

-FUJIOH-

Version number: 2025-04



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Built in Multifunctional
Steam and Microwave Oven

Recipe



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

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Steamed Tofu and scallop

Ingredient:

5 pcs scallop
180g tofu
Little shallot
Little soy sauce
Little sugar
Little 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, temperature at 115°C with 11 mins.
3. Heat the sauce in a frying pan and mix all the ingredients.



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Steam Three-Color Eggs

Ingredient:

3pcs Egg
1pcs Preserved egg
2pcs Salted egg yolk
Little chestnut
Little peanut oil
Little salt
Little chopped shallot

Step

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



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Steamed Eggplant with Vinegar

Ingredient:

400g eggplant
Little soy sauce
Little chili
Little vinegar
Little pricklyash powder
Little sesame oil
Little salt
Little chopped shallot

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);
2. Place in steam oven and select hi temp steam mode or auto menu P03, temperature at 110°C with 20 mins. Serve with garnishing chopped green shallot.



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Seamed Pumpkin Mashed Garlic

Ingredient:

500g Pumpkin	Little pickled pepper
Little miced garlic	Little soy sauce
Little miced ginger	Little salt
Little chipped shallot	Little 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, temperature at 110°C with 15 mins. Serve with garnishing chopped green onion.



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Stewed Bird's Nest

Ingredient:

5g American ginseng
5g snow fungus
5g Bird's nest
15g Rock candy
Appropriate amount water

Step

1. Soak the bird's nest in purified water for 24 hours in advance.
2. Soak the american ginseng in purified water for 10mins, then clean the snow fungus and divide it.
3. Put bird's nest, american ginseng, snow fungus and rock candy into glass vial or bottle, then add an appropriate amount of water.
4. Place the bottle into the low layer of oven and select hi temp steam mode or auto menu P05, temperature 110°C with 40 mins.

Note: The water should be a finger length higher than the bird's nest.



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Steamed Chicken Feet with Black Beans Sauce

Ingredient:

300g Chickend feet
Little corn starch
Littlepurple chili sauce
Little MSG seasoning
little salt
Little sugar
Little black beans
Little sesame oil
Little pepper powder
Little soy sauce
Little green pepper shred

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, temperature 115°C with 15 mins.



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Pumpkin Biscuit

Ingredient:

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

Step

1. Add 45g of sugar into 200g of peeled old pumpkin flesh, and put them into the food tray. Put them into the bottom layer of the steam oven, using the mid temp steam, temperature 100°C with 15 mins.
2. Pour the remaining water from the steamed pumpkin into a small bowl, and add the yeast to stir well.
3. Press the old pumpkin flesh into pumpkin puree, add an egg and 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. And 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. And 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, temperature at 100°C with 40 mins.



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Steamed Prawns with Garlic

Ingredient:

300-500g Prawn
Little Garlic
Little chili
Little garlic chili sauce
Little sugar
Little 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, temperature at 100°C with 10 mins . Sprinkle with garlic, chili sauce and dip with the prepared sauce to serve.



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Steamed Mushroom Chicken with Lotus Leaves

Ingredient:

1pcs pc/600g Chicken	Little chicken essence
3pcs Chinese mushrooms	Little salt
3pcs red dates	Little sugar
2pcs chenpi	Little glutinous rice wine
2pcs slice ginger	
2pcs lotus leaves	
Little soy sauce	

Step

- 1.Remove the giblets of the chicken and wash, then cut into pieces;
- 2.Soak the Chinese mushroom for half an hour, 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 steam oven;
- 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, temperature at 115°C with 22 mins.



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Steamed Chicken with Lily Flowers and Fungus

Ingredient:

500g chicken with bone
20g lily bud
20g black fungus
20g Chinese mushroom
5pcs red dates
Little shallot
Little ginger
Little oyster sauce
Little soy sauce
Little sesame oil
Little corn flour
Little 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, temperature at 115°C with 25 mins.



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Steamed Grouper Fish

Ingredient:

1 pcs Grouper
 Little ginger
 Little shallot
 Little steamed fishsoy sauce
 Little pepper powder
 Little olive oil

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 auto menu P11, temperature at 115°C with 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 sauce of soy sauce and pepper powder.



