

-FUJIOH-


Version number: 2025-02



-FUJIOH-

Built in Multifunctional
Steam and Microwave Oven

Recipe



The ultimate steam oven for deliciously fresh food,
preserving the flavor and nutrients of your meals.

MENU

- P01 Steamed Tofu and Scallop
- P02 Steamd Three-Color Eggs
- P03 Seamed Eggplant with Vinegar
- P04 Seamed Pumpkin Mashed Garlic
- P05 Stewed Bird's Nest
- P06 Steamed Chicken Feet with Black Bean Sauce
- P07 Pumpkin Biscuit
- P08 Steamed Prawns with Garlic
- P09 Steamed Mushroom Chicken with Lotus Leaves and Red Dates
- P10 Steamed Chicken with Lily Flowers and Fungus
- P11 Steamed Grouper Fish
- P12 Grilled Steak
- P13 Teriyaki Salmon
- P14 Seafood Baked Rice
- P15 Dried Beancurd and Ginkgo Nuts Sweet Soup
- P16 Grilled Chicken Wings
- P17 Grilled Whole Chicken
- P18 Tender Roast Beef
- P19 Grilled Eggplant
- P20 Grilled Potato Chips
- P21 Grilled Squid with Korean Style Chili Sauce
- P22 Seared Scallops with Garlic and Butter
- P23 Italian Style Garlic Toast
- P24 Cookie

- P25 Cream Puff
- P26 Roll Cake
- P27 Orange and Almond Madeleines
- P28 Palmier
- P29 Banana Cake
- P30 Raisin Steamed Bread

**Extra menu (requires manual adjustment
of the settings)**

- P31 Steamed Tofu
- P32 Steamed Egg with Shrimp and Tofu
- P33 Steamed Baby Cabbage
- P34 Steamed Chicken Cubes with Black Bean Sauce
- P35 Steamed Scallops with Minced Garlic Vermicelli
- P36 Steamed Shrimp with Minced Garlic Vermicelli
- P37 Papaya Stew Milk
- P38 Steamed Dumplings stuffed with shirmp
- P39 Steamed Mud Carp Fish
- P40 Steamed Bass
- P41 Steamed Fresh Abalone
- P42 Grilled Corn
- P43 Grilled Dumplings
- P44 Glutinous Rice Balls Stuffed with Red Bean Paste
- P45 Green Rice Dumpling
- P46 Grilled Chicken with Lemon Juice
- P47 Grilled Sweet Potato
- P48 Grilled Purple Sweet Potato



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P01 Steamed Tofu and scallop

Ingredient:

5 pcs scallop
180g tofu
Small amount of shallot
Small amount of soy sauce
Small amount of sugar
Small amount of oil

Step

1. Dice the tofu, place 1 piece scallop on top of the tofu.
2. Place in steam oven and select hi temp steam mode or auto menu P01 with temperature at 115°C for 11 mins.
3. Heat the sauce in a frying pan and mix all the ingredients.



Image is for reference only.

P02 Steam Three-Color Eggs

Ingredient:

Egg
Preserved egg
Salted egg yolk
Chestnut
Peanut oil
Salt
Shallot

Step

1. Cut chestnut, preserved egg and salted egg yolk into small pieces;
2. Separate egg yolk and white, add little salt and stir;
3. Put step 1 into a container, add egg white;
4. Place in steam oven and select mid temp steam mode or auto menu P02 with temperature at 100°C for 10 mins;
5. Add egg yolk, then put in steam oven again for 5 mins. Set aside



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P03 Steamed Eggplant with Vinegar

Ingredient:

400g eggplant
Small amount of soy sauce
Small amount of chili
Small amount of vinegar
Small amount of pricklyash powder
Small amount of sesame oil
Small amount of salt
Small amount of chopped green onion

Step

1. Remove the stem, cut the eggplant into 8 pieces, soak in saltwater to remove bitterness; place on the dish and drizzle with sauce (soy sauce, chili, vinegar, sesame oil, salt, Pricklyash powder);
2. Place in steam oven and select hi temp steam mode or auto menu P03 with temperature at 110°C for 20 mins. Serve with garnished chopped green onion.



Image is for reference only.

P04 Seamed Pumpkin Mashed Garlic

Ingredient:

Pumpkin
Ginger
Garlic
Pickled pepper
Soy sauce
Salt
Vegetable oil

Step

1. Wash the pumpkin, peel the pumpkin and remove the pulp, then cut the pumpkin into 1cm slices. Set aside on a plate.
2. Cut the ginger and garlic, then put on the pumpkin. Add vegetable oil, soy sauce, salt and pickled pepper.
3. Place in steam oven and select hi temp steam mode or auto menu P04 with temperature at 110°C for 15 mins. Serve with garnished chopped green onion.



Image is for reference only.

