



RECIPE BOOK 食譜

不銹鋼真空保溫烹調鍋

**STAINLESS STEEL THERMAL
VACUUM COOKING POT**

SN-XAE60/XAE80



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肉類及雞肉

Meat and
Chicken

一般
general

關東煮

材料（4人份）

牛筋肉（多瘦肉部份）	200g
白蘿蔔	1/2根
馬鈴薯	中2顆
獅子狗	2根
日式厚炸豆腐	2塊
牛蒡魚餅	4根
三色串天（三色魚蛋串）	4根
蒟蒻	1片（250g）
海帶	30cm1片
水煮蛋（去殼）	4顆
A { 日本出汁	1.4L
豉油	100mL
味醂	100mL

烹調法：

1. 將牛筋肉切成一口大小，川燙約10分鐘。
2. 白蘿蔔切成約2cm厚，川燙約10分鐘。馬鈴薯對半切後浸泡於水中5~10分鐘。烤竹輪對半切。
3. 厚炸豆腐對半切，與牛蒡魚餅和三色串天一起川燙2~3分鐘去油。
4. 蒟蒻切成4等份，再片成兩半後川燙約5分鐘。海帶以水泡軟後，切成長條並打結。
5. 將所有材料放入內鍋中，蓋上鍋蓋。
6. 開中火沸騰後去浮渣，蓋上內鍋蓋後開小火~中火加熱20分鐘。
7. 將內鍋放入保溫容器中，保溫1小時。

Oden (Japanese Hot Pot)

Ingredients (4 servings)

Beef gristle (rich in lean meat)	200g
Daikon	1/2
Potato	medium sized 2
Baked Chikuwa (tube-shaped fish cake)	2 sticks
Atsuage (deep fried tofu)	2 pieces
Gobo-ten (fish cake with burdock)	4 pieces
Sansyoku-Kushiten (3-color fish ball)	4 pieces
Konnyaku (yam starch cake)	1 piece (250g)
Konbu (kelp)	1 sheet (30cm)
Boiled egg (shell removed)	4
A { Japanese dashi soup stock	1.4L
Soy sauce	100mL
Mirin (sweet sake)	100mL

How to cook:

1. Cut the beef gristle into bite-sized pieces and then pre-boil for about 10 minutes.
2. Cut Daikon into 2cm thick rounds and then pre-boil for about 10 minutes. Cut potato in halves and soak into water for about 5 to 10 minutes to remove harshness. Cut baked Chikuwa in halves.
3. Cut deep fried tofu in halves and then boil for about 2 to 3 minutes with Gobo-ten and Sansyoku-Kusiten to remove oil on their surfaces.
4. Cut Konnyaku in quarters and slice in halves and then pre-boil for about 5 minutes. Soak kelp in water briefly to make it softer, cut in long then make a knot.
5. Put all ingredients and A in the Inner Pan then close the Lid.
6. Heat the Inner Pan over Medium Heat. When it comes to boil, skim off the scum and close the Lid again and heat over Low ~ Medium Heat for a further 20 minutes.
7. Place the Inner Pan in the Insulated Container and keep warm for 1 hour.

肉類及雞肉

Meat and Chicken

豬肉 pork



日式東坡肉

材料 (4人份)

豬五花肉 (整塊)	2塊 (約1kg)
A { 蔥	2根
薑	30g
酒	200mL
清水	1L
B { 酒	200mL
醬油	200mL
糖	170g

烹調法：

1. 豬肉切成3~4cm大小肉塊，蔥切成5cm蔥段，薑切薄片。
2. 將A放入內鍋蓋上鍋蓋，開中火，沸騰後放入豬肉轉小火~中火加熱10分鐘。
3. 將內鍋放入保溫容器中，保溫2小時。
4. 將內鍋取出，去除浮渣，將川燙用水倒入其他容器內（豬肉仍留在內鍋中）。
5. 將4.的豬肉川燙用水400ml及B放入內鍋，蓋上鍋蓋。
6. 開中火，沸騰後轉小火~中火加熱10分鐘。
7. 將內鍋放入保溫容器中，保溫1小時。
8. 按個人口味，將內鍋再以中火加熱收汁。

Japanese Style Braised Pork Belly

Ingredients (4 servings)

Boneless pork ribs or belly (in chunk)	2 chunks (about 1kg)
A { Green Onion	2 sticks
Ginger	30g
Sake (Japanese liquor)	200mL
Water	1L
B { Sake (Japanese liquor)	200mL
Soy Sauce	200mL
Sugar	170g

How to cook:

1. Cut pork into 3~4cm cubes, green onion into 5cm length and slice the ginger.
2. Put "A" in the Inner Pan and close the Lid. Heat the Inner Pan over Medium Heat. When it comes to boil, add pork and heat over Low ~ Medium Heat for a further 10 minutes.
3. Place the Inner Pan in the Insulated Container and keep warm for 2 hours.
4. Remove the Inner Pan from the Insulated Container, skim off the scum, pour the soup stock in a separate container. (Leave the pork in the Inner Pan)
5. Put 400ml of the soup stock from "4" and add "B" into the Inner Pan and close the Lid.
6. Heat the Inner Pan over Medium Heat and when it comes to boil, turn to Low ~ Medium Heat and heat for a further 10 minutes.
7. Place the Inner Pan in the Insulated Container and keep warm for 1 hour.
8. Depending on your preference, heat the Inner Pan over Medium Heat again to reduce the sauce.



