

## 01 Product Features

The company's multi-function electric pressure cooker is a new type of cooker developed by using the latest technology. It optimizes the advantages of pressure cookers, rice cookers and stew pots in one, and makes up for the shortcomings of many pots. Advanced structure, novel shape, safe and reliable, complete functions, convenient operation, saving time and electricity, nutrition cooking, etc. It is an ideal cooking utensil for modern families, and it is also an upgraded product for pressure cookers, rice cookers and stew pots.

1. It has various cooking functions such as cooking rice, porridge, soup and tendon.
2. According to the food, personal taste and cooking experience, choose the pressure holding time by yourself. After cooking, it will automatically enter the keep warm state. Personalized cooking, whatever you want.
3. Fully sealed cooking, high nutrient preservation rate of food, original taste, soft and delicious rice.
4. Easy to clean, stainless steel lid, durable shell.
5. Equipped with the following reliable safety protection devices:

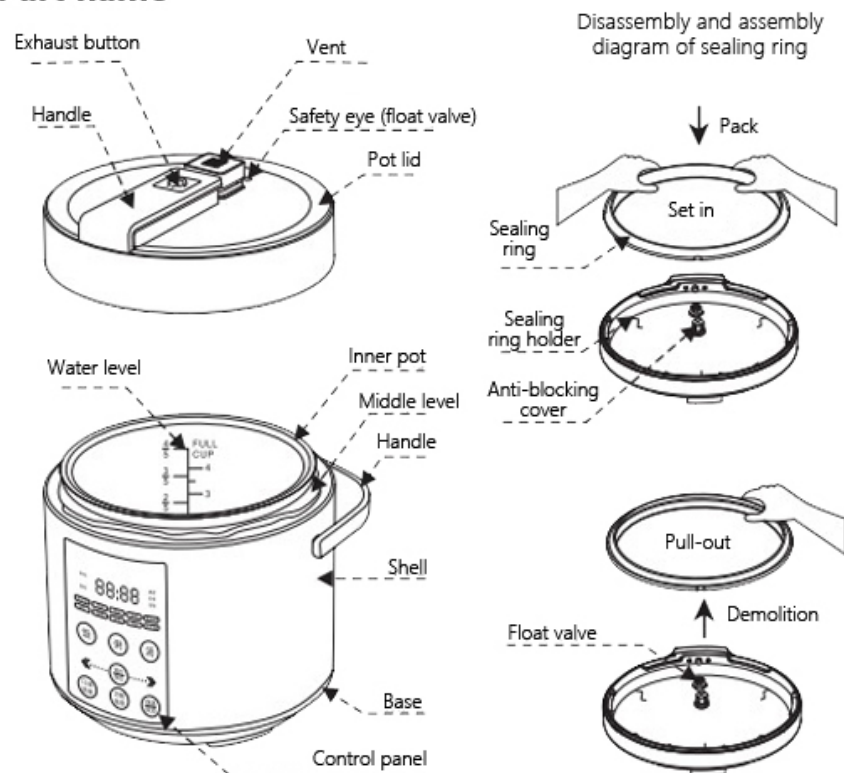
- There is a safety device for opening and closing the lid to ensure that the lid and the heat preservation cover cannot be pressed in place, and the pressure in the pot cannot be opened.
- There is a pressure control device. When the pressure is fixed, the power supply is automatically cut off and the pressure is maintained. Equipped with a pressure limiting device, when the temperature control and pressure control in the pot fails, the maximum working pressure exceeds the maximum working pressure, and the pressure limiting value is reached, the pressure limiting air release valve automatically exhausts and relieves pressure.
- Equipped with a pressure-limiting exhaust anti-blocking device to prevent food from clogging the exhaust valve core.
- With a temperature limiting device, when the pot is empty or the pot exceeds the set temperature, it will automatically exit the heating state.
- It is equipped with an over-temperature protection device, which automatically cuts off the power supply when the temperature in the pot rises to the limit temperature. Equipped with a safety pressure relief device, when the pressure limiting device fails and the inside of the pot rises to the limit pressure value, the periphery of the pot lid will be automatically vented to relieve pressure, and the pot explosion will not occur. Equipped with overcurrent safety protection device, when short circuit occurs in abnormal use, the fuse automatically cuts off the power supply.
- With overvoltage safety protection device, when the abnormal environment voltage is too high, the fuse will automatically cut off the power supply.
- Equipped with grounding safety protection device, when leakage occurs during abnormal use, grounding ensures safe use.

