



Recommended Recipe for Each Function

1. RICE	1-2
2. GRAIN	3-4
3. CLAYPOT.....	5-6
4. CONGEE	7-8
5. SOUP.....	9-10
6. PORRIDGE	11-12
7. STEAM.....	13-15
8. STEW.....	16-18
9. BAKE.....	19-20
10. FRY.....	21-26
11. YOGURT.....	27-29
12. MANUAL	30-50



Steamed Rice

150kcal/100g



Ingredients:

Pearl rice: 2 cups

Water: to the water mark "2"

Directions:

1. Rinse the pearl rice, pour it into the cooking bowl and fill it with water to the mark "2"
2. Choose the left or right pot and cover the lid; press "RICE" and wait till a beep. Loosen the cooked rice by a scoop for more delicious texture.

Best paired with: Steamed Meat Pie with Chinese Water Chestnut and Fresh Black Mushrooms, Braised Pork Trotters with Soybeans

Millet Rice

361kcal/100g



Ingredients:

Millet: 1 cup

Rice: 1 cup

Water: to the water mark "2"

Seasonings:

Oil: as you need

Directions:

1. Rinse the millet and rice, pour them into the cooking bowl and fill it with water to the mark "2"
2. Choose the left or right pot and cover the lid; press "RICE" and wait till a beep. Loosen the cooked rice by a scoop for more delicious texture.



Best paired with: Fried Bitter Gourd Stuffed with Minced Meat, Braised Pork Ribs with Long Beans



Low-calorie Mixed grains

361kcal/100g



Ingredients:

Brown rice: 1/2 cup
Black rice: 1/2 cup
Pearl barley: 1/4 cup
Sorghum rice: 1/4 cup
Sticky rice: 1/4 cup
Water: to the water mark "2"

Directions:

1. Rinse all the grains and pour them into the cooking bowl and fill it with water to the mark "2"
2. Choose the left or right pot and cover the lid; press "GRAIN" and wait till a beep. Loosen the cooked rice by a scoop for more delicious texture

Best paired with: Okra with Minced Pork, Pork Trotter Soup with Peanuts

Mixed Grains with Avocado

136kcal/100g



Ingredients:

Rice: 1 cup
Brown rice: 1/2 cup
Wheat berry: 1/2 cup
Avocado: 1 pc
Cherry tomato: 5 pcs
Corn can: 1 pc
Water: to the water mark "2"

Directions:

1. Rinse all the grains, pour them into the cooking bowl and fill it with water to the mark "2"
2. Dice the avocado, halved the tomato and pour out the corn
3. Choose the left or right pot and cover the lid; press "GRAIN" and wait till a beep. Loosen the cooked rice by a scoop for more delicious texture
4. 10 mins after the rice is cooked, mix with avocado, cherry tomatoes and corns as you wish



Best paired with: Fried Chicken Steak with Minced Garlic,
Honey Chicken with Minced Garlic



Cantonese Sausages & Pork Ribs on Clay Pot Rice

179kcal/100g



Ingredients:

Pork rib: 200g	Cantonese sausage: 120g
Broccoli: 80g	Minced garlic: 5g
Scallion: 5g	Rice: 2 cups
Water: to the water mark "2"	

Seasonings:

Light soy sauce: 16g	Dark soy sauce: 8g
Sugar: 5g	Sesame oil: 5g
Salt: 6g	

Directions:

1. Cut the ribs into pieces; mix them well with 16g light soy sauce and 6g salt and wait for 50 mins; clean and slice the Cantonese sausages
2. Rinse the rice, pour it into the cooking bowl and fill it with water to the mark "2"; mix dark soy sauce, sesame oil and sugar in a small bowl
3. Place the ribs and sausages on top of the rice, pour in the mixed sauces; choose the left or right pot and cover the lid; press "CLAYPOT" and wait till a beep

Best paired with: Beef Stew in Sour Soup, Steamed Basa Fish

Chicken Drumstick and Mushroom Clay Pot Rice

130kcal/100g



Ingredients:

Chicken drumstick: 350g Dried mushroom: 28g
Rice: 2 cups Water: to the water mark "2"
Ginger: 3 slices

Seasonings:

Oyster sauce: 12g Light soy sauce: 12g
Salt: 3g Oil: 2g
Ground pepper: as you need

Directions:

1. Shred ginger; boning the drumstick and cut it into pieces and drain moisture with kitchen paper; mix the seasonings with the chicken for 20 mins; cut the soaked mushrooms into pieces
2. Rinse the rice, pour it into the cooking bowl and add water to the mark "2"
3. Place the chicken, mushrooms and ginger on top of the rice; choose the left or right pot and cover the lid; wait till a beep. Loosen the cooked rice by a scoop for more delicious texture

Best paired with: Beef Brisket Stew with Daikon Radish,
Steamed Garlic Vermicelli Noodles





Minced Meat Congee with Mushrooms and Vegetables

45kcal/100g



Ingredients:

Rice: 1/2 cup

Leafy greens: 50g

Minced meat: 60g

Dried mushroom: 10g

Water: to the water mark "0.5"

Seasonings:

Salt: 5g

Directions:

1. Rinse the rice, pour it into the cooking bowl
2. Soak and dice the mushrooms; cut the vegetables into dices; prepare minced meat
3. Place all the ingredients into the cooking bowl, and fill the right bowl with water to the mark "0.5" (for congee) and cover the lid; press the "CONGEE" and wait till a beep. Season with salt as you wish.

Best paired with: Onigiri with Tenderloin, Japanese-style Deep Fried Shrimp

Millet and Purple Sweet Potato Congee

64kcal/100g



Ingredients:

Millet: 1/4 cup

Rice: 3/4 cup

Purple sweet potato: 160g

Water: to the water mark "0.5"

Directions:

1. Rinse the millet and rice, pour them into the cooking bowl
2. Peel and dice the potatoes
3. Place the potatoes into the cooking bowl, and fill the right bowl with water to the mark "0.5" (for congee) and cover the lid; choose the left or right pot and press the "CONGEE" and wait till a beep.



