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Important Safety Instructions

Read the manual carefully and keep it properly.

Precautions for using this product for cooking
Check whether the product is damaged.

Please inspect your oven as follows before using:

1. The oven door and the oven cavity are not damaged or cracked. If they are damaged or cracked, do not use.
2. The oven must be grounded before use. In case of electric leakage, the ground can provide a current loop to avoid electric shock. The power supply plug must be inserted into a single-phase bipolar socket with grounding.
3. Read this manual carefully before using the appliance. The oven can only be used for the purposes indicated in this manual.

Prevention Items

Forbidden items

1. In the event that the oven door or door seal has been damaged, do not use the oven until a qualified technician has repaired it.
2. Do not damage the safety lock of the oven door, including the door hinges.
3. The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
4. Children being supervised not to play with the appliance.
5. Except for a qualified technician, repair is very dangerous. Do not attempt to disassemble, repair or modify the oven yourself.
6. When the oven works abnormally, do not continue using it.
7. Once finding any crack or notch on the water tank, do not use the product, as water leakage can lead to electric leakage or electric shock.
8. When the socket hole gets loose or the power supply cord or plug is damaged, do not use the product. It must be replaced by manufacturers, its service agent or similarly qualified persons in order to avoid a hazard.
9. Do not use a wet hand to touch or insert/remove the power supply plug; otherwise an electric shock may be caused.
10. Do not knock on parts such as the control panel, housing, oven cavity and oven door; otherwise it may lead to product failure.
11. Do not place the product and power supply cord in damp places with high temperatures, e.g., near a gas stove, electrified area or sink.
12. The oven is used for household cooking only and may not be used for laboratory tests or other commercial purposes. Moreover, the product cannot be placed in a cupboard for use.
13. Do not use a rough scrubbing tool or sharp metal scraper to clean the oven window; otherwise the glass will be ruptured.
14. The appliance cannot operate by connecting an external timer or an independent remote control system.
15. Do not block the air inlet and outlet; otherwise a fire maybe caused. Please clean the product regularly to prevent the air inlet and outlet from being blocked by foreign matter and dust.

Dangerous Items

1. Do not place inflammable materials around the oven or in the oven cavity; otherwise a fire may be caused.
2. Upon finding smoke, turn off the appliance or remove the power supply plug and make sure that the oven door is closed to prevent spreading fire. Press Stop/Reset pad, and then remove the power supply plug or turn off the general power switch in the room.
3. Do not use the product for purpose not mentioned in the manual, e.g., using the product to dry articles; otherwise a fire may be caused.
4. If the product is not cleaned regularly, the appliance surface will be degraded to affect the appliance service life and dangers may occur.

5. Avoid actions or behavior that may damage the power supply cord and power supply plug, e.g., immersing the power supply cord and power supply plug into water, keeping the power supply cord at a position at a high temperature, or forcedly bending, twisting, pressing or binding the power supply cord. A damaged power supply cord or plug may lead to dangers such as short circuit, electric shock and fire. Do not immerse the appliance in water.

Safety Precautions

1. The oven surface may become very hot during and after use. The temperature at the housing surface, air outlet, oven door and oven cavity are relatively high. Do not touch these parts; otherwise you maybe scalded. Young children should be kept away.
2. If white smoke appears when the convection function is used for the first time, it does not indicate a fault. The protective oil of components is volatilized to generate white smoke due to heating.
3. The vessel and food temperatures are very high when you stir or turn over the food during cooking or take food out after the cooking. Please use insulation gloves or a pot clip to prevent scalding.
4. If you need to open the oven door to stir, turn over or rearrange food in the process of using steam, note to keep a distance; otherwise steam may scald your face or hands.
5. When the oven door is open, do not drag the container along the oven door. The weight borne by the oven door cannot exceed 3.5 kg.

Instruction Items

1. Before using vessels of different materials, first confirm whether the vessels can withstand high temperature. When the food is cooked in a plastic or paper package, please watch it, as it could catch fire.
2. Food must be placed in a proper vessel and cannot be directly placed in the oven cavity for cooking.
3. The surface temperature and internal temperature of the oven are very high after cooking. Do not clean it immediately after cooking. Be sure to clean the product after it cools down; otherwise you may be scalded.
4. Remove the power supply plug before cleaning. Do not use a corrosive cleaning agent; otherwise it will damage or corrode the product.
5. Clean dust from the power supply plug on a regular basis. If the product will not be used for a long time, remove the power supply plug. Do not pull the power supply cord as remove the power supply plug; hold the plug to remove it.

Power Supply

The product must use a separate power supply system. A special power supply system should be separate from other devices for use by the oven. If such a system is not used, the electrical appliance may blow a fuse. Fuses above 10 amperes are recommended. A high capacity fuse may not be used in the circuit.

Grounding

The product must be grounded before use. In case of electric leakage, the ground can provide a current loop to avoid electric shock. The power supply plug for the product must be inserted into a single-phase bipolar socket with grounding. Note: Improper use of the power supply plug will lead to an electric shock.

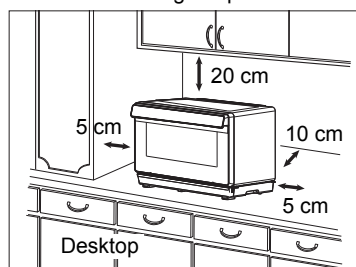
Electric Fan

After cooking ends, the electric fan will continue running for a certain period of time to cool down the cavity and electronic components. This is normal.

Precautions for Placement and Cooking

Product Placement

1. The product must be placed at a position more than 85 cm above the ground. In normal use, good ventilation must be ensured around the product. The open mode must be ensured above the product. Allow 20 cm of space on the top of the oven, reserve a gap not smaller than 5 cm from the right wall, a gap not smaller than 5 cm from the left wall and a gap not less than 10 cm from the back wall. Do not block the ventilation opening. Keep the environment clean and prevent roaches and other insects from entering the product.



- (a) Do not block the air inlet and outlet; otherwise a fire may be caused. Maintain the product regularly and prevent foreign matter and dust from blocking the air inlet and outlet.
 - (b) Do not position the product at a damp place with high temperatures, e.g., near a gas stove, electrified area or sink.
 - (c) The product must be placed level.
 - (d) Do not remove the legs. Place the product in a solid position.
 - (e) Do not put a heavy load on the oven door or top.
 - (f) The product cannot be used if the indoor humidity is too high.
2. This product is for household use only. The product cannot be placed inside a cupboard for use.
 3. Do not use the cavity for storage purposes.

Precautions for cooking

1. Cautiously take out heated liquid foods such as soups, sauces and beverages. Pay attention to the following items during cooking:
 - (a) Prevent over-heating; otherwise the liquid may suddenly boil and splash to scald you when you take out the food.
 - (b) When you heat liquid food, the liquid should be loaded to at least eighty percent of the container capacity; otherwise a small amount of heated liquids may suddenly splash due to boiling.
 - (c) Stir the food before or during the heating.
 - (d) After heating, keep the food in the oven for a while, stir it slightly, and then take it out.
 - (e) After you use a milk bottle or heat baby food, stir the food or shake the bottle, and check the temperature before feeding your baby so that he or she may not be hurt.
2. **Using a common thermometer is forbidden. You must use a meat thermometer to check the cooking effect. If cooking is insufficient, place the food into the oven again for further cooking.**
3. **Cooking recipes provide the cooking time for reference.** A lot of factors may affect the cooking time, including the desired degree of cooking, starting temperature, portion, size, food shape and container type. If you are familiar with product operations, you can properly adjust the cooking time by referring to the above factors.
4. When using the convection function, you must control the cooking time and pay attention to the heated food all times. Over-heated food may lead to smoke or fire.

English

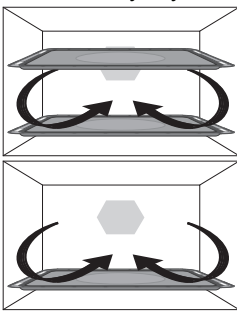
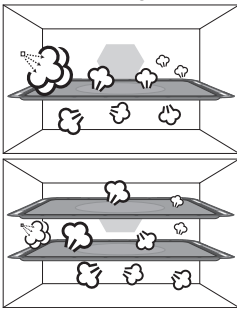
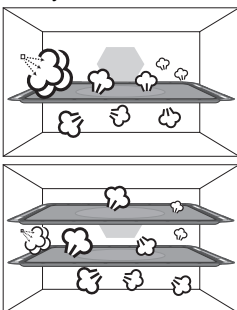
Warning

- (a) In the event that the oven door or door seal has been damaged, do not use the oven until a qualified technician has repaired it. Do not damage the safety lock of the oven door, including the door hinges. To repair the product, please call Panasonic customer consultation service center (please refer to the warranty card) or contact the repair shop authorized by Panasonic.
- (b) Except for a qualified technician, repair work is very dangerous. Do not attempt to disassemble, repair or modify the oven yourself.
- (c) Do not allow children or someone without knowledge of oven operation to use the oven in an unattended manner unless they get proper instructions on use and know that any improper operation may lead to danger.
- (d) Do not use a rough scrubbing tool or sharp metal scraper to clean the oven window; otherwise the glass will be ruptured.

Heating Principle

The diagrams shown below are examples of the accessories of various cooking modes. It may vary depending on the recipe/dish used.

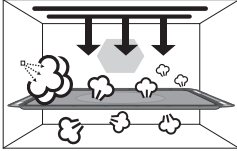
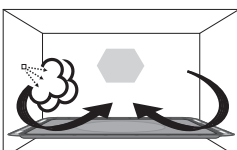
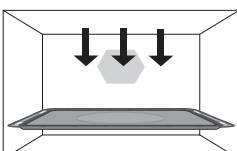
English

Cooking modes	Principle and Types Uses	Caution	Placement
Convection/Fermentation/Healthy Fry  Preheating advised (except fermentation)	Use the convection heater for heating. • Baking pastries like puff, swiss rolls and pizza. • Roasting meat and poultry, etc. • Fermentation and making yogurt. • Frying thin foods with high temperature, such as prawn, fish fillets and chicken pieces, etc.	Take out the food immediately after the heating; otherwise the residual heat will deepen the browning color. To maintain the temperature in the oven during heating, do not open and close the oven door in the heating process. To uniform browning color, you can readjust the food position or rotate the metal tray midway.	One level cooking: lower shelf position Two levels cooking: upper and lower shelf position
Steam-Med, Steam-Low, Prolonged 	Steam is used for heating to complete cooking. • Steaming various seafood, poultry, meat, vegetables, rice, and Chinese desserts.	Since steam is generated during cooking, the cover (plastic wrap) cannot be used in the heating process. For individual dishes that require the plastic wrap, see the recipes.	One level cooking: middle shelf position Two levels cooking: upper and middle shelf position
Healthy Steam with 120 °C 	Superheated steam is used for heating to complete cooking. • Steaming all kinds of root vegetables, meat, etc. • Fast reheating, etc.	Superheated steam is produced when cooking. Do not cover (plastic wrap).	One level cooking: middle shelf position Two levels cooking: upper and middle shelf position

Heating Principle

(continued)

English

Cooking modes	Principle and Types Uses	Caution	Placement
Healthy Steam with 150 °C and 190 °C.  (Preheating is necessary)	Superheated steam runs together with flat heater. It can remain moisture and reduce nutrition loss. More fat can be dissolved when using this mode. • 150 °C is suitable for cooking seafood and shellfish. • 190 °C is suitable for cooking poultry, meat and seafood gratin.	Superheated steam can remain moisture while fast cooking. Browning color is accordance with your preference.	One level cooking: lower shelf position
Stew and Steam Convection 	Steam combines convection heater to cooking. • Stew soup and meat. • Baking soft cakes, such as soufflé and French crêpe brulée, etc.	Cooking can remain higher temperature and lock the food moisture. It is recommended to use soup bowl with 300 ml volume and cover with lid when using Stew function.	Stew: middle shelf position Steam Convection: One level cooking: lower shelf position Two levels cooking: upper and lower shelf position
Grill 	Heating by flat heater: • Grilling of meat or fish. • Toast grilling. • Coloring of gratin dishes or meringue pies.	Do not cover (plastic wrap).	For one level cooking only Thin foods: upper shelf position or middle shelf position Thick foods: middle shelf position or lower shelf position

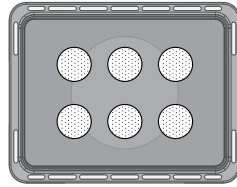
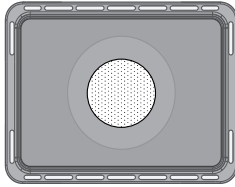
Cooking Techniques

Timing

A range in heating time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in the recipe and check for doneness. If the food is under cooked, continue cooking. It is easy to add time to an under cooked product. Once the food is overcooked, nothing can be done!

Spacing

Individual foods, such as baked potatoes, cupcakes and hors d'oeuvres, will heat more evenly if placed in the oven equal distance apart. When possible, arrange foods in a circular pattern. Similarly, when placing foods in a metal tray, arrange around the outside of metal tray, not lined up next to each other. Food should NOT be stacked on top of each other.



Browning

To shorten the food convection or cooking time and get good color effect, be sure to apply dark soy sauce or spicy sauce to the food before baking. For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

Rotating and repositioning food

Sometimes heat cannot be redistributed by stirring the food. To achieve even cooking effect, you can reposition or rotate the food. For example, turn over the food in the cooking process, turn over large portions of food such as meat or chicken, or rotate the metal tray during baking.

Food Characteristics

The cooking method is closely related to the food characteristics.

Size

Small portions cook faster than large ones.

Shape

Uniform sizes heat more evenly. To compensate for irregular shapes, place thin pieces toward the centre of the dish and thicker pieces toward the edge of dish.



