs.

◆ Seasonings

A bottle of barbecue sauce, 20g cooking wine and 3g salt.

◆ Directions

1. Chop the ribs into pieces about 4cm length each. And then season with barbecue sauce, cooking wine and salt.
2. Put the seasoned ribs(covered with preservative film)into the steam oven, select  and set to 100°C for about 25-30 minutes.



◆ Tips

1. Covering with preservative film is aimed to prevent steam from getting into the dish.

CURRY BEEF



Features: special flavor.
Difficulty level: ★★

MEAT CATEGORY


◆ Ingredients

300g silverside, 20g garlic.

◆ Seasonings

50g sweet curry, 50g cooking wine, 2g salt, and 10g green starch.

◆ Directions

1. Cut the silverside into shreds, and add salt and cooking wine in them.
2. Add sweet curry, mashed garlic and green starch in the beef shreds, mix and cover them with preservative film (for microwave oven use).
3. Put the beef into the steam oven, select  and set to 100°C for about 10-15 minutes.



BACON WITH NEEDLE MUSHROOMS



Features: tender and delicious.

Difficulty level: ★★

MEAT CATEGORY


◆ Ingredients

100g needle mushroom, 150g bacon, 10g mashed garlic.

◆ Seasonings

50g oyster sauce, 10g sugar, 10g cooking wine, 20g salad oil and 10g green starch.

◆ Directions

1. Cut longer bacon slice into half, put the needle mushrooms on the bacon and roll them together.
2. Put the rolled bacon into steam oven, select  and set to 100°C for 5 minutes.
3. Cook the seasonings from heated mashed garlic, salad oil, oyster sauce, sugar, cooking wine and some green starch, and serve the bacon rolls with seasonings.



◆ Tips

1. A slice of bacon is recommended to make two rolls.
2. Asparagus, bamboo shoots or wild rice shoots are also good alternative stuffing.

STEAMED CRAB WITH EGG WHITE



Features: smooth taste.
Difficulty level: ★★★

AQUATIC PRODUCT



◆ Ingredients

500g fresh mutton, 50g Chinese green onion, 20g ginger, 20g garlic, 20g shallot, 20g coriander.

◆ Seasonings

10g aniseed, 3g salt, 50g cooking wine, and 150g chicken soup.

◆ Directions

1. Chop crabs into bigger pieces. Add shallot knots, ginger slices and cooking wine. Put the crab pieces into the steam oven, select  and set to 100°C for about 10 minutes.
2. Mix the egg white with some water and minced shallot, and pour the mixture on the crab pieces.
3. Put them into the steam oven, select  and set to 90°C for 10 minutes. Serve the dish with minced shallot and coriander.



◆ Tips

1. The crabs have to be cleaned thoroughly, especially the crab gill.
2. Egg cream is also allowed except for egg white.
3. Other kinds of crabs are also good choices.

STEAMED RIB
WITH BARBEQUE SAUCE



Features: tender and smooth taste.
Difficulty level: ★★★

AQUATIC PRODUCT


◆ Ingredients

250g pure grass carp meat, 50g ham, 50g bamboo shoot, 50g green pepper or soaked mushroom, 10g shallot, 5g ginger slices.

◆ Seasonings

5g ginger juice, 10g Shaohsing rice wine, 2g salt, 1g gourmet powder, 50g thin soup, 5g green starch and 10g refined lard.

◆ Directions

1. Chop fish meat into continuous butterfly like pieces. Then add some Shaohsing rice wine, ginger juice and dry starch.
2. Cut the ham, cooked bamboo shoot, shallot and green pepper into shreds slightly over the width of fish slices, put them on the fish slices, and roll into fish roll.
3. Put the fish rolls into the steam oven, select  and set to 95°C for about 5 minutes, and separate the soup for future use.
4. Heat the lard, add shallot segment, ginger slices until the essential smell comes out. Add the original soup and clean soup, boil it out, remove shallot and ginger, and add salt gourmet powder, and Shaoxing liquor.
5. Add the green starch and cooked lard, mix them together as the seasonings, and serve the fish rolls with the cooked seasonings.



◆ Tips

1. Snakehead or mandarin fish is also a good choice.
2. Vegetables can be selected according to current seasons.
For example, wild rice shoots is a good substitute for bamboo shootshreds.