## 02 Technical Parameters

Product type model	Rated voltage	Rated frequency	Rated power	Rated capacity	Working pressure	Insulation temperature	Diameter	Boiled rice (cup)
YBW2001A	220V~	50Hz	750W	2.0L	0-70kPa	60-80℃	16cm	1-4
YBW2001B	220V~	50Hz	750W	2.0L	0-70kPa	60-80℃	16cm	1-4

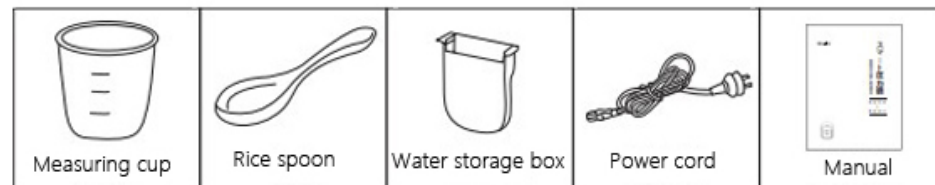
Executive standards: GB4706-2005; GB4706.19-2008; GB4806.1-2016

## 03 Part name



The picture is for reference only, please refer to the actual product

## 04 Packing accessories



Note: According to the requirements of each model, some accessories have certain differences. Please refer to the actual product!

## 05 Operating guidelines

### Open the lid correctly

1. When using it for the first time, please take out all accessories from the pot, read the manual carefully, and pay special attention to the usage and precautions to avoid property damage or personal injury to you.
2. Rotate the handle of the upper cover to the opening position according to the direction indicated by the product, and then open the upper cover.

### Check the sealing ring, float valve, and anti-blocking cover

1. Check whether the sealing ring, float valve, and anti-blocking cover are clean. If there is any dirt, clean it immediately.;
2. Check whether the anti-blocking cover is loose. If it is loose, install it in place immediately.;
3. After the inspection is completed, please install the seal to the upper cover correctly.

### Take out the inner pot and put the food and water in the inner pot

1. The total amount of food and water must not exceed the maximum line of the water level in the inner pot.
2. The maximum amount of rice water when cooking does not exceed the maximum scale of the water level of the inner pot.

### Put the inner pot back into the body of the pot

1. Wipe the outer surface of the inner pot and the heating plate clean before putting it back. No debris shall be left on the inner surface of the heating plate and the outer pot.;
2. After putting it in, gently rotate the inner pot left and right to ensure good contact between domestic sales and the heating plate.

### Safety cover

1. Close the upper cover, and then rotate to the closed cover position in the direction indicated by the product.
2. Before closing the cover, the steel cover exhaust valve can be installed on the upper cover and then the cover can be closed.
3. Note: The product can only work after the lid is rotated to the closed position.

### Place the exhaust valve

1. When working, the exhaust valve must be placed in the sealed position, indicating that the electric pressure cooker is in a sealed state.

### Turn on the power

1. When the power is turned on, the prompt first sounds, indicating that the electric pressure cooker has entered the standby state.
2. Note: The product can only work after the lid is rotated to the closed position.

## 06 Operation instructions

### Safe opening

1. During or after the cooking process, if there is pressure inside the product, it is forbidden to forcibly open the lid and move the product. As shown in Figure 1, the float in the safety eye will rise under the "pressure" state; as shown in Figure 2, under the "no pressure" state. If the float in the safety eye falls, the product can be moved carefully, but it is forbidden to move the product when the lid is opened, so as to avoid the high temperature food in the pot to follow out and cause injury.