Best paired with: Moo Shu Pork, Braised Pork Ribs with Long Beans



Chicken Soup with Chinese Chestnuts

164kcal/100g



Ingredients:

Free range chicken: 350g
Chinese chestnut: 250g
Ginger: 5 slices
Green Chinese onion: 2g
Water: to the water mark "4"

Seasonings:

Cooking wine: 6g
Salt: 5g

Directions:

1. Cut the chicken into pieces; blanch them in the cooking bowl, drain and dry; put the Chinese chestnuts in the bowl with water, heat up for 10 mins; then drain and dry
2. Slice the ginger; cut the green Chinese onion into pieces
3. Place all the ingredients into the cooking bowl, and fill the right bowl with water to the mark "4" and cover the lid; choose the left or right pot and press the "SOUP" and wait till a beep. Season with salt as you wish.

Best paired with: Japanese Beef Rice, Steamed Rice

Pork Trotter Soup with Soybeans and Peanuts

158kcal/100g



Ingredients:

Pork Trotter: 250g

Soybean: 180g

Peanut: 150g

Ginger: 3 slices

Star anise: 2 pcs

Sichuan pepper: as you need

Water: to the water mark "4"

Seasonings:

Cooking wine: 10g

Salt: 10g

Directions:

1. Do ahead: Soak the peanuts and soybeans for 6 hours
2. Cut the pork trotters into chunks and rinse them; remove them from water after blanching, drain and dry
3. Place the pork trotters, peanuts, soybeans, ginger slices, cooking wine, Sichuan peppers and star anises into the cooking bowl, and fill the right bowl with water to the mark "4" and cover the lid; choose the left or right pot and press the "SOUP" and wait till a beep. Season with salt as you wish.



Best paired with: Millet Rice, Low-calorie Mixed Grains



Chicken Congee with Mushrooms

39kcal/100g



Ingredients:

Rice: 1 cup
Chicken breast: 168g
Mushroom: 17g
Carrot: 80g
Water: to the water mark "5"

Seasonings:

Oil: 5g
Salt: 5g

Directions:

1. Rinse the rice, pour it into the cooking bowl
2. Finely chop the carrots, chicken breast and the mushrooms
3. Choose the right or left side and press "PORRIDGE"; press "START" to preheat and pour in oil; pour the minced chicken, carrots and mushrooms into the bowl and fry for 5 mins; fill it with water to the mark "5" and cover the lid; wait till a beep and season with salt as you wish

Best paired with: Crispy Fried Chicken Steak, Cupcakes

Dried Scallop Congee with Pork

63kcal/100g



Ingredients:

Dried scallop: 30g

Lean pork: 35g

Carrot: 50g

Ginger: 4 slices

Chinese Yam: 50g

Rice: 3/4 cup

Starchy flour: 5g

Water: to the water mark between "4" and "5" on the left bowl

Seasonings:

Salt: 5g

Directions:

1. Dice the meat, Chinese yam and carrots; mix 5g salt and starchy flour with the meat to marinate for 30 mins; soak the scallops for 30 mins, and tear them out and shred them
2. Rinse the rice and place the diced meat, Chinese yam, carrots, scallops and ginger slices along with the rice into the bowl; fill with water to the mark between "4" and "5" on the left; select one side and press "PORRIDGE"; press "START" and season with salt when done

Best paired with: Braised Chicken Wings with Potatoes,
Honey Cake





Steamed Meat Pie with Chinese Water Chestnut and Fresh Black Mushrooms

385kcal/100g



Ingredients:

Minced meat: 200g

Fresh Mushrooms: 60g

Water: to the water mark "2"

Chinese water chestnut: 40g

Scallion: 5g

Seasonings:

Starchy flour: 12g

Oyster sauce: 6g

Oil: 4g

Light soy sauce: 6g

Sesame oil: 2g

Ground pepper: as you need

Directions:

1. Peel the Chinese water chestnuts and cut them into dices; dice the mushrooms; finely chop the scallions and meat
2. Mix the Chinese water chestnuts, mushrooms and scallions with the meat; add all the seasonings to it and mix well
3. Stir and mix well; pour everything onto the steaming basket; select the left or right pot; press "STEAM", and fill the bowl with sufficient water; place the basket into the bowl and cover the lid; wait till a beep(about 20 mins)

Best paired with: Low-calorie mixed grains, Minced meat congee with mushrooms and vegetables

Steamed Basa fish

100kcal/100g



Ingredients:

Basa fish fillet: 250g
Ginger: 3 slices
Scallion: 5g
Water: to the water mark "2"

Seasonings:

Cooking wine: 6g
Salt: 5g
Oil: 6g

Directions:

1. Rinse, drain and dry the fish fillets before placing it on the steaming basket with a layer of ginger slices and scallions on top; allow them to marinate in the mixture of cooking wine, oil and salt for 15 mins
2. Place the basket into the bowl after filling the cooking bowl with water to the mark "2"; choose the left or right pot, press "STEAM" and set the timer to 20 mins and cover the lid; wait till a beep

Best paired with: Millet and Purple Sweet Potato Congee,
Millet Rice





Steamed Scallops with garlic and Vermicelli

94kcal/100g



Ingredients:

Scallop: 5 pcs	Vermicelli noodles: 5g
Garlic: 5g	Scallion: 3g
Chili pepper: 5g	Water: as you need

Seasonings:

Salt: 3g	Vegetable oil: 12g
Seafood sauce: 5g	

Directions:

1. Clean and gut the scallops by removing the black innards and sand; use a knife to remove the yellow scallop muscles from the shells; put the meat in a small bowl to marinate in the cooking wine for 10 mins; clean the shells with a brush
2. Soak the vermicelli noodles in hot water for 5 mins or until softened; roll some noodles by chopsticks and place it under the scallops with chopped chili peppers and scallions
3. Choose the left or right pot and press "FRY" with a completely dry cooking bowl; fry the minced garlic with oil for 3 mins after the bowl is preheated by a beep; mix it with well salt, seafood sauce and chili peppers on top of the scallops
4. Place the seasoned scallops on the basket and cover the lid; choose the other side and press "STEAM"; set the timer to 15 mins, wait till a beep (or with a layer of chopped scallions)