Starting Temperatures

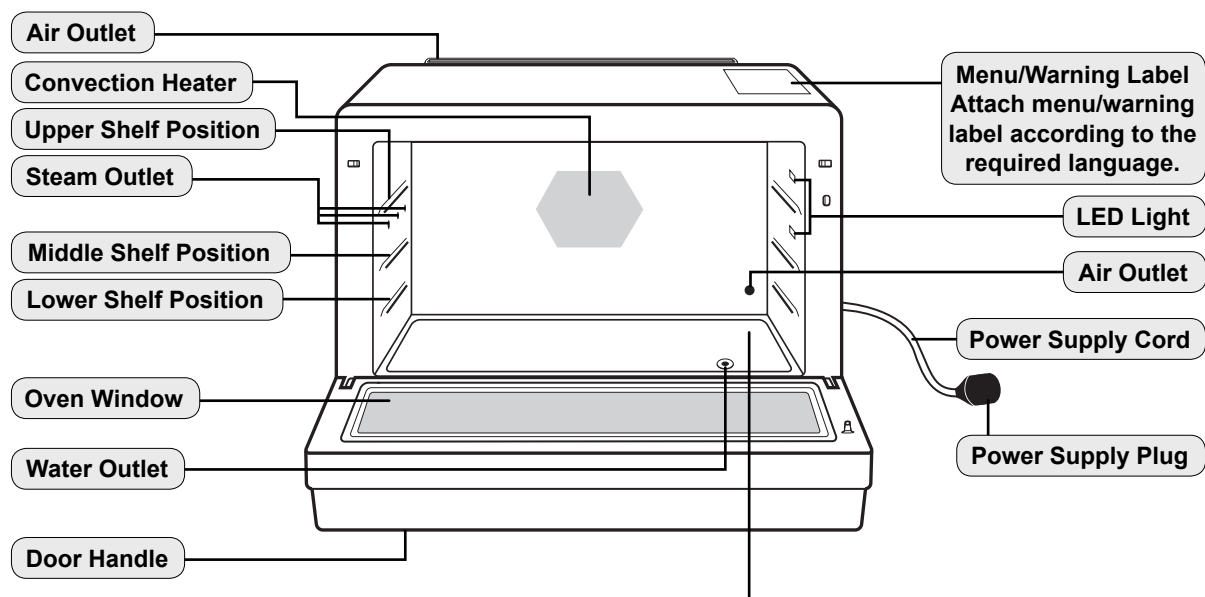
Room temperature foods take less time to heat up than refrigerator frozen foods.

Density

Porous, airy foods take less time to heat than heavy, compact foods.



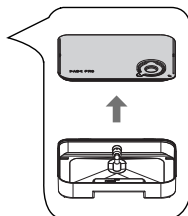
Feature Diagram



English

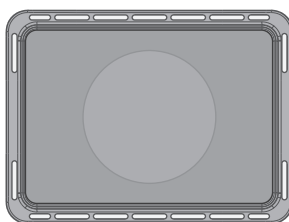
Bottom Plate

1. Cleaning oven after the cooking finished and bottom plate cooled.
2. Do not cook directly on the bottom plate. Always place food on the metal tray or wire rack.



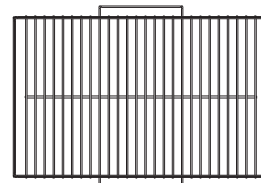
Water Tank

1. Full water level is 1000 ml. Add water to 1000 mark.
2. Fill with pure water (do not use mineral water).
3. Ensure the water tank is closed tightly and securely positioned, otherwise leakage may occur.
4. Always clean the water tank.
5. Fully fill the water tank, and cover the lid, then install it to the lower side. (Refer to page 8.)



Metal Tray (×2)

1. All the cooking must use metal tray. Food cannot be put directly on bottom plate.
2. When using the metal tray, it must be place in the shelf position.
3. Take it out with thermal insulation gloves after use. To avoid scalding, do not touch it with your hands.
4. To avoid damaging the oven door, do not drag on the oven door when handling.
5. The maximum weight that can be placed on the metal tray is 5 kg (this includes total weight of food and dish).



Wire Rack (×2)

1. Wire rack cannot be used individually. Always put in metal tray.
2. Always use thermal insulation gloves after cooking. Do not touch directly to avoid scalding.
3. The maximum weight that can be placed on the wire rack is 4.7 kg (this includes total weight of food and dish).

Notes:

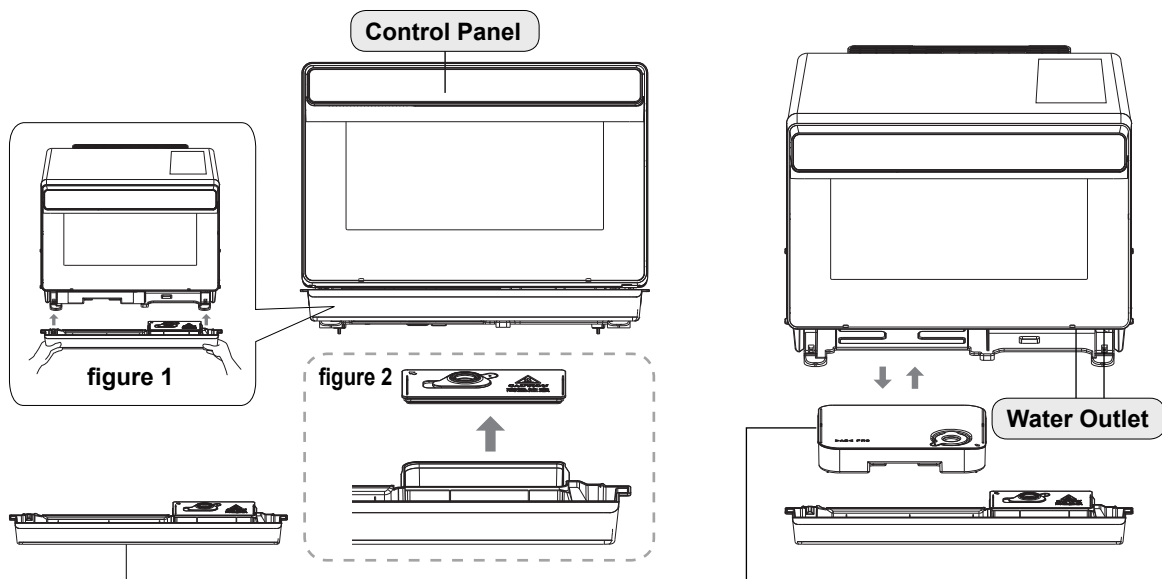
1. The above illustration is for reference only.
2. Oven accessories are including two metal trays and two wire racks. Other cooking utensils involved in the instructions should be purchased from your side.

- Eng-7 -

Feature Diagram

(continued)

English



Drip tray

1. Take drip tray out from package and insert it to oven legs according to figure 1.
2. Before using the oven, the drip tray must be fitted as it collects excess water during cooking, otherwise the cooking program cannot be performed.
3. The drip tray should be removed and cleaned on a regular basis.
4. To remove the drip tray, hold with both hands and gently ease forward, removed the cover (figure 2). Wash in warm soapy water. Re-position the drip tray by clicking back onto the legs according to the direction of figure 2.
5. DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.

Note: When remove the drip tray, several drops may flow from the water outlet of bottom cavity. You can use soft cloth to wipe dry the water around cavity after the oven cavity cooling down first, then remove drip tray.

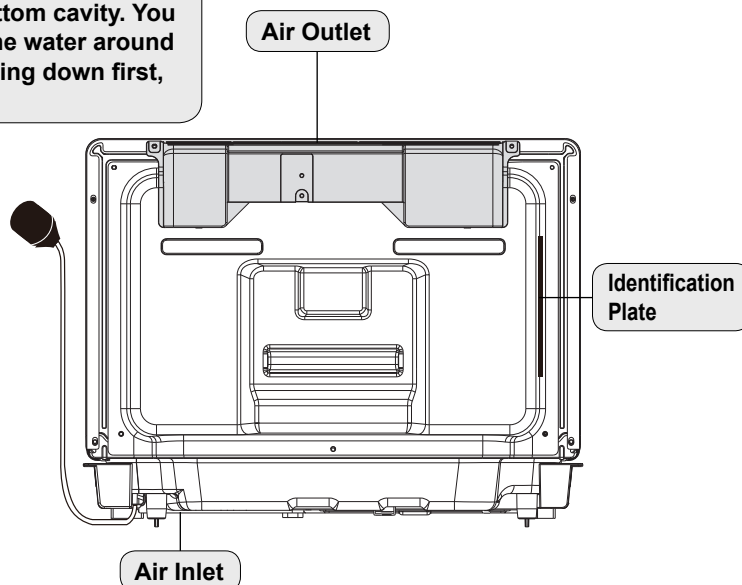
Water Tank's Installation / Removal:

Installation:

Hold the water tank horizontally, aligning the bayonet and gently insert it to the bottom.

Removal:

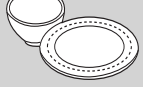
After removing the drip tray, hold the bayonet with both hands and pull out gently.

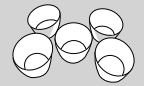


Note: The above illustration is for reference only.

- Eng-8 -

Cookware and Utensil Guide

Container	Convection (Fermentation)*	Steam-Med, Steam-Low, Prolonged
Metal tray 	✓	✓
Metal tray + wire rack (Easy to drain oil and water of food) 	✓	✓
Heat resistant glass container 	✓	✓
Non-heat resistant glass containers 	Note: They can be used for constant temperature fermentation.	✗
Heat resistant plastic containers 	Note: They can be used for constant temperature fermentation.	✓
Non-heat resistant plastic containers 	Note: They can be used for constant temperature fermentation.	✗
Ceramic • porcelain 	Note: Color stripping may be found in containers with internal color pictures. Do not use such a container.	✓

Container	Convection (Fermentation)*	Steam-Med, Steam-Low, Prolonged
Lacquerware 	✗	✗
Aluminum and other metal containers 	Note: Metal containers with resin handles cannot be used.	Note: Easy-rusting metal container is forbidden.
Wood • bamboo • paper containers 	Note: Paper containers that have undergone heat resistant treatment and heat resistant treatment higher than setting temperature can be used.	Note: Wood and bamboo container, paper containers that have undergone heat resistant treatment can be used.
Plastic wrap 	Note: Plastic wrap will be molten under a high temperature.	Note: Do not use without special instructions.
Aluminum foil (Household aluminum foil) 	✓	✓
Heat-resistant silica gel container 	✓	✓

English

* When Healthy Steam, Healthy Fry, Steam Convection, Grill and Stew functions are used, the cooking utensils and accessories should be selected according to requirements for Convection.

Notes:

1. Metal tray is must used when cooking.
2. Place the wire rack on the metal tray. Do not use it only.
3. Take it out with thermal insulation gloves after use. To avoid scalding, do not touch it with your hands.
4. Container layer in all kinds of cooking modes can refer to heating principle.
5. Do not use accessories or other containers in the preheating stage.

Control Panel

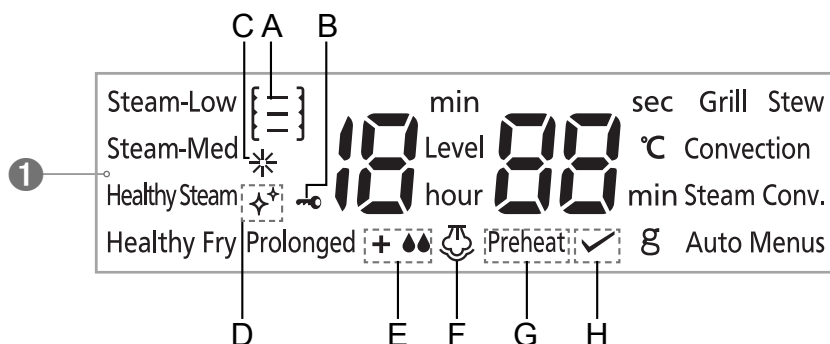
English

Panasonic
NU-SC300B

Steam-Low min sec Grill Stew
Steam-Med Level °C Convection
Healthy Steam hour min Steam Conv.
Healthy Fry Prolonged Preheat Auto Menus

① Display Window:

- A: Accessories Placing Position
B: Child Safety Lock
C: Normal Working Icon
D: Steam System Cleaning Function, Citric Acid Cleaning Function
E: Full Water Icon (when using steam function)
F: Steam Shot Icon
G: With/without Preheat Icon
H: Preheat End Icon



Mode:

Three modes of steam cooking:

- Steam-Low.....(See page 11)
Steam-Med(See page 11)
Prolonged(See page 11)
Healthy Steam.....(See page 12-13)
Healthy Fry.....(See page 14)
Grill(See page 15)
Stew.....(See page 16)

- Convection(See page 17-18)
Steam Conv.(See page 19-20)
Auto Menus(See page 24-27)

② Stop / Reset pad

③ Start / Set pad

④ Slider bar (+/- pad)

Beep Sound:

Times	Results
None	Did not or could not accept the instruction
Once	Accept the instruction
Twice	Between programmed stages to prompt turn over, stir, rearrange foods or error message during cooking
Three times	After preheating for manual setting
Long time beeps	After preheating for auto menu setting
Five times	End of any completed program

Notes:

- The above illustration is for reference only, please subject to the actual product.
- After 6 minutes without operation after setting the cooking program, including opening or closing the oven door, the program will automatically be cancelled and revert back to " " or enter standby mode. If the oven is used for another time without being unplugged and plugged in again, the last program will be displayed.

- ⌋: This illustration is placement of metal tray for auto cook menus.



Mode/Function Setting

To select a mode/function which you desired.

Menus Setting

To choose desired menu among auto menus.

Time Setting

To set the time of cooking.

Weight/Serving/Level Setting

To set desired cooking weight/serving/level among auto menus.

Temperature Setting

To set the temperature of Healthy Steam / Convection and Steam Conv.

Note: To ensure the safety of product.

Note: Press +/- pad can fast forward or rewind.

