

HITACHI
Inspire the Next

Operating Manual / Recipes

Easy User Guide available separately

Superheated Steam Microwave
Oven with Bakery Function

Household Use

MRO-NBK5000E



Vegetable with Fried Garlic



Bread



Please read this Operating Manual / Recipes carefully, and be sure to use the oven properly. After you read this manual, store it in a safe place together with the Easy User Guide.

Please read the Safety Precautions → P.6-15, and be sure to use the oven properly.

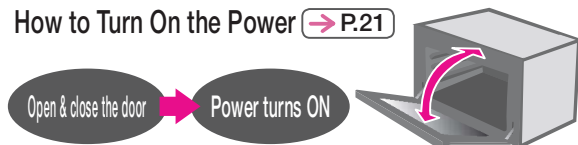
Introduction

Turning On the POWER

Insert the power plug in an outlet and open and close the door

The power does not turn on when you simply insert the power plug in an outlet.

How to Turn On the Power → P.21



0 Point Adjustment of the weight sensor

Set the ceramic tray on the bottom of the oven cavity, touch **Cleaning/Setting**

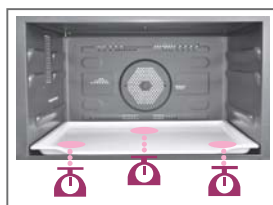
0 Point Adjustment, and press **Start Reheat**

A Triple Weight Sensor is built-in for control heating by measuring inside food weight.

It should be adjusted first to cook effectively. Food may be well done by 0 point adjustment of the weight sensor about once a month.

0 Point Adjustment of the weight sensor

→ P.22



Use reheating options according to the food

Food to reheat	Auto menu to use
Rice and side dishes stored at room temperature or chilled	001 Reheat
Rice stored at freezing temperature	002 Frozen Rice
Side dishes stored at freezing temperature	004 Defrost & Reheat
Chilled milk	003 Beverages/Warm Milk
Coffee, tea and water at room temperature	003 Beverages/Warm Milk

Other Auto Menu options appropriate for various food types are available. Doneness of auto menu can be adjusted to one of five levels or three levels. → P.31

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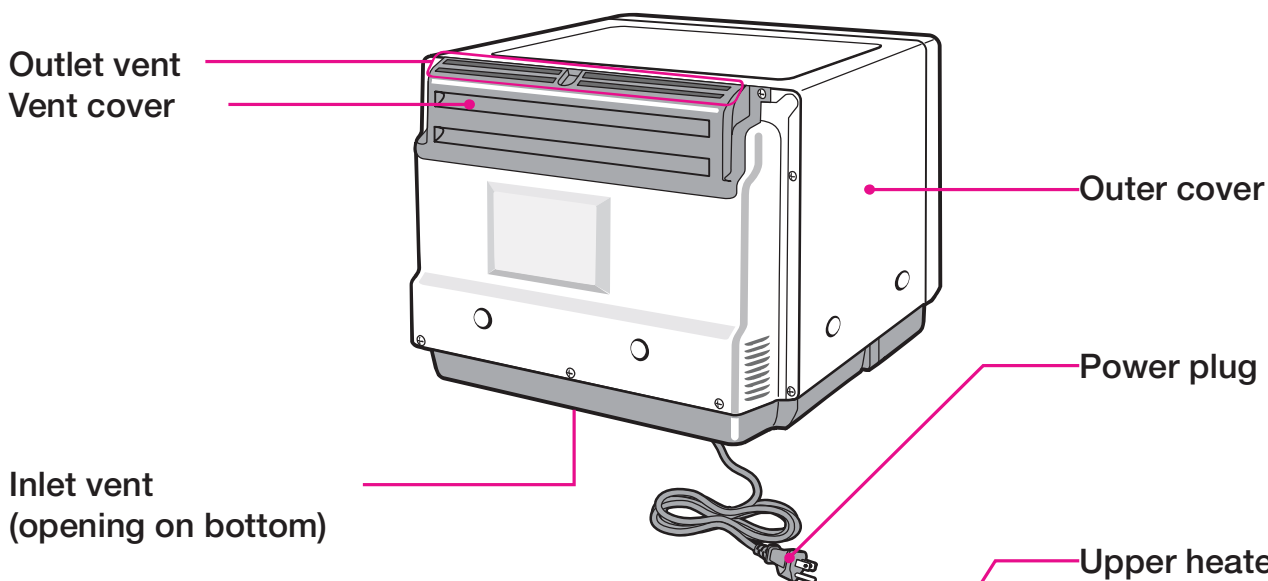
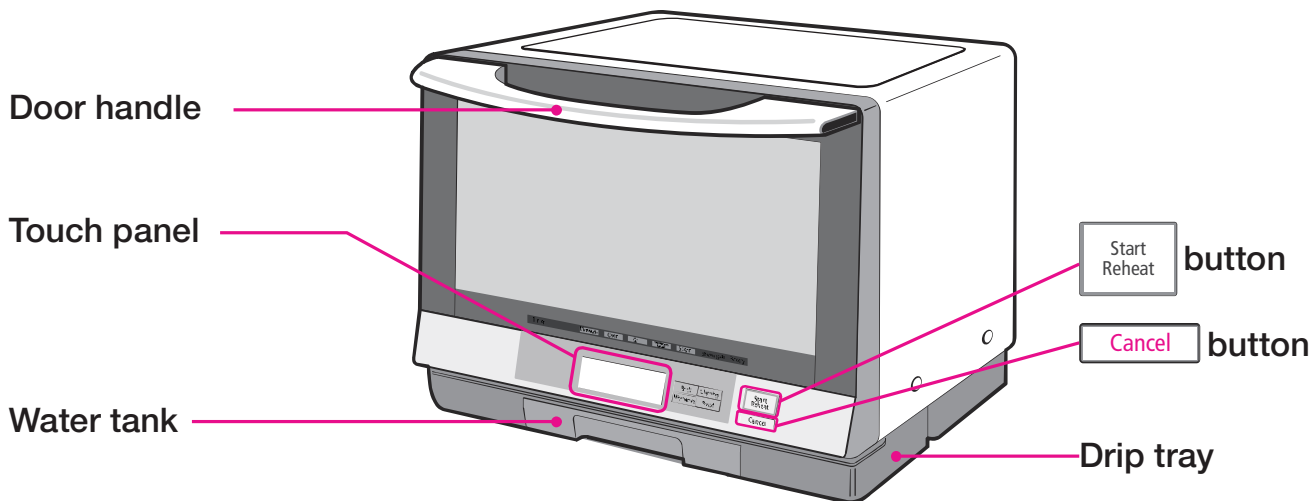
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Part Names

Check First



Oven lamp
Lights up during heating, and turns off when the door is opened.

(When the oven is preheating or in the Auto Bakery menu, the lamp is turned off in order to save energy. When you want to look at the oven cavity (inside oven) during preheating, press **Start Reheat** button. To turn it off, press **Start Reheat** again.)

Protection cover
(Do not remove)

Upper heater
Built into the ceiling of the oven cavity.

Oven cavity (Inside oven)

Auto injection lever
Comes out from the gap on the right side of the oven cavity for **Auto Injection** of dry yeast and materials in bakery function.

Tray rack
Set the metal trays and super grill tray unit.

Top
Middle
Bottom

Convection heater
Built into the back of the oven cavity.

Steam outlet

Door glass

Door

Ceramic tray (made of ceramic)

Steam boiler
Boiler for heating water to make steam. It is built into the main unit.

Set on the bottom of oven cavity depending on cooking menu options.

Mixing motor
Built in beneath the oven cavity. Rotates the mixing blade for mixing in the bakery function.

Accessories

How to Use Accessories → P.32-36

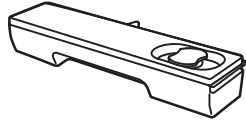
■ Ceramic tray (made from ceramic)

Set on the bottom of the oven cavity for some cooking menu options.



■ Water tank

Set with water filled when the steam function, etc. is used.



■ Metal trays (two trays) (made from steel)

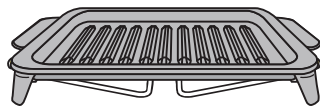
Set to the tray rack depending on cooking menu options.



■ Super grill tray unit (made from steel)

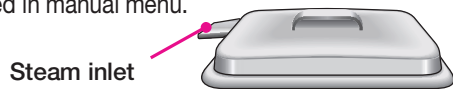
The top surface is treated with fluorine. A heating element that absorbs microwaves and produces heat is attached to the back surface.

Placed on the ceramic tray or set to the top of tray rack depending on cooking menu options.



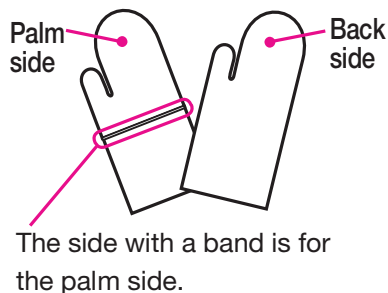
■ Grill lid (made from aluminum)

The inside surface is treated with fluorine. Set to the super grill tray unit depending on cooking menu options. This cannot be used in manual menu.



■ A pair of mittens

Used to remove heated accessories and containers after cooking. It may be heated if you use these on the wrong side.

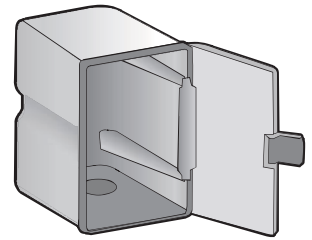


■ Cooking Guide (this document)

■ Easy User Guide

■ Storage case

Stores all the accessories for the bakery. Please clean them up before storing in this case after cooking.




Check First

Accessories for Bakery (to be stored in the storage case)

How to Use Accessories → P.88-91

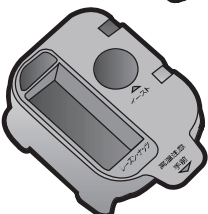
■ Baking pan (made from aluminum)

Set on the baking pan rack set on the bottom of oven cavity.




■ Injector

Set to the baking pan.



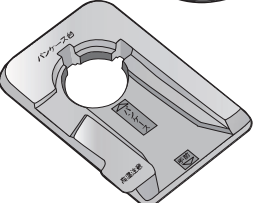
■ Yeast cover

Set on the yeast inlet of the injector.
(This is a tiny part, so take care not to lose it)




■ Baking pan rack

Set on the bottom of the oven cavity.



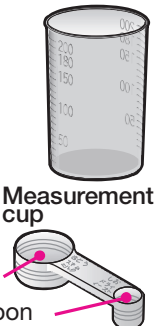
■ Mixing blade (made from aluminum)

Set to the rotary shaft at the bottom of the baking pan.



■ Spoons and measurement cup for bakery

Spoons for bakery include a large spoon for sugar and skim milk, and a small spoon for salt and dry yeast. The measurement cup is for liquid.



Large spoon

Small spoon

Spoons for bakery

Safety Precautions

This product is for general household use. It is not intended for industrial use.

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions that should be observed to avoid physical harm and property damage are explained below based on the following categories. Carefully read the precautions in this text, and be sure to use the product properly.


■ Harm and damage that occur when the product is used improperly are explained based on categories that correspond to the extent of such harm and damage.



 **DANGER** Matters involving a particularly high risk of death or serious injury.



 **WARNING** Matters involving a risk of death or serious injury.

 **CAUTION** Matters involving a risk of injury or physical damage.

■ Matters that should be observed are explained based on the following categories of symbols.


 Matters involving a warning or caution.


  Prohibited matters, which must not be done.

  Matters involving instructions that must be carried out.

DANGER

The product contains high-pressure parts.

 **Do not remodel**
Must not be repaired or disassembled by anyone other than a repair technician (service staff).
May result in fire, electrical shock, or injury.
If a malfunction occurs, consult with the Service Center.

 Do not insert your finger or any objects in any of the holes or gaps in the oven, such as the inlet vent, outlet vent, or water tank storage areas (be particularly careful about children's mischief and the like).
May result in fire, electrical shock, or injury.
If a foreign object gets into the main unit, pull out the power plug and consult with the Service Center.



WARNING

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Accessible parts may become hot during use. Young children should be kept away.



This appliance is not intended for use 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 concerning use of the appliance by a person responsible for their safety.

! WARNING

Children should be supervised to ensure that they do not play with the appliance.

Only allow children to use the oven without supervision when adequate instructions have been given so that child is able to use the oven in a safe way and understands the hazards of improper use.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.



Only use utensils that are suitable for use in microwave ovens.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.



The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.



The oven should be cleaned regularly and any food deposits removed.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.



To prevent electric shock and leakage, be sure to use a grounded power plug.

Safety Precautions (Continued)

WARNING

Power Plugs, Power Cords, Outlets



No wet hands.

Do not plug in or pull out the power plug with wet hands.

May cause electrical shock.



Do not expose the power plug and power cord to water.

If the power plug becomes wet, do not use it.

May result in electric leakage, electric shock or malfunction.



Do not damage power plugs or power cords.

Will result in electrical shock, ignition, and fire.

Examples of handling that may cause damage to power cords:

- Altering
- Forced bending
- Pulling
- Twisting
- Tying in a bundle
- Placing something heavy on top
- Pushing the cord under or between other objects



Do not use damaged or loose outlets.

May result in electrical shock, ignition, and fire.



Use an 220V AC, 230V AC or 240V AC power outlet only.

If the outlet is shared with another device, the outlet may become abnormally heated, resulting in ignition.



Insert the power plug securely to the end.

May result in electrical shock, ignition, or fire.




Be sure to completely remove dust from the power plug (particularly the prongs and the section where the prongs are attached).

Moisture becomes trapped in the dust, which weakens electrical insulation, resulting in fire.



When you do not use the product for a long period of time, remove the power plug from the outlet.

Electrical insulation becomes weakened, resulting in electrical leakage, electrical shock, or fire.

 Pull out the power plug

Installation P.20



Do not use this product in the following locations:

May result in ignition due to high temperatures while heating the oven or grill.

- Locations that are within reach of an infant.
May result in accident, burns, and injury.
- Near flammable items such as curtains and spray cans.
- On top of materials that are weak with respect to heat, such as carpets, tablecloths, and the like.



Do not place any object like a spray can on top of the main unit.

When the oven or grill is being heated, the temperature rises and objects on top may become overheated, resulting in an accident, burns or deformation.

During mixing of the bakery function, the main unit shakes and may cause objects on top to fall, resulting in a damage or injury.



Remove all packaging materials from the product and its accessories, and store the plastic bags in a location out of reach of an infant, or dispose of such bags.

Packaging materials may ignite, and plastic bags may cause a choking hazard.

WARNING

Cooking



Do not let children use this appliance without supervision, nor let infants or toddlers touch it. May result in burns, electric shock, or injury.



Do not use this oven for purposes other than cooking. May result in burns, injury, or fire.



Cook in accordance with instructions provided in this document regarding food quantity, container and accessories used, etc. May result in ignition or fire.



Place food and beverage at the center of the oven cavity. May result in burns, injury, damage or fire.

During Cooking and After Cooking (Including **Oven Interior Cleaning**, **Drain Pipe**, Running Oven Empty (**Deodorizing**))



Press the **Cancel** button to cancel cooking. Pulling out the power plug first will result in fire or electrical shock.

Microwave Heating (Reheating for Auto Cooking and Microwave Heating for Manual Cooking)



Do not heat anything other than food. Do not heat store-bought microwavable hot water bottles, baby bottles (sterilizer bags), and so on.



Do not overheat foods. May result in ignition, burns and injury.

- For small amounts (less than 100 g) of food, use Manual Menu and **Microwave 500W** or less, set the heating time to 20-50 seconds, and keep an eye on the food as it cooks.
- When you use Auto Menu, heat food according to the content of this manual, for example with regard to the amount of food and containers to use, and so on. When heating, use a container that weighs about the same as the quantity of food.
- When you use Manual Menu (microwave heating), heat food while watching out the doneness of food with shorter timer setting.



Do not heat raw eggs, boiled eggs (both with/without the shell), or fried eggs. Otherwise, the eggs may burst and damage the ceramic tray or door glass.



Raw eggs



Boiled eggs



Egg yolk or fried eggs



When heating eggs, beat the eggs before heating.

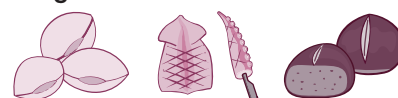


Do not heat under the following conditions. May result in burns, injury, and fire.

- When a freshness enhancer (deoxidant) is attached to the packaging or food.
 - When labels or tape are attached to the packaging or food.
 - When a lid or stopper is still on a bottle or container.
 - When canned food is left in its can.
 - When store-bought boil-in-the-bag food remains in its pouch.
- Remove any freshness keeping agent, label/tape and lid/plug. For canned food, displace the content to another container.



Heat foods with shells or membranes only after splitting or slitting the shell or membrane. May burst, resulting in burns and injury.



Safety Precautions (Continued)

WARNING

Heating Beverage, etc. (Please use caution about sudden boiling)



Do not overheat beverage, etc.
May boil suddenly and splatter during heating and after heating, resulting in burns, injury, or damage to the ceramic tray.

- Beverages (water, milk, coffee, soy milk, and the like).
- Food that has a certain thickness (curry, stew, and the like).
- Food with a high oil and fat content (fresh cream, butter, and the like).

If overheating occurs, let the food cool down in the oven cavity for about 1-2 minutes before removing it.



Do not heat beverages or juices using [001 Reheat].
May boil suddenly and splatter during heating and after heating, resulting in burns, injury, or damage to the ceramic tray.

- Heat milk, coffee, tea, water, and the like using [003 Beverages/Warm Milk].
- Heat soup and the like using Manual Menu (Microwave Heating).
When adding heat after heating, heat using [Microwave 500W] or lower, and keep an eye on the food as it cooks.



When reheating beverages, use a short and wide-mouthed container.
May boil suddenly and splatter during heating and after heating, resulting in burns, injury, or damage to the ceramic tray, when a tall and narrow-mouthed container is used.



Stir beverages before heating
May boil suddenly and splatter during heating and after heating, resulting in burns, injury, or damage to the ceramic tray.



Before heating



Right after heating, do not peek inside from above.
May boil suddenly and splatter, resulting in burns, injury, and damage to the ceramic tray.



Right after heating, do not put in powder like instant coffee or liquid material such as milk.
May boil suddenly and splatter, resulting in burns, injury, and damage to the ceramic tray.



Abnormalities and Troubleshooting



Press [Cancel] immediately and stop using the oven.
May result in fire, electrical shock, or injury.
Pull out the power plug from the outlet immediately, and ask the Service Center to inspect or repair the oven.

Examples of abnormalities/
troubleshooting:

- The power cord and power plug are abnormally hot.
- There is a burning smell.
- There is abnormal noise.
- There are sparks.
- There is a tingling sensation like an electric shock when you touch the main unit.
- The door has become significantly misshapen or deformed.
- Sometimes heating does not end automatically.

Maintaining Your Oven



Pull out the power plug

Perform oven maintenance after you pull out the power plug.
If the power plug remains plugged in, this may result in electric shock.



Perform maintenance of your oven after all the parts of the main unit, accessories, and so on have cooled down.
If the oven, accessories, and so on are hot, this may result in burns.



Do not wipe the main unit or accessories with oven cleaners, thinners, benzene, glass polish sprays, bleaching agents, and so on.
May result in scratches, deformation or discoloration.



Do not scrub the main unit and accessories with a metal scrubbing brush or a sharp object.
May result in injury or damage.



Do not remove the protection cover and mixing motor gear part at the button of the oven cavity.
May result in injury or malfunction.
The protection cover is a part to protect the rotary mechanism inside the machinery.

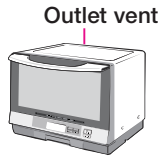
CAUTION

Power Plugs, Power Cords, Outlets



Do not place the power cord near high temperature areas such as the outlet vent.

The power cord may be damaged.



When pulling out the power plug, do not pull on the power cord.

The cord may break, resulting in ignition.

Grasp the power plug and then pull it out.

Installation → P.20



Do not use this product near areas with water or flames/heat, such as a sink or stove.

May cause electrical shock, electrical leakage, or ignition.



Install the oven in an even, sturdy location.

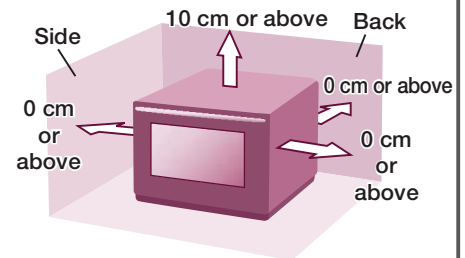
Installation in an unstable location may result in vibrations and noise, and the product may fall, which may cause an injury.



Install the main unit to ensure the distance from a wall as described below.

- Be sure to leave at least the distance indicated in the chart below between the main unit and a wall.

Position	Top	Bottom	Left	Right	Front	Back
Distance (cm)	10	0	0	0	Open	0



Do not install the main unit near a wall or furniture made of any heat-sensitive material or a position where the outlet is positioned near the outlet vent.

If you install this product in a location where the back is facing glass, leave 20 cm or more between the glass and the back of the oven, as the glass could crack due to temperature differences.

Even if the distance indicated in the table and diagram is maintained, condensation or soiling may occur due to the exhaust air from the oven.

Soiling and condensation can be reduced either by leaving more space between the oven and the wall or the like, or by affixing aluminum foil to the wall.

Safety Precautions (Continued)

CAUTION

Microwave Heating (Reheating for Auto Cooking and Microwave Heating for Manual Cooking)



Do not heat the oven without putting any food in the oven cavity.

May result in malfunctions and ignition.



Do not use the metal products noted below. May result in malfunctions, ignition, and breakage of door glass due to sparks.

- Supplied metal tray, super grill tray unit, grill lid, baking pan and injector (with the exception of some Auto Menu options).



- Metallic skewers or metallic food preparation tools.
- Aluminum foil
- Metallic or hollow pan and lid
- Plastic containers with aluminum-treated surfaces, and the like.



Do not heat baby milk and baby food using Auto Menu. Use Manual Menu (Microwave Heating) to heat milk or baby food, and keep an eye on it as it cooks.

May result in burns.



Heat store-bought baby food after transferring it to a separate container.

May result in burns or injury.



Slowly remove coverings such as plastic wrap and the like.

Steam may pour out as soon as you remove the wrapping, resulting in burns.

Cooking



Do not cook food if there is an object stuck between the oven door and the body of the oven.

May result in injury, burns, ignition, or fire due to microwave leakage and heat leakage.



Do not use the oven if the main unit has turned over or has been dropped.

May result in microwave leakage, heat leakage, electrical shock, or burns.

Please ask the Service Center to inspect the oven.



Do not cook food if there are scraps of food on the wall of the oven cavity or on the ceramic tray.

May result in ignition or fire



Do not use excessive force when you place containers on the ceramic tray, and do not drop the ceramic tray.

Do not use the ceramic tray if it is cracked or broken. Ask the Service Center to inspect the ceramic tray. Continuing using it in such a condition will lead to malfunctions.



Do not cover the inlet vent or outlet vent.

May result in ignition or fire.



Do not spill water onto the main unit.

May result in electric shortage or electric shock. If water is accidentally spilled onto the oven, ask the Service Center to inspect the oven.



Do not apply excessive force to the door, and do not sit or stand on the main unit.

The door may become misshapen, leading to injury or burns resulting from microwave leakage or heat leakage.



When running the oven empty (**Deodorization), ensure that you do the following. → P.23**

- Do not place anything in the oven cavity.
- Move small animals that are sensitive to smoke and odor, such as birds, to a different room.
- Open a window or ventilate the area using a fan. There may be a smell of burning oil, or smoke may appear.

CAUTION

During Cooking and After Cooking (Including running the microwave oven empty ())



When opening the door, do not peek inside.
May result in burns due to hot air and water vapor, etc.



Do not spill water on the high temperature door glass or ceramic tray, etc.
This may result in cracking.



Do not touch.

Do not directly touch the outer cover, outlet vent, oven cavity, ceramic tray, metal trays, super grill tray unit, baking pan, injector, yeast cover or baking pan rack as they will be very hot.
May result in injury or burns.



Use the supplied mittens or a thick, dry dishcloth when you place food, containers, or accessories into the oven, or when you take them out.
Directly touching the food and so on will result in burns or injury.



If the food inside the oven cavity starts to burn, or smoke is observed, keep the door closed.
The food may burst in to flames.

1. Press immediately, stop the oven, and pull out the power plug.
2. Move flammable objects far away from the main unit, and wait until the fire dies down.
If the fire shows no sign of dying down, use water or a fire extinguisher to put out the fire. After the fire is extinguished, do not use the oven as it is. Ask the Service Center to inspect the oven.



Keep small animals like birds away from the oven.
Move them to a different room, or ventilate the room by opening a window or running an air fan.



Be sure not to catch your fingers in the door when opening and closing the door.
May result in burns or injury.

Watch out your fingers

Super Grill Tray Unit



Do not use the super grill tray unit for anything other than grill heating in Auto Menu and Manual Menu.
May result in damage, melting, or deformation.



Do not use Auto Menu with the super grill tray unit for amount of food below 100g (except for).
May result in damage, melting, or deformation.



Do not leave the super grill tray unit tilted inside the oven.
May cause falling of the super grill tray unit, food drop-off, or burns caused by spilled soup.
May result in damage or malfunction.



Do not touch.

Do not touch the super grill tray unit with your bare hands immediately after cooking.
May result in burns.
The super grill tray unit will be hot even after microwave heating in Auto Menu.



When you use the super grill tray unit, make sure that the legs are fully open.
If the legs are not fully open, food will roll over.



Do not place any object of 2.5 kg or heavier on top of the oven.
May result in damage or deformation.



When you use it on the ceramic tray, ensure that it is not in contact with the oven cavity surface.
May result in malfunction due to sparks.



When you remove it after cooling food with the unit on the ceramic tray, take it out slowly along with the ceramic tray.
May result in damage if it comes off.
Use the supplied mittens or a thick, dry dishcloth when you place the super grill tray unit into the oven, or when you take them out.

Safety Precautions (Continued)



Accessories for Bakery



Do not use the accessories for purposes other than Step 1 for the Auto Bakery Menu and Handmade Bakery Menu, or the Knead/Mix Menu.

May result in damage, deformation and sparks. Do not heat food on the ceramic tray, super grill tray unit or metal tray or use them in Auto Menu for the microwave and oven functions or Manual Menu.



Do not use the accessories for purposes other than specified functions for making bread, udon noodle dough, rice cake, risotto and so on.

May result in damage, malfunction or injury. If any hard or large object gets stuck in the mixing blade, a heavy load will be applied to the motor, resulting in malfunction. The baking pan is not a mixer. Do not try to make vegetable juice or fruit juice with the bin.



Use the supplied mittens or a thick, dry dishcloth when you remove the baking pan, injector or baking pan rack from the heated oven cavity.

May result in burns or injury.



To take out the baking pan after heating, put it on a pod stand or thick, dry dishcloth.

If it is put on any heat-sensitive object, it may result in discoloration or deformation. The baking pan is hot right after heating.



Do not place the baking pan in any unstable position.

May result in damage or deformation caused by falling. The bottom part of the baking pan is slim, so it may fall down if the position shakes largely or a lateral impact is given.



Do not cover the baking pan with a lid or the like.

May result in malfunction. Covering the baking pan will vary the transmission of heat and adversely affect the doneness of food. Bread you can with this baking pan is dome-shaped bread that goes through oven spring. You cannot make cube-shaped bread with flat top surface.



Do not let the baking pan, injector, yeast cover and mixing blade fall.

May result in deformation or malfunction. Cooking food using a deformed baking pan or injector may vary transmission of heat and prevent auto injection, resulting in poor doneness.



Do not keep the baking pan or injector soaked in water for cleaning.

May result in damage, malfunction or rust. If inside of the baking pan or injector is get wet, it is difficult to completely remove the water, so please do not soak them in water.



Do not contact any sharp object such as a needle or bamboo skewer with parts around the rotary shaft at the bottom of the baking pan.