Best paired with: Millet Rice, Steamed Rice

Braised Pork Trotters with Soybeans

273kcal/100g



Ingredients:

Soybean: 85g	Pork trotter: 500g
Sugar: 20g	Star anise: 1 pc
Cinnamon: 5g	Water: as you need

Seasonings:

Salt: 5g	Chinese spirits: 50g
Dark soy sauce: 10g	Light soy sauce: 1g
Oil: 6g	

Directions:

1. Soak the soybeans in water for 3 hours; cut the pork trotters into pieces; blanch the pork trotters in hot water and drain and dry
2. Choose the left or right pot and press "MANUAL", set the temperature at 150°C for 30 mins; spread the oil and fry the pork trotters with the sugar, Chinese spirits, soybeans, dark soy sauce for 5 mins; fill the bowl with water until the pork trotters are covered; add salt, cinnamon, star anises and light soy sauces and mix well before closing the lid; wait till a beep

Best paired with: Dried Scallop Congee with Pork, Millet Rice





Beef Brisket Stew with Daikon Radish

96kcal/100g



Ingredients:

Beef brisket: 250g
Garlic: 5g
Tangerine Peel: 4g
Water: 150g

Daikon radish: 500g
Star anise: 4g
Ginger: 5 slices

Seasonings:

Shaoxing wine: 6g
Salt: 5g
Dark soy sauce: 6g

Seafood sauce: 6g
Sugar: 3g

Directions:

1. Peel and cut the radish into pieces; cut the ginger and scallion it into pieces; rinse and cut the beef brisket into pieces for blanch, drain and dry
2. Place the radish, ginger, garlic, tangerine peel, star anises, brisket pieces and seasonings in the cooking bowl; stir and mix well with water; cover the lid and choose the left or right pot; press "STEW" and set the timer to 45 mins; wait and serve after hearing the sound

Best paired with: Low-calorie Mixed Grains, Rice

Braised Chicken Wings with Potatoes

102kcal/100g



Ingredients:

Potato: 350g	Chicken wing: 6 pcs
Dried chili pepper: 0.5g	Star anise: 0.5g
Sichuan pepper: 0.3g	Ginger: as you need
Scallion: as you need	Garlic: as you need
Water: as you need	

Seasonings:

Salt: 5g	Chicken essence powder: 5g
Soy Sauce: 5g	Cooking wine: 5g

Directions:

1. Score the chicken wings on the back; leave them to marinate in the soy sauce and cooking wine for 15 to 30 mins; cut the potatoes
2. Choose the left or right pot and press "MANUAL", set the temperature at 120°C and cook for 30 mins; fry the scallions, ginger, garlic and dried chili pepper before adding the wings for 5 mins; fill the bowl with water to cover the wings; add the Sichuan pepper, star anises and potatoes; cover the lid, wait till a beep. Season with salt and Chicken essence powder



Best paired with: Millet Rice, Steamed Rice



Honey Cake

279kcal/100g



Ingredients:

Milk: 240g
Flour: 230g
Egg: 4
Baking powder: 2g

Seasonings:

Honey: as you need
Sugar: 70g
Oil: as you need

Directions:

1. Separate the whites from the yolks into two stainless steel bowls; mix the yolks well with milk, baking powder and flour into paste; add 1/3 sugar into the whites gradually and whisk it evenly until it turns into light and delicate foam
2. Mix the finely beaten whites well with the paste; brush oil evenly on the cooking bowl and pour in the mixture
3. Cover the lid; choose the left or right pot and press "BAKE"; wait till a beep. Add honey as you wish

Best paired with: Fruits Yogurt, Dried Scallop Congee with Pork

Cupcakes

250kcal/100g



Ingredients:

Milk: 240g

Flour: 230g

Egg: 4

Baking powder: 2g

Fruits: as you need

Seasonings:

Sugar: 70g

Directions:

1. Separate the whites from the yolks into two stainless steel bowls; mix the yolks well with milk, baking powder and flour into paste; add 1/3 sugar into the whites gradually and whisk it evenly until it turns into light and delicate foam
2. Mix the finely beaten whites well with the paste; oil the bottom and pour the mixture into a stainless steel bowl or special baking cups
3. Cover the lid; choose the left or right pot and press "BAKE"; wait till a beep; remove the cakes from the bowl or the cups after they are cooled down. Topped by fruits for decoration as you wish

Best paired with: Cereal Yogurt, Millet and Purple Sweet Potato Congee





Fried Bitter gourd Stuffed with Minced Meat

172kcal/100g



Ingredients:

Bitter gourd: 1 pc
Minced meat: 100g

Seasonings:

Salt: 5g
Oil: 6g
Starchy flour: 5g
Light soy sauce: 6g

Directions:

1. Rinse the bitter gourd and remove the seeds; cut it into rings; mix the minced meat well with salt, light soy sauce and starchy flour; stuff the rings with the mixture
2. Choose the left or right pot and press "FRY"; wait till a beep (indicating preheating complete); put the stuffed bitter gourd into the bowl and fry each side for 5 mins

Best paired with: Chicken Congee with Mushrooms, Dried Scallop Congee with Pork

Fried Chicken Steak with Minced garlic

192kcal/100g



Ingredients:

Chicken drumsticks: 2 pcs

Minced garlic: 5g

Seasonings:

Salt: 3g

Ground pepper: 2g

Oil: 5g

Honey: 5g

Directions:

1. Boning and slice the drumsticks with score; leave them in the marinade of salt and ground pepper; stir and mix well with honey, oil and garlic
2. Leave the marinated steak in the mixture covered with plastic film; refrigerate for 1 hour
3. Choose the left or right pot and press "FRY"; wait till a beep (indicating preheating complete); put the steak into the bowl and fry each side for 5 mins until browned

Best paired with: Millet and Purple Sweet Potato Congee, Steamed Rice





Onigiri with Tenderloin

203kcal/100g



Ingredients:

Beef: 250g

Garlic: 5g

Star anise: 4g

Water: 150g

Daikon radish: 500g

Ginger: 5g

Tangerine Peel: 4g

Seasonings:

Shaoxing wine: 6g

Salt: 5g

Sugar: 3g

Seafood sauce: 6g

Dark soy sauce: 6g

Directions:

1. Cut the beef into pieces; blanch, drain and dry; peel and cut the radish and scallion into pieces; prepare slices of ginger
2. Place the beef, radish, garlic, ginger, star anise, tangerine peel and seasonings in the cooking bowl; stir and mix well with water; cover the lid and choose the left or right pot; press "STEW"; wait and serve after hearing the sound

Best paired with: Millet and Purple Sweet Potato Congee, Steamed Rice

Honey Chicken with Minced garlic

244kcal/100g



Ingredients:

Chicken drumstick meat: 200g

Garlic: 5g

Water: as you need

Seasonings:

Olive oil: 5g

Honey: 15g

Salt: 3g

Mustard: 3g

Ground pepper: as you need

Directions:

1. Chop the garlic; rinse, drain and dry the chicken; cut it into pieces to marinate in salt and ground pepper for 10 mins
2. Choose the left or right pot and press "FRY"; wait till a beep (indicating preheating complete), fry the minced garlic by olive oil for 1 min, then fry the marinated chicken, seasoned by honey, mustard and salt for 5 mins; pour 50g water and cook for 5 mins
Warning: Don't cover the lid while frying

Best paired with: Low-calorie mixed grains, Minced meat congee with mushrooms and vegetables





Japanese-style Deep Fried Shrimp

283kcal/100g



Ingredients:

Shrimp: 6 pcs
Egg: 1
Breadcrumbs: 10g
Frying powder: 10g

Seasonings:

Starchy flour: 10g
Cooking wine: 5g
Salt: 5g

Directions:

1. Remove the heads and shells of the shrimps, leave the body with tail; rinse, drain and dry these parts
2. Put starchy flour and breadcrumbs into a small bowl and egg into another bowl; mix the shrimps with the cooking wine and salt to marinate for 10 mins; coat the marinated shrimps with starchy flour, egg and breadcrumbs
3. Choose the left or right pot and press "FRY"; fill the bowl with oil to the mark "1"; wait till a beep (indicating preheating complete), and fry the shrimps until browned
Warning: Don't cover the lid while frying

Best paired with: Millet and Purple Sweet Potato Congee,
Dried Scallop Congee with Pork

Crispy Fried Chicken Steak

224kcal/100g



Ingredients:

Chicken breast fillet: 1 pc

Egg: 2

Breadcrumbs: 1 packet

Garlic chicken-frying powder: 1 bag

Oil: to the mark "2"

Directions:

1. Halved the fillet horizontally, each part sliced with a grid; leave it in the garlic frying powder for chicken for 30 mins
2. Stir the egg evenly; leave the breadcrumbs onto another plate
3. Choose the left or right pot and press "FRY"; fill the bowl with oil to the mark "2": wait till a beep (indicating preheating complete), and coat the marinated chicken with egg and then breadcrumbs; fry it back and front for 5 mins each; use a chopstick to check whether it is fully cooked.
Warning: Don't cover the lid while frying



Best paired with: Millet and Purple Sweet Potato Congee,
Steamed Rice



Fruits Yogurt

67kcal/100g



Ingredients:

Pure Milk: 400g
Fruits: as you need
Yogurt yeast: 5g
Water: to the water mark "5"
Plastic film

Seasonings:

Sugar: 20g

Directions:

1. Wipe dry the steaming basket; pour the milk, yeast and sugar and mix well
2. Fill the cooking bowl to the mark "5" and seal the basket with plastic film before placed into the bowl and closing the lid; choose the left or right pot and press "YOGURT", and wait till a beep (about 7 hours); best refrigerate with fruits

Best paired with: Mixed grains with avocado, Chicken congee with mushrooms

Mango Yogurt

67kcal/100g



Ingredients:

Pure Milk: 400g
Mango: 100g
Yogurt yeast: 5g
Water: 5 cups
Plastic film

Seasonings:

Sugar: 20g

Directions:

1. Wipe dry the steaming basket; dice the mango; put 50g mango into the milk, yeast and sugar and mix well
2. Fill the cooking bowl with 5 cups of water and seal the basket with plastic film before placed into the bowl, cover the lid; choose the left or right pot and press "YOGURT", wait till a beep (about 7 hours); best served after being chilled



Best paired with: Honey cake, Raisin and nut scone



Cereal Yogurt

102kcal/100g



Ingredients:

Pure Milk: 400g

Strawberry: 6g

Nut: 1 packet

Raisin: 10g

Yogurt yeast: 5g

Water: to the water mark "5"

Plastic film

Seasonings:

Sugar: 20g

Directions:

1. Wipe dry the steaming basket; pour the milk, yeast and sugar and mix well
2. Fill the cooking bowl to the mark "5" and seal the basket with plastic film before placed into the bowl, cover the lid; choose the left or right pot and press "YOGURT", wait till a beep (about 7 hours). Recommend serve with strawberries, nuts and raisins

Best paired with: Honey cake, Raisin and nut scone

Kung Pao Chicken

170kcal/100g



Ingredients:

Chicken breast: 160g
Dried pepper: 5g
Ginger: 20g
Deep fried peanut: 50g

Scallion: 20g
Sichuan pepper: 5g
Garlic: 10g

Seasonings:

Cooking wine: 6g
Light soy sauce: 6g
Sugar: 10g
Sweet chili sauce: 5g
Light soy sauce: 5g

Ground white pepper: 3g
Starchy flour: 10g
Salt: 3g
Dark soy sauce: 3g
Aromatic vinegar: 5g

Directions:

1. Dice the chicken breast to marinate in the cooking wine, ground white pepper, light soy sauce and starchy flour for 15 mins; cut the scallion into pieces and slice the ginger; mix all the seasonings well (except the starchy flour)
2. Choose the left or right pot and press "MANUAL" set the temperature at 170°C for 30 mins; fry the marinated chicken for 5 mins and mix with the Sichuan pepper, dried chili pepper, ginger and garlic; pour the sauce into the bowl and cook for 1 min; decorate and serve with peanuts and flour