Steam Setting

Three modes for steam cooking, Steam-Low, Steam-Med, Prolonged. Cooking with steam can keep foods soft and moist. For example: vegetables, seafood and so on. Additionally, it also can heat tin foods or vacuum packaged foods.

Example: Select Steam-Low, 5 minutes

1



Place wire rack with food on the metal tray in the middle shelf position, then select **Steam-Low** mode by using the slider bar or press **+/-** pad.



Note: Fill the tank with water before using.

2



Press **Set** pad to set the **Steam-Low** mode.



3



Set desired cooking time by using the slider bar or press **+/-** pad.

Example: 5 minutes



4



Press **Start** pad. Cooking will start. The time in the display window will count down.



Mode	Suitable kinds of foods
Steam-Low	Soft-boiled egg, Prawn, Chicken Breast
Steam-Med	Bun, Meat, Seafood
Prolonged	Chinese rice pudding, Dessert

Notes:

1. Fill the tank with water before using.
2. Max time for Steam-Low and Steam-Med is 30 minutes.
3. Select "Prolonged" for longer steam cooking time. Max time for Prolonged is one hour.
4. Flashing state "★" will flash in the display window.

English

Healthy Steam Setting

English

This mode has three power levels, such as 120 °C, 150 °C, 190 °C.

120 °C: Superheated steam is used for heating to complete cooking.

150 °C and 190 °C: Superheated steam runs together with flat heater. It can remain moisture and reduce nutrition loss. More fat can be dissolved when using this mode.

When selecting 120 °C

1



Place wire rack with food on the metal tray in the middle shelf position. Select **Healthy Steam** mode by using the slider bar or press **+/-** pad.

Note: Fill the tank with water before using.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menus

2



Press **Set** pad to set the **Healthy Steam** mode.



3



Set desired cooking temperature at 120°C by using the slider bar or press **+/-** pad.

Example: 120 °C



4



Press **Set** pad, desired temperature is selected.



5



Set desired cooking time by using the slider bar or press **+/-** pad.

(Maximum setting time is 30 minutes.)

Example: 5 minutes



6



Press **Start** pad. Cooking will start. The cooking time in the display window will count down.



Power Level	Suitable kinds of foods
120 °C	All kinds of root vegetables, meat, and reheating, etc.

Note:

Fill the tank with water before using.

Healthy Steam Setting

(continued)

When selecting 150 or 190°C (Preheating is necessary.)

English

1



Select **Healthy Steam** mode by using the slider bar or press **+/-** pad.

Note: Fill the tank with water before using.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menus

2



Press **Set** pad to set the **Healthy Steam** mode.



3



Set desired cooking temperature by using the slider bar or press **+/-** pad.

Example: 150 °C



4



Press **Start** pad to preheat. After preheating, the oven will beep three times and the icon “✓” appears to inform preheat is done. Open the door and place wire rack with food on metal tray in the lower shelf position.



5



Set desired cooking time by using the slider bar or press **+/-** pad.

(Maximum setting time is 30 minutes.)

Example: 5 minutes



6



Press **Start** pad. Cooking will start. The cooking time in the display window will count down.



Power Level	Suitable kinds of foods
150 °C	Seafood and shellfish
190 °C	Poultry, meat and seafood gratin

Note:

Fill the tank with water before using.

Healthy Fry Setting

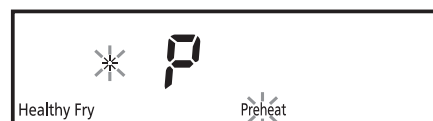
This mode can cook foods like fries with little or no oil. This is more healthy than traditional deep-frying and suitable for fried fish fillets, fried shrimp with bread, fried chicken etc.

English

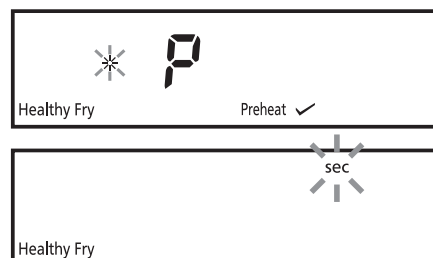
- 1  Select **Healthy Fry** mode by using the slider bar or press **+/-** pad. Preheat is automatically set and its icon appears in the display window.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Preheat Auto Menus

- 2  Press **Start** pad and preheating starts.



- 3 After preheating, the oven will beep three times and the icon "✓" appears to inform preheat is done. Open the door and place wire rack with food on metal tray in the lower shelf position quickly.



- 4  Set desired cooking time by using the slider bar or press **+/-** pad.
(Maximum setting time is 1 hour 30 minutes.)

Example: 5 minutes



- 5  Press **Start** pad. The cooking time in the display window will count down.

You can change the cooking time while cooking. Using the slider bar or press **+/-** pad can increase or decrease the cooking time in 1 minute increments (up to 10 minutes).



Grill Setting

This mode can browning pasta, pizza and grill thin food like bread or meat slice.

1



Select **Grill** mode by using the slider bar or press **+/-** pad.

Steam-Low
Steam-Med
Healthy Steam
Healthy Fry Prolonged

Grill Stew
Convection
Steam Conv.
Auto Menus

2



Press **Set** pad to set the **Grill** mode.



3



Set desired cooking time by using the slider bar or press **+/-** pad.

(Maximum setting time is 30 minutes)

Example: 1 minute 30 seconds



4



Press **Start** pad. The cooking time in the display window will count down.

You can change the cooking time while cooking. Using the slider bar or press **+/-** pad can increase or decrease the cooking time in 1 minute increments (up to 10 minutes).



Note:

This mode is for one level cooking only.

English

Stew Setting

This mode combines the steam and convection heater. It is suitable for stew soup and vegetables with cooking a long time. you can set cooking time only.

English

1



Place wire rack with food on the metal tray in the middle shelf position. Select **Stew** mode by using the slider bar or press **+/-** pad.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menus

Note: Fill the tank with water before using.

2



Press **Set** pad to set the **Stew** mode.



3



Set desired cooking time by using the slider bar or press **+/-** pad.

(Setting time range from 1 hour and 30 minutes to 3 hours. One shift time is 30 minutes.)

Example: 1 hour 30 minutes



4



Press **Start** pad. The cooking time in the display window will count down.



Notes:

1. Fill the tank with water before using.
2. This mode is suitable for small soup bowl. If you stew food using large-capacity container, it is recommended to extend the cooking time appropriately.

Convection Setting

This mode has temperature ranges from 30 °C, 40 °C and 100 °C to 230 °C. 30 °C can be used for fermentation of European bread and dough which rich in oil like baguette or Danish bread. 40 °C is can be used for fermentation of Chinese pastry and pizza bottom. From 100°C to 230 °C is suitable for baking meat, fish and Western desserts like cakes, pizzas, etc. Place the foods directly onto the metal tray, select the suitable temperature and time, and start cooking. For evenly distributed color of cooked food, re-arrange food position or rotate the metal tray during cooking.

English

When cooking without Preheat:

1



Place food on the metal tray in the upper and lower shelf position. Select **Convection** mode by using the slider bar or press **+/−** pad. (Without Preheat)

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menus

2



Press **Set** pad to set **Convection** mode. (Without Preheat)



3



Set desired cooking temperature by using the slider bar or press **+/−** pad.
(Temperatures range from 30 °C, 40 °C and 100 °C to 230 °C. Default temperature is 30 °C.)

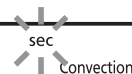
Example: 230 °C

2 30 °C Convection

4



Press **Set** pad to set desired temperature.



5



Set desired cooking time by using the slider bar or press **+/−** pad.
(Maximum Convection time is 3 hours and Fermentation is 12 hours)

Example: 5 minutes

5 min 00 sec Convection

6



Press **Start** pad. The cooking time in the display window will count down.

You can change the cooking time while cooking. Using the slider bar or press **+/−** pad can increase or decrease the cooking time in 1 minute increments (up to 10 minutes).

* 4 min 59 sec Convection

Notes:

1. Oven temperature will change according to the food and room temperature. Please adjust the fermentation time according to the situation.
2. When cavity or room temperature is higher than the setting fermentation temperature, fermentation effect of food may be affected, "U50" will be appeared in the display window. Please wait until the cavity or room temperature cool down, when "U50" disappears, you can use fermentation again or ferment food at room temperature.
3. Steam Shot function can be choosed when you need steam for fermentation. Please refer to page 21.

Convection Setting

(continued)

English

When cooking with Preheat:

1



Select **Convection** mode by using the slider bar or press **+/-** pad. (With Preheat)

Steam-Low
Steam-Med
Healthy Steam
Healthy Fry Prolonged
Preheat
Grill Stew
Convection
Steam Conv.
Auto Menus

2



Press **Set** pad to set **Convection** mode. (With Preheat)



3



Set desired cooking temperature by using the slider bar or press **+/-** pad.

(Temperatures range from 100 °C to 230 °C. Default temperature is 100 °C.)

Example: 180 °C



4



Press **Start** pad to preheat.

You can change the desired temperature by using the slider bar or press **+/-** pad during preheating.



5

After preheating, the oven will beep three times and the icon "✓" appears to inform preheat is done. Open the door and place metal tray with food in the upper and lower shelf position quickly.



6



Set desired cooking time by using the slider bar or press **+/-** pad.

(Maximum setting time is 3 hours.)

Example: 5 minutes



7



Press **Start** pad. The cooking time in the display window will count down.

You can change the cooking time while cooking. Using the slider bar or press **+/-** pad can increase or decrease the cooking time in 1 minute increments (up to 10 minutes).



Steam Convection Setting

This mode combines the steam and convection modes, adding steam while cooking in Convection mode which creates fluffier cakes and juicier meats. For more evenly distributed food grill color, re-arrange food or rotate the metal tray during cooking.

When cooking without Preheat:

English

- 1  Place metal tray with food in the upper or lower shelf position. Select **Steam Conv.** mode by using the slider bar or press **+/-** pad. (Without Preheat)

Note: Fill the tank with water before using.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menus

- 2  Press **Set** pad to select **Steam Conv.** mode. (Without Preheat)



- 3  Set desired cooking temperature by using the slider bar or press **+/-** pad.

(Temperatures range are 140 °C, 190 °C to 230 °C. Default temperature is 190 °C.)

Example: 230 °C



- 4  Press **Set** pad to set desired temperature.



- 5  Set desired cooking time by using the slider bar or press **+/-** pad.

(Maximum setting time is 1 hour.)

Example: 5 minutes



- 6  Press **Start** pad. The cooking time in the display window will count down.

You can change the cooking time while cooking. Using the slider bar or press **+/-** pad can increase or decrease the cooking time in 1 minute increments (up to 10 minutes).



Steam Convection Setting

(continued)

English

When cooking with Preheat:

1



Select **Steam Conv.** mode by using the slider bar or press **+/-** pad. (With Preheat)

Note: Fill the tank with water before using.

Steam-Low	Grill	Stew
Steam-Med	Convection	
Healthy Steam	Steam Conv.	
Healthy Fry Prolonged	Preheat	Auto Menus

2



Press **Set** pad to set **Steam Conv.** mode. (With Preheat)



3



Set desired cooking temperature by using the slider bar or press **+/-** pad.

(Temperatures range are 140 °C, 190 °C to 230 °C. Default temperature is 190 °C.)

Example: 230 °C



4



Press **Start** pad to preheat.

You can change the desired temperature by using the slider bar or press **+/-** pad during preheating.



5

After preheating, the oven will beep three times and the icon "✓" appears to inform preheat is done. Open the door and place metal tray with food in the upper and lower shelf position quickly.



6



Set desired cooking time by using the slider bar or press **+/-** pad.

(Maximum setting time is 1 hour.)

Example: 5 minutes



7



Press **Start** pad. The cooking time in the display window will count down.

You can change the cooking time while cooking. Using the slider bar or press **+/-** pad can increase or decrease the cooking time in 1 minute increments (up to 10 minutes).



Steam Shot Setting

This function allows you to add steam during cooking in Convection mode including Fermentation (for up to 4 minutes). Adding steam during cooking can enhance moisture distribution, thus promoting the softer dessert surfaces and juicier meats. At the beginning of fermentation to use steam can increase cavity humidity. Then, it is better for dough to ferment.

Example: Add steam 2 minutes during cooking in the Convection mode including Fermentation.

English

1

During cooking in **Convection** mode including Fermentation.

2

To add steam for 2 minutes, press **Start** pad for 2 seconds. The steam time and the steam shot icon appears in the display window and steam starts.

3

After the steam shot, remaining cooking time appears again.

The key of “Steam Shot” in cooking process:

Cooking in the Convection mode:

For cooking puffs or bread, after preheating, please add steam when heating starts. For cooking cakes, after preheating, please add steam half way through total heating time.

Fermentation:

When you make bun and French bread, add steam at the begin of the fermentation.

Notes:

1. Fill the tank with water before using.
2. Steam shot is not available during preheating of Convection mode.
3. The original Convection or Fermentation cooking time still counts down when setting steam shot.
4. If you set a steam shot longer than 2 minutes, press Start pad soon after the step ②. Every time pressing the pad, the setting time will increase (up to for 4 minutes).
If you stop a steam shot, press Start pad 3 times. Steam shot time becomes “0” and the steam shot stops.

Add Time Setting

This function allows you to add additional cooking time after finish cooking in 2 minutes. It's fit for all cooking modes except auto menus.

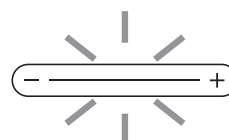
English

To set:

Example: Add 2 minutes after baking cookies using 170 °C for 15 minutes.

1

The cooking time counts down to "0".
The slider bar and "sec" icon will flash in the display window.



2



Press **+**/**-** pad or using the slider bar to select the desired time.

(Maximum setting time is the same as the maximum cooking time of the previous cooking program.)



3



Press **Start** pad to continue cooking.