(Figure I)



Safety eye  
Float up  
(stressed state)

(Figure II)



Safety eye  
Float down  
(stressed state)

### Function selection

1. After the cooking preparation is completed, close the lid in place, and press the "Rice, Porridge, Soup" shortcut key or the "Function Selection" key to select a function. When the pressing time flashes for 5 seconds, it will automatically enter the cooking state, and the selected function will be cooked.
2. After the electric pressure cooker enters the working state, other functions cannot be selected. You can long press the "Keep Warm" button to cancel the operation and then select.
3. When you need to manually exhaust after cooking, press the exhaust button, and the electric pressure cooker is in the exhaust state; when exhausting, the body parts such as hands or face should not be placed above the exhaust port to avoid burns.
4. When cooking liquid food, do not use the button to exhaust or toggle the exhaust valve.

### ⚠ Note

1. The lid of the container can not be opened until the float valve falls down after the pressure is fully released.

### Taste selection

1. Press the "Taste selection" button continuously, the corresponding indicators of fragrance, standard and rich will be displayed in a circular manner. If the taste is not selected, the default "standard" indicator light will be on.

### Holding time adjustment instructions

1. In standby mode, press the "Function Selection" button to select the function, and then press the "Taste Selection" button to choose the taste you like. If you want to adjust the pressure holding time, you can press "<<<" or ">>>" key to adjust the required dwell time.

## Reservation function

### 1. Reservation function description

To make an appointment, after selecting the function, press the "Appointment/hold pressure" button, and then press the "<<<" or ">>>" button to adjust. The whole time is incremented or decremented by 30 minutes, and the longest appointment can be made for 24 hours. After the appointment time is set, the function instructions and the appointment time flashes for 5 seconds to enter the appointment, and after the appointment time arrives, it will automatically enter the state of care.

## Cooking instructions

1. Cooking instructions: Select the "rice" or "firewood rice" function. After the cooking is over and the heat preservation is entered, it is recommended that the user keep warm. Cover and taste again in 10 minutes. Users can also choose the taste according to their preferences.

## Invasion instructions

1. Affected instructions: After the cooking is over and the insulation is entered, do not use the button to vent or toggle the exhaust valve to vent. It must be naturally cold. However, the lid cannot be opened until the float falls, otherwise the food soup will be ejected from the exhaust valve core.

## Description of the amount of water added

The maximum amount of rice cooked in a 2L pot is 4 cups

1. The recommended ratio of rice to water is 1:1 when cooking rice, and the recommended ratio of rice to water is about 1:4 when cooking lake;
2. Users can increase or decrease the amount of water according to different types of rice and the degree of softness and hardness of their favorite rice.

## Note

1. The cooking and cooling time of each function file are different. The cooking time will vary slightly according to the voltage, food quantity, water quantity, rice quality, water quality, etc.; when the grid voltage is significantly low, the cooking time will increase accordingly; the greater the cooking quantity, the cooking and cooling times are correspondingly longer;

Cooking function operation guide reference table Time: minutes

Function	Meal	Porridge	Soup	Firewood rice	Ribs	Tendons	Fish
Default dwell time	12	15	25	14	20	50	8
Adjustable dwell time	1-60	1-60	1-60	1-60	1-60	1-60	1-60
TASTE	Fragrant	8	5	10	10	15	4
	Standard	12	15	25	14	20	8
	Rich	16	35	40	18	25	12

Cooking function operation guide reference table Time: minutes

Function	Nutritious stew	Seafood	Cake	Steamed rice	Chicken and duck	Anhydrous baked
Default dwell time	40	1	18	25	30	20
Adjustable dwell time	1-60	1-60	1-60	1-60	1-60	1-60
TASTE	Fragrant	20	0	20	20	12
	Standard	40	1	25	30	20
	Rich	60	15	30	40	30

Note: Users can choose according to their different tastes: fragrant, tough, standard, soft and need to be cooked.

