


**-FUJIOH-**

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| Steam Oven  
| Recipe



The Ultimate Steam Oven for Deliciously Fresh Food  
Preserves the Flavor and Nutrients of Your Meals

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## Steamed Tofu and scallop

### Ingredient:

5 pcs scallop  
180g tofu  
Little shallot  
Little soy sauce  
Little sugar  
Little oil

### Step

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



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## Steam Three-Color Eggs

### Ingredient:

Egg  
Preserved egg  
Salted egg yolk  
Chestnut  
Peanut oil  
Salt  
Shallot

### Step

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



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## Steamed Eggplant with Vinegar

### Ingredient:

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

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### Step

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



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## Seamed Pumpkin Mashed Garlic

### Ingredient:

Pumpkin  
Ginger  
Shallot  
Pickled pepper  
Soy sauce  
Salt  
Vegetable oil

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### Step

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



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## Stewed Bird's Nest

### Ingredient:

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

### Step

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



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## Steamed Chicken Feet with Black Beans Sauce

### Ingredient:

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

### Step

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



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## Pumpkin Biscuit

### Ingredient:

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

### Step

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



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## Steamed Prawns with Garlic

### Ingredient:

Prawn  
Little Garlic  
Little chili  
Little garlic chili sauce  
Little sugar  
Little soy sauce

### Step

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



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## Steamed Mushroom Chicken with Lotus Leaves

### Ingredient:

- 1 pc/600g Chicken
- 3 Chinese mushrooms
- 3 red dates
- 2 chenpi
- 2 slice ginger
- 2 lotus leaves
- Little soy sauce
- Little chicken essence
- Little salt
- Little sugar
- Little corn flour

### Step

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



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## Steamed Chicken with Lily Flowers and Fungus

### Ingredient:

- 500g chicken with bone
- 20g lily bud
- 20g black fungus
- 20g Chinese mushroom
- 5 red dates
- Little shallot
- Little ginger
- Little oyster sauce
- Little soy sauce
- Little sesame oil
- Little corn flour
- Little sugar

### Step

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



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## Steamed Grouper Fish

### Ingredient:

1 Grouper  
Garlic  
Shallot  
Steamed fish soy sauce  
Pepper powder  
Olive oil

### Step

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



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## Grilled Steak

### Ingredient:

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

### Step

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





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## Teriyaki Salmon

### Ingredient:

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

### Step

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



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## Seafood Baked Rice

### Ingredient:

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

### Step

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



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## Dried Bean curd and Ginkgo Nuts Sweet soup

### Ingredient:

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

### Step

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



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## Grilled Chicken Wings

### Ingredient:

6 chicken wings  
Little soy sauce  
Little corn flour  
Little dark soy sauce  
Little salt

### Step

1. Wash and cut the chicken wings, mix with mashed garlic, soy sauce, salt and dark soy sauce, pickle for an hour.
2. Brush the soy sauce on the chicken wings;
3. Put the chicken wings evenly on the food tray and place in the steam oven, select the convection mode or auto menu P16, temperature at 200°C with 25 mins.



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## Grilled Whole Chicken

### Ingredient:

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

### Step

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



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## Sea Tender Roast Beef

### Ingredient:

400g Beef  
200g Flammulina velutipes  
1/2pcs onion  
2 spoonfuls Light soy sauce  
half spoonfuls Dark soy sauce  
1 spoonful Oyster sauce  
half spoonfuls White sugar  
Little Salt  
3 scoops Clear water  
Little Pepper powder  
2 spoonfuls Starch  
2 spoonfuls Cooking oil

### Step

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



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## Grilled Eggplant

### Ingredient:

1 eggplant  
Parsley  
Oil  
Chili powder  
Scallion  
Soy sauce  
Salt

### Step

1. Wash and remove the stem of the eggplant, brush oil, use aluminum foil wrap the baking tray. Chop garlic and parsley;
2. Place the eggplant into the steam oven, select auto menu P19 or convection mode, temperature at 180°C with 15 mins.
3. Mix mashed garlic, soy sauce salt and oil;
4. Take out eggplant and cut into half, drizzle step 3 and sprinkle chili powder;
5. Place the eggplant into the steam oven again, continue auto menu P19 operation or select convection mode, temperature at 180°C with 10 mins.



Image is for reference only.