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Grilled Steak

Ingredient:

180g A piece of steak
 Proper amount of Chopped black pepper
 Proper amount of Sea salt
 Proper amount of Rosemary
 5g Butter

Step

1. After the steak (with package) is naturally thawed, dry it up with 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 220°C, or auto menu P12 include preheat step).
- 4.Select steam fry mode or auto menu P12, temperature at 220°C with 8 mins.
- 5.Put the steak on the chopping board to cool for 10 minutes(keep the steak moist), then cut into pieces 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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Teriyaki Salmon

Ingredient:

400g salmon
 Little salt
 Little pepper powder
 Little Teriyaki sauce
 1pcs Lemon
 (Proper amount of soy sauce, miso, water, sake, black sugar)

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. Place in steam oven and select convection mode or auto menu P13, temperature at 220°C with 15 mins.
5. Take out the salmon and turn around to brush with Teriyaki sauce. Place in the steam oven and convection mode for another 5 mins.
6. Squeeze the lemon juice on the salmon and sprinkle with sesame seed to serve.

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



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Seafood Baked Rice

Ingredient:

500g Cooked rice	30g Corn niblet
3pcs Egg	100g Chopped mozzarella
100g Shrimp	Little garlic
50g Squid ring	Little salt
2pcs White mushroom	little vegetable oil
30g Onion	Little ground black pepper

Step

1. Slice the mushrooms and onions. Wash the squid rings and shrimp, then remove the shells and devein the shrimp.
2. Add 3 egg yolks to the rice and mix well until it becomes golden brown. Fry the rice in a wok with hot oil until it is dry and fragrant. Add 3 egg whites, continue to fry well, and season with salt and black pepper.
3. Heat a wok with oil and sauté the onions and white mushrooms until fragrant. Add the squid, shrimp, and garlic, and sauté until just cooked.
4. Select the convection or auto menu P14 to preheat the oven to 200°C. Place the fried rice at the bottom of a bowl, add the sautéed ingredients and corn niblet on top of the rice, and sprinkle mozzarella cheese over everything. Once preheating is complete, place the bowl in the oven and select convection or continue with auto menu P14, temperature 200°C with 15 mins.

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



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Dried Bean curd and Ginkgo Nuts Sweet soup

Ingredient:

12pcs Ginkgo	6pcs Quails egg
30g Dried bean curd	30g Chinese pearl barley
30g Rock sugar	600g 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, temprature at 100°C with 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, temperature at 115°C with 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, temperature at 115°C with 15 mins.

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



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Grilled Chicken Wings

Ingredient:

6pcs Chicken wings
Little mashed garlic
Little soy sauce
Little dark soy sauce
Little salt

Step

1. Wash and cut the chicken wings, mix with mashed garlic, soy sauce, salt and dark soy sauce, pickle for an hour.
2. Brush the soy sauce on the chicken wings;
3. Put the chicken wings evenly on the food tray and place in the steam oven, select the convection mode or auto menu P16, temperature at 200°C with 22 mins.



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Grilled Whole Chicken

Ingredient:

1 pcs Chicken
Little salt
Little pepper powder
Little soy sauce
Little star aniseed powder

Step

1. Wash the chicken completely.
2. Brush the chicken with salt, pepper power, soy sauce, star aniseed powder, then pickle for an hour;
3. Put the chicken on the baking tray, select top+bottom+fan mode or auto menu P17, temperature at 150°C with 60 mins.



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Sea Tender Roast Beef

Ingredient:

400g Beef
200g Flammulina velutipes
1/2 pcs Onion
2 Spoonfuls light soy sauce
Half of spoonfuls dark soy sauce
1 Spoonful oyster sauce
Half of spoonfuls white sugar
Little salt
3 Scoops clear water
Little pepper powder
2 Spoonfuls starch
Spoonfuls cooking oil

Step

1. Cut the beef into thin slices, first add all seasonings and clear water except starch and cooking oil, mix well, then add starch and mix again, finally add 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, put onion shreds, flammulina velutipes and beef slices in turn, cover with a piece of tinfoil, roll up and seal it.
4. Put the baking tray into the bottom layer of the steam oven and select convection mode or auto menu P18, temperature at 200°C with 20 mins, take the baking tray out when the tinfoil is bulging, cut the tin foil in the middle, sprinkle with chopped chives and capsicum frutescens, and you are ready to eat.



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Grilled Eggplant

Ingredient:

1 pcs Eggplant	Little salt
Little mashed garlic	Little soy sauce
Little oil	Little chopped shallot
Little chilli powder	Little paesley

Step

1. Wash and remove the stem of the eggplant, brush oil, use aluminum foil to wrap the baking tray. Chop garlic and parsley;
2. Place the eggplant into the steam oven, select auto menu P19 or convection mode, temperature at 180°C with 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, temperature at 180°C with 10 mins.

