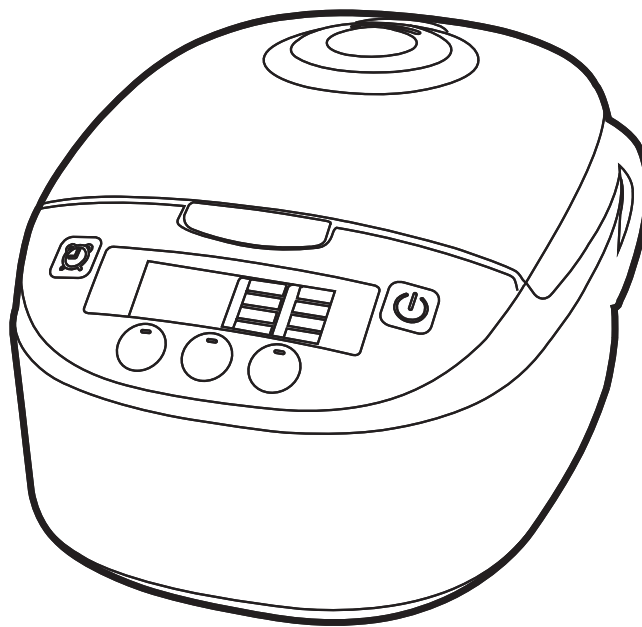




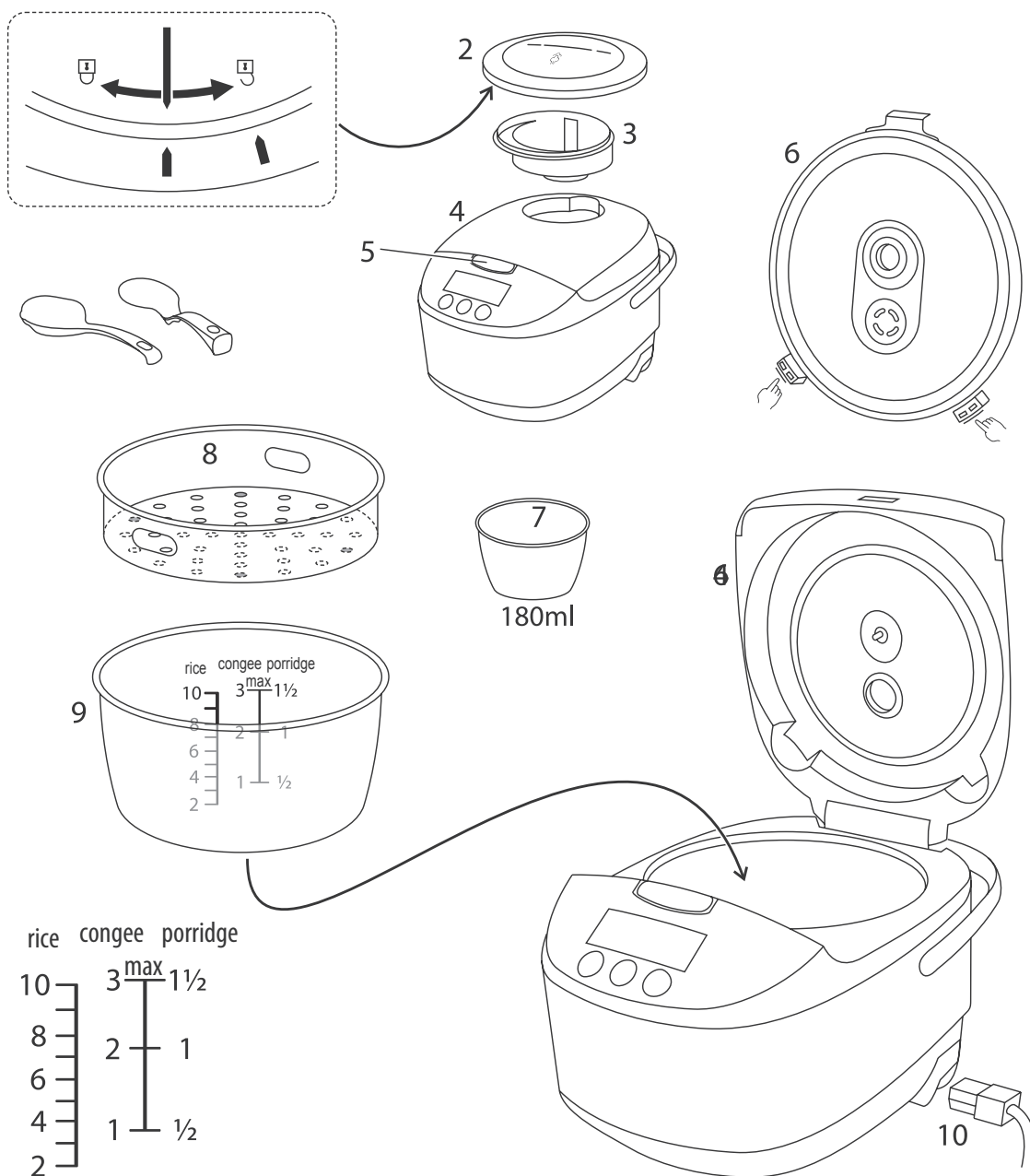
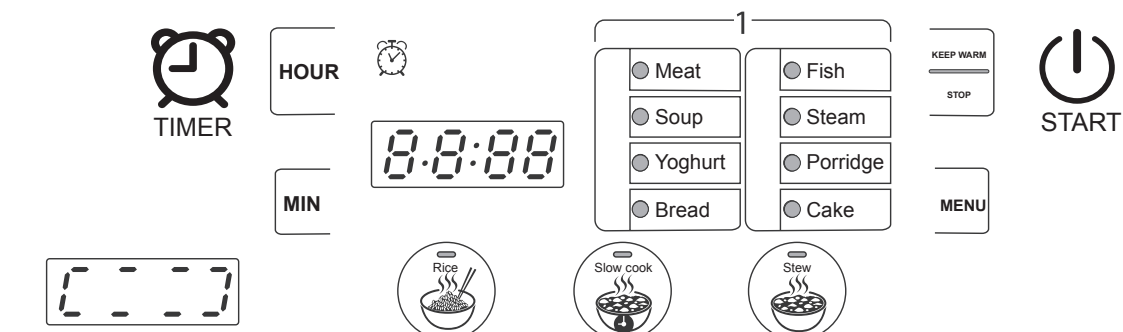


# **Rice Cooker User's Manual**

## **Model: MB-FS5017**







## diagrams

- 1 menu
- ? menu
- meat
- soup
- yoghurt
- bread
- fish
- steam

- porridge/risotto
- cake
- timer
- rice
- slow cook
- stew
- keep warm
- stop
- start

- 2 filter lid
- 3 filter
- 4 lid
- 5 lid lock
- 6 inner lid
- 7 measuring cup
- 8 basket
- 9 bowl
- 10 connector

Read the instructions, keep them safe, pass them on if you pass the appliance on. Remove all packaging before use.

## IMPORTANT SAFEGUARDS

Follow basic safety precautions, including:

- 1 This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been supervised/instructed and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done by children unless they are older than 8 and supervised. Keep the appliance and cable out of reach of children under 8 years.
- 2 If the connector or cables are damaged, they must be replaced by a special assembly available from the manufacturer or its service agent.
- 3 This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- 4 Children should be supervised to ensure that they do not play with the appliance.
- 5 This appliance is for household use only. Do not use outdoors.
- 6 If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.




7 This appliance is intended to be used in household and similar applications such as:

- staff kitchen areas in shops, offices and other working environments;
- farm houses;
- by clients in hotels, motels and other residential type environments;
- bed and breakfast type environments.

 Don't immerse the appliance in liquid.

 Misuse of the appliance may cause injury.

 The surfaces of the appliance will get hot. Residual heat will keep the surfaces hot after use.









 Warning: Keep the connectors dry.

Warning: Avoid spillage on the connector.

- 1 Don't put frozen meat or poultry in the appliance - defrost fully before use.
- 2 Cook meat, poultry, and derivatives (mince, burgers, etc.) till the juices run clear. Cook fish till the flesh is opaque throughout.
- 3 Don't try to cook anything in the body of the cooker - cook only in the removable bowl.
- 4 Don't fill above **max**.
- 5 Don't cover the appliance or put anything on top of it.
- 6 Remove the plug from the power socket, then remove the connector from the power inlet on the appliance.
- 7 Unplug the appliance when not in use.
- 8 Don't use accessories or attachments other than those we supply.
- 9 Don't use the appliance for any purpose other than those described in these instructions.
- 10 Don't use the appliance if it's damaged or malfunctions.
- 11 Please turn off and unplug the appliance before cleaning, maintenance or relocation and whenever.

**HOUSEHOLD USE ONLY**


## **HOW IT WORKS**

- Press the lid lock to open the lid.
- Add the ingredients.
- Give the bowl quarter of a turn each way, to ensure the bottom of the bowl makes good contact with the element.
- Close the lid.
- Use the menu  button to select a program.
- The three big buttons at the bottom, , , and , over-rule the menu and the  button.
- Set the timer , if appropriate.
- Press the  button to start the program.
- To stop the appliance, press stop  once if the display is not counting down, or twice if the display is counting down.
- After using the appliance, let it rest for 15 minutes before using it again.




## **PREPARATION**

- 1 Sit the appliance on a stable, level, heat-resistant surface.
- 2 Don't use the appliance near or below curtains, shelves, cupboards, or anything else likely to be damaged by the escaping steam.
- 3 Have oven gloves (or a cloth) to hand, and a heat-resistant mat or dinner plate to put the bowl on after cooking.
- 4 Put the bowl inside the cooker.
- 5 Give the bowl quarter of a turn each way, to ensure the bottom of the bowl makes good contact with the element.

## **POWER UP**




- 6 Close the lid.
- 7 Attach the connector to the appliance before plugging the cable into the power socket.
- 8 The display will flash. The  light will blink.

## **RICE**

- 1 Use the measuring cup to put the rice into the bowl.
- 2 Don't use more than 10 cups of rice.
- 3 Use the scale on the left, inside the bowl, which is marked from 2 to 10.
- 4 Fill the bowl with water up to the number corresponding to the number of cups of rice used.
- 5 Close the lid.
- 6 Press the  button. The button will glow.
- 7 The outer segments of the display will blink while the food heats up.
- 8 The display will then show the remaining cooking time (13 minutes), and count down.
- 9 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 10 The  light will glow.
- 11 Open the lid.
- 12 Lift out the bowl and set it down on a heat-resistant mat or dinner plate.
- 13 Press the  button.
- 14 Use the spatula to turn and mix the rice, to let all the steam escape.
- 15 Sometimes the layer of rice in contact with the bowl will form a crust.
- 16 If you don't want it you can remove it with the spatula, after you've served the rice.




## **SLOW COOKING**

- 1 Brown meat and vegetables (see "BROWN/SAUTE/SOFTEN/BOIL").
- 2 Boil the cooking liquid (see "BROWN/SAUTE/SOFTEN/BOIL").
- 3 Put the solid ingredients into the bowl, then add the cooking liquid.
- 4 Close the lid.

- 5 Press the  button. The button will glow.
- 6 The display will show 8 hours, and count down.
- 7 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 8 The  light will glow.
- 9 Press the  button. Open the lid. Remove the food.











