

**ROBAM**



Built-in steaming and baking machine  
Special recipe



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Note: The cooking temperature and time of each dish is default in menu mode. Refer to the manual for the specific functional operation.



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## P01 Steamed Scallop and Tofu in Black Bean Sauce

### Food materials

Main materials:  
5 scallops, 180g Tofu

Ingredients:  
A moderate amount of chives, soy sauce, sugar and oil

### Steps

- ① Cut the tofu into chunks and place a scallop on each chunk of tofu;
- ② Place the chunks of tofu into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 13min;
- ③ Mix all the sauce ingredients, heat the mixed sauce in a frying pan at high temperature, and then pour the sauce onto the scallop.

## P02 Steamed Beancurd

### Food materials

Main materials:  
400g beancurd, a moderate amount of bok choy

Ingredients:  
A moderate amount of salad oil, light soy sauce, white sugar, caraway, chilli and shredded ginger

### Steps

- ① Clean the beancurd, drain away water and cut it into small cubes;
- ② Take out a deep plate, put the salad oil, light soy sauce and sugar into the plate, mix these ingredients evenly, add the shredded ginger and chilli, then place the bok choy above them;
- ③ Put the plate into the steaming and baking machine, select the nutrient steaming mode, set the temperature to 210°F and set the time to 8min. Take out the plate after the work is done and spray caraway onto the plate.



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### P03 Three-colored Steamed Egg

#### Food materials

Main materials:  
2 eggs, 1 preserved duck egg, 1 salted duck egg

Ingredients:  
50g Chinese chestnut, 10g peanut oil, 1.5g salt,  
3g green onion

#### Steps

- ① Put 300g water into the pot, add 0.5g salt and add the 50g chestnuts; fish the chestnuts out of the pot while they are hot after the water boils; pull off the shell of the chestnuts while they are hot;
- ② Pull off the shell of the preserved duck egg and the salted duck egg; take the yolk out of the salted duck egg. Take out two eggs, separate whites from yolks, and break the yolk;
- ③ Cut the Chinese chestnut, preserved duck egg and salted egg yolk into small pieces; cut the green onion into minces;
- ④ Mix these small pieces and minces , put them into a flat container and add egg white;
- ⑤ Put the flat container into the steaming and baking machine, select the nutrient steaming mode, set the temperature to 210°F and set the time to 12min;
- ⑥ Take the flat container after it is done, and pour the beaten egg yolk, to make it cover the entire surface uniformly;
- ⑦ Put the flat container into the steaming and baking machine once again, select the nutrient steaming mode, set the temperature to 210°F and set the time to 7min; Take the flat container out of the steaming and baking machine after it is done, spray chopped green onion and cut the food into uniformly sized chunks after it cools down, now it can be served.

### P04 Steamed Eggplant with Sauce and Vinegar

#### Food materials

Main materials:  
400g eggplant

Ingredients:  
A moderate amount of soy sauce, chilli, vinegar,  
paprika powder, sesame oil, salt and chopped  
green onion

#### Steps

- ① Remove stalks of the eggplant, cut the eggplant into 8 equals, soak the eggplant in salty water to remove the astringency;
- ② Arrange the eggplant neatly in the serving plate and pour mixed dressings (soy sauce, chilli, vinegar, paprika powder, sesame oil, salt);
- ③ Put the serving plate into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 230°F and set the time to 20min. Take out the serving plate after the work is done, and spray chopped green onion.



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## P05 Steamed Pumpkin with Crispy Garlic

### Food materials

Main materials:  
Pumpkin

### Ingredients:

Ginger, green onion, garlic, pickled pepper, light soy sauce, salt, vegetable oil

### Steps

- ① Clean a small section of pumpkin, remove the pulp and cut the pumpkin into slices with a thickness of about 1cm. Arrange the sliced pumpkin into the dish;
- ② Put the minced ginger and garlic and chopped chilli onto the pumpkin, and add the vegetable oil, light soy sauce, salt and pickled pepper;
- ③ Put the dish into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 230°F and set the time to 15min, Take out the dish after the work is done, and spray chopped green onion.

## P06 Stuffed Bitter Gourd

### Food materials

Main materials:  
750g bitter gourd, 200g pork

### Ingredients:

A moderate amount of starchy flour, minced garlic, chilli sauce, cooking wine and sugar

### Steps

- ① Clean the bitter gourd, cut the middle section into small sections, remove the seed and pulp;
- ② Chop the pork and put it into the bitter gourd, seal both ends of the bitter gourd with starch flour;
- ③ Put the bitter gourd into the steaming and baking machine, select the high temperature steaming mode, select the temperature to 240°F and set the time to 25min. Take the bitter gourd out after the work is done and add minced garlic, chilli sauce, cooking wine and sugar.