May scratch the rotary shaft and result in damage or malfunction. Damaging the rotary shaft and packing surrounding it may cause water leakage or dough leakage, or prevent the shaft rotation. Please ask the Service Center to inspect the oven.



Do not put the yeast cover into your mouth.

It is not eatable. Accidental ingest may cause suffocation.

CAUTION

Storage Case



Do not use the storage case for purposes other than storage of accessories such as the baking pan, injector and baking pan rack, etc.

May result in damage or deformation.
If you put any other electrothermal equipment (clothes iron) and the like while it is hot, or a too heavy object in it, the case will be melted or damaged.



Put things in the storage case after they have cooled down.

May result in damage or deformation.
Accessories such as baking pan are hot right after heating.
Maintain them after they have cooled down and wipe off water content before storing them.



Do not sit on or stand on the storage case. Do not use it as a table.

May result in damage, deformation or injury caused by falling.



After putting accessories in the storage case, lock the case with its hook.

May result in damage or injury caused by falling.
Facing the door downward without locking it may cause the accessories in it to drop off.
Be sure to lock the case securely after putting in the accessories for bakery.

Water Tank



Do not put anything other than water in the water tank.

If alcohol or the like is used in the tank, this will result in ignition.



Do not wash or dry the water tank using a dishwasher or dish dryer.

May result in damage or deformation.



Fill the tank with fresh water for each use.

Using stale water will result in sanitary problems.



Wash the water tank frequently, and keep it clean.

Not washing the water tank will result in sanitary problems.



Do not use the water tank if it is broken.

Water will leak, resulting in malfunctions.



Do not put the water tank in a location that can become heated, such as near a stove or on top of the oven.

Oven and grill heating will make the main unit high in temperature, resulting in damage or deformation.



Do not place the water tank in hot water or scald the water tank.

May result in damage or deformation.

Control Panel

Control Panel Functions

Check First

Touch Panel (LCD Display)

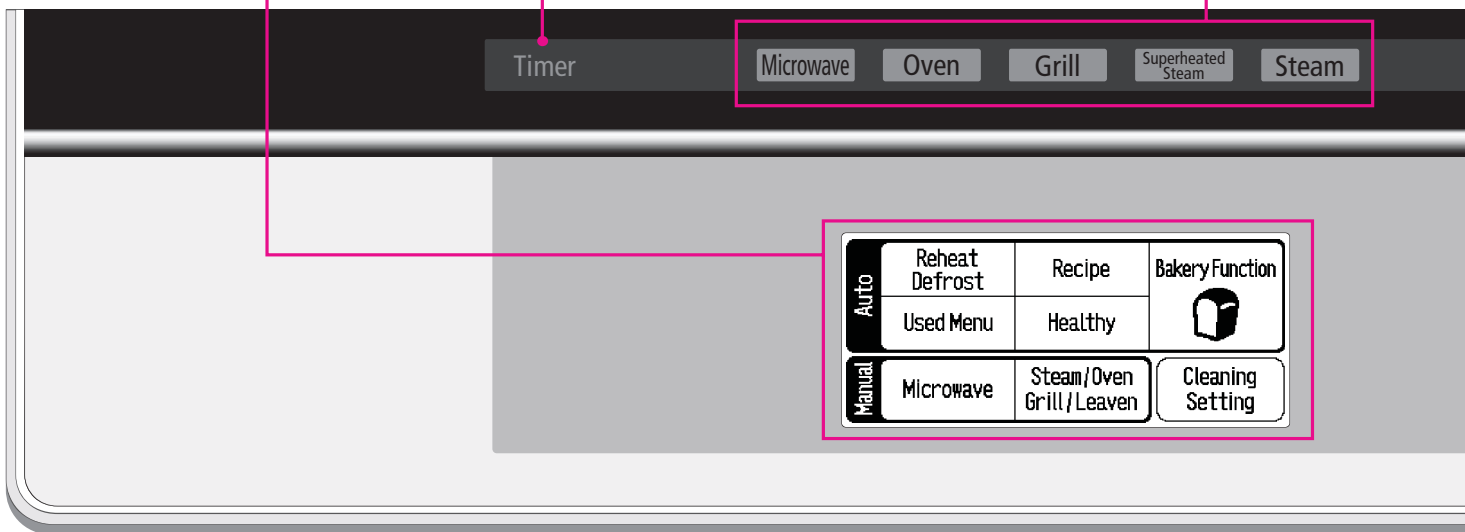
For both display screen and operation screen.
Displays the specified settings, operation status and processes of Auto/Manual Menu, available for touch operations. (This is the start screen.)

Timer On Display

Turns on when the Timer for the Auto Bakery Menu is active.

Heating Method Display

During menu selection and cooking, heating methods light up and are displayed.



Back Button

Press to return to the previous operation step. You cannot go back once cooking is started. (Previous pages cannot be shown. Use **Prev** and **Next**.)

Microwave Button

Use this button for heating with manual Microwave 600W/500W. (Button for Easy Operations) → P.59

Cautions on Using Touch Panel

- When operating the touch panel buttons, touch the button lightly and do not use excessive force.
May result in damage.
- Response from the touch panel may vary depending on ambient temperature and humidity, and effects of surrounding electric appliances.
It does not respond to a touch, release your finger once and then touch it again.
- Do not press the touch panel with a spoon or chopsticks.
May result in damage.
- Do not leave water drops, mild detergent or dirt attached to the touch panel.
May impair its responsiveness.
Remove any dirt.

Steam-Grill Display

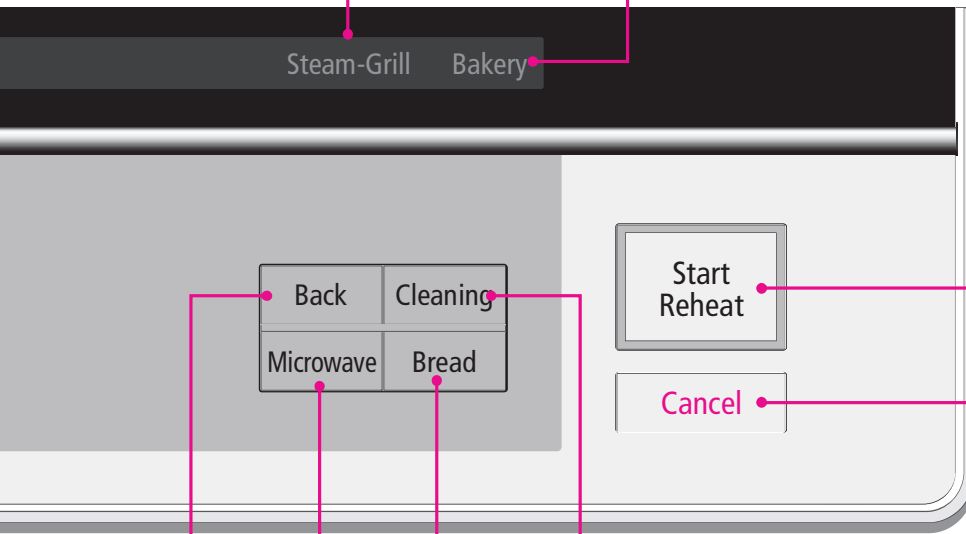
Turns on when Steam-Grill Auto Menu is selected.

Bakery Display

Turns on when Bakery Function is selected.

Start Reheat Button

Press to start the operation of **001 Reheat**, Auto Menu, or Manual Menu. When this is pressed during preheating or cooking in Auto Bakery Menu, the oven lamp lights up.



Bread Button

Use this button for **Bread**. For **Bread**, settings of timer clock, material injection and doneness adjustment are saved. (Button for Easy Operations)
 → P.94, 95

Cleaning Button

Recall **Oven Interior Cleaning**, **Drain Pipe** and **Deodorization**. (Button for Easy Operations)
 → P.110, 111

Cancel Button

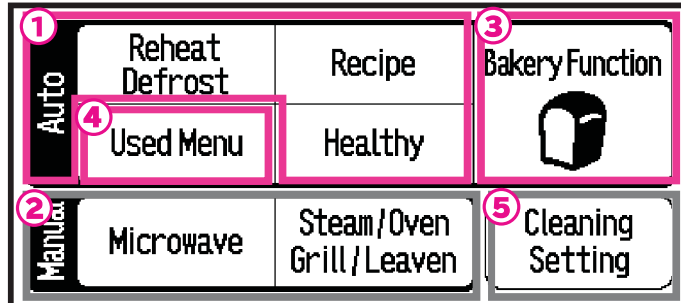
Press to cancel the settings or operations. When this is pressed in the start screen, the LCD back light turns off. Press and hold this for 3 seconds or longer to start 0 Point Adjustment of the weight sensor.

Start Screen

Screen Configuration

When the door is opened, the start screen appears.

Start screen display



Microwave and Oven Functions → P.28-77

① Auto Menu

Reheat/Defrost → P.39-53

A menu for reheating food stored at room or frozen food and defrosting meat and fish, etc.

Recipe → P.54-57

You can select menu options of the Recipes from "Cook Method", "Ingredients", "Menu No.", and "Speed/Easy/Quick".

Healthy Menu → P.58

Healthy menu options such as No-Oil Deep-Fry and dishes Iron Rich are available.

② Manual Menu

Microwave → P.59-63, 68, 70

Manual Menu for manual microwave, relay heating that switches output during heating, and steam microwave leaven.

Steam/Oven/Grill/Leaven → P.64-67, 69, 71

Manual Menu for manual oven (Steam, Superheated Steam with Preheat/No Preheat) and manual grill (Steam and Superheated Steam).

③ Bakery Function → P.78-109

Auto Bakery → P.92-97

Menu to make various kinds of bread.

Handmade Bakery → P.100-103

Menu to make shaped bread.

Mixing → P.104-107

Menu to cook udon dough, rice cake, cake and so on.

④ Used Menu

Used Menu → P.58

You can select from the last 20 used menu options from Auto Menu history (Microwave and Oven functions and Bakery Function).

⑤ Cleaning/Setting

Cleaning/Setting

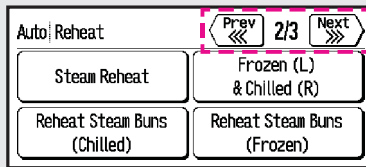
Maintenance works including deodorization and oven interior cleaning and settings for 0 point adjustment of weight sensor and Touch panel back light are available in this menu.

Deodorization/Drain Pipe/Oven Interior Cleaning → P.110, 111 | 0 Point Adjustment → P.22 | How to Configure Settings → P.24, 25

How to Navigate Pages

If there are multiple pages as in the menu selection screen, touch **Prev**/**Next** in the upper right corner of the screen to navigate pages. (If the buttons do not appear, it means there is only one page.)

Touch to show the previous page.



Touch to show the next page.

When you touch **Next** in the last page, the first page will appear.

Page No. (current page/total page)

How to Display Ingredients

To display ingredients of recipes in Recipes.

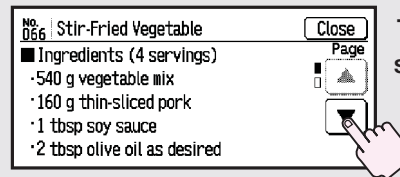
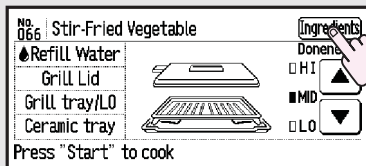
Touch **Ingredients** in the upper right corner of the menu screen to check the ingredients.

Example: **066 Stir-Fried Vegetable**

Touch **Ingredients**

Touch ▲ ▼ to navigate pages.

When grayed out, these buttons are disabled.



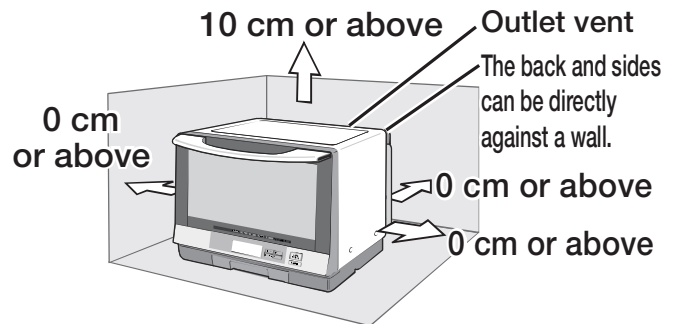
Touch **Close** to return to the previous screen.

What to Check and Prepare Before Using Your Oven for the First Time

Before using your oven for the first time, be sure to follow the procedures below to perform necessary checks and preparation. → P.20-23

Checking Setup → P.8, 11

- When you install your oven, leave enough space for heat to radiate, following the diagram shown here.
- Although you can align the back of the main unit directly against a wall or furniture, be sure to check the following.
 - Is the wall or storage rack weak with respect to heat? Contact with the oven may cause marks on the wall, depending on the wall material. Please leave some space between the wall and oven.
 - If the wall behind the oven is a glass wall, leave 20 cm or more. If the oven is close to a glass wall, differences in temperature may cause the glass to break.



There is an outlet vent on the top of the oven towards the back. Heat radiates from this outlet vent. Unless there is enough space as specified above for the heat to radiate, the wall surface can become discolored, and the main unit may malfunction.

- Do not install the oven near curtains or objects that are weak with respect to heat.
- Do not install the oven so that the inlet vent on the bottom is covered.
- Install the oven in an even, sturdy location.
- Leave a distance of 3 m or more between the main unit and radios, televisions, wireless equipment (wireless LAN), and antenna wires.

May cause disruptions in the sound and picture, as well as communication errors.

⚠ CAUTION



When there is a danger of lightning strikes, pull out the power plug from the outlet. May result in malfunction.

NOTE

If you use a pacemaker, please consult with a specialized doctor regarding use of this product.

Notes When Heating is Insufficient and Cooking Does Not Go Well

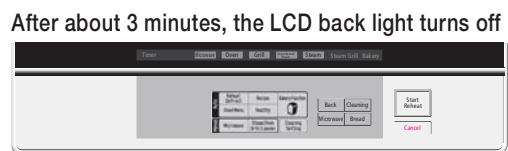
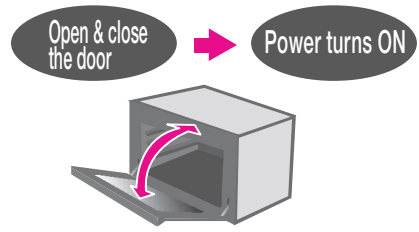
- If heating is insufficient and cooking does not go well, keep an eye on each Manual Menu (Microwave, Oven, Grill) by heating and cooking.
- If your power source is lower than that indicated in the specifications, heating through Microwave Cooking will weaken, and light browning through Grill Cooking will be more difficult.

How to Turn On the Power

Preparation According to Checking Setup, install the main unit in an even, sturdy location.

1 Insert the power plug into an outlet.
 To save power when the oven is not in use, the power will not turn on when you simply insert the power plug into an outlet.

2 Open and close the door
 The power turns on, start screen appears on the LCD display, and the back light lights up.
 Press **Cancel**, and then the LCD back light turns off.
 When the oven is left with power On, the LCD back light turns off after 3 minutes. After about 10 minutes, the power turns off automatically.
 To turn the power on after the power is turned off, open and close the door again.



When the door is opened

How to Check and Adjust Time

Depending on room temperature, the clock may gain or loose about 3 minutes in 1 month. Follow the procedure below to check and adjust time.

Example: To adjust the displayed time 11:50 to 12:10

Preparation Turn the power on according to "How to Turn On the Power".

1 Touch **Cleaning/Setting** and then **Set Time**.

2 Touch **▲ ▼** to set Hour to 12, and Minute to 10 and then touch **Enter**.

Over time, the internal battery will burn out and cause totally wrong time display or "--:--". In such cases, please reset the time. If the same symptom appears after time re-set, please ask the Service Center for battery replacement (along with the board) at extra cost.

The current time before change is displayed in the upper right corner of the screen.

Touch **Enter** to set the time.

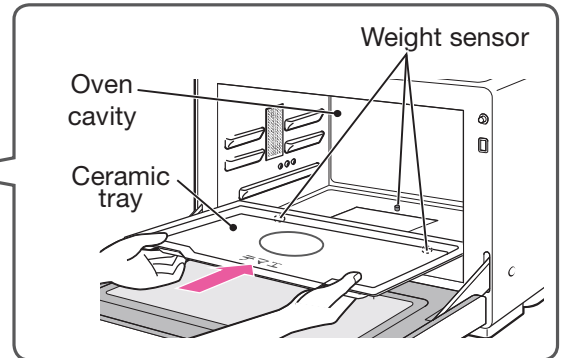
What to Check and Prepare Before Using Your Oven for the First Time (Continued)

0 Point Adjustment of the weight sensor 0 Point Adjustment

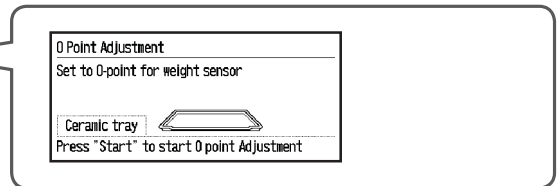
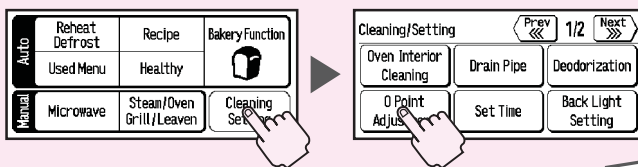
Check First

Using Auto Menu, you do not need to set the heating method, time, temperature, and so on. When you select a menu option and press Start, food is cooked automatically. To cook food more efficiently, the oven is equipped with a weight sensor that measures the weight of the container in which the food is placed. When you use the oven for the first time, perform the 0 point adjustment of this weight sensor by following the steps below.

- 1** As indicated in the figure on the right, hold the ceramic tray with the no-trim side on your side, slowly put it on the weight sensor located at the bottom of the oven cavity, and close the door. Remove all accessories other than the ceramic tray.



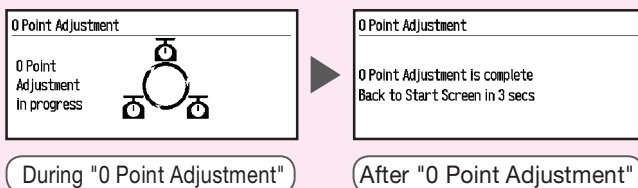
- 2** Touch **Cleaning/Setting** and then touch **0 Point Adjustment**.



- 3** Press **Start Reheat** to start.

0 Point Adjustment completed

When 0 Point Adjustment is complete, the oven lamp turns off after a few seconds.



During "0 Point Adjustment"

Oven lamp lights up

After "0 Point Adjustment"

Oven lamp turns off

You can also start 0 Point Adjustment of the weight sensor by pressing and holding the **Cancel** button in the start screen for 3 seconds or longer.

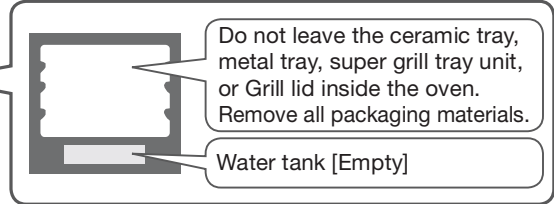
- In order to maintain good cooking quality, perform the "0 point adjustment" about once a month.
- Also when you use the oven after leaving it unused for long period of time, perform the "0 point adjustment".
- The adjustment cannot be made well if the oven cavity is hot. Ensure that the oven cavity has been completely cooled down before making the adjustment.

How to Run the Oven Empty (Deodorizing) Deodorization

The walls of the oven cavity are coated with oil to prevent rusting. When you use the oven for the first time, run the oven empty (deodorizing) to burn off the oil by following the steps below.

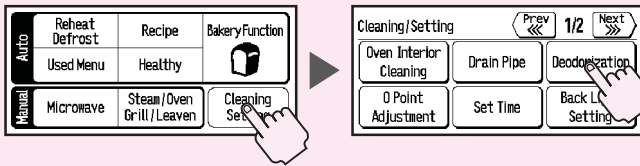
Preparation

Empty the oven cavity and close the door.



1

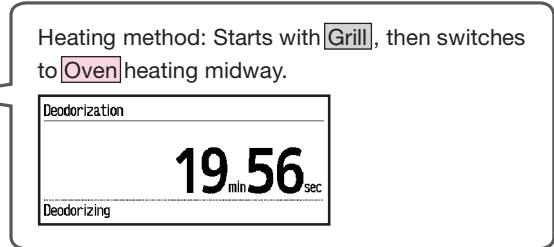
Touch **Cleaning/Setting** and then touch **Deodorization**.



2

Press **Start Reheat** to start.

Running the oven empty (deodorizing) is performed with a heater (grill and oven heating). Heating takes 20 minutes.



When the procedure is completed, a beep will sound. After the oven finishes running empty, the fan spins for 10 minutes in order to cool the oven. After 10 minutes, it will automatically stop.

CAUTION



When running the oven empty (Deodorizing), do not place anything in the oven cavity.



When running the oven empty (Deodorizing), there may be a smell of burning oil, or smoke may appear. Open a window or ventilate the area using a fan.



Do not touch.

When running the oven empty (Deodorizing), during the heating and also for some time after the process is completed, do not touch the main unit (door, outer cover, oven cavity, and surroundings). May result in burns, injury, and fire.



Move small animals that are sensitive to smoke and odor, such as birds, to a different room.

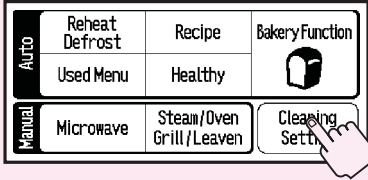
How to Configure Settings

Back Light Setting and Contrast Adjustment

You can configure settings of LCD back light On/Off during heating and touch panel contrast, etc.

Note When the door is opened, the power turns on.

1 Touch **Cleaning/Setting**.



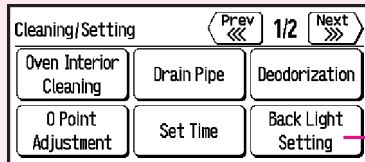
2 Touch an item to set.

2 Touch panel contrast adjustment

You can configure settings of contrast of LCD display brightness. (11 levels)

4 Deleting all Used Menu items

You can delete the entire history of used auto menu. (You cannot delete only some of them.)

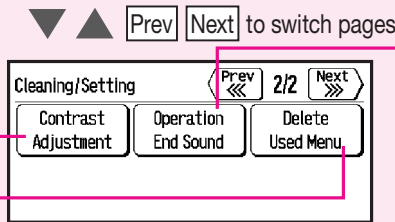


1 Touch panel back light setting

You can configure settings of LCD back light On/Off during heating.

3 Operation End Sound setting

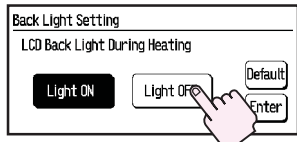
You can switch the operation end sound. ([Melody], [Beeping] or [Mute])



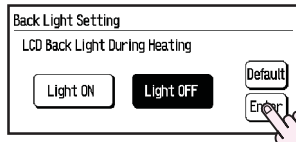
1 Touch panel back light setting

Example: To set to **Light OFF**

Touch **Light OFF**, and touch **Enter**.



Light ON is set by default.

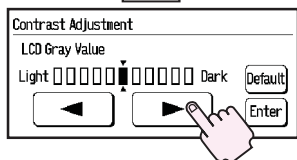


The start screen appears again when the setting is completed.

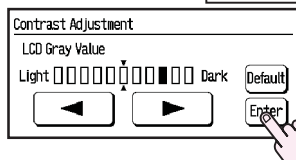
2 Touch panel contrast adjustment

Example: To set to "Dark 3"

Touch **▶** three times, and touch **Enter**.



Middle is set by default.



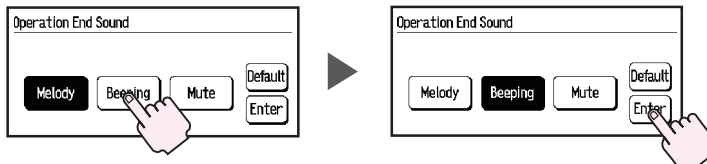
The start screen appears again when the adjustment is completed.

Operation End Sound and Delete Used Menu

3 Operation End sound setting

Example: To set to **Beeping**

Touch **Beeping**, and touch **Enter**.



Melody is set by default.

The start screen appears again when the setting is completed.

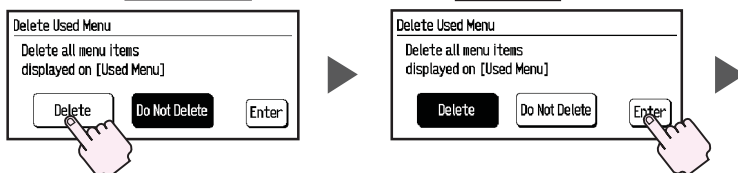
When **Mute** is selected, the removal reminder sound and operation sounds are **Mute**.

When the setting is changed, a **Melody** or **Beeping**, whichever is selected, sounds, or a beep sounds once if **Mute** is selected.

4 Delete all Used Menu items

To delete all history items (You cannot delete only some of them).

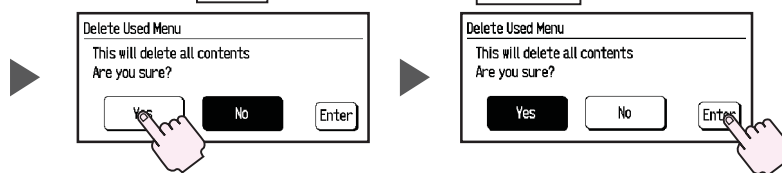
Touch **Delete**, and touch **Enter**.



Do Not Delete is set by default.

Touch **Do Not Delete** → **Enter** to return to the start screen.

Touch **Yes**, and touch **Enter**.



Usable and Unusable Containers

○ Usable.
 ✕ Unusable.

Check First

	Plastic Containers		Ceramics/Porcelain	
	Heat-resistant plastic containers Made of polypropylene and the like.	Other plastic containers	Heat-resistant ceramics/porcelain Cocottes, gratin dishes, and the like.	Ordinary ceramics/porcelain Bowls, plates, and the like.
Microwave	○ Use plastic containers with an upper temperature limit of 140°C or higher, that are indicated as being microwave-safe. However, with foods containing sugar, butter, and oil, which become high in temperature, plastic containers become deformed and cannot be used.	✕ Containers with an upper temperature limit of 140°C or lower (polyethylene, styrol resin, and the like), and containers that have a high upper temperature limit but whose properties are transformed on exposure to microwaves (melamine, phenol, urea resin, aluminum, and the like), cannot be used. However, polystyrene foam trays can be used, but only for Reheat/Defrost ▶ Defrost .	○ However, with bowls and the like having overglaze enamel decorations, patterns of cracks in the glaze, or gold/silver designs, the dish may be damaged or it may cause sparks, and these kinds of containers cannot be used. In addition, bowls, dishes, and the like, such as unglazed ceramics and earthen pot, that have a high water absorption rate, and ceramics/porcelain that have been immersed in water for a long period of time, may become hot and break up, so must be handled with care.	○
	✕ However, containers indicated as being grill-safe or oven-safe can be used.	✕	○	✕

Precautions for Use

- Do not make any mistakes selecting microwave heating, oven heating, or grill heating. If you make a mistake in your selection, the food or container may give off smoke or ignite. Before you start heating, check the type of heating selected.
- For plastics, refer to the upper temperature limit label provided according to the Household Goods Quality Labeling Law.
- Do not use any containers for which the materials or upper temperature limit is unclear.