## STEWING

- 1 Brown meat and vegetables (see "BROWN/SAUTE/SOFTEN/BOIL").
- 2 Boil the cooking liquid (see "BROWN/SAUTE/SOFTEN/BOIL").
- 3 Put the solid ingredients into the bowl, then add the cooking liquid.
- 4 Close the lid.
- 5 Press the  button. The button will glow.
- 6 The display will show 1 hour, and count down.
- 7 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 8 The  light will glow.
- 9 Press the  button. Open the lid. Remove the food.








## USING THE MENU

	menu	range	default
	meat	10 min - 1 h	20 min
	soup	1 - 5 h	1 h
	yoghurt	6-10 h	8 h
	bread	1 - 3 h	3 h
	fish	10 min - 1 h	20 min
	steam	30 min - 2 h	30 min
	porridge/risotto	1 - 4 h	1 h
	cake	30 min - 2 h	40 min












## MEAT

- 1 Rub the food all over with cooking oil.
- 2 Rub any seasonings over the surface of the food.
- 3 Put a tablespoon of cooking oil in the bowl.
- 4 Put the food in the bowl.
- 5 Close the lid.
- 6 Time depends on the size of the food.
- 7 Don't cook more than about 500g of food at a time.
- 8 We suggest cooking times of 10 minutes + 10 minutes per 100g of weight for beef.
- 9 Don't cook pork or poultry for less than 5, 10, 15, 20, 25, 30 minutes.
- 10 Use the  button to select  in the menu.
- 11 Choose the cooking time. The default time is 20 minutes.
- 12 You can only use the h and min buttons while the display time is blinking.
- 13 Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
- 14 If you want to cook for 1 hour, press the h button.
- 15 To undo the 1 hour setting, press the h button again, while the display time is blinking.
- ★ If you do nothing for 2 minutes, the appliance will revert to standby mode.
- 16 When you have set the time, press .
- 17 The display will count down.
- 18 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 19 The  light will glow.
- 20 Press the  button. Open the lid. Remove the food.










## **THE TIMER**

- You may use the delay timer with the soup , yoghurt , bread , steam , and porridge  programs.
- Do this immediately after setting the cooking time, and before pressing start :
  - 1) Press the  button. The  light will glow.
  - 2) Decide when you want the food to be ready.
  - 3) For example, if it is 2.00 now, and you want it to be ready at 9.00, you must set the time to 7 hours.
  - 4) Use the h and min buttons to set the correct hour and minute.
  - 5) Press the  button.

## **SOUP**

- 1 Brown meat and vegetables (see "BROWN/SAUTE/SOFTEN/BOIL").
- 2 Put the solid ingredients into the bowl, then add the cooking liquid.
- 3 Close the lid.
- 4 Use the  button to select  in the menu.
- 5 Choose the cooking time. The default time is 1 hour.
- 6 You can only use the h and min buttons while the display time is blinking.
- 7 Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
- 8 Use the h button to move the display through the options (1, 2, 3, 4, and 5).
- 9 To undo the 5 hour setting, press the h button again, while the display time is blinking.
- ★ If you do nothing for 2 minutes, the appliance will revert to standby mode.
- 10 You have the option of using the timer with this program (see TIMER).
- 11 Press the  button.
- 12 The display will count down.
- 13 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 14 The  light will glow.
- 15 Press the  button. Open the lid. Remove the food.

## **YOGHURT**

### **yoghurt culture**





- 1 You may use 5, 10, 15, 20, 25, 30ml (2 tablespoons) of:
  - 1) Unflavoured live yoghurt - it must be fresh (look for a long expiry date).
    - Different brands will give different results.
  - 2) Yoghurt you made previously.
    - The bacteria weakens over time, so you can only do this 10 times before using another new culture.
  - 3) Freeze-dried yoghurt culture from a pharmacy or health food shop.
    - If the instructions on the culture package differ from this guide, follow the instructions on the package.

### **milk**






- 2 You will need 1 litre of milk.
- 3 Whole milk gives thicker yoghurt than low fat milk.
- 4 To make it even thicker, you may add up to 8 tablespoons of powdered milk to the liquid milk.
- 5 You may also use reconstituted powdered milk, or tinned evaporated milk.

### **making yoghurt**

- 6 You need to kill the bacteria in the milk, to prevent them competing with the bacteria in the yoghurt culture.
- 7 While you are heating the milk, let the yoghurt culture get to room temperature.
- 8 Open the lid.

- 9 Use the STEAMING (BROWN/SAUTE/SOFTEN/BOIL) program to heat the milk to just below boiling.
- 10 Let the milk heat till it begins to bubble at the edges.
- 11 Let the milk cool to between 37°C and 45°C.
- 12 Stir the yoghurt culture into the milk.
- 13 They must be thoroughly mixed, or the yoghurt will be lumpy.
- 14 Close the lid.
- 15 Use the  button to select  in the menu.
- 16 Choose the cooking time. The default time is 8 hours.
- 17 You can only use the h and min buttons while the display time is blinking.
- 18 Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
- 19 Use the h button to move the display through the options (6, 7, 8, 9, and 10).
- 20 To undo the 10 hour setting, press the h button again, while the display time is blinking.
- ★ If you do nothing for 2 minutes, the appliance will revert to standby mode.
- 21 You have the option of using the timer with this program (see TIMER).
- 22 Press the  button.
- 23 The display will count down.
- 24 At the end of the cooking time, the appliance will go into standby mode.
- 25 It will not keep the yogurt warm.
- 26 Press the  button. Open the lid. Remove the food.






## **BREAD**

- 1 Defrost frozen dough thoroughly before use.
- 2 Don't cook more than about 500g of food at a time.
- 3 Wipe the bowl with cooking oil.
- 4 Put the dough into the bowl.
- 5 Close the lid.
- 6 Use the  button to select  in the menu.
- 7 Choose the cooking time. The default time is 3 hours.
- 8 You can only use the h and min buttons while the display time is blinking.
- 9 Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
- 10 Use the h button to move the display through the options (1, 2, 3, 4, 5, and 6).
- 11 To undo the 6 hour setting, press the h button again, while the display time is blinking.
- ★ If you do nothing for 2 minutes, the appliance will revert to standby mode.
- 12 You have the option of using the timer with this program (see TIMER).
- 13 Press the  button.
- 14 The display will count down.
- 15 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 16 The  light will glow.
- 17 Press the  button. Open the lid. Remove the food.



## **FISH**

- 1 Rub the food all over with cooking oil.
- 2 Rub any seasonings over the surface of the food.
- 3 Put a tablespoon of cooking oil in the bowl.
- 4 Put the food in the bowl.
- 5 Close the lid.
- 6 Time depends on the size of the food.
- 7 Don't cook more than about 500g of food at a time.
- 8 We suggest cooking times of 10 minutes per 100g of weight.






- 9 Use the  button to select  in the menu.
- 10 Choose the cooking time. The default time is 20 minutes.
- 11 You can only use the h and min buttons while the display time is blinking.
- 12 Use the min button to move the display through the options (10, 15, 20, 25, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
- 13 If you want to cook for 1 hour, press the h button.
- 14 To undo the 1 hour setting, press the h button again, while the display time is blinking.
- ★ If you do nothing for 2 minutes, the appliance will revert to standby mode.
- 15 When you have set the time, press .
- 16 The display will count down.
- 17 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 18 The  light will glow.
- 19 It's best to remove the food as soon as it has cooked, to prevent it drying out.
- 20 Press the  button. Open the lid. Remove the food.


## **STEAMING**

- 1 Fill the bowl with cold water up to the 6 mark.
- 2 Put the basket on top of the bowl and put the food into the basket.
- 3 For uniform cooking, cut all pieces of food to roughly the same size.
- 4 For peas, or anything that'll break up or drop into the water, make a parcel with aluminium foil.
- 5 Take care when removing the parcel - wear oven gloves and use plastic tongs/spoons.
- 6 Close the lid.
- 7 Use the  button to select  in the menu.
- 8 Choose the cooking time. The default time is 30 minutes.
- These should cook within the default time:

food (fresh)	quantity	food (fresh)	quantity
green beans	200g	broccoli	200g
brussels sprouts	200g	cabbage	quarter
carrots (sliced)	200g	corn cobs	2
potatoes (quartered)	400g		

- 9 You can only use the h and min buttons while the display time is blinking.
- 10 Use the min button to move the display through the options (5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
- 11 Use the h button to move the display through the options (1, and 2).
- 12 To undo the 2 hour setting, press the h button again, while the display time is blinking.
- ★ If you do nothing for 2 minutes, the appliance will revert to standby mode.
- 13 You have the option of using the timer with this program (see TIMER).
- 14 Press the .
- 15 The display will count down.
- 16 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 17 The  light will glow.
- 18 It's best to remove the food as soon as it has cooked, to prevent it going soggy.
- 19 Press the  button. Open the lid. Remove the food.

## **BROWN/SAUTE/SOFTEN/BOIL**

- 1 You may use the STEAMING  program at its default setting, with the lid open, as a high temperature pan for 5, 10, 15, 20, 25, 30 minutes, prior to cooking with another program.
- 2 Use it with a little oil to brown meat and vegetables, to sauté, to soften onions, celery, leeks, etc.
- 3 Use it with water or stock to pre-heat cooking liquids.

- 4 When you switch to the main program, the appliance is warmed up, and some or all of your ingredients will already be in the bowl.
- 5 You don't then have to wash the pan you would have used during preparation.






## **PORRIDGE/RISOTTO**

- 1 Use the measuring cup to put the grain (rice, oats, barley, etc.) into the bowl.

### **porridge**

- Use the scale on the right, inside the bowl, which is marked from 1/2 to 1 1/2
- Don't fill above **max**.






### **porridge**

- Use the scale on the centre, inside the bowl, which is marked from 1 to 3.
  - Don't fill above **max**.
- 2 Fill the bowl with water up to the number corresponding to the number of cups of grain.
  - 3 Close the lid.
  - 4 Use the  button to select  in the menu.
  - 5 Choose the cooking time. The default time is 1 hour.
  - 6 You can only use the h and min buttons while the display time is blinking.
  - 7 Use the min button to move the display through the options (5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
  - 8 Use the h button to move the display through the options (1, 2, 3, and 4).
  - 9 To undo the 4 hour setting, press the h button again, while the display time is blinking.
  - ★ If you do nothing for 2 minutes, the appliance will revert to standby mode.
  - 10 You have the option of using the timer with this program (see TIMER).
  - 11 Press the  button.
  - 12 The display will count down.
  - 13 At the end of the cooking time, the appliance will go into "keep warm" mode.
  - 14 The  light will glow.
  - 15 Press the  button. Open the lid. Remove the food.

### **risotto**




- Follow the recipe shown later in this booklet.

## **CAKE**




- 1 Defrost frozen dough thoroughly before use.
- 2 Don't fill the bowl more than about half full.
- 3 Wipe the bowl with cooking oil.
- 4 Put the dough into the bowl.
- 5 Close the lid.
- 6 Use the  button to select  in the menu.
- 7 Choose the cooking time. The default time is 40 minutes.
- 8 The default time is 40 minutes.
- 9 You can only use the h and min buttons while the display time is blinking.
- 10 Use the min button to move the display through the options (5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55).
- 11 Use the h button to move the display through the options (1, and 2).
- 12 To undo the 2 hour setting, press the h button again, while the display time is blinking.
- ★ If you do nothing for 2 minutes, the appliance will revert to standby mode.
- 13 When you have set the time, press .
- 14 The display will count down.
- 15 At the end of the cooking time, the appliance will go into "keep warm" mode.
- 16 The  light will glow.
- 17 It's best to remove the food as soon as it has cooked, to prevent it going soggy.
- 18 Press the  button. Open the lid. Remove the food.