P05 Stewed Bird's Nest

Ingredient:

3g Bird's nest
120g Purified water
1pcs Small glass vial bottle

Step

1. Soak the bird's nest in purified water for 4-5 hours. And the volume of the bird's nest would expand several times.
2. Wash the bird's nest and remove the impurities, and pick out the fluff.
3. Tear the bird's nest into strips and place the strips into a small glass vial bottle, add purified water or cooled boiled water. And the amount of water should be a finger length higher than the bird's nest.
4. No preheating is required in the pure steaming mode. Place the perforated tray on the lower layer of the oven, and then place the small glass vial bottle filled with the bird's nest on the tray.
5. Select hi temp steam mode or auto menu P05 with temperature 110°C for 40 mins.



Image is for reference only.

P06 Steamed Chicken Feet with Black Bean Sauce

Ingredient:

| | |
|--------------------|--------------------|
| 300g Chicken Feet | Black Beans |
| Corn starch | Sesame oil |
| Purple chili sauce | Pepper powder |
| MSG seasoning | Soy sauce |
| Sugar | Green pepper shred |
| Salt | |

Step

1. Mix chicken feet and corn starch;
2. Add purple chili sauce, salt, MSG seasoning, sugar, sesame oil and pepper powder, then mix together;
3. Add green pepper shred, black beans, chicken feet, then mix. Finally add and mix with soy sauce;
4. Place in steam oven and select hi temp steam mode or auto menu P06 with temperature 115°C for 15 mins.



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P07 Pumpkin Biscuit

Ingredient:

| | |
|--------------------|------------------------|
| 200g pumpkin flesh | 1pcs Egg |
| 45g Sugar | 6-inch round cake mold |
| 200g Plain flour | Plant oil |
| 3g Yeast | |

Step

1. Add 45g of sugar into 200g of peeled pumpkin flesh, and put them into the food tray. Place the tray on the bottom layer of the steam oven, using the mid temp steam with a temperature 100°C for 15 mins.
2. Pour the remaining water from the steamed pumpkin into a small bowl, add the yeast and stir well.
3. Press the pumpkin flesh into pumpkin puree, add an egg mix them well, and then add the yeast water and mix them well.
4. Add the liquid to the flour in several batches and stir the flour, and use a silicone spatula to stir until there are no particulate matters.
5. Grease the mold with the appropriate amount of plant oil, pour the panada into the mold, apply a little oil to the silicone spatula, smooth the surface of the panada, cover the mold with the plastic wrap, and place it in the oven to use the proving function, and ferment at 35°C for about 1 hour. Ferment the panada until 90% of the mold is full.
6. Take out the mold, remove the plastic wrap, and place the baking rack with holes on the lower layer of the oven in advance without preheating. Then place the mold on the baking rack with holes, and close the door of the oven. select mid temp steam mode or auto menu P07 with temperature at 100°C for 40 mins.



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P08 Steamed Prawns with Garlic

Ingredient:

Prawn
 Small amount of Garlic
 Small amount of red chili
 Small amount of garlic chili sauce
 Small amount of sugar
 Small amount of soy sauce

Step

1. Wash and remove the vein of the shrimp, cut the garlic;
2. Prepare the sauce with soy sauce, mashed garlic, red chili, sugar into the bowl;
3. Put the shrimp into the steam oven and select mid temp steam mode or auto menu P08 with temperature at 100°C for 10 mins .Sprinkle with garlic chili sauce and dip with the prepared sauce to serve.



Image is for reference only.

P09 Steamed Mushroom Chicken with Lotus Leaves and Red Dates

Ingredient:

1 600g Chicken
3 Chinese mushrooms
3 Red dates
2 Chenpi
2 Slice ginger
2 Lotus leaves
Small amount of soy sauce
Small amount of chicken essence
Small amount of salt
Small amount of sugar

Step

1. Cut the chicken into pieces of your preferred size;
2. Soak the chinese mushroom for half an hour, then shred or cut into pieces;
3. Soak the chenpi for 20 mins, then shred. Peel the ginger and shred. Cut the red dates into half. Wash the lotus leaves and place at the bottom of the cooking pot;
4. Mix the chicken with soy sauce, salt, sugar, chinese mushroom and red dates. Place on the lotus leaves. Garnish with chenpi shredded ginger slices. Drizzle with soy sauce.
5. Place in steam oven and select hi temp steam mode or auto menu P09 with temperature at 115°C for 22 mins.



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P10 Steamed Chicken with Lily Flowers and Fungus

Ingredient:

500g Chicken with bone
20g Lily bud
20g Black fungus
20g Chinese mushroom
5 Red dates
Small amount of shallot
Small amount of ginger
Small amount of oyster sauce
Small amount of soy sauce
Small amount of sesame oil
Small amount of corn flour
Small amount of sugar

Step

1. Soak lily bud, black fungus, chinese mushroom and red dates until soften;
2. Cut the red dates into half. Shed chinese mushroom, black fungus, lily bud, shallot and ginger;
3. Mix all ingredients in a bowl and place in a shallow plate;
4. Place in steam oven and select hi temp steam mode or P10 with temperature at 115°C for 25 mins.