Glass Containers		Others		
<p>Heat-resistant glass containers</p> 	<p>Non-heat-resistant glass containers</p> <p>Tempered glass Crystal glass Cut glass and the like.</p> 	<p>Plastic Wrap</p> 	<p>Metallic or hollow pans, lids, metal containers, metal skewers, aluminum foil, and the like.</p> 	<p>Bamboo, wood, wicker, or paper containers, or varnished and lacquered containers and the like.</p> 
○	✗	○	✗	✗
<p>However, glass containers may break if cooled rapidly after heating.</p>		<p>Plastic wrap with an upper temperature limit of 140°C or higher can be used. However, with foods containing sugar, butter, and oil, which become high in temperature, plastic containers become deformed and cannot be used. After oven/grill heating, be careful: the oven cavity is hot and may cause plastic wrap to melt.</p>	<p>Cannot be used, as they reflect microwaves. However, aluminum foil can be used in part, for example by making use of the fact that it reflects microwaves to cover areas that are overheated. Be careful when you do this, because there will be sparks if aluminum foil touches the oven cavity walls or door glass, which may result in damage and malfunctions.</p>	<p>Cannot be used, as such containers may burn, peel, or crack. In particular, containers and the like that contain wires are easily flammable. Uses of bamboo skewers, toothpicks, and paper are limited to the methods listed in the Recipes section.</p>
○	✗	✗	○	✗
<p>However, glass containers may break if cooled rapidly after heating.</p>		<p>However, plastic wrap can be used for leavening.</p>	<p>However, those with a plastic handle cannot be used.</p>	<p>However, parchment paper and paper products that have undergone heat-resistance processing can be used.</p>

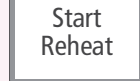
Procedures for Microwave and Oven Functions

Cooking Method

Operation Procedure

Reheat

- Reheating rice
- Reheating side dishes
- Reheating beverages
- Defrosting
- Boiling



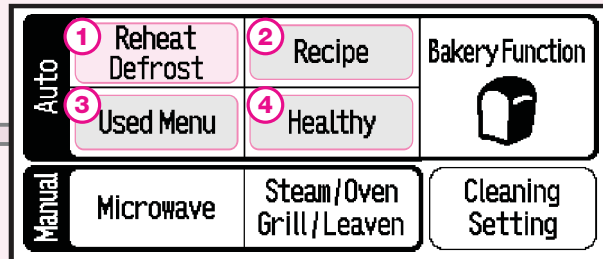
One-touch reheating

To adjust the reheating level, select Doneness Adjustment before starting cooking.

→ P.40, 41

① Reheat/Defrost

Select reheating according to types of food or preparing food. → P.39-53



Cooking Food

- Microwave, grill and oven cooking
- Steam-Grill cooking
- Dessert

② Recipe

Recipes → P.134-298

Select menu in Recipe.

- No Preheat Menu → P.54
- Preheat Menu → P.55

③ Used Menu

Select a menu from last 20 menu options used from the history. → P.58

④ Healthy Menu

Select from healthy menu options. → P.58

Manually set the heating type, time and temperature for cooking.

- Microwave → P.59-63
- Grill → P.64
- Oven → P.65-67
- Steam → P.68, 69
- Superheated Steam → P.69
- Steam Microwave Leaven
Steam Oven Leaven → P.70, 71

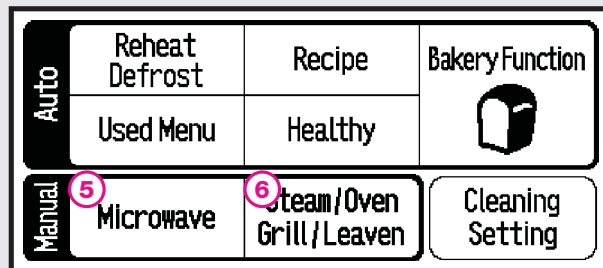


Microwave (Easy Operations) → P.59

Frequently used 600W/500W

⑤ Microwave

Manual Microwave, Steam Microwave, and Steam Microwave Leaven



⑥ Steam/Oven/Grill/Leaven

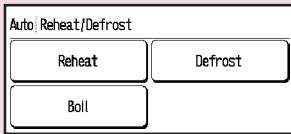
Manual Oven, Steam Oven, Steam Oven Leaven, Superheated Steam Oven, Grill, Steam Grill and Superheated Steam Grill

Auto Menu

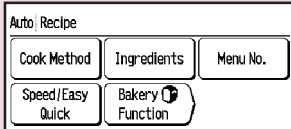
Manual Menu

After Cooking

1 Reheat/Defrost



2 Recipe



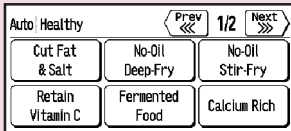
There are 4 ways:

- Cook Method → P.54, 55
- Ingredients → P.56
- Menu No. → P.57
- Speed/Easy/Quick → P.57

1. Ensure that accessories and food appropriate for the menu are prepared.
2. Select Doneness Adjustment → P.31
3. Press **Start Reheat** to start.

When the procedure is complete, a beep will sound.

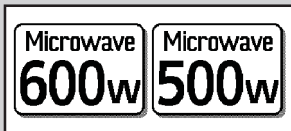
4 Healthy Menu



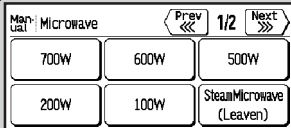
1. Select a heating type, output, temperature and time.
 2. Press **Start Reheat** to start.
- Perform Manual Menu (Doneness Adjustment) during heating. → P.73

When the procedure is complete, a beep will sound.

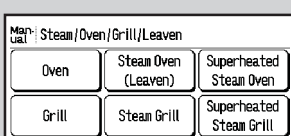
Microwave (Easy Operations)



5 Microwave



6 Steam/Microwave/Grill/Leaven



If food is not heated enough, perform

Additional Heating.

→ P.74

There may be wind noise from the cooling fan.

→ P.130

Maintain the oven if you do not continue cooking.




→ P.110-113

When you leave the oven for about 10 minutes, the power turns off automatically. Open the door to turn on.

→ P.21

Tips for Using the Oven Efficiently/Cooking

Amount of Food and Size/Weight of Containers

	Amount of food		Size/weight of containers
Reheat	less than 100 g	100 g-900 g	 <p>The food should fill about 70-80 % of the container.</p> <p>The weight of the container should be about the same as the amount of food.</p>
	 Manual Menu	 Auto Menu or Manual Menu	

Auto Menu


Auto	Reheat Defrost	Recipe	Bakery Function
Used Menu	Healthy		
Manual	Microwave	Steam/Oven Grill/Leaven	Cleaning Setting

Manual Menu

Auto	Reheat Defrost	Recipe	Bakery Function
Used Menu	Healthy		
Manual	Microwave	Steam/Oven Grill/Leaven	Cleaning Setting

For Auto Menu and Manual Menu, use the amounts of food and containers described in this manual.

For the amounts of food and appropriate containers, refer to the relevant pages in this manual.



Where to Place the Food

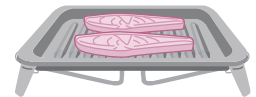
Place the food in a central position.



Microwave heating



Oven heating



Grill heating

Reheating Two or More Pieces of Food at the Same Time

When reheating two or more pieces of the same kind of food at the same time using Auto Menu, make the amount of food and the size/weight of the containers approximately the same.



Leave some space between side dishes.



Place beverages together toward the center.



Make size/weight of the containers approximately the same.

When reheating two pieces of food of a different storage temperature or two types of food using Auto Menu:

- When reheating two pieces of room-temperature food, one piece of room-temperature food and one piece of chilled food, or two pieces of chilled food at the same time, **001 Reheat** . → P.44
- For beverages, use **003 Beverages/Warm Milk** for reheating. → P.46, 47
- When reheating one piece of frozen food and one piece of chilled food at the same time, **006 Frozen (L) & Chilled (R)**. → P.45
- For foods other than those listed above, reheat using Manual Menu (Microwave Heating) and keep an eye on the food as it cooks. → P.59-62

Adjusting Doneness in Auto Menu

Doneness Adjustment (adjustment of reheating and cooking doneness) is automatically set to MID (Standard) but you can adjust it as you prefer. To adjust, touch ▲ ▼, and set the mark to the desired position.

For 003 Beverages/Warm Milk, the previous doneness settings are registered.

Doneness

(HI) HI ▲

(MID-HI) (MID) MID

(MID-LO) (LO) LO ▼

Mark

Depending on the menu option, you can adjust the doneness to one of five levels or to one of three levels.

Doneness

HI ▲

MID

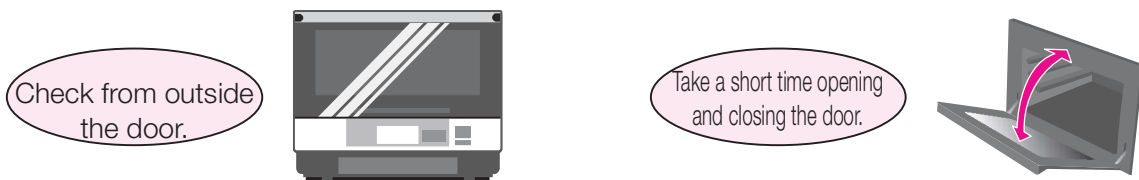
LO ▼

When grayed out, these buttons are disabled.

Checking Doneness During Cooking

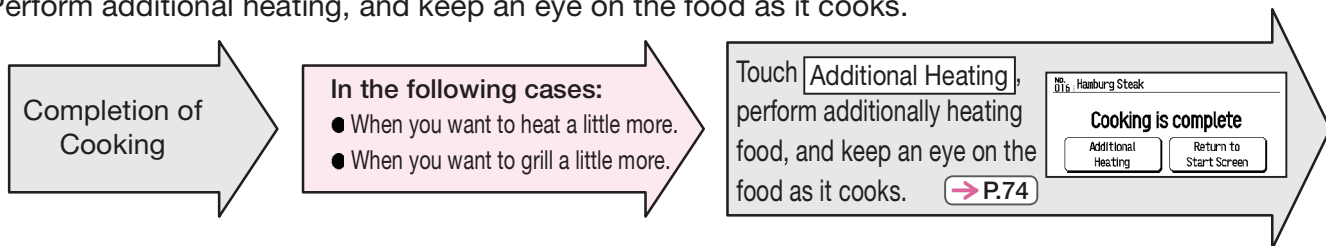
As much as possible, avoid opening and closing the door during cooking. If you open and close the door, try to take a short time.

- So as not to lower the temperature.
- When the door is opened, cooking is suspended.



Additional Heating After Cooking

Perform additional heating, and keep an eye on the food as it cooks.



Removing Food (Containers) and Accessories After Cooking

- After cooking is completed, take the food out of the oven as soon as possible. The doneness may change due to residual heat.

Removal reminder sound: To make sure you do not forget to remove the food, three beeps will sound every minute for 3 minutes from the time when cooking is completed until the door is opened.

Remove after you hear the cooking completion sound.

- After using oven and grill cooking, when you remove the ceramic tray and metal tray, hold it with both hands using the supplied mittens or a thick, dry dishcloth.
- Be careful not to spill food, especially beverages and soup.



CAUTION

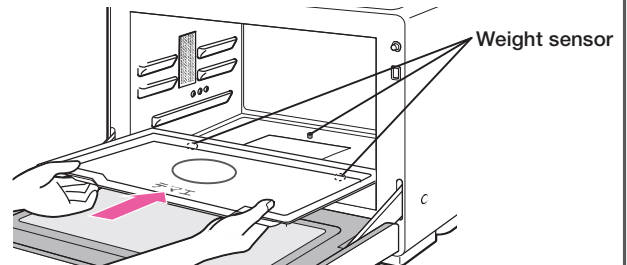
During cooking and after cooking is completed, the food, container, and various parts of the oven such as the accessories, oven cavity, door, and so on may be hot. Be careful when you take the food and the like out of the oven. May result in burns.

How to Use Accessories

How to Use the Ceramic Tray

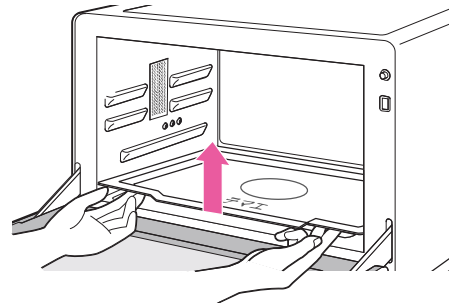
How to Set

As indicated in the figure here, hold the ceramic tray with the no-trim side on your side, and slowly put it on the weight sensor located at the bottom of the oven cavity.



How to Remove

Using both hands, push the front of the ceramic tray towards the back with your fingers, and lift the ceramic tray. Next, place the ends of your fingers on the bottom of the ceramic tray, and slowly pull out the ceramic tray, using both hands.



Use the supplied mittens or a thick, dry dishcloth when you insert the ceramic tray into, or remove it from, a heated oven cavity.
May cause burns.

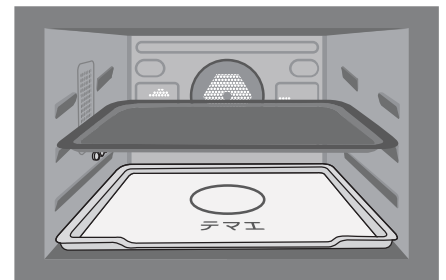
How to Use Metal Tray

■ The metal tray is used in the following menus.

- Oven Heating and Grill Heating in the Auto Menu
 - Oven Heating and Grill Heating in the Manual Menu
 - Steps 2 and 3 in the Handmade Bakery Menu
- Do not use the metal tray in microwave heating for Manual Menu or Auto Menu with microwave heating (Reheat, etc.).

■ Set the metal tray to the tray rack in the oven cavity.

Select Top, Middle or Bottom according to the menu.



Use the supplied mittens or a thick, dry dishcloth when you place the metal tray into the oven, or when you take them out.
May cause burns.



Place and take out the metal tray horizontally.
May cause food drop-off, or burns caused by spilled soup.



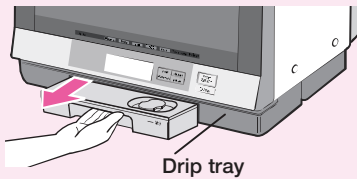
Do not use the metal tray in Auto Menu with microwave heating (Reheat, etc.) or Manual Menu (Microwave Heating).
May result in malfunction or ignition due to sparks.

How to Use the Water Tank

How to Remove

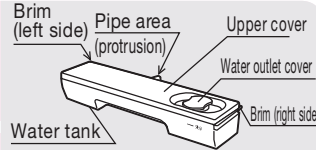
Remove from the main unit

Grasp the water tank with your fingers as shown, and pull it out horizontally.

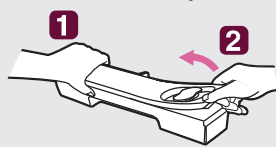


How to remove the water tank cover

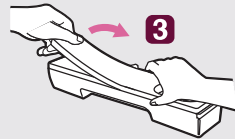
1 Lightly grasp the body of the water tank, but make sure you do not touch the pipe area.



2 Using your fingers, push up right side of the brim of the cover, and lift up the entire right side.



3 Using your fingers, push up the left side of the brim, lift up the entire left side, and remove the cover.

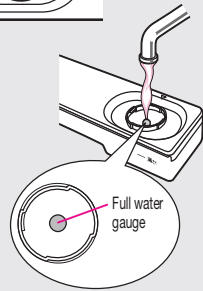


How to Fill With Water

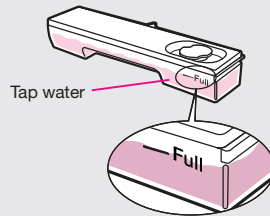
1 Turn the water outlet cover to the left.



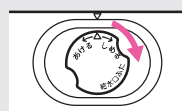
2 Keep the water tank horizontally level, and fill it with water (tap water) to the full line. The bar (full water gauge) on the tank inlet indicates the full level.



3 Align the water outlet cover with the Δ symbol, and turn the cover clockwise to close.



- When the water tank is tilted, water may spill, so be sure to keep it level when you handle the water tank.
- Take note that pressing the central part of the cover after filling water may cause water to spill from the pipe area.



Insert into the Main Unit

Hold the water tank horizontally, insert it into the main unit, and push it in securely towards the back.

- Ensure that the cover and water outlet cover are closed.
- If the water tank is not inserted securely, water may leak or there may not be enough steam.
- Check that the drip trays are inserted all the way to the back, and push the water tank in so that it is in about the same position as the drip trays on either side. [→ P.110](#)

CAUTION



Do not fill the water tank with anything other than water.

May result in deformation or damage.

Filling the water tank with alcohol and the like may result in ignition.



Fill the water tank with fresh water for each use.

Using stale water will result in sanitary problems.

The water turns into water vapor and directly contacts food. For sanitary purposes, use fresh water.



When steam or superheated steam are used in conjunction with the oven or grill, be careful: the water that remains in the water tank may be hot.

May result in burns.

Cautions on Using Water Tank

- Do not use the water tank in environments at or below 5°C.

Steam or superheated steam cooking will not cook food well.

- For the water, use chlorinated tap water. If you use harder water, chalky substances (white powder) may appear, which may clog the steam outlet after use for a long time. [→ P.128](#)

If the white content is highly visible around the outlet, please use softer mineral water. When you use the following types of water, wash the water tank every time you use it, as it is easy for mold and bacteria to develop.



- After steam cooking is completed, clean the water tank and drain the water from the pipe.

[→ P.110, 111](#)

If it is used without being cleaned, mold and bacteria will reproduce easily.

- When you use steam or superheated steam, fill the water tank with water up to the full line, and securely insert the water tank into the main unit. When the amount of water becomes low, or the water tank is inserted only halfway, Refill Water is displayed, the steam stops, and the food is not cooked well. [→ P.131, 133](#)

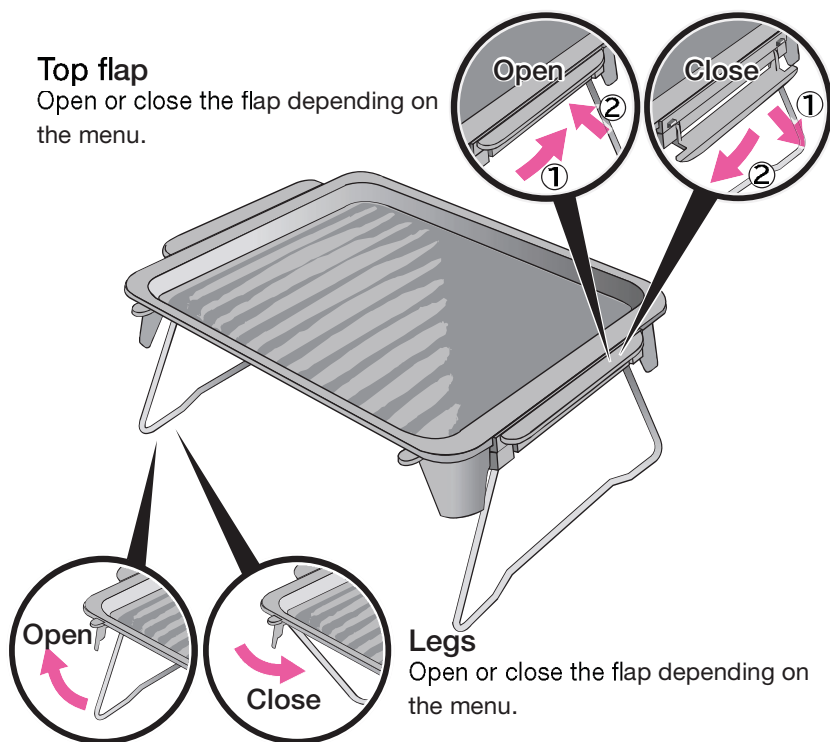
- When you are not using the water tank, leave it empty and installed in the main unit.

How to Use Accessories (Continued)

How to Use Super Grill Tray Unit

The super grill tray unit is used for Auto Menu and Grill Heating in Manual Menu.

Microwave, Oven and Grill



Removal

When it is placed on the ceramic tray, remove the unit along with the ceramic tray.

How to Set the Legs

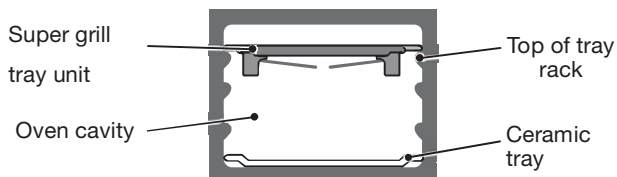
(The super grill tray unit can be used in three ways as illustrated below.)

Menu for cooking with the super grill tray unit set on the ceramic tray	<p>① Super grill tray unit: Low Legs and top flap closed</p> <p>The Grill lid is used for some Auto Menu</p>
	<p>② Super grill tray unit: High Legs opened and top flap closed</p> <p>Legs</p>
Menu for cooking with the super grill tray unit set on top of the tray rack	<p>③ Super grill tray unit: Top Legs and top flap closed</p> <p>Top flap</p> <p>Top flap</p> <p>Tray rack Top</p>

Cautions on Using Super Grill Tray Unit

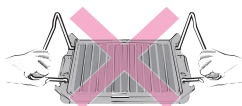
Do not open the top flap and put the unit in the middle or bottom position of the tray rack.

The upper heater and heating element cannot heat enough and the food will not turn out well.



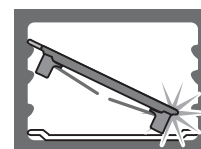
Do not open or close the top flap or legs forcibly.

Excessive force may damage and cause deformation of the legs and flap mounting section.



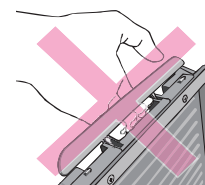
When opening the legs and top flap, ensure that they are securely opened on both sides.

If you try to put the unit on the top of tray rack with the top flap closed only on one side, the super grill tray unit may fall and result in damage and malfunction.



Do not grasp the top flap or legs to carry the unit.

When you carry the unit holding the driving parts, the super grill tray unit cannot be stabilized, which may result in damage or removal due to crash to the wall.



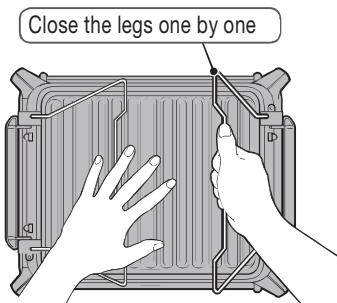
How to Open and Close the Legs

● How to open the legs

Turn the super grill tray unit upside down and place it on top of a level surface, and open it slowly until the rotation stops.

When opening the legs of the super grill tray unit, you may hear some sound depending on how you open them.

This poses no problem in performance.



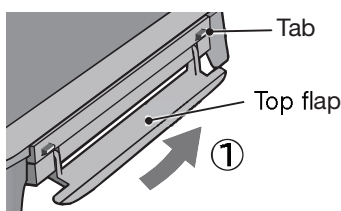
● How to close the legs

Turn the super grill tray unit upside down and place it on top of a level surface, and close it slowly until the rotation stops as you do when opening it.

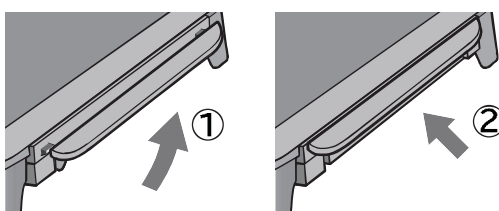
How to Open and Close the Top Flap

● How to open the top flap

① While rotating the flap, raise it until it stops.



② Slide it toward inside of the super grill tray unit to put it on the tab.



● How to close the top flap

To close it, pull outward and rotate it lower.

Super Grill Tray Unit

⚠ CAUTION



Do not use the super grill tray unit for anything other than Grill Heating in the Auto Menu and Manual Menu.

May result in damage, melting, or deformation.



Do not use the super grill tray unit for amount of food smaller than 100 g.

May result in damage, melting, or deformation.

Except for **148 Toast** described in this guide.



Do not place any object of 2.5 kg or heavier on top of the oven.

May result in damage or deformation.



Removing the unit from a heated oven cavity may result in burns. Use the supplied mittens or a thick, dry dishcloth.

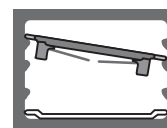
May cause slippage of food and thereby burns.



Do not leave the super grill tray unit tilted inside the oven.

May cause falling of the super grill tray unit, food slippage, or burns caused by spilled soup. May result in damage or malfunction.

Place and take out the super grill tray unit horizontally with both hands.



Do not drop or strike the super grill tray unit.

May result in damage or deformation of the super grill tray unit and its legs, or misalignment of the legs.



Watch out your fingers

Be careful not to catch your fingers when opening and closing the top flap and legs.

May cause injury.

Especially, be sure to keep it away from children.



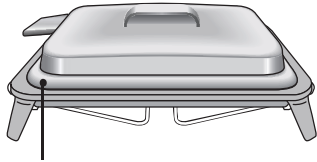
For repeated cooking, clean up the super grill tray unit and eliminate any food crumbs and oil dirt before reusing it.

Remaining food crumbs and oil dirt may result in damage, deformation or melting due to burning and sparks.

How to Use Accessories (Continued)

How to Use Grill lid

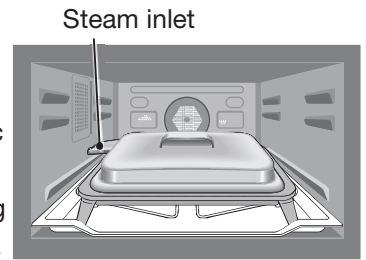
- The grill lid is to be put on the super grill tray unit. Put it on the super grill tray unit with its legs and top flap closed.



Place it so that there is no gap across its entire circumference.

- On the ceramic tray in the oven cavity, its steam inlet should be on the left side.

Place it in the center position on the ceramic tray with its steam inlet on the left side, aligning it with the steam outlet.



CAUTION



Do not use the super grill tray unit in other than Auto Menu.
May result in damage, melting, and deformation.



Do not let this unit contact with the walls of the oven cavity.
May result in malfunction due to sparks.



Do not touch.

Do not touch the grill lid with your bare hands immediately after cooking. (The grill lid will be hot even after microwave heating in Auto Menu.)
May result in burns.

Accessories Used in Auto Menu

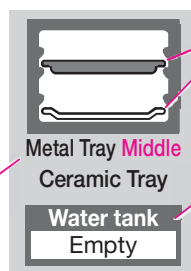
The accessories used differ depending on the menu option. Follow the operation procedures and illustrations in the touch panel to properly use the accessories.

How to Look at the Illustrations of Accessories

Example of accessories used

When the ceramic tray and metal tray are used.

Accessories used



Positions where accessories are set
Place the ceramic tray on the bottom of the oven cavity, and the metal tray on the **middle of tray rack.**





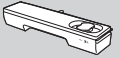
Conditions of water tank

Insert the water tank into the main unit without filling it with water. (Full means that the water tank must be filled with water and then inserted into the main unit.)

In Auto Menu, the microwave oven output, oven/grill temperature, and time are all automatically controlled, so the accessories used are different from those used for Manual Menu.

Ceramic tray used	Metal tray used	Super grill tray unit used			Grill lid used	Water tank full with water
		Legs closed	Legs opened	Top flap opened		Full
Ceramic tray not used	Metal tray not used	Super grill tray unit not used			Grill lid not used	Water tank empty
		Legs closed	Legs opened	Top flap opened		Empty

Accessories Used in Manual Menu

Heating method	Use of accessories (○: Usable ×: Unusable)						
	Ceramic tray 	Metal tray 	Super grill tray unit 			Grill lid*1 	Water tank 
Microwave	○	× Will cause sparks in the area between the metal tray and tray rack, resulting in damage.	× ^{*2} Will cause sparks in the area where the leg is attached to the super grill tray unit; there is a risk that the legs may melt.			×	Empty
Steam Microwave	○	× Will cause sparks in the area between the metal tray and tray rack, resulting in damage.	× ^{*2} Will cause sparks in the area where the leg is attached to the super grill tray unit; there is a risk that the legs may melt.			×	Full
Grill	○	○	○ With Legs closed, food cannot be grilled well due to insufficient height.			×	Empty
Steam Grill Superheated Steam Grill	○	○	○ With Legs closed, food cannot be grilled well due to insufficient height.			×	Full
Oven	○	○	× ^{*2} The plastic portion will become high in temperature, which may result in deformation.			×	Empty
Steam Oven Superheated Steam Oven	○	○	× ^{*2} The plastic portion will become high in temperature, which may result in deformation.			×	Full

*1 The grill lid cannot be used in Manual Menu.