## Grilled Potato Chips

### Ingredient:

1 potato  
Oil  
Salt  
Pepper powder

### Step

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



Image is for reference only.

## Grilled Squid with Korean Style Chili Sauce

### Ingredient:

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

### Step

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



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## Seared Scallops with Garlic and Butter

### Ingredient:

Fresh scallops  
Parsley  
Butter  
Breadcrumbs  
Salt  
Ground pepper powder

### Step

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



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## Italian Style Garlic Toast

### Ingredient:

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

### Step

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



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## Cookies

### Ingredient:

Egg  
Wheat flour  
Raisin  
Unsalted butter  
Sugar  
Lemon peel

### Step

- 1.Grind the butter to creamy texture, then add and mix sugar gently, finally add and mix with egg and lemon peel;
- 2.Use sieve to filter the wheat flour and mix with Step 1 to knead a dough;
- 3.Put the dough on the cooking paper, use a rolling pin to flatten the dough to 4mm thickness, then put it the fridge for 30 mins to cool down and harden;
- 4.Take out from fridge and use mould to cut into small pieces, then brush with butter and place on the baking tray. The remain dough can follow Step 1 to shape and sprinkle sugar on the cookie. Adjust by adding raisin based on personal preference.
- 5.Select convection mode or auto menu P24 to preheat the oven temperature to 160°C(auto menu P24 include preheat step), then place the baking tray into the oven, continue the auto menu P24 or select convection mode, temperatute at 160°C with 18 mins.



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## Cream Puff

### Ingredient:

Wheat flour  
Egg  
Butter  
Sugar  
Salad oil  
Cream

### Step

1. Mix the butter and water in the heating pot. Remove the pot from fire after boiling, then mix the wheat flour and adjust to fine fire;
2. When the ingredient is well mixed without sticking to the pot. Set aside to cool down.
3. Stir the egg and mix together;
4. Select the auto menu P25 or convection mode to preheat the oven temperature to 230°C. (auto menu P25 include preheat step)
5. Brush salad oil on the baking tray and sprinkle wheat flour, press the batter around 3 cm diameter.
6. After preheating the steam oven, place step 5 into the steam oven and continue auto menu P25 or select convection mode, temperature 170°C with 25mins.



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## Roll Cake

### Ingredient:

Wheat flour  
Egg  
Sugar  
Cream

### Step

1. Put egg and sugar in a bowl, whisk until foamy.
2. Add wheat flour and mix gently.
3. Select the auto menu P26 or dual temp top+bottom mode to preheat the oven temperature to 180°C. (auto menu P26 include preheat step). After preheating the steam oven, place the ingredient into oven and continue auto menu P26 or select dual temp top+bottom mode, temperature 180°C with 20 mins.
4. Whipping cream into 80g sugar, whisk until foamy, cool down with cold water;
5. Spread the whipped cream on the cake, then fold with a light touch.



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## Orange and Almond Madeleines

### Ingredient:

80g Cake flour  
40g sugar powder  
10g unsalted butter  
2 eggs  
1 orange peel  
Honey  
Vanilla Essence  
Baking powder  
Salt

### Step

1. Mix egg, sugar powder, honey and vanilla essence, then add orange peel;
2. Sift the cake flour, baking powder, salt and almond powder into the egg yolk, then add the butter twice and mix;
3. Wrap with plastic sheet and put it in the fridge for a night;
4. Sweep the melted butter on the mould, put the ingredient into the mould until  $\frac{3}{4}$  full;
5. Select the auto menu P27 or convection mode to preheat the oven temperature to 190°C. (auto menu P27 include preheat step). After preheating the steam oven, put the mould on the tray and place the tray into oven and continue auto menu P27 or select convection mode, temperature 190°C with 10 mins.



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## Palmier

### Ingredient:

Frozen puff pastry  
Butter  
Sugar  
Honey

### Step

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





Image is for reference only.

## Banana Cake

### Ingredient:

Cake flour  
Egg  
Banana  
Sugar  
Salad oil  
Butter

### Step

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



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## Raisin Steamed Bread

### Ingredient:

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

### Step

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



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## Steamed Tofu

### Ingredient:

400g tofu  
Little Chinese cabbage  
Little salad oil  
Little soy sauce  
Little sugar  
Little coriander  
Little chili  
Little slice ginger

### Step

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



Image is for reference only.