Notes:

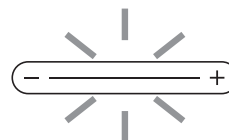
1. The cooking mode and temperature used for additional time are the same as those for the previous cooking setting.
2. Ensure the situation of water tank and drip tray before setting.

To cancel:

Example: Baking cookies using 170 °C for 15 minutes.

1

The cooking time counts down to "0".
The slider bar and "sec" icon will flash in the display window.



2



Press **Stop/Reset** pad.
"0" appears in the display window.



Note:

After 2 minutes without setting after the cooking ending. Add Time function will be cancelled and revert to "0" automatically.

Child Safety Lock Setting

This function allows you to prevent a young child operating the oven; however, the door can still be opened. You can set Child Safety Lock when “” shows in display window.

English

To set:



Press 3 times, “” appears in the display window.



To cancel:



Press 3 times, “” appears in the display window.



Note:

To set or cancel child safety lock, Start/Set pad or Stop/Reset pad must be pressed 3 times within 10 seconds.

Auto Cook Setting and Menus

This feature allows you to cook most of your favourite foods by setting the weight/serving/level only. The oven determines the power setting and the cooking time automatically. Select the category of food and then just enter the weight/serving/level. Do not include the weight of any added water or the container weight. For best results, some menus need preheat oven before cooking.

English

Auto Menus (Menu number: 1-7, 9-13, 23, 24)

Common operation for setting

1  Select **Auto Menus** mode by using the slider bar or press **+/-** pad.

2  Press **Set** pad.

3  Slide slider bar or press **+/-** pad to select a desired cooking menu number.

When No Weight/Serving/Level setting is in the desired menu

...Setting type A

4  Press **Start** pad.
Cooking starts.

When Weight/Serving/Level setting is in the desired menu

...Setting type B

4  Press **Set** pad.

5  Select a desired Weight/Serving/Level.

6  Press **Start** pad.
Cooking starts.

Auto Cook Setting and Menus (continued)

Auto Menus with Preheat (Menu number: 8, 14-22, 25-30)

Common operation for setting

1  Select **Auto Menus** mode by using the slider bar or press **+/-** pad.

2  Press **Set** pad.

3  Slide slider bar or press **+/-** pad to select a desired cooking menu number.

When No Weight/Serving/Level setting is in the desired menu

...Setting type C

4  Press **Start** pad.
Preheat starts. After Preheat, there are long time beeps.
Place accessory with food in the oven.

5  Press **Start** pad.
Cooking starts.

When Weight/Serving/Level setting is in the desired menu

...Setting type D

4  Press **Set** pad.

5  Select a desired Weight/Serving/Level.

6  Press **Start** pad.
Preheat starts. After Preheat, there are long time beeps.
Place accessory with food in the oven.

7  Press **Start** pad.
Cooking starts.

Note:

For Menus number 25, 28, see reference page 40, 42.

English

Auto Cook Setting and Menus (continued)

English

No.	Menu	Weight/Serving/Level				Accessories	Place- ment	Reference Page	Setting Type
1	Steam Fish*	200 g	300 g	400 g	500 g		[—]	P. 28	B
2	Steam Egg*	2 serves.	4 serves.	6 serves.	12 serves.		[—]	P. 28	B
3	Soft Boiled Egg*	2 pcs	4 pcs	6 pcs	-		[—]	P. 29	B
4	Steam Chinese Bun*	1 level (12 pcs)	2 levels (24 pcs)	-	-		[—][=]	P. 29	B
5	Steam Frozen Food*	1 level (12 pcs)	2 levels (24 pcs)	-	-		[—][=]	P. 30	B
6	Steam Fresh Vegetable*	200 g	300 g	400 g	500 g		[—]	P. 30	B
7	Shrimp with Green Vegetable*	10 pcs	-	-	-		[—]	P. 31	A
8	Steamed Scallop with Mashed Garlic*	1 serve. (10 pcs)	-	-	-		[—]	P. 31	C
9	Quick Spinach*	250 g	-	-	-		[—]	P. 32	A
10	Steam Sweet Potato*	500 g	-	-	-		[—]	P. 32	A
11	Chinese White Sliced Chicken*	1000 g	-	-	-		[—]	P. 33	A
12	Chicken Soup with Mushroom*	3 serves.	6 serves.	-	-		[—]	P. 33	B
13	Steamed Pear with Rock Sugar*	3 to 6 serves.	-	-	-		[—]	P. 34	A
14	Grilled Fish Fillet	1 level (300 g)	2 levels (600 g)	-	-		[—][=]	P. 34	D
15	Fried Shrimp with Bread Crumbs	1 level (24 pcs)	2 levels (48 pcs)	-	-		[—][=]	P. 35	D
16	Roast Beef	650 g	-	-	-		[—]	P. 35	C
17	Healthy Roasted Chicken*	1000 g	-	-	-		[—]	P. 36	C
18	Roast Short Rib*	600 g	-	-	-		[—]	P. 36	C
19	Teriyaki Chicken Pieces*	4 serves. (500 g)	-	-	-		[—]	P. 37	C
20	Japanese-style Kebab*	6 skewers	-	-	-		[—]	P. 37	C
21	Potato Gratin*	2-3 serves	-	-	-		[—]	P. 38	C
22	Baked Seafood Rice*	3-4 serves	-	-	-		[—]	P. 38	C
23	Home-made Yogurt	6 to 12 cups	-	-	-		[—]	P. 39	A

Auto Cook Setting and Menus (continued)

English

No.	Menu	Weight/Serving/Level				Accessories	Place- ment	Reference Page	Setting Type
24	Chinese White Sugar Sponge Cake*	1 reel	-	-	-		[—]	P. 39	A
25	Home-made Pizza	1 pc	-	-	-		[—]	P. 40	C
26	Matcha Roll Cake	1 level	2 levels	-	-		[—][—]	P. 41	D
27	Crème Brûlée*	4 serves.	6 serves.	12 serves.	-		[—]	P. 41	D
28	Baguette*	4 pcs	-	-	-		[—]	P. 42	C
29	Cheese Cake*	7 inch	-	-	-		[—]	P. 43	C
30	Puff*	1 level (12 pcs)	2 levels (24 pcs)	-	-		[—][—]	P. 44	D
31	Cleaning (Utensils)*	Cleaning Functions					[—]	P. 49	-
32	Cleaning (Deodor)					-	-	P. 50	-
33	Cleaning (Cavity)*					-	-	P. 51	-
34	Cleaning (System)*					-	-	P. 52	-
35	Cleaning (Citric acid)*					-	-	P. 53	-

Notes:

1. The recipes marked with “*” require steam. Be sure to fill the water tank before cooking. Add detergent before using citric acid cleaning.
2. Accessories placement see the table below.

Display	Placement
[—]	middle
[—]	upper and middle
[—]	upper and lower
[—]	lower

Auto Cook Setting and Menus (continued)

Steam Fish (200/300/400/500 g) [1]



Ingredients

fish 1 (200 g)
ginger (sliced) 5 g
green onion 3 g

Seasonings

salt 1 g
seasoned soy sauce or
light soy sauce 5 g

Container

Heat-resistant dish, metal
tray, wire rack (middle
shelf), water tank



Method

1. Wash, remove fish intestine and cross with knife.
2. Marinate with salt. Then set aside for 10 minutes.
3. Place the fish in a heat-resistant dish while topping with ginger and green onion.
4. Place wire rack on the metal tray with dish, then place the metal tray in the middle shelf position.
5. Fill water tank.
6. Select Auto Menus No.1 and weight, then press **Start**.
7. Drizzle with seasoned soy sauce or light soy sauce to serve immediately.

Note:

1. The ingredients listed in this recipe are for fish of 200 g, for multiple servings, calculate the material quantities according to the proportion.
2. For thicker fish, please add additional steam cooking time by manually setting according to your preference.

Steam Egg (2/4/6/12 serves.) [2]



Ingredients

egg 2 (about 60 g an egg)
water 180 ml (about 40 °C)
light soy sauce 2.5 g
salt 1 g

Seasonings

sesame oil 2 g

Container

Soup bowl, metal tray,
wire rack (middle shelf),
water tank

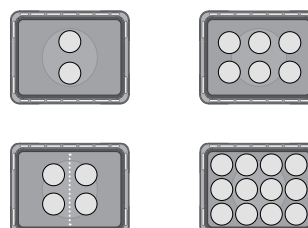


Method

1. Mix water, light soy sauce, and salt with beaten eggs and stir well. Divide into bowls foam, then cover with plastic wrap.
2. Place wire rack on the metal tray with soup bowl, then place the metal tray in the middle shelf position.
3. Fill water tank.
4. Select Auto Menus No.2 and weight, press **Start**.
5. Drizzle with sesame oil to serve.

Note:

The ingredients listed in this recipe are for 2 serves. For multiple servings, calculate the material quantities according to the proportion, and put them into the soup bowl respectively, the placement method for cooking of multiple serves is shown below.



Auto Cook Setting and Menus (continued)

Soft Boiled Egg

(2/4/6 pcs)

3

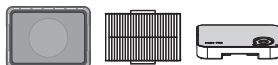


Ingredients

egg 2/4/6

Container

Metal tray, wire rack
(middle shelf), water tank



Method

1. Place wire rack on the metal tray with egg, then place the metal tray in the middle shelf position.
2. Fill the water tank. Select Auto Menus No.3 and the required number, then press **Start**.
3. After cooking, cool down the egg with tap water and put the egg into the 1000 ml cold water.
4. After 30 minutes, Peel eggs. It is easier to peel the shell in the water.

Notes:

1. For health and safety reasons, please use egg that can eaten raw. This menu selects egg with M size and with shell weight is 60-65 g.
2. Peeled soft boiled egg can be marinated with Japanese sauce. Mix 180 g of light soy sauce, 60 g of mirin, 60 g of water, 20 g of castor sugar, 5 g of green Chinese onion segment, 2 g of katsuobushi, then after a small fire boiling, let the sauce cool down. Put the egg into the sauce for one night marination.

Steam Chinese Bun (12/24 pcs)

4



Ingredients

(12 pcs, 1 level)

Wrapper:

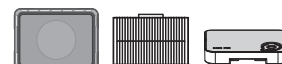
all purpose flour 300 g
castor sugar 15 g
yeast 3.5 g
warm water (40 °C)... 165 ml
oil 6 ml

Fillings:

ground beef 220 g
salt 6 g
white pepper powder ... 1 g
light soy sauce 6 g
green onion and
ginger juice 15 g
castor sugar 5 g
curry powder 10 g
sesame oil 5 g
minced onion 70 g
chopped cabbage 130 g
oil 15 g

Container

Metal tray, wire rack (middle
shelf), water tank



Method

Filling:

1. Heat oil in a pan and add the onions and fry on a low heat, then add the cabbage and fry until soft, remove and cool.
2. Add salt to the ground beef, white pepper powder, light soy sauce and sugar, add green onion and ginger juice into ground beef gradually, stirring in one direction until the mixture thickness. Then add the minced onions and chopped cabbage in step 1, add curry powder and sesame oil, stir well.

Wrapper:

1. Mix and stir yeast with warm water, and wait 5 minutes.
2. Pour flour, castor sugar, yeast water and oil into a bowl, and stir evenly and knead the dough until smooth. Then, cover with a plastic wrap and wait for 5 minutes.
3. Divide the dough into 12 equal parts and roll into small round pieces with relatively thick rims for easy stuffing. Package into around 35 g meat into the dough.
4. Cover wire rack with gauze or prepare 12 baking paper in 6×6 cm formation. Place bun according to the 3×4 arrangement evenly on the gauze or paper, then put the wire rack on the metal tray in the middle shelf position.
5. Fill water tank.
6. Select Auto Menus No.4 and level, then press **Start**.
7. Take out after cooking.

Notes:

1. To make knife-cut steamed buns: roll the fermented dough squarely and roll up along the longer edge and cut into 12 parts. The ingredients listed includes proportions for 12 pieces. Cooking for other weights calculate ingredients in proportion. Every level can put 12 pieces when cooking 2 levels. Place metal tray in the upper and middle position, then you select "2 levels".
2. When overheated in cavity, "U50" will appear in the display window. Please wait until the cavity cool down and start fermenting.

English

Auto Cook Setting and Menus (continued)

Steam Frozen Food (12/24 pcs)

5

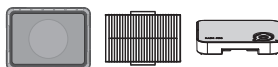


Ingredients

Frozen foods (30-40 g/pc)

Container

Metal tray, wire rack
(middle shelf), water tank



Method

1. Prepare suitable size baking paper underneath frozen foods. Place frozen foods according to 3×4 arrangement evenly on the wire rack, then put the wire rack on the metal tray in the middle shelf position.
2. Fill water tank.
3. Select Auto Menus No.5 and required level, then press **Start**.
4. Take out after the cooking.

Notes:

1. Cook frozen foods as instructed. Adjust cooking time manually for over-sized food.
2. Every level can put 12 pieces when cooking. Place metal tray in the upper and middle position, then you select “2 levels”.

Steam Fresh Vegetable (200/300/400/500 g)

6

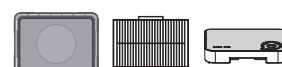


Ingredients

Vegetables (green vegetables, Chinese Kale etc.)

Container

Metal tray, wire rack
(middle shelf), water tank



Method

1. Clean the vegetables and cut in medium size.
2. Arrange vegetables evenly on the wire rack, then put wire rack on the metal tray in the middle shelf position.
3. Fill water tank.
4. Select Auto Menus No.6 and weight, then press **Start**.

Note:

This program is only suitable for leafy vegetables or root vegetables. Keep the vegetables as flat as possible when placing them, avoid stacking.