肉類及雞肉
Meat and
Chicken

豬 肉
pork

梅菜炆腩仔

材料：

梅菜	250g
腩仔	500g
薑、蒜	少許
食油	少許

調味料：

冰糖	少許
老抽	1茶匙
生抽	2茶匙
清水	800mL

烹調法：

1. 將梅菜清洗乾淨，切碎。將薑、蒜切片。
2. 將腩仔切成一口大小，放入內鍋，加水，合上蓋後以中火加熱至輕微沸騰，然後將腩仔取出備用。
3. 以中火將內鍋加熱，加入少量食油，然後將薑蒜炒一炒。
4. 將所有材料及調味料放入內鍋，合上蓋加熱，水沸後再以中火加熱20分鐘。
5. 將內鍋放入保溫容器保溫3小時即可。

Braised Pork Belly with Preserved Mustard Greens

Ingredients:

Preserved Mustard Greens (Mei Cai)	250g
Pork Belly	500g
Ginger and Garlic	A little
Oil	A little

Condiments:

Rock Sugar	A little
Chinese Dark Soy Sauce	1 Tsp.
Chinese Light Soy Sauce	2 Tsp.
Water	800mL

How to cook:

1. Wash the preserved mustard greens and cut into pieces. Slice the ginger and garlic.
2. Cut the pork belly into bite-sized pieces. Put in the Inner Pan with water. Close the Lid. Heat over Medium Heat until the water comes to a slight boil. Take out the pork for later use.
3. Heat the Inner Pan over Medium Heat. Add a little oil. Stir-fry the ginger and garlic slightly.
4. Put all ingredients and condiments in the Inner Pan. Close the Lid and heat. After the water comes to a boil, heat over Medium Heat for a further 20 minutes.
5. Put the Inner Pan into the Insulated Container. Keep warm for 3 hours.

肉類及雞肉

Meat and Chicken

雞肉 chicken



筑前煮 (日式燉菜)

材料 (4人份)

雞腿肉	500g
煮食油	1湯匙
A { 紅蘿蔔	中1根
牛蒡	中1根
蓮藕	200g
蒟蒻	1片 (250g)
乾冬菇 (泡軟)	8朵
荷蘭豆 (去絲川燙)	適量
B { 水 (含泡乾冬菇水)	400mL
酒	50mL
豉油	70mL
味醂	70mL
砂糖	4湯匙

烹調法：

1. 將A切成約一口大小，牛蒡、蓮藕浸泡於水中5~10分鐘以去除澀味。
蒟蒻預先川燙約5分鐘，乾冬菇去莖。
2. 將內鍋開中火加熱，滴入水滴後如會形成球狀滾動，則加進煮食油、雞肉翻炒，至雞肉表面變色為止。
3. 加進A後翻炒，倒入B後蓋上內鍋蓋。
4. 沸騰後舀去浮渣，蓋上內鍋蓋開小火~中火加熱20分鐘 (其間翻攪2~3次)。
5. 將內鍋放入保溫容器中，保溫30分鐘。
6. 盛盤並以荷蘭豆點綴。

Chikuzen-ni (Simmered Vegetables with Chicken)

Ingredients (4 servings)

Chicken thigh	500g
Vegetable oil	1 Tbsp.
A { Carrot	Medium 1
Burdock	Medium 1
Lotus root	200g
Konnyaku (yam starch cake)	1 piece (250g)
Dried shiitake mushroom (re-hydrated)	8
Snow pea (remove strings and boil)	To taste
B { Water (including the one used for re-hydrating shiitake mushroom)	400mL
Sake (Japanese liquor)	50mL
Soy sauce	70mL
Mirin (sweet sake)	70mL
Sugar	4 Tbsp.