## Steamed Egg with Shrimp and Tofu

### Ingredient:

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

### Step

1. Rub the shelled shrimps with salt, and rinse with water and drain the shelled shrimps. Cut the tofu into small cubes and boil the water/chicken soup to about 50°C in advance.
2. Beat the eggs, add proper amount of warm chicken soup or warm water and salt, stir well and sieve the fluid into a plat. skim off the floating foam on the surface.
3. Add tofu, place the shrimps in place, cover the food with a layer of plastic wrap, and poke a few small holes in the plastic wrap.
4. preheat the oven to 110°C . Then place the food on the perforated tray on the lower layer of the oven. Select mid temp steam mode, temperature at 100°C with 15 mins to start work.
5. When the cooking time is finished, you could add the chopped green onions, sesame oil, and the proper amount of seasoned soy sauce for seafood for better taste.



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## Steamed Baby Cabbage

### Ingredient:

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

### Step

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



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## Steamed Chicken Cubes with Black Bean Sauce

### Ingredient:

1 pcs chicken  
Proper amount  
Garlic  
Shallots  
Fermented blank bean  
Light soy sauce  
Dark soy sauce  
Sugar  
Starch

### Step

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



Image is for reference only.

## Steamed Scallops with Minced Garlic Vermicelli

### Ingredient:

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

### Step

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



Image is for reference only.

## Steamed Shrimp with Minced Garlic Vermicel

### Ingredient:

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

### Step

1. Soak the vermicelli in cold water until they become soft, and drain water for later use.
2. Mince the garlic, capsicum frutescens, and chop the chives for later use.
3. Heat the oil in a pot and add half of the minced garlic and simmer them until they become light yellow, turn off the fire, add the other half of the minced garlic, capsicum frutescens, and the proper amount of oyster sauce and salt, and then mix them well.
4. Cut off the shrimp arrow and legs, and open the back and remove the shrimp line, then cut the vermicelli with a scissors, add the proper amount of minced garlic and mix them well, spread it onto the surface of the plate, place the shrimps with their backs open on the vermicelli, and fill the minced garlic on their backs.
5. Preheat the oven to 115°C for about 5 min. by using the pure steaming function, Then Place the plate on the perforated tray on the lower layer of the oven. Select Using hi temp steam mode to preheat the oven to 115°C. Then put the plate on the perforated tray and place the tray on the lower layer of the oven. Select hi temp steam mode, temperature 115°C with 15mins.



Image is for reference only.

## Papaya Stew Milk

### Ingredient:

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

### Step

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



Image is for reference only.

## Steamed Dumplings Stuffed with Shrimp

### Ingredient:

50g lean  
20g fat meat  
30g fresh mushrooms(room temperature)  
Little pepper powder  
5g corn flour  
5g salt  
3g sesame oil  
3g sugar  
3g MSG seasoning  
3g soy sauce

### Step

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



Image is for reference only.

## Steamed Mud Carp Fish

### Ingredient:

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

### Step

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



Image is for reference only.

## Steamed Bass

### Ingredient:

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

### Step

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



Image is for reference only.

## Steamed Fresh Abalone

### Ingredient:

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

### Step

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



Image is for reference only.

## Grilled Corn

### Ingredient:

Corn  
Oil  
Pepper powder  
Honey

### Step

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



Image is for reference only.

## Grilled Dumplings

### Ingredient:

400g Frozen dumplings  
Little Chinese cabbage  
Vegetable oil  
Shallot

### Step

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



Image is for reference only.

## Glutinous Rice Balls Stuffed with Red Beans Paste

### Ingredient:

Glutinous rice  
Cooked red beans  
Little red bean soup  
Little black sesame  
Little salt

### Step

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





Image is for reference only.

## Green Rice Dumpling

### Ingredient:

60g wheatgrass  
60g glutinous rice flour  
135g bean paste  
20g rice flour  
15g salad oil

### Step

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



Image is for reference only.

## Grilled Chicken with Lemon Juice

### Ingredient:

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

### Step

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



Image is for reference only.

## Grilled Sweet Potato

### Ingredient:

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

### Step

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



Image is for reference only.

## Grilled purple Sweet Potato

### Ingredient:

1 purple potato

### Step

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