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## P07 Steamed Meat Pie with Mushroom

### Food materials

Main materials:  
250g pork, 3 pieces of dried mushroom

### Ingredients:

A moderate amount of dried orange peel, ginger, crude oil, light soy sauce, salt, sugar, chicken essence and glutinous rice wine

### Steps

- ① Soak the dried mushroom in fresh water for half an hour and take it out;
- ② Clean the pork and chop it into minces with the dried mushroom;
- ③ Soak the dried orange peel in fresh water for tenmin and take it out; unpeel the ginger and cut it into shreds;
- ④ Put a moderate amount of starchy flour, salt, sugar and light soy sauce into the minced pork and dried mushroom and mix them thoroughly; put the prepared minced pork and dried mushroom into a dish and spray dried orange peel shreds, ginger shreds and a little light soy sauce;
- ⑤ Put the dish into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 20min.



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## P08 Steamed Minced Meat with Squid

### Food materials

Main materials:  
200g pork 200g, 1 squid

### Ingredients:

A moderate amount of green onion, starchy flour, wine, light soy sauce, granulated sugar and pepper powder

### Steps

- ① Soak the squid into water till it softens, cut the squid into pieces and cut the green onion into minces;
- ② Take out a large bowl, put the pork, starch flour, wine, light soy sauce, granulated sugar and pepper powder and cure them for 20min, add the minced squid and mix them thoroughly;
- ③ Put the meat pie into a dish, put the dish into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 10-12min. Take out the dish after the work is done, and spray chopped green onion.



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**P09** Pork Rib Steamed with Fermented Black Soybean Sauce

**Food materials**

Main materials:  
500g pork rib, 5g dark plum

**Ingredients:**  
A moderate amount of fermented soybean paste, rapeseed oil, sugar, chestnut flour, soy sauce, little pepper and green onion

**Steps**

- ① Cut the green onion into minces;
- ② Mix the water, dark plum, chestnut flour, sugar, soy sauce and fermented soybean paste thoroughly;
- ③ Put the prepared sauce and pepper into the pork rib, and mix them thoroughly with the vegetable oil;
- ④ Put the pork rib into the steaming and baking machine, select the high-temperature steaming mode, set the temperature to 240°F and set the temperature to 25min. Take out the pork rib after it is done, and spray chopped green onion.

**P10** Steamed Rice Powder-coated Pork Rib

**Food materials**

Main materials:  
300g pork rib, 120g glutinous rice flour, 2 vegetable leaves

**Ingredients:**  
A moderate amount of sesame oil, salt, cooking wine, pepper powder, sugar, soy sauce, bruised ginger, chopped green onion and starchy flour

**Steps**

- ① Clean the pork rib and vegetable leaf;
- ② Put salt, cooking wine, pepper powder, sugar, soy sauce, starch flour, bruised ginger and chopped green onion into the pork rib, then add glutinous rice flour and sesame oil and mix them thoroughly;
- ③ Put the pork rib into the steaming and baking machine, set the high temperature steam mode, set the temperature to 240°F and set the time to 35min. Take it out after it is done and it is ready to serve.



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### P11 Steamed Chicken Feet in Black Bean Sauce

#### Food materials

##### Main materials:

300g chicken feet

##### Ingredients:

Starch flour, Zijin chili sauce, refined salt, monosodium glutamate, sugar, fermented soya beans, sesame oil, pepper powder, peanut oil, green pepper shreds

#### Steps

- ① Mix chicken feet and starch flour thoroughly;
- ② Mix the Zijin chili sauce, refine salt, monosodium glutamate, sugar, sesame oil and pepper powder thoroughly in a basin;
- ③ Add the green pepper shreds, fermented soya beans and chicken feet and mix them with peanut oil;
- ④ Put the chicken feet into the steaming and baking machine, select the high temperature steaming mode (at 240 °F for 9-12min). Take out the chicken feet after they are done.



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### P12 Steamed Sliced Pork with Rice Flour

#### Food materials

##### Main materials:

300g streaky pork, a moderate amount of glutinous rice flour

##### Ingredients:

A moderate amount of sesame oil, salt, cooking wine, pepper powder, sugar and soy sauce

#### Steps

- ① Clean the streaky pork and cut it into slices, add salt, cooking wine, pepper powder, sugar and soy sauce and mix them thoroughly, then add glutinous rice flour and sesame oil and mix them thoroughly once again;
- ② Put the streaky pork into the steaming and baking machine, select the nutrient steaming mode, select the temperature to 210°F and set the time to 20min;
- ③ Take the streaky pork out after it is done.





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### P13 Steamed Pork Belly in Three Colors

#### Food materials

#### Main materials:

200g streaky pork, 30g black fungus, 30g dried mushrooms, 20g preserved vegetable, 10g red date

#### Ingredients:

A small amount of chopped green onion, salt, monosodium glutamate, starch, light soy sauce and oyster sauce

#### Steps

- ① Clean the streaky pork and cut it into slices, saturate the black fungus and cut it into shreds; saturate the dried mushroom and cut it into slices; cut the red date into slices;
- ② Put above ingredients and the preserved vegetable into a plate, add salt, monosodium glutamate, light soy sauce, oyster sauce and starch and mix them thoroughly and spread them out;
- ③ Put the streaky pork into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 230°F and set the time to 20min. Take the streaky pork out after it is done and spray chopped green onion.