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P11 Steamed Grouper Fish

Ingredient:

1 Grouper
Garlic
Shallot
Steamed fish Soy sauce
Pepper powder
Olive oil
Ginger

Step

- 1.Remove the fish giblets and wash, place on the plate with chopped shallot and garnish with ginger slices;
- 2.Place in steam oven and select hi temp steam mode or P11 with temperature at 115°C for 17 mins;
- 3.Heat the oil;
- 4.Take out the steamed fish and garnish with chopped shallot;
- 5.Sprinkle the hot oil over the steamed fish, then Sprinkle the sauce with soy sauce and pepper powder.



Image is for reference only.

P12 Grilled Steak

Ingredient:

180g A piece of steak
Proper amount of ground black pepper
Proper amount of sea salt
Proper amount of rosemary
5g Butter

Step

1. After the steak (with package) is naturally thawed, remove the moisture by wiping with a kitchen paper towel.
- 2.Apply a layer of butter on both sides of the steak, sprinkle it with salt and black pepper, and marinate for about 30minutes.
- 3.Put it on the wire rack and then put it at the middle layer of the preheated steam oven (Select steam fry to preheat the oven to temperature at 220°C, or auto menu P12 that includes preheat step).
- 4.Select steam fry mode or auto menu P12 with temperature at 220°C for 8 mins.
- 5.Put the steak on the chopping board to cool for 10 minutes(keep the steak moist), then cut into pieces garnish with rose mary for eating. The cooked steak is fresh and tender, and it is easy to chew. It can be directly dipped in sauce or served with salad. which is low-fat and healthy.



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P13 Teriyaki Salmon

Ingredient:

| | |
|---------------|--------------------------|
| 400g salmon | Teriyaki sauce |
| Salt | (soy sauce, miso, water, |
| Pepper powder | sake, black sugar) |
| Lemon | |

Step

1. Cook the teriyaki sauce for 30 mins. Set aside.
2. Cut the lemon, dry the salmon, pickle with salt and pepper powder.
3. Put the salmon on the baking tray and brush with Teriyaki sauce.
4. Select convection mode or auto menu P13 to preheat the oven temperature to 220°C (auto menu P13 include preheat stage), then place the baking tray into the oven and select convection mode or auto menu P13 with temperature at 220°C for 15 mins.
5. Take out the tray and turn the salmon around to brush with Teriyaki sauce, place the tray into oven again and continue the auto menu P13 or select convection mode for another 5 mins.
6. Squeeze the lemon juice on the salmon and sprinkle with sesame to serve.

Note: The 2nd step in auto menu will start working automatically if no operation is carried within 1 mins.



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P14 Seafood Baked Rice

Ingredient:

200g Cooked rice
 1/4 pcs Chopped onion
 Proper amount Oyster sauce
 100g Squid
 Proper amount Tomato bolognese
 150g Mozzarella cheese
 50g Shelled shrimp
 Proper amount Black pepper powder
 Proper amount Plant oil
 3-4 pcs Musse
 Proper amount Salt

Step

1. Add the proper amount of plant oil to the wok, add onions and fry them until they become transparent, add squids, shelled shrimps, and the proper amount of white wine, and then fry them until cooked.
2. Add rice, stir well, add oyster sauce and salt for flavor, then place them in a baking bowl.
3. Select convection mode or auto menu P14 to preheat the oven temperature to 200°C (auto menu P14 include preheat stage).
4. Place a layer of tomato bolognese on the surface of the baking bowl and sprinkle a layer of mozzarella cheese. After finishing the preheating, place the baking bowl on the baking tray and place tray into the oven. Select convection mode or continue auto menu P14 with temperature at 200°C for 15 mins.



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P15 Dried Beancurd and Ginkgo Nuts Sweet Soup

Ingredient:

| | |
|----------------------|------------|
| Ginkgo | Quails egg |
| Dried bean curd | Rock sugar |
| Chinese pearl barley | Water |

Step

1. Peel the ginkgo and remove core. Soak the Chinese pearl barley and dried bean curd for 30 mins.
2. Put the quails egg in the steam oven and select auto menu P15 or mid temp steam mode, with temperature at 100°C for 15 mins, set aside after completed.
3. Pour water in a bowl, add Chinese pearl barley and ginkgo, then place in the steam oven, continue the auto menu P15 operation or select the hi temp steam mode with temperature at 115°C for 35 mins. Set aside after completed.
4. Put bean curd and quail egg in step 3 with rock sugar, then place in the steam oven and continue auto menu P15 operation or select hi temp steam mode with temperature at 115°C for 15 mins.

Note: The 2nd or 3rd step in auto menu will start working automatically if no operation is carried within 1 mins.



Image is for reference only.

P16 Grilled Chicken Wings

Ingredient:

6 chicken wings
Small amount of soy sauce
Small amount of corn flour
Small amount of dark soy sauce
Small amount of salt

Step

1. Wash and cut the chicken wings, mix with mashed garlic, soy sauce, salt and dark soy sauce, marinate for an hour.
2. Brush the soy sauce on the chicken wings. Put the chicken wings evenly on the food tray ;
3. Select convection mode or auto menu P16 to preheat the oven temperature to 200°C (auto menu P16 include preheat stage), then put the wings on the tray and place the tray into the oven and select convection mode or auto menu P16 with temperature at 200°C for 22 mins.