Auto Cook Setting and Menus (continued)

Shrimp with Green Vegetable (10 pcs)

7



Ingredients

shrimp	300 g
egg white	30 g
corn starch	10 g
salt	2 g
castor sugar	2 g
sesame oil	5 g
carrot slices	30 g (10 slices)
baby Chinese cabbage slices ...	30 g (10 slices)
carrot cubes	10 g (with decorate)

Container

Heat-resistant dish, metal tray, wire rack (middle shelf), water tank



Method

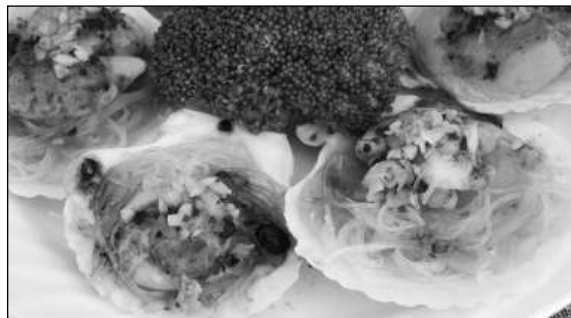
1. Clean the shrimp meat and remove any sand. Drain water with kitchen paper and smash with knife one by one, then chop shrimps into minced shrimp with the back of the knife lightly.
2. Put minced shrimp into the bowl, then add salt, castor sugar, corn starch, mix well, and then add egg white stir well until sticky in one direction by hand.
3. Add sesame oil to mix well again.
4. Place baby Chinese cabbage which every leaf has a sliced carrot on the dish. Take 35 g shrimp paste to shape round shrimp on carrot, topping with carrot cubes.
5. Fill the water tank. Place ready-made shrimp in the dish on the wire rack, and put wire rack on the metal tray in the middle shelf position. Select Auto Menus No.7 and start to cook.

Note:

Please dry the surface of the shrimp to avoid affecting the texture of the glue.

Steamed Scallop with Mashed Garlic (10 pcs)

8



Ingredients

scallop	10 pcs (scallop meat 200 g)
vermicelli noodles	50 g
mashed garlic	30 g
chopped green onion	5 g
red pepper (sliced)	2 g

Seasonings

oil	40 g
lemon juice	25 g
salt	3 g
seasoned soy sauce	25 g

Container

Metal tray, wire rack (lower shelf), water tank



Method

1. Clean the scallop and remove any sand. Then marinate with lemon juice, clear the shells and soak the vermicelli noodles with hot water until soft.
2. Add oil to a pan, add the mashed garlic and stir-fry until light yellow. Serve in a bowl and add salt and seasoned soy sauce, mix well.
3. Roll the vermicelli noodles up with chopsticks and lay them on the shells, topping with scallop meat and sauteed garlic, drizzle with oil.
4. Fill the water tank. Select Auto Menus No.8 and start to preheat.
5. After preheating, place scallops on the wire rack evenly and put wire rack on the metal tray in the lower shelf position and start to cook.
6. Sprinkle chopped green onion and shredded chili pepper along with hot oil on the scallops, and serve immediately.

English

Auto Cook Setting and Menus (continued)

English

Quick Spinach (250 g)

9



Ingredients

spinach 250 g

Seasonings

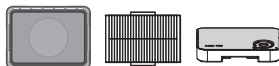
ground sesame 5 g

castor sugar 6 g

light soy sauce 15 g

Container

Metal tray, wire rack
(middle shelf), water tank



Method

1. Wash the spinach with running water and drain, scratch the root.
2. Put spinach evenly on the wire rack and place wire rack on the metal tray in the middle shelf position.
3. Fill water tank. Select Auto Menus No.9 and start to cook.
4. After cooking, you should soak spinach into cold water and wring out. Cut spinach into 3 cm pieces.
5. Add seasonings to stir evenly.

Steam Sweet Potato (500 g)

10

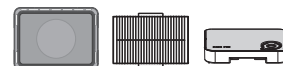


Ingredients

Sweet potato 500 g

Container

Metal tray, wire rack
(middle shelf), water tank



Method

1. Clean sweet potato.
2. Put sweet potato evenly on wire rack and place the wire rack on metal tray in the metal tray and in the middle shelf position.
3. Fill water tank. Select Auto Menus No.10 and start to cook.

Note:

The weight of sweet potato is within 80 g, and the large potato to cut half is recommended.

Auto Cook Setting and Menus (continued)

Chinese White Sliced Chicken (1000 g)

11



Ingredients

whole chicken 1000 g

Seasonings

salt 5 g
ginger 50 g
green onion 8 g (3 root)
sesame oil 10 g

Container

Baking paper, metal tray,
wire rack (middle shelf),
water tank



Method

1. Wash and remove chicken head and feet. Ground ginger into minced ginger, extract about 15 g ginger juice and remaining the pressed ginger, cut into chopped green onion.
2. Rub the chicken's surface and inside with salt first, then spread the ginger juice well to marinate above 2 hours. Stir chicken with once or twice during marinating to assure tasty. In order not to affect the cooking effect, put chicken into refrigerator is not recommended.
3. Place baking paper (20×20 cm square) on the wire rack and put the wire rack on metal tray, place whole chicken on baking paper with breast on the top, then place in the middle shelf position.
4. Fill water tank. Select Auto Menus No.11, then press **Start**.
5. After cooking, brush chicken skin with several sesame oil and cover with plastic wrap loosely to avoid dry out on surface.
6. Put pressed ginger and green onion put into a bowl, add 5 g chicken broth (water inside the chicken body after steaming) and 3 g hot oil, then become green onion-ginger oil.
7. When chicken is cool down, chop into pieces to serve. You can eat with green onion-ginger oil.

Chicken soup with Mushroom (3/6 serves.)

12



Ingredients

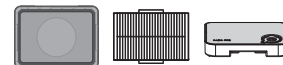
(3 serves.)

chicken 300 g
mushroom 45 g
dry red date 30 g (6)
ginger slice 9 g
purified water
(room temperature)..... 540 ml

salt 3 g

Container

Stew pot with 300 ml,
covered, metal tray,
wire rack (middle shelf),
water tank

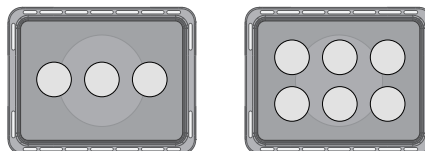


Method

1. Wash mushroom thoroughly and dry, set aside.
2. Chop the chicken into small pieces about 5 cm square, after scalding the blood with boiling water (outside ingredients), rinse and drain.
3. Place chicken pieces, mushroom, red date and ginger slice evenly in 3 stew pots, add water then covered.
4. Place wire rack on the metal tray. Place stew pots evenly on the wire rack and place in middle shelf position.
5. Fill water tank. Select Auto Menus No.12 and weight, press **Start**.
6. After cooking, take food out and add salt to serve.

Notes:

1. You can choose your favorite mushroom, dried mushroom can also be used, soak it in warm water to restore it previously.
2. The ingredients listed in this recipe are for three serves. For multiple servings, calculate the material quantities according to the proportion, and put them into the stew pots respectively. The placement method of cooking is shown below.



Auto Cook Setting and Menus (continued)

English

Steamed Pear with Rock Sugar (3-6 serves.)

13

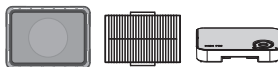


Ingredients (3 serves.)

pears 3
rock sugar 30 g
medlar 5 g

Container

Stew pot×3, metal tray,
wire rack (middle shelf),
water tank

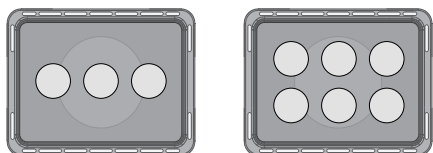


Method

1. Clean pear and cut one third of the top as cover.
Empty the middle nucleus by knife but leaving pear intact.
2. Put 10 g rock sugar and 5 to 6 cubes medlars in center of pear. Covered and using toothpick to fasten cover and place into stew pot.
3. Place stew pot on the wire rack and put wire rack on the metal tray, then place in the middle shelf position.
4. Fill water tank. Select Auto Menus No.13, press **Start**.

Notes:

1. A single pear weighs about 350 g.
2. Cold or hot can both eaten. Pear can enhance the strength of lungs and cough.
3. The ingredients listed in this recipe are for 3 serves. For 6 serves., calculate the material quantities according to the proportion. The placement method of cooking is shown below.



Grilled Fish Fillet (300-600 g)

14



Ingredients

belt fish 300 g (about 16 pieces)
oil 10 g
corn starch 10 g
salt 3 g

Container

Metal tray (lower shelf)



Method

1. Clean fish and cut into 3 cm each.
2. Mix fish with salt then marinate for 30 minutes.
3. Prepare baking paper on the metal tray, drizzle with a little oil on fish after coating with a thin layer of corn starch, then arrange in 4×4 formation.
4. Select Auto Menus No.14 and level, and press **Start** to preheat. After preheating, put metal tray in the lower shelf position and begin to cook.

Note:

The ingredients listed in this recipe is for 300 g belt fish (1 level). For 2 levels servings, calculate the material quantities according to the proportion. Place metal tray on the upper and lower position respectively. Select "2 levels".

Auto Cook Setting and Menus (continued)

Fried Shrimp with Bread Crumbs (24/48 pieces)

15



Ingredients

prawns (shelled) 500 g (about 24 pieces)
egg 1
bread crumbs 50 g

Seasonings

oil 25 g
salt 2 g
ginger (shredded) 5 g

Container

Metal tray (lower shelf)



Method

1. Shell and devein shrimps. Only leave the shell on tails and the shell of the first joint. Cut deeply 4 cutting edges of shrimp belly (to prevent shrimp rolling up), and add the shredded ginger and salt for marinating.
2. Pour bread crumbs and oil into a bowl, and stir evenly.
3. Place baking paper on metal tray. Coat shrimps with beaten egg and bread crumbs, and place them on metal tray in 4×6 formation evenly.
4. Select Auto Menus No.15 and level and press **Start** to preheat. After preheating, place the metal tray in the lower shelf position, and press **Start**.

Note:

The ingredients listed in this recipe is for 500 g fried prawn (1 level). For 2 levels servings, calculate the material quantities according to the proportion. Place metal tray on the upper and lower position respectively. Select "2 levels".

Roast Beef (650 g)

16



Ingredients

beef leg 650 g (a piece)
salt 5 g
ground black pepper 1 g
chopped garlic 6 g (2 petals)

Sauce

light soy sauce 28 g
mirin 36 g
coarse mustard seed paste 10 g

Container

Metal tray, wire rack (lower shelf)



Method

1. Thawing beef at room temperature, poke holes in the beef with your fork. Top with salt, pepper and garlic. Let stand for 1-2 hours.
2. Fill water tank. Select Auto Menus No.16, press **Start** to preheat.
3. After preheating, place wire rack on the metal tray and put beef leg on the wire rack, then put metal tray in the lower shelf position and press **Start**.
4. Take out metal tray when a beep sound is heard. Turn over beef leg and replace into the oven. Press **Start** pad and continue cooking. (The oven will beep once during cooking.)
5. Remove the beef after cooking, completely wrapped with aluminum foil for 30 minutes.

Notes:

1. Roast beef is a very famous western recipe, crispy on the outside and meltingly tender on the inside, tender and juicy. Beef should choose beef buttocks no more than 8 cm thickness.
2. Wrapped beef with aluminum foil and standing is a very important part step. It can help beef done well and it will also perfectly retain the juice of beef.
3. Don't overcook the beef, it should be medium well, it is normal to have a small amount of watery blood inside of beef.

English

Auto Cook Setting and Menus (continued)

Healthy Roasted Chicken (1000 g) 17



Ingredients

chicken	1000 g (without head and feet)
garlic	5 g
five-spice powder	5 g
olive oil	15 g
salt	10 g

Container

Metal tray, wire rack
(lower shelf), water tank



Method

1. Remove chicken head and feet, wash and dry.
2. Smash garlic and five-spice powder. Add olive oil mix it into sauce and coat the sauce evenly over the chicken.
3. Sprinkle salt to chicken surface. Keep it in the fridge without cover for 4 hours to overnight.
4. Take out marinated chicken from fridge to room temperature 3 hours ahead. Olive oil can coating on chicken surface.
5. Fill water tank. Select Auto Menus No.17, and press **Start** to preheat.
6. After preheating, place chicken on the wire rack with breast side down and place wire rack on the metal tray, then put metal tray in the lower shelf position, then press **Start**.
7. Take out metal tray when a beep sound is heard. Turn over or rearrange chicken and replace into the oven. Press **Start** pad and continue cooking. (The oven will beep once during cooking.)

Note:

1. Dry brine use 1% of the meat's weight, smear above apply salt evenly for more than 4 hours, meat will be more delicious and juicy.
2. Five-spice powder can be replaced by red chili powder and cumin powder or garlic, lemon peel and rosemary and so on.

Roast Short Rib (600 g) 18



Ingredients

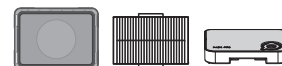
BONE-IN short ribs	600 g
--------------------------	-------

Barbecue Sauce

light soy sauce	40 g
castor sugar	20 g
chopped green onion	10 g
oyster sauce	15 g
minced garlic	10 g
sesame oil	15 g
salt	2 g
ground black pepper	1 g

Container

Metal tray, wire rack
(lower shelf), water tank



Method

1. Put rib into cold water and soak for 1 hour to remove blood water, dry the surface with kitchen paper.
2. Mix all the barbecue sauce ingredients well and spread the sauce evenly over the top of the rib, let stand for 10 minutes to tasty.
3. Fill water tank. Select Auto Menus No.18 and start to preheat.
4. After preheating, place wire rack on the metal tray and put rib belly evenly on the wire rack, then put metal tray in the lower shelf position and press **Start**.

Auto Cook Setting and Menus (continued)

Teriyaki Chicken Pieces (4 serves.)