## 07 Safety precautions

In order to ensure the safety of use and avoid injury and property damage to you and others, please be sure to comply with the following safety precautions. Failure to comply with safety warnings and incorrect use may lead to accidents.

This product does not consider the following situations:

1. Use of appliances by unattended young children and the disabled.
2. The situation of young children playing with changing appliances.

## The meaning of the icon in the text



Indicates [prohibited] content



Indicates [mandatory] content



Warning: Matters that may cause casualties



Note: May cause minor injuries or property damage

### Forbidden



During the working process of the product, the body temperature is high, do not touch it; otherwise, it may cause burns or other injuries.



When working, keep your hands away from the exhaust valve port to avoid burns; during the cooking process, do not cover the exhaust valve port with a rag, etc.





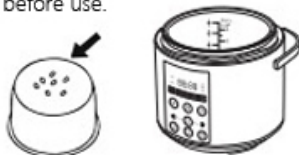
## Forbidden

- When moving the product, please lift the product handle before moving the product.  
Do not lift the lid handle directly to avoid damage to the product.  
Do not move the product with the lid open to avoid injury.

Do not mention this directly      Correct mention here



- Do not use the inner pot other than the special inner pot. When there are foreign objects on the bottom of the inner pot and the surface of the heating plate, remove the foreign objects before use. Otherwise, it may cause overheating, pressure relief and other abnormalities, please clean up in time before use.



- Do not let children operate and use it alone, and keep it out of the reach of infants to avoid dangerous accidents such as electric shock and burns.



- Avoiding the seal will cause deformation of the sealing ring, which may cause the product to fail to work properly.
- Do not pull out the plug with wet hands to avoid electric shock.

- Do not put foreign objects, and it is forbidden to insert metal chips, needles and other foreign objects in the gap; it may cause electric shock or cause abnormal movement.



- Please use a 220V-50Hz power socket. If you use a non-AC 220V~50Hz civilian power supply or special power supply, it may cause fire or electric shock.



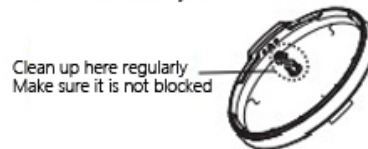
- It is forbidden to modify or non-professional technical personnel to enter into fire or electric shock. It is forbidden to modify or non-professional technical personnel to enter into fire or electric shock.



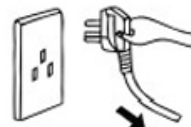
- The inner pot that comes standard with this product is forbidden to be used for other purposes, so as not to cause deformation of the inner pot and affect the use.

## Mandatory

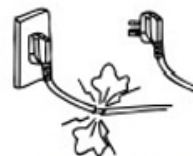
- Do not open the container until the pressure is sufficiently relieved.
- The anti-blocking hood and vent spool must be checked regularly to ensure that they are not blocked.



- When pulling out the plug regularly, you must hold the handle of the plug and pull it out; do not pull the power cord, otherwise it may damage the power cord, cause electric shock, short circuit, etc.



- Please use a dedicated power cord. If the power cord is damaged, it must be replaced with a special cord or a special component purchased from its manufacturer or maintenance department.



- The plug must be firmly inserted into the socket. If the plug tail and the product are not fully inserted, it may cause electric shock or short circuit, and even fire.

- Always clean the blade of the plug, wipe off dust or moisture if it is attached, otherwise it may cause a fire.

- Do not cook kelp, seaweed, oatmeal and other foods that are easy to block, so as to avoid accidents or damage to the pressure cooker.

- It is strictly forbidden to use other lids for heating during heating, and it is strictly forbidden to use non-original lids during the (power-on) process, which will cause poor performance or potential safety hazards.



- Do not immerse the product in water or shower it with water, otherwise it may cause electric shock and electrical short circuit.