How to cook:

1. Cut "A" into bite-sized pieces. Soak burdock and lotus root in water for about 5 to 10 minutes to remove harshness. Pre-boil Konnyaku for about 5 minutes then chop off the stem of shiitake mushroom.
2. Heat the Inner Pan over Medium Heat. Check its surface temperature by dropping a few drops of water. If they run on the surface, then it's ready to cook. Put oil in the pan and stir-fry the chicken until its surface changes the color.
3. Add "A" and stir-fry well. Then add "B" and close the Lid.
4. When it comes to boil, skim off the scum and close the Lid again and heat over Low ~ Medium Heat for a further 20 minutes (while cooking, mix it for 2 to 3 times).
5. Place the Inner Pan in the Insulated Container and keep warm for 30 minutes.
6. Serve into a small bowl and place cooked snow peas on top.



肉類及雞肉

Meat and
Chicken

牛肉
beef

馬鈴薯燉肉

材料（4人份）

牛肉薄片	300g
煮食油	1湯匙
洋蔥	中2顆
紅蘿蔔	中1根
馬鈴薯	中4顆
蒟蒻絲	1袋（180g）
青豆（川燙）	適量
日本出汁	600mL
酒	70mL
A { 豉油	100mL
砂糖	70g

烹調法：

1. 牛肉切成5cm闊，洋蔥切成楔狀，紅蘿蔔斜切成5mm厚，馬鈴薯切成約一口大小，浸泡在水中5~10分鐘以去除澀味。蒟蒻絲川燙約5分鐘後，切成一口長。
2. 將內鍋以中火加熱，滴入水滴如會形成球狀滾動，則加入煮食油、牛肉翻炒。
3. 加進洋蔥、紅蘿蔔、馬鈴薯、蒟蒻絲後翻炒。
4. 洋蔥變透明後，倒入出汁蓋上內鍋蓋。
5. 沸騰後舀去浮渣，加入A後拌勻，蓋上內鍋蓋開小火~中火加熱10分鐘。
6. 將內鍋放入保溫容器中，保溫30分鐘。
7. 盛盤並以青豆點綴。

Nikujaga (Simmered Potato with Beef)

Ingredients (4 servings)

Thinly sliced beef loin	300g
Vegetable oil	1 Tbsp.
Onion	Medium 2
Carrot	Medium 1
Potato	Medium 4
Ito Konnyaku (yam starch noodles)	1 pack (180g)
Green peas (boiled)	To taste
Japanese Dashi soup stock	600mL
A { Sake (Japanese liquor)	70mL
Soy sauce	100mL
Sugar	70g

How to cook:

1. Cut beef into 5cm wide pieces. Cut onion in wedges and carrot in 5mm thick diagonal slices. Cut potato into bite-sized pieces then soak in water for about 5 to 10 minutes to remove harshness. Pre-boil Ito Konnyaku for about 5 minutes then cut into suitable length.
2. Heat the Inner Pan over Medium Heat. Check its surface temperature by dropping a few drops of water. If they run on the surface, then it's ready to cook. Put oil in the pan and stir-fry the beef.
3. Add onion, carrot, potato and Ito Konnyaku and stir-fry them well.
4. When the color of onion turns into clear, add soup stock and close the Lid.
5. When it comes to boil, skim off the scum and add "A". After mixing, close the Lid and heat over Low ~ Medium Heat for a further 10 minutes.
6. Place the Inner Pan in the Insulated Container and keep warm for 30 minutes.
7. Serve into a small bowl and place cooked green peas on top.

肉類及雞肉

Meat and
Chicken

牛肉

beef



蘿蔔炆牛腩

材料：

白蘿蔔	500g
牛腩	500g
薑、葱、蒜	少許
食油	少許

調味料：

柱侯醬	3茶匙
豆瓣醬	1茶匙
沙茶醬	1茶匙
老抽	半茶匙
生抽	2茶匙
冰糖	少許
清水	1L

烹調法：

1. 將蘿蔔切成易入口大小，薑、蒜切片，葱切成4~5cm長。
2. 將牛腩切成細塊，放入內鍋，加水。合上蓋後以中火加熱至輕微沸騰，然後將牛腩取出備用。
3. 以中火將內鍋加熱，加入少量食油，然後將薑、蒜和葱炒一炒。
4. 將調味料和牛腩放入內鍋，合上蓋加熱至沸騰，再以中火加熱15分鐘。
5. 放入白蘿蔔，加熱至沸騰後再以小火加熱5分鐘。
6. 將內鍋放入保溫容器保溫3小時即可。

Braised Brisket with Daikon

Ingredients:

Daikon	500g
Beef Brisket	500g
Ginger, Spring Onion, Garlic	A little
Oil	A little

Condiments:

Chu Hou Sauce	3 Tsp.
Dou Ban Sauce	1 Tsp.
Barbecue Sauce	1 Tsp.
Chinese Dark Soy Sauce	1/2 Tsp.
Chinese Light Soy Sauce	2 Tsp.
Rock sugar	A little
Water	1L

How to cook:

1. Cut daikon into bite-sized pieces. Slice ginger and garlic. Cut spring onion into 4~5cm long pieces.
2. Cut beef brisket into small pieces. Put in the Inner Pan with water. Close the Lid. Heat over Medium Heat until the water comes to a slight boil. Take out the beef for later use.
3. Heat the Inner Pan over Medium Heat. Add a little oil. Stir-fry the ginger, garlic and spring onion slightly.
4. Put the beef brisket and condiments in the Inner Pan. Close the Lid and heat. After the water comes to a boil, heat over Medium Heat for a further 15 minutes.
5. Add daikon. Heat until it comes to a boil. Then heat over Low Heat for a further 5 minutes.
6. Put the Inner Pan into the Insulated Container. Keep warm for 3 hours.