The plastic portion will become high in temperature, which may result in deformation. However, in case of **Additional Heating** in Auto Menu described in this guide, it may be used by a specified method.

*2 The super grill tray unit cannot be used for **Microwave**, **Steam Microwave**, **Oven**, **Steam Oven** and **Superheated Steam Oven**.

May cause sparks in the area where the leg is attached to the super grill tray unit; there is a risk that the legs may become fused, or plastic parts deform. However, in case of **Additional Heating** in Auto Menu described in this guide, it may be used by a specified method.

Precautions for Use

■ Do not use the baking pan, injector and baking pan rack for Microwave and Oven functions.

May result in damage, deformation or sparks.

How Heating Works

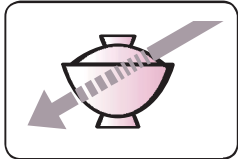
Microwave

Heats foods using microwaves (high frequency radio waves).

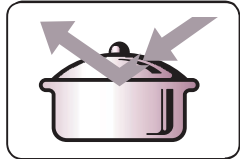
Microwaves (high frequency radio waves) have the following three properties:



Foods that contain moisture absorb microwaves.



Microwaves pass through containers made of glass and ceramic etc.



Metal reflects microwaves.

Microwaves that are absorbed by food excite the movement of water molecules, and this generates heat. The food heats up quickly due to this frictional heat.

Speedy and economical.



Because water is not used, nutrients are preserved.



Color, shape, and taste are preserved.

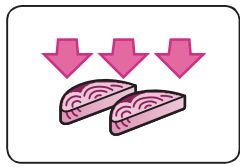


Food can be heated even after it is arranged.



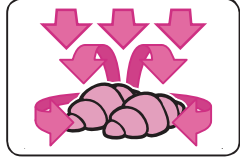
Grill

Food is heated by the upper heater, browning the food and making the inside soft.



Oven

The temperature inside the oven cavity is evenly maintained by the convection heater and upper heater, baking the food in a way that entirely envelops the food.



Steam



Microwave

Steam



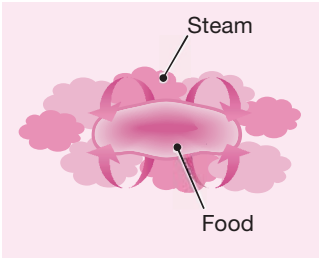
Grill

Steam



Oven

The oven cavity is filled with steam (water vapor around 100°C), and food is heated in conjunction with the microwave oven, grill, or oven. Moisture is added to the food, which makes it tender.



Superheated Steam



Grill

Superheated Steam

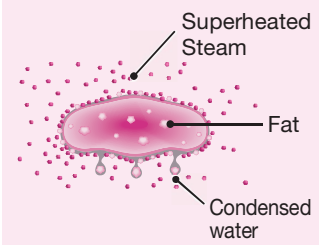


Oven

The oven cavity is filled with superheated steam and food is heated in conjunction with the grill or oven.

Excess fat from meat and salt from fish are removed together with condensed water, making the food healthy.

(Particles of superheated steam are too fine to see.)




Auto Menu (Reheat)

Easy Guide for Reheating and Defrosting

The following is a guide for using Auto Menu for reheating of 15 types of food.

For manual cooking, reheat and keep an eye on the food as it cooks with reference to Heating Time for Cooking in Manual Menu (→ P.75, 76).

Rice



Reheating rice stored at room temperature or chilled
→ **001 Reheat** (→ P.40, 41)


.....

Reheating rice stored at room temperature or chilled making it fluffy
→ **005 Steam Reheat** (→ P.46, 47)
→ **006 Frozen (L) & Chilled (R)** (→ P.45)

.....

Reheating frozen rice
→ **002 Frozen Rice** (→ P.42, 43)
→ **006 Frozen (L) & Chilled (R)** (→ P.45)

Side Dishes



Reheating side dishes stored at room temperature or chilled
→ **001 Reheat** (→ P.40, 41)


.....

Reheating side dishes stored at room temperature or chilled making it fluffy
→ **005 Steam Reheat** (→ P.46, 47)
→ **006 Frozen (L) & Chilled (R)** (→ P.45)

.....

Reheating frozen side dishes
→ **004 Defrost & Reheat** (→ P.42, 43)

Steamed bun




Reheating chilled steamed bun making it fluffy
→ **007 Reheat Steam Buns (Chilled)** (→ P.46, 47)

.....

Reheating frozen steamed bun making it fluffy
→ **008 Reheat Steam Buns (Frozen)** (→ P.46, 47)

Beverages




Reheating chilled milk
→ **003 Beverages/Warm Milk** (→ P.46, 47)

.....

Reheating coffee, tea and water at room temperature
→ **003 Beverages/Warm Milk** (→ P.46, 47)

Chilled and Frozen Food

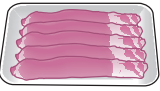



Reheating store-bought chilled food making the surface crispy
→ **009 Crispy Cooking (Chilled)** (→ P.48, 49)

.....

Reheating store-bought frozen food making the surface crispy
→ **010 Crispy Cooking (Frozen)** (→ P.48, 49)

Defrost





Defrosting meat and fish
→ **012 Defrost** (→ P.50, 51)

.....


Defrosting sashimi
→ **013 Defrost (Sashimi)** (→ P.50, 51)

Deep-Fried Food



Reheating deep-fried food making the surface crispy
→ **011 Reheat Fried Food** (→ P.48, 49)

Boiling



Boiling vegetable
→ **014 Boil Vegetables** (→ P.52, 53)
→ **015 Boil Root Vegetables** (→ P.52, 53)

Auto Menu (Reheat)

Reheating Rice and Side Dishes Stored at Room or Chilled Temperature

001 Reheat

- Reheats room-temperature food and chilled food.
- Frozen rice are reheated using **002 Frozen Rice**. → P.42, 43
- Beverages (milk, coffee, soy milk, tea, water, and the like) are heated using **003 Beverages/Warm Milk**. → P.46, 47
- Frozen foods (home frozen) are reheated using **004 Defrost & Reheat**. → P.42, 43

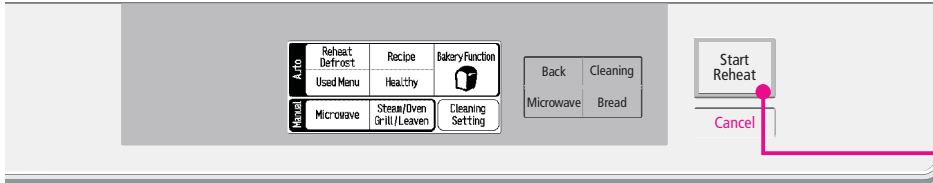
Accessory Used



Ceramic Tray

Water Tank

Empty



Note When the door is opened, the power turns on.

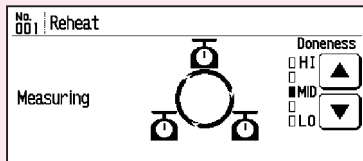
Preparation

Place the container or plate of food in the center of the ceramic tray, and close the door.

1

Press **Start Reheat** to start.

Heating with **001 Reheat** starts.

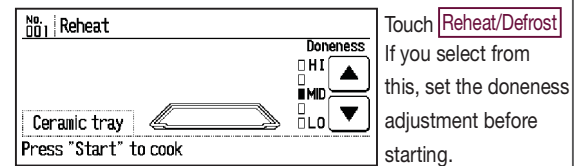
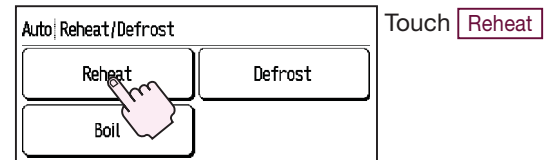
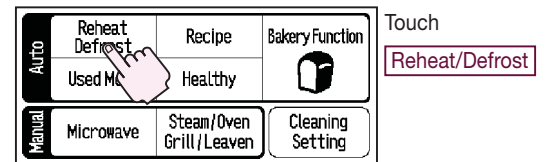


To adjust doneness

Adjust before the heating time is displayed.

When you hear the completion sound, remove the food.

001 Reheat can also be selected by the following procedure.



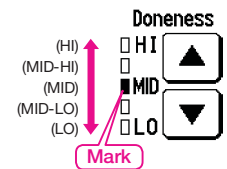
Reminder

For **001 Reheat**, press **Start Reheat** within about 10 minutes after you close the door (while 0 is shown in the display area). Reheating will not start if about more than 10 minutes pass after you open and close the door. Open and close the door and press **Start Reheat**. → P.21

How to adjust doneness

Doneness is automatically set to MID (Standard). To adjust doneness, press **▲**/**▼** and set the mark to the desired position.

■ The previous doneness adjustment is not registered.



Food that cannot be reheated with **001 Reheat**

■ For foods listed below, reheat using Manual Menu and keep an eye on the food as it cooks. → P.59-62

- Food that weighs less than 100 g
- Steamed buns
- Bread
- Frozen vegetables
- Store-bought rice balls
- Baby milk, baby food
- Store-bought cooked food



Less than 100 g



Remove packaging materials and transfer to a plate.

Transfer to a separate container.

Transfer to a separate container.













How to Reheat Rice and Side Dishes Skillfully

001 Reheat

- With store-bought side dishes or home-cooked food, try to make the weight of the food and the weight of the container about the same.
- If food is heavier than its container, set Doneness Adjustment to **[MID-HI]**.
- The maximum amount of food that can be reheated at a single time is approximately 200-1,800 g (food and container combined).
- The temperature of the food should be approximately 20°C for room-temperature food, and 0-10°C for chilled food.



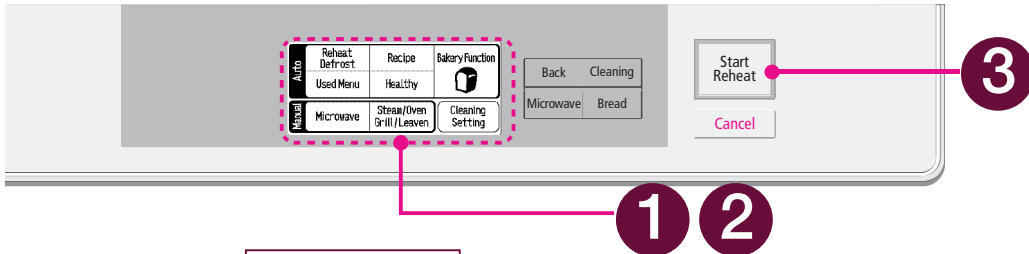
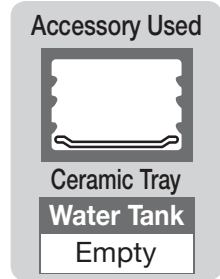
This symbol indicates that the food should be covered with plastic wrap.

Menu selection and cooking tips		Covering	Menu selection and cooking tips		Covering
Rice	 <p>Rice For chilled rice, heat with the doneness adjustment at [MID-HI].</p> <p>Fried Rice / Pilaf Mix after heating.</p>	—	Simmered Food	 <p>Simmered vegetables (Remove Eggs) Place in a container, and cover with broth. For chilled food, heat with the doneness adjustment at [MID-HI].</p>	—
	Noodles	 <p>Spaghetti / Yakisoba (Japanese style fried noodles) Place on a dish. Mix after heating. For chilled food, heat with the doneness adjustment at [MID-HI].</p>		—	 <p>Simmered Fish Place in a container, and cover with broth. As the flesh of boiled fish may spatter, use a deep dish and cover with plastic wrap. For chilled fish, heat with the doneness adjustment at [MID-HI].</p>
Grilled Food	 <p>Grilled Fish Cover, as the food may spatter. For chilled fish, heat with the doneness adjustment at [MID-HI].</p>		Steamed Food	 <p>Steamed Meat Dumplings Arrange on a plate, leaving some space between individual portions. Sprinkle some water over the dumplings and heat. If the dumplings are on the dry side, briefly immerse them in water. For chilled dumplings, heat with the doneness adjustment at [MID-HI].</p>	—
	 <p>Hamburg Steak Turn the steak upside down for 1-2 minutes after heating. Cover with sauce after heating, as the sauce may spatter. For chilled steak, heat with the doneness adjustment at [MID-HI].</p>  <p>Skewered Chicken / Grilled Meat Arrange on a dish. Heat after coating with sauce. For chilled meat, heat with the doneness adjustment at [MID-HI].</p>	—		Soups (Thicker Liquids)	 <p>Curry / Stew As shrimp, squid, and whole mushrooms may spatter, cover their container with plastic wrap. Stir well after heating. (Remove whole mushrooms before heating, and add them in afterwards.) Set the doneness adjustment to [MID-HI] or [Hi].</p> <ul style="list-style-type: none"> ● Reheat soup using Manual Menu (Microwave Heating) and keep an eye on the food as it cooks. → P.59-62 ● Use a ceramic or heat-resistant container. Lacquered or non-heat-resistant containers cannot be used. → P.26, 27
Deep-Fried Food	 <p>Deep-Fried Food / Croquettes Arrange on a dish, and heat with doneness adjustment at [MID-LO] or [LO]. Cover shrimp and squid, as they may spatter.</p>	—	Stir-Fried Food		 <p>Stir-fried vegetables / Sweet and Sour Pork / Chop Suey Place in a container. If stir-fried vegetables are dry, add butter or salad oil. Mix after heating. For chilled food, heat with the doneness adjustment at [MID-HI].</p>

Auto Menu (Reheat)

Reheating Rice and Side Dishes Stored at Freezing Temperature 002 Frozen Rice 004 Defrost & Reheat

- Reheats frozen rice. 002 Frozen Rice
- Reheats frozen side dishes. 004 Defrost & Reheat



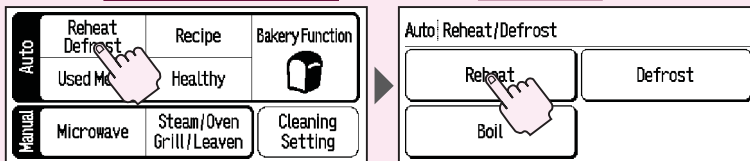
Example: In case of 002 Frozen Rice

Note When the door is opened, the power turns on.

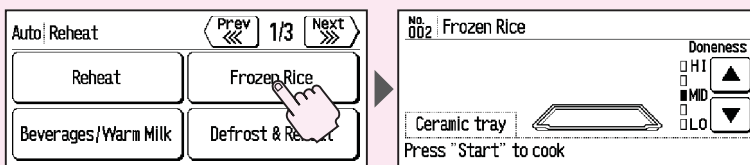
Preparation

Place the container or plate of food in the center of the ceramic tray, and close the door. For 002 Frozen Rice, place the food directly on the ceramic tray.

1 Touch Reheat/Defrost and then Reheat.



2 Touch Frozen Rice.



To adjust doneness → P.31

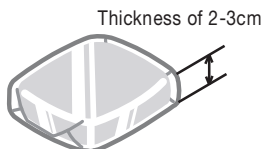
3 Press Start Reheat to start.

When you hear the completion sound, remove the food.

Tips for Freezing Foods Skillfully

■ Use fresh ingredients

Divide the food into single servings (200-300 g), and form a flat block about 2-3cm thick. Make sure that no areas become excessively thin. Rounding them or freezing them as a large block above the specified amount, it will be difficult to reheat the inside.



■ Use plastic wrap or the like to seal the food tightly.

■ Rice, curry and so on

Divide rice into individual servings (about 150 g) and curry into servings of 100-300 g each. Arrange them so that they are thin (thickness of 2-3cm) and flat. (For foods such as whole mushrooms that readily spatter when heated, cut them in half beforehand.)

■ Vegetables

Partially boil vegetables, so they are still firm. Drain any excess water and divide them into single servings (100-200 g). Bundle in plastic wrap or the like and freeze.

How to Reheat Rice and Side Dishes Stored at Freezing Temperature



002 Frozen Rice







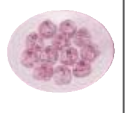




004 Defrost & Reheat

- The maximum amount of food that can be reheated at a single time is approximately 100-600 g for **002 Frozen Rice** and 200-1,800 g for **004 Defrost & Reheat** (food and container combined).
- For **004 Defrost & Reheat** with store-bought side dishes or home-cooked food, try to make the weight of the food and the weight of the container about the same.
- For **004 Defrost & Reheat**, if food is heavier than its container, set Doneness Adjustment to **MID-HI**.
- The temperature of the food should be approximately -18°C .



This symbol indicates that the food should be covered with plastic wrap.

Defrost and reheat frozen food (rice)		002 Frozen Rice
Menu selection and cooking tips		Covering
Rice	 <p>Frozen Rice/Fried Rice/Pilaf Place a square-shaped block of frozen rice wrapped with plastic wrap directly on the center position of the ceramic tray. Prepare frozen rice in a heat-resistant frozen container made of plastic according to instructions of the container manufacturer and place it in the center position of the ceramic tray. When reheating two or more blocks of rice, make them about the same quantity and place them in the middle. For frozen fried rice and pilaf, set the Doneness Adjustment to MID-LO and mix after heating. To reheat frozen rice put on a plate, use 004 Defrost & Reheat for heating.</p>	

Defrost and reheat frozen food (in a container)		004 Defrost & Reheat			
Menu selection and cooking tips	Covering	Menu selection and cooking tips	Covering		
Noodles	 <p>Frozen Spaghetti/Yakisoba (Japanese style fried noodles) Place on a dish. Mix after heating.</p>		Stir-Fried Food	 <p>Frozen Shop Suey/Meatballs Place in a container. Mix after heating.</p>	
Grilled Food	 <p>Frozen Hamburg Steak Place on a dish. Turn the steak upside down for 1-2 minutes after heating.</p>		Steamed Food	 <p>Frozen Steamed Meat Dumplings Briefly immerse them in water and arrange on a dish. After heating, immediately remove the plastic wrap.</p>	
Deep-Fried Food	 <p>Frozen Deep-Fried Food/Croquettes Arrange on a dish. Set the doneness adjustment to MID-LO or LO. If you are concerned about oil, remove the oil using paper towels after heating. Cover shrimp and squid, as they may spatter.</p>	<p style="text-align: center;">—</p>	Soups (Thicker Liquids)	 <p>Frozen Curry/Stew Place in a container, and cover the container. When you use plastic wrap instead of a lid, cover the container loosely. Set the doneness adjustment to MID-HI or HI. After heating, break apart the chunky parts and mix the food.</p>	

Auto Menu (Reheat)

Reheating Two Types of Foods (Such as Rice and Side Dishes) 001 Reheat Stored at Room Temperature or Chilled at the Same Time

Foods that are frozen and stored (home-frozen) cannot be heated at the same time as room-temperature food. (Use [002 Frozen Rice](#) or [004 Defrost & Reheat](#) to reheat frozen food.)

Accessory Used



Ceramic Tray
Water Tank
Empty

Note When the door is opened, the power turns on.

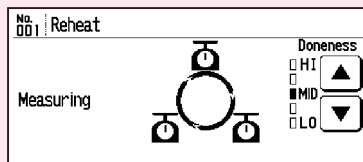
Preparation

Place the two items on top of the ceramic tray, leaving some space between them. Close the door.



1

Press [Start Reheat](#) to start.



To adjust doneness [→ P.31](#)

Adjust before the heating time is displayed.

When you hear the completion sound, remove the food.

[001 Reheat](#) can also be selected from [Reheat/Defrost](#)
[Reheat](#) [Reheat](#) [→ P.40](#)

Tips for Reheating Two Types of Food with [001 Reheat](#) (Chilled or at Room Temperature)

■ Foods that can be reheated

Chilled food or room-temperature food.

■ Amount of food

- A one-dish portion of food is approximately 100-300 g.
- Make the quantities of food in each of the two portions approximately the same.

As a rough target, the amount of food in one portion should be about 0.7–1.3 times that of the other portion. (Example: 150 g rice and a 100-200 g side dish.) (Auto Cooking cannot be used for amounts of food in ratios other than the one described above. Heat using Manual Cooking (Microwave Heating) and keep an eye on the food as it cooks.)

■ Size of containers

Use a container with a size and weight that are appropriate for the quantity of food.

Use containers that are approximately the same size and weight for both containers of food.

■ To cook the food skillfully

Depending on the type of food, it may be necessary to cover the food with plastic wrap or the like in order to prevent the food from splattering or to heat the food to an appropriate temperature.

- Foods with sauce, broth, or soup.
- Foods with a certain thickness such as curry, stew, and so on. When the food surface tends to be dry, or when you want to make the food soft, sprinkle or spray some water or sake onto the food.

For curry, stews, and stir-fried vegetables, mix well after heating.

Depending on the type of food and preservation conditions (room temperature or chilled), use an appropriate doneness adjustment. [→ P.41](#)

Food May Not Heat Well in the Following Cases

■ Frozen foods

Reheat each dish using [002 Frozen Rice](#) or [004 Defrost & Reheat](#) [→ P.42, 43](#)

■ Foods that cannot be heated at the same time

- Food with a high salt content and food with a high sugar content.
- Food with a high water content and food with a low water content.

Heat using Manual Menu (Microwave Heating) and keep an eye on the food as it cooks.

[→ P.59-62](#)

■ Reheat beverages such as milk and coffee using [003 Beverages/Warm Milk](#).

Different types of beverages cannot be reheated at the same time. Reheat the same type of beverages using [003 Beverages/Warm Milk](#). [→ P.46, 47](#)

■ Foods that cannot be heated with [001 Reheat](#) cannot be heated at the same time. [→ P.40](#)

Use Manual Menu (Microwave Heating) to reheat milk or baby food, and keep an eye on it as it cooks.

[→ P.59-62](#)

Reheating Two Types of Foods (Such as Frozen Rice and Side Dishes) 006 Frozen (L) & Chilled (R) Stored at Different Temperatures (Chilled or Frozen) at the Same Time

Foods stored at room temperature cannot be reheated at the same time as frozen foods.

(The food stored at room temperature will become too hot.)

Accessory Used



Ceramic Tray

Water Tank

Empty

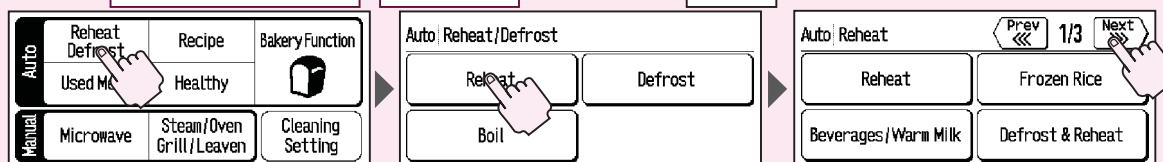
Note When the door is opened, the power turns on.

Preparation

Place the food on the ceramic tray so that the frozen food is on the left side and the chilled food is on the right side, leaving some space between them. Close the door.

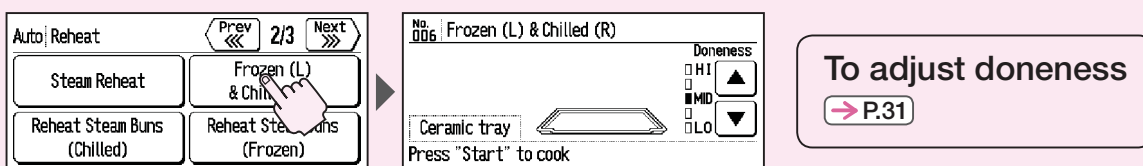
1

Touch **Reheat/Defrost**, **Reheat**, and then **Next**.



2

Touch **Frozen (L) & Chilled (R)**.



3

Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Tips for **006 Frozen (L) & Chilled (R)**

■ Where to place the food (the positions are predetermined):

Left: Frozen food

Right: Chilled food



■ Amount of food [-> P.44](#)

■ Foods that can be heated

Frozen rice, chilled foods, precooked frozen grilled foods such as hamburger steaks and deep-fried foods can be heated.

■ Size of containers [-> P.44](#)

■ To cook the food skillfully [-> P.44](#)

When the food surface tends to be dry, or when you want to make the food soft, sprinkle or spray some water or sake onto the food.

For curry, stews, and stir-fried vegetables, mix well after heating.

■ Foods that cannot be heated with **001 Reheat** cannot be heated at the same time. [-> P.40](#)

Use Manual Menu (Microwave Heating) to reheat milk or baby food, and keep an eye on it as it cooks.

[-> P.59-62](#)

Auto Menu (Reheat)

Reheating Beverages and Reheating in Steam for Fluffy Food

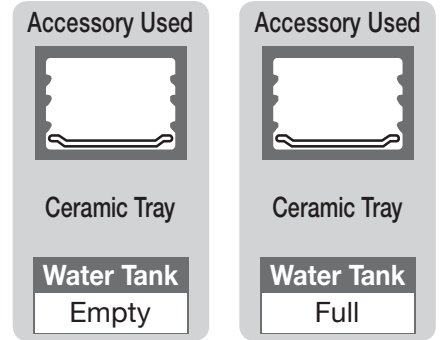
- Reheat beverages such as milk, coffee, tea, soy milk, and water. [003 Beverages/Warm Milk](#)
- Reheat foods by enveloping them in steam, for fluffy rice and tender foods. [005 Steam Reheat](#)
[007 Reheat Steam Buns \(Chilled\)](#) [008 Reheat Steam Buns \(Frozen\)](#)

Example: In case of [003 Beverages/Warm Milk](#)

Note When the door is opened, the power turns on.

Preparation

Place the food and the appropriate accessory in the oven, and close the door.
 For [005 Steam Reheat](#), [007 Reheat Steam Buns \(Chilled\)](#) or [008 Reheat Steam Buns \(Frozen\)](#), fill the water tank with water up to the full line and insert into the main unit.

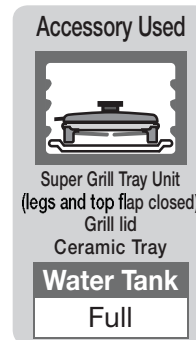
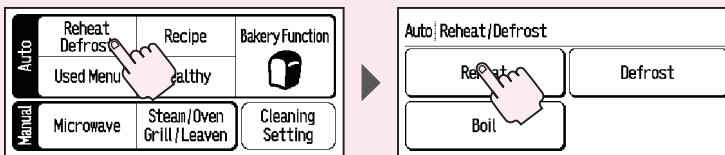


[003 Beverages/Warm Milk](#)

[005 Steam Reheat](#)

1

Touch [Reheat/Defrost](#) and then touch [Reheat](#).

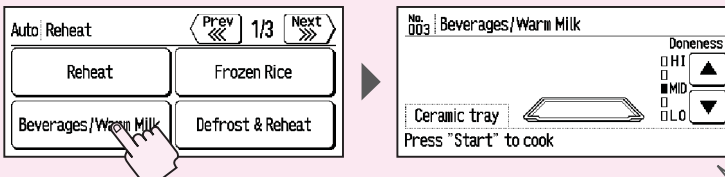


[007 Reheat Steam Buns \(Chilled\)](#)

[008 Reheat Steam Buns \(Frozen\)](#)

2

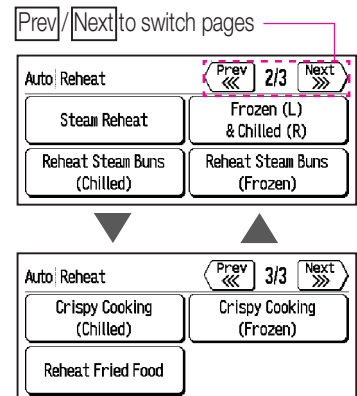
Touch [Beverages/Warm Milk](#).



To adjust doneness → P.31

For [003 Beverages/Warm Milk](#), the doneness adjustment setting is stored in memory.

How to select a menu option other than Milk



3

Press [Start Reheat](#) to start.