- The total amount of food and water should not exceed the maximum mark, otherwise the food may not be cooked or cause malfunction. Cooking is easy to swell, and the total amount of clogging food should not exceed the maximum scale of 4, otherwise it may cause an accident.



- Do not use in the following places: Do not use in places with unstable countertops; Do not use in places near water, fire; Do not use near walls, furniture; Do not use in direct sunlight or oil splashing places.

### Warning

- ⚠ Use a grounded socket with a rated current of more than 10A alone; if it is used in conjunction with other electrical appliances, the socket will be abnormally hot and cause a fire.



- ⚠ Boiled vegetables or various beans should be cooled naturally. Do not exhaust manually until there is no pressure.

- ⚠ If the sealing ring is damaged or the inner pot is deformed, do not use the electric pressure cooker, and must use the special sealing ring or inner pot purchased by the manufacturer or the maintenance department to replace it.

- ⚠ Persons with pacemakers or hearing aids, users with cochlear implants should consult an authorized medical practitioner and refer to the medical equipment provider's instructions when using this product.

### Notice

- ⚠ Cleaning products should be carried out after cooling, as it may cause burns if exposed to hot parts.



- ⚠ When not in use, unplug the plug or it may cause leakage, fire, malfunction, etc.

- ⚠ It is forbidden for the power cord to touch external removable metal parts such as pot lids, otherwise it will not work properly.

## 10 Self-inspection of abnormal phenomena

The following anomalies occur when used, not all of which are due to machine failure, Please check again in detail before sending it out for repair.

Phenomenon	Cause	Treatment method
Difficulty closing	Float stuck	The float gasket is not loaded into the anti-blocking cover
	The sealing ring is not placed well	Install the sealing ring
Difficulty opening the lid	The float valve did not fall after venting	Lightly press the float valve with chopsticks
	There is pressure in the pot	Open the lid after the pressure in the pot drops
Leaking lid	The sealing ring is not placed or the sealing ring is not installed in place.	Place the sealing ring as required.
	There is a foreign object stuck to the sealing ring	Clean seal
	The sealing group is damaged	Replace the seal
Float valve leaks	The gasket of the float valve is glued with food residue.	Clean the sealing ring of the float valve
	Wear of float valve gasket	Replace the float valve gasket
The float valve cannot rise	There is too little food and water in the pot	Put the food and water according to regulation
	Air leakage from the cover or exhaust valve	Send to the repair point for inspection and repair
	Electricity consumption voltage < grid voltage	It is normal, and the cooking time is extended
The exhaust valve keeps venting when working	The exhaust valve is not placed in the sealed position	The exhaust valve is dialed to the sealed position
	Pressure control failure	Send to the repair point for inspection and repair
In working condition, the hot plate is not heated	The cover is not in place	Re-close the lid
	Electric heating plate failure	Send to the repair point for inspection and repair
	Circuit failure	Send to the repair point for inspection and repair
The product is in standby state, and there is no response to pressing all buttons (the "lid is not closed" light is on)	The cover is not in place	Re-close the lid
The display shows E1/E2	Bottom sensor failure	Send to the repair point for inspection and repair
	The temperature of the bottom sensor is too high	Unplug the power supply and turn on the power again after cooling. If the fault is not ruled out, please send it to the repair point for inspection and repair
	Pressure switch failure	Send to the repair point for inspection and repair
Cooked rice is not cooked/too hard	Add too little water	Appropriately increase the amount of water
	Open the lid prematurely	Open the lid after 5 minutes after the end of the trial
Cooking is too soft	Add too much water	Appropriately reduce the amount of water

Once the above inspection is completed, the fault cannot be ruled out, please contact the company's repair point immediately.

## 11 Recipe

### Fragrant Eight Treasures Rice

#### Ingredients

2 cups of white rice, 10 mushrooms, a little ham, 1/4 onion, 10 snow peas, half a carrot, a little salt, a little sugar, a little olive oil.