Best paired with: Millet Rice, Steamed Rice





Raisin and Nut Scone

350kcal/100g



Ingredients:

Cake flour: 106g
Milk: 45g
Nuts: 20g

Egg: 2
Baking powder: 45g
Raisin: 40g

Seasonings:

Salt: 1.3g
Fine sugar: 16g
Butter: 26g

Directions:

1. Mix the cake flour, baking powder, fine sugar and salt well; mix the softened butter and flour well, and put in whipped egg and milk to form a dough; put in the nuts and raisins and stir gently to avoid chewiness and secure lightness and fluffiness
2. Divide the dough into 6 columns; put the egg-coated dough into the bowl and cover the lid; choose the left or right pot and press "MANUAL", and set the temperature at 125°C for 40 mins; fry each side for 20 mins each

Best paired with: Dried Scallop and Meat Congee, Fruits Yogurt

Coca Cola Potato

181kcal/100g



Ingredients:

Potato: 500g
Coca Cola: 300 ml
Garlic: 15g

Seasonings:

Soy Sauce: 20g
Cooking wine: 5g
Salt: 5g
Oil: 40g

Directions:

1. Peel and cut the potato into pieces; chop the garlic finely
2. Choose the left or right pot and press "FRY"; set the timer to 10 mins and put in the potatoes after a beep (indicating preheating complete); take them out on a clean plate
3. Choose the left or right pot and press "MANUAL", and set the temperature at 170°C for 6 mins; fry the garlic until you feel the aroma; put in the potatoes, coke, sauce, cooking wine and salt and mix well before closing the lid; wait till a beep

Best paired with: Dried Scallop and Meat Congee, Fruits
Yogurt





Mapo Tofu

133kcal/100g



Ingredients:

Tofu: 500g
Minced meat: 150g
Sichuan pepper: 8g
Green Sichuan pepper: 8g
Chopped scallion: as you need
Water: 120g

Seasonings:

Douban Sauce (fermented broad bean and chili paste): 30g
Salt: 120g
Oil: 10g

Directions:

1. Clean and dice the tofu; add salt to the minced meat to marinate
 2. Choose the left or right pot and press "FRY"; fry both the pepper with oil for 3 mins and remove them from oil to the bowl; put in the minced meat and the douban sauce, fry for 5 mins and boil with water for another 2 mins; put in the tofu and boil for 5 mins; best sprinkle with chopped scallion
- Warning: Don't cover the lid while cooking

Best paired with: Steamed Rice, Low-calorie Mixed Grains

Moo Shu Pork

83kcal/100g



Ingredients:

Lean pork: 100g
Egg: 20g
Carrot: 50g
Ginger: 5g

Black fungus: 100g
Cucumber: 100g
Scallion: 5g

Seasonings:

Light soy sauce: 6g
Vegetable oil: 6g
Salt: 4g

Cooking wine: 6g
Oil: 5g

Directions:

1. Slice the lean pork, black fungus, carrots and cucumbers, and leave them in the marinade of the salt, cooking wine and vegetable oil for 20 mins; crack and whisk the egg into another bowl evenly
2. Choose the left or right pot and press "MANUAL"; set the temperature at 125°C for 15 mins; put in the oil and heat for 5 mins, then pour in the beaten egg and fry for 10 mins and take it out
3. Choose the left or right pot and press "MANUAL"; set the temperature at 150°C for 15 mins; fry the meat slices with oil until cooked
4. Press "MANUAL", set the temperature at 160°C for 18 mins; stir and fry the scallion, ginger, cucumber and carrot with oil; add in the cooking wine and light soy sauce for 15 mins

Best paired with: Minced Meat Congee with Vegetables, Millet and Purple Sweet Potato Congee





Tomato Beef Stew 193kcal/100g



Ingredients:

Beef: 300g

Daikon radish: 50g

Ginger: 5g

Garlic: 5g

Tomato: 200g

Onion: 100g

Scallion: 6g

Water: as you need

Seasonings:

Cooking wine: 5g

Vinegar: 6g

Five-spice powder: 5g

Dark soy sauce: 5g

Soy Sauce: 6g

Ground Black Pepper: 5g

Directions:

1. Cut the beef, radish and onion into pieces; peel and chop the tomatoes; slice the ginger and garlic
2. Choose the left or right pot and press "STEW"; set the timer with another 10 mins, and put in the scallion, ginger, tomatoes, seasonings and beef dices covered the meat by water; mix them well and cover the lid; wait till a beep

Best paired with: Millet Rice, Steamed Rice

Pizza

176kcal/100g



Ingredients:

Strong flour: 150g

Water: 65g

Red pepper: 15g

Onion: 15g

Orleans chicken dice: 30g

Yeast: 2.5g

Green pepper: 15g

Mongolia Mushroom: 10g

Mozzarella: 50g

Seasonings:

Salt: 1.5g

Olive oil: 10g

Sugar: 2.5g

Ketchup: as you need

Directions:

1. Mix the strong flour well with the salt, sugar and yeast in a bowl; put in water and olive oil gradually and form a smooth dough; knead the dough for about 20 mins and put in on a plate; sprinkle water on the dough surface before wrapping by a plastic film; let it rest for 5 mins; take it out of the wrap to let go the air inside; turn the dough into smaller dough; roll and press it down into a flatter circle
2. Cut green and red pepper, Mongolian mushrooms and onion into pieces; spread ketchup on the circle topped with a layer of Mozzarella cheese, green and red pepper, Mongolian mushrooms and onion pieces, Orleans chicken dices and another layer of Mozzarella cheese
3. Brush the oil on the bottom of the bowl, put in the flat dough and cover the lid; choose the left or right pot, press "MANUAL", set the temperature at 130°C for 30 mins; wait till a beep



Best paired with: Fruits Yogurt



Japanese Beef Rice

427kcal/100g



Ingredients:

Fat beef slice: 300g
Carrot: 50g
Black sesame: 5g

Onion: 50g
Broccoli: 50g

Seasonings:

Light soy sauce: 10g
Sesame oil: 5g
Starchy flour and water: 5g

Cooking wine: 10g
Honey: 10g

Directions:

1. Slice the carrot; tear the broccoli into smaller pieces, rinse, drain and dry; shred the onion; mix the sesame oil well with the black sesames
2. Fill the cooking bowl to the water mark "2"; choose the left or right pot and press "MANUAL", set the temperature at 125°C for 30 mins; put in the beef slices in the boiling water and take them out until they turn medium well
3. Choose the left or right pot and press "MANUAL", set the temperature at 130°C for 30 mins; start heating the light soy sauce and cooking wine and then put in the onion; put in the beef slices after the marinade boils; serve with the sauce (put in the starchy flour and water after the mixture of soy sauce, honey and water boils)
4. Serve with a bowl of rice with the beef toppings

Best paired with: Braised Chicken Drumstick, Japanese-style Deep Fried Shrimp

Okra with Minced Pork

130kcal/100g



Ingredients:

Okra: 135g

Minced meat: 100g

Seasonings:

Salt: 2g

Soy Sauce: 6g

Directions:

1. Rinse and cut the okras into pieces
2. Choose the left or right pot and press "MANUAL", set the temperature at 150°C for 20 mins; fry the minced pork for 5 mins and put in the okras; start pan frying with the sauce for 5 mins

Best paired with: Chicken Drumstick Rice with Mushrooms,
Mixed grains with Avocado





Three Sauces Simmer Pot

137kcal/100g



Ingredients:

Potato: 160g
Ginger: 5g
Sweet potato: 160g
Butter: 20g
Chicken wing: 200g

Onion: 30g
Fish ball: 100g
Garlic: 16g
Pepper: 5g

Seasonings:

Salt: 5g
Ketchup: 15g
Oyster sauce: 20g

Sweet soybean sauce: 20g
Cooking wine: 5g
Soy sauce: 5g

Directions:

1. Cut the potato and sweet potato into pieces; slice the onion
2. Choose the left or right pot and press "MANUAL", set the temperature at 150°C for 30 mins; melt the butter on the bowl and start frying the onion, potatoes, sweet potatoes, salt and black pepper powder for 5 mins; put in the fish balls, chicken wings, water and other ingredients, mix them well; cover the lid and simmer for 25 mins

Best paired with: Millet Rice, Steamed Rice

Taiwan-style Three Cup Chicken

175kcal/100g



Ingredients:

Chicken: 350g
Shallot: 50g
Ginger: 10g

Basil leaf: 5 pcs
Garlic: 6g

Seasonings:

Sesame oil: 50g
Rice wine: 10g

Soy Sauce: 10g
Sugar: 20g

Directions:

1. Rinse and cut the chicken into pieces; flatten the garlic; slice the onion and ginger
2. Choose the left or right pot and press "MANUAL"; set the temperature at 170°C and put in the sesame oil, wait for 5 mins before frying the scallions; put in the chicken after 2 mins and fry for 5 mins; put in and fry the sauce and sugar evenly, and pour in the rice wine boil for 18 mins and serve with Basil leaves

Best paired with: Steamed Rice, Low-calorie Mixed Grains





Beef in Sour Broth

193kcal/100g



Ingredients:

Thin beef roll: 250g

Garlic: 10g

Scallion: 8g

Pickled cabbage for fish: 200g

Chili pepper: 5g

Water: 250g

Seasonings:

White vinegar: 6g

Oil: 5g

Directions:

1. Slice the garlic; cut the chili pepper and scallion into pieces; blanch, drain and dry the beef rolls
2. Choose the left or right pot and press "MANUAL", set the temperature at 135°C for 30 mins; fry the garlic and chili pepper, then the pickled cabbage and white vinegar for 2 mins; pour in water and start boiling for 5 mins; put in the beef rolls and boil for another 10 mins before serving

Best paired with: Millet Rice, Steamed Rice

Foil-Baked Chicken Drumette

176kcal/100g



Ingredients:

Chicken drumette: 280g
Onion: 15g
Foil paper: 2 sheets

Scallion: 5g
Ginger: 8g

Seasonings:

Cooking wine: 20g
Dark soy sauce: 3g
Foil paper: 2 sheets

Salt baked powder: 15g
Sesame oil: 10g

Directions:

1. Peel and cut the ginger into pieces; cut the onion; rinse the drumettes with slits on the surface; mix them well with the salt baked powder, ginger slices, onions, dark soy sauce, sesame oil and cooking wine to marinate for 30 mins
2. Spread the marinated drumettes on one foil paper, cover it with another one; seal tightly, put into the bowl and cover the lid; choose the left or right pot, press "MANUAL", set the temperature at 150°C for 40 mins



Best paired with: Steamed Rice, Low-calorie Mixed Grains



Lotus Root in Sweet Vinegar

116kcal/100g



Ingredients:

Lotus root: 380g
Water: as you need

Chopped green onion: 5g

Seasonings:

Dark soy sauce: 5g
Salt: 5g
Vinegar: 10g

Sugar: 15g
Chicken essence powder: 5g
Starchy flour: 5g

Directions:

1. Peel and dice the lotus root; blanch, drain and dry
2. Mix the dark soy sauce well with the white vinegar, sugar, chicken essence and salt; put the starchy flour into another bowl and stir evenly with water
3. Choose the left or right pot and press "MANUAL", set the temperature at 125°C for 25 mins; fry the lotus root dices for 5 mins, season by sugar and vinegar, and stir for another 2 mins before adding the starchy flour and water; serve after it thickens with chopped scallion toppings

Best paired with: Japanese Beef and Rice Bowl, Chinese Sausage Clay Pot Rice

Chicken Wing with Lemon

212kcal/100g



Ingredients:

Chicken mid joint wing: 500g

Lemon: 1 pc

Ginger: 8 slices

Water: as you need

Seasonings:

Oyster sauce: 6g

Dark soy sauce: 12g

Light soy sauce: 12g

Brown slab sugar: 200g

Directions:

1. Drain and dry the mid joint wings; slice the lemon; crack the slab sugar into pieces; mix the light soy sauce, dark soy sauce and oyster sauce well
2. Choose the left or right pot and press "MANUAL", set the temperature at 130°C for 20 mins; heat the oil for 2 mins to fry the mid joint wings for 6 mins before adding the mixed sauce and lemon slices; cover the lid and cook for 12 mins