When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

How to Reheat Beverages Skillfully

003 Beverages/Warm Milk

- **Try to make the weight of the beverage and the weight of the container about the same.**

If beverage is lighter than its container, set the doneness adjustment to **[MID-LO]** or **[LO]**.

- **Beverages that can be reheated**

Chilled milk and room temperature coffee, tea, water, and so on.

- **Amount (1-4 cups) that can be heated at one time:**

Milk (chilled)	200-800 mL
Coffee	180-720 mL
Tea	150-600 mL
Water	180-720 mL

- **When reheating two or more beverages at the same time:**
Place the beverages in the middle of the ceramic tray.



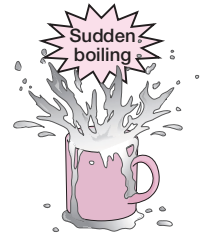
- **Types of containers and how to fill them with beverages**

Use a mug or drinking cup as a container, and fill it with the beverage until it is 70-80 % full.

If you heat a small amount, for example, when it is less than half full, the beverage may suddenly heat and spatter even after you remove it from the oven cavity. This may result in burns.

So reheat using Manual Menu (Microwave Heating).

→ P.59-62



- **You cannot heat milk in glass milk bottles.**
- **Use fresh milk that has just been taken out of the refrigerator.**
- **Stir beverages well before heating.**

How to Reheat Beverages Skillfully Using Steam

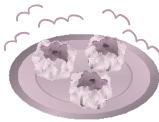
005 Steam Reheat

- **Foods that can be reheated**

Rice, steamed meat dumplings, Yakisoba (Japanese style fried noodles), and so on stored at room temperature or chilled.

- **Do not cover the food, for example with plastic wrap**

Food is reheated using steam to become moist and soft, and to prevent it from drying out.



- **Amount of food that can be reheated at one time:**

Rice	1-4 servings (150-600 g)
Steamed meat dumplings and Yakisoba (Japanese style fried noodles)	100-500 g

- **Types of containers**

Use a ceramic or heat-resistant container.

- **Chilled foods**

Heat with the doneness adjustment at **[MID-HI]**.

- **Frozen side dishes cannot be heated skillfully.**

Use **[004 Defrost & Reheat]**. (→ P.42, 43)

- **Frozen rice cannot be heated skillfully.**

Use **[002 Frozen Rice]**. (→ P.42, 43)

- **For foods that cannot be heated using**

[001 Reheat] (→ P.40) can neither be heated with **[005 Steam Reheat]**

So reheat using Manual Menu (Microwave Heating) and keep an eye on the food as it cooks. (→ P.59-62)

- **Heating will take longer time than **[001 Reheat]**.**

How to Reheat Steamed Buns Skillfully

007 Reheat Steam Buns (Chilled)

008 Reheat Steam Buns (Frozen)

- **When the food is hard before heating or you want to make it fluffy.**

Immerse the food in water or spray water on it before heating.

- **Grill lid**

Do not cover the food, for example with plastic wrap.

- **Number of steamed buns that can be reheated at one time:**
1 (about 100 g) -4 pieces (about 400 g).

You can reheat 2 to 4 steamed buns of 80-90 g each in weight, or 1 or 2 of 110-150 g.

- **Store-bought steamed buns**

Use **[007 Reheat Steam Buns (Chilled)]** for reheating buns at room temperature or chilled, or **[008 Reheat Steam Buns (Frozen)]** for frozen buns.

- **Bean-paste buns**

Set the doneness adjustment to **[MID-LO]** or **[LO]**.

- **Adjust the doneness skillfully depending on food manufacturers, storage conditions and shapes.**

- **Leave paper attached to the bottom and place the buns on the super grill tray unit.**

- **When food is not heated enough**

After **[Additional Heating]** turns off, transfer the buns to a heat-resistant dish. Then heat them with **[Steam Microwave]** and keep an eye on the food as it cooks.

→ P.68

Auto Menu (Reheat)

Crispy Cooking with Superheated Steam

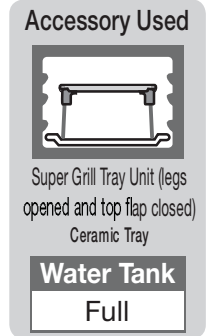
- Make food surface crispy by reheating with superheated steam. [009 Crispy Cooking \(Chilled\)](#)
[010 Crispy Cooking \(Frozen\)](#) | [011 Reheat Fried Food](#)

Example: In case of [009 Crispy Cooking \(Chilled\)](#)

Note When the door is opened, the power turns on.

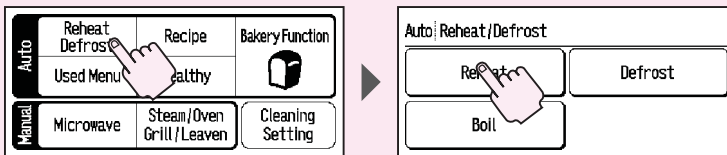
Preparation

Place the food and the appropriate accessory in the oven, and close the door.
 Fill the water tank with water up to the full line and insert into the main unit.

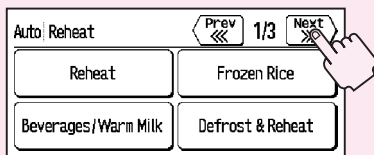


- [009 Crispy Cooking \(Chilled\)](#)
- [010 Crispy Cooking \(Frozen\)](#)
- [011 Reheat Fried Food](#)

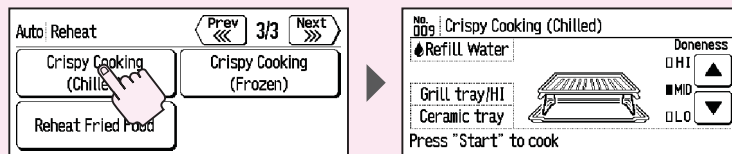
1 Touch [Reheat/Defrost](#) and then [Reheat](#) .



2 Touch [Next](#) twice.



3 Touch [Crispy Cooking \(Chilled\)](#) .



To adjust doneness → P.31

4 Press [Start Reheat](#) to start.

⚡ When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

How to Reheat Store-Bought Chilled Foods and Frozen Side Dishes

009 Crispy Cooking (Chilled)

010 Crispy Cooking (Frozen)

■ Foods that can be reheated

Chilled foods, precooked frozen grilled foods such as hamburger steaks or grilled riceballs, and deep-fried foods.

■ Use the super grill tray unit with legs opened

You cannot reheat foods with a ceramic or heat-resistant container.

■ Choose one of these options depending on the type of food.

Use **009 Crispy Cooking (Chilled)** to reheat chilled food and food stored at room temperature, or **010 Crispy Cooking (Frozen)** to reheat frozen food.

■ Number of steamed buns that can be reheated at one time:

Two servings (about 200 g) to six servings (about 600 g).

■ Food weighing less than 200 g cannot be heated

Arrange food weighing less than 200 g or small food on the metal tray directly or on an oven sheet, set to **Middle**. Then heat them with **Oven** **No Preheat** **210°C** and keep an eye on the food as it cooks.

→ P.65

■ When removing the food

Use the supplied mittens or a thick, dry dishcloth to remove the super grill tray unit and ceramic tray while the food is still on top. You can also use kitchen chopsticks to directly remove the food from the oven.



Do not put any metal object such as aluminum foil.

Will result in malfunctions, ignition, and breakage of door glass due to sparks.



Do not heat small amount of food (weighing less than 200 g).

If weight per piece is less than 200 g, put multiple pieces to make the total weight 200 g or above.

How to Reheat Deep-Fried Food Skillfully

011 Reheat Fried Food

■ Foods that can be reheated

Deep-fried food at normal temperature or chilled.

■ Amount of deep-fried food that can be reheated at one time:

Deep-fried food at normal temperature or chilled

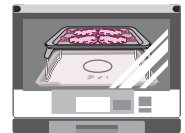
100-500 g

■ Food weighing less than 100 g cannot be heated

Make it 100 g or above, or arrange on the metal tray, set to **Middle**, heat with **Superheated Steam Oven** **No Preheat** **180°C** and keep an eye on the food as it cooks. → P.69

■ When the bottom surface is sticky after heating of deep-fried food

Wipe off the oil content with paper towel or the like.



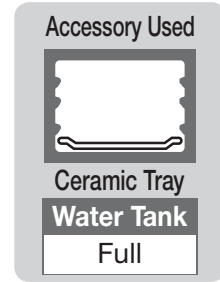
Auto Menu (Preparing Food)

Defrosting Meat and Fish

012 Defrost | 013 Defrost (Sashimi)

Example: In case of **012 Defrost**

Note When the door is opened, the power turns on.



012 Defrost
013 Defrost (Sashimi)

Preparation

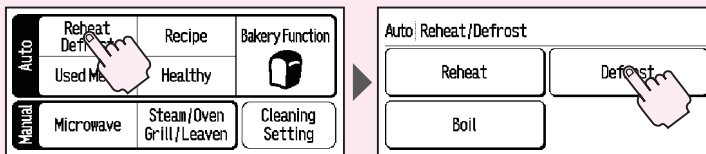
Remove any packaging such as plastic wrap, place the tray with frozen meat on top in the center of the ceramic tray, and close the door.

Fill the water tank with water up to the full line and insert into the main unit.

Heat right after taking the food out from the freezer.

1

Touch **Reheat/Defrost** and then touch **Defrost**.

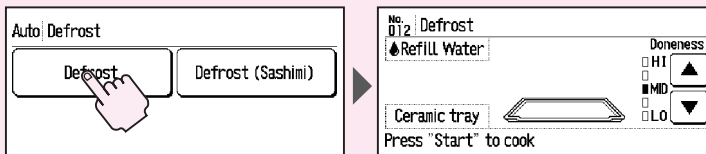


If no tray is available:

Remove any packaging material, place an oven sheet or paper towel on the ceramic tray, and place the frozen meat and fish on top.

2

Touch **Defrost**.



To adjust doneness → P.31

3

Press **Start Reheat** to start.

⚡ When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

How to Defrost Foods Skillfully

012 Defrost 013 Defrost (Sashimi)

■ **Foods that can be defrosted include hard, frozen meat and fish just taken out of the freezer.**

Foods that starts melting cannot be defrosted well.

■ **From 100-1,000 g of food can be defrosted at one time.**

When the food is too heavy, it may not be defrosted well. Reduce the amount of food.

■ **When food is placed on top of a polystyrene foam tray, remove any packaging such as plastic wrap, and place the tray in the center of the ceramic tray.**

If there is no tray, remove any packaging material, place an oven sheet or paper towel on the ceramic tray, and place the food on top.

Do not use any ceramic or heat-resistant container. May cause excessive defrosting and the food may not defrost well.

To help defrosting food with steam, remove any packaging material such as plastic wrap.

■ **Defrost only after the oven cavity and ceramic tray have cooled down sufficiently.**

If you defrost food while the oven is hot, the tray may melt or the food may be excessively defrosted.

■ **Fill the water tank with water to the full line.**

If you do not fill the water tank with water, or if there is not enough water, the food may be unevenly defrosted.

To help defrosting food with steam, fill the water up to the full line.

■ **Use aluminum foil for food that is uneven in shape or thickness.**

Make sure that the aluminum foil does not touch the walls of the oven cavity or the door glass. There will be sparks, and the ceramic tray and door glass may be damaged.

Shape, width, thickness, type	Area to wrap with aluminum foil
Width and thickness are uneven	Thin areas
Large frozen section	Side
Fish	Head and tail



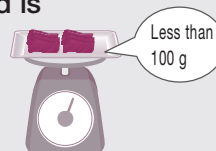
In the following cases, defrost using Manual Menu (Microwave Heating) and keep an eye on the food while it is defrosting. → P.59-62

● **Precooked frozen food or frozen vegetables**

Heat using [Microwave] 200W.

The rough target for defrosting is 4-5 minutes per 200 g.

- When the amount of food is less than 100 g
- Foods that have been broken up and frozen
- Foods that have not been sufficiently defrosted
- Frozen foods -20°C or colder



Heat using [Microwave] 100W

For Auto Menu defrosting, the standard temperature for frozen food is -18°C .

● **Foods that are starting to melt**

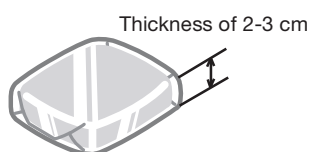


Heat using [Microwave] 100W or [Microwave] 200W.

Tips for Freezing Foods Skillfully

■ **Use fresh ingredients**

Divide the food into single servings (200-300 g), and form a flat block about 2-3 cm thick. Make sure that no areas become excessively thin.



■ **For a thick meat block with thin ends, make thickness even by folding the meat before freezing.**

Also fold thin and long meat to make it flat shape with thickness of 2-3 cm.

■ **Use plastic wrap or the like to seal the food tightly.**

When wrapping the food, make sure that the plastic wrap does not get between foods so it can be easily removed later.

■ **Remove any decorations such as plastic leaves, as well as absorbent pads and so on.**

■ **Fish preparation**

Remove the scales, gills, and internal organs of the fish. Wash it in salt water and wipe off the water. Freeze each fish separately.

Auto Menu (Preparing Food)

Heating Vegetables (Boiling) 014 Boil Vegetables 015 Boil Root Vegetables

Example: To heat spinach with **014 Boil Vegetables**

Note When the door is opened, the power turns on.

Preparation

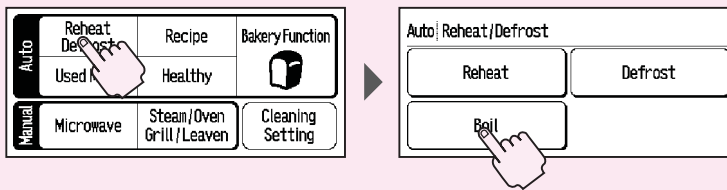
Bundle the spinach tightly with plastic wrap, place the wrapped vegetables directly in the center of the ceramic tray, and close the door.



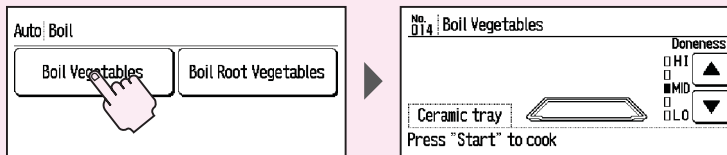
014 Boil Vegetables

015 Boil Root Vegetables

1 Touch **Reheat/Defrost** and then **Boil**.



2 Touch **Boil Vegetables**.



To adjust doneness → P.31

3 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.



Heating using Auto Menu is not possible for food less than 100 g.

May result in fire.

Heat using **Microwave 500W** and keep an eye on the food as it cooks. → P.59-62



Do not wrap with paper products such as a cooking sheet.

May result in fire.

How to Boil Vegetables Skillfully



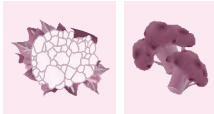
014 Boil Vegetables 015 Boil Root Vegetables

- Without drying the vegetables, bundle them tightly with plastic wrap, place them directly in the center of the ceramic tray, and then heat.

If you place the vegetables on a plate and then heat them, they will become overcooked.


- From 100-500 g of **014 Boil Vegetables** and from 100-1,000 g of **015 Boil Root Vegetables** can be heated.

014 Boil Vegetables

Leafy vegetables		Fruit vegetables		Flower vegetables	
Vegetables with edible leaves, such as spinach, Japanese mustard spinach, and so on.		Vegetables with edible fruit and seeds, such as eggplants, squash and so on.		Vegetables with edible flower petals and buds, such as cauliflower, broccoli, and so on.	

015 Boil Root Vegetables

Root Vegetables



Vegetables that have edible underground root stalks and roots, such as potatoes, sweet potatoes, and the like.

- How to prepare the food according to the cuisine

Make crosscut incisions in the thick stems of leafy vegetables and fruit or flower vegetables; vegetables that are clustered in bunches should be broken up into smaller clusters.

Cut root vegetables into pieces of the same size, and select vegetables that are about the same size.



- How to remove astringency according to the ingredients

Put spinach and the like in water immediately after heating. Immerse eggplants, cauliflower, and the like in lightly salted water or vinegar water before heating to remove astringency.

- For diced or thin-sliced vegetables, set the doneness adjustment to **LO**.

- When you wrap leafy vegetables such as spinach

Alternate stalks and leafy parts, and wrap them tightly.



- When you wrap fruit vegetables such as broccoli or flower vegetables

Divide vegetables into small clusters, arrange them in a single layer without any spaces between them, and wrap them tightly.

Make sure they are not overlapped.



- When you wrap multiple root vegetables such as potatoes without cutting them

Wrap them tightly with a space at the center.

After heating, turn them upside down and leave for about 3-5 minutes.



Auto Menu (Cooking)

Procedure for Selecting Menu in "Recipe"

Select menu from **Cook Method** (in case of No Preheat)

- Cook food without preheating the oven cavity.
For whether to perform preheating, refer to the Recipes.

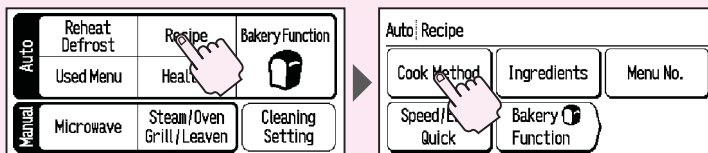
Example: **016 Hamburg Steak**

Note When the door is opened, the power turns on.

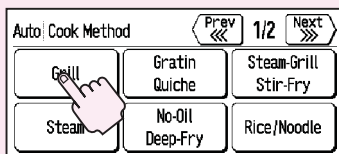
Preparation

Place the food and the appropriate accessory in the oven, and close the door.
For a menu option that uses steam or superheated steam, fill the water tank up to the full line and insert into the main unit.

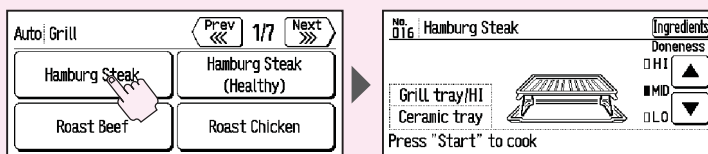
1 Touch **Recipe** and **Cook Method**.



2 Touch **Grill**.



3 Touch **Hamburg Steak**.



To adjust doneness → P.31

4 Press **Start Reheat** to start.

⚡ When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

If grease buildup in the oven cavity or odor after cooking is concerned, heat with **Deodorization**. → P.110

CAUTION

Use the supplied mittens or a thick, dry dishcloth when you place the accessories into the oven, or when you take them out.

May cause burns.

- After you remove the accessories, do not place them in a location that is weak with respect to heat.
- Be sure to keep the accessories out of the reach of children and infants.
- Do not use damaged oven mitts or a wet cloth.

Do not perform Auto Menu that uses the super grill tray unit for amount of food smaller than 100 g (except for **148 Toast**).

Will result in damage, melting, and deformation.

Selecting a menu option from **Cook Method** (in case of Preheat)

- Cook food after preheating the oven cavity.
For whether to perform preheating, refer to the Recipes.

Example: **017 Hamburg Steak (Healthy)**

Note When the door is opened, the power turns on.

Preparation Check that the ceramic tray is set at the bottom of the oven cavity and close the door. For a menu option that uses steam or superheated steam, fill the water tank up to the full line and insert into the main unit.

1 Touch **Recipe** and **Cook Method**.

The first screenshot shows the main control panel with 'Recipe' and 'Cook Method' highlighted. The second screenshot shows the 'Auto: Recipe' sub-menu with 'Cook Method' highlighted.

During preheating, the oven lamp is turned off in order to save power. If you want to check inside the oven cavity during preheating, press **Start Reheat** to light the oven lamp. To turn it off, press **Start Reheat** again.

2 Touch **Grill** and **Hamburg Steak (Healthy)**.

The first screenshot shows the 'Auto: Cook Method' sub-menu with 'Grill' highlighted. The second screenshot shows the 'Auto: Grill' sub-menu with 'Hamburg Steak (Healthy)' highlighted. The third screenshot shows the 'Hamburg Steak (Healthy)' recipe screen with 'Ceramic tray' highlighted and a note to 'Press "Start" to preheat'.

To adjust doneness → P.31

If grease buildup in the oven cavity or odor after cooking is concerned, heat with **Deodorization**. → P.110

3 Press **Start Reheat** to start preheating.

When you hear the preheating completion sound, put in the accessories with food and close the door.

CAUTION

Use the supplied mittens or a thick, dry dishcloth when you place the accessories into the oven, or when you take them out.

May cause burns.

- After you remove the accessories, do not place them in a location that is weak with respect to heat. Place them on top of the open door.
- Be sure to keep the accessories out of the reach of children and infants.
- Do not use damaged oven mitts or a wet cloth.

Do not perform Auto Menu that uses the super grill tray unit for amount of food less than 100 g (except for 148 Toast).

May result in damage, melting, and deformation.

4 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Auto Menu (Cooking)

Procedure for Selecting Menu in Recipe (Continued)

Select a menu option from **Ingredients**

You can select a menu option by ingredients including Meat, Seafood, Egg/Tofu, Vegetable, Rice/Noodle/Flour Products and Dairy Products/Fermented Food.

Example: **016 Hamburg Steak**

Note When the door is opened, the power turns on.

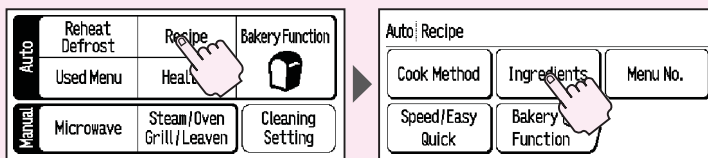
Preparation

Place the food and the appropriate accessory in the oven, and close the door.

For a menu option that uses steam or superheated steam, fill the water tank up to the full line and insert into the main unit.

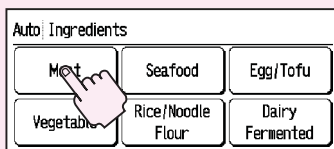
1

Touch **Recipe** and **Ingredients**.



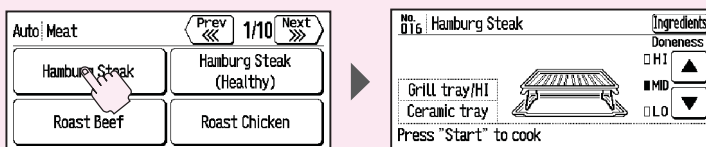
2

Touch **Meat**.



3

Touch **Hamburg Steak**.



To adjust doneness → P.31

4

Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

CAUTION



Use the supplied mittens or a thick, dry dishcloth when you place the accessories into the oven, or when you take them out.

May cause burns.

- After you remove the accessories, do not place them in a location that is weak with respect to heat.
- Be sure to keep the accessories out of the reach of children and infants.
- Do not use damaged oven mitts or a wet cloth.



Do not perform Auto Menu that uses the super grill tray unit for amount of food less than 100 g (except for **148 Toast**).

Will result in damage, melting, and deformation.

Select a menu option from **Menu No.**

You can select a menu option from menu numbers indicated in this guide.

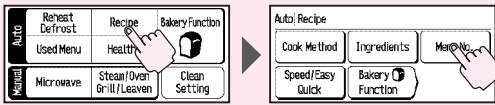
Example: **016 Hamburg Steak**

Note When the door is opened, the power turns on.

Preparation

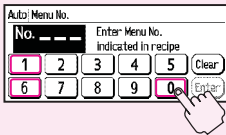
Place the food and the appropriate accessory in the oven, and close the door. For a menu option that uses steam or superheated steam, fill the water tank up to the full line and insert into the main unit.

1 Touch **Recipe** and then **Menu No.**

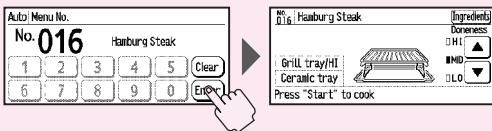


2 Touch in order of **0**, **1** and **6**.

- You can also select a menu option by touching **1** and **6** only and then **Enter**.
- For one-digit menu number, you can view the menu from One-Digit → **Enter**.



3 Touch **Enter**.



To adjust doneness → P.31

4 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Select a menu option from **Speed/Easy/Quick**

You can select convenient menu options such as 10-minute menu, set menu and reheated rice dishes, etc.

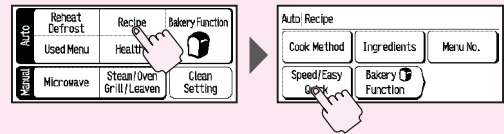
Example: **054 Rice Malt Marinade Chicken**

Note When the door is opened, the power turns on.

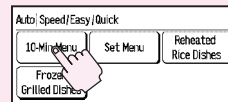
Preparation

Place the food and the appropriate accessory in the oven, and close the door. For a menu option that uses steam or superheated steam, fill the water tank up to the full line and insert into the main unit.

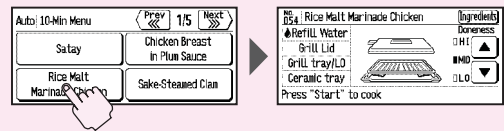
1 Touch **Recipe** and then **Speed/Easy/Quick**.



2 Touch **10-Min Menu**.



3 Touch **Rice Malt Marinade Chicken**.



To adjust doneness → P.31

4 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Auto Menu (Cooking)

Procedure for Selecting "Healthy" Menu and "Used" Menu

You can select healthy menu options such as no-oil deep fry and vegetable dishes with preserved vitamin C.

Example: **078 Fried Chicken**

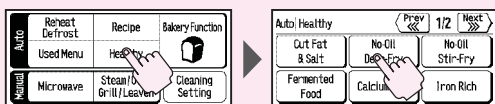
Note When the door is opened, the power turns on.

Preparation

Place the food and the appropriate accessory in the oven, and close the door.
For a menu option that uses steam or superheated steam, fill the water tank up to the full line and insert into the main unit.

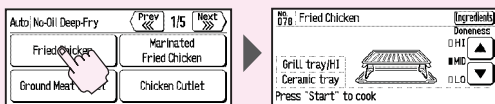
1

Touch **Healthy** and **No-oil Deep-Fry**.



2

Touch **Fried Chicken**.



To adjust doneness → P.31

3

Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Auto Menu options recently used are automatically registered. It is convenient when selecting frequently-used menu options. Auto Menu history of Microwave and Oven functions and Bakery Function is displayed.

Example: In case of **016 Hamburg Steak**

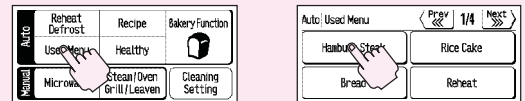
Note When the door is opened, the power turns on.

Preparation

Place the food and the appropriate accessory in the oven, and close the door.
For a menu option that uses steam or superheated steam, fill the water tank up to the full line and insert into the main unit.

1

Touch **Used Menu** and **Hamburg Steak**.



If you have not used **016 Hamburg Steak**, it does not appear in **Used Menu**.

2

Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

If grease buildup in the oven cavity or odor after cooking is concerned, heat with **Deodorization**. → P.110

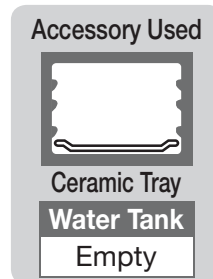
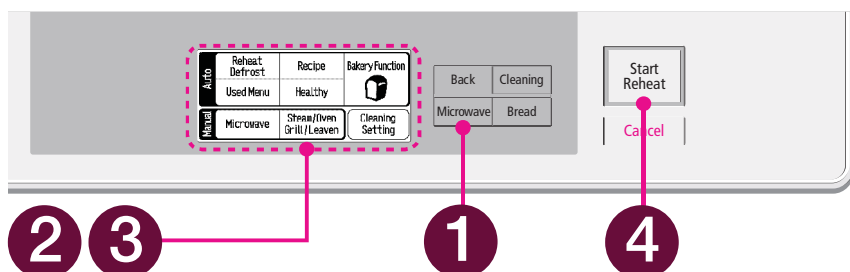
Manual Menu (Microwave Heating)

Microwave (Easy Operations)

The operating method for **600W** and **500W** will be explained here.