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### P14 Steamed Pork Belly with Preserved Bacon

#### Food materials

#### Main materials:

150g preserved ham, 100g sausage, 150g streaky pork

#### Ingredients:

A moderate amount of ginger, dried orange peel, green onion, light soy sauce, salt, sugar, chicken essence, glutinous rice wine and starchy flour

#### Steps

- ① Clean the streaky pork and cut it into slices;
- ② Clean the preserved ham and sausage into slices;
- ③ Soak the dried orange peel in fresh water for 10min and take it out; unpeel the ginger and cut it into shreds; cut the green onion into dices;
- ④ Mix the streaky pork with the starch flour, light soy sauce, salt, sugar and glutinous rice wine thoroughly for 5min, then mix them with the preserved ham; put all the ingredients into a dish, spray dried orange peel shreds and shredded ginger;
- ⑤ Put the dish into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 17-20min;
- ⑥ Take the dish out and spray chopped green onion.



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### P15 Steamed Chicken with Dried Lily Flowers and Black Fungus

#### Food materials

##### Main materials:

500g chicken nuggets with bones, 20g dried lily flowers, 20g black fungus, 20g dried mushroom, 5 red dates

##### Ingredients:

A moderate amount of green onion, ginger, oyster sauce, soy sauce, sesame oil, rice wine, chestnut powder and sugar

#### Steps

- ① Macerate the dried lily flowers, black fungus, dried mushroom and red date with cold water;
- ② Cut the red date into halves, and cut the dried mushroom, black fungus, dried lily flowers, green onion and ginger into shreds;
- ③ Mix all ingredients into a bowl thoroughly and then put them into a shallow dish;
- ④ Put the dish into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 25min.



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### P16 Steamed Chicken with Mushroom, Lotus Leaf and Red Date

#### Food materials

##### Main materials:

1 chicken (about 600g), 3 pieces of dried mushroom, 3 red dates

##### Ingredients:

A moderate amount of dried orange peel, ginger, peanut oil, chicken essence, salt, sugar, glutinous rice wine and starchy flour, and two pieces of lotus leaves

#### Steps

- ① Remove viscera of the chicken, clean it and cut it into pieces;
- ② Soak the dried mushroom into fresh water for half an hour, take it out and cut it into shreds, or cut it into pieces;
- ③ Soak the dried orange peel into fresh water for 20min and cut it into shreds; unpeel the ginger and cut it into shreds; remove the pit of the red date and cut it into fourths; clean the lotus leaf and put it on the food steamer;
- ④ Mix a moderate amount of light soy sauce, salt, sugar, dried mushroom and red date thoroughly, and put them on a lotus leaf, spray dried orange peel shreds, ginger shreds and a little soy sauce;
- ⑤ Put the chicken into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 19-22min.



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## P17 Steamed Fresh Shrimp

### Food materials

#### Main materials:

50g lean meat, 20g fat meat, 20g fresh shrimp meat, 30g fresh mushrooms, a moderate amount of dumpling skins

#### Ingredients:

0.2g pepper powder, 5g starch flour, 5g salt, 3g sugar, 3g monosodium glutamate, 3g sesame oil, 3g light soy sauce, 3g cooking oil, 25g alkali water

#### Steps

- ① Clean the lean meat, fat meat and fresh mushrooms clean, dry them and cut them into dices; mix the sliced lean meat with water containing soda thoroughly and make them cured for 40-60min; then clean the sliced lean meat with fresh water, fish it out and dry it out with kitchen towel;
- ② Put the sliced lean meat and salt into a basin, beat the sliced meat hard till it has viscosity, then mix the sliced meat with the shrimp meat, monosodium glutamate, sugar, sesame oil and pepper powder thoroughly; and finally mix them with the sliced fat meat, sliced fresh mushrooms, starchy flour and cooking oil;
- ③ Fill a dumpling skin with a moderate amount of minced meat, knead it into the shape of a Shaomai (steamed pork dumpling), and put it into the steamer covered with gauze;
- ④ Put it into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 14-17min. Take it out after it is done and it is ready to serve.



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## P18 Steamed Prawns with Garlic

### Food materials

#### Main materials:

Prawn

#### Ingredients:

A moderate amount of garlic, red pepper, chilli garlic sauce, white sugar and light soy sauce

#### Steps

- ① Remove the shrimp line, wash them and chop the garlic;
- ② Put light soy sauce, minced garlic, red pepper and white sugar in a bowl and mix them into juice for later use;
- ③ Put prawns into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 220°F and set the time to 12min;
- ④ Take them out after it's done, sprinkle them with chilli garlic sauce, and serve with the prepared dipping sauce.