## **KEEP WARM**

- If you want to use the keep warm feature after a program that doesn't support it, then, when the only thing showing on the display is the blinking , press .
- Press  to exit this feature.







## **CARE AND MAINTENANCE**

- 1 Unplug the appliance and let it cool.
-  Remove the plug from the power socket, then remove the connector from the power inlet on the appliance.
- 2 With the lid closed, grip the top of the filter and lever it out of the lid.
- 3 Turn it over, to expose the markings on the front edge.
- 4 Hold the filter lid fast, and turn the rest of the filter towards the open padlock .
- 5 Press on the tabs at the bottom of the inner lid () and pull it off the appliance.
- 6 Hand wash the removable parts.
- 7 Wipe all surfaces with a clean damp cloth.
- 8 Don't put any part of the appliance in a dishwasher.
- 9 Reassemble the filter, and replace it in the lid.
- 10 Replace the inner lid in the lid.





## **ENVIRONMENTAL PROTECTION**

To avoid environmental and health problems due to hazardous substances in electrical and electronic goods, appliances marked with this symbol mustn't be disposed of with unsorted municipal waste, but recovered, reused, or recycled.

### **recipes**

	tablespoon (15ml)
	teaspoon (5ml)
g	grams
ml	millilitres
	measuring cup
	stick/rib (celery)
	handful
	egg, medium (53-63 g)









#### **vegetable and couscous chilli**

1	red onion, chopped
1	large onion, chopped
2 	garlic, peeled and chopped
1	red pepper, deseeded and chopped
1	yellow pepper, deseeded and chopped
1	orange pepper, deseeded and chopped
1 	ground coriander
1 	tomato purée
850 ml	vegetable stock
2 	hot tomato sauce
120-140 ml	couscous











#### **to serve:**






grated cheese

small bunch coriander, chopped

	pinch
	bunch
	sprig
	clove(s)
	tin/can
	jar
	sachet (7g)
	egg, large (63-73 g)

 slow cook

1 	olive oil
1 	butter beans
1 	cannellini beans
1 	green jalapenos
1 	kidney beans
1 	chopped tomatoes
2 	ground cumin
1 	sugar
2 	chilli powder
2 	dried oregano

Open the lid. Add the oil. Select  on the menu, and press . Add the onion and garlic. Cook till the onions soften. Drain the beans and add them. Reserve the couscous. Add the remaining ingredients. Press  twice to stop the program. Close the lid. Select . Add the couscous 30 minutes before cooking ends. If cooking has already finished, select  on the menu and cook for about 20 minutes more.

Serve in a bowl with a handful of cheese, a drizzle of sour cream, and a sprinkle of fresh coriander. For a classic vegetarian chilli, omit the couscous.

### home-made yoghurt


1200 ml milk






100 ml yoghurt

 yoghurt







### flavour option








50 g frozen mixed summer berries

1  honey





Open the lid. Add the milk. Select  on the menu, and press . Let the milk heat till it begins to bubble at the edges. Press  twice to stop the program. Let the milk cool to between 37°C and 45°C. Stir the yoghurt into the milk. They must be thoroughly mixed, or the yoghurt will be lumpy. Close the lid. Select  on the menu, and press . Wait till the program ends. Put the yoghurt in the fridge to cool completely. Heat the berries gently in a pan. Add the honey. When the berries begin to collapse, remove from the heat, allow to cool, then mix with the yoghurt. If you want to store your yoghurt you must sterilize the jars you are going to use. Heat them in an oven at 100°C for 10 minutes. The yoghurt will keep for up to 2 of weeks in the fridge.

### fiery NY beef chilli



450 g braising beef  
3  garlic, peeled and chopped  
2  ground cumin  
1  cayenne pepper  
1  smoked paprika/chipotle powder  
1 green pepper  
1  salt  
1  basil leaves, roughly chopped







1  olive oil  
2 onions, chopped  
2  chilli powder  
2  tomato sauce  
2  tomatoes  
1  bayleaf  
1  black pepper  
1  kidney beans

 stew




Open the lid. Add the oil. Select  on the menu, and press . Chop the beef, tomatoes and pepper into bite sized chunks. Brown the meat, then remove it. Add the onions, garlic and all the herbs. Cook till the onions soften. Add the meat. Reserve the beans. Add the remaining ingredients. Press  twice to stop the program. Close the lid. Select . Add the beans 30 minutes before cooking ends. If the meat is still a little tough at the end of the program, add a cup of water, and run the meat program for an additional 30 minutes

### Moroccan fish tagine



2  garlic, peeled and chopped  
1 red pepper, deseeded and chopped  
2 chopped tomatoes  
1  ground ginger  
1 cinnamon stick  
120 ml white wine  
120 ml fish stock  
675 g fish (cod/haddock/salmon)  
1 small bunch coriander, chopped



1 onion, chopped  
2  celery, chopped  
1  ground cumin  
1  turmeric  
1  harissa paste  
1  tomato purée  
1 lemon  
1  green olives  
salt and pepper

 fish




Reserve the coriander. Open the lid. Add the remaining ingredients. Close the lid. Select  on the menu, and press . Cook till the fish becomes flaky (40-60 minutes). Press  twice to stop the program. Add the coriander. Adjust the seasoning and serve. This would be great with couscous.

### split pea and ham hock soup


1150 ml chicken stock  
225 g split peas  
1  celery, chopped  
1  thyme, finely chopped  
1 ham hock

1 onion, finely chopped  
1 carrot, chopped  
2  garlic (crushed)  
1  bayleaf  
black pepper

 slow cook

Open the lid. Add the stock. Select  on the menu, and press . Bring to the boil, stirring. Simmer for 10 minutes. Add the remaining ingredients. Press  twice to stop the program.




Close the lid. Select . Wait till the program ends. Remove the ham hock. Discard the skin and bones. Dice the meat. Discard the bayleaf. Mash the split peas with the back of a wooden spoon. Add the meat. Adjust the seasoning, and serve. Heaven in a bowl!

### salmon with a spicy rub

 fish

2	salmon fillets (with skin)	1 ✓	olive oil
1 ✓	paprika	1 ✓	chilli powder
½ ✓	ground cumin	1 ✓	salt and pepper
1 ✓	soft brown sugar	1	lemon

Mix the paprika, chilli powder, cumin, sugar, salt and pepper. Sprinkle over the salmon fillets. Open the lid. Add the oil. Select  on the menu, and press (U). Wait a couple of minutes to let the oil heat. Add the fillets, skin down. Close the lid. This is a great combination of steaming and pieces offish but you get a crispy skin. Serve with a wedge of lemon. A great light meal.


### chocolate brownie cake

 cake

170 g	unsalted butter	3	⑦
340 g	sugar	1 ✓	vanilla essence
170 g	cocoa powder	1 ✓	salt
110 g	milk chocolate drops	75 g	plain flour

#### to serve:

vanilla ice cream (optional)

Melt the butter in a pan over a low heat. Line the bowl with buttered foil. Whisk the melted butter, sugar, cocoa powder, flour, eggs, vanilla and salt in a dish. Fold in the chocolate drops. Put the batter into the foil inside the bowl. Close the lid. Select  on the menu. Set the cooking time to 1 hour 30 minutes. Press the (U) button. The cake should be firm round the edges and slightly gooey in the centre. Serve the cake warm, topped with ice cream.

### irish stew with goats cheese dumplings

 stew



#### for the stew:

1.8 kg	lamb shoulder (cooked)	1 ✓	olive oil
250 g	streaky bacon	3	garlic (crushed)
950 ml	lamb stock		salt and pepper
1	large onion, chopped	2	carrots, chopped
2 ✓	celery, chopped	2 ✓	rosemary, chopped
2 ✓	tomato purée	1 ✓	cornflour

#### for the dumplings:

100 g	self raising flour	1 ✓	baking powder
50 g	suet	1 ✓	salt
75 ml	water	1 ✓	dried parsley
40 g	goat's cheese (soft)	1 ✓	dried thyme
1 ✓	dried marjoram	1 ✓	black pepper

#### for the stew:

Remove the meat from the bone. Cut the meat and bacon into bite-sized chunks. Open the lid. Select  on the menu, and press (U). Add the stock. Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug. Add the oil. Add the onion and sauté till soft. Add the meat, garlic, herbs and other vegetables, and cook for 5 minutes. Add the stock. Add the tomato purée. Press (V) twice to stop the program. Close the lid. Select .

#### for the dumplings:

Mix all the ingredients by hand. Divide the mixture into 6 balls. Rest for 20 minutes.

#### to finish:


Make a smooth paste with the cornflower and a little water in a cup. 30 minutes before cooking ends, open the lid. Stir the paste into the stew. Add the dumplings. Close the lid. Wait till the program ends, then serve. A fabulous bowl of comfort food!





★ If you do not have any cooked lamb, you may use raw lamb, with the slow cook program instead of the stew program, then carry on from the dumplings moment.

### steamed artichoke






 steam

- |   |  |   |                  |
|---|--|---|------------------|
| 1  | garlic, peeled and chopped                       | 2 | globe artichokes |
|   | sprigs of herbs (tarragon, mint, parsley, thyme) | 1 | lemon            |

Slice the lemon. Cut the stem flush with the bottom of each artichoke. Cut the top quarter off each artichoke. Discard any damaged leaves. Rub the cut surfaces with a slice of lemon. Put the lemon slices in the basket. Add the sprigs of herbs. Add the garlic. Put the artichoke on top. Fill with water to the 2 level on the scale on the left, inside the bowl. Put the basket on top of the bowl. Close the lid. Select  on the menu, and press . The artichokes are cooked when the outer leaves can be removed easily. Serve warm or cold with a vinaigrette. Amazing!





### pearl barley and borlotti bean one-pot meal

 stew

- |   |                  |   |                       |
|---|------------------|---|-----------------------|
| 1  | olive oil        | 1  | borlotti beans        |
| 175 g   | pearl barley     | 1   | onion, finely chopped |
| 1  | chopped tomatoes | 1  | tomato purée          |
| 1000 ml   | vegetable stock  | 2  | parsley (chopped)     |
| 125 ml  | dry red wine     |   | salt and pepper       |

#### to serve:



hot chilli oil (optional)

Open the lid. Select  on the menu, and press . Add the stock. Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug. Add the oil. Add the onion and sauté till soft. Add the wine and cook for a few minutes. Add the pearl barley, and stir till it begins to take on the colour of the wine. Drain the beans and add them. Add the tomatoes. Add the stock. Press  twice to stop the program. Close the lid. Select . 30 minutes before cooking ends, open the lid. Check the amount of liquid in the bowl. Add 150ml of hot water if necessary. Close the lid. Wait till the program ends. Serve with fresh crusty bread and a splash of hot chilli oil.

### syrup sponge pudding





 steam






- |   |                    |   |  |
|---|--------------------|---|--|
| 115 g   | butter             | 2   |  60 |
| 100 g   | caster sugar       | 1/4  | vanilla essence  |
| 175 g   | self raising flour | 2    | milk   |
| 4  | golden syrup       |   |  |

Beat the eggs in a bowl. Cream the butter and sugar in a bowl. Gradually add the eggs, then the vanilla, then the flour. Stir in the milk. Grease a 1200ml oven-proof bowl. Put the syrup in the bottom of the oven-proof bowl and put the mixture on top. Cover with baking parchment then with foil, and tie the top with string. Open the lid. Put the oven-proof bowl inside the bowl in the appliance. Add enough boiling water into the bowl in the appliance to reach 3cm below the top of the oven-proof bowl. Close the lid. Select  on the menu. Set the cooking time to 1 hour 30 minutes. Press the  button. Wait till the program ends. Invert on to a dish and serve warm. This is a great pudding any time of the year!!