600W and **500W** can also be selected from **Microwave** in the touch panel (LCD display). → P.60-62

For **700W**, **200W** and **100W**, please refer to Heating at a Constant Output (Wattage). → P.60-62



Example: To heat using **Microwave 500W** for **1 min 30 sec**

Note When the door is opened, the power turns on.

Preparation

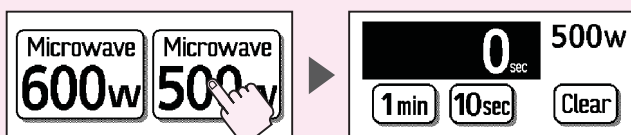
Place the container or plate of food in the center of the ceramic tray, and close the door.

1

Press **Microwave**.

2

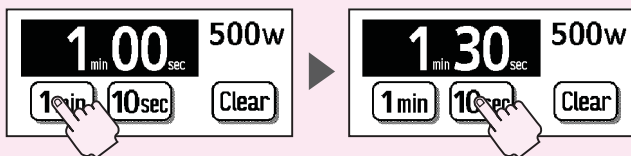
Touch **Microwave 500W**.



3

Touch **1 min** once and **10 sec** three times.

Touch **Clear** to reset the heating time to 0 sec.



4

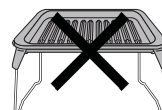
Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Super grill tray unit not used



Grill lid not used



Metal tray not used



Heating details that can be selected:

Output	Heating time range
600W	10 sec.-20 min.: 10 sec. units
500W	(Maximum heating time: 20 minutes)

WARNING

Do not heat raw eggs, boiled eggs (both with/without the shell), or fried eggs.

Otherwise, the eggs may burst and damage the ceramic tray or door glass.

When heating eggs, beat the eggs before heating.



Raw eggs



Boiled eggs



Egg yolk or fried eggs

Manual Menu (Microwave Heating)

Heating at a Constant Output (Wattage)

The operating method for **700W**, **600W**, **500W**, **200W** and **100W** will be explained here.

For heating with **Steam Microwave**, please refer to Combine Microwave Heating with Steam. → P.68

For heating with **Steam Microwave (Leaven)**, please refer to Heat Using Steam Microwave Leavening. → P.70

Example: To heat with **Microwave 600W** for **1 min 20 sec**



Super grill tray unit not used



Grill lid not used



Metal tray not used

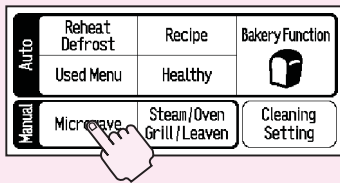


Note When the door is opened, the power turns on.

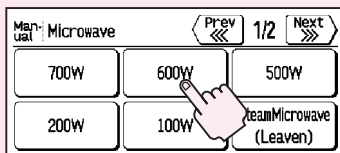
Preparation

Place the container or plate of food in the center of the ceramic tray, and close the door.

1 Touch **Microwave**.

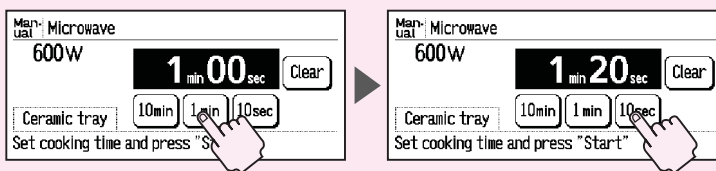


2 Touch **600W**.



3 Touch **1 min** once and then touch **10 sec** twice.

Touch **Clear** to reset the heating time to 0 sec.



4 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

* If you continuously use **Microwave 700W 10 min**, the microwave operates at about 70% output to control temperature increases of the electric parts.

Heating details that can be selected:

Output	Heating time range
700W	10 sec.-10 min.: 10 sec. units (Maximum heating time: 10 minutes)
600W 500W	10 sec.-20 min.: 10 sec. units (Maximum heating time: 20 minutes)
200W 100W	10 sec.-20 min.: 10 sec. units 20 min.-90 min.: 1 min. units (Maximum heating time: 90 minutes)



WARNING



Do not heat raw eggs, boiled eggs (both with/without the shell), or fried eggs.

Otherwise, the eggs may burst and damage the ceramic tray or door glass.

When heating eggs, beat the eggs before heating.



Raw eggs



Boiled eggs


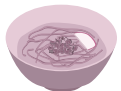




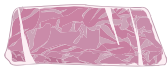





Egg yolk or fried eggs

How to Determine Heating Time

- Cooking time differs depending on the type of food, even if the amount is the same. (When the food is at room temperature (about 20°C))

Rough targets for heating times per 100 g of food using **Microwave 600W**

Type of food		Starting raw	Reheating	Type of food	Starting raw	Reheating
Vegetables	Leafy vegetables 	1 min.- 1 min. 20 sec.	————	Noodles 	————	50 sec.- 1 min. 10 sec.
	Root vegetables 	1 min. 40 sec.- 2 min. 10 sec.	————	Deep-fried food (such as croquettes) 	————	40 sec.- 1 min. 10 sec.
Fish and seafood 		————	About 1 min. 10 sec.	Soup (Soup and so on) 	————	40 sec.- 1 min. 10 sec.
Meat 		————	1 min.- 1 min. 50 sec.	Beverages (Milk, coffee and so on) 	————	40 sec.-1 min.
Rice 		————	30-50 sec.	Bread and steamed buns 	————	20-40 sec.

- Set a heating time that is proportional to the amount of food.
When you double the amount of food, double the heating time as well.
- Heating time differs depending on the container used.
Heating time differs slightly depending on the materials, size, and shape of the container.
- Heating time also differs depending on the temperature of the food before heating.
More time is required when you heat foods taken out of the refrigerator or freezer, even if it is the same type of food. For refrigerated foods, the rough target is about 1.3 times longer than the heating time at room temperature (about 20°C), and for frozen foods, the rough target is about 2.3 times longer. Heating time differs slightly in the summer and winter.
- For heating with **Microwave 500W**, the heating time should be about 1.2 times longer.
(When the food is at room temperature before heating (about 20°C))
- Manual Menu cannot be set for **Microwave 1000W**.
Microwave 1000W functions for a limited number of menu options, such as **001 Reheat**, and so on, in Auto Menu.

When you heat small amounts of food (less than 100 g).

Use **Microwave 500W**, set the heating time to 20-50 seconds, and keep an eye on the food while it is heating. In particular, when you heat a small amount (less than 100 g) of vegetables such as carrots that are cut into small pieces, they may dry out, or there may be sparks and the food may burn. Sprinkle a generous amount of water over the vegetables and wrap them in plastic wrap, or spread the food out on a plate or the like, add just enough water to cover the food, cover the container with plastic wrap, and then heat.

Manual Menu (Microwave Heating)

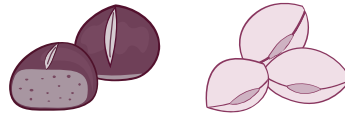
How to Heat in Order to Prevent Bursting and Spattering

- For foods with skins or shells, such as squid, octopus, shrimp, and the like, make slits in the surface of the skin or shell.

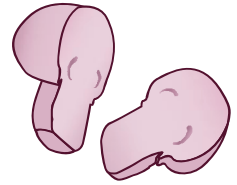


Use **Microwave 200W** and reduce the heating time.

- For shelled chestnuts and ginkgo nuts, make an incision in the shell, and cover before heating.



- Cut mushrooms in half before heating.

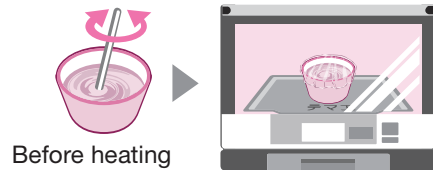


- For less than 100 g of diced vegetables such as carrots, sprinkle a generous amount of water over the food, and cover the container with plastic wrap. Use **Microwave 500W** and keep an eye on the food while it is heating.



- Heat hijiki using **Microwave 200W** and keep an eye on the food as it cooks.

- For thick liquids and the like, cover and mix before and after heating.



Before heating

How to Reheat Store-Bought Frozen Foods

- Place the food on a tray or in a container according to the food manufacturer's instructions, and place it in the center of the ceramic tray.

This is because package label indications assume oven microwaves with a turn table.

This oven is a flat-table oven microwave, so placing foods across the edges may cause excessive or insufficient heating.

- Also in case package label of frozen foods instructs to place foods across the edges, place foods in the center of the ceramic tray.

	1 piece	2 pieces	4 pieces
According to package labels (Not applicable to this oven)			
How to place foods in this oven (Place in the center)			

- For the wattage and heating time, use the wattage and heating time slightly higher and longer than those indicated by the food manufacturer for **Microwave 500W** or **Microwave 600W**.

- Frozen grilled foods and deep-fried food may also be reheated with **010 Crispy Cooking (Frozen)**.

→ P.48, 49

Automatically Lower Output (Wattage) During Heating (Relay Heating)

For stews, rice, and the like, where the heating method changes to simmering during heating.

Example: To heat with [Microwave] 600W for [10 min] and then heat with [Microwave] 200W for [30 min]

Note When the door is opened, the power turns on.

Preparation

Place the container or plate of food in the center of the ceramic tray, and close the door.

Accessory Used



Ceramic Tray

Water Tank

Empty

Super grill tray unit not used



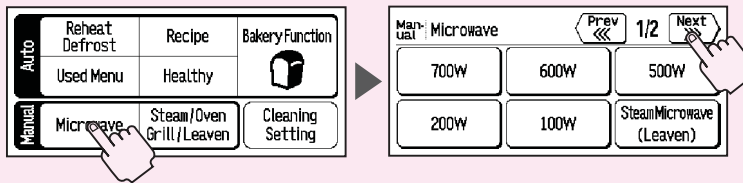
Grill lid not used



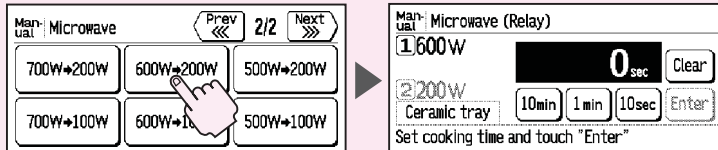
Metal tray not used



1 Touch [Microwave] and [Next].

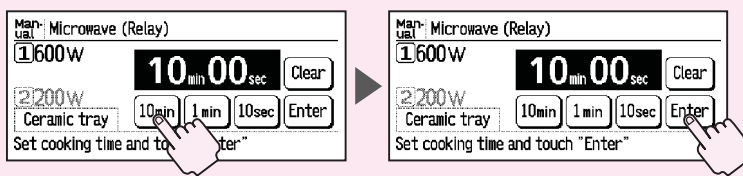


2 Touch [600W] → [200W].



3 Touch [10 min] once and touch [Enter].

Touch [Clear] to reset the heating time to 0 sec.

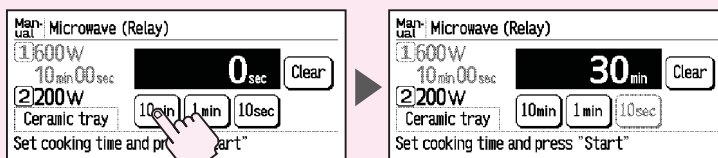


Heating details that can be selected:

Output	Heating time range
700W	10 sec.-10 min.: 10 sec. units (Maximum heating time: 10 minutes)
600W 500W	10 sec.-20 min.: 10 sec. units (Maximum heating time: 20 minutes)
200W 100W	10 sec.-20 min.: 10 sec. units 20 min.-90 min.: 1 min. units (Maximum heating time: 90 minutes)

4 Touch [10 min] three times.

Touch [Clear] to reset the heating time to 0 sec.



5 Press [Start Reheat] to start.

When you hear the completion sound, remove the food.

Manual Menu (Grill Heating)

Heat While Browning the Surface of Foods Like Fish

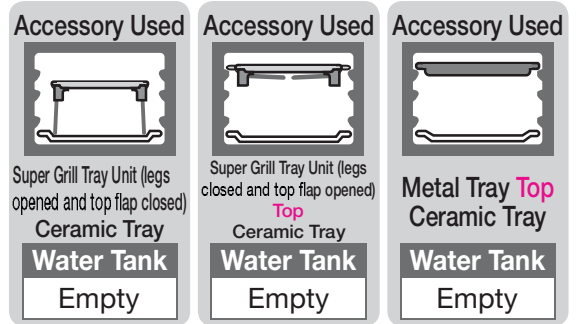
Grill fish fillets, skewered food, and so on with **Grill**.

Example: To heat with **Grill** for 15 min

Note When the door is opened, the power turns on.

Preparation

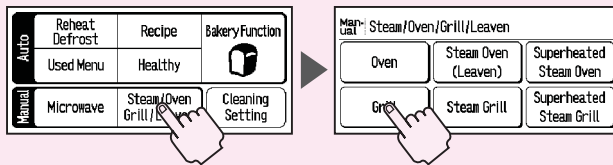
Place the food on the super grill tray unit or metal tray. Next, set the super grill tray unit with legs opened in the center of the ceramic tray, or set the super grill tray unit with top flap opened or the metal tray on **Top** of the tray rack, and close the door. Use accessories and the tray rack according to the food.



Super grill tray unit lid not used



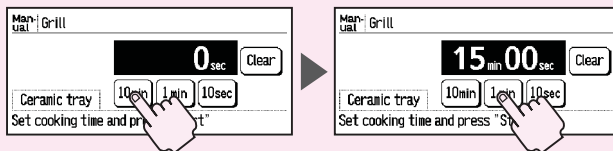
1 Touch **Steam/Oven/Grill/Leaven** and touch **Grill**.



- The super grill tray unit placed on the ceramic tray is too low to cook well.
- With **Grill**, the bottom surface does not brown. To make both sides brown, turn the food upside down midway.

2 Touch **10 min** once and **1 min** five times.

Touch **Clear** to reset the heating time to 0 sec.



Heating details that can be selected:

10 sec.-20 min.: 10 sec. units

20 min.-40 min.: 1 min. units

(Maximum heating time: 40 minutes)

3 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

CAUTION

- ! Use the supplied mittens or a thick, dry dishcloth when you place the accessories into the oven, or when you take them out. May cause burns.
- After you remove the accessories, do not place them in a location that is weak with respect to heat.
- Be sure to keep the accessories out of the reach of children and infants.
- Do not use damaged oven mitts or a wet cloth.

How to Use **Grill** Skillfully

Accessories	Foods that can be grilled	How to arrange the food	How to grill the food
<p>Super Grill Tray Unit (legs opened and top flap closed)</p>	<p>Skewered food, and so on</p>		<p>Flip over while grilling Flip over skewered food, and so on halfway through the grilling time, and continue grilling.</p>
<p>Super Grill Tray Unit (legs closed and top flap opened) Metal tray can also be used</p>	<p>Fish fillets, toast, and so on</p> <ul style="list-style-type: none"> ■ Rice cake and whole fish with internal organs intact cannot be grilled efficiently. ■ It will take some time for toast to grill. 		<p>Flip over while grilling For fish fillets and so on, first grill the side that will be face down when you serve it. Halfway through grilling, flip over and continue grilling.</p>

While you are heating, you can increase and decrease the heating time in units of minutes. Use for adjusting how the grilling is finished. → P.73

- If the heating time was started from 40 minutes, it is not possible to increase the heating time.
- If less than 5 minutes remains, it is not possible to increase or decrease the heating time.

Manual Menu (Oven Heating)

Heating with No Preheat

Cook food without preheating the oven cavity.

Note When the door is opened, the power turns on.

Example: To heat with **Oven**, **No Preheat**, **2 Level** and **200°C** for **30 min**

Accessory Used



Metal Tray Top/
Middle/Bottom
Ceramic Tray

Water Tank

Empty

Microwave, Oven and Grill

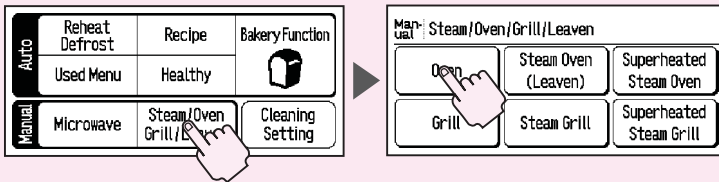
Preparation

Set the metal tray with the food on it on the tray rack, and close the door.

Use the tray rack according to the food.

1

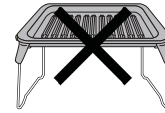
Touch **Steam/Oven/Grill/Leaven** and touch **Oven**.



Super grill tray unit not used

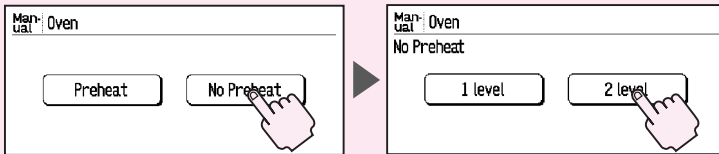


Grill lid not used



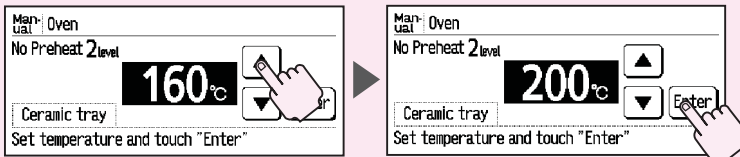
2

Touch **No Preheat** and **2 Level**.



3

Touch **▲** four times and touch **Enter**.



160°C is displayed at first.

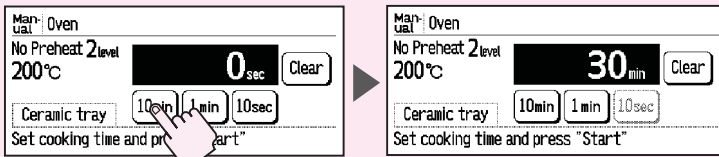
Heating details that can be selected:

Temperature 100°C-250°C (units of 10°C)
Heating time 10 sec.-20 min.: 10 sec. units
20 min.-90 min.: 1 min. units
(Maximum heating time: 90 minutes)

4

Touch **10 min** three times.

Touch **Clear** to reset the heating time to 0 sec.



5

Press **Start Reheat** to start.

When you hear the completion sound, remove the food.



CAUTION



Use the supplied mittens or a thick, dry dishcloth when you place the accessories into the oven, or when you take them out.

May cause burns.

- After you remove the accessories, do not place them in a location that is weak with respect to heat.
- Be sure to keep the accessories out of the reach of children and infants.
- Do not use damaged oven mitts or a wet cloth.

Heating Point

To adjust the browning degree of foods, you can change the temperature and heating time during heating. → P.73

Manual Menu (Oven Heating)

Heating with Preheat

Cook food with **Oven** after preheating the oven cavity.

Example: To heat with **Oven**, **Preheat**, **2 Level** and **200°C** for **30 min**

Note When the door is opened, the power turns on.

Preparation

Check that the ceramic tray is set at the bottom of the oven cavity and close the door. Prepare the metal tray with food on top. Use the tray rack according to the food.



Super grill tray unit not used

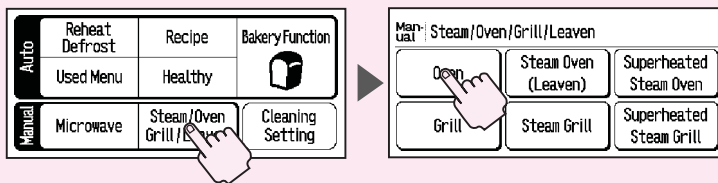


Grill lid not used



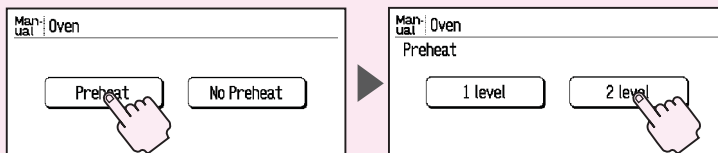
1

Touch **Steam/Oven/Grill/Leaven** and touch **Oven**.



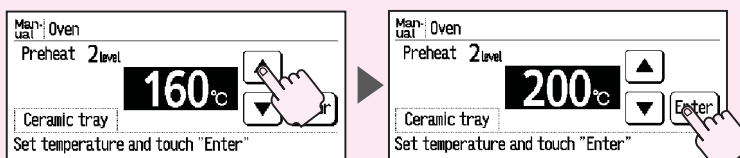
2

Touch **Preheat** and **2 Level**.



3

Touch **▲** four times and touch **Enter**.



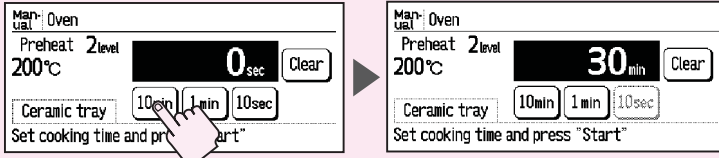
160°C is displayed at first.

100°C-250°C (units of 10°C) or 300°C can be selected.

- If the oven cavity is hot, the maximum temperature that can be set is 250°C.
- The operation time at 300°C is about 5 minutes. Afterwards, the temperature automatically switches to 250°C.

4 Touch **10 min** three times.

Touch **Clear** to reset the heating time to 0 sec.



Heating details that can be selected:
 10 sec.-20 min.: 10 sec. units
 20 min.-90 min.: 1 min. units
 (Maximum heating time: 90 minutes)

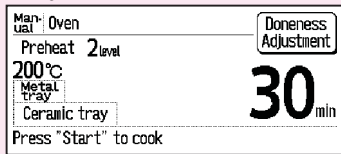
5 Press **Start Reheat** to start preheating.

During preheating, the oven lamp is turned off in order to save power.

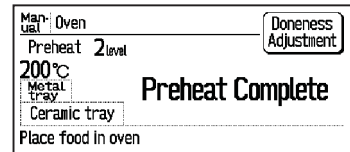
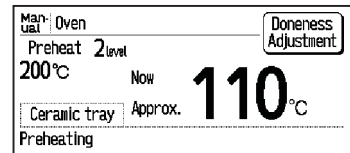
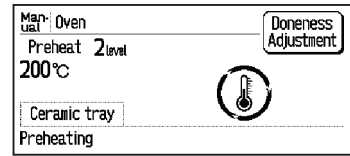
If you want to check on the food in the oven cavity during preheating, press **Start Reheat** to light the oven lamp. To turn it off, press **Start Reheat** again.

⚡ When you hear the preheat completion sound and preheating is completed, set the metal tray with food to the tray rack and close the door.

Use the tray rack according to the food. As the oven cavity is hot, be careful when putting the metal tray in.



Preheating flow



- Preheating is completed when the set temperature is reached.
- The maximum preheating time is 45 minutes.
- When you leave the oven as is for after completion of preheating, preheating continues for 10 minutes and then heating is performed for the set time with the oven lamp turned off.

6 Press **Start Reheat** to start.

⚡ When you hear the completion sound, remove the food.

How to Use **Oven** Skillfully

You can increase or decrease the temperature during preheating. You can increase or decrease the temperature and heating time during heating. → P.73

Use for adjusting how the grilling is finished.

- If the heating time was started from 90 minutes, it is not possible to increase the heating time.
- If less than 5 minutes remains, it is not possible to increase or decrease the heating time.



CAUTION



Use the supplied mittens or a thick, dry dishcloth when you place the accessories into the oven, or when you take them out.

May cause burns.

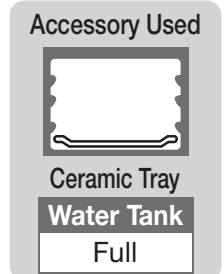
- After you remove the accessories, do not place them in a location that is weak with respect to heat.
- Be sure to keep the accessories out of the reach of children and infants.
- Do not use damaged oven mitts or a wet cloth.

Manual Menu (Combination with Steam/Superheated Steam)

Combine Microwave Heating with Steam

Example: To heat with **Steam Microwave** for **5 min**

Steam
+
Microwave

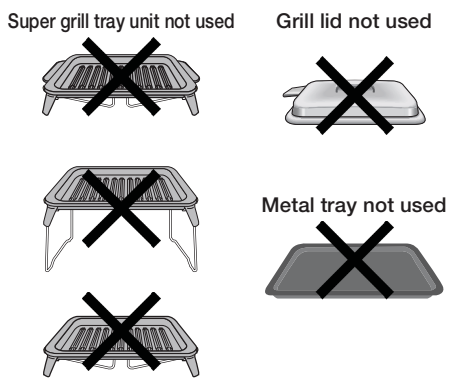
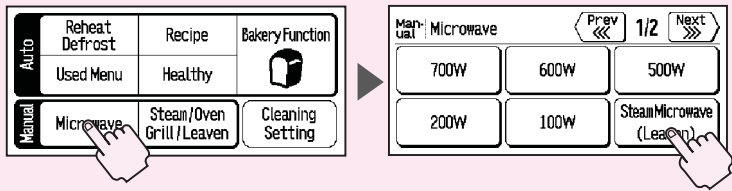


Note When the door is opened, the power turns on.

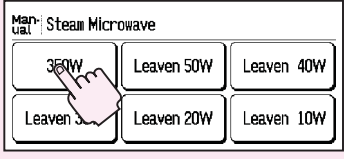
Preparation

Place the container or plate of food in the center of the ceramic tray, and close the door. Fill the water tank with water up to the full line and insert into the main unit.

1 Touch **Microwave** and **Steam Microwave (Leaven)**.



2 Touch **350W**.

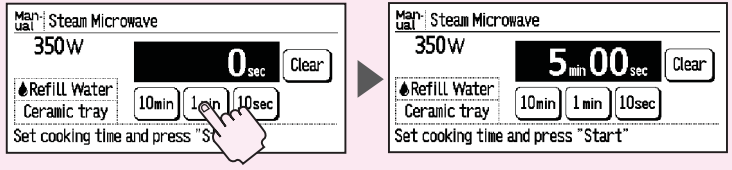


Heating details that can be selected:

Output	Heating time range
350W	10 sec.-20 min.: 10 sec. units

3 Touch **1 min** five times.

Touch **Clear** to reset the heating time to 0 sec.



4 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

- Water tank after use → P.110, 111
- Make the water tank empty.
 - Drain the water from the pipe.
 - Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Combine Grill/Oven Heating with Steam/Superheated Steam

Example: To heat with **Steam Grill** for **5 min**

Note When the door is opened, the power turns on.

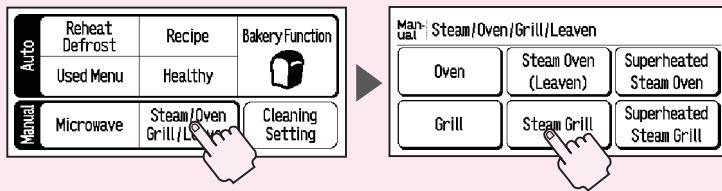
Preparation

Place the accessory to be used according to the food and the heating method in the oven, and close the door.

Fill the water tank with water up to the full line and insert into the main unit.

1

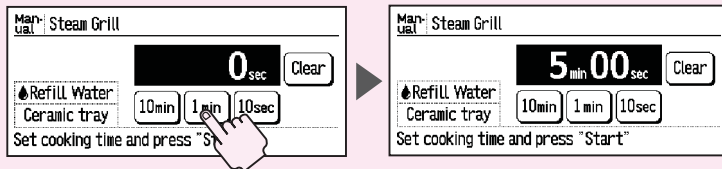
Touch **Steam/Oven/Grill/Leaven** and **Steam Grill**.



2

Touch **1 min** five times.

Touch **Clear** to reset the heating time to 0 sec.



3

Press **Start Reheat** to start.

The details of heating that can be selected are different for Oven and Grill.

Refer to the following pages for operating procedures.