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## P19 Steamed Hairy Crabs

### Food materials

**Main materials:**  
2 hairy crabs

**Ingredients:**  
A moderate amount of light soy sauce, sesame oil, vinegar, shallot, ginger and garlic

### Steps

- ① Brush the hairy crabs clean, wash and chop the shallot, ginger and garlic;
- ② Put light soy sauce, vinegar, sesame oil and chopped shallot, ginger and garlic into a bowl, mix them evenly into dipping sauce for later use;
- ③ Put the plate with clean hairy scrabs on into the steaming and baking machine, select the nutrient steaming mode, set the temperature to 210°F and set the time to 30min;
- ④ Take it out after it's done, and serve with the prepared dipping sauce.



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## P20 Steamed Grouper

### Food materials

**Main materials:**  
Grouper

**Ingredients:**  
Ginger, scallion, seasoned soy sauce for seafood, pepper, olive oil

### Steps

- ① Wash the fish, remove the internal organs, place it on a plate already covered with scallions, and sprinkle the fish with shredded ginger;
- ② Put the plate into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 14-17min;
- ③ While steaming the fish, use another small pot to heat the oil;
- ④ Take out the steamed fish and decorate it with shredded scallion;
- ⑤ Sprinkle the steamed fish with hot oil, and then sprinkle the mixed sauce of soy sauce and pepper, now ready to serve.



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## P21 Steamed Dace

### Food materials

**Main materials:**  
A dace (about 500g)

**Ingredients:**  
A moderate amount of salt and unboiled oil, a little dried orange peel and scallion

### Steps

- ①Scale the dace first, cut open the belly, remove the internal organs, and then wash the fish;
- ②Soak the dried orange peel in fresh water for 10min, take it out and cut it into shreds, cut the scallion into shreds;
- ③Season the dace properly with condiments, put it on a plate, and sprinkle it with dried orange peel shreds;
- ④Put the plate into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 14-17min;
- ⑤Take it out after it's done, sprinkle it with scallion shreds right away, now ready to serve.



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## P22 Steamed Perch

### Food materials

**Main materials:**  
Bass

**Ingredients:**  
Salt, shallot, seasoned soy sauce for seafood, vegetable oil, chili, grated ginger, minced garlic

### Steps

- ①Clean the bass, make a cut on each side of the back (do not cut off), apply a little salt on the fish evenly and cure it for about 5min;
- ②Cut the shallot into sections, cut the ginger into thin slices, pave the plate with ginger slices, and put some shallot sections and ginger slices on the fish;
- ③Put it into the steaming and baking machine, select the nutrient steaming mode, set the temperature to 210°F and set the time to 17min;
- ④Take it out after it's done, move the fish into another plate, sprinkle it with shredded shallot, chili, grated ginger, minced garlic as well as seasoned soy sauce for seafood, and pour the heat-up vegetable oil over the fish.



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### P23 Steamed Turtle with Black Fungus and Mushroom

#### Food materials

#### Main materials:

A turtle (about 750g), 3 mushrooms, 10g of dried lily flowers, 10g of black fungus, 3 red dates

#### Ingredients:

A moderate amount of dried orange peel, ginger, unboiled oil, glutinous rice wine, salt, sugar, chicken powder and starchy flour, and two pieces of lotus leaves

#### Steps

① Drench the turtle with boiling water, empty the turtle's bladder, cut it from the side with a knife and wash it;

② Soak the mushroom in water for half an hour, then take out and cut into shreds or pieces, soak the dried lily flowers and black fungus in water for 20min, take them out and remove the head and tail of the lily flowers, remove the core of red dates and cut them into six pieces each, cut both dried orange peel and ginger into shreds, wash the lotus leaf with warm water, dry it, and put it in the steamer;

③ Mix the cut turtle with light soy sauce, salt and sugar properly, put them in the lotus leaf paved steamer, and sprinkle with mushroom, lily flowers, red dates, dried orange peel shreds, ginger and a little light soy sauce;

④ Put the steamer into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 40min.



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### P24 Steamed Fresh Abalone

#### Food materials

#### Main materials:

Fresh abalone

#### Ingredients:

Shallot, ginger, soaked soft vermicelli, soy sauce, red chilli, vegetable oil

#### Steps

① Wash abalones and soak them in cold water, and cut shallot and ginger into shreds;

② Overspread the dish with rice noodles, put abalones on them, and add the shredded gingers;

③ Place the dish into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 7-10min;

④ Heat vegetable oil until it is slightly smoky, put the shredded shallots on abalones, and drizzle with the heated oil;

⑤ Drizzle with soy and sprinkle minced red sprinkles.



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## P25 Green Dumpling

### Food materials

#### Main materials:

30g barley grass powder, 135g glutinous rice flour, 45g rice flour, 135g sweet bean paste

#### Ingredients:

15g salad oil, 205g hot water

### Steps

- ① Add hot water to barley grass powder to dissolve it;
- ② Put the mixture of glutinous rice flour and glutinous rice flour into a bowl, pour the hot green juice into the mixed flour, and knead them into paste. Pour salad oil and continue to knead until the paste becomes smooth;
- ③ Cut the kneaded paste into 9 same-sized small pieces, divide the sweet bean paste into 9 parts of 15g each, round them as balls respectively, and wrap up every sweet bean paste ball with one paste piece. Put all wrapped balls into steaming and baking machine, select high temperature steaming mode, set the temperature to 230°F, set the time to 15min. Take out them after the machine stop running.