#### Practice

1. Wash and drain the mushrooms and slice them for later use;
2. Wash the white rice and put it in the inner pot of the electric pressure cooker and add an appropriate amount of water, 2 cups of pearl rice, 0.5 cups of mung beans, and 0.5 cups of fresh corn kernels.
3. Fry the onion and olive oil (separate wok), then add mushroom ham, snow peas, carrots, stir fry for a while, then add other seasoned rice and stir fry evenly, then pour into the inner pot of the electric pressure cooker, and add. Add the right amount of water according to personal taste;
4. Dry the water on the outside of the inner pot and put it in the electric pressure cooker, cover the pot and seal it. Select the "firewood rice" function and start cooking
5. Keep the heat preservation light on, the cooking process is over, and after the float valve falls, gently

#### Dish characteristics

Rich aroma, smooth taste, heat clearing and detoxification.

### Jade Treasure Rice

#### Ingredients

2 cups of pearl rice, 0.5 cups of mung beans, and 0.5 cups of fresh corn kernels.

#### Practice

1. Use our special measuring cup to measure 0.5 cup of mung beans, soak in boiling water for 30 minutes, wash and drain for use;
2. Use our special measuring cup to measure 2 cups of pearl rice and 0.5 cup of fresh corn kernels and wash them together
3. Put mung bean, pearl rice and fresh corn into the inner pot, stir well and add the right amount of water according to personal taste.
4. Select the "rice" function and start cooking.
5. After the heat preservation lamp is on, the cooking process is over, and then open the lid after the float valve falls. After gently mixing with a rice spoon, you can eat the Jade Treasure Rice with delicious sauce.

#### Dish characteristics

Beans are sweet and cool in nature and have the effect of clearing away heat and detoxification. Corn is the representative of coarse grains, which contains unique nutrients and has anti-cancer effects.



## Pearl black rice

### Ingredients

1 cup of fragrant rice, 1 cup of black rice, 0.5 cups of peanuts

### Practice

1. Measure 0.5 cup of peanuts with our special cup, wash and drain for use; (if you like a soft taste, you can soak it in hot water for 30 minutes in advance.
2. Use our special measuring cup to measure 1 cup of fragrant rice , Put 1 cup of black rice together and wash it clean.
3. Put peanuts, black rice and fragrant rice into the inner pot, stir well and add an appropriate amount of water according to personal taste.
4. Dry the inner and outer water and put it in In the electric pressure cooker, select the "rice" function and start cooking. The ingredients of Acacia rice are 2 cups of pearl rice, 1 cup of red beans, and 0.5 cup of fresh corn kernels.
5. When the heat preservation light is on, the adjustment process is over, and wait for the float valve Open the lid after falling down. Gently mix it with a rice spoon.

### Dish characteristics

The content of B vitamins in black rice is about 4 times that of ordinary white rice; the content of lysine is 2-25 times that of ordinary white rice. Amino acids and other healthy substances that are beneficial to the human body.

## Thick Acacia rice

### Ingredients

2 cups of pearl rice, 1 cup of red beans, and 0.5 cups of fresh corn kernels.

### Practice

1. Use our special measuring cup to measure 1 cup of red beans, soak it in boiling water for about 1 hour, wash and drain it for later use; (for example, the soaking time can be extended according to your personal preference for a soft taste)
2. Use our special measuring cup to measure 2 cups of pearl rice, fresh Put 0.5 cups of corn kernels together and wash them together;
3. Put red beans, pearl rice and fresh corn into the inner pot, stir well and add an appropriate amount of water according to your taste;
4. Select the "rice" function, Start the cooking process.
5. After the heat preservation lamp is on, the cooking process is over, and the lid of the pot is opened after the float valve falls. After gently mixing with a rice spoon, you can eat nutritious and delicious Acacia rice.

### Dish characteristics

Corn is the representative of coarse grains, contains unique nutrients, and has anti-cancer effects. Red beans are rich in vitaminsB1, B2, protein and a variety of mineral properties have the effects of replenishing blood, health, and have the effect of weight loss.