Image is for reference only.

P17 Grilled Whole Chicken

Ingredient:

1 Chicken
Small amount of salt
Small amount of pepper powder
Small amount of soy sauce
Small amount of star aniseed powder

Step

1. Wash the chicken completely.
2. Brush the chicken with salt, pepper power, soy sauce, star aniseed powder, then pickled for an hour;
3. Select top+bottom+fan mode or auto menu P17 to preheat the oven temperature to 150°C (auto menu P17 include preheat stage), then put the chicken on the tray and place the tray into the oven, select top+bottom+fan mode or auto menu P17 with temperature at 150°C for 60 mins.



Image is for reference only.

P18 Tender Roast Beef

Ingredient:

400g Beef
200g Flammulina velutipes
1/2pcs Onion
2 spoonfuls of Light soy sauce
Half spoonfuls of dark soy sauce
1 Spoonful of oyster Oyster sauce
Half spoonfuls of white sugar
Small amount of salt
3 Scoops Clear water
Small amount of pepper
2 Spoonfuls of starch
2 spoonfuls of cooking oil

Step

1. Cut the beef into thin slices. First, add all the seasonings and water, except for the starch and cooking oil, and mix well. Then, add the starch and mix again. Finally, add the cooking oil and marinate for 20 minutes.
2. Take the root of flammulina velutipes, tear into florets, shred the onion.
3. Cover the baking tray with tin foil. Layer the onion shreds, flammulina velutipes, and beef slices in turn. Cover with another piece of tin foil, then roll it up and seal.
4. Select convection mode or auto menu P18 to preheat the oven temperature to 200°C (auto menu P18 include preheat stage), then place the tray into the oven and select convection mode or continue auto menu P18 with temperature at 200°C for 20 mins, take the tray out when the tin foil is bulging, cut the tin foil in the middle, sprinkle with chopped chives and capsicum frutescens.



Image is for reference only.

P19 Grilled Eggplant

Ingredient:

| | |
|--------------|-------------|
| 1 eggplant | Green onion |
| Parsley | Soy sauce |
| Oil | Salt |
| Chili powder | Garlic |

Step

1. Wash and remove the stem of the eggplant, brush it with oil, and place it on a baking tray lined with aluminum foil. Chop Green onion and parsley;
2. Select convection mode or auto menu P19 to preheat the oven temperature to 180°C (auto menu P19 include preheat stage), then place the tray into the oven and select convection mode or continue auto menu P19 with temperature at 180°C for 15 mins.
3. Mix mashed garlic, soy sauce, salt and oil;
4. Take out eggplant and cut into half, drizzle step 3 and sprinkle chili powder;
5. Place the eggplant into the steam oven again, continue auto menu P19 operation or select convection mode with temperature at 180°C for 10 mins.

Note: The 2nd step in auto menu will start working automatically if no operation is carried within 1mins.



Image is for reference only.

P20 Grilled Potato Chips

Ingredient:

| |
|---------------|
| 1 potato |
| Oil |
| Salt |
| Pepper powder |

Step

1. Slice the potato;
2. Drizzle little amount of oil on the chips, sprinkle salt and pepper powder;
3. Select convection mode or auto menu P20 to preheat the oven temperature to 200°C (auto menu P20 include preheat stage), then put the chips on the tray and place the tray into the oven, select convection mode or continue auto menu P20 with temperature at 200°C for 15 mins.
4. After completion, take the tray out and turn the chips to another side, drizzle oil, sprinkle salt and pepper power, place the tray into oven again, continue auto menu P20 operation or select convection mode, with temperature at 200°C for 10 mins.

Note: The 2nd step in auto menu will start working automatically if no operation is carried within 1mins.



Image is for reference only.

P21 Grilled Squid with Korean Style Chili Sauce

Ingredient:

190g squid
75g onion
40g grape
Butter
Korean style chili sauce
Chili powder
Salt
Ground pepper powder
Cumin powder
White wine

Step

1. Cut the onion and slice the grape;
2. Mix squid, salt, ground pepper powder, cumin powder, chili powder, Korean style chili sauce, white wine, then let it marinate for 10 mins;
3. Brush butter on the tray lined with aluminum foil.
4. Put the onion, grape and squid on the tray;
5. Select low hum steam+bake mode or auto menu P21 to preheat the oven temperature to 200°C (auto menu P21 include preheat stage), then place the tray into the oven, select low hum steam+bake mode or continue auto menu P21 with temperature at 200°C for 15 mins until it turns golden brown.



Image is for reference only.