EIGHT INDEGRIDIENTS SQUID



Features: tasty and glutinous.
Difficulty level: ★★

AQUATIC PRODUCT

◆ Ingredients

3 squids, 200g sticky rice, some green soya bean, diced carrot, diced black mushroom, diced ham, diced shrimp meat, diced pork and corn kernel.

◆ Seasonings

4g refined salt, 2g gourmet powder and some sugar.

◆ Directions

1. Eviscerate and skin the squids.
2. Put the soaked sticky rice in the bowl with these diced ingredients. Add the source to it and mix. Put the mixture in the squids. Steam them about 15-20 minutes at 100°C.
3. Slice them.



◆ Tips

1. Quality sticky rice with excellent glutinousness which can fill the squids fully should be chosen.

STEAMED RAY



Features: flavored and tender.

Difficulty level: ★★

AQUATIC PRODUCT

◆ Ingredients

1 ray, 20g chives and 20g ginger.

◆ Seasonings

50g cooking wine, 35g soy source.

◆ Directions

1. Eviscerate the ray.
2. Put the cooking wine, soy source, chive pieces and ginger slices to the ray.
3. Push button  to steam the ray about 15-20 minutes at 100°C.



◆ Tips

1. Most of the marine products can be cooked this way.
2. The ray should not be steamed too long. Otherwise its tenderness will be poor.

CUTTLEFISH BALL

AQUATIC PRODUCT


◆ Ingredients

300g clean cuttlefish, 50g chufa pulp, 20g dried scallops, 20g chives.

◆ Seasonings

10g cooking wine and 1g gourmet powder.

◆ Directions

1. Mince the clean cuttlefish. Dice the chufa pulp. Chop the chives.
2. Mix the cuttlefish with the chufa pulp, chives, salt, gourmet powder and cooking wine.
3. Make the cuttlefish balls of same size. Top them with the dried scallops. Push button  to steam about 6 minutes at 90°C.



◆ Tips

1. The cuttlefish should be mixed with some water to facilitate mincing. But the water should appropriate, otherwise the cuttlefish will fail to be made into balls (the water should be 1/4 of the ingredients in weight).

Features: luscious and tender.

Difficulty level: ★★★

FLAKE-ALIKE CRAB



Features: tender and soft.
Difficulty level: ★★★★★

AQUATIC PRODUCT



◆ Ingredients

2 sea crabs, egg white of 2 eggs, 2g caraway leaves, 20g carrot, 10g ginger, 10g chives.

◆ Seasonings

2g salt, 1g gourmet powder, 2g grinded pepper, 50g soup-stock and 10g starch.

◆ Directions

1. Push button  to steam the crabs about 8 minutes at 100°C. Get the crab meat out. Stir the egg white.
2. Add salt, gourmet powder, chopped ginger and chives to the crab meat. Put it into the shell. Baste it with the egg white and top it with the diced carrot and the caraway leaves. Push button  to steam it about 4 minutes at 90°C.
3. Boil the soup-stock. Add the gourmet powder and grinded pepper to it. Top the crabs with it.



◆ Tips

1. The sea crab must be fresh and alive, and the sauce must be clear.

STEAMED SCALLOP



Features: luscious and tender.
Difficulty level: ★★★

AQUATIC PRODUCT


◆ Ingredients

6 scallops, 100g starch noodle, 50g fried minced garlic, 10g chives.

◆ Seasonings

3g salt and 1g gourmet powder.