19



Ingredients

chicken thigh
(without bone, with skin) .. 500 g (4 pieces)

Seasonings

light soy sauce 36 g
water 30 g
castor sugar 6 g

Container

Metal tray, wire rack
(lower shelf), water tank



Method

1. Cut chicken thigh into 4 pieces evenly, remove more trim any extra fat within a thickness of 2.5 cm.
2. Pierce chicken skin side up with bamboo stick or fork to avoid skin split and shrink and more flavour.
3. Put seasonings into freshness protection package, marinate with chicken thigh for 30 minutes. To assure marinate evenly, you should stir several times during marinating.
4. Fill water tank. Select Auto Menus No.19 and start to preheat.
5. After preheating, place chicken thigh on the wire rack (with skin side up) with 2×2 formation, place wire rack on the metal tray and put in the lower shelf position, and press **Start**.

Notes:

1. If it is hard to buy chicken thigh without bone, you can buy total chicken leg and remove bone by yourself.
2. Every chicken thigh weight is 125 g plus or minus 5 g.

Japanese-style Kebab (6 skewers)

20



Ingredients

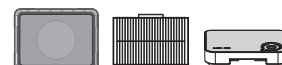
chicken thigh with skin
(12 pieces) 300 g
scallion
(3 cm pieces) 85 g
green pepper
(4 cm cubes) 90 g

Seasonings

light soy sauce 50 g
castor sugar 15 g
oil 10 g
corn starch 2 g
water 10 g

Container

Bamboo stick, metal tray,
wire rack (lower shelf),
water tank



Method

1. Cut several pieces on scallion with knife.
2. String green pepper, chicken, scallion and chicken with bamboo sticks.
3. Pour seasonings in a small pot and reheat to boil, add corn starch and water and stir evenly, until sauce become thickness.
4. Spread the chicken skewers with sauce, set for 15 minutes in the shallow dish. Turn over and smear sauce on the both side of chicken to become more flavour.
5. Fill water tank. Select Auto Menus No.20 and start to preheat.
6. After preheating, place chicken skewers (skin side up) on the wire rack and place wire rack on the metal tray, then put metal tray in the lower shelf position, and press **Start**.

English

Auto Cook Setting and Menus (continued)

Potato Gratin (2-3 serves.)

21

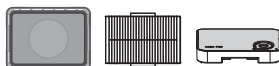


Ingredients

potato peeled	380 g
mozzarella cheese	70 g (chopped)
egg wash	25 g
whole milk	50 g
whipping cream	50 g
salt	3 g
sausage bits	30 g
black pepper	1 g

Container

Baked dish (diameter 22 cm and depth 5 cm), metal tray, wire rack (lower shelf), water tank



Method

1. Cut potato into slices with a thickness of about 2-3 mm.
2. Pour half of potato slice into container, cover with half of cheese and sprinkle with sausage bits.
3. Add remaining potato and cheese.
4. Mix egg wash, milk, whipping cream, salt and black pepper, then pour into container and mix evenly.
5. Fill water tank. Select Auto Menus No.21 and start to preheat.
6. After preheating, place wire rack on the metal tray and put the baked dish on wire rack, then put metal tray in the lower shelf position, and press **Start**.

Baked Seafood Rice (3-4 serves.)

22



Ingredients

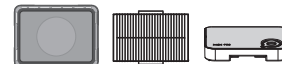
rice (room temperature)	300 g
shrimp meat (chopped)	70 g
cuttle fish (chopped)	70 g
mixed Veggie (blanching)	70 g
onion (chopped)	50 g
mushroom (sliced)	60 g (about 5 pcs)
green pepper (chopped)	50 g

Seasonings

olive oil	20 g
salt	5 g
ground pepper	0.5 g
lemon juice	10 g
mozzarella cheese	100 g
white sauce: butter	15 g
flour	15 g
milk	150 ml

Container

Baked dish (diameter 22 cm and depth 5 cm), metal tray, wire rack (lower shelf), water tank



Method

1. Marinate seafood (shrimp meat, cuttle fish) with lemon juice for 10 minutes.
2. Boil water in a pot, blanch the marinated seafood for 30 seconds, then quickly remove and drain.
3. Remove the water from the pan and cook dry, melt the butter over a small fire, add the flour and stir slowly. Add the milk and stir and become thick sauce. Set aside to prepare.
4. Heat olive oil in another pot, add onion and stir-fry until fragrant, add seafood and white sauce made by step 3. Then pour mushroom, green pepper and vegetables in pot to stir evenly, then add in salt and ground pepper to taste.
5. Put rice to baked dish and coating a slight layer of mozzarella cheese on it. Then evenly spread the fried seafood and vegetables on it and sprinkle with remaining mozzarella cheese.
6. Fill water tank. Select Auto Menus No.22 and start to preheat.
7. After preheating, place wire rack on the metal tray and put the baked dish on wire rack, then put metal tray in the lower shelf position, and press **Start**.

Note:

Skip step 3 if you buy white sauce in the market.

Auto Cook Setting and Menus (continued)

Home-made Yogurt (6 to 12 cups)

23



Note:
This auto menu will run for 5 hours.

Ingredients

weight:	6 cups	12 cups
milk:	700 g	1400 g
yogurt:	90 g	180 g

Container

Cups with 150 ml×6
Metal tray (lower shelf)



Method

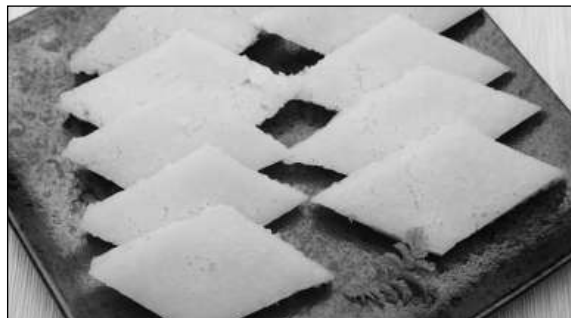
1. Pour milk in a casserole and heat up to 45 °C, add yogurt and mix well, then pour into a cup evenly about 130 g per cup.
2. Cover each cup with plastic wrap then put on the metal tray, place metal tray in the lower shelf position.
3. Select Auto Menus No.23 and start to cook.

Notes:

1. For multiple cups, calculate the material quantities according to the proportion.
2. When overheated in cavity, "U50" will appear in the display window. Please wait until the cavity cool down and start fermenting.

Chinese White Sugar Sponge Cake (1 reel)

24



Ingredients

rice flour	250 g
water	530 g
castor sugar	160 g
yeast	4 g
warm water	20 g
baking powder	1 g

Container

Metal tray (middle shelf),
water tank



Method

1. Mix rice flour and 250 g water in a pot to stir evenly.
2. Add 280 g of water to castor sugar in another pot and cook with a small fire until the sugar melts. Pour the sugar water into the powder water and stir.
3. Stir over boiling water and keep stirring until it is not bottomed (about 3 to 5 minutes). Leave the pot after mixing the slurry and cooling in cold water to 40 °C.
4. Mix and stir yeast with 20 g warm water. Mix well with batter and add baking powder to stir evenly, then pour into metal tray and put metal tray in the middle shelf position.
5. Fill water tank. Select Auto Menus No.24 and start to cook.
6. After cooking, remove and cool and cut into pieces to serve.

Notes:

1. When boil the sauce, you can use a hand-held whisk to touch the powder and lift it up. Starch sauce is finished with a line flow quickly.
2. For easy leaching of oil and water, the metal tray is designed to have a slightly higher center. Therefore after the lunjiao rice cake is formed, the center of bottom will be slightly lower, if you care about the shape, you can prepare a large heat-resistant flat plate for cooking this menu.
3. When overheated in cavity, "U50" will appear in the display window. Please wait until the cavity cool down and start fermenting.

English

Auto Cook Setting and Menus (continued)

English

Home-made Pizza (1 pc)

25



Ingredients

Base ingredients:

low-gluten flour 140 g
 castor sugar 10 g
 butter (unsalted) 10 g
 milk powder 7 g
 salt 3 g
 warm water (40 °C) 70 ml

yeast 3 g
 castor sugar 1 g

Fillings:

onions (chopped) 20 g
 mushroom (sliced) 20 g
 sausage (sliced) 40 g
 green pepper (sliced) 20 g
 mozzarella cheese 100 g
 tomato paste 40 g

Container

Heat-resistant dish,
 metal tray (lower shelf)



Method

1. Mix yeast and 1 g castor sugar in warm water and wait for 5 minutes.
2. To make the dough by hand, in a large bowl, stir together all the base ingredients, spread out the dough in a container, cover loosely with plastic wrap, place the container in the center of metal tray and put metal tray in the lower shelf position.
3. Select Auto Menus No.25 to start ferment, it will remind you to take out the container and metal tray with promoting beeps. Then press **Start** to preheat.
4. Lightly flour the work surface, then flatten the dough with hands to allow inside air to escape.
5. Roll out the dough in a 22 cm diameter round and transfer to metal tray. Then lift the dough and give it a quarter turn.
6. Prick the base and apply tomato paste, sprinkle with half mozzarella cheese and the rest fillings, then top with remaining cheese.
7. After preheating, place the metal tray in the lower shelf position and press **Start**.

Note:

When overheated in cavity, "U50" will appear in the display window. Please wait until the cavity cool down and start fermenting.

Auto Cook Setting and Menus (continued)

Matcha Roll Cake (1/2 level)

26



Ingredients

Paste:		castor sugar.....50 g
egg yolk.....100 g		(for egg white)
castor sugar.....15 g		lemon juice.....2 g
(for egg yolk)		
milk.....55 g	Fillings:	
corn oil.....50 g	whipping cream.....200 g	
cake flour.....52 g	icing sugar.....15 g	
matcha.....8 g	honey bean.....50 g	
egg white.....150 g		

Container

Metal tray (lower shelf)



Method

1. Add 15 g castor sugar, milk and corn oil in a pot and stir until boiling. Take away from fire and shake the liquid in the pan until cool down to 85 °C.
2. Pour ingredient 1 into sifted cake flour and matcha, stir until all combined, then turn into a hot paste.
3. Cool down paste until no hot hand and add egg yolk to stir well.
4. Mix egg white and lemon juice and beaten to until a little roughing, add one third of castor sugar. When egg white foam turn to small bubbles, add remaining half of sugar and continue to beat until egg white bubble become fine and smooth. Add remaining sugar when lines appear. Beat the foam to 80 percent of well done when lifting the eggbeater there's a little hook appears.
5. Pour beaten egg white foam of step 4 with 3 times into paste of step 3. Stir evenly and combine to cake paste.
6. Lay baking paper on the metal tray and pour cake paste on it. Leveling the paste with a scraper until smooth.
7. Select Auto Menus No.26 to start preheating. After preheating, place cake paste and metal tray in the lower shelf position and begin to cook.
8. After cooking, drop metal tray from the height of 20 cm free-falling to excessive more heat. Put baking paper and cake on wire rack to cool down.
9. Place a baking paper on the cake surface and turn over to remove its bottom side baking paper. Then turn over cake again and with its front side up.
10. Beat whipping cream and icing sugar until 90 percent of well done, then spread on the cake evenly. Spread more cream about 1/3 of the front end, sprinkle the honey beans evenly.
11. Roll cake with kitchen paper and put into refrigerator for 1 hour for shaping. Then, you can cut into pieces to decorate.

Note:

The ingredients listed in this recipe are for roll cake (1 level). For 2 levels servings, calculate the material quantities according to the proportion. Place metal tray on the upper and lower position respectively. Select "2 levels".

Crème Brûlée (4/6/12 serves.)

27

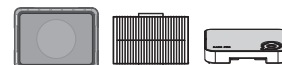


Ingredients (4 serves.)

milk.....120 g
castor sugar.....36 g
vanilla extract.....0.5 g
egg yolk.....72 g
whipping cream.....180 g

Container

Brulee mould (internal diameter 7 cm and depth 5 cm), metal tray, wire rack (lower shelf), water tank

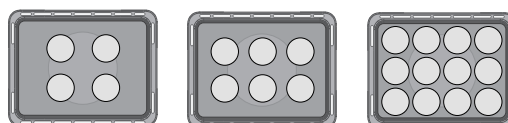


Method

1. Put milk, castor sugar and vanilla extract together in a pot and heat to about 70 degrees until castor sugar all melt.
2. Stir egg yolk and whipping cream evenly. Add ingredient 1 and sift twice to make brulee liquid.
3. Pour prepared brulee liquid into mould each for 95 g.
4. Fill water tank. Select Auto Menus No.27 and start to preheat.
5. After preheating, place brulee mould on the wire rack and put wire rack on the metal tray, then place metal tray in the lower shelf position, and press **Start**.
6. After cooking, cool down brulee and put it into refrigerator above 4 hours.
7. Sprinkle with a light layer castor sugar on brulee. Heat with a spray gun until the sugar is caramelized and serve.

Note:

The ingredients listed in this recipe are for 4 serves. For 6 serves., material quantities 1.5 times. For 12 serves. is 3 times. The placement method for cooking of multiple servings is shown below.



English

Auto Cook Setting and Menus (continued)

Baguette (4 pcs)

28



Note:

Baguette dough has higher requirement for room temperature, when the temperature is above 30 °C, it is not recommended to use auto menus for baguette.

Ingredients

French bread flour 350 g
water 220 g
yeast 5 g
salt 5 g

Container

Metal tray (upper and lower shelf),
water tank

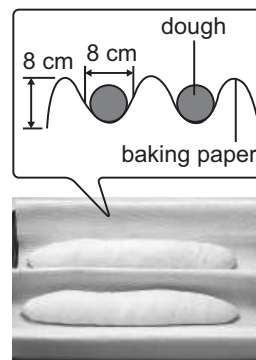


Method

1. Rough stirring 210 g water and flour and standing for 30 minutes. Then add yeast and stir in stand mixer quickly. If dough is not smooth, deliberately add the rest 10 g water (part or total). When it's stirred into a ball, add salt to stir until dough becomes smooth and can pull out the film. Put dough into greased container and cover with a wet towel. Ferment dough with 1 hour to 1.5 hours at around 30 °C environment, or twice as big.
2. Sprinkle a little flour on the chopping board, fermented dough needs no exhaust and cut into 4 pieces, place on a chopping board, cover with plastic wrap and continue to relax for 30 minutes.
3. Turn the flabby dough surface down, tap out the big bubbles, fold inwards from the upper two-thirds then fold in half. Turn the folded dough 180 degrees, repeat the previous fold, rub about 25 cm in length.