肉類及雞肉
Meat and
Chicken

牛肉
beef



香草羅宋牛尾

材料：

牛尾	500g
紅蘿蔔	1根
番茄	2個
洋葱	1個
青椒	1個
牛油	少量

調味料：

香草	少許
茄汁	80g
OK醬	30g
砂糖	100g
鹽	少許
清水	800mL

烹調法：

1. 將牛尾切粒，放入內鍋，加水。合上蓋以中火加熱至輕微沸騰，然後將牛尾取出備用。
2. 將紅蘿蔔、番茄、洋葱、青椒切成一口大小。
3. 將內鍋以中火加熱，加入少量牛油，加熱至牛油融化。
4. 將所有材料及調味料放入內鍋，合上蓋加熱，水沸後再以小火~中火加熱15~20分鐘。
5. 將內鍋放入保溫容器保溫2.5~3小時即可。

Braised Oxtail with Herb

Ingredients:

Oxtail	500g
Carrot	1
Tomato	2
Onion	1
Bell pepper	1
Butter	A little

Condiments:

Herb	A little
Ketchup	80g
OK Sauce	30g
Sugar	100g
Salt	A little
Water	800mL

How to cook:

1. Cut the oxtail into pieces. Put in the Inner Pan. Add water. Close the Lid. Heat over Medium Heat until it comes to a slight boil. Take out the oxtail for later use.
2. Cut the carrots, tomatoes, onion and bell pepper into bite-sized pieces.
3. Heat the Inner Pan over Medium Heat. Add a little butter. Heat until butter melts.
4. Put all ingredients and condiments in the Inner Pan. Close the Lid and heat it up. After it has come to a boil, heat it over Low~Medium Heat for 15~20 minutes.
5. Put the Inner Pan into the Insulated Container. Keep warm for 2.5~3 hours.

肉類及雞肉

Meat and
Chicken

其他
other



發財北菇蠔豉

材料：

髮菜	20g
乾冬菇	160g
蠔豉	120g
食油	少許

調味料：

蠔油	3湯匙
生抽	1湯匙
老抽	1湯匙
冰糖	少許
清水	800mL

烹調法：

1. 將乾冬菇、蠔豉浸一晚。
2. 髮菜用水和少量食油浸軟(約2分鐘)。
3. 將材料和調味料放入內鍋，合上蓋以中火加熱，沸騰後再以小火加熱15~20分鐘。
4. 將內鍋放入保溫容器保溫3小時即可。

Dried Oyster with Hair Moss and Mushroom

Ingredients:

Hair moss (Fat Choy)	20g
Dried shiitake mushroom	160g
Dried oyster	120g
Oil	A little

Condiments:

Oyster sauce	3 Tbsp.
Chinese Light Soy Sauce	1 Tbsp.
Chinese Dark Soy Sauce	1 Tbsp.
Rock sugar	A little
Water	800mL

How to cook:

1. Soak the dried shiitake mushrooms and dried oysters in water overnight.
2. Soak the hair moss in water mixed with a little oil for around 2 minutes until soft.
3. Put all ingredients and condiments in the Inner Pan. Close the Lid. Heat over Medium Heat. After it has come to a boil, heat it over Low Heat for a further 15~20 minutes.
4. Put the Inner Pan into the Insulated Container. Keep warm for 3 hours.



湯類
Soup

雞湯
chicken

人參雞湯

材料：

鮮人參	1枝
雞	1隻(小)
紅棗	6粒
瘦肉	120g
清水	2.5L
鹽	適量

烹調法：

1. 將雞和瘦肉放入內鍋，加水，合上蓋以中火加熱至輕微沸騰，然後將雞和肉取出備用。雞去內臟。
2. 把所有材料放入內鍋，加入2.5L水，合上蓋以中火加熱，沸騰後再以小火~中火加熱20分鐘。
3. 將內鍋放入保溫容器保溫3小時，加鹽調味即可。

Ginseng Chicken Soup

Ingredients:

Fresh Ginseng	1
Chicken	1 (small)
Red date	6
Lean Pork	120g
Water	2.5L
Salt	To taste

How to cook:

1. Put chicken and pork in the Inner Pan. Add water. Close the Lid. Heat over Medium Heat until the water comes to a slight boil. Take out the chicken and pork for later use. Debowel the chicken.
2. Put all ingredients in the Inner Pan. Add 2.5L of water and heat over Medium Heat. After it has come to a boil, heat it over Low-Medium Heat for a further 20 minutes.
3. Put the Inner Pan into the Insulated Container. Keep warm for 3 hours. Add salt to taste.