Best paired with: Millet and Purple Sweet Potato Congee,
Mince Pork Rice with Mushrooms



Braised Chicken Drumstick

181kcal/100g



Ingredients:

Chicken drumsticks: 2 pcs	Rosemary: 3g
Pepper: 3g	Onion: 100g
Garlic: 5g	Water: as you need

Seasonings:

Wine: 100g	Broth base: 1 pack
Salt: 5g	Ketchup: 10g
Ground pepper: 5g	

Directions:

1. Wipe dry the chicken drumsticks and leave them to marinate in the mixture of salt, ground pepper and rosemary for 20 mins
2. Put the drumsticks into the cooking bowl and fill it with water to the mark "2"; choose the left or right pot and press "MANUAL", set the temperature at 150°C for 10 mins; remove them from the bowl
3. Spread oil over the other bowl, press "MANUAL", set the temperature at 157°C for 35 mins; start heating the oil and fry the drumsticks until browned; put in the onion, garlic, water, broth base, ketchup, pepper, salt and ground pepper and cover the lid; wait till a beep

Best paired with: Millet Rice, Steamed Rice

Braised Pork Ribs with Long Beans

79kcal/100g



Ingredients:

Pork rib: 300g

Scallion piece: 4g

Water: as you need

Long bean: 200g

Ginger: 2 slices

Seasonings:

Salt: 3g

Soy Sauce: 24g

Starchy flour: 5g

Sugar: 5g

Oil: 18g

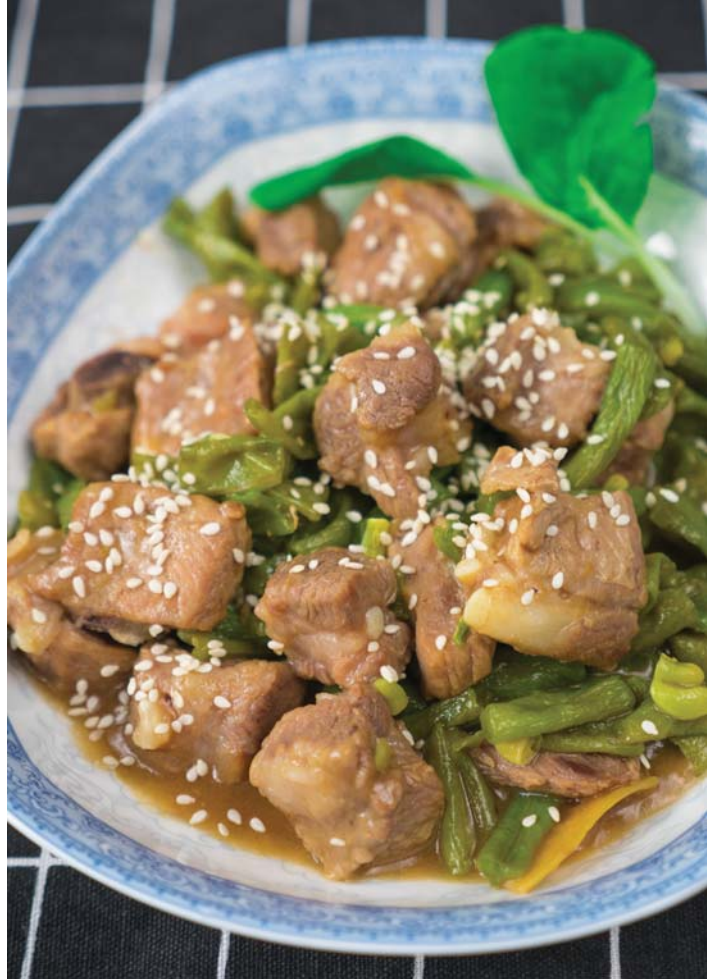
Broth base: 1 pack

Cooking wine: 18g

Directions:

1. Put the pork ribs, ginger slices, scallions and cooking wine into the bowl; choose the left or right pot to blanch, drain and dry
2. Choose the left or right pot, press "FRY" and set the timer to 15 mins; wait till a beep (indicating preheating complete) and start frying the ginger slices, pork ribs, long beans; fill the bowl with water and cover 75% of the ribs; press "STEW" and set the timer to 20 mins; wait till a beep

Best paired with: Steamed Rice, Low-calorie Mixed Grains





Chicken Feet with Lemon

149kcal/100g



Ingredients:

Chicken feet: 500g

Lemon: 60g

Little Pepper: 6g

Chopped green onion: 15g

Garlic: 10g

Water: 1 cup

Seasonings:

Light soy sauce: 30g

Vinegar: 30g

Directions:

1. Halved the chicken feet before cutting the nails; prepare sliced lemons, minced the garlic and cut the little pepper into half
2. Put the chicken feet into the bowl with water; choose the left or right pot, press "MANUAL", set the temperature at 150°C for 15 mins; remove the feet from the bowl, drain and dry before marinating in the mixture of the light soy sauce, vinegar, pepper, minced garlic and lemon slices and its juice; let it rest for 2 hours before serving. Suggest serve chilled

Best paired with: Millet and Purple Sweet Potato Congee,
Steamed Rice

Peachgum Milk Soup

60kcal/100g



Ingredients:

Milk: 300g
Water: 100g
Red date: 20g
Peachgum: 30g

Seasonings:

Rock sugar: 20g

Directions:

1. Put the peachgum in water for 6 hours to remove the impurities; halved the dates
2. Put the red dates in water; choose the left or right bowl, press "STEW" and set the timer to 50 mins; put in the rock sugar and peach gum after it boils; wait for another 30 mins, pour in the milk and serve



Best paired with: Dessert



Stir-fried Codfish 179kcal/100g



Ingredients:

Codfish fillet: 350g
Butter: 10g
Flour: 10g
Lemon: half a lemon
Minced green onion: 10g

Seasonings:

Olive oil: 5g
Salt: 5g
Ground Black Pepper: 5g

Directions:

1. Clean and wipe dry the codfish; mix it well with salt and ground black pepper on both sides, then another layer of flour
2. Choose the left or right pot, press "FRY" and spread olive oil after a beep (indicating preheating complete); put in the codfish and fry for 3 mins; add butter, flip side and fry for another 3 mins; put lemon juice on the fish and keep frying till it turns browned; decorate by chopped scallion as you wish

Best paired with: Okra with Minced Pork, Millet Rice

Cumin Potato Slices

115kcal/100g



Ingredients:

Potato: 300g

Dried chili pepper: 10g

Ginger: 5g

Scallion: 10g

Onion: 60g

Sichuan pepper: 10 grains

Garlic: 20g

Seasonings:

Light soy sauce: 6g

Salt: 5g

White sesame: as you need

Chicken essence powder: 5g

Cumin: 3g

Directions:

1. Cut the potato into 2mm thick slices; leave them in water for 5 mins to remove the starch; cut the onion into pieces; slice the ginger and garlic
2. Choose the left or right pot, press "MANUAL", set the temperature at 150°C for 35 mins; add 10g oil in the bowl to fry the potato slices for 5 mins before putting in the onions and keep on frying for another 5 mins; put in the Sichuan pepper, dried chili pepper, ginger, scallion, garlic and the rest of seasonings and fry for 15 mins; best season with cumin and white sesame



Best paired with: Millet Rice, Mixed Grains with Avocado



Left-Right Cook Pair



4in1

Left: rice and steamed corn

Right: Chinese braised pork in brown sauce and steamed eggplant

Rice Ingredient:

Rice: 2 cups

Water: to the water mark "2"

Steamed Corn Ingredients:

Corn: 180g

Chinese Braised Pork in Brown Sauce Ingredient:

Streaky pork: 250g

Sichuan pepper: 2g

Ginger: 5 slices

Water: as you need

Seasonings:

Rock sugar: 50g

Light soy sauce: 8g

Vinegar: 2g

Five-spice powder: 5g

Salt: 5g

Oil: 5g

Steamed Eggplant Ingredients:

Eggplant: 220g

Garlic: 5g

Ginger: 5g

Chili pepper: 2g

Seasonings:

Light soy sauce: 6g

Cooking wine: 6g

Fine sugar: 5g

Oil: 5g

Left

Rice:

1. Rinse the rice, pour it into the cooking bowl, add water to the mark "2"
2. Cover the lid and choose the left or right pot

Steamed Corn:

1. Cut the corn into smaller pieces and place them in the steamer basket
2. Put the basket over the rice; press "RICE" and wait till a beep. Loosen the cooked rice by a scoop for more delicious texture

Right

Chinese Braised Pork in Brown Sauce:

1. Clean and slice the streaky pork
2. Mix the streaky pork well with rock sugar, vinegar, light soy sauce, salt, ginger and five spice powder in the cooking bowl; cover the pork with water; choose the left or right pot, press "STEW" and add another 10 mins; wait till a beep

Steamed Eggplant:

1. Cut the eggplant into strips; chop the chili pepper and garlic; leave the eggplant strips in the marinade of seasonings for 30 mins
2. Put the marinated eggplants into the basket topped with chopped chili pepper and garlic; put the basket over the Chinese braised pork; wait till a beep



Left-Right Cook Pair



3in1

Left: Beef Stew with Potato

Right: Buckwheat Rice and Steamed Egg

Beef Stew with Potato Ingredients:

Beef: 300g

Potato: 500g

Carrot: 80g

Scallion: 5g

Ginger: 5g

Garlic: 5g

Dried chili pepper: 5g Water: as you need

Seasonings:

Five-spice powder: 5g

Salt: 5g

Light soy sauce: 6g

Cooking wine: 6g

Sugar: 5g

Oyster sauce: 6g

Buckwheat Rice Ingredients:

Rice: 2 cups

Buckwheat: 50g

Water: as you need

Steamed Egg Ingredients:

Egg: 2

Water: 50g

Scallion: 5g

Seasonings:

Soy Sauce: 6g

Salt: 5g

Left

Beef Stew with Potato:

1. Cut the beef, potato and carrot into pieces; slice the ginger
2. Mix the beef pieces well with potato, ginger and other seasonings in the cooking bowl; choose the left side and press "STEW"; fill the bowl with 80g water and cover the lid; wait till a beep

Right

Buckwheat Rice Recipe:

1. Rinse the rice and buckwheat, pour them into the cooking bowl and fill it with water to the mark "2"
2. Cover the lid, choose the left or right pot and press "RICE"

Steamed Egg:

1. Crack the egg straight into the basket, add in water and salt to mix well
2. Put the basket over the buckwheat, cover the lid and wait till a beep. Loosen the cooked rice by a scoop for more delicious texture



Left-Right Cook Pair



2in1

Left: Tofu Fish Soup
Right: Clay Pot Rice

Tofu Fish Soup Ingredients:

Fish fillet: 200g

Tofu: 150g

Scallion: 5g

Water: as you need

Seasonings:

Salt: 5g

Cooking wine: 5g

Clay Pot Rice Ingredients:

Cantonese sausage: 120g

Choy sum: 80g

Rice: 2 cups

Minced garlic: 5g

Scallion: 5g

Egg: 1

Water: to the water mark "2"

Seasonings:

Light soy sauce: 16g

Dark soy sauce: 8g

Sugar: 5g

Sesame oil: 5g

Salt: 6g

Left

Tofu Fish Soup

1. Rinse the fish fillets; marinate the fillets in the salt and cooking wine for 20 mins; cut the tofu into smaller pieces
2. Choose the left or right pot and press "SOUP" to preheat; spread oil over the cooking bowl and fry the fillets with ginger before filling it with water to the mark "2" (or adjust as you need); cover the lid, wait till a beep

Right

Clay Pot Rice

1. Cut the Cantonese sausages into slices;
2. Put the rice into the bowl and fill it with water to the mark "2", topped with the sausages; choose the left or right pot, press "CLAYPOT" and put in the vegetables and other seasonings when there is 30 mins left; crack an egg straight into it and cover the lid; wait till a beep. Loosen the cooked rice by a scoop for more delicious texture