◆ Directions

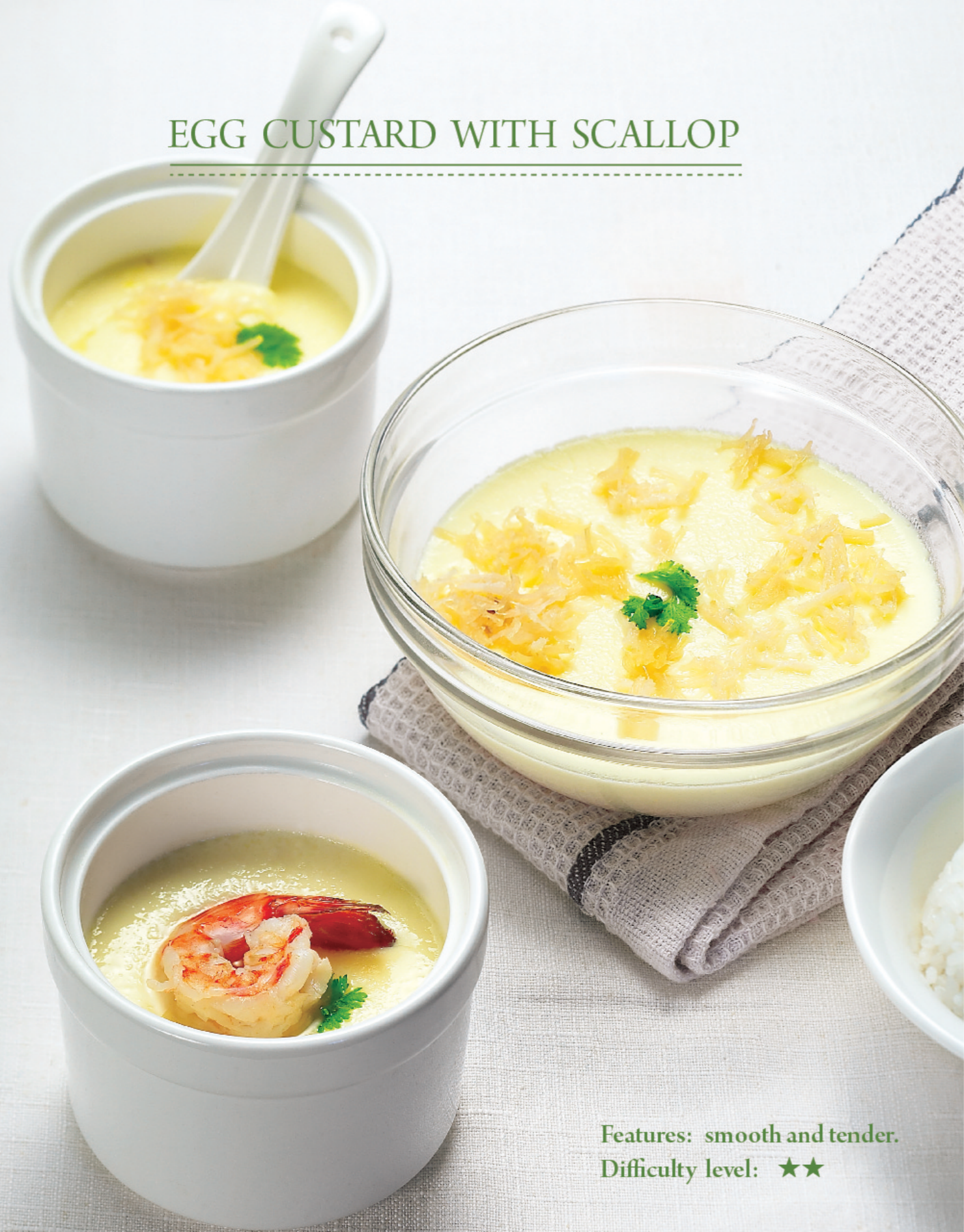
1. Cut the scallops in half.
2. Mix the soaked starch noodle with the garlic, salt and gourmet powder. And then put the mixture in the scallops.
3. Push button  to steam the scallops about 4 minutes at 100°C. Top with them with the chives and hot oil.



◆ Tips

1. The scallops should be cleaned completely.
2. The scallops should not be steamed too long.
3. The method is applicable to large shellfishes such as the fresh scallop.

EGG CUSTARD WITH SCALLOP



Features: smooth and tender.
Difficulty level: ★★

AQUATIC PRODUCT


◆ Ingredients

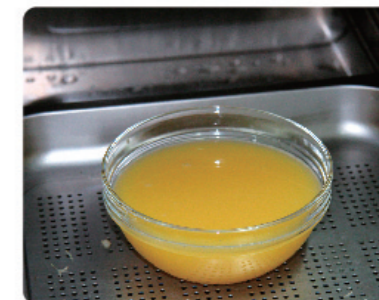
3 eggs, 30g dried scallops.

◆ Seasonings

2g salt and 1g gourmet powder.

◆ Directions

1. Add the salt, gourmet powder and shredded scallop (soaked) to the beaten egg. Mix them with some water.
2. Push button  to steam the liquid egg about 10-15 minutes at 100 °C.
3. Top the steamed egg with the rest scallops.



◆ Tips

1. The shredded dried scallop can be replaced by small shrimp, dried shrimp, and salted fresh shrimp and so on to make various egg custards.

SAVORY DUMPLING WITH BLACK STICKY RICE

STAPLE DIET



◆ Ingredients

400g black sticky rice, 8 reed leaves.

◆ Seasonings

100g jujube paste.