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## P26 Ginkgo, Dried Beancurd Stick and Barley Sweet Soup

### Food materials

#### Main materials:

Fresh ginkgo nuts, dried bean curd skin, pearl barley, quail eggs

#### Ingredients:

Rock sugar, water

### Steps

- ① Prepare all food materials, remove the outer coat and inner core of ginkgo nuts and add water, soak pearl barley and dried beancurd stick in water for half an hour, cut dried beancurd stick into sections after macerating;
- ② Put quail eggs with eggshell into steaming and baking machine, select the nutrient steaming mode, set the temperature to 210°F and set the time to 10min. Take out them after the machine stops running and peel their shells after they are cooled;
- ③ Fill a bowl with water, add pearl barley, ginkgo nuts, dried beancurd stick, quail eggs and rock sugar into the water, put the bowl into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 240°F and set the time to 35min. Take out the bowl after the machine stops running.



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## P27 Classic Set Meal

### Food materials

#### Main materials:

500g rice, 100g ribs, 20g American ginseng, 100g chicken

#### Ingredients:

10g salt and sugar, 30g fragrant sauce, 5g chicken powder, 5g Chinese wolfberry, 5g oyster sauce, 1 box of soup-stock, appropriate flowering cabbage

### Steps

① Wash ribs and mix them evenly with salt, sugar, rice wine and fragrant sauce. Wash flowering cabbage, put it into a dish, sprinkle salt, sugar and chicken essence, and sprinkle the mixed oyster sauce on flowering cabbage for later use;

② Add the cut chicken and the soaked American ginseng into the stew pot, add 500g of soup-stock, add salt. Put the rice, the stew pot and the ribs together into the steaming and baking machine, select the high-temperature steaming mode, set the temperature to 240°F, and the time to 26 min;

③ Open the door after hearing buzzer, put flowering cabbage, set the temperature to 240°F and the time to 26 min;

④ After the machine stop running, take out the soup, the ribs, the rice and the flowering cabbage.



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## P28 Steamed Cake with Raisins

### Food materials

#### Main materials:

140g wheat flour, 2 eggs

#### Ingredients:

1g baking powder, 1g baking soda, 50g butter, 50g milk, 60g fine granulated sugar and 20g raisins

### Steps

① Put the butter and fine granulated sugar into the pan, turn to moderate fire, stir with a wooden spatula, and decoct until the mixture is fused;

② Turn to soft fire, then put the milk, whipped eggs, wheat flour, baking powder, baking soda in turn, mix them quickly, fuse them, turn off the fire;

③ Cool the batter slightly, put it into a pastry bag, place the paper cup in a perforated steaming plate, squeeze the batter into the paper cup until it fills half of the cup, and place a few raisins on the surface;

④ Put the perforated steaming plate into the steaming and baking machine, select the nutrient steaming mode, set the temperature to 230°F and the time to 20-25min. Take the plate out after the machine stop running.





## P29 Roast Chicken with Lemon

### Food materials

#### Main materials:

1 tender chicken (about 1200g)

#### Ingredients:

1 carrot, 1 lemon, 1 onion, 20g celery, 1 garlic, 1 potato, 10g vegetable oil, 30g soy sauce, 1g black pepper, 8g salt, 0.5g dried rosemary, 0.5g dried basil, 30g white wine

### Steps

- ① Remove the head and feet of the chicken, wash, cut open and dry the chicken cavity. Wash carrot, onion and potato and cut them into pieces, cut celery into sections, peel garlic and beat them to pieces;
- ② Cut the lemon into two parts and squeeze out the juice;
- ③ Mix lemon juice, salt, black pepper, soy sauce, vegetable oil and white wine evenly to form sauce;
- ④ Put vegetables and chicken into a large pot, pour sauce, mix well and marinate for 2h;
- ⑤ Spread tin foil on the baking tray, spread vegetables on the bottom of the tray, put chicken on the vegetables, put the tray into the steaming and baking machine preheated to 390°F, select the fan baking mode, set the time to 40min (turn over the chicken 2-3 times in the baking process) and the temperature to 430°F, continue baking for about 15min, take the tray out after the machine stop running, and sprinkle rosemary and basil on the surface of the chicken.



## P30 Kabob

### Food materials

#### Main materials:

300g tenderloin

#### Ingredients:

Appropriate soy, cornstarch, monosodium glutamate, salad dressing, granulated sugar

### Steps

- ① Cut the tenderloin into thin slices and marinate it with seasoner for 30min.
- ② Add salad dressing and sugar and string them with bamboo sticks
- ③ Put the strings on the baking tray, put the bakeware into the steaming and baking machine, select the baking mode, set the temperature to 390°F and the time to 20min. Take the bakeware out after the machine stop running.