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



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Grilled Potato Chips

Ingredient:

3pcs Potato
Little oil
Little pepper powder
Little salt

Step

1. Slice the potato;
2. Drizzle little oil on the chips, sprinkle salt and pepper powder;
3. Place the chips in the steam oven, select convection mode or auto menu P20, temperature at 200°C with 12 mins. Take out and turn to another side, drizzle oil, sprinkle salt and pepper power, place in the steam oven again, continue auto menu P20 operation or select convection mode, temperature at 200°C with 8 mins.

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



Image is for reference only.

Grilled Squid with Korean Style Chili Sauce

Ingredient:

190g squid
75g onion
40g grape
Little butter
Little Korean style sauce
Little chili powder
Little salt
Little ground pepper powder
Little cumin powder
Little 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 pickle for 10 mins;
3. Brush butter on the tray which is wrapped with the aluminum foil;
4. Put the onion, grape and squid on the tray;
5. Place the tray into the steam oven, select low hum steam+bake mode or auto menu P21, temperature at 200°C with 15 mins until it turned golden brown.



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Seared Scallops with Garlic and Butter

Ingredient:

10pcs Fresh scallops
Little meshed garlic
Little butter
Little Breadcrumbs
Little salt
Little ground pepper

Step

1. Wash the scallops and remove the shells. Set aside.
2. Seasoning the scallops by salt and ground pepper powder;
3. Heat the butter in a frying pan, then decoct the scallops until both sides turned golden brown. Put the scallops back to the shells, add parsley and butter;
4. Sprinkle breadcrumbs on the scallops;
5. Place into the steam oven, select convection mode or auto menu P22, temperature 200°C with 8 mins until it turns golden brown.



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Italian Style Garlic Toast

Ingredient:

2pcs Tomatos
 Little mashed garlic
 Little olive oil
 Little Italian balsamic vinegar
 Little salt
 Little basil leaves
 Little white pepper powder
 Little baguette

Step

1. Slice baguette. Peel and dice the tomato and garlic. Chop the basil leaves.
2. Mix all ingredients, except baguette, pickle for 30 mins.
3. Spread olive oil on the baguette.
4. Place it into the steam oven, select convection mode or auto menu P23, temperature 180°C with 10 mins until it turned golden brown.
5. Take out the baguette, spread with tomato sauce (Step 2) to serve.



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Cookies

Ingredient:

65g Butter
 30g Powdered sugar
 45g Low gluten flour
 35g High gluten flour
 0.5g Salt
 15g Egg white
 12g Almond powder

Step

1. Beat the butter and powdered sugar with an electric whisk until pale and fluffy.
2. To add egg white in batches, beat on medium speed until the egg whites are incorporated into the butter.
3. Sift in the low gluten powder and high gluten powder, add almond powder and salt, and mix well with a spatula.
4. Line the baking tray with parchment paper, then use a piping bag with a cookie tip to pipe the dough into various flower or other decorative shapes.
5. After preparation, select convection mode or auto menu P24 to preheat the oven temperature to 160°C (auto menu P24 include preheat step), then place the baking tray into the oven, continue the auto menu P24 or select convection mode, temperature at 160°C with 18 mins.



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Cream Puff

Ingredient:

Puff batter:	2pcs Egg
40g Butter	1g Salt
60g Wheat flour	Cream stuffing:
75g Water	200g Cream
5g Powdered sugar	15g Powdered sugar

Step

1. Pour butter, sugar and salt into a saucepan, add water, heat to a simmer and bring to a boil. Remove from the heat and immediately pour in 60g sifted plain flour, stirring until no dry flour remains.
2. Heat on low for 1 minute, stirring the batter continuously until a layer of mucous-like film forms on the bottom of the pan.
3. Beat the egg and add it into the batter 3-5 times, mixing well each time until the batter is smooth.
4. With decorating nozzle, put batter into the decorating bag, squeeze evenly on the baking tray lined with parchment paper.
5. Select convection mode or auto menu P25 to preheat the oven temperature to 170°C (auto menu P25 includes preheat step), then place the baking tray into the oven, continue the auto menu P25 or select convection mode with temperature at 17°C for 25 mins.
6. Whip cream and sugar until it has a texture, squeeze into the bottom of the puff and serve.



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Roll Cake

Ingredient:

Cake batter:	50g Corn oil
40g Butter	Little vinegar
60g Wheat flour	
50g Milk	Cream stuffing:
5g Powdered sugar	200g Cream
5pcs Egg	15g Powdered sugar

Step

1. Separate the egg whites from the yolks and put them in separate containers.
2. Add the corn oil to the egg yolk and beat well, then add the milk and mix well. Sieve in the low gluten flour and mix well until the batter drops smoothly from the whisk and is free of dry powder.
3. Add a few drops of white vinegar into the egg white, and add the sugar 3 times into the egg white until it is slightly curved. Put 1/3 of the egg white into the egg yolk batter and gently mix it evenly, then pour back into the remaining egg white batter and turn it evenly.
4. 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, take out the mold while it is hot, tear the parchment paper around, face up, and turn it over when it is warm.
5. Beat the light cream and caster sugar until there are lines on the back of the cake. Roll the cake with a rolling pin and refrigerate it for half an hour.