◆ Directions

1. Push button  to steam the black sticky rice with water about 18 minutes at 100°C.
2. Spread the cooled rice and stuff it with the jujube paste. Make oval balls. Wrap them with the reed leaves.
3. Push button  to the balls steam about 8 minutes at 100°C.



◆ Tips

1. The rice ball should be kneaded to prevent it from unraveling.
2. The reed leaves can be tightened by the cotton thread as it may unravel.

Features: savory and sweet.

Difficulty level: ★★

EGG ROLL

Features: colored and tasty.
Difficulty level: ★★★★★

STAPLE DIET


◆ Ingredients

200g grass carp meat , 1 red pepper and 1 green pepper, sushi, 2 sheets laver , 2 eggs, 10g chives , 10g ginger.

◆ Seasonings

3g salt, 1g gourmet powder and 10g cooking wine.

◆ Directions

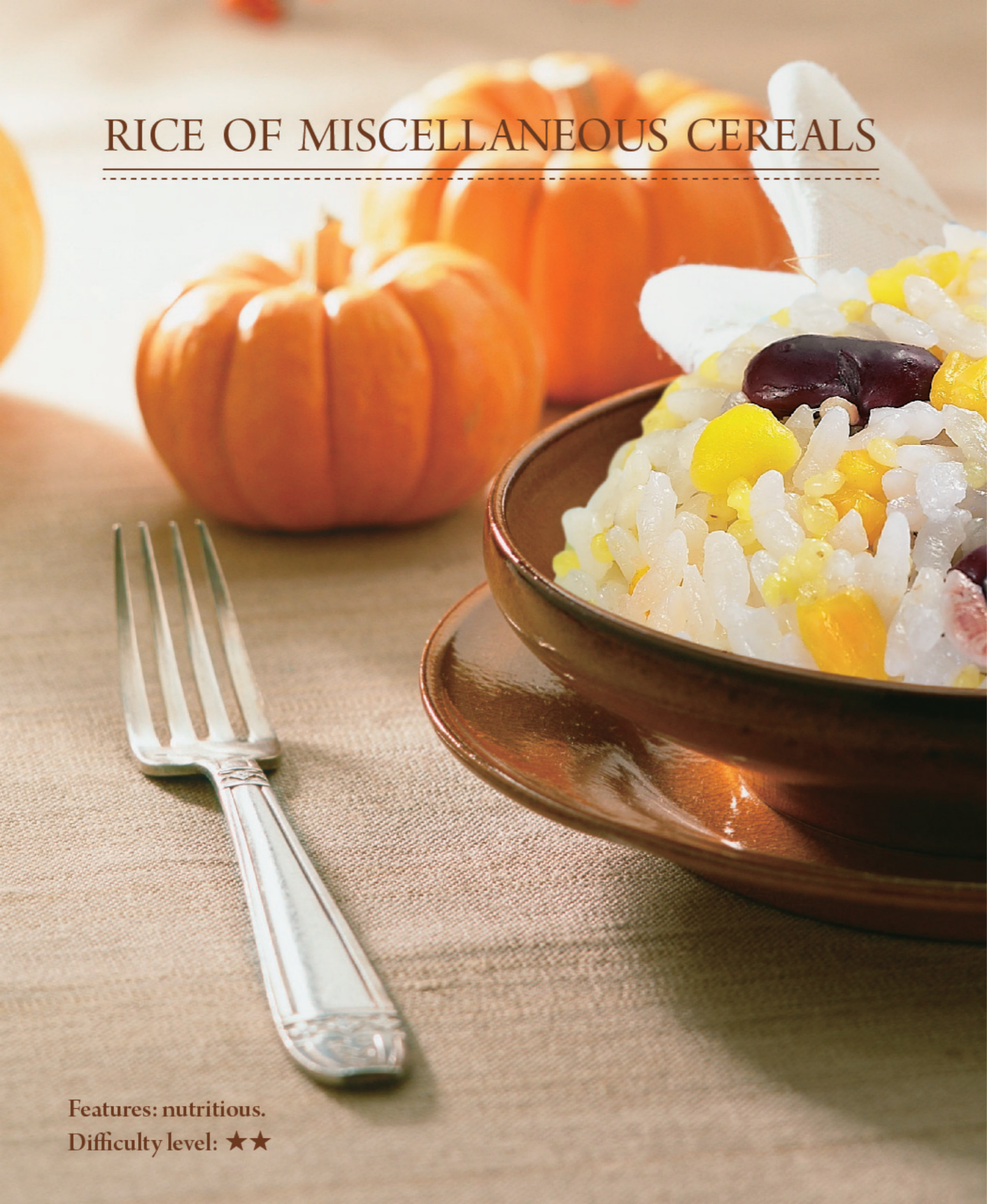
1. Spread the beaten egg to be sheet. Mince the grass carp. Mix it with the salt. Shred pepper.
2. Baste the grass carp to the laver and egg sheet. Put the shredded pepper at the two ends of the sheet. Put it on the laver. Roll it from the two ends.
3. Cover the finished egg roll with the preservative film. Push button  to steam them about 10 minutes at 90°C.
4. Slice the cooled egg roll.