4. Place fold dough on the baking paper and place 2 pieces of dough on each metal tray, seams facing down, the middle interval is about 8 cm. Pull the baking paper up slightly in the middle of the dough to prevent the dough from spreading on both sides as it ferments. Twist long wet towels on the outer sides under baking paper. Place together into metal tray in the upper and lower shelf position respectively. Fill water tank.



5. Select Auto Menus No.28 and press **Start** pad to fermentation mode. Take metal tray out when you hear beeps and press **Start** pad again to start preheat.
6. Remove wet towels, flatten baking paper and sprinkle some flour on the dough. Using sharp knife to cut 3 knife marks at a 45-degree Angle on the dough surface. (about 0.8-1 cm depth)



7. After preheating, place metal tray in the upper and lower shelf position and press **Start** pad to start cooking.

Notes:

1. The texture of the baguette is closely related to the production method, environment temperature and food material. The recipe can be adjusted according to the actual situation.
2. If you can't eat all of baguette, you can make garlic sticks. Cut baguette obliquely into 1 cm thick slices. Heat mashed garlic and butter with oil then spread evenly over the baguette slices, then select **[Healthy Fry]**. After preheating, place metal tray in the lower shelf position and baking for 6-7 minutes.
3. When overheated in cavity or room temperature is too high, "U50" maybe appear in the display window. This is to avoid high temperature effect the fermentation of baguette dough, or baquette dough can also be fermented in ambient temperatures, then use convection mode 230 °C for baking about 26-28 minute. It is recommended to use "Steam Shot Setting" to add 3 minuts steam at the beginning of baking baguette.

Auto Cook Setting and Menus (continued)

Cheese Cake

(7 inch)

29



Ingredients

Cake base:

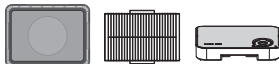
digestive biscuit 100 g
butter (unsalted) 40 g

Cake foundation:

cream cheese 300 g
castor sugar 90 g
sour cream 130 g
butter (unsalted) 33 g
vanilla bean 1/3 piece
whole egg liquid 81 g
egg yolk 27 g
corn starch 10 g

Container

7 inch cake tin, metal tray,
wire rack (lower shelf),
water tank



Method

Cake base:

1. Smash digestive biscuit in a plastic food bag and crush with rolling pin.
2. Melt butter completely and mix well with biscuit crumbs.
3. Spoon the mixture into tin lined with baking paper and press firmly.
4. Cover the inside of the tin with baking paper and put the cake tin in refrigerator.

Cake foundation:

1. Cut cream cheese and butter and let stand naturally until soft. Open vanilla bean and take vanilla seeds for later use.
2. Stir together cream cheese, castor sugar, and vanilla seed in a mixer then beat until the texture is smooth.
3. Stir in softened butter and sour cream respectively.
4. Mix liquid whole egg and egg yolk with 3 times to add in, stir thoroughly after each addition.
5. Add the sifted corn starch and stir quickly and evenly with a hand-held whisk.
6. Fill water tank. Select Auto Menus No.29 and start to preheat.
7. Take out cake tin from refrigerator, fill in the batter and use a bamboo stick to remove bubbles from the surface.
8. After preheating, place cake tin on wire rack and put wire rack on metal tray, then put metal tray in the lower shelf position and press **Start** pad to cook.
9. Remove cake tin after cooking and let it cool down, then put cake in refrigerator for about 4 hours and serve.

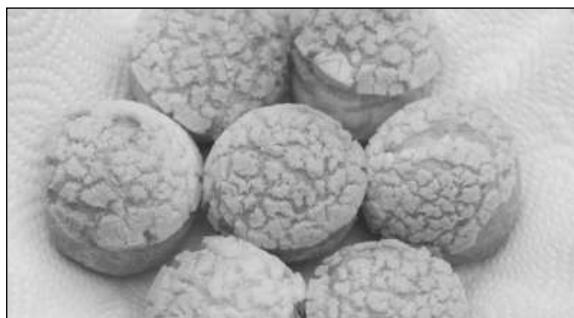
English

Auto Cook Setting and Menus (continued)

English

Puff (12/24 pcs)

30



Ingredients

Pastry:

butter 20 g
icing sugar 10 g
cake flour 25 g

Puff Paste:

milk 45 g
water 45 g
castor sugar 4 g
salt 3 g
butter 45 g
cake flour 50 g
egg wash 70 g

Fillings:

whipping cream 100 g
icing sugar 7 g

Container

Metal tray (lower shelf),
water tank



Method

Making pastry:

1. Mix melted butter and icing sugar, and stir evenly with a hand-held whisk until smooth and soft.
2. Add sifted cake flour and stir from bottom to top and pushing. Mix well without any dry powder.
3. Dough is rolled into cylinder in about 3.5 cm diameter. Refrigerate until stiff and easy to slice.

Puff Paste:

1. Heat milk, water, butter, sugar and salt until it boiled in a pot.
2. After boiling, adjust to a small fire and add sifted cake flour, stir quickly using a wooden spade until smooth and a slight film formed on the bottom of the pot, it can be take away from the fire.

3. Gradually add the egg wash in the pot and stir evenly using wooden spade. Observe the paste state and it is a good condition when lift up display an inverted triangle and slowly flow down.
4. Mount a round head nozzle in a pastry bag and add puff paste. Arrange paste evenly in the form of 3×4 on the baking paper in the metal tray, which paste with 4 cm diameter.
5. After pastry is solid, slice to pieces and cover on the puff paste.
6. Fill water tank. Select Auto Menus No.30 and start to preheat.
7. After preheating, place metal tray in the lower shelf position and press **Start** pad to cook.
8. After cooking, take puff out with baking paper and let it cool down.
9. Mix icing sugar and whipping cream and beat until 90 percent of well done.
10. Mount a puff special nozzle in a pastry bag and add fillings. Then crush fillings into puffs.

Note:

The ingredients listed in this recipe are for 12 pcs of puffs. For 24 pcs, calculate the material quantities according to the proportion. Place metal tray on the upper and lower position respectively. Select "2 levels".

Reheating Chart

Note: In page 45 to 48, marking “①” means that cooking by metal tray. Symbol “②” means wire rack in metal tray.

Foods	Weight	Accessories	Program	Time
Chilled Big Meat Bun*	130 g - 800 g (1 pc - 6 pcs)	② / middle shelf	Steam-Med	about 13 to 14 minutes
Chilled Shumai*	325 g - 650 g (6 pcs - 12 pcs)	② / middle shelf	Steam-Med	about 13 to 15 minutes
Chilled Vegetable*	500 g	② / middle shelf	Steam-Med	about 7 to 8 minutes
Chilled Chinese Rice Pudding*	250 g	② / middle shelf	Steam-Med	about 20 to 22 minutes
Chilled Bun*	300 g (8 pcs - 9 pcs)	② / middle shelf	Steam-Med	about 10 to 12 minutes
Chilled Rice*	150 g - 900 g (1 cup - 6 cups)	② / middle shelf	120 °C Healthy Steam	about 18 to 20 minutes
Chilled Big Croissant	90 g - 270 g (1 pc - 3 pcs)	① / lower shelf	160 °C (without preheat)	about 8 to 9 minutes
Chilled Sandwich	120 g - 480 g (1 pc - 4 pcs)	① / lower shelf	180 °C (without preheat)	about 9 to 11 minutes
Chilled Fried Rice*	400 g	① (heat-resistant flat plate) / lower shelf	190 °C Steam Conv. (without preheat)	about 10 to 12 minutes
Chilled Fried Dumpling*	220 g (12 pcs)	① (baking paper) / lower shelf	190 °C Steam Conv. (without preheat)	about 7 to 8 minutes
Chilled Fried Chicken Wing	350 g (10 pcs)	② / lower shelf	220 °C (with preheat)	about 12 to 13 minutes

Notes:

1. The recipes marked with “*” require steam function. Be sure to fill the water tank before cooking.
2. Please use baking paper or aluminium foil and heat-resistant utensils before cooking.
3. Chilled refers to storage temperature in the range of 0-3 °C.

English

Cooking Chart

English

Foods	Weight	Accessories	Program	Time	Statement
Steamed Dazha Crabs*	4 pairs (8 pcs) about 100-150 g each	② / middle shelf	Steam-Med	about 16 to 18 minutes	Wash Dazha crabs and belly up.
Chilled Big Meat Bun*	500 g (6 pcs)	② / middle shelf	Steam-Med	about 18 to 20 minutes	All kinds of frozen big meat buns sold in the market.
Chilled Shrimp Dumpling*	300 g (12 pcs)	② / middle shelf	Steam-Med	about 10 to 12 minutes	All kinds of frozen shrimp dumplings sold in the market.
Steamed Salmon*	300 g (2 pcs)	② / middle shelf	Steam-Med	about 11 to 13 minutes	Clean and dry salmon. Sprinkle some salt and fish sauce for 15 minutes marination.
Steamed Canned food*	1 can	① / middle shelf	Steam-Med	about 15 minutes	All kinds of tins sold in the market.
Steamed Potatoes*	500 g	② / middle shelf	120 °C Healthy Steam	about 18 to 20 minutes	Clean potatoes and cut into 50 g pcs for each, put evenly on the wire rack.
Baked Oyster with Garlic Paste*	6 pcs	② / lower shelf	150 °C Healthy Steam (with preheat)	about 8 minutes	Wash oyster and wash away the sediment. Fry smashed garlic until slight yellow and pour on the oyster.
Steamed Eggs with Clams*	3 serves.	② / lower shelf	150 °C Healthy Steam (with preheat)	about 10 to 12 minutes	Wash 250 g clam and cooked until the clam begin to open, then put them on the heat-resistant dish.
		② / middle shelf	Steam-Med	about 12 to 14 minutes	Break 3 eggs and add 300 g pure water, seasoned, filtered and pour over the dish with the clam.
Frozen Spring Roll*	200 g (12 pcs)	② / lower shelf	190 °C Healthy Steam (with preheat)	about 11 to 12 minutes	All kinds of frozen spring rolls sold in the market. Coat oil on the surface.
Roast Beef Skewers*	12 skewers (220 g)	② / lower shelf	190 °C Healthy Steam (with preheat)	about 12 minutes	All kinds of frozen beef skewers sold in the market. Brush oil on the surface after defrosting.
Lamb Kebab*	400 g (10 skewers)	② / lower shelf	190 °C Healthy Steam (with preheat)	about 10 to 11 minutes	All kinds of frozen kebabs sold in the market. You need defrost first.
Roasted Pepper*	300 g	① / lower shelf	190 °C Healthy Steam (with preheat)	about 18 to 20 minutes	Clean pepper, remove seed and cut into big pieces. Place evenly on the metal tray with aluminum foil on it, brush oil on surface.
New Orleans Roast Chicken Wing*	450 g (10 pcs)	② / lower shelf	190 °C Healthy Steam (with preheat)	about 18 to 20 minutes	All kinds of chilled semi-finished product sold in the market.
Steamed Broccoli*	200 g	② / middle shelf	Steam-Low	about 10 to 11 minutes	Cut into about 15-18 g small pieces.
Steamed Grains*	500 g - 600 g	② / middle shelf	Prolonged	about 35 to 40 minutes	All kinds of grains. (sliced)
Steamed Rice*	200 g	② / middle shelf	Prolonged	about 40 minutes	Mix 200 g rice and 200 g water. After cooking, cover with plastic wrap and wait for 5 minutes.
Peach Gum Sweet Soup*	8 cups (200 ml each)	② / middle shelf	Stew	about 3 hours	Wash 20 g each of peach gum, after soaking for 10 hours, place them evenly into 8 cups respectively, add water and covered with lid.
Beef Brisket Soup*	6 cups (300 ml each)	② / middle shelf	Stew	about 3 hours	Prepared 300 g beef brisket, then pour in pure water. (with cover)
Duck Soup*	6 cups (300 ml each)	② / middle shelf	Stew	3 hours	Take 400 g duck, cut into pieces and blanch it; pour pure water into the cup, add bamboo fungus at 2/3 times (with cover).