P22 Seared Scallops with Garlic and Butter

Ingredient:

Fresh scallops
Parsley
Butter
Breadcrumbs
Salt
Ground pepper

Step

1. Wash the scallops and remove the shells. Set aside.
2. Season the scallops by salt and ground pepper powder;
3. Heat the butter in a frying pan, then sear the scallops until both sides turn golden brown. Put the scallops back to the shells, add parsley and butter;
4. Sprinkle breadcrumbs on the scallops;
5. Select convection mode or auto menu P22 to preheat the oven temperature to 200°C (auto menu P22 include preheat stage), then put the scallops on the tray and place the tray into the oven, select convection mode or continue auto menu P22 with temperature at 200°C for 8 mins.



Image is for reference only.

P23 Italian Style Garlic Toast

Ingredient:

2 tomatoes
Garlic
Virgin olive oil
Italian balsamic vinegar
Basil leaves
Salt
White pepper powder
Baguette
Olive oil

Step

1. Slice baguette. Peel and dice the tomato and garlic. Chop the basil leaves.
2. Mix all ingredients, except baguette, and marinate for 30 mins.
3. Spread olive oil on the baguette.
4. Select convection mode or auto menu P23 to preheat the oven to temperature 180°C (auto menu P23 includes preheat stage).
5. Preheat and cook in the steam oven for 10 mins. Remove the bread slices and serve with the prepared tomato sauce.



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P24 Cookie

Ingredient:

Egg
Wheat flour
Raisin
Unsalted butter
Sugar
Lemon peel

Step

1. Whip the butter until creamy, then gently add and mix in the sugar. Finally, add the egg and lemon peel, mixing until well combined.
2. Use sieve to sift the wheat flour and mix with Step 1 to knead into a dough;
3. Put the dough on the cooking paper, use a rolling pin to flatten the dough to 4mm thickness, then place it in the fridge for 30 mins to cool down and harden;
4. Take out from fridge and use mold to cut into small pieces, then brush with butter and place on the baking tray. The remaining dough can be shaped following Step 1 and sprinkled with sugar and raisin, based on personal preference.
5. Select convection mode or auto menu P24 to preheat the oven temperature to 160°C (auto menu P24 includes preheat step), then place the baking tray into the oven, continue the auto menu P24 or select convection mode with temperature at 160°C for 18 mins.



Image is for reference only.

P25 Cream Puff

Ingredient:

| | |
|-------------|-----------|
| Wheat flour | Sugar |
| Egg | Salad oil |
| Butter | Cream |

Step

1. Mix the butter and water in a heated pot. After it comes to a boil, remove the pot from the heat, then add the wheat flour and adjust to low heat.
2. When the ingredients are well mixed and no longer sticking to the pot, set aside to cool.
3. Beat the egg and mix together;
4. Select the auto menu P25 or convection mode to preheat the oven temperature to 170°C. (auto menu P25 include preheat step)
5. Brush salad oil on the baking tray and sprinkle wheat flour, press the batter into approximately 3 cm diameter rounds.
6. After preheating the steam oven, place step 5 into the steam oven and continue auto menu P25 or select convection mode with temperature 170°C for 25mins.



Image is for reference only.

P26 Roll Cake

Ingredient:

Wheat flour
Egg
Sugar
Cream

Step

1. Put egg and sugar in a bowl, whisk until foamy.
2. Add wheat flour and mix gently.
3. Select the auto menu P26 or dual temp top+bottom mode to preheat the oven temperature to 180°C. (auto menu P26 includes preheat step). After preheating the steam oven, place the ingredient into oven and continue auto menu P26 or select dual temp top+bottom mode with temperature 180°C for 22 mins.
4. Whip the cream with 80g of sugar, whisking until foamy. Then, cool down by placing the bowl in cold water.
5. Spread the whipped cream on the cake, then fold with a light touch.



Image is for reference only.

P27 Orange and Almond Madeleines

Ingredient:

| | |
|---------------------|-----------------|
| 80g Cake flour | Vanilla Essence |
| 40g Sugar powder | Baking powder |
| 10g Unsalted butter | Salt |
| 2 Eggs | Almond powder |
| 1 Orange peel | |
| Honey | |

Step

1. Mix egg, sugar powder, honey and vanilla essence, then add orange peel;
2. Sift the cake flour, baking powder, salt and almond powder into the egg yolk, then add the butter two additions and mix well.
3. Wrap with plastic sheet and place it in the fridge for a night;
4. Sweep the melted butter on the mold, put the ingredient into the mold until $\frac{3}{4}$ full;
5. Select the auto menu P27 or top+bottom mode to preheat the oven temperature to 200°C. (auto menu P27 includes preheat step). After preheating the steam oven, put the mold on the tray and place the tray into oven and continue auto menu P27 or select top+bottom mode with temperature 200°C for 11 mins.



Image is for reference only.

P28 Palmier

Ingredient:

Frozen puff pastry
Butter
Sugar
Honey

Step

1. Defrost puff pastry and cut in 2mm thick, then brush the butter on the surface and drizzle the honey. Fold the puff pastry and repeat the same step;
2. Take one side and tightly roll the pastry toward the middle, then press it gently. Wrap the pastry in the plastic sheet and place in the fridge for 20 mins.
3. Remove the plastic sheet and cut into $\frac{1}{2}$ inch thick.
4. Select the auto menu P28 or convection mode to preheat the oven temperature to 170°C. (auto menu P28 includes preheat step). After preheating the steam oven, place it in oven and continue auto menu P28 or select convection mode with temperature 170°C for 19 mins.
5. Drizzle the honey to serve.