### white loaf

 bread

- |   |                          |   |             |
|---|--------------------------|---|-------------|
| 1  | golden syrup             | 1  | butter      |
| 320 ml  | milk                     | 1  | dried yeast |
| 500 g   | strong white bread flour | 1  | salt        |


Open the lid. Add the milk. Select  on the menu, and press . Let the milk heat till it begins to bubble at the edges. Transfer the milk to a jug. Press  twice to stop the program. Let the milk cool to between 37°C and 45°C. Melt the butter in a pan over a low heat. Mix the flour and salt in a bowl. Add the yeast, butter, and syrup. Add the milk and knead into a ball. If the mix is very sticky, add a little extra flour.. Cover and leave in a warm place for 10 minutes. Knead again. Cover and leave in a warm place for 10 minutes. Open the lid. Select  on the menu, and press .








Close the lid. 30 minutes before cooking ends, open the lid. Turn the bread over. This will help to give the top of the loaf a little colour and a crunch. Wait till the program ends. Serve with lashings of butter.

#### soda bread

 bread



1  soda bread mix  
350 ml water


butter

Open the lid. Grease the bowl with butter. Select  on the menu. Close the lid. Set the cooking time to 2 hours 15 minutes. Press the  button. Leave it to warm up. Put the soda bread mix into a bowl. Add the water. Mix by hand into a ball. Open the lid. Put the dough into the bowl. Divide the dough into quarters with a plastic spatula. Close the lid. 30 minutes before cooking ends, open the lid. Turn the bread over. This will help to give the top of the loaf a little colour and a crunch. Wait till the program ends. Cool on a wire rack. Serve with salted butter on its own or with a meal.

#### porridge

 porridge/risotto



2  oatmeal  
1 1/4  salt

water  
2  sugar

#### to serve:



dark brown sugar


milk/single cream

Open the lid. Add the oatmeal, salt, and sugar. Fill with water to the 1 1/2 level on the scale on the right, inside the bowl. Close the lid. Select  on the menu, and press . Wait till the program ends. Serve with milk or cream. Sprinkle with dark brown sugar. If you wish, you may add chopped dried apricots or halved prunes (without stones) 15 minutes before the end of the cooking time. Left over porridge may be kept in the fridge for up to 2 days, then reheated.

#### nutty porridge

 porridge/risotto



1/2  rolled oats  
120 ml milk  
1  ground cinnamon

water  
3  desiccated coconut

#### to serve:

golden syrup




nibbed almonds

Open the lid. Add the oats, cinnamon, coconut and milk. Fill with water to the 1/2 level on the scale on the right, inside the bowl. Close the lid. Select  on the menu, and press . Wait till the program ends. Drizzle golden syrup and sprinkle nibbed almonds on top.


#### multi-cooker beetroot risotto

 porridge/risotto






400 g beetroot  
250 g arborio/risotto rice  
250 ml white wine  
900 ml vegetable stock/chicken stock

2  olive oil  
1 onion, finely chopped  
2  garlic, peeled and chopped  
1  thyme, finely chopped

#### to finish:

100 ml yoghurt  
1  butter

1  parsley (chopped)

Open the lid. Select  on the menu, and press . Add the stock. Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug. Press  twice to stop the program. Select  on the menu, and press . Leave it to warm up. Peel the beetroot, and cut into 1cm cubes. Put the beetroot, garlic, and onion in the bowl. Cook till the onions soften. Stir in the rice. Close the lid and cook for 3-4 minutes. Open the lid. Stir in the wine. Close the lid and cook for 3-4 minutes. Open the lid. Add the thyme. Add the stock. Close the lid. Wait till the program ends. Check the rice - it should have a slight bite, but should not be hard. If not quite done, add a little water and cook for a few minutes more. Stir in the butter - this gives the risotto its shine. Serve with a dollop of the yoghurt and sprinkle with parsley. This is a really good as a starter or as a light lunch.

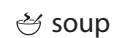
### savoury rice



- |   |                                  |   |                  |
|---|----------------------------------|---|------------------|
| 2 | rice                             |   | water            |
| 1 | stock cube (vegetable)           | 2 | carrots, chopped |
| 1 | red pepper, deseeded and chopped | 2 | celery, chopped  |
| 1 | turmeric                         | 1 | peas (optional)  |

Open the lid. Put the rice in the bowl. Fill with water to the 2 level on the scale on the left, inside the bowl. Crush the stock cube and stir it into the water. Add the remaining ingredients. Close the lid. Select . Wait till the program ends, then serve. If the rice is not quite done, leave it for a few minutes, with the lid closed, to steam.

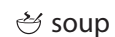
### tomato big soup



- |        |                                  |   |                  |
|--------|----------------------------------|---|------------------|
| 1      | onion, chopped                   | 1 | olive oil        |
| 1      | chopped tomatoes                 | 2 | chopped tomatoes |
| 1      | red pepper, deseeded and chopped | 2 | potatoes         |
| 550 ml | chicken stock                    | 1 | tomato purée     |
| 1      | dried mixed herbs                | 1 | black pepper     |

Open the lid. Add the stock. Select on the menu, and press . Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug. Press twice to stop the program. Peel and dice the potatoes. Select on the menu, and press . Add the oil. Add the onion and sweet pepper. Cook till the onions soften. Add the stock. Add the remaining ingredients. Close the lid. Wait till the program ends. Adjust the seasoning. Serve with crusty bread.

### chorizo, cabbage and apple soup



- |        |                                 |   |                       |
|--------|---------------------------------|---|-----------------------|
| 1/4    | chorizo sausage, finely chopped | 1 | onion, finely chopped |
| 1      | apple                           | 2 | carrots, chopped      |
| 2      | celery, chopped                 | 2 | chopped tomatoes      |
| 1/4    | spring cabbage, finely chopped  | 1 | tomato purée          |
| 2      | garlic, peeled and chopped      | 1 | cayenne pepper        |
| 1      | salt                            | 1 | black pepper          |
| 850 ml | vegetable stock                 |   |                       |

Open the lid. Select on the menu, and press . Sauté the chorizo for 2 minutes. Add the onion and garlic. Cook till the onions soften. Peel, core and chop the apple. Add the remaining ingredients. Press twice to stop the program. Close the lid. Select on the menu, and press . Wait till the program ends. This is a great soup and if you leave it overnight in the fridge, the flavour will develop further.

### chicken with tomatoes and mushrooms



- |       |                                    |   |                  |
|-------|------------------------------------|---|------------------|
| 2     | chicken breasts, skinned and boned | 1 | olive oil        |
| 450 g | brown mushrooms, chopped           | 1 | chopped tomatoes |
| 2     | garlic, peeled and chopped         | 1 | tomato sauce     |
| 1     | Worcestershire sauce               | 1 | dried oregano    |
|       | salt and pepper                    |   |                  |

Open the lid. Select on the menu, and press . Add the oil. Season the chicken breasts with salt and pepper and put them in the bowl. Turn the meat to seal both sides. Add the garlic and mushrooms. Cook for 3-4 minutes, turning the chicken once. Add the tomatoes, Worcestershire sauce, tomato sauce and oregano. Carry on cooking, turning the chicken once more. Check the chicken is cooked through. Serve with pasta, potatoes or rice. A quick tasty store cupboard meal.


### stout-braised ribs with maple and soy



- |        |                         |   |                            |
|--------|-------------------------|---|----------------------------|
| 1 kg   | belly pork ribs         | 1 | onion, chopped             |
| 350 ml | Guinness/stout          | 1 | olive oil                  |
| 140 ml | beef stock / pork stock | 3 | garlic, peeled and chopped |
| 60 ml  | maple syrup / honey     | 2 | dark soy sauce             |









Open the lid. Select on the menu. Add the oil. Set the cooking time to 1 hour 45 minutes.







Press the  button. Add the ribs and brown for 5 minutes - turning occasionally. Remove the ribs. Add the onion and garlic. Cook till the onions soften. Return the ribs to the bowl. Stir in the Guinness, stock, maple syrup and soy sauce. Close the lid. Wait till the program ends. Adjust the seasoning, and serve. A great starter or as part of a pick and mix lunch.

### **brisket one-pot meal**

 slow cook

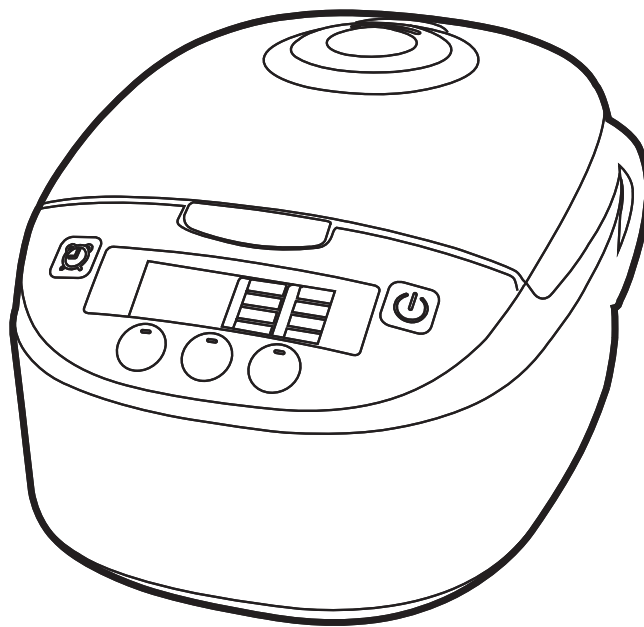
- 1 kg brisket
- 2  tomato purée
- 2  garlic, peeled and chopped
- 2  bayleaf
- 50 g chorizo sausage, sliced
- 2 carrots
- 2 red onions, chopped
- 3  celery
- 600 ml beef stock
- 2  rosemary, chopped
- 2  dried mixed herbs
- 1  chopped tomatoes
- 6-8 potatoes (small)
- salt and pepper
- 2  Worcestershire sauce