湯類
Soup

雞湯
chicken



川貝雪耳海底椰竹絲雞

材料：

川貝	20g
雪耳	40g
海底椰	40g
竹絲雞	1隻(小)
清水	2.8L
鹽	適量

烹調法：

1. 清洗材料。將雪耳浸水數分鐘，使其發脹。然後碾碎川貝，將雪耳切成一口大小。
2. 將竹絲雞和水放入內鍋，合上蓋後以中火加熱至輕微沸騰，然後將雞取出備用。
3. 將所有材料放入內鍋，加入2.8L水，合上蓋後以中火加熱。
4. 沸騰後再以小火加熱20~30分鐘。
5. 將內鍋放入保溫容器保溫1小時，加鹽調味即可。

Silkie Soup with Fritillary Bulb, Snow Fungus and Coco de Mer

Ingredients:

Sichuan Fritillary Bulb	20g
Snow Fungus	40g
Coco de Mer	40g
Silkie chicken	1 (small)
Water	2.8L
Salt	To taste

How to cook:

1. Wash the ingredients. Soak the snow fungus in water for several minutes until swollen. Grind the fritillary bulb. Cut the snow fungus into bite-sized pieces.
2. Put chicken and water in the Inner Pan. Close the Lid. Heat over Medium Heat until the water comes to a slight boil. Take out the chicken for later use.
3. Put all ingredients in the Inner Pan. Add 2.8L of water. Close the Lid. Heat over Medium Heat.
4. After the water comes to a boil, heat over Low Heat for a further 20~30 minutes.
5. Put the Inner Pan into the Insulated Container. Keep warm for 1 hour. Add salt to taste.



湯類
Soup

素湯
vegetarian

五行湯

材料：

紅蘿蔔	150g
白蘿蔔	300g
牛蒡	150g
冬菇	2個
白蘿蔔葉	300g
清水	2.4L
鹽	適量

烹調法：

1. 將紅蘿蔔、白蘿蔔、牛蒡斜切。
2. 將所有材料放入內鍋，合上蓋以中火加熱，沸騰後再以小火加熱20分鐘。
3. 將內鍋放入保溫容器保溫1小時，加鹽調味即可。

Vegetable Soup

Ingredients:

Carrot	150g
Daikon	300g
Burdock	150g
Shiitake mushroom	2
Daikon leaf	300g
Water	2.4L
Salt	To taste

How to cook:

1. Cut the carrot, daikon and burdock diagonally.
2. Put all ingredients in the Inner Pan. Close the Lid and heat over Medium Heat. After it has come to a boil, heat over Low Heat for a further 20 minutes.
3. Put the Inner Pan into the Insulated Container. Keep warm for 1 hour. Add salt to taste.

湯類
Soup

豬肉湯
pork



無花果雪梨雪耳湯

材料：

無花果乾	80g
雪梨	3個 (650g)
雪耳	40g
瘦肉	300g
南北杏	少許
清水	2.4L
鹽	適量

烹調法：

1. 清洗材料。將雪耳浸水數分鐘，使其發脹，雪梨去籽切成大件。
2. 將瘦肉和水放入內鍋，合上蓋後以中火加熱至輕微沸騰，然後將瘦肉取出備用。
3. 將所有材料放入內鍋，加入2.4L水，合上蓋後以中火加熱。
4. 沸騰後再以小火~中火加熱20分鐘。
5. 將內鍋放入保溫容器保溫1小時，加鹽調味即可。

Fig, Chinese Pear and Snow Fungus Soup

Ingredients:

Dried Fig	80g
Chinese Pear	3 pieces (650g)
Snow Fungus	40g
Lean Pork	300g
Sweet apricot seed and bitter apricot seed ..	A little
Water	2.4L
Salt	To taste

How to cook:

1. Wash the ingredients. Soak the snow fungus in water for several minutes until swollen. Remove the seeds from the pears and cut them into big pieces.
2. Put pork and water in the Inner Pan. Close the Lid. Heat over Medium Heat until the water comes to a slight boil. Take out the pork for later use.
3. Put all ingredients in the Inner Pan. Add 2.4L of water. Close the Lid. Heat over Medium Heat.
4. After the water comes to a boil, heat over Low to Medium Heat for a further 20 minutes.
5. Put the Inner Pan into the Insulated Container. Keep warm for 1 hour. Add salt to taste.