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Orange and Almond Madeleines

Ingredient:

125g Butter	80g Almond powder
110g Powdered sugar	15g Milk powder
3pcs Egg	15g Orange juice
35g Low gluten flour	Half orange peel
4.5g Baking powder	

Step

1. Peel the orange, remove the pith and any seeds, then juice the flesh. Set aside. Melt the butter over hot water and set it aside to cool at room temperature.
2. Pour the orange juice, caster sugar and butter into the container and mix well.
3. Break the egg and add it to the sugar and oil mixture. Mix well. Sift in the low-gluten flour, baking powder, almond powder, and milk powder. Whisk until just combined, then add the orange juice and mix until smooth.
4. Pour batter into piping bag and refrigerate for 20 minutes.
5. Remove the chilled batter from the refrigerator and squeeze it into a greased and floured mold, filling each cavity about 80% full. Gently tap or shake the mold to release any air bubbles.
6. After preparation, select top+bottom mode or auto menu P27 to preheat the oven temperature to 200°C (auto menu P27 include preheat step), then put the mold on the baking tray and place the tray into the oven, continue the auto menu P27 or select top+bottom mode, temperature at 200°C with 11 mins. After baking, gently shake the mold, then invert it onto the tray to cool.



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Palmier

Ingredient:

Frozen puff pastry
Little butter
Little sugar
Little 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 pop in the fridge for 20 mins.
3. Remove the plastic sheet and cut into ½ inch thick.
4. Select the auto menu P28 or convection mode to preheat the oven temperature to 170°C. (auto menu P28 include preheat step). After preheating the steam oven, place it in oven and continue auto menu P28 or select convection mode, temperature 170°C with 19 mins.
5. Drizzle the honey to serve.



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Banana Cake

Ingredient:

570g Banana	75g Corn oil
225g Low gluten flour	65g Powdered sugar
3pcs Egg	4.5g Baking soda
6g Baking powder	

Step

1. Peel the banana and puree it;
2. Add eggs, corn oil and caster sugar into Banana puree and mix well;
3. Sift in low gluten flour, baking soda and baking powder and mix well until no dry flour remains. Pour in 450g toast mould lined with parchment paper.
4. 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). After preheating completion, put the mould on the wire rack and place rack 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, (cover with tin foil once the cake has colored to prevent over-baking. Insert a skewer into the center of the cake before removing it from the oven. If the bamboo skewer comes out clean, remove it; otherwise, increase the baking time.)



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Raisin Steamed Bread

Ingredient:

6pcs Egg
150g Powdered sugar
240g Low gluten flour
30g Corn oil
12g Baking powder
Little Raisin

Step

1. Weigh the eggs, Powdered sugar and baking powder separately, pour into the container and stir until the sugar melts.
2. Sift in low gluten flour, mix well until no dry flour remains, leave for 10 minutes, pour in corn oil and mix well.
3. Place the paper cups evenly in the steaming tray. Pour the batter into the paper cups and add raisins on top of the surface. Then, place the steaming tray in the oven.
4. Select mid temp steam mode or auto menu P30, temperature at 100°C with 25mins.



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Steamed Tofu

Ingredient:

400g tofu
Little Chinese cabbage
Little salad oil
Little soy sauce
Little sugar
Little coriander
Little chili
Little 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 garnish with coriander;
3. Place in steam oven and select mid temp steam mode, temperature at 100°C with 8 mins. Serve with garnishing with coriander.



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Steamed Egg with Shrimp and Tofu

Ingredient:

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

Step

1. Rub the shelled shrimps with salt, and rinse with water and drain the shelled shrimps. Cut the tofu into small cubes and boil the water/chicken soup to about 50°C in advance.
2. Beat the eggs, add proper amount of warm chicken soup or warm water and salt, stir well and sieve the fluid into a plate. skim off the floating foam 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, temperature at 100°C with 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 seafood for better taste.



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Steamed Baby Cabbage

Ingredient:

1 Baby cabbage
Prope amount Vermicelli
1 bulb Garlics
2 pcs capsicum frutescens
Little Chopped green onions
Proper amount Oyster sauce
Proper amount soy sauce
Proper amount Salt
Proper amount Sugar
Proper amount Oil
Proper amount Clear water

Step

1. Soak vermicelli in warm water in advance, chop garlic and capsicum frutescens into powder.
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, set aside.
3. Wash the baby cabbage and cut it into 4~6 petals, 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, temperature at 100°C with 15mins.