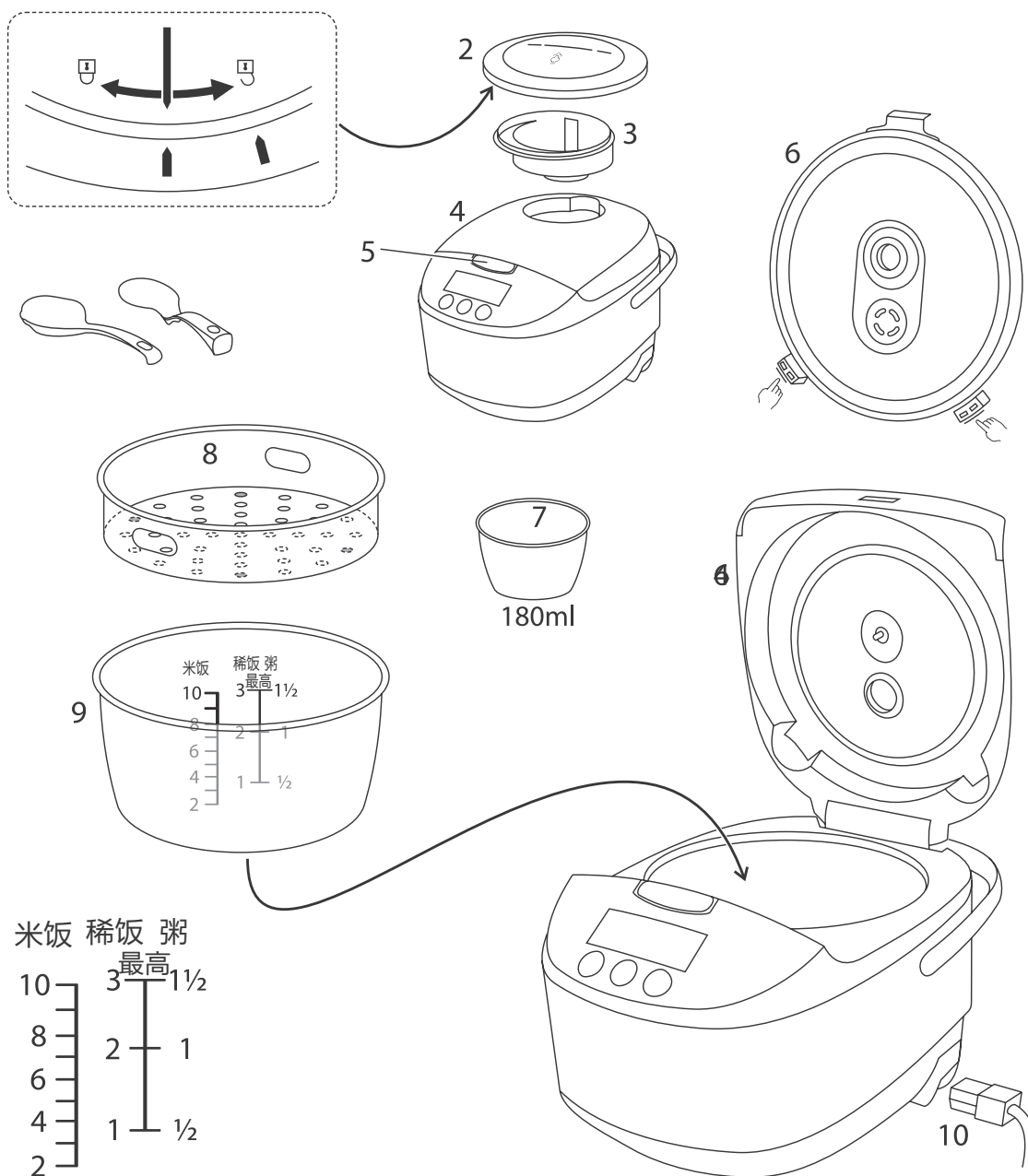
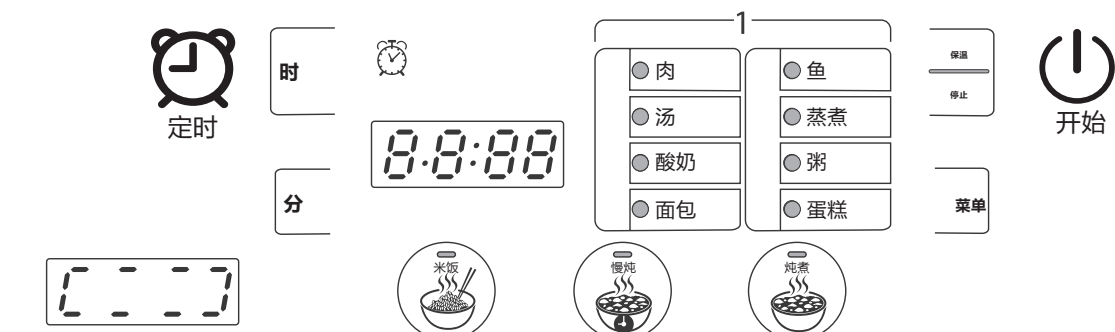
Leave the skins on the potatoes. Cut the potatoes, carrots and celery into chunks. Season the brisket with salt and pepper. Open the lid. Select  on the menu, and press , Add the stock. Bring to the boil, stirring. Simmer for 10 minutes. Transfer the stock to a jug. Sauté the chorizo for 2 minutes. Add the meat. Brown all over. Add the onions, garlic, potatoes, celery and carrots. If you have any other root vegetables that need using up, add them too. Cook till the onions soften. Add the stock. Add the remaining ingredients. Press  twice to stop the program. Select . Wait till the program ends, then serve. Cooking for 8 hours will do no harm, but it will probably be ready to eat after 5 hours.



# 电饭煲使用说明书

## 型号：MB-FS5017





<b>图示</b>		
1 菜单	粥/意式烩饭	2 过滤器盖
菜单	蛋糕	3 过滤器
肉	定时	4 盖子
汤	米饭	5 盖锁
酸奶	慢炖	6 内盖
面包	炖煮	7 量杯
鱼	保温	8 蒸笼
蒸煮	停止	9 内锅
	开始	10 接头

请阅读使用说明，保证安全，传递本产品时请一并传递本使用说明。使用前请拆掉所有包装。

**重要保证**

遵守基本的安全措施，包括：

- 1 本产品仅供 8 岁及以上儿童使用，身体、感官或智力受损或缺乏经验和知识的人员请在监督/指示下使用，并了解相关危险。禁止儿童玩弄本产品。8 岁以下无监管儿童严禁对本产品进行清洗或保养。请将本产品及其电源线放在 8 岁以下儿童无法触及的地方。
- 2 如果接头或电线损坏，必须由制造商或其服务代理提供的特殊装配进行替换。
- 3 身体、感官或智力受损，或缺乏经验的人员（包括儿童）请不要使用本电器，除非他们在安全责任人的监管下，以及得到安全使用本电器的指导后，他们才可以使用本电器。
- 4 应照看好儿童，确保不让他们玩弄设备。
- 5 本产品只限家庭使用。禁止在户外使用。
- 6 如果电源线损坏，必须用制造商或其服务代理提供的特殊电线或配件进行更换。



- 7 本产品只限于家庭或以下类似场合使用：
- 商店的员工茶水间、办公室或其他工作场所；
  - 农场；
  - 酒店、汽车旅馆以及其他住宿场所；
  - 住宿和早餐型环境。

⊗ 禁止将本产品浸入到液体中。

⚠ 本产品使用不当可能会造成伤害。

⚠ 产品表面温度将升高。使用后，由于尚有余热，表面温度仍较高。

⚠ 警告：保持接头干燥。









警告：避免接头部位泄漏。

- 1 禁止将冷冻的猪肉或家禽肉放在饭煲内，使用前请完全解冻。
- 2 汁液清澈时方可烹饪猪肉、家禽肉及衍生品（肉末、汉堡包等）。鱼肉完全不透明时方可烹饪鱼肉。
- 3 禁止直接在电饭煲内烹饪任何食物，仅应在可拆装的内锅中进行烹饪。
- 4 禁止超出**最高值**。
- 5 禁止遮盖本产品或将任何物品置于本产品之上。
- 6 将插头从电源插座上拔下来，然后将接头从电饭煲的电源插口拔下来。
- 7 不用时拔掉电饭煲的插头。
- 8 禁止使用非我司提供的配件或附件。
- 9 禁止将本产品用于本使用说明书所描述用途以外的任何用途。
- 10 如果本产品损坏或有故障，禁止使用。
- 11 清洗、维护或重新安装之前，请关闭电饭煲并拔掉插头。

**本产品仅限于家庭使用**



## 本产品的运行方式

- 按下盖锁打开盖子。
- 加入材料。
- 将内锅转动四分之一圈，确保内锅底与部件接触良好。
- 合上盖子。
- 使用菜单按钮  选择一个程序。
- 底部的三个按钮-  煮饭、 慢炖和  炖煮对菜单和  按钮无效。
- 在适当情况下设置定时 。
- 按下  按钮开始程序。
- 停止饭煲时，如果显示器未显示倒计时，则按下“停止”  一次，或者，如果显示器显示倒计时，则按下两次。
- 使用本电器之后，再次使用之前应等待 15 分钟。




## 准备

- 1 将本产品放在一个稳定、水平、耐热的表面。
- 2 禁止在窗帘、架子、碗橱或逸出蒸汽可能会损坏的任何物品附近或下方使用饭煲。
- 3 烹饪后，应戴隔热手套（或手拿抹布），或将内锅放在耐热垫或餐盘上。
- 4 将内锅放在电饭煲内。
- 5 将内锅转动四分之一圈，确保内锅底与部件接触良好。

## 通电

- 6 合上盖子。
- 7 将电源线插入电源插座之前，插上饭煲的接头。
- 8 显示器将闪烁。灯  也将闪烁。




## 米饭

- 1 使用量杯将大米放入内锅中。
- 2 大米不得超过 10 杯。
- 3 使用内锅内部左侧的刻度，刻度标注为 2-10。
- 4 根据加入大米的量向内锅中加入相应的水。
- 5 合上盖子。
- 6 按下按钮 。按钮将发光。
- 7 食物加热时显示器的外部闪烁。
- 8 然后显示器显示剩余的烹饪时间（13 分钟），并开始倒计时。
- 9 烹饪结束时，本产品将进入“保温”模式。
- 10 灯  将发亮。
- 11 打开盖子。
- 12 将内锅取出，放在一个耐热垫或餐盘上。
- 13 按下按钮 。
- 14 使用铲子翻动并混合米饭，使所有蒸汽逸出。
- 15 有时与内锅接触的一层米饭容易变得坚硬。
- 16 如果不需要这种硬外层，可在盛出米饭之后将其去除。




## 慢炖

- 1 嫩煎肉和蔬菜（见“嫩煎/煸炒/软化/煮”）。
- 2 煮烹饪液体（见“嫩煎/煸炒/软化/煮”）。
- 3 将固体材料放入内锅中，然后加入烹饪液体。
- 4 合上盖子。











- 5 按下按钮 。按钮将发光。
- 6 显示器将显示 8 小时，然后开始倒计时。
- 7 烹饪结束时，本产品将进入“保温”模式。
- 8 灯  将发亮。
- 9 按下按钮 。打开盖子。取出食物。






### 炖煮

- 1 嫩煎肉和蔬菜（见“嫩煎/煸炒/软化/煮”）。
- 2 煮烹饪液体（见“嫩煎/煸炒/软化/煮”）。
- 3 将固体材料放入内锅中，然后加入烹饪液体。
- 4 合上盖子。
- 5 按下按钮 。按钮将发光。
- 6 显示器将显示 1 小时，然后开始倒计时。
- 7 烹饪结束时，本产品将进入“保温”模式。
- 8 灯  将发亮。
- 9 按下按钮 。打开盖子。取出食物。

### 使用菜单










菜单	范围	默认
 肉	10 分钟 - 1 小时	20 分钟
 汤	1 - 5 小时	1 小时
 酸奶	6-10 小时	8 小时
 面包	1 - 3 小时	3 小时
 鱼	10 分钟 - 1 小时	20 分钟
 蒸煮	30 分钟 - 2 小时	30 分钟
 粥/意式烩饭	1-4 小时	1 小时
 蛋糕	30 分钟 - 2 小时	40 分钟

### 肉






- 1 在食物上涂满食用油。
- 2 在食物表面涂抹调味料。
- 3 在内锅中放入一大勺食用油。
- 4 将食物放入内锅中。
- 5 合上盖子。
- 6 根据食物的大小确定烹饪时间。
- 7 请勿一次烹饪 500 克以上的食物。
- 8 建议每 100 克牛肉的烹饪时间为 10 分钟 + 10 分钟。
- 9 猪肉或家禽肉的烹饪时间不得少于 5、10、15、20、25、30 分钟。
- 10 使用菜单上的按钮  进行选择 .
- 11 选择烹饪时间。默认时间为 20 分钟。
- 12 显示时间闪烁时，仅可使用“时”和“分”按钮。
- 13 使用“分”按钮通过选项选择显示器上的时间（10、15、20、25、5、10、15、20、25、30、35、40、45、50 和 55）。
- 14 如果预计烹饪时间为 1 小时，请按“时”按钮。
- 15 取消 1 小时设置时，在显示时间闪烁时再次按下“时”按钮。
- ★ 如果 2 分钟内没有任何操作，本产品将恢复待机模式。
- 16 设置时间之后，按下 .
- 17 显示器将开始倒计时。
- 18 烹饪结束时，本产品将进入“保温”模式。
- 19 灯  将发亮。
- 20 按下按钮 。打开盖子。取出食物。



## ⌚ 定时

- 可使用汤 、酸奶 、面包 、蒸煮  和粥  等程序的延时定时。
- 设置烹饪时间后、按下“开始”  之前立即进行此操作：
  - 1) 按下  按钮。灯  将发亮。
  - 2) 确定你希望完成食物烹饪的时间。
  - 3) 例如，如果现在是 2:00，你希望 9:00 完成烹饪，必须将时间设置为7小时。
  - 4) 使用“时”和“分”按钮设置正确的小时和分钟。
  - 5) 按下按钮 .