餐前小食及甜點

Appetizer and
Dessert

日 式
Japan

茶碗蒸

材料 (4人份)

雞蛋 (室溫)	3顆
A { 日本出汁	500mL
日本淡口醬油	1/2 茶匙
味醂	1 1/2 湯匙
鹽	1/3 茶匙
B { 蝦	4隻
雞肉	50g
魚板	4小片
鮮冬菇	4小朵
銀杏仁 (罐頭)	8顆
柚子・貝割菜(日本蘿蔔苗)	適量

* 準備一張約20x20cm的四方形鋁箔紙。

烹調法：

1. 除尾部外，將蝦去殼，雞肉切成一口大小。鮮冬菇去莖。
2. 打散雞蛋不要起泡，加入A後過篩。
3. 將B放入容器內後加進2，以保鮮膜等覆蓋。
4. 內鍋中加水 (200mL)，鋪進鋁箔紙，將3放入。
5. 蓋上內鍋蓋開中火加熱，沸騰後轉微火~小火加熱10分鐘。
6. 將內鍋放入保溫容器中，保溫15分鐘。(以竹籤插入，流出透明液體即表示完成。)
7. 以柚子、貝割菜點綴。

- ※ 用保鮮膜等覆蓋容器以防內鍋倒汗水。
- ※ 為防止容器在烹調過程中移動，以及確保成品表面光滑，因此鋪上鋁箔紙。

Chawanmushi (Steamed Custard)

Ingredients (4 servings)

Egg (at room temperature)	3
A { Japanese Dashi soup	500mL
Usukuchi Shoyu (Light soy sauce) ...	1/2 Tbsp.
Mirin (sweet sake)	1-1/2 Tbsp.
Salt	1/3 Tsp.
B { Prawn	4
Chicken	50g
Kamaboko (fish cake)	4 (small sized)
Fresh Shiitake mushroom ...	4 (small sized)
Ginkgo nut (canned)	8
Yuzu (citron)・white radish sprouts ...	To taste

* Prepare a 20x20cm aluminum foil.

How to cook:

1. Except for the tail of prawn, peel off all shell. Cut chicken into bite-sized pieces. Chop off the stem of shiitake mushroom.
 2. Lightly beat eggs and try not to bubble it. Strain it together with "A".
 3. Put "B" in a container, add (2) and cover it with cling wrap.
 4. Put water (200mL) in the Inner Pan, place an aluminum foil then place (3) on it.
 5. Close the Lid and heat the Inner Pan over Medium Heat. When it comes to boil, heat over Minimum ~ Low Heat for a further 10 minutes.
 6. Place the Inner Pan in the Insulated Container and keep warm for 15 minutes. (Poke the custard with a bamboo stick. If clear soup comes out, it's cooked.)
 7. Place thinly sliced Yuzu peel and white radish sprouts on top to serve.
- ※ Covering the container with cling wrap to prevent condensed water dropped from the Inner Lid.
 - ※ Placing aluminum foil to prevent containers from moving while cooking and to have even surface when cooked.

餐前小食及甜點

Appetizer and
Dessert

日式
Japan



忌廉濃湯

材料（4人份）

雞腿肉	250g
煮食油	1湯匙
洋蔥	中2顆
紅蘿蔔	中1根
馬鈴薯	小4顆
牛油	40g
低筋麵粉	3湯匙
A { 清水	200mL
牛奶（室溫）	400mL
雞湯粒（敲碎）	1塊
鹽	1小匙
胡椒	適量
西蘭花（視個人喜好）	適量

烹調法：

1. 材料切成一口大小，馬鈴薯浸泡於水中5~10分鐘以去除澀味。
2. 將內鍋開中火加熱，滴入水滴如會形成球狀滾動，則加入煮食油、雞肉翻炒，至雞肉表面變色為止。
3. 放入洋蔥、紅蘿蔔，翻炒至洋蔥變軟為止。然後加進馬鈴薯，翻炒至表面通透為止。
4. 加入牛油拌勻後，放進低筋麵粉，徹底攪拌均勻。
5. 將A逐少加入並拌勻。
6. 蓋上內鍋蓋。沸騰後，開小火加熱10分鐘（其間翻攪1~2次）。
7. 將內鍋放入保溫容器中，保溫30分鐘。
8. 視個人喜好，盛盤時以西蘭花點綴。

Cream Stew

Ingredients (4 servings)

Chicken thigh	250g
Vegetable oil	1 Tbsp.
Onion	2 (medium)
Carrot	1 (medium)
Potato	4 (small)
Butter	40g
Cake Flour	3 Tbsp.
A { Water	200mL
Milk (at room temperature)	400mL
Chicken bouillon cube (crushed)	1 piece
Salt	1 tsp.
Pepper	To taste
Broccoli (as you like)	To taste