Pictures are for reference only. The the real object shall prevail.



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### P31 Baked Sweet Potato

#### Food materials

#### Main materials:

2 sweet potatoes (about 600g), 2 pieces of cheese

#### Ingredients:

15g butter, 10g sugar, 30g milk, 25g chopped cheese, 1 egg yolk

#### Steps

- ① Wash the sweet potatoes and wrap them in tinfoil
- ② Put the wrapped sweet potatoes into the steaming and baking machine, select baking mode, set temperature to 445°F and time to 45min, take them out, cut each into two pieces, scoop out the sweet potato pulp;
- ③ Press the scooped sweet potato pulp into mud with a spoon while it is hot, add white sugar, butter and chopped cheese, pour milk and stir well;
- ④ Put the stirred sweet potato pulp into the sweet potato holder, and sprinkle chopped cheese on the surface;
- ⑤ Brush sweet potato mud with egg yolk, put it into the middle layer of preheated steaming and baking machine, select baking mode, set the temperature to 355°F and the time to 20min.



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### P32 Baked Potato Chips

#### Food materials

#### Main materials:

1 potato (about 350g)

#### Ingredients:

Oil, salt, pepper

#### Steps

- ① Cut the potato into pieces;
- ② Brush potato chips evenly with a little oil and sprinkle salt and pepper;
- ③ Put potato chips into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 410°F and the time to 22min;



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### P33 Grilled Squid with Korean Chili Sauce

#### Food materials

#### Main materials:

190g sleeve-fish, 75g onion, 40g red grapes

#### Ingredients:

white wine, beef tallow, Korean chili sauce, chili powder, salt, pepper, cumin powder

#### Steps

- ① Cut the onion into shreds and red grapes into slices;
- ② Mix sleeve-fish with salt, pepper, cumin, chili powder, chili sauce and white wine and marinate for 10min.
- ③ Grease beef tallow on the tin foil on the baking tray;
- ④ Add onion, red grapes and sleeve-fish;
- ⑤ Put the tray into steaming and baking machine, select baking mode, set the temperature to 390°F and the time to 10-15min. Take it out until the appearance becomes golden yellow.



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### P34 Scallops in Garlic Butter

#### Food materials

#### Main materials:

Fresh scallops (9)

#### Ingredients:

Vanilla, beef tallow, bread crumbs, salt, pepper

#### Steps

- ① Wash scallops and remove shells first, and drain off the water for later use.
- ② Add salt and pepper to scallop meat for seasoning;
- ③ Melt beef tallow in a pan, fry the scallops until both sides are golden yellow, put the scallops back on the shells, and then add vanilla and beef tallow.
- ④ Sprinkle breadcrumbs on the scallop meat;
- ⑤ Put the scallops into steaming and baking machine, select baking mode, set the temperature to 390°F and the time to 5-8min. Take them out until the appearance becomes golden yellow.



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### P35 Italian Garlic Toast

#### Food materials

#### Main materials:

2 tomatoes

#### Ingredients:

Garlic, virgin olive oil, Italian aromatic vinegar, basil leaves, salt, white pepper, baguette, olive oil

#### Steps

- ① First cut baguette into slices, then remove the peel of and cut tomatoes, and cut up garlic and basil leaves;
- ② Mix all seasonings evenly (except bread) and marinate for 30min;
- ③ Coat a moderate amount of olive oil on baguette slices;
- ④ Put them into steaming and baking machine, select baking mode, set the temperature to 240°F and the time to 20-25min. Take them out until the appearance becomes golden yellow.
- ⑤ Take out the bread slices and put the prepared tomato sauce (step 2).



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### P36 Cookies

#### Food materials

#### Main materials:

25g egg liquid, 150g low-gluten flour

#### Ingredients:

50g powdered sugar, 100g butter, 10g milk powder, 1g salt

#### Steps

- ① Mix 50g powdered sugar and 100g softened butter together, add eggs and whip them into shape of feather.
- ② Add 150g low-gluten flour sifted, 10g milk powder and 1g salt, and stir them until no particles are found;
- ③ Pad the baking tray with oil paper, put the batter into a pastry bag, and squeeze the batter on the baking tray with a 1cm nozzle to the uniform size (one with a diameter of about 4cm);
- ④ Put it into the steaming and baking machine, preheat it at 430°F for 3min, and then bake it at 300°F for 35min.



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### P37 Cream Puff

#### Food materials

#### Main materials:

50g low-gluten flour, 75g egg liquid

#### Ingredients:

25g butter, 10g fine granulated sugar, 75g cream and 65g water

#### Steps

- ① Add 65g water and 25g butter into the pan, boil them, turn to low fire, add 50g sifted low-gluten flour, quickly stir until no particles are found, and cool the batter;
- ② Add eggs into batter in three times and stir evenly each time.
- ③ Put the batter into a pastry bag, and squeeze the batter on the baking tray with a 1cm nozzle (one with a diameter of about 3cm);
- ④ Put it into the steaming and baking machine, preheat it at 430°F for 3min, and then bake it at 375°F for 27min.
- ⑤ Add the 75g cream into fine granulated sugar in several times and whip.
- ⑥ After the puffs are cooled, poke holes in the side of the puffs and squeeze in cream.