Oven → P.65-67 Grill → P.64

When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Steam/Superheated Steam

Oven

Grill

Accessory Used



Metal Tray
Top/Middle/Bottom
Ceramic Tray

Water Tank

Full

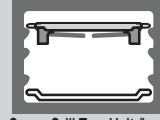
Grill lid not used



Super grill tray unit not used



Accessory Used



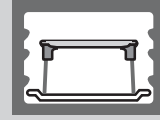
Super Grill Tray Unit (legs closed and top flap opened)
Top

Ceramic Tray

Water Tank

Full

Accessory Used

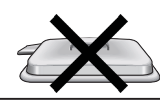


Super Grill Tray Unit (legs opened and top flap closed)
Ceramic Tray

Water Tank

Full

Grill lid not used



Heating details that can be selected:

Steam Grill/Superheated Steam Grill
Heating time 10 sec.-20 min.: 10 sec. units
(Up to 40 minutes) 20 min.-40 min.: 1 min. units

Steam Oven
Preheat Yes No
Number of racks 2 Level 1 Level
Temperature 100°C-250°C: (units of 10°C)
300°C
(For No Preheat, up to 250°C)
Heating time 10 sec.-20 min.: 10 sec. units
(Up to 90 minutes) 20 min.-90 min.: 1 min. units

Superheated Steam Oven
Preheat Yes No
Number of racks None (heat using Middle or Bottom)
You can not specify the number of racks.
Temperature 100°C-250°C: (units of 10°C)
300°C
(For Preheat No, up to 250°C)
Heating time 10 sec.-20 min.: 10 sec. units
(Up to 40 minutes) 20 min.-40 min.: 1 min. units

Manual Menu (Leavening)

Heat Using Steam Microwave Leavening

You can quickly leaven small amounts of dough for Quick Bread and so on.

Example: To heat with **Steam Microwave (Leaven)**, **Leaven 30W** for **10 min**

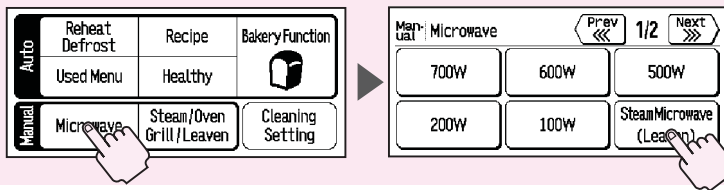
Note When the door is opened, the power turns on.

Preparation

Place the food in the center of the ceramic tray and close the door. Fill the water tank with water up to the full line and insert into the main unit.

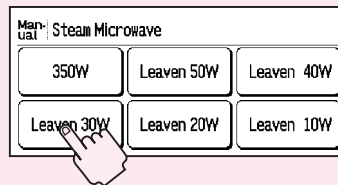
1

Touch **Microwave** and **Steam Microwave (Leaven)**.



2

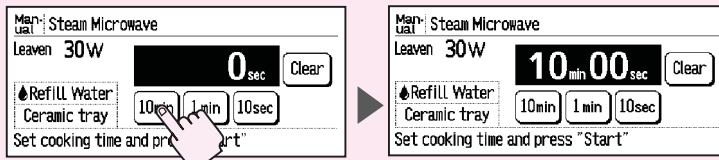
Touch **Leaven 30W**.



3

Touch **10 min** once.

Touch **Clear** to reset the heating time to 0 sec.



4

Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Accessory Used

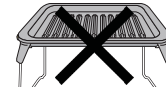


Ceramic Tray

Water Tank

Full

Super grill tray unit not used



Grill lid not used



Metal tray not used



CAUTION



When the temperature of the oven cavity is low, if the upper heater becomes hot, do not touch the door, the outer cover, the oven cavity, or surrounding areas. May result in burns.



Do not use the metal plate, super grill tray unit, grill lid or metal container.

May result in malfunction or ignition due to sparks.

For the 2nd rise with metal tray, use **Steam Oven (Leaven)** for heating.

Reference Leavening Temperature

Heating details that can be selected:

When the temperature of kneaded dough for **145 Steamed Doughnut** → P.240 is about 25°C and set to Leaven 30W (for about 10 minutes), the dough temperature at the end of leavening will be about 30°C.

Output	Heating time range
Leaven 50W	10 sec.-20 min.: 10 sec. units 20 min.-90 min.: 1 min. units (Maximum heating time: 90 minutes)
Leaven 40W	
Leaven 30W	
Leaven 20W	
Leaven 10W	

Heat Using Steam Oven Leavening

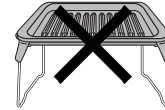
Leaven bread dough and the like.

Example: To heat with **Steam Oven (Leaven)**, **No Preheat**, **1 Level** and **Leaven 40°C** for **50 min**

Note When the door is opened, the power turns on.



Super grill tray unit not used



Grill lid not used

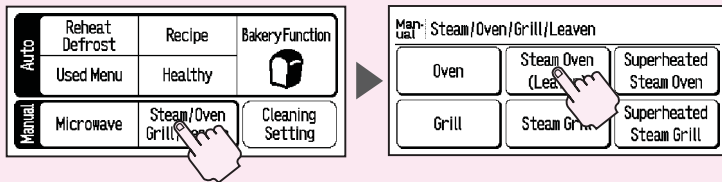


Preparation

Set the metal tray on the tray rack with the food on it, and close the door. Fill the water tank with water up to the full line and insert into the main unit.

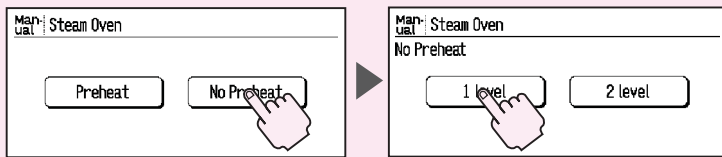
1

Touch **Steam/Oven/Grill/Leaven** and touch **Steam Oven (Leaven)**.



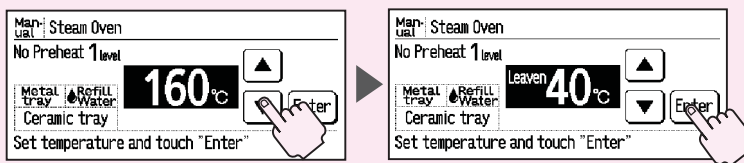
2

Touch **No Preheat** and **1 Level**.



3

Touch **▼** eight times and touch **Enter**.



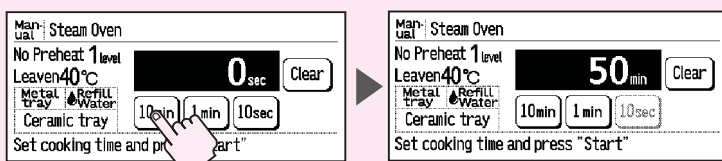
Heating details that can be selected:

Temperature 30°C-45°C: 5°C units
Heating time 10 sec.-20 min.: 10 sec. units
20 min.-90 min.: 1 min. units
(Maximum heating time: 90 minutes)

4

Touch **10 min** five times.

Touch **Clear** to reset the heating time to 0 sec.



5

Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Manual Menu (Steam Shot)

Steam Shot

- Add steam during heating with **Oven**, **Grill**, **Steam Oven**, **Steam Grill** and **Steam Oven (Leaven)**.
- You can add steam for up to 3 minutes at any time, except in 5 minutes before heating completion.

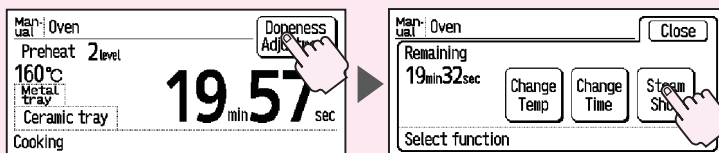
Example: To set steam shot for **1 min** during **Oven** cooking

Preparation

Fill the water tank with water up to the full line and insert into the main unit.

1

Touch **Doneness Adjustment** and **Steam Shot**.

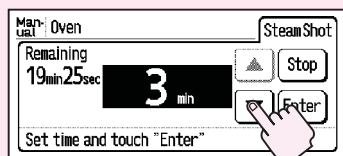


CAUTION

You can set steam shot as many times as you want. However, adding steam will stop the heater, so it may affect doneness.

2

Touch **▼** twice.

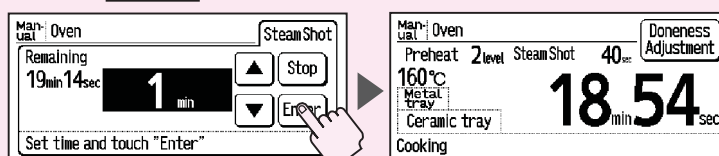


- By touching **▲** **▼**, you can select **3 min**, **2 min**, **1 min** or **Stop**.

(To cancel steam shot midway, select **Stop**.)

3

Touch **Enter**.



- Remaining time starts decreasing and steam shot starts.

- When steam shot is completed, the oven returns to the original heating state.

If you do not want to set a steam shot, touch **Stop** and then **Close**.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Tips for Adding **Steam Shot**

- You cannot add steam shots during oven preheating.
- You cannot set a steam shot with **Microwave**, **Steam Microwave**, **Steam Microwave (Leaven)**, **Superheated Steam Oven** and **Superheated Steam Grill**.
- While a steam shot is being added, you cannot change the time and temperature.
- Apply steam during leavening in **Steam Oven (Leaven)** according to the dough conditions.
- Applying steam effectively during baking of sponge cake or cream puff with **Oven** in Manual Menu will make it rise well. It is recommended to apply steam on 1/2 through the grilling time.
- When you want to apply steam during grilling of fish with **Grill** in Manual Menu, it is recommended to apply steam when 1/2 of the grilling time passes.

Manual Menu (Doneness Adjustment)

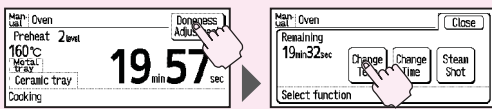
You can change the temperature during preheating. You can increase or decrease the temperature and time during heating. Use for adjusting how the grilling is finished.

Changing Temperature

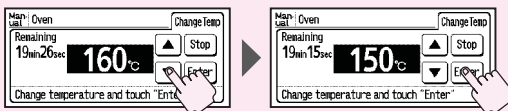
You can change the temperature during preheating or heating with **Oven**, **Steam Oven**, **Steam Oven (Leaven)** and **Superheated Steam Oven**.

Example: To decrease temperature by 10°C from **160°C**

1 Touch **Doneness Adjustment** and **Change Temp.**



2 Touch **▼** once and then **Enter**.



3 Heat at the changed temperature.

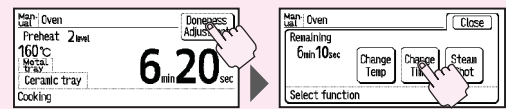


Changing Time

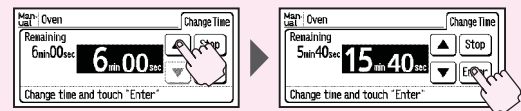
You can change the time during heating with **Oven**, **Steam Oven**, **Steam Oven (Leaven)**, **Superheated Steam Oven**, **Grill**, **Steam Grill** and **Superheated Steam Grill**.

Example: To add 10 minutes at **6 min 20 sec**

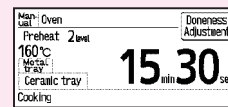
1 Touch **Doneness Adjustment** and **Change Time**.



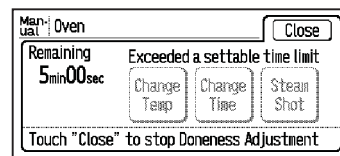
2 Touch **▲** ten times and then **Enter**.



3 Heat at the changed time.



- If the maximum heating time is set, you cannot increase the time. You cannot use this function when the remaining time is 5 minutes or less. After the remaining time goes below 5 minutes during this setting procedure, touch **Close** and then **Stop**.



Heating details that can be selected:

Oven	Temperature change 100°C-250°C (10°C units)	Grill	Time change 5 min.-40 min. (1 min. units)
Steam Oven	Time change 5 min.-90 min. (1 min. units) (Total heating time: Up to 90 minutes)	Steam Grill	(Total heating time: Up to 40 minutes)
Steam Oven (Leaven)	Temperature change 30°C-45°C (5°C units) Time change 5 min.-90 min. (1 min. units) (Total heating time: Up to 90 minutes)	Superheated Steam Grill	
Superheated Steam Oven	Temperature change 100°C-250°C (10°C units) Time change 5 min.-40 min. (1 min. units) (Total heating time: Up to 40 minutes)		


Additional Heating

Heating for Extra Time after Cooking

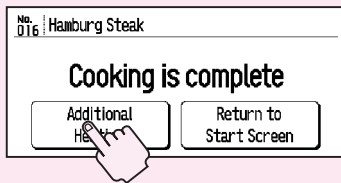
- After completion of cooking in Auto Menu or Manual Menu, **Additional Heating** appears on the LCD display, which allows you to heat foods that are not heated enough.
- **Additional Heating** disappears after about 10 minutes from cooking completion.
- **Additional Heating** can be performed up to three times.
- If you want to heat additionally after **Additional Heating** disappears, heat foods with reference to Recipes and keep an eye on the food as it cooks.

Example: To perform **Additional Heating** for **016 Hamburg Steak**

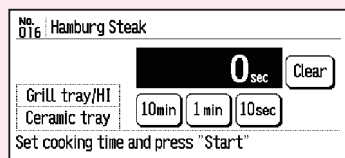
Completion of Cooking

 When you hear the completion sound, remove the food. Check the doneness and if the food is not heated enough, return the accessories and food into the oven cavity for **Additional Heating**.

1 Touch **Additional Heating**.



2 Set the heating time.



- Touch **Clear** to set the heating time again.
- You cannot adjust doneness in Auto Menu.

3 Press **Start Reheat** to start.


During **Additional Heating**, keep an eye on the food as it cooks. When the food is sufficiently heated, press **Cancel** to finish heating.

Heating details that can be selected:

- In case of Manual Menu
 - Microwave**
10 sec.-5 min.: 10 sec. units
 - Oven** and **Grill**
10 sec.-10 min.: 10 sec. units
- In case of Auto Menu
 - Auto Menu mainly using **Microwave**
10 sec.-5 min.: 10 sec. units
 - Auto Menu mainly using **Oven** and **Grill** as heating method
10 sec.-10 min.: 10 sec. units

To perform **Additional Heating**, return the accessories and food as is into the oven cavity. For a menu option that uses the water tank, fill the water tank up to the full line and insert into the main unit. However, in case of additional heating of **Set Menu**, remove sufficiently heated pieces and heat the rest with reference to the Recipes. → P.208-219

Additional Heating Completed

 When you press **Cancel** or hear the completion sound, take the food out.



After the third **Additional Heating**, the **Additional Heating** button will not appear. If you want to heat further, heat foods with reference to Recipes and keep an eye on the food as it cooks.

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Heating Times for Cooking in Manual Menu

Microwave Cooking (Vegetables)

The dash in the Covering column indicates that a covering such as plastic wrap or the like is not to be used.

For Auto Cooking, heat leafy vegetables and fruit/flower vegetables using **Reheat/Defrost** ▶ **Boil** ▶ **Boil Vegetables**, and root vegetables using **Reheat/Defrost** ▶ **Boil** ▶ **Boil Root Vegetables**. → P.52, 53

Menu selection		Cooking tips	Rough target for Manual Menu (Microwave 600W)		Covering		
			Amount	Heating time			
Leafy vegetables	Spinach	Make incisions in thick stalks, and arrange with the leafy parts and the stems alternating. After heating, place in cold water to remove bitterness and preserve the color.	200 g	2 min. 10 sec.-2 min. 50 sec.	Yes		
	Japanese mustard spinach, garland chrysanthemum						
	Napa cabbage, bean sprouts						
	Cabbage						
Fruit/flower vegetables	Cauliflower	Divide into small clusters.	200 g	1 min. 40 sec.-2 min. 30 sec.	Yes		
	Broccoli						
	Eggplant	Cut according to how you will use it, and place in salt water to remove bitterness. After heating, place in cold water to preserve the color.					
	Asparagus	Trim the bottom of the stalks, and arrange with the spears and the stalk portions alternating. For Auto Menu, heat using MID-HI .					
	String beans	Trim the ends and the string along the side.					
	Snow peas	After heating, rinse quickly in cold water to preserve the color.					
	Corn	If you use the husk as a wrap, remove the silk.				1 ear (300 g)	4 min. 40 sec.-6 min. 30 sec.
	Squash	Cut into pieces of about the same size. For Auto Menu, heat using HI .				200 g	2 min. 50 sec.-3 min. 30 sec.
Root vegetables	Carrots	For Auto Menu, heat using LO .	200 g	4 min.-4 min. 40 sec.	Yes		
	Sweet potato	For thick sweet potatoes, heat using MID .					
	Taro	Rub peeled taro with salt and rinse in water to remove the sliminess.					
	Burdock root	Immerse burdock root and lotus root in vinegar water to remove bitterness, then sprinkle with vinegar and heat.					
	Lotus root						
	Potato	When you want to heat potatoes as a whole, turn the potatoes over after heating and leave them there for 3-5 minutes. If using Auto Menu for diced or thin-sliced potatoes, use LO .				150 g	4 min. 40 sec.-5 min. 20 sec.
	Radish					300 g	6 min. 20 sec.-7 min. 20 sec.

Microwave Cooking Defrosting Raw Foods

Menu selection	Amount	Heating time	Covering
		Microwave 100W	
Tuna (block)	200 g	4-6 min.	-
Squid (roll)	100 g	2-3 min.	-
Shrimp	10 pcs. (about 200 g)	3-5 min.	-
Fish fillet	1 fillet (about 100 g)	2-3 min.	-
Ground meat	200 g	5-7 min.	-
Sliced meat	200 g	4-6 min.	-
Chicken thigh (boneless)	250 g	6-7 min.	-
Chicken thigh (with bone)	250 g	7-8 min.	-

Microwave Cooking Defrosting Once-Boiled Frozen Vegetables

Menu selection	Amount	Heating time	Covering
		Microwave 600W	
Mixed vegetables	200 g	1 min. 20 sec.-1 min. 40 sec.	-
String beans	200 g	About 1 min. 40 sec.	-

- Remove any coverings, such as plastic wrap and lids. Place on a polystyrene foam tray and then heat.
- Leave the food there for 3-5 minutes after heating and let it defrost naturally.

Heating Times for Cooking in Manual Menu (Continued)

Microwave Cooking (Defrosting and Reheating Frozen Foods)

Menu selection	Amount	Heating time		Covering
		Microwave	600W	
Frozen rice (2-3 cm thick block)	1 serving (150 g)	2 min. 10 sec.	2 min. 50 sec.	Yes
Frozen riceball (block)	1 serving (150 g)	2 min. 10 sec.	2 min. 50 sec.	Yes
Frozen pilaf (loose)	1 serving (250 g)	4 min.	4 min. 40 sec.	Yes
Frozen spaghetti	1 serving (250 g)	4 min.	4 min. 40 sec.	Yes
Frozen Hamburg Steak	1 serving (100 g)	2 min. 50 sec.	3 min. 30 sec.	Yes
Frozen deep-fried food	2-4 pieces (100 g)	1 min. 30 sec.	2 min.	-
Frozen Steamed Meat Dumplings	12 serving (170 g)	3 min. 20 sec.	4 min. 10 sec.	Yes
Frozen meatballs (with sweet and sour source)	1 bag (200 g)	2 min. 10 sec.	3 min. 20 sec.	Yes
Frozen Curry / Stew	1 serving (200 g)	4 min. 10 sec.	4 min. 40 sec.	Yes
Frozen mixed vegetables	200 g	2 min. 10 sec.	2 min. 50 sec.	Yes
Frozen string beans	200 g	2 min. 50 sec.	3 min. 30 sec.	Yes
Frozen squash / green soybean	200 g	2 min. 10 sec.	3 min. 20 sec.	Yes
Frozen sweet corn	1 piece (about 400 g)	6 min.	7 min. 20 sec.	Yes
Frozen bean-paste bun/steamed meat bun	1 each (80 g)	50 sec.	1 min. 20 sec.	Yes

The dash in the Covering column indicates that a covering such as plastic wrap or the like is not to be used.

- When you heat bean-paste buns and steamed meat buns, remove the paper on the bottom, immerse in water, wrap loosely, place on a plate, and heat.
- When you heat bread and steamed buns, heat right before eating, as they will harden with time.
- For mixed vegetables or green soybeans, immerse in water, spread out on a plate, and then heat. When small amounts (less than 100 g) are covered with plastic wrap and heated, there may be sparks and the food may burn, or the food may dry out. (Refer to When you heat small amounts (less than 100 g) of food. → P.61) Sprinkle a generous amount of water on the food and wrap in plastic wrap, or spread the food out on a plate or the like, add just enough water to cover the food, cover the container with plastic wrap, and then heat.
- When you heat store-bought frozen foods (deep-fried foods, croquettes, and so on), place the food on a tray or in a container according to the food manufacturer's instructions, and place it in the center of the ceramic tray. For the heating time, use the time slightly longer than heating time indicated by the food manufacturer for Microwave 500W or Microwave 600W, and heat the food. → P.59-62

Microwave Cooking (Heating Rice and Side Dishes)

When you heat grilled fish, boiled fish, curry, or stew, cover the container, as the food may spatter during heating.

Menu selection	Amount	Heating time		Covering
		Microwave	600W	
Rice/Noodles	Rice	1 serving (150 g)	50 sec.-1 min. 10 sec.	-
	Riceball	1 serving (150 g)	About 1 min. 10 sec.	-
	Fried rice/pilaf	1 serving (250 g each)	About 1 min. 50 sec.	-
	Spaghetti / Yakisoba (Japanese style fried noodles)	1 serving (250 g each)	2 min. 20 sec.-2 min. 50 sec.	-
Grilled food	Grilled fish	1 serving (100 g)	About 1 min. 10 sec.	Yes
	Hamburg steak	1 serving (100 g)	1 min.-1 min. 50 sec.	-
Deep-fried food	Deep-fried foods	2-4 pieces (100 g)	40 sec.-50 sec.	-
	Croquettes	2 pieces (150 g)	50 sec.-1 min. 10 sec.	-
Stir-fried food	Stir-fried vegetables	1 serving (200 g)	1 min. 40 sec.-2 min. 30 sec.	-
	Chop suey	1 serving (300 g)	About 2 min. 50 sec.	-
Simmered food	Simmered vegetables	1 serving (200 g)	1 min. 40 sec.-2 min. 30 sec.	-
	Simmered Fish	1 slice (100 g)	About 50 sec.	Yes
Steamed food	Steamed meat dumplings	1 serving (200 g)	About 1 min. 50 sec.	-
	Soup/consomme	1 serving (150 g)	1 min.-1 min. 50 sec.	-
Soup	Curry/stew	1 serving (200 g each)	About 1 min. 50 sec.	Yes
	Potage soup	1 serving (150 g)	1 min. 40 sec.-2 min. 30 sec.	-
	Milk	1 serving (200 mL)	1 min. 20 sec.-2 min.	-
Beverages	Coffee	1 serving (150 mL)	About 1 min. 20 sec.	-
	Sake	1 bottle (180 mL)	50 sec.-1 min. 10 sec.	-
	Hamburger	1 hamburger (100 g)	20 sec.-40 sec.	-
Bread	Hot dog	1 hot dog (80 g)	20 sec.-40 sec.	-
	Butter roll	2 pieces (80 g)	About 30 sec.	-
Steamed buns	Bean-paste bun/steamed meat bun	1 each (80 g)	20 sec.-40 sec.	Yes
	Steamed buns	2 pieces (100 g)	20 sec.-40 sec.	-
Others	Store-bought lunch box	1 serving (500 g)	1 min. 40 sec.-2 min. 30 sec.	-

Steam/Microwave Cooking (Heating Rice and Side Dishes) (Defrosting and Reheating Frozen Foods)

Reheat foods that you want to make moist and soft, or side dishes that harden easily.

Menu selection	Amount	Heating time		Covering
		Steam Microwave		
Rice	1 serving (150 g)	2 min.-2 min. 30 sec.	-	-
Steamed meat dumplings	12 pieces (170 g)	2 min. 30 sec.-3 min.	-	-
Meat bun	1 bun (100 g)	1 min. 30 sec.-1 min. 50 sec.	-	-
Yakisoba (Japanese style fried noodles)	1 serving (250 g)	3-4 min.	-	-
Steamed bun	1 bun (80 g)	50 sec.-1 min. 20 sec.	-	-
Hamburg steak	1 hamburger (100 g)	2 min.-2 min. 30 sec.	-	-
Grilled eel	1 skewer (120 g)	2 min.-2 min. 30 sec.	-	-
Grilled fish	1 serving (100 g)	2 min.-2 min. 30 sec.	-	-
Boiled fish	1 slice (100 g)	2 min.-2 min. 30 sec.	-	-
Hamburger	1 hamburger (100 g)	1 min. 30 sec.-1 min. 50 sec.	-	-
Hot dog	1 hot dog (80 g)	1 min.-1 min. 30 sec.	-	-
Frozen steamed meat dumplings	15 pieces (240 g)	7 min.-8 min. 30 sec.	-	-
Frozen meat bun	1 bun (100 g)	2-3 min.	-	-
Frozen grilled riceball	2 pieces (100 g)	3-4 min.	-	-
Frozen meat ball	1 bag (100 g)	3-4 min.	-	-

Oven Cooking

Grill Cooking

- Only representative menu options are listed.
- When you use Manual Menu, refer to similar menu options.
- As for accessories, use the metal tray and super grill tray unit. → P.37

Menu selection	Amount	Accessories/ Tray Rack	Temperature	Heating time		Reference page	
				Preheat Yes	Preheat No		
Dessert	Sponge Cake	Diameter 15 cm	Metal Tray Bottom	160°C	30-36 min.	36-42 min.	224
		Diameter 18 cm			38-44 min.	42-48 min.	
		Diameter 21 cm			40-46 min.	46-52 min.	
	Roll Cake	1 roll	Metal Tray Middle	170°C	16-22 min.	-	226
		2 rolls	Metal Tray Middle/Bottom		18-28 min.		
	Chiffon Cake	Diameter 17 cm	Metal Tray Bottom	160°C	40-50 min.	-	227
		Diameter 20 cm			50-60 min.		
	Cut-Out Cookie	48 pieces	Metal Tray Middle	170°C	14-20 min.	-	229
		96 pieces	Metal Tray Middle/Bottom		20-27 min.		
	Soft Pudding	6 cups	Metal Tray Middle	Superheated Steam Oven 120°C	-	24-28 min.	230
	Madeleine	10 pieces	Metal Tray Middle	160°C	26-36 min.	-	237
Apple Pie	Diameter 21 cm	Metal Tray Middle	200°C	28-40 min.	-	234	
Mini Pie	One metal tray	Metal Tray Middle	180°C	18-26 min.	-	236	
Muffin	9 pieces	Metal Tray Middle	180°C	30-40 min.	-	236	
Bolo	16 pieces	Metal Tray Middle	170°C	18-22 min.	-	239	
Gratin	Macaroni Gratin	Metal Tray Middle	210°C	24-34 min.	-	169	
	Shrimp Rice Gratin					1 plate	172
Grilled Food (Meat)	Hamburg Steak	Metal Tray Middle	250°C	10-18 min.	18-28 min.	154	
	Roast Beef	Metal Tray Bottom	220°C	30-45 min.	40-50 min.	155	
	Skewered Chicken, Barbecue	12 skewers / 6 skewers	Super Grill Tray Unit/High	Superheated Steam Grill	-	17-25 min.	157, 158
	Sauteed Chicken	2 pieces	Metal Tray Middle	230°C	-	23-30 min.	157
Grilled Food (Seafood)	Salted Salmon	Super Grill Tray Unit Top	Grill	-	14-22 min.	159	
	Grilled Mackerel				4 slices	12-20 min.	160
	Dried Horse Mackerel Dried Atka Mackerel				2 pieces	12-20 min.	162

- For information on how to make each menu option, refer to the listed page(s).
- If you are concerned about uneven cooking, turn the food around during heating so that the front and back are reversed. If you are concerned about uneven cooking in the vertical direction, switch the metal tray from the upper rack to the bottom rack. You should make the switch after $\frac{2}{5}$ - $\frac{3}{4}$ of the heating time has passed.
- When you cook an oven recipe from a store-bought cookbook, or when you use store-bought dough, use the temperature and time of a similar menu option in the Recipes section as a reference, and cook the food using Manual Menu and keep an eye on it as it cooks.
- For skewered chicken, barbecue and grilled fish, flip the food over $\frac{1}{2}$ through the heating time, and continue heating.
- If you do not want to get the metal tray dirty, cover it with a cooking sheet.