How to cook:

1. Cut ingredients into bite-sized pieces. Soak potato in water for about 5 to 10 minutes to remove harshness.
2. Heat the Inner Pan over Medium Heat. Check its surface temperature by dropping a few drops of water. If they run on the surface, then it's ready to cook. Put oil in the pan and stir-fry the chicken until its surface changes the color.
3. Put onion and carrot. Then stir-fry them until onion becomes soft. Add potato and stir-fry it until its surface becomes clear color.
4. Add butter and mix ingredients well. Then put flour and mix all well again.
5. Add "A" little by little and keep mixing.
6. Close the Lid and when it comes to boil, heat over Low Heat for a further 10 minutes (while cooking, mix it for 1 to 2 times).
7. Place the Inner Pan in the Insulated Container and keep warm for 30 minutes.
8. Place cooked broccoli on top to serve.



餐前小食及甜點

Appetizer and
Dessert

中 式
China

雪蛤紅蓮

材料：

雪蛤	30g
紅棗	38g
鮮蓮子	38g
冰糖	適量
清水	2.4L

烹調法：

1. 將雪蛤浸水過夜至呈白色軟體狀，除去雜質。
2. 把洗淨了的材料放入內鍋，合上蓋以中火加熱。
3. 煮至冰糖融化後，放入保溫容器保溫30分鐘即可。

Hasma with Red Date and Lotus Seed

Ingredients:

Hasma (Oviductus Ranae)	30g
Red Date	38g
Fresh Lotus Seed	38g
Rock Sugar	Suitable amount
Water	2.4L

How to cook:

1. Soak the hasma overnight until it becomes whitish and soft. Remove impurities.
2. Wash the ingredients. Put them in the Inner Pan and heat it up over Medium Heat.
3. Boil it until the rock sugar melts. Then put the Inner Pan into the Insulated Container. Keep warm for 30 minutes.

餐前小食及甜點

Appetizer and
Dessert

中 式
China



木瓜雪耳糖水

材料：

木瓜	2個
雪耳	40g
冰糖	80g
清水	1L
鹽	適量

烹調法：

1. 洗淨木瓜，去皮，切成一口大小。
2. 將雪耳浸於水中數分鐘，讓其發脹。
3. 將材料放入內鍋，合上蓋以中火加熱，沸騰後再以中火加熱10分鐘。
4. 將內鍋放入保溫容器保溫1小時，加鹽調味即可。

Papaya Sweet Soup with Snow Fungus

Ingredients:

Papaya	2
Snow Fungus	40g
Rock Sugar	80g
Water	1L
Salt	To taste

How to cook:

1. Clean the papaya. Peel it and then cut into bite-sized pieces.
2. Soak the snow fungus in water for a few minutes until swollen.
3. Put all ingredients into the Inner Pan and heat it over Medium Heat. After it has come to a boil, heat it over Medium Heat for a further 10 minutes.
4. Put the Inner Pan into the Insulated Container. Keep warm for 1 hour. Add salt to taste.



飯類及粥類

Rice and
Congee

飯類

rice

白飯

材料（約3~4碗）

米	500g
清水	660mL

烹調法：

1. 米洗好後放入內鍋，加水浸泡30分鐘以上（冬季則1小時以上）。
2. 蓋上內鍋蓋後開中火加熱，沸騰後攪拌均勻，轉小火加熱10分鐘。
3. 將內鍋放入保溫容器中，保溫15分鐘。

White Rice

Ingredients (3-4 servings)

Rice	500g
Water	660mL

How to cook:

1. Rinse rice and place in the Inner Pan, add water and soak the rice in for over 30 minutes (over 1 hour during winter).
2. Close the Lid and heat the Inner Pan over Medium Heat. When it comes to boil, mix all well and heat over Low Heat for a further 10 minutes.
3. Place the Inner Pan in the Insulated Container and keep warm for 15 minutes.

飯類及粥類

Rice and Congee

飯類 rice



臘味飯

材料：

臘腸	1條
潤腸	1條
臘鴨胗	1隻
米	500g
清水	720mL

烹調法：

1. 將米洗淨，和水放入內鍋。合上蓋以中火加熱，沸騰後再以小火~中火加熱8分鐘。
2. 將收乾水時，放入材料，再以小火~中火加熱3分鐘。
3. 將內鍋放入保溫容器保溫30分鐘即可。

Rice with Chinese Preserved Meat

Ingredients:

Chinese sausage	1
Chinese liver sausage	1
Preserved duck leg	1
Rice	500g
Water	720mL

How to cook:

1. Rinse the rice. Put it and water in the Inner Pan. Close the Lid. Heat over Medium Heat. After it has come to a boil, heat it over Low~ Medium Heat for a further 8 minutes.
2. When the water has almost evaporated, add the ingredients. Heat it over Low~ Medium Heat for a further 3 minutes.
3. Put the Inner Pan into the Insulated Container. Keep warm for 30 minutes.