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Steamed Chicken Cubes with Black Bean Sauce

Ingredient:

1pcs chicken
Proper amount
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 and minced garlic fermented black bean to the chicken pieces, stir 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, temperature at 115°C with 25mins.



Image is for reference only.

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
Little 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, temperature at 100°C with 15mins, then sprinkle chopped chives on it.



Image is for reference only.

Steamed Shrimp with Minced Garlic Vermicel

Ingredient:

200g Shrimp	10g Capsicum frutescens
10g Shallots	Proper amoun Vermicelli
100g Garlic	20g Oyster sauce
3g Salt	

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 arrow and legs, and open the back and remove the shrimp line, then cut the vermicelli with a scissors, add the proper amount of minced garlic and mix them well, spread it onto the surface of the plate, place the shrimps with their backs open on the vermicelli, and fill the minced garlic on their backs.
5. Preheat the oven to 115°C for about 5 min. by using the pure steaming function, Then Place the plate on the perforated tray on the lower layer of the oven. Select Using hi temp steam mode to preheat the oven to 115°C. Then put the plate on the perforated tray and place the tray on the lower layer of the oven. Select hi temp steam mode, temperature 115°C with 15mins.



Image is for reference only.

Papaya Stew Milk

Ingredient:

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

Step

1. Peel and seed the papaya, cut it into small pieces, remove the red date cores, 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, temperature at 100°C with 23mins.



Image is for reference only.

Steamed Dumplings Stuffed with Shrimp

Ingredient:

50g lean
20g fat meat
30g fresh mushrooms(room temperature)
Little 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. Pickled lean and alkaline water for 40-60 mins, then wash by water and dry with towel. Set aside.
2. Mix lean dice and salt until sticky, put in the shrimp, then mix with MSG seasoning, sugar sesame oil, pepper powder. Finally add dice Chinese mushroom, corn flour, soy sauce to be the stuffing for Siu Mai.
3. Place in steam oven and select hi temp steam mode, temperature at 115°C with 18mins.



Image is for reference only.

Steamed Mud Carp Fish

Ingredient:

1 pc/ 500g dace
Little chenpi
Little shallot
Little soy sauce
Little 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.

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.



Image is for reference only.

Steamed Fresh Abalone

Ingredient:

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

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, temperature at 110°C with 8 mins;
4. Heat the vegetable oil, Put the shallot on the abalone and drizzle with hot oil.
5. Drizzle soy sauce and garnish red chili.



Image is for reference only.

Grilled Corn

Ingredient:

Corn
Oil
Pepper powder
Honey

Step

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



Image is for reference only.

Grilled Dumplings

Ingredient:

400g Frozen dumplings
Little 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, temperature at 200°C with 15mins;
- 3.Sprinkle chopped shallot to serve.



Image is for reference only.

Glutinous Rice Balls Stuffed with Red Beans Paste

Ingredient:

Glutinous rice
Cooked red beans
Little red bean soup
Little black sesame
Little 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, temperature at 200°C with 30 mins.



Image is for reference only.

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. Rinse the wheatgrass in cold water, then cut it with scissors. Place the cut wheatgrass into a cooking cup and blend it into a paste. Use a colander or gauze to strain out the pulp and keep the green liquid.
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, temperature at 100°C with 15 mins.



Image is for reference only.

Grilled Chicken with Lemon Juice

Ingredient:

1 Chicken	Little vegetable oil
1 carrot	Little soy sauce
1 lemon	Little black pepper powder
20g celery	Little salt
1 garlic	Little rosemary
1 potato	Little basil

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. Put sliced vegetable, peeled garlic, chicken in the tray, then drizzle the sauce. Turn the chicken and vegetable, then pickled 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, temperature 220°C with 50mins until the chicken is crispy. (Turn 2-3 times during cooking) Sprinkle rosemary and basil to serve.



Image is for reference only.

Grilled Sweet Potato

Ingredient:

1 sweet potato
1 slice cheese
Butter
White sugar
Milk
Egg yolk

Step

1. Wash the sweet potato, wrap with the kitchen paper towel and drizzle water on the paper to keep moist;
2. Place the sweet potato into the steam oven, select top+bottom+fan mode, temperature at 220°C with 45 mins. Take out the sweet potato and tear in half, scrape the sweet potato;
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. Use 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, temperature 180°C with 20 mins until it turns golden brown.



Image is for reference only.

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, temperature 200°C with 45 mins. Ready to serve.