## 汤

- 1 嫩煎肉和蔬菜（见“嫩煎/煸炒/软化/煮”）。
- 2 将固体材料放入内锅中，然后加入烹饪液体。
- 3 合上盖子。
- 4 使用  按钮选择菜单上的 .
- 5 选择烹饪时间。默认时间为1小时。
- 6 显示时间闪烁时，仅可使用“时”和“分”按钮。
- 7 使用“分”按钮通过选项选择显示器上的时间（10、15、20、25、5、10、15、20、25、30、35、40、45、50 和 55）。
- 8 使用“时”按钮通过选项选择显示器上的时间（1、2、3、4 和 5）。
- 9 取消 5 小时设置时，在显示时间闪烁时再次按下“时”按钮。
- ★ 如果 2 分钟内没有任何操作，本产品将恢复待机模式。
- 10 可以选择使用该程序的定时（见“定时”）。
- 11 按下按钮 .
- 12 显示器将开始倒计时。
- 13 烹饪结束时，本产品将进入“保温”模式。
- 14 灯  将发亮。
- 15 按下按钮 。打开盖子。取出食物。

## 酸奶

### 酸奶发酵剂





- 1 可使用 5、10、15、20、25、30 毫升（2 大勺）：
  - 1) 原味活性酸奶，必须为新鲜酸奶（使用保质期较长的酸奶）。
    - 不同品牌的酸奶制作结果也会不同。
  - 2) 之前做过的酸奶。
    - 时间越长，细菌的活性越低，因此仅可使用十次，然后使用新发酵剂。
  - 3) 药店或保健品商店购买的冻干酸奶。
    - 如果发酵剂包装上的使用说明与本指南不同，请以包装上的说明为准。

### 牛奶






- 2 准备 1 升牛奶。
- 3 全脂牛奶做出的酸奶比低脂牛奶浓稠。
- 4 如果希望做出更浓稠的酸奶，可在液态奶中加入 8 大勺奶粉。
- 5 还可以使用复原奶粉或罐头炼乳。

### 做酸奶

- 6 应杀死牛奶中的细菌，防止其与酸奶发酵剂中的细菌竞争。
- 7 加热牛奶时，确保酸奶发酵剂达到室温。
- 8 打开盖子。

- 9 使用蒸（嫩煎/煸炒/软化/煮）程序将牛奶加热至即将沸腾的状态。
- 10 一直加热，直到牛奶边缘开始冒泡。
- 11 将牛奶冷却至 37°C - 45°C。
- 12 将酸奶发酵剂搅拌至牛奶中。
- 13 必须充分混合，否则酸奶可能会结块。
- 14 合上盖子。
- 15 使用  按钮选择菜单上的 .
- 16 选择烹饪时间。默认时间为 8 小时。
- 17 显示时间闪烁时，仅可使用“时”和“分”按钮。
- 18 使用“分”按钮通过选项选择显示器上的时间（10、15、20、25、5、10、15、20、25、30、35、40、45、50 和 55）。
- 19 使用“时”按钮通过选项选择显示器上的时间（6、7、8、9 和 10）。
- 20 取消 10 小时设置时，在显示时间闪烁时再次按下“时”按钮。
- ★ 如果 2 分钟内没有任何操作，本产品将恢复待机模式。
- 21 可以选择使用该程序的定时（见“定时”）。
- 22 按下按钮 .
- 23 显示器将开始倒计时。
- 24 烹饪时间结束时，本产品将进入待机模式。
- 25 此时酸奶不再保温。
- 26 按下按钮 。打开盖子。取出食物。






## 面包

- 1 使用前将冷冻面团完全解冻。
- 2 请勿一次烹饪 500 克以上的食物。
- 3 在内锅内涂上食用油。
- 4 将面团放入内锅中。
- 5 合上盖子。
- 6 使用  按钮选择菜单上的 .
- 7 选择烹饪时间。默认时间为 3 小时。
- 8 显示时间闪烁时，仅可使用“时”和“分”按钮。
- 9 使用“分”按钮通过选项选择显示器上的时间（10、15、20、25、5、10、15、20、25、30、35、40、45、50 和 55）。
- 10 使用“时”按钮通过选项选择显示器上的时间（1、2、3、4、5 和 6）。
- 11 取消 6 小时设置时，在显示时间闪烁时再次按下“时”按钮。
- ★ 如果 2 分钟内没有任何操作，本产品将恢复待机模式。
- 12 可以选择使用该程序的定时（见“定时”）。
- 13 按下按钮 .
- 14 显示器将开始倒计时。
- 15 烹饪结束时，本产品将进入“保温”模式。
- 16 灯  将发亮。
- 17 按下按钮 。打开盖子。取出食物。



## 鱼

- 1 在食物上涂满食用油。
- 2 在食物表面涂抹调味料。
- 3 在内锅中放入一大勺食用油。
- 4 将食物放入内锅中。
- 5 合上盖子。
- 6 根据食物的大小确定烹饪时间。
- 7 请勿一次烹饪 500 克以上的食物。
- 8 建议每 100 克重量的烹饪时间为 10 分钟。






- 9 使用  按钮选择菜单上的 .
- 10 选择烹饪时间。默认时间为 20 分钟。
- 11 显示时间闪烁时，仅可使用“时”和“分”按钮。
- 12 使用“分”按钮通过选项选择显示器上的时间（10、15、20、25、5、10、15、20、25、30、35、40、45、50 和 55）。
- 13 如果预计烹饪时间为 1 小时，请按“时”按钮。
- 14 取消 1 小时设置时，在显示时间闪烁时再次按下“时”按钮。
- ★ 如果 2 分钟内没有任何操作，本产品将恢复待机模式。
- 15 设置时间之后，按下 .
- 16 显示器将开始倒计时。
- 17 烹饪结束时，本产品将进入“保温”模式。
- 18 灯  将发亮。
- 19 最好在烹饪结束后立即取出食物，以免变干。
- 20 按下按钮 。打开盖子。取出食物。


### 蒸煮

- 1 向内锅中加入冷水，至刻度 6 处。
- 2 将蒸笼放在内锅上方，将食物放在蒸笼中。
- 3 为确保烹饪均匀，将食物切成大小大致相同的块。
- 4 对于豌豆或任何可能会破裂或落入水中的食物，应使用铝箔包装。
- 5 取包装时应小心，应戴隔热手套并使用塑料夹/勺子。
- 6 合上盖子。
- 7 使用  按钮选择菜单上的 .
- 8 选择烹饪时间。默认时间为 30 分钟。
- 下述食物应在默认时间内烹饪：

食物（新鲜）	数量	食物（新鲜）	数量
青豆	200g	花椰菜	200g
球芽甘蓝	200g	卷心菜	四分之一磅
胡萝卜（片）	200g	玉米芯	2
土豆（切成四块）	400g		

- 9 显示时间闪烁时，仅可使用“时”和“分”按钮。
- 10 使用“分”按钮通过选项选择显示器上的时间（5、10、15、20、25、30、35、40、45、50 和 55）。
- 11 使用“时”按钮通过选项选择显示器上的时间（1 和 2）。
- 12 取消 2 小时设置时，在显示时间闪烁时再次按下“时”按钮。
- ★ 如果 2 分钟内没有任何操作，本产品将恢复待机模式。
- 13 可以选择使用该程序的定时（见“定时”）。
- 14 按下按钮 .
- 15 显示器将开始倒计时。
- 16 烹饪结束时，本产品将进入“保温”模式。
- 17 灯  将发亮。
- 18 烹饪完成后最好尽快取出食物，以免浸水。
- 19 按下按钮 。打开盖子。取出食物。

### 嫩煎/煸炒/软化/煮

- 1 使用另一项程序进行烹饪之前，可以在默认设置下使用“蒸煮”  程序，在盖子打开的情况下，在高温下对平锅蒸 5、10、15、20、25、30 分钟。
- 2 使用一点油嫩煎肉和蔬菜，煸炒，软化洋葱、芹菜、韭菜等的时候可使用本程序。
- 3 有水或高汤时可使用本程序预热烹饪液体。

- 4 切换至主程序时，饭煲温度升高，部分或所有材料已放入内锅。
- 5 无需清洗准备过程中使用的平锅。






### 粥/意式烩饭

- 1 使用量杯将谷物（大米、燕麦、大麦等）放入内锅中。

#### 粥

- 使用内锅内部右侧的刻度（刻度为 1/2 至 1 1/2）
- 禁止超出**最高值**。






#### 粥

- 使用内锅内部中心位置的刻度（刻度为1至3）。
  - 禁止超出**最高值**。
- 2 根据加入谷物的量向内锅中加入相应的水。
  - 3 合上盖子。
  - 4 使用  按钮选择菜单上的 .
  - 5 选择烹饪时间。默认时间为 1 小时。
  - 6 显示时间闪烁时，仅可使用“时”和“分”按钮。
  - 7 使用“分”按钮通过选项选择显示器上的时间（5、10、15、20、25、30、35、40、45、50 和 55）。
  - 8 使用“时”按钮通过选项选择显示器上的时间（1、2、3 和 4）。
  - 9 取消 4 小时设置时，在显示时间闪烁时再次按下“时”按钮。
  - ★ 如果 2 分钟内没有任何操作，本产品将恢复待机模式。
  - 10 可以选择使用该程序的定时（见“定时”）。
  - 11 按下按钮 .
  - 12 显示器将开始倒计时。
  - 13 烹饪结束时，本产品将进入“保温”模式。
  - 14 灯  将发亮。
  - 15 按下按钮 。打开盖子。取出食物。

### 意式烩饭




- 查阅本手册随后附上的食谱。

### 蛋糕



- 1 使用前将冷冻面团完全解冻。
- 2 加入内锅中的液体不得超过半满。
- 3 在内锅内涂上食用油。
- 4 将面团放入内锅中。
- 5 合上盖子。
- 6 使用  按钮选择菜单上的 .
- 7 选择烹饪时间。默认时间为 40 分钟。
- 8 默认时间为 40 分钟。
- 9 显示时间闪烁时，仅可使用“时”和“分”按钮。
- 10 使用“分”按钮通过选项选择显示器上的时间（5、10、15、20、25、30、35、40、45、50 和 55）。
- 11 使用“时”按钮通过选项选择显示器上的时间（1 和 2）。
- 12 取消 2 小时设置时，在显示时间闪烁时再次按下“时”按钮。
- ★ 如果 2 分钟内没有任何操作，本产品将恢复待机模式。
- 13 设置时间之后，按下 .
- 14 显示器将开始倒计时。
- 15 烹饪结束时，本产品将进入“保温”模式。
- 16 灯  将发亮。
- 17 烹饪完成后最好尽快取出食物，以免浸水。
- 18 按下按钮 。打开盖子。取出食物。