◆ Tips

1. The minced grass carp should be basted on all parts of the laver and the egg sheet to prevent some parts from failing to be cooked.
2. The egg sheet should be a whole one.

RICE OF MISCELLANEOUS CEREALS



Features: nutritious.
Difficulty level: ★★

STAPLE DIET


◆ Ingredients

250g rice, 50g corn kernel, 50g red bean and 50g millet.

◆ Seasonings

No seasoning is needed in this dish.

◆ Directions

1. Clean the rice, corn kernel, red bean, green bean and millet.
2. Add some water to them at a ratio of 1:1.
3. Push button  to steam them about 25 minutes at 100°C.



◆ Tips

1. These cereals can be replaced by other cereals such as sorghum according to your preference.

MULTI-LAYERED FRIED CAKE



Features: Scented.
Difficulty level: ★★★

DESSERTS


◆ Ingredients

200g weak flour.

◆ Seasonings

5g yeast, 6g baking powder, 5g sugar, 20g lard and 20g sugared osmanthus.

◆ Directions

1. Mix the flour and baking powder well. Dissolve the yeast and sugar with hot water. Add them to the flour to make dough. Knead the dough and cover it with the wet cloth to make it ferment.
2. Roll the dough to be a rectangular sheet. Baste it with the lard. Top it with some sugared osmanthus. Fold it and then roll it gain. Repeat to fold and roll it 3 times. Put the rest sugared osmanthus on it.
3. Put the sheet in the stainless steel plate. Cover it with the gauze to make it ferment about 30 minutes.
4. Push button  to steam it about 16-20 minutes at 100°C.



◆ Tips

1. The stainless steel plate should be basted with oil before use.
2. The sugar in the sugared osmanthus should be crushed as it is coarse.

STEAMED CORN BREAD



Features: soft and luscious.

Difficulty level: ★★★

DESSERTS


◆ Ingredients

70g Corn flour, 100g high gluten flour, 20g powdered milk.

◆ Seasonings

3g yeast, 3g baking powder and 5g sugar.