Image is for reference only.

P29 Banana Cake

Ingredient:

Cake flour
Egg
Banana
Sugar
Salad oil
Butter

Step

1. Select auto menu P29 or dual temp top+bottom mode to preheat the oven temperature to 180°C. (Top tube heating to 170°C, bottom tube heating to 180°C)
2. Put the banana into the bowl and mash the banana;
3. Add egg, sugar and butter, then mix;
4. Add the cake flour and salad oil, stir until blended;
5. Pour all the ingredients into the cake mould. After preheating completed, put the mould on the wire rack and place tray in the steam oven and continue auto menu P29 or select dual temp top+bottom mode, top tube heating 170°C, bottom tube heating 180°C with 70 mins



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P30 Raisin Steamed Bread

Ingredient:

140g wheat flour
2 Eggs
Baking powder
Baking soda
Butter
Sugar
Raisin
Milk

Step

1. Put the butter, eggs, and sugar in the bowl. Then add milk, wheat flour, baking powder, baking soda, and mix them quickly;
2. Pour the batter until it reaches half of the container, then sprinkle the raisins on top;
3. Put the container on the tray, and place the tray into the steam oven, select mid temp steam mode or auto menu P30 with temperature at 100°C for 25 mins



Image is for reference only.

P31 Steamed Tofu

Ingredient:

400g Tofu
Small amount of Chinese cabbage
Small amount of salad oil
Small amount of soy sauce
Small amount of sugar
Small amount of coriander
Small amount of chili
Small amount of slice ginger

Step

1. Wash and drain the tofu, then dice.
2. Add and mix salad oil, soy sauce, sugar in a deep bowl. Then add slice ginger and chili. Then garnish with coriander;
3. Place in steam oven and select mid temp steam mode with temperature at 100°C for 8 mins. Serve by garnished with coriander.



Image is for reference only.

P32 Steamed Egg with Shrimp and Tofu

Ingredient:

2pcs Egg
6pcs Shelled shrimp
1box Tofu
Proper amount of Seasoned soy sauce for seafood
Proper amount of Salt
Proper amount of Sesame oil
Small amount of Chopped green onions
Proper amount of Water or chicken soup

Step

1. Rub the shelled shrimp with salt, rinse with water, and drain. Cut the tofu into small cubes. Preheat the water or chicken broth to about 50°C in advance.
2. Beat the eggs, then add the appropriate amount of warm chicken soup or warm water and salt. Stir well and strain the mixture into a plate. Skim off any foam that floats on the surface.
3. Add tofu, place the shrimps in place, cover the food with a layer of plastic wrap, and poke a few small holes in the plastic wrap.
4. Select mid temp steam mode to preheat the oven temperature to 100°C. Then place the food on the perforated tray on the lower layer of the oven. Select mid temp steam mode with the temperature at 100°C for 15 mins.
5. When the cooking time is finished, you could add the chopped green onions, sesame oil, and the proper amount of seasoned soy sauce for better taste.



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P33 Steamed Baby Cabbage

Ingredient:

1 Baby cabbage
 Proper amount of vermicelli
 1 bulb of garlic
 2 pcs capsicum frutescens
 Small amount of chopped green onions
 Proper amount of oyster sauce
 Proper amount of soy sauce
 Proper amount of salt
 Proper amount of sugar
 Proper amount of oil
 Proper amount of clear water

Step

1. Soak vermicelli in warm water in advance, chop garlic and capsicum frutescens into fine pieces.
2. Heat the oil in the pot, add minced garlic and fry until slightly yellow, add oyster sauce, light soy sauce, salt, sugar, and a small amount of clear water to boil, then set aside.
3. Wash the baby cabbage and cut it into 4~6 pieces, then prepare a shallow plate, spread the vermicelli on the bottom of the plate, put baby cabbage on it, and pour garlic sauce.
4. Put the plate into the bottom layer of the steam oven (with a tray or a wire rack), select mid temp steam mode with temperature at 100°C for 15mins.



Image is for reference only.

P34 Steamed Chicken Cubes with Black Bean Sauce

Ingredient:

| | |
|---------|----------------------|
| chicken | Proper amount of |
| | Garlic |
| | Shallots |
| | Fermented black bean |
| | Light soy sauce |
| | Dark soy sauce |
| | Sugar |
| | Starch |

Step

1. Wash the chicken and cut into small pieces, finely chop the garlic, fermented black bean and shallots;
2. Heat the oil in the pot, add minced garlic and fermented black bean, stir fry until fragrant, set aside;
3. Prepare a shallow plate, put the chicken piece into the plate, then add light soy sauce, dark soy sauce, sugar, starch, minced garlic and fermented black bean to the chicken pieces, mix well and marinate for about 30 minutes.
4. Put the plate into the bottom layer of the steam oven, (with a tray or a wire rack), select hi temp steam mode with temperature at 115°C for 25mins.