Cooking Chart

(continued)

English

Foods	Weight	Accessories	Program	Time	Statement
Baked Quail Eggs with Salt*	24 pcs	① / lower shelf	190 °C Steam Conv. (with preheat)	about 16 to 18 minutes	Take 2 packs of coarse salt and stir-fried in the pan firstly. Spread a thin layer of coarse salt inside the tin foil and put quail egg on it. Then cover the quail eggs completely with coarse salt.
Roast Cashew Nut	500 g	① / lower shelf	160 °C (with preheat)	about 20 minutes	Put raw cashew nut into package and stir evenly with 20 g oil. Add 20 g castor sugar and 10 g salt, 1 g chilli powder and spiced salt and stir again. Place mixture on the metal tray with baking paper and stir cashew nut two-thirds of the cooking time.
Fried String of Bones	300 g (10 skewers)	② / lower shelf	190 °C (with preheat)	about 10 to 12 minutes	Sold in the market.
Fried Frozen Popcorn Chicken	500 g	① / lower shelf	190 °C (with preheat)	about 20 to 22 minutes	Sold in the market.
Frozen Egg Tart	50 g - 300 g (4 pcs - 8 pcs)	① / lower shelf	200 °C (with preheat)	about 16 to 18 minutes	All kinds of frozen egg tart sold in the market.
Roasted Walnut with Salt	500 g	① / lower shelf	200 °C (with preheat)	about 12 to 13 minutes	Wash and drain walnuts and place baking paper on metal tray. Sprinkle 3 g salt, spiced salt and two-thirds of the cooking time to stir.
Fried Frozen Pumpkin Pie	12 pcs (360 g)	① / lower shelf	210 °C (with preheat)	about 14 to 15 minutes	Frozen pumpkin pie are sold in the market without defrosting. You need brush oil on the surface.
Fried Frozen Hash Browns	500 g	② / lower shelf	220 °C (with preheat)	about 16 to 18 minutes	Cook directly without defrosting. Different potatoes products need different cooking time depends on the pre-fried extent and thickness conduction. Please adjust cooking time according to the actual condition.
French Fries	300 g	① / lower shelf	Healthy Fry	about 19 to 21 minutes	
Fried Chicken Nugget	500 g	② / lower shelf	Healthy Fry	about 17 to 18 minutes	Cut chicken thigh into 35 g each pieces and coat fried chicken powder. Then marinate for 15-20 minutes.
Beef Steak with Black Pepper	1 pc (200 g each)	② / lower shelf	220 °C (with preheat)	about 10 minutes	Dry steak and drizzle some salt and black pepper to marinate for 5-10 minutes. (After cooking, take out steak quickly and pack with aluminium foil. Standing for 3 minutes and serve.)
	2 pcs (200 g each)			about 13 minutes	
Grilled Mushrooms	600 g	② / upper and lower shelf	220 °C (with preheat)	about 12 to 13 minutes	Mushroom or any other kind of mushroom.
Frozen Pizza	1 pc (480 g)	① / lower shelf	230 °C (with preheat)	about 12 to 13 minutes	All kinds of frozen pizza sold in the market.
French Toast	2 severs (4 pcs)	① / upper shelf	Grill	about 12-13 minutes	Toast 4pcs, egg 2pcs, milk 80ml, sugar 10g, jam 20g. Mix the egg milk and sugar into egg milk; cut the sides of toast, spread the jam and stack another piece of toast. Dip both sides into the egg milk. Put baking paper on the metal tray, then lay the toast on, turn over when cooking to half time.
Grill Shrimp	10-12 pcs	② / upper shelf	Grill	about 8-10 minutes	Devein the shrimp, add in fish sauce and light soy sauce and marinate for 10 minutes. Skewer the shrimp with a bamboo stick, turn over when cooking to half time.

Cooking Chart

(continued)

English

Foods	Weight	Accessories	Program	Time	Statement
Grilled Sausage	6-8 pcs 50 g / pc	② / upper shelf	Grill	about 12-14 minutes	Sold in the market. Grill with barbecue sauce or your favorite sauce, turn over when cooking to half time.
Defrost Minced Meat	400 g - 500 g	① / lower shelf	40 °C Fermentation	about 30 to 35 minutes	Remove food package and place on heat-resistant dish. Press Start pad for 2 seconds and press again to add steam for 3 minutes. Turn over food when cooking to half time. After cooking, wait for 5-10 minutes.
Defrost Drumsticks	500 g	① / lower shelf	40 °C Fermentation	about 40 minutes	
Defrost Chicken Wings	400 g - 500 g	① / lower shelf	40 °C Fermentation	about 40 minutes	
Defrost Fish	400 g - 500 g	① / lower shelf	30 °C Fermentation	about 35 to 40 minutes	

Notes:

1. The recipes marked with “*” require steam. Be sure to fill the water tank before cooking.
2. Frozen refers to storage temperature is under 0 °C.
3. Please use baking paper or aluminium foil and heat-resistant utensils before cooking.
4. When overheated in cavity or room temperature is too high, "U50" maybe appear in the display window. This is to avoid high temperature effect the fermentation/defrosting. Please wait until the cavity or room temperature cool down and start fermenting/defrosting again.

Cleaning (Utensils)

Cleaning (Utensils)

This function is suitable for all kind of dish cleaning, including baby bottles, etc. (need 30 minutes)

English

1



Place wire rack with utensils on the metal tray in the middle shelf position. Then select **Auto Menu** by using the slider bar or press **+/-** pad.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menu

2



Press **Set** pad to set **Auto Menu**.



3



Slide slider bar or press **+/-** pad until "31" appear in the display window.



4



Press **Start** pad once.



Notes:

1. High temperature will occur when using steam to wash dishes. All dishes must be heat-resistant (for over 130 °C) before using this function.
2. Fill the tank with water before using.
3. When overheated in cavity, "U50" will appear in the display window. Please wait until the cavity cool down and clean the utensils after "U50" disappear.

Oven Cleaning Setting

Cleaning (Deodor)

This function is suitable for ovens with odors (need 20 minutes). Before maintenance (cleaning the oven), please empty the oven.

English

- 1**  Select **Auto Menus** by using the slider bar or press **+/-** pad.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menu

- 2**  Press **Set** pad to set **Auto Menus**.



Auto Menu

- 3**  Slide slider bar or press **+/-** pad until "32" appear in the display window.



Auto Menu

- 4**  Press **Start** pad once.



Auto Menu

Oven Cleaning Setting

(continued)

Cleaning (Cavity)

This function is suitable for cleaning a dirty oven caused by oil (need 30 minutes).

English

1



Select **Auto Menu** by using the slider bar or press **+/-** pad.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menu

2



Press **Set** pad to set **Auto Menu**.



3



Slide slider bar or press **+/-** pad until "33" appear in the display window.



4



Press **Start** pad once.



Notes:

1. Fill the tank with water before using.
2. After cleaning, open the door and wipe it clean with a damp cloth.

Oven Cleaning Setting

(continued)

English

Cleaning (System)

After using steam mode, this function can make the water pump through the pipe to the drip tray.

1



Select **Auto Menus** by using the slider bar or press **+/-** pad.

Note: Fill water tank with 100 ml water before using and remove the water from the drip tray.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menus

2



Press **Set** pad to set **Auto Menus**.



3



Slide slider bar or press **+/-** pad until "34" appear in the display window.



4



Press **Start** pad once.



Notes:

1. Do not remove the drip tray when using this function.
2. Wash the drip tray clean after cleaning.

Oven Cleaning Setting

(continued)

English

Cleaning (Citric acid)

If “+” appears in the display window after cooking, you should use citric acid to clean the water-piping. After using citric acid to clean, rinse with water again. Flush and clean water will drain into the drip tray. (need 30 minutes) Prepare detergent with approximately 20 g of citric acid dissolved completely in 250 ml of water, and pour the mixture into the water tank of the oven directly.

1



Select **Auto Menus** by using the slider bar or press **+/-** pad.

Steam-Low	Grill Stew
Steam-Med	Convection
Healthy Steam	Steam Conv.
Healthy Fry Prolonged	Auto Menus

2



Press **Set** pad to set **Auto Menus**.

Note: Empty the drip tray and check prepared detergent in the water tank.



3



Slide slider bar or press **+/-** pad until “35” appear in the display window.



4



Press **Start** pad once.



5

After the program is automatically paused, you can remove water in drip tray and clean the water tank, then fill the tank with water.

6



Press **Start** pad once. Program will continue one minute.

Notes:

1. After cleaning, please wiped the residue in the water tank and wash the drip tray clean.
2. Do not remove the drip tray when using this function.

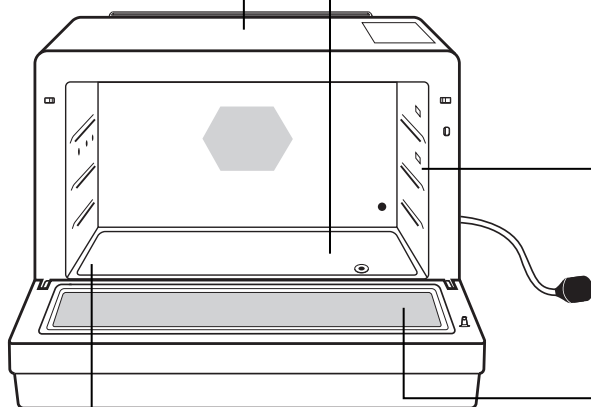
Care of Your Oven

English

Be sure to clean and maintain the oven after it is completely cold. Turn the oven off and remove the power supply plug from the wall socket before cleaning. A steam cleaner should not be used for cleaning. When "⚡" icon flashing in the display window, this is the meaning prompts the customer to clean. Please clean the oven in time, for detail information, please refer to the steam system and citric acid cleaning (see page 52&53).

The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings and air outlet.

Always clean the bottom plate after cooling down with a mild detergent and wipe to dry.



Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned. Clean the oven after it is completely cold.

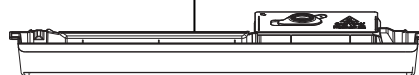
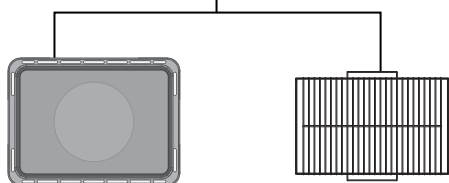
Clean the door and oven window with a soft, damp cloth. Mild detergent may be used if the oven gets very dirty. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven window, since they can scratch the surface, which may result in shattering of the glass.

If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel. After cleaning press "⏏" pad to clear display window.

After using, clean with a mild detergent or dishwasher. Do not use abrasive cleaners to clean the oven. (Such as steel wool, etc.)

Always remove water tank and drip tray after use and clean it using a soft damp sponge with water.



Before Requesting Service

PROBLEM	POSSIBLE CAUSE	REMEDY
No display on panel.	The oven is not plugged in securely. Circuit breaker or fuse is tripped or blown. There is a problem with the outlet.	Remove plug from outlet, wait 10 seconds and re-insert. Reinstall the fuse or reset the Circuit breaker. Plug another appliance into the outlet to check if the outlet is working.
Oven cannot start operation.	The door is not closed completely. “◊” pad was not pressed after programming. Another program has already been entered into the oven. The program has not been entered correctly. “⊖” pad has been pressed accidentally.	Close the oven door securely. Press “◊” pad. Press “⊖” pad to cancel the previous program and program again. Program again according to the Operating Instructions. Program oven again.
No steam	Check whether the water tank has water. Check whether the water tank is installed correctly in place.	Fully fill the water tank and properly install it.
“U12” appears in the display window.	The drip tray is not installed correctly in place or not installed before cooking. The drip tray is not installed correctly in place or removed when cooking.	Reattach the bayonet of the drip tray to the foot of the oven. Put the drip tray back to the oven within 3 minutes, cooking will not stop. After 3 minutes without putting back to the oven, cooking can not be continued, please put the drip tray back to the oven and press “⊖” pad to resetting the cooking.
“H55, H56, H00” appears in the display window.	There is a problem with the oven.	Please contact the specified Service Center.
“U14” appears in the display window.	The water tank lacks water. If it is not cleaned in time after “✦” appears in the display window, scale will accumulate around the inner wall of the water-piping.	“U14” appears in the first two cooking, you can press “◊” pad to start cooking directly. But if “U14” appear again, cooking cannot be continued, please fill the water tank again with water. Replace to the oven and press “⊖” pad to reset again. Please use the citric acid cleaning function to clean the water-piping.
“U50” appears in the display window.	The cavity or room temperature is overheated.	Operate again after cavity or room temperature cooling down and “U50” disappears.
The control panel has no response on it.	This oven is under standby mode.	Confirm that when the power is on, open and close the door to reactivate it.
There is a white powder near the steam outlet.	No distilled water is used.	The white powder is scale. Please use the citric acid cleaning function to clean water supply lines.

If it seems there is a problem with the oven, contact an authorized Service Center.

- Eng-55 -

English

Before Requesting Service

(continued)

English

ALL THESE SITUATIONS ARE NORMAL:

Sounds will occur when using the Steam function.	This is caused by air mixed when the water tank is working. This is normal.
Sounds and drainage will occur when using the Steam function.	Automatic drainage will possible start with the last 30 seconds of the use of steam, sounds will occur, this is normal.
The sound of "Bar... Bar..." may be emitted at the back of the oven cavity during and after the use of different kinds of Convection function.	This is a cause of thermal expansion and contraction of the metal material used in the product, which is a normal phenomenon.
Steam accumulates on the oven door and warm air comes from the air outlet.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the air outlet by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as inside and/or on the oven door. This is normal and safe.
Steam leaks out from all four sides of the oven door.	When a function related to steam is used, a lot of steam is generated in the oven cavity during operation of the product. Some steam may leak from all four sides of the oven door. This is normal.
I accidentally operated my oven without any food in it.	Operating the oven empty for a short time will not damage the oven, however, it is not recommended.
The oven has an odour and generates smoke when using Convection and Steam Convection function.	It is essential that your oven is wiped out regularly, particularly after cooking by Convection and Steam Convection. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
The fan motor continues operating after cooking is over.	After using the oven, the fan motor will operate for several minutes to cool the oven and electric components. This is normal.
The rear side of the oven's color has yellowing.	Metal ions will generate yellow marks when heated. This is normal and will not affect the use of the oven or cause harm to human health.
Door seal maybe deformed.	The door seal may be distorted due to high temperature. This is normal and will not affect the performance of use of the oven.
Some smoke will be given off from the cavity when using different kinds of Convection functions for the first time.	This is caused by the excessive oil in the cavity used for rust protection.
The part where the power supply cord connects to the product's bottom plate has loosened.	This is normal.

Specifications

Model Number:		NU-SC300B
Power Source:		230 - 240 V ~ 50 Hz
Power Consumption:	Steam	6.5 A 1550 W
	Convection	5.7 A 1380 W
	Steam + Convection	6.5 A 1550 W
Output Power:	Steam	1500 W
	Convection	1350 W
	Steam + Convection	1500 W
Outside Dimensions (With handle) (H × W × D):		375 mm × 494 mm × 476 mm
Oven Cavity Dimensions (H × W × D):		250 mm × 410 mm × 320 mm
Cavity Volume:		30 L
Weight:		Approx. 20 kg (Accessories included)

* IEC Test Procedure

Specifications subject to change without notice.

English