## 👁 保温

- 如果想要在不支持保温的程序之后使用保温功能，当显示器上仅显示闪烁的灯光  时，按下 .
- 按下  退出本功能。







## 👁 维护与保养

- 1 拔掉电饭煲的插头，使其冷却。
- ★ 将插头从电源插座上拔下来，然后将接头从电饭煲的电源插口拔下来。
- 2 合上盖子时，抓住过滤器的顶部，从盖子中取出来。
- 3 把过滤器翻过来，露出正面边缘上的标记。
- 4 紧紧抓住过滤器盖，将过滤器的剩余部分转向打开的挂锁 .
- 5 按下内盖  底部上的耳片，从电饭煲上取下来。
- 6 用手清洗可拆卸部件。
- 7 使用干净的湿抹布擦洗所有表面。
- 8 禁止将电饭煲的任何部件放入洗碗机。
- 9 重新安装过滤器，更换盖子中的过滤器。
- 10 更换盖子中的内盖。





## 环境保护

为避免电子电气产品中的有害物质引起环境和健康问题，带有此标志的电器不得作为未分类城市废物处理，但可回收、重新使用或循环利用。

## 食谱

-  一大匙 (15 毫升)
-  一茶匙 (5 毫升)
- g 克
- ml 毫升
-  量杯
-  枝条/条 (芹菜)
-  一把
-  中等大小的鸡蛋 (53-63 克)

### 香辣蔬菜和蒸粗麦粉











- 1 红洋葱，切碎
- 1 大洋葱，切碎
- 2  大蒜，剥皮、切碎
- 1 红辣椒，去籽、切碎
- 1 黄椒，去籽、切碎
- 1 橙色辣椒，去籽、切碎
- 1  香菜粉
- 1  番茄泥
- 850 ml 蔬菜高汤
- 2  热番茄汁
- 120-140 ml 蒸粗麦粉

### 与以下食物一并食用：






- 乳酪粉
- 小束香菜，切碎

-  一撮
-  一束
-  小枝
-  瓣
-  罐头
-  罐
-  小袋 (7 克)
-  大鸡蛋 (63-73 克)

### 慢炖

- 1  橄榄油
- 1  棉豆
- 1  白豆
- 1  墨西哥青椒
- 1  芸豆
- 1  切碎的番茄
- 2  小茴香粉
- 1  糖
- 2  辣椒粉
- 2  干牛至

### 酸奶油

打开盖子。加入油。选择菜单上的 ，按下 。加入洋葱和大蒜。待洋葱变软时开始烹饪。挤干豆子中的水分，然后加入。蒸粗麦粉备用。加入剩余的材料。按两次  停止程序。合上盖子。选择 。烹饪结束之前 30 分钟加入蒸粗麦粉。如果烹饪已经结束，选择菜单上的 ，再烹饪20分钟左右。



加入一把奶酪、一些酸奶油和少量新鲜香菜盛入碗中。如果为传统的素食辣椒，不加蒸粗麦粉。

### 自制酸奶

1200ml 牛奶






100ml 酸奶

 酸奶

### 口味选择

50 g 冰冻混合夏日浆果

1  蜂蜜


打开盖子。加入牛奶。选择菜单上的 ，按下 。一直加热，直到牛奶边缘开始冒泡。按两次  停止程序。将牛奶冷却至 37°C-45°C。将酸奶与牛奶搅拌到一起。必须充分混合，否则酸奶可能会结块。合上盖子。选择菜单上的 ，按下 。等待程序结束。将酸奶放入冰箱，使其完全冷却。在平锅中轻轻加热浆果。加入蜂蜜。浆果开始塌陷时，从平锅中取出来，开始冷却，然后与酸奶混合。如果希望存放酸奶，必须对所使用的罐消毒。在炉中以 100°C 的温度加热 10 分钟。酸奶最长可在冰箱中存放 2 周。

### 纽约火红香辣牛肉

 炖煮


450 g 炖牛肉

1  橄榄油

3  大蒜，剥皮、切碎


2 洋葱，切碎

2  小茴香粉

2  辣椒粉

1  辣椒粉

2  番茄酱

1  烟熏辣椒粉/干红辣椒粉

2  番茄

1 青椒





1  月桂树叶

1  盐

1  黑胡椒

1  罗勒叶，大致切碎

1  芸豆

打开盖子。加入油。选择菜单上的 ，按下 。将牛肉、番茄和胡椒切成一口大小的块。嫩煎肉，然后取出。加入洋葱、蒜和所有香料。待洋葱变软时开始烹饪。加入肉。豆子备用。加入剩余的材料。按两次  停止程序。合上盖子。选择 。烹饪结束之前 30 分钟加入豆子。如果程序结束时肉质仍有些硬，加入一杯水，然后运行肉食程序 30 分钟


### 摩洛哥炖鱼

 鱼


2  大蒜，剥皮、切碎

1 洋葱，切碎


1 红辣椒，去籽、切碎

2  芹菜，切碎


2 切碎的番茄

1  小茴香粉

1  姜粉

1  姜黄

1 肉桂棒

1  哈里萨辣椒酱

120 ml 白酒

1  番茄泥

120 ml 鱼高汤




1 柠檬

675 g 鱼（鳕鱼/黑线鳕/三文鱼）

1  青橄榄

1 小束香菜，切碎

盐和胡椒

香菜备用。打开盖子。加入剩余的材料。合上盖子。选择菜单上的 ，按下 。烹饪直至鱼变成易剥落的片状（40-60 分钟）。按两次  停止程序。加入香菜。加入适当作料即可食用。加入蒸粗麦粉味道更好。

### 碎豌豆和蹄膀汤


 慢炖


1150 ml 鸡汤


1 洋葱，细细地切碎


225 g 碎豌豆

1 胡萝卜，切碎

1  芹菜，切碎




2  蒜（压碎）

1  百里香，细细地切碎

1  月桂树叶

1 蹄膀

黑胡椒

打开盖子。加入高汤。选择菜单上的 ，按下 。煮沸，搅拌。炖 10 分钟。加入剩余的材料。按两次  停止程序。



合上盖子。选择 。等待程序结束。取出蹄膀。剔除皮和骨头。肉切块。取出月桂树叶。用木匙背面将豌豆捣碎。加入肉。加入作料即可食用。享受天堂般的美味吧！

### 香辣三文鱼



2	三文鱼片（带皮）	1 勺	橄榄油
1 勺	辣椒粉	1 勺	辣椒粉
1/2 勺	小茴香粉	1 勺	盐和胡椒
1 勺	软红糖	1	柠檬

将辣椒粉、辣椒粉、小茴香、糖、盐和胡椒混合到一起。撒在三文鱼上。打开盖子。加入油。选择菜单上的 ，按下 。等几分钟油变热。加入三文鱼片，皮面朝下。合上盖子。虽然有蒸汽和鱼片，但鱼皮酥脆。与柠檬角一并食用。一顿完美的便餐。

### 巧克力布朗尼蛋糕



170 g	无盐黄油	3	⑦⑩
340 g	糖	1 勺	香草精
170 g	可可粉	1 勺	盐
110 g	牛奶巧克力豆	75 g	纯面粉

### 与以下食物一并食用：

香草冰淇淋（可选）

在平锅中低温融化黄油。在内锅中铺上涂黄油的箔。在盘子中搅拌黄油溶液、糖、可可粉、面粉、鸡蛋、香草和盐。拌入巧克力豆。将糊状物放入内锅中的箔上。合上盖子。选择菜单上的 。将烹饪时间设置为 1 小时 30 分钟。按下按钮 。蛋糕边缘应坚硬，中间略粘。取出尚温热的蛋糕，在顶部放上冰淇淋。

### 爱尔兰炖菜和山羊奶酪水饺



#### 炖菜：

1.8 kg	羊肩（煮熟）	1 勺	橄榄油
250 g	五花熏咸肉	3 勺	蒜（压碎）
950 ml	羊高汤		盐和胡椒
1	大洋葱，切碎	2	胡萝卜，切碎
2 勺	芹菜，切碎	2 勺	迷迭香，切碎
2 勺	番茄泥	1 勺	玉米粉

#### 水饺：

100 g	自发粉	1 勺	发酵粉
50 g	板油	1 勺	盐
75 ml	水	1 勺	干欧芹
40 g	山羊奶酪（软）	1 勺	干百里香
1 勺	干马郁兰	1 勺	黑胡椒

#### 炖菜：

将肉与骨头分离。将肉和培根切成一口大小的块。打开盖子。选择菜单上的 ，按下 ，加入高汤。煮沸，搅拌。炖 10 分钟。将高汤放入罐中。加入油。加入洋葱，用少量油煎至变软。加入肉、大蒜、香料和其他蔬菜，烹饪 5 分钟。加入高汤。加入番茄泥。按两次 停止程序。合上盖子。选择 。

#### 水饺：

用手混合所有材料。将混合物分成 6 个团。等待 20 分钟。

#### 结束时：

将矢车菊做成光滑的糊状，在杯子中加入一点水。烹饪结束之前 30 分钟，打开盖子。将糊状物与炖菜搅拌在一起。加入水饺。合上盖子。等待程序结束即可食用。一碗美味的爽心美食！



★ 如果没有煮熟的羊肉，可以使用生羊肉，使用慢炖程序而非炖煮程序，然后从水饺环节继续。

### 蒸洋蓍

🍲 蒸煮

- |     |                     |   |    |
|-----|---------------------|---|----|
| 1 🍴 | 大蒜，剥皮、切碎            | 2 | 洋蓍 |
|     | 小枝香料（龙蒿叶、薄荷、欧芹、百里香） | 1 | 柠檬 |

将柠檬切片。将茎与每个洋蓍底部切齐。切下每个洋蓍顶部四分之一的部分。扔掉损坏的叶子。在切面上覆盖上一片柠檬。将柠檬片放在蒸笼中。加入小枝香料。加入大蒜。将洋蓍放在顶部。向内锅中倒入水，直至内锅内左侧刻度 2 的位置。将蒸笼放在内锅上方。合上盖子。选择菜单上的 🍲，按下 ⏻。当能够轻易拿掉外叶时，即完成洋蓍的烹饪。可淋上油醋汁热食或冷食。妙不可言！

### 珍珠麦和波罗蒂豆一锅烩

🍲 炖煮

- |         |       |     |          |
|---------|-------|-----|----------|
| 1 🍴     | 橄榄油   | 1 🍴 | 波罗蒂豆     |
| 175 g   | 珍珠麦   | 1   | 洋葱，细细地切碎 |
| 1 🍴     | 切碎的番茄 | 1 🍴 | 番茄泥      |
| 1000 ml | 蔬菜高汤  | 2 🍴 | 欧芹（切碎）   |
| 125 ml  | 干红葡萄酒 |     | 盐和胡椒     |

### 与以下食物一并食用：

辣椒油（可选）

打开盖子。选择菜单上的 🍲，按下 ⏻。加入高汤。煮沸，搅拌。炖 10 分钟。将高汤放入罐中。加入油。加入洋葱，用少量油煎至变软。加入葡萄酒，烹饪几分钟。加入珍珠麦，搅拌，直至珍珠麦染上葡萄酒的颜色。挤干豆子中的水分，然后加入。加入番茄。加入高汤。按两次 ⏻ 停止程序。合上盖子。选择 🍲。烹饪结束之前 30 分钟，打开盖子。检查内锅中的液体量。必要时，加入 150 毫升热水。合上盖子。等待程序结束。可与新鲜的硬皮面包和辣椒油一并食用。