Image is for reference only.

P35 Steamed Scallops with Minced Garlic Vermicelli

Ingredient:

Proper amount scallop
1 spoonful light soy sauce
1 spoonful cornstarch
3 spoonful seasoned soy sauce for seafood
1 spoonful oyster sauce
Small amount of salt

Step

1. Open the shell of the scallop, separate it into two pieces, wash off the viscera and gills with water, and clean the calipash; Then soak vermicelli in warm water.
2. Separate the scallop meat and shell with a knife, add cooking wine, light soy sauce and raw powder to the scallop meat and marinate for 10 minutes.
3. Put a small amount of vermicelli on the scallop shell, put the marinated scallop meat on it, pour garlic sauce on it, and finally put the whole scallops on the steaming plate;
4. Put them into the bottom layer of the steam oven, select mid temp steam mode with temperature at 100°C for 15mins, then sprinkle chopped chives on it.



Image is for reference only.

P36 Steamed Shrimp with Minced Garlic Vermicelli

Ingredient:

| | |
|--------------|-----------------------------|
| 200g Shrimp | 10g Capsicum frutescens |
| 10g Shallots | Proper amount of Vermicelli |
| 100g Garlic | 20g Oyster sauce |
| 3g Salt | Chives |

Step

1. Soak the vermicelli in cold water until they become soft, and drain water for later use.
2. Mince the garlic, capsicum frutescens, and chop the chives for later use.
3. Heat the oil in a pot and add half of the minced garlic and simmer them until they become light yellow, turn off the fire, add the other half of the minced garlic, capsicum frutescens, and the proper amount of oyster sauce and salt, and then mix them well.
4. Cut off the shrimp's antennae and legs, then slit the back and remove the shrimp vein. Cut the vermicelli with scissors, add an appropriate amount of minced garlic, and mix well. Spread the mixture evenly on the plate, then place the shrimp with their backs open on the vermicelli. Fill the shrimp backs with minced garlic.
5. Select hi temp steam mode to preheat the oven temperature to 115°C. Then put the plate on the perforated tray and place the tray into the oven, select the hi temp steam mode with temperature at 115°C for 15mins.



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P37 Papaya Stew Milk

Ingredient:

Proper amount of Papaya
Proper amount of Red dates
Pure milk: clear water 2:1
Proper amount of Sugar
Proper amount of Lycium barbarum
Goji berry

Step

1. Peel and deseed the papaya, cut it into small pieces, remove the pits from the red dates, and put them into a stew bowl.
2. Add a bowl of clear water, a little rock sugar, red dates, goji berry and pure milk.
3. Put the stew bowl into the bottom layer of the steam oven, select mid temp steam mode with temperature at 100°C for 23mins.



Image is for reference only.

P38 Steamed Dumplings Stuffed with Shrimp

Ingredient:

50m Lean meat
20g Fat meat
Proper amount of shrimp
30g fresh mushrooms(room temperature)
Small amount of pepper powder
5g Corn flour
5g Salt
3g Sesame oil
3g Sugar
3g MSG seasoning
3g Soy sauce

Step

1. Wash and dice the lean and fat meat. Marinate lean meat and alkaline water for 40-60 mins, then rinse with water and dry with towel. Set aside.
2. Mix the diced lean meat and salt until sticky, then stuff it into the shrimp. Next, mix in the MSG, sugar, sesame oil, and pepper powder. Finally, add the diced Chinese mushrooms, corn flour, and soy sauce to make the stuffing for the Siu Mai.
3. Place in steam oven and select hi temp steam mode with temperature at 115°C for 18mins.



Image is for reference only.

P39 Steamed Mud Carp Fish

Ingredient:

1 pc/ 500g dace
Small amount of chenpi
Small amount of shallot
Small amount of soy sauce
Small amount of salt

Step

- 1.Scraped the scales off a dace, remove the giblets and wash;
- 2.Shred chenpi and shallot;
- 3.Mix all ingredients, put on plate with chenpi slices;
- 4.Place in steam oven and select hi temp steam mode, temperature at 115°C with 17mins;
- 5.Garnish with chopped shallot to serve.



Image is for reference only.

P40 Steamed Bass

Ingredient:

Bass
Salt
Shallot
Steamed fish soy sauce
Vegetable oil
Chili
Mashed ginger
Mashed garlic

Step

- 1.Wash the bass, then cut the backside once and don't cut completely, use little salt to pickle for 5 mins;
- 2.Cut shallot and ginger, then place on the plate, put some chopped shallot and ginger slice on the fish;
- 3.Place in steam oven and select mid temp steam mode, temperature at 100°C with 15mins;
- 4.After function completed, take the dish out and move it to another plate. Garnish with chopped shallot, pour steam fish soy sauce, chili, mashed ginger, mashed garlic, then sprinkle with vegetable oil.