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### P38 Thick Tube-Shaped Egg Cake

#### Food materials

#### Main materials:

250g eggs, 60g low-gluten flour

#### Ingredients:

50g milk, 60g fine granulated sugar, 50g corn oil, 70g cream

#### Steps

- ① Mix 5 egg yolks, 50g milk, 50g corn oil and 60g low-gluten flour evenly to form egg yolk batter;
- ② Add a few drops of vinegar to the separated egg white and whip it until large bubbles appear, then add 50g fine granulated sugar in three times and continue to whip it until it stands sharp shape and the egg white will not drop when the pot is reversed;
- ③ Add the egg white batter whipped into the egg yolk batter in three times and stir evenly;
- ④ Pour batter into a square mold with 28cm side length padded with oil paper, and scrape the surface flat with a scraper.
- ⑤ Put it into the steaming and baking machine, preheat it at 445°F for 3min, and then bake it at 320°F for 18min.
- ⑥ Divide the 75g cream into 10g fine granulated sugar in several times and whip;
- ⑦ After cooling, turn it upside down on the table covered with oil paper, tear off the original oil paper, and coat the cake surface with cream;
- ⑧ Roll the cake with a rolling pin, fix it for 2min, and then continue to roll it.
- ⑨ Open the oil paper and cut the cake into rolls.



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### P39 Madeleines

#### Food materials

#### Main materials:

2 eggs, 65g low-gluten flour

#### Ingredients:

1.5g vanilla extract, 15g lemon zest, 0.5 g salt, 60g butter and 65g fine granulated sugar

#### Steps

- ① Heat the butter through water and put it to room temperature;
- ② Put eggs, vanilla extract and salt into a blender and stir at high speed until the color becomes lighter, slowly add fine granulated sugar, and stir at high speed until the mixture becomes white and sticky;
- ③ Sieve low-gluten flour into the mixture, add lemon rind and butter and mix them evenly;
- ④ Squeeze the mixture into the Madeleine cake mold;
- ⑤ Put the mold into the steaming and baking machine, select baking mode, bake it in 390°F for 12min until the mixture becomes golden yellow.



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### P40 French Butterfly Cookies

#### Food materials

#### Main materials:

125g low-gluten flour

#### Ingredients:

110g butter, 60g water, 0.5 g vanilla extract, 45g crude sugar and 35g fine granulated sugar

#### Steps

- ① Stir 20g softened butter, 60g water and 125g low-gluten flour evenly;
- ② Knead into paste and wrap it in plastic wrap to wake up for 30min;
- ③ Roll the paste into wrapper, put 90g piece butter on the middle, and pinch tightly;
- ④ Roll it again into wrapper, fold it into 3 layers like folding quilt, roll it into long slices, fold it into 3 layers again, and finally fold 4 folds;
- ⑤ After brushing vanilla extract on the dough, sprinkle 35g fine granulated sugar, and roll up the dough inward from both sides until it is tightly rolled;
- ⑥ Wrap it with the plastic wrap and put it in the refrigerator for 30min;
- ⑦ Cut into 1cm thick butterfly sheets;
- ⑧ Dip one side of the cut butterfly cracker with coarse granulated sugar, place the side not dipped with sugar downward on a baking tray covered with oil paper, and press down with your hand to slightly unfold the paste.
- ⑨ Pay attention to put the side dipped with sugar upward. Place them into the steaming and baking machine and bake them in baking mode in 355°F for 30min.



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## P41 Banana Cake

### Food materials

#### Main materials:

210g low-gluten flour, 6 eggs, 1.5 bananas

#### Ingredients:

120g fine granulated sugar, 69g butter, 45g milk, 20g dried cranberry, 5g shredded coconut stuffing

### Steps

- ① Whip egg pulp at a low speed, add fine granulated sugar in three times, whip it until the color is white, the pulp is swollen, and clear texture appears;
- ② Add milk and melted butter and stir quickly;
- ③ Add the sifted low-gluten flour and stir evenly;
- ④ Add the batter to a paper cup until it fills 80% of the cup, add some dried cranberries, chopped bananas, sprinkle shredded coconut stuffing on the surface;
- ⑤ Put into the steaming and baking machine, select baking mode, bake it in 390°F for 25min.



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## P42 Pork Ribs with Coffee

### Food materials

#### Main materials:

500g pork ribs

#### Ingredients:

Minced garlic, espresso, balsamic vinegar, French yellow mustard, brown sugar, olive oil, black pepper, salt, chives

### Steps

- ① Mix all the sauce ingredients together;
- ② Cut the ribs into strips, marinate in the sauce, refrigerate for 3 hours;
- ③ Place ribs on a baking tray covered with aluminum foil;
- ④ Put into the steaming and baking machine, select the steaming and baking mode and set the temperature to 445°F and the time to 25-30min. Take out after the machine stops running.