◆ Directions

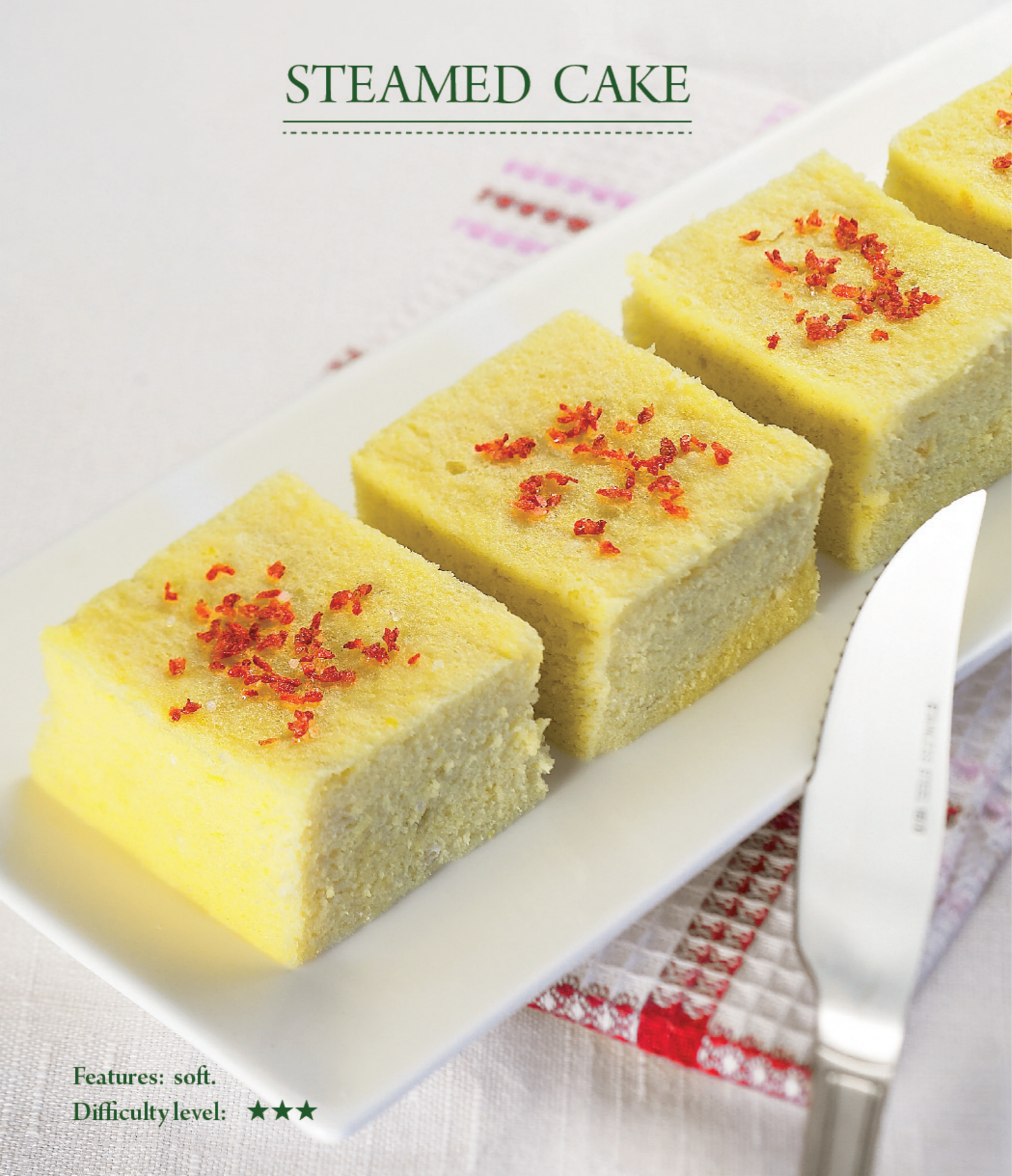
1. Mix the corn flour, flour, milk and baking powder.
2. Dissolve the yeast and sugar with hot water put them to the ingredients referred in 1 to make dough. Knead the dough.
3. Make corn breads of 20g.
4. Put them in the stainless steel plate brushed with oil. Cover them with the wet gauze to make them ferment about 30 minutes.
5. Push button  to steam them for 10-15 minutes at 100°C.



◆ Tips

1. The corn flour can be replaced by other cereal flours such as buckwheat flour and soy bean flour.
2. In the Autumn and Winter, the cakes should be put in the steam oven of 40°C to ferment for 10 minute before steaming.

STEAMED CAKE



Features: soft.

Difficulty level: ★★★

DESSERTS


◆ Ingredients

200g egg, 100g weak flour.

◆ Seasonings

100g fine white sugar and 20g salad oil.

◆ Directions

1. Stir the egg white till it becomes flake-like and can keep a chopstick standing.
2. Mix the egg yolk and sugar. Add the flour and oil to them and stir to be paste.
3. Add the egg white to the paste and mix.
4. Lay wet gauze painted with oil on the stainless steel steaming pan with holes.
5. Put the paste on the gauze. Push button  to steam about 12 minutes at 90°C.



◆ Tips

1. The paste should be steamed after prepared instead put aside for a long time.
2. The egg white should be stirred till it meets the standard.

COTTON-LIKE CUPCAKE



Features: soft and cotton-like.
Difficulty level: ★★

DESSERTS

◆ Ingredients

100g weak flour, 100g milk, egg white of 1 egg.

◆ Seasonings

100g fine white sugar, 5g baking powder and 3g rice vinegar.

◆ Directions

1. Mix the sugar, milk and egg white. Add the flour to the mixture and stir to be paste. Let the paste ferment about 10 minutes.
2. Make the Chrysanthemum model and paper cup ready.
3. Add the baking powder and rice vinegar to the paste and mix.
4. Put the paste in the paper cup with the pastry bag or spoon. steam it about 15 minutes at 100°C immediately.



◆ Tips

1. You can also add various nuts such as raisin and sunflower seed to the paste to improve the flavor.
2. The milk can be replaced by coconut milk.