## Bacon-flavored smooth chicken hot rice

### Ingredients

1 cup of rice, half of scallops, 1 tael of ginkgo, and a little salt. Ingredients: Rice: 2 cups, preserved duck leg: 1, fat: 1, choy sum: 4, spring onion: a little, oil: a little, soy sauce: a little.

### Practice

1. Put the washed rice into the inner pot of the electric pressure cooker, add an appropriate amount of water, and put the inner pot into the electric pressure cooker.
2. Cut the preserved duck legs and sausages into pieces, wash them with hot water and put them in the inner pot;
3. Cook the choy sum in salted boiled water and set aside.
4. Plug in the power supply, select the "firewood rice" function, and start to cook.
5. The special heat preservation lamp is lit, the cooking process is over, and the lid of the pot is opened after the float valve falls. After scooping out with a rice spoon, put the cooked cabbage on it, and it's ready to eat.

### Dish characteristics

The flavor of wax is more oily, and it is neutralized by adding boiled cabbage hearts, which are oily but not oily, and it is more delicious.

## Fruit porridge

### Ingredients

1 cup of rice, half a tael of Ruizhu, 1 tael of white fruit, and a pinch of salt.

### Practice

1. Shell and peel the ginkgo, and wash;
2. After washing the rice, put the rice, scallops and ginkgo into the inner pot, and add appropriate amount of water and salt according to individual taste;
3. Select "porridge"
4. When the heat preservation lamp is on, the cooking process is over, and the float valve is lowered, then the lid can be opened and eaten. If you open the lid and heat for 3 minutes, the porridge will taste better.

### Dish characteristics

Ginkgo has the effect of clearing away heat, resolving phlegm, and relieving cough. It is very beneficial to the body, but it should be eaten in moderation.

## Ginger Braised Pork Belly

### Ingredients

Pork belly, cooking wine, ginger, garlic, sound oil, and a little sugar.

### Practice

1. Cut the pork belly into small pieces, put it in boiling water and drain for 2 minutes, take it out and rinse;
2. Use wine, bitter oil, and sugar to make a sauce. Put the pork belly in the sauce and cook for 15 minutes.;
3. Cut the garlic into pieces and set aside;
4. Put the dense ingredients together with pork belly, meirong, and Yanrong in an electric pressure cooker, select the "ribs" function or hold the pressure for 20 minutes.
5. You can choose different taste functions according to your personal taste.

### Dish characteristics

1. The meat is smooth and tender, fat but not greasy, and the taste is fragrant.
2. Healthy and nutritious, easy to cook.

## Papaya and Tremella soup

### Ingredients

150 grams of papaya, 20 grams of white fungus, the right amount of rock sugar, 3 cups of water, a little each of southern and northern apricots.

### Practice

1. Peel and core the papaya, cut into small pieces;
2. Soak the white fungus, remove the stem, wash and scald with boiling water for 10 minutes;
3. Wash the southern and northern apricots for later use;
4. Put the papaya, white fungus, southern apricot, Put the northern apricots and rock sugar into the inner pot of the pressure cooker, and add appropriate water and salt.
5. Select the "soup" function to start the middle cooking process.
6. Wait for the insulation lamp to light up and the cooking process is over. After the float valve falls, the lid can be opened for consumption. If you open the cover again, add it again. Heat for 3 minutes, the soup tastes better.

### Dish characteristics

1. Ripe papaya is golden yellow, fresh and sweet, rich in vitamins and protease, and can be eaten raw.
2. Immature papaya, with green skin and pale yellow flesh, should be used as ingredients for whisker soup.

## Lotus root pork ribs soup

### Ingredients

4 taels of lotus root, 1 catty of pork ribs, 1 piece of ginger, 1 carrot, and a little salt.