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### P43 Salmon in Teriyaki Sauce

Food materials

Main materials:  
400g salmon fillet

Ingredients:  
Salt, pepper, teriyaki sauce, lemon

#### Steps

- ① Prepare a small pot, boil teriyaki sauce material for about 30min, cool it for later use;
- ② Cut the lemon into two parts, dry the salmon with kitchen paper, sprinkle salt and pepper for seasoning;
- ③ Place the salmon on a baking tray, apply teriyaki sauce;
- ④ Put it into the steaming and baking machine, select the steaming and baking mode, set the temperature to 430°F and the time to 15min;
- ⑤ When the buzzer is heard, take out the salmon, turn it over, apply a layer of teriyaki sauce, and put it into the steaming and baking machine for 5min.
- ⑥ Take it out after the machine stops running, squeeze lemon juice on the salmon, sprinkle sesame.



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### P44 Roasted Corn

Food materials

Main materials:  
Corn

Ingredients:  
Oil, pepper, honey

#### Steps

- ① Peel off the corn, brush the corn with oil and honey, and sprinkle with a moderate amount of pepper.
- ② Put the corn into the steaming and baking machine, select the steaming and baking mode, set the temperature to 390°F and the time to 35min;
- ③ Take the corn out after the machine stops running, brush it with a little pepper.





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## P45 Crispy Baked Dumplings

Food materials

Main materials:

Quick-frozen dumplings

Ingredients:

Vegetable oil, scallion

Steps

- ① Place dumplings on the baking tray and apply vegetable oil;
- ② Put it into the steaming and baking machine, select the steaming and baking mode, set the temperature to 300°F and the time to 20min;
- ③ Take it out after the machine stops running, sprinkle scallion shreds on the dumplings.



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## P46 Glutinous Rice Ball with Azuki Bean

Food materials

Main materials:

Glutinous rice 100g and 100g cooked azuki bean

Ingredients:

150g soup of boiling azuki bean, a moderate amount of Semen sesami nigrum and salt

Steps

- ① Wash the glutinous rice and soak it in water for 30min;
- ② Put the moisture-removed glutinous rice, azuki bean and the soup of boiling azuki bean into a container;
- ③ Cover the container with aluminum foil, select the steaming and baking mode, set the temperature to 390°F and the time to 30min;



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## P47 Roasted Chicken Wings

### Food materials

#### Main materials:

6 chicken wings

#### Ingredients:

A moderate amount of light soy sauce, cornstarch, dark soy sauce and salt

### Steps

- ① Wash chicken wings, make cuts in chicken wings, add garlic, light soy sauce, salt and dark soy sauce, mix well, marinate for 1h;
- ② After taking out, evenly dip light soy sauce in each chicken wing;
- ③ Put the chicken wings on the dish, put the dish into steaming and baking machine, select the steaming and baking mode, set the temperature to 355°F and the time to 20min. Take out after the machine shop running.



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## P48 Roasted Chicken

### Food materials

#### Main materials:

1 chicken (about 1,000g)

#### Ingredients:

15g salt, 2g pepper, 45g soy sauce, 2g star anise powder

### Steps

- ① Prepare a fresh chicken and wash it thoroughly inside and out;
- ② Evenly apply salt, pepper, soy sauce and star anise powder to the whole chicken, and pickle it in a dish for 1h;
- ③ Put the chicken in the baking tray, select the steaming and baking mode and set the temperature to 390°F and the time to 30min. Take out after the machine stops running.



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## P49 Roasted Eggplant

### Food materials

#### Main materials:

1 eggplant

#### Ingredients:

Caraway, oil, chili powder, green onion, soy sauce, salt

### Steps

- ① Wash the eggplant, brush with oil, wrap it with tin foil and put it on the baking tray. Cut garlic and caraway into minces;
- ② Put the eggplant into the steaming and baking machine, select the high temperature steaming mode, set the temperature to 300°F and set the time to 30min.
- ③ Put the garlic minces in a bowl, add soy sauce, salt and oil, and stir well;
- ④ After the machine stops running, take out the eggplant, cut the eggplant from the middle, evenly add the mixed seasoning, and sprinkle chili powder;
- ⑤ Put the eggplant into the steaming and baking machine, select the steaming and baking mode, set the temperature to 355°F and set the time to 10min. Take out the baking tray after the machine stops running and sprinkle caraway.



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## P50 Roasted Purple Sweet Potato

### Food materials

#### Main materials:

440g purple sweet potatoes (8, each with the weight of about 50g - 60g)

### Steps

- ① Wash the purple sweet potatoes with water;
- ② Spray some water on the surface of purple sweet potatoes, put them on the baking rack and into steaming and baking machine, select the steaming and baking mode, set the temperature to 355°F and the time to 25min. Take out after the machine stop running.