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P41 Steamed Fresh Abalone

Ingredient:

Fresh abalone
Shallot
Soften rice vermicelli
Soy sauce
Red chili
Vegetable oil
Sliced ginger

Step

1. Wash the abalone, then soak in cold water. Shred ginger and shallot.
2. Place rice vermicelli on the plate, put the abalone on the plate and add ginger slice.
3. Place in steam oven and select hi temp steam mode with temperature at 110°C for 8 mins;
4. Heat the vegetable oil, put the shallot on the abalone and drizzle with hot oil.
5. Drizzle soy sauce and garnish with red chili.



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P42 Grilled Corn

Ingredient:

Corn
Oil
Pepper powder
Honey

Step

1. Remove corn cobs, brush with oil and honey, sprinkle with pepper powder;
2. Place the corn on the grill tray in the steam oven, select Top+Bottom+Fan mode with temperature at 200°C for 25 mins;
3. Sprinkle some pepper powder to serve.



Image is for reference only.

P43 Grilled Dumplings

Ingredient:

400g Frozen dumplings
Small amount of Chinese cabbage
Vegetable oil
Shallot

Step

1. Place the dumplings on the baking tray and brush with vegetable oil;
2. Place in steam oven and select steam fry mode with temperature at 200°C for 15mins;
3. Sprinkle chopped shallots on top to serve.



Image is for reference only.

P44 Glutinous Rice Balls Stuffed with Red Bean Paste

Ingredient:

Glutinous rice
Cooked red beans
Small amount of red bean soup
Small amount of black sesame
Small amount of salt

Step

1. Wash glutinous rice and soak for 30 mins;
2. Dehydrate the glutinous rice, then put into the container with red beans and red bean soup;
3. Cover the container with aluminum foil, select low hum steam+bake mode with temperature at 200°C for 30 mins.



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P45 Green Rice Dumpling

Ingredient:

60g Wheatgrass
60g Glutinous rice flour
135g Bean paste
20g Rice flour
15g Salad oil

Step

1. Remove the stem of the wheatgrass, keep and wash the leaves. Put the wheatgrass in the boiling water;
2. Dredged up the wheatgrass and put into the cold water, cut the wheatgrass with scissors then put into the cooking cup and blend to paste, use colander or gauze to filter the slag and keep the green sauce.
3. Mix the glutinous rice flour and rice flour, then add green sauce and knead the dough. Add salad oil to the dough and keep kneading the dough.
4. Use 50g dough and 15g bean paste to knead into a ball.
5. Place in the steam oven and select mid temp steam mode with temperature at 100°C for 15 mins. Ready to serve.



Image is for reference only.

P46 Grilled Chicken with Lemon Juice

Ingredient:

| | |
|------------|-------------------------------------|
| 1 Chicken | Small amount of vegetable oil |
| 1 Carrot | Small amount of soy sauce |
| 1 Lemon | Small amount of black pepper powder |
| 20g Celery | Small amount of salt |
| 1 Garlic | Small amount of rosemary |
| 1 Potato | Small amount of basil |
| 1 Onion | Small amount of white wine |

Step

1. Wash carrot, onion, celery, potato, then cut into small pieces;
2. Peel the garlic, cut the lemon in half and squeeze;
3. Mix the lemon juice, salt, black pepper powder, soy sauce, vegetable oil and white wine to make the sauce;
4. Place the sliced vegetable, peeled garlic, chicken in the tray, then drizzle with the sauce. Turn the chicken and vegetable, then marinate for 2 hours;
5. Prepare a thick bottom stainless steel pot and pan. Take out Step 4, put the vegetable on the pot and chicken on the top. Use top+bottom+fan mode to preheat the oven to 220°C, then place the pot in the oven, select top+bottom + fan mode with temperature 220°C for 50mins until the chicken is crispy. (Turn the chicken 2-3 times during cooking) Sprinkle rosemary and basil to serve.



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P47 Grilled Sweet Potato

Ingredient:

1 Sweet potato
1 Slice cheese
Butter
White sugar
Milk
Egg yolk

Step

1. Wash the sweet potato, wrap with baking sheet and drizzle with water on the paper to keep moisture;
2. Place the sweet potato into the steam oven, select top+bottom+fan mode with temperature at 220°C for 45 mins. Take out the sweet potato, tear in half, and scrape out the flesh.
3. Mash the sweet potato, add white sugar, butter and minced cheese, pour in milk, then mix;
4. Put Step 3 into the sweet potato shell, sprinkle with minced cheese;
5. Using double grill mode to preheat the oven to 180°C, then brush the egg yolk in the potato, put the potato on the tray and place the tray into the oven. Select double grill mode with temperature 180°C for 20 mins until it turns golden brown.



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P48 Grilled purple Sweet Potato

Ingredient:

1 purple potato

Step

1. Wash the purple potato;
2. Drizzle water on the purple potato, place into the steam oven, select low hum steam+bake mode with temperature 200°C for 45 mins. Ready to serve.