### Practice

1. Wash the food, cut lotus root, carrot into pieces, slice ginger;
2. Put spare ribs, lotus root, carrot and other ingredients into the inner pot, add the right amount of water and salt;
3. Plug in the power, select "Soup" function, the pressure cooker starts to enter the cooking process;
4. When the heat preservation lamp is on, the cooking process is over, and after the float valve falls, you can open the lid and eat. If you open the lid and heat it for 3 minutes, the taste of the soup will be better.

### Dish characteristics

The lotus root is sweet and more liquid, can increase appetite, promote digestion, appetize and strengthen the spleen, and can replenish qi and blood, and increase human immunity.

## Fish tofu soup

### Ingredients

Crucian carp tofu soup ingredients: 200 grams of crucian carp, 200 grams of tofu, 15 grams of Shaoxing wine, 3 grams of onion, 1.5 grams of ginger, 2 grams of refined salt, 2 grams of monosodium glutamate, a little wet starch, and appropriate amount of salad oil.

### Practice

1. Cut the tofu into 5mm thick slices, marinate in salt water for 5 minutes, drain and set aside;
2. Remove scales and internal organs from the crucian carp, drizzle with shochu, and marinate with salt for 10 minutes;
3. Put in a wok. Add the salad method to heat, saute the ginger slices until fragrant, fry the fish yellow on both sides, put the sauteed ginger and tofu slices into the inner pot of the electric pressure cooker, add the right amount of water,
4. Plug in the power, select the "soup" function, the pressure cooker Start the cooking process.
5. When the heat preservation light is on, the cooking process is over, and after the float valve falls, add a little wet starch to thicken the soup, sprinkle with chopped green onion, and then open the lid and eat. If you open the lid and reheat for 3 minutes, the soup tastes better. The characteristics of the dishes are to strengthen the stomach, clear away heat and reduce fire. (It can also be sprinkled with lettuce, etc. according to taste.)

### Dish characteristics

Strengthen the stomach, clear heat, and reduce fire. (Depending on the taste, you can also sprinkle minced lettuce and so on. )



## Lotus Seed pig Heart Soup

### Ingredients

1 pig heart, 60 grams of lotus seeds, 30 grams of prince ginseng, and 15 grams of round meat.

### Practice

1. Pig heart, lotus seed (to the heart), prince ginseng, round meat washed;
2. Put all the ingredients into the liner of the electric pressure cooker and add the right amount of water and salt.
3. Select the "Soup" function to start the cooking process;
4. Wait for the insulation lamp to light up and the cooking process is over. After the float valve falls, the lid can be opened for consumption. If you open the cover again. Heat for 3 minutes to make the soup taste better.

### Dish characteristics

Replenish the heart and health card, nourish the heart and soothe the nerves. Mental fatigue, emptiness, lack of sleep, forgetfulness, etc. due to insufficient heart cards. Can also be used for Neurasthenia and tiredness, insomnia, and mental enlightenment belong to those with weak qi.

**Note:** This soup should not be used for those with colds and fever

## Mushroom chicken soup

### Ingredients

Half a chicken, 30 grams of shiitake mushrooms, 10 grams of dates, 1.5 grams of beauty, 15 grams of cooking wine, 3 grams of scallions, 2 grams of refined salt, and 2 grams of monosodium glutamate.

### Practice

1. Cut the tofu into 5mm thick slices, marinate in salt water for 5 minutes, drain and set aside;
2. Remove scales and internal organs from the crucian carp, drizzle with shochu, and marinate with salt for 10 minutes;
3. Put in a wok. Add the salad method to heat, saute the ginger slices until fragrant, fry the fish yellow on both sides, put the sauteed ginger and tofu slices into the inner pot of the electric pressure cooker, add the right amount of water,
4. Plug in the power, select the "soup" function, the pressure cooker. Start the cooking process.
5. When the heat preservation light is on, the cooking process is over, and after the float valve falls, add a little wet starch to thicken the soup, sprinkle with chopped green onion, and then open the lid and eat. If you open the lid and reheat for 3 minutes, the soup tastes better.

### Dish characteristics

Nourishes blood, nourishes beauty, improves immunity