芋頭南瓜排骨飯

烹調法：

芋頭	200g
南瓜	200g
排骨	400g
米	500g
清水	720mL

調味料：

糖	1茶匙
鹽	1茶匙
胡椒粉	少許
麻油	少許
生抽	1湯匙

烹調法：

1. 將排骨切成易入口大小，清洗，放進調味料拌勻。
2. 將南瓜、芋頭去皮切成一口大小。
3. 將米洗淨後放入內鍋，加入清水。合上蓋以中火加熱。沸騰後放入芋頭、南瓜、排骨，繼續以中火加熱4分鐘，然後以小火再加熱8分鐘。
4. 將內鍋放入保溫容器保溫30分鐘即可。

Pork Rib Rice with Taro and Pumpkin

Ingredients:

Taro	200g
Pumpkin	200g
Pork Rib	400g
Rice	500g
Water	720mL

Condiments:

Sugar	1 Tsp.
Salt	1 Tsp.
Pepper powder	A little
Sesame oil	A little
Chinese Light Soy Sauce	1 Tbsp.

How to cook:

1. Wash the pork rib and cut into bite-sized pieces. Mix them with the condiments thoroughly.
2. Peel the pumpkin and taro. Cut into bite-sized pieces.
3. Rinse the rice. Put it in the Inner Pan and add water. Close the Lid and heat over Medium Heat. After it has come to a boil, add taro, pumpkin and pork rib. Heat it over Medium Heat for 4 minutes and then Low Heat for a further 8 minutes.
4. Put the Inner Pan into the Insulated Container. Keep warm for 30 minutes.

飯類及粥類

Rice and Congee

粥類

congee



雞粥

材料：

雞	1隻(約1kg)
米	170g
清水	1.4L(預先煮雞時用的水)
鹽	少量

烹調法：

1. 洗米，然後浸水30分鐘。
2. 將雞清洗後，和水放入內鍋，合上蓋後以中火加熱至輕微沸騰，舀去浮沫，然後將雞取出備用。水留下不要倒去。將雞切成易入口大小。
3. 倒去浸米的水，將米、雞和剛才煮雞的水(1.4L)倒入內鍋，合上蓋以中火加熱至沸騰，再以小火煮15分鐘。
4. 將內鍋放入保溫容器保溫30分鐘，加鹽調味即可。

Chicken Congee

Ingredients:

Chicken	1 (Around 1kg)
Rice	170g
Water	1.4L (water used for pre-boiling)
Salt	To taste

How to cook:

1. Rinse the rice and then soak it in water for 30 minutes.
2. Wash the chicken. Put it in the Inner Pan. Add water. Close the Lid. Heat it over Medium Heat until it comes to a slight boil. After removing scum, take out the chicken and keep the water for later use. Cut the chicken into bite-sized pieces.
3. Dispose of the water for soaking rice. Put the rice, chicken and water used for pre-boiling (1.4L) into the Inner Pan. Heat over Medium Heat until it comes to a boil. Then heat it over Low Heat for a further 15 minutes.
4. Put the Inner Pan into the Insulated Container. Keep warm for 30 minutes. Add salt to taste.



飯類及粥類

Rice and
Congee

粥類
congee

蕃薯粥

材料 (約3~4碗)

米	150g
清水	1.2L
蕃薯	300g
鹽	適量

烹調法：

1. 蕃薯去皮後切成一口大小，放入水中浸泡5~10分鐘以去澀味。
2. 米洗好後放入內鍋，加入水及蕃薯。
3. 蓋上內鍋蓋後開中火，沸騰後稍微移開鍋蓋，開小火加熱15分鐘。
4. 蓋上內鍋蓋後，將內鍋放入保溫容器中，保溫15分鐘。
5. 加入適量鹽後稍加攪拌即可。

※如果想煮較稠的粥，請將小火加熱時間延長5分鐘。

Sweet Potato Porridge

Ingredients (3-4 servings)

Rice	150g
Water	1.2L
Sweet potato	300g
Salt	To taste

How to cook:

1. Peel off the sweet potato and cut into bite-sized pieces, then soak in water for about 5 to 10 minutes to remove harshness.
 2. Rinse rice and place in the Inner Pan, add water and sweet potato.
 3. Close the Lid and heat the Inner Pan over Medium Heat. When it comes to boil, slightly open the Lid and heat over Low Heat for a further 15 minutes.
 4. Close the Lid, place the Inner Pan in the Insulated Container and keep warm for 15 minutes.
 5. Add salt to taste and lightly mix.
- ※ If well-cooked thick porridge is preferred, heat over Low Heat for a further 5 minutes.



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