### 糖浆海绵布丁

🍲 蒸煮

- |       |      |       |     |
|-------|------|-------|-----|
| 115 g | 黄油   | 2     | ⑥⑦  |
| 100 g | 细白砂糖 | 1/4 🍴 | 香草精 |
| 175 g | 自发粉  | 2 🍴   | 牛奶  |
| 4 🍴   | 金黄糖浆 |       |     |

在碗中将鸡蛋打散。向内锅中加入黄油和糖。逐步加入鸡蛋，随后加入香草，然后加入面粉。在牛奶中搅拌。在 1200 毫升的耐热碗中涂上油。将糖浆放在耐热碗底部，然后加入混合物。覆盖上烘焙羊皮纸，覆盖上箔，在顶部系上细绳。打开盖子。将耐热碗放入电饭煲的内锅中。向电饭煲中的内锅加入足够的沸水，至耐热碗顶部下方 3 厘米处。合上盖子。选择菜单上的 🍲。将烹饪时间设置为 1 小时 30 分钟。按下按钮 ⏻。等待程序结束。翻转到盘子上即可趁热食用。享受一年中最美味的布丁吧！！

### 白面包

🍲 面包

- |        |       |     |     |
|--------|-------|-----|-----|
| 1 🍴    | 金黄糖浆  | 1 🍴 | 黄油  |
| 320 ml | 牛奶    | 1 🍴 | 干酵母 |
| 500 g  | 高筋面包粉 | 1 🍴 | 盐   |

打开盖子。加入牛奶。选择菜单上的 🍲，按下 ⏻。一直加热，直到牛奶边缘开始冒泡。将牛奶倒入罐中。按两次 ⏻ 停止程序。将牛奶冷却至 37°C-45°C。在平底锅中低温溶化黄油。在碗中将面粉和盐混合。加入酵母、黄油和糖浆。加入牛奶，揉成一个团。如果混合物较粘，额外加入一点面粉。遮盖住，在一个温热的地方放置 10 分钟。再揉。遮盖住，在一个温热的地方放置 10 分钟。打开盖子。选择菜单上的 🍲，按下 ⏻。

合上盖子。烹饪结束之前30分钟，打开盖子。把面包翻过来。如此一来，面包顶部会有一点颜色，且发脆。等待程序结束。可与大量黄油一并食用。

### 苏打面包

面包

1 苏打面包混合物  
350 ml 水

黄油

打开盖子。在内锅中涂上黄油。选择菜单上的 。合上盖子。将烹饪时间设置为 2 小时 15 分钟。按下按钮 。然后加热。将苏打面包混合物倒入一个碗中。加水。用手混成一个团。打开盖子。将面团放入内锅中。使用塑料铲将面团分成四份。合上盖子。烹饪结束之前 30 分钟，打开盖子。把面包翻过来。如此一来，面包顶部会有一点颜色，且发脆。等待程序结束。放在金属网架上冷却。可加上含盐黄油食用或随餐食用。

### 粥

粥/意式烩饭

2 燕麦粥  
1 1/4 盐

水  
2 糖

与以下食物一并食用：

红糖

牛奶/淡奶油

打开盖子。加入燕麦片、盐和糖。向内锅中加入水，至内锅内右侧刻度 1 1/2 的位置。合上盖子。选择菜单上的 ，按下 。等待程序结束。可涂上牛奶或奶油食用。撒上红糖。如果愿意，可在烹饪时间结束之前 15 分钟加入切碎的杏干或切半的梅子（无核）。剩下的粥可在冰箱中最多存放 2 天，然后重新加热。

### 坚果粥

粥/意式烩饭

1/2 燕麦片  
120 ml 牛奶  
1 肉桂粉

水  
3 椰蓉

与以下食物一并食用：

金黄糖浆

切碎的杏仁

打开盖子。加入燕麦片、肉桂、椰子和牛奶。向内锅中加入水，至内锅内右侧刻度 1/2 的位置。合上盖子。选择菜单上的 ，按下 。等待程序结束。在顶部涂上糖浆、撒上切碎的杏仁。

### 多用锅甜菜根意式烩饭

粥/意式烩饭

400 g 甜菜根  
250 g 阿尔博里奥/意式烩饭米  
250 ml 白酒  
900 ml 蔬菜高汤/鸡汤

2 橄榄油  
1 洋葱，细细地切碎  
2 大蒜，剥皮、切碎  
1 百里香，细细地切碎

结束时：

100 ml 酸奶  
1 黄油

1 欧芹（切碎）

打开盖子。选择菜单上的 ，按下 。加入高汤。煮沸，搅拌。炖 10 分钟。将高汤放入罐中。按两次 停止程序。选择菜单上的 ，按下 。然后加热。甜菜根去皮，切成 1 厘米的方块。将甜菜根、大蒜和洋葱放入内锅中。待洋葱变软时开始烹饪。加入大米搅拌。合上盖子，烹饪 3-4 分钟。打开盖子。加入葡萄酒搅拌。合上盖子，烹饪 3-4 分钟。打开盖子。加入百里香。加入高汤。合上盖子。等待程序结束。检查大米，应能够咬得动，但不太硬。如果未完成，加入一点水，再多烹饪几分钟。加入黄油搅拌，如此可使得意式烩饭有光泽。可加上一团酸奶、撒上欧芹食用。可作为简便午餐美味的第一道菜。

## 开胃米饭

🍚 米饭

- |     |            |     |         |
|-----|------------|-----|---------|
| 2 🍵 | 米饭         |     | 水       |
| 1   | 汤块 (蔬菜)    | 2   | 胡萝卜, 切碎 |
| 1   | 红辣椒, 去籽、切碎 | 2 🍴 | 芹菜, 切碎  |
| 1 🍴 | 姜黄         | 1 🍴 | 豌豆 (可选) |

打开盖子。将大米放入内锅中。向内锅中倒入水, 直至内锅内左侧刻度 2 的位置。弄碎汤块, 加水搅拌。加入剩余的材料。合上盖子。选择 🍚。等待程序结束即可食用。如果米饭未煮熟, 合上盖子再蒸几分钟。

## 西红柿浓汤

🍲 汤

- |        |            |     |       |
|--------|------------|-----|-------|
| 1      | 洋葱, 切碎     | 1 🍴 | 橄榄油   |
| 1 🍴    | 切碎的番茄      | 2   | 切碎的番茄 |
| 1      | 红辣椒, 去籽、切碎 | 2   | 土豆    |
| 550 ml | 鸡汤         | 1 🍴 | 番茄泥   |
| 1 🍴    | 干混合香料      | 1 🍴 | 黑胡椒   |

打开盖子。加入高汤。选择菜单上的 🍲, 按下 ⏻。煮沸, 搅拌。炖 10 分钟。将高汤放入罐中。按两次 ⏻ 停止程序。土豆削皮并切成块。选择菜单上的 🍲, 按下 ⏻ 加入油。加入洋葱和甜椒。待洋葱变软时开始烹饪。加入高汤。加入剩余的材料。合上盖子。等待程序结束。加入作料。与硬皮面包一并食用。

## 西班牙香肠、卷心菜和苹果汤

🍲 汤

- |        |              |     |           |
|--------|--------------|-----|-----------|
| 1/4    | 西班牙香肠, 细细地切碎 | 1   | 洋葱, 细细地切碎 |
| 1      | 苹果           | 2   | 胡萝卜, 切碎   |
| 2 🍴    | 芹菜, 切碎       | 2   | 切碎的番茄     |
| 1/4    | 春季卷心菜, 细细地切碎 | 1 🍴 | 番茄泥       |
| 2 🍴    | 大蒜, 剥皮、切碎    | 1 🍴 | 辣椒粉       |
| 1 🍴    | 盐            | 1 🍴 | 黑胡椒       |
| 850 ml | 蔬菜高汤         |     |           |

打开盖子。选择菜单上的 🍲, 按下 ⏻。用少量油将西班牙香肠煎 2 分钟。加入洋葱和大蒜。待洋葱变软时开始烹饪。将苹果去皮、挖核、切碎。加入剩余的材料。按两次 ⏻ 停止程序。合上盖子。选择菜单上的 🍲, 按下 ⏻。等待程序结束。烹饪出来的汤味道鲜美, 如果在冰箱里放上一夜, 味道会更浓郁。

## 番茄蘑菇鸡肉

🍖 肉

- |       |            |     |       |
|-------|------------|-----|-------|
| 2     | 鸡胸肉, 去皮、去骨 | 1 🍴 | 橄榄油   |
| 450 g | 棕色蘑菇, 切碎   | 1 🍴 | 切碎的番茄 |
| 2 🍴   | 大蒜, 剥皮、切碎  | 1 🍴 | 番茄酱   |
| 1 🍴   | 辣酱油        | 1 🍴 | 干牛至   |
|       | 盐和胡椒       |     |       |

打开盖子。选择菜单上的 🍖, 按下 ⏻。加入油。使用盐和胡椒为鸡胸肉调味, 然后放入内锅中。翻动肉将两侧密封。加入大蒜和蘑菇。烹饪 3-4 分钟, 翻动一次鸡肉。加入番茄、辣酱油、番茄酱和牛至。继续烹饪, 再翻动鸡肉。检查鸡肉是否熟透。与意大利面、土豆或米饭一并食用。一道快速而美味的私厨美食。


## 枫糖酱油浓香红烧排骨

🍖 肉

- |        |             |     |           |
|--------|-------------|-----|-----------|
| 1 kg   | 猪腹肉排        | 1   | 洋葱, 切碎    |
| 350 ml | 吉尼斯黑啤酒/烈性啤酒 | 1 🍴 | 橄榄油       |
| 140 ml | 牛肉汤/猪肉汤     | 3 🍴 | 大蒜, 剥皮、切碎 |
| 60 ml  | 枫糖浆/蜂蜜      | 2 🍴 | 深色酱油      |









打开盖子。选择菜单上的 🍖。加入油。将烹饪时间设置为 1 小时 45 分钟。







按下按钮 。加入排骨，嫩煎 5 分钟并不时翻动。取出排骨。加入洋葱和大蒜。待洋葱变软时开始烹饪。将排骨放入内锅中。加入吉尼斯黑啤酒、高汤、枫糖浆和酱油搅拌，合上盖子。等待程序结束。加入作料即可食用。开始享受美味的第一道菜或自选自配午饭吧。

### 牛腩一锅烩

 慢炖

- 1 kg 牛腩
- 2  番茄泥
- 2  大蒜，剥皮、切碎
- 2  月桂树叶
- 50 g 西班牙香肠，切片
- 2 胡萝卜
- 2 红洋葱，切碎
- 3  芹菜
- 600 ml 牛肉汤
- 2  迷迭香，切碎
- 2  干混合香料
- 1  切碎的番茄
- 6-8 土豆（小）
- 盐和胡椒
- 2  辣酱油

土豆不去皮。将土豆、胡萝卜和芹菜切成大块。使用盐和胡椒为牛腩调味。打开盖子。选择菜单上的 ，按下 ，加入高汤。煮沸，搅拌。炖 10 分钟。将高汤放入罐中。用少量油将西班牙香肠煎 2 分钟。加入肉。全部嫩煎。加入洋葱、大蒜、土豆、芹菜和胡萝卜。如果还有其他根类蔬菜，请一并加入。待洋葱变软时开始烹饪。加入高汤。加入剩余的材料。按两次  停止程序。选择 。等待程序结束即可食用。烹饪 8 个小时没有坏处，但 5 个小时之后即可使用。