Cooking Procedure for Bakery Function

Preparation → P.90, 91

Prepare the accessories and ingredients

Baking pan and mixing blade

Put in flour and water, etc.

Injector

Put in the dry yeast and ingredients

No dry yeast is necessary for Quick Soda Bread

To make bread with your favorite materials

→ P.98, 99

- Auto Injection [Mix] [Coarse Mix]
- Manual Injection [Mix] [Coarse Mix]

You can select coarse mixing (to retain the shape of materials).

Set the baking pan containing ingredients and the injector



Set in the oven cavity

Mixing Rising

1st Rise

Auto Bakery Menu

→ P.92-97

To set the bake timer → P.96, 97

Handmade Bakery Menu

→ P.100-103

Step 1

If the dough is not leavened well, perform additional leavening with Additional Heating → P.109



Take out the dough

Mixing Menu

→ P.104-107

For manual bread baking, you can use

Basic processes of bread making

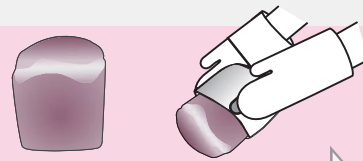
Mixing	The mixing blade rotates to turn ingredients into mixed dough.
Rising	Let the dough rest and blend to water.
1st Rise	Keep the mixed dough at constant temperature to promote yeast activities.
Forming	If you do not put the dough into the baking pan (mold), shape the dough.
2nd Rise	Keep the shaped dough at constant temperature to promote yeast activities.
Baking	Bake the risen dough to make bread.

Forming

2nd Rise

Baking

Make bread automatically from mixing to baking



Bread : Recall Bread with one touch for baking

→ P.94, 95

Shape and make bread on your own



Shape the dough

Set the dough on the metal tray



Step 2

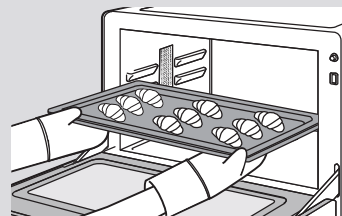
If the dough is not leavened well, perform additional leavening with Additional Heating → P.109

Take out the dough along with the metal tray

After preheating, set the dough again along with the metal tray

Step 3

If the dough is not baked well, perform Additional Heating → P.109



Completed. Take out the bread

Apply the mixing function to make udon dough, rice cake and cake, etc.

B049 Mixing (Time) to mix the dough → P.107

You cannot continue making bread successively right after completion of bread.

When inside of the oven cavity is hot, mixing and leavening cannot be performed normally, which adversely affect doneness.

Before performing these processes, ensure that inside of the oven cavity has cooled down to 40°C or below. When you try to start Step 1 of the Auto Bakery Menu and Handmade Bakery Menu,

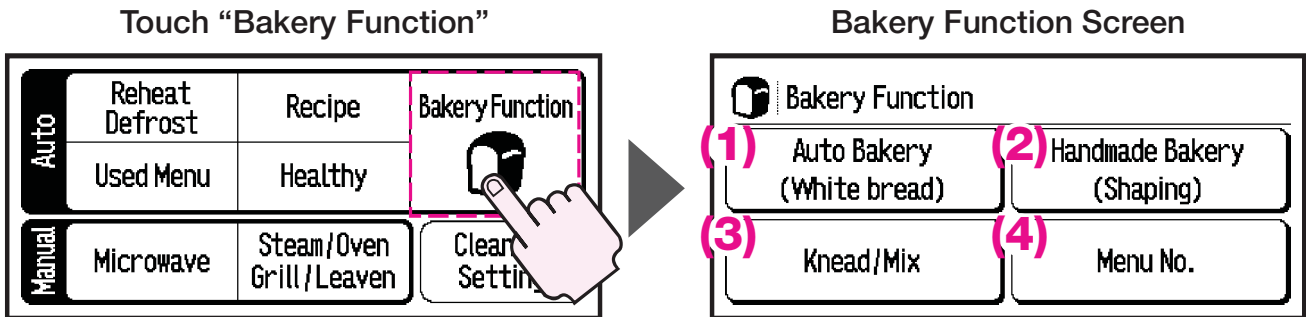
High Temp blinks and it does not start. Be sure to perform cooling operation. → P.128

After cooking with Microwave/Oven Menu or Oven Interior Cleaning Deodorization also, you cannot start the Bakery Function until the oven cavity temperature goes down to 40°C.

Bakery Function Screen

Screen Configuration

When the door is opened, the start screen appears.



(1) Auto Bakery (White Bread) → P.92-97

Baking bread

There are menu options for wheat bread (bread), rice flour bread and rice bread, etc., which automatically proceed with mixing, rising, leavening and baking processes.

(2) Handmade Bakery (Shaping) → P.100-103

Shape and make bread on your own

Select a menu option from shaped bread and pizza.

(3) Knead/Mix → P.104-107

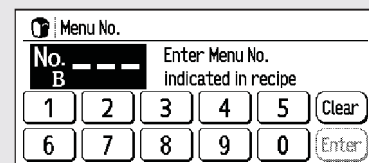
Make dessert, cake, source, udon dough, rice cake and risotto, etc.

This menu option applies the mixing function to making dessert, cake, source, udon dough, rice cake and risotto, etc. Mixing function used for bread making in Manual Menu can also be selected.

(4) Menu No.

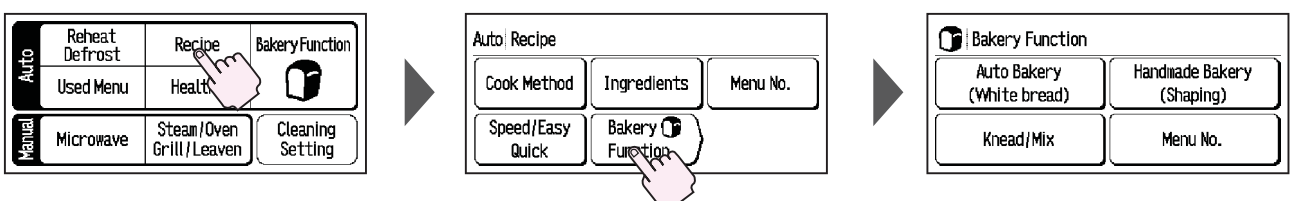
Select from menu numbers in the Recipes

You can select menu options starting with No.B.



For the operation procedure, refer to → P.57.

You can also navigate to the Bakery Function screen by touching **Recipe** ▶ **Bakery Function**.



Basic Operations

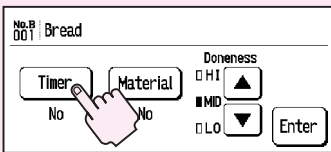
How to set the bake timer, material injection and doneness adjustment

Select a menu option from Bakery Function, follow the following setting procedure, touch **Enter** and then move to the start screen.

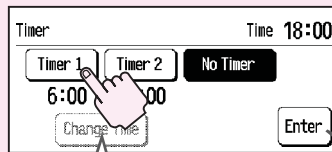
Baking Bread with Bake Timer → P.96, 97

(Example: To set **B001 Bread** to 6:00)

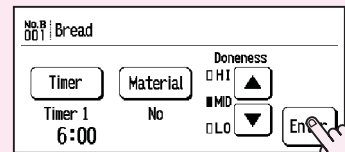
Touch **Timer**.



Touch **Timer 1** and **Enter**.

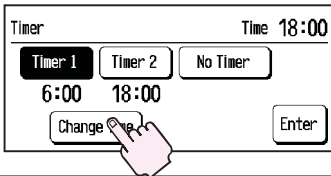


Touch **Enter**.

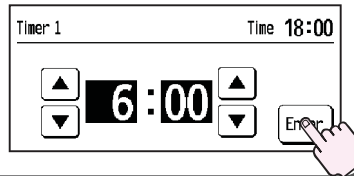


To change the bake timer

Touch **Timer 1** and **Change Time**.



Set the bake timer and touch **Enter**.

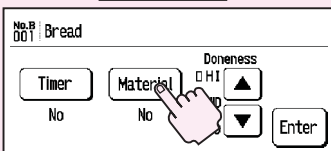


When invalid time is displayed, you cannot proceed by touching **Enter**.

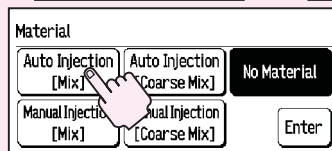
Injecting and Baking Material during Cooking → P.98, 99

(Example: To select **Auto Injection (Mix)** for **B001 Bread**)

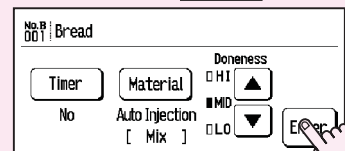
Touch **Material**.



Touch **Auto Injection (Mix)** and **Enter**.



Touch **Enter**.

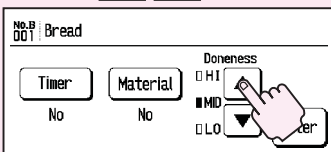


Adjusting Doneness

(Example: Adjust the doneness to **HI** for **B001 Bread**)

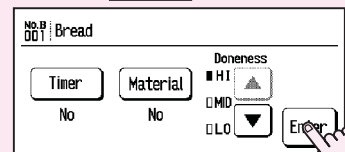
Adjust the degree of dough rising, mixing and browning and heating time.

Touch **▲ ▼** and set doneness adjustment to **HI**.



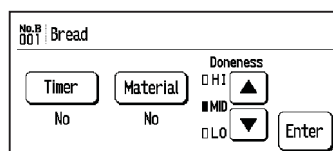
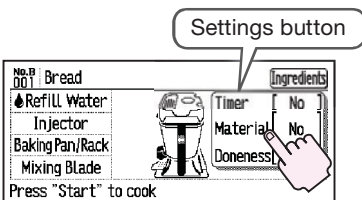
By default the doneness adjustment is set to **MID**.

Touch **Enter**.



How to change settings

In the start screen, touch the **Settings** button to return to the previous page. Please refer to the above for changing procedure.



Auto Bakery Menu List

Cooking Time and Operation Processes for Bakery Function Menu

- In the Auto Bakery Menu, mixing, rising, leavening and baking processes are all performed automatically. → P.92-97
- To put your favorite materials → P.98, 99
 - Auto Injection and Manual Injection can be selected according to material types.
 - Coarse mixing can be selected to maintain the shapes of materials.
- For Auto Bakery Menu, there are menu options for which bake time can be set. → P.96, 97
 - The timer function is not available for Handmade Bakery Menu.
- The time indicated in the table below is only for reference.

Menu selection	Recipes	Cooking time	Material				Material injection time (From startup)	Process						
			Auto mix	Auto coarse mix	Manual mix	Manual coarse mix		Yeast injection		Material injection				
								Mixing	Rising	1st Rise	2nd Rise	Baking		
B001 Bread	→ P.246	90 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	About 17 min. later	▼	▼					
B002 Raisin Bread	→ P.247	95 min	<input type="checkbox"/>				About 17 min. later	▼	▼					
B003 Walnut Bread	→ P.247	95 min	<input type="checkbox"/>				About 17 min. later	▼	▼					
B004 Soft Bread	→ P.248	132 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	About 22 min. later	▼	▼					
B005 Butter Rich Bread	→ P.249	145 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	About 27 min. later	▼	▼					
B006 Round Top French Bread	→ P.249	215 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	About 45 min. later	▼	▼					
B007 Rye Bread	→ P.250	130 min	<input type="checkbox"/>		<input type="checkbox"/>		About 24 min. later	▼	▼					
B008 Light Sesame Cheese Bread	→ P.143	140 min			<input type="checkbox"/>		About 18 min. later	▼	▼					
B009 Honey Nut Bread	→ P.143	147 min	<input type="checkbox"/>				About 27 min. later	▼	▼					
B010 Quick Soda Bread	→ P.251	45 min					—							

Menu selection	Recipes	Cooking time	Material				Material injection time (From startup)	Process					
			Auto mix	Auto coarse mix	Manual mix	Manual coarse mix		▶ Yeast injection ▼ Material injection					
								Mixing	Rising	1st Rise	2nd Rise	Baking	
B011 Rice Flour Bread	→ P.252	131 min	<input type="radio"/>		<input type="radio"/>		About 22 min. later	▶	▶	▶	▶	▶	▶
B012 Rice Bread	→ P.253	130 min	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	About 31 min. later	▶	▶	▶	▶	▶	▶
B013 Plum & Shirasu Bread	→ P.253	135 min		<input type="radio"/>			About 31 min. later	▶	▶	▶	▶	▶	▶
B014 Cheese Bread	→ P.254	130 min	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	About 22 min. later	▶	▶	▶	▶	▶	▶
B015 Soy Bean Bread	→ P.254	135 min	<input type="radio"/>				About 22 min. later	▶	▶	▶	▶	▶	▶
B016 Tofu Bread	→ P.255	135 min	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	About 22 min. later	▶	▶	▶	▶	▶	▶
B017 Salt Kelp Bread	→ P.255	130 min	<input type="radio"/>				About 22 min. later	▶	▶	▶	▶	▶	▶
B018 Spinach Bread	→ P.256	130 min	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	About 22 min. later	▶	▶	▶	▶	▶	▶
B019 Squash Bread	→ P.256	130 min	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	About 22 min. later	▶	▶	▶	▶	▶	▶
B020 Banana Bread	→ P.257	130 min	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	About 22 min. later	▶	▶	▶	▶	▶	▶
B021 Blueberry Bread	→ P.257	130 min	<input type="radio"/>				About 22 min. later	▶	▶	▶	▶	▶	▶

Necessary Ingredients for Bread Making

- Use fresh ingredients and use ingredients as soon as possible once they are opened.
- Measure ingredients accurately.
 - When measuring weight, use a cooking balance of 0.1 g or smaller units.
(You can also use the supplied spoons for bakery.)
 - Make level the ingredient in the spoons for bakery for accurate measurement. Use the measurement cup for measuring water, etc.

Flour

(Hard flour, soft flour)



- Generally, hard flour with protein (gluten) content of 12-15% is used for bread making. (Soft flour may be used depending on bread types.)
- Mixing with water will form gluten which contains air, so bread will rise.

Tips for flour

- It is not necessary to shake it.
- Measure the amount in weight.
(Do not measure it in a measurement cup.)
- It is sensitive to humidity, so store it in a dry location.
- If the room temperature is 30°C or above, use flour chilled to about 5°C in a refrigerator.

Dry yeast



- Yeast fungus that is made active subject to appropriate temperature, water and sugar amount to rise bread.
- Use quick-rising yeast.

Tips for dry yeast

- Once unpacked, dry yeast must be stored in a refrigerator. (Yeast is perishable.)
- Leave yeast at room temperature for about 10 minutes after took out of refrigerator.
Using it cold will cause condensation and dry yeast may remain in the injector.
- It is sensitive to humidity, so store it in a dry location.

Rice flour



- As rice flour does not contain protein that forms gluten, you cannot make bread with rice flour only.

Water



- Forms gluten when added to flour and mixed

Tips for water

- Decrease the amount of water by the amount of nectar or milk added.
- When the room temperature is above 25°C, use cold water at about 5°C.
(Water in a refrigerator is cold water at about 5°C. You can also make cold water by mixing ice in water and then taking it out.)

Milk

Skim milk

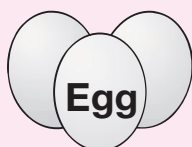


- Makes bread more glossy and tasty
- Keep bread soft

Tips for pouring milk

- Decrease the amount of water by the amount of milk added.
- When you do this, do not set the timer.
- Make the amount of milk a half of water amount or less.

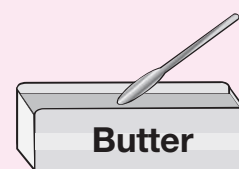
Egg



- Makes bread more glossy and tasty
- Strengthens gluten in bread

Fat

(Butter, margarine, etc.)



- Makes bread soft
- Glosses bread

Tip for fat

- Do not dissolve in hot water, but use it in solid state.

Sugar



- It serves as nutrients necessary for rising of yeast. Low-calorie sweetener cannot be used.
- Improves browning and taste of bread

Salt



- Stabilizes gluten in the dough
- Suppresses excessive rising of yeast

Additional Materials

- Depending on applied menu options, materials may have to be put in during cooking.
Select **Auto Injection** or **Manual Injection** according to types of materials.
- Do not put in hard or large objects.
Mince nuts and large dried fruit into about 5 mm pieces.
Cut bacon and ham into 1 cm pieces.
- Adding excessive additional materials will make bread rising poor.
Cook materials according to amount indicated in this guide.
- Beat sticky ingredients such as dried fruit such as raisin, ham and bacon well before put into a material container.



Raisin



Walnut



Bacon

Tips for Using the Bakery Function Effectively

Subtle Conditions Affecting Doneness

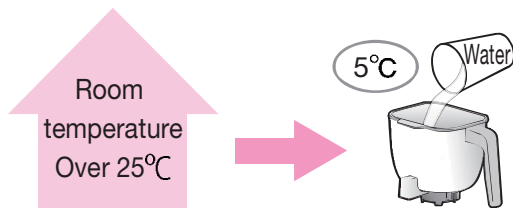
For cooking in Auto Bakery Menu and Handmade Bakery Menu, follow the instructions regarding ingredients, amount and usage of accessories described in Recipes → P.143-145, 245-285.



Rising of bread varies also depending on room temperature and humidity.

If the room temperature is 25°C or above, use cold water about 5°C in the baking pan (right after taking out from refrigerator). Using water at about room temperature when the room temperature is high, dough temperature may rise excessively, resulting in poor rising and doneness.

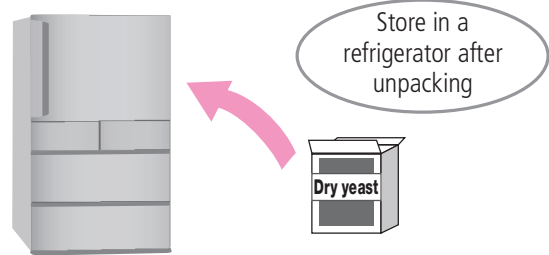
When the room temperature is 30°C or above, also use chilled flour.



Make sure that the ingredients such as flour and dry yeast are fresh.

Avoid high temperature and humidity for storage. After unpacked, dry yeast must be stored in a refrigerator and used as soon as possible.

Return to the room temperature before using it. Using it cold will cause condensation and dry yeast may remain in the injector.



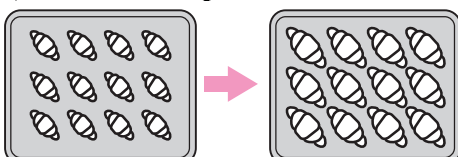
Basics of Handmade Bakery

Check the rising condition.

- After the 1st rise, cover your finger with flour and insert the finger into the center of the dough in the baking pan. If a hole made by the finger remains, rising is enough. (Finger test)

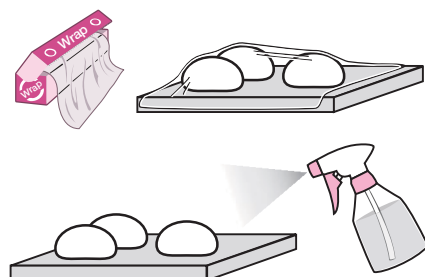


- After the 2nd rise, visually check the dough. If it has risen up to the reference volume described in Recipes, rising is enough. Do not perform the finger test.



Treat the dough gently.

- Do not tear, twiddle with or dry the dough, which will damage the dough and result in poor rising. When removing any air bubbles from dough, do not press it repeatedly or smash it forcibly.
- If you shape the dough, be careful about drying up and do it quickly. During resting and rising, cover the dough with wet cloth or spray water on its surface so the dough will not dry.



Timer Function

For Auto Bakery Menu, you can set the bake timer. (For operations, refer to [→ P.96, 97](#))

The timer is available for 14 menu options including **B001 Bread** and **B002 Raisin Bread**.

For details, refer to the list of available timer settings.

[→ P.97](#)

Depending on room temperature and humidity, bread baking may complete up to 10 minutes earlier than the set complete time.

Opening the door while the oven is waiting for set time, the standby state is suspended. Close the door and press **Start Reheat** to restore the timer setting.

If you leave it without pressing **Start Reheat** immediately, cooking will not be resumed and baking will not complete at the set completion time.

With the timer function, the oven performs mixing first and then goes into the standby state.

- Cooking is resumed when the time set for each menu option is reached from the completion time.

When you want to cook other food with the timer setting active.

It is not recommended as repeated timer resetting will result in poor doneness.

Press **Cancel** twice to cancel the timer setting.

Then cook other food and set the timer again.

- If the oven cavity is hot after cooking, wait until it has cooled down to 40°C or below and then set the baking pan.
- Repeated timer resetting will result in excessive mixing. If you want to cook other foods, set the timer again after you finish cooking them.

Mixing Material into Dough

There are three ways of putting in materials. (For usage according to operations and material types, refer to [→ P.98, 99](#).)

Put in during mixing

Auto Injection

Put materials into the material container before cooking and inject them automatically at the time specified for each menu option.

Manual Injection

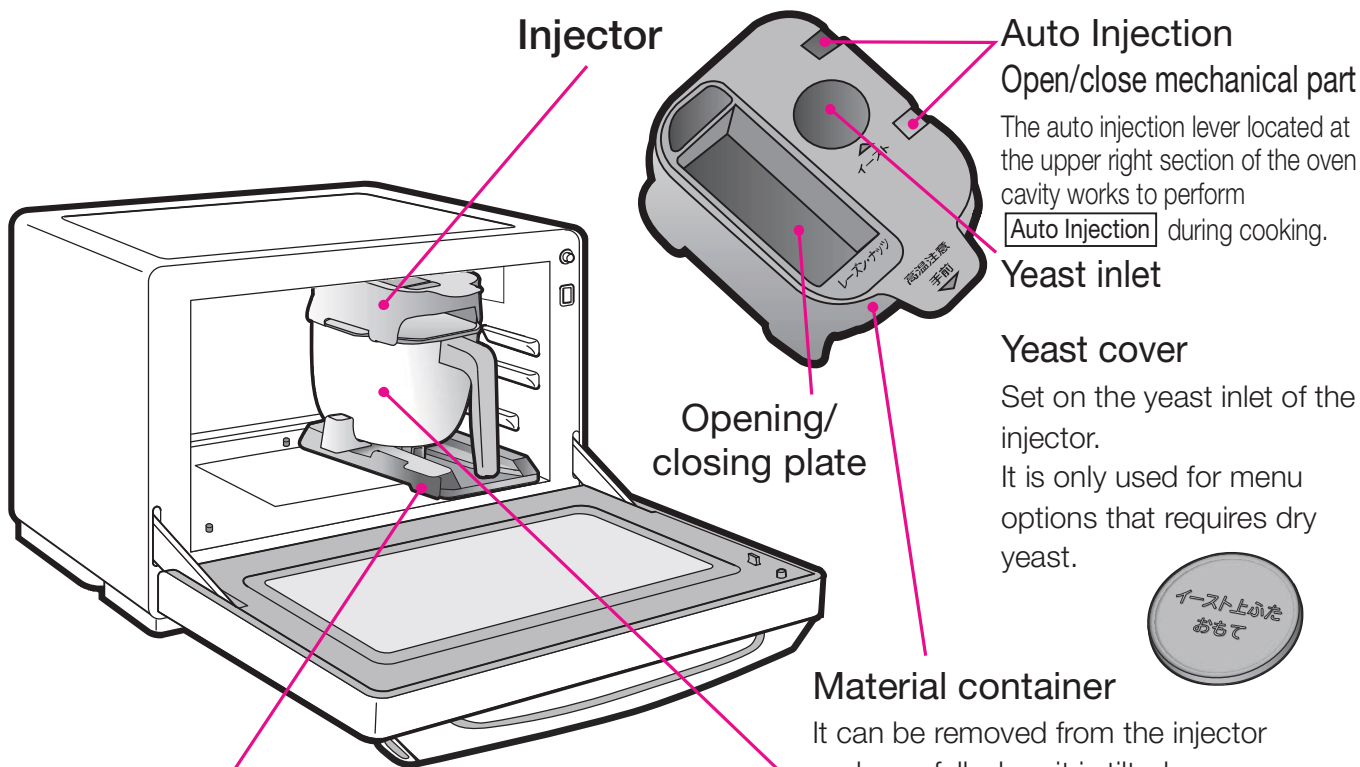
At the specified time of material injection, the material reminder sound rings. Then take out the baking pan and injector and inject materials. Return the baking pan and injector into the oven cavity and press **Start Reheat**. Cooking is not resumed unless you press **Start Reheat**.

Putting at the beginning

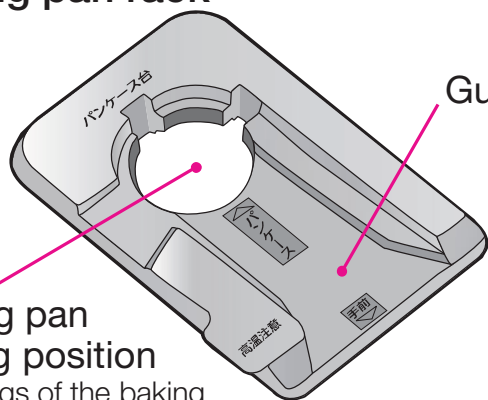
Put them into the baking pan along with flour and sugar at the beginning.

How to Use Accessories

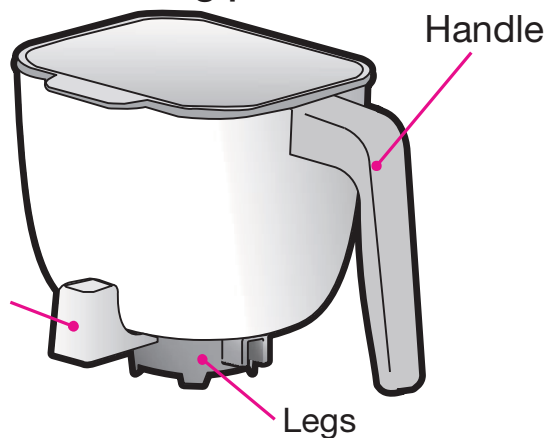
How to Use Accessories for Bakery



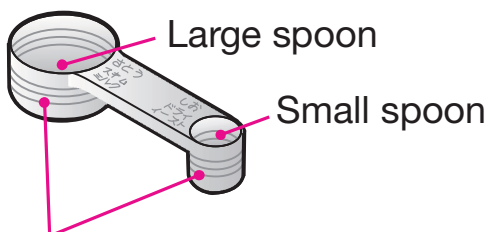
Baking pan rack



Baking pan



Spoons for bakery

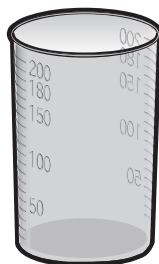


There are three scales for each.

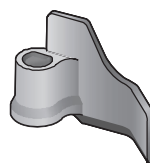
The lower scale indicates $\frac{1}{3}$, middle one $\frac{1}{2}$, and upper one $\frac{2}{3}$.

(Amounts of seasoning to be measured with the spoons for bakery are only for reference.)

Measurement cup



Mixing blade



There are four tabs, which fit into holes located at the bottom of the oven cavity when the unit is set to the baking pan setting position.

Baking pan

- The baking pan serves as a rotary shaft at the inner bottom. Equipped with a mixing blade, it works to mix dough or serves as a container for baking bread.
- How to set and attach the mixing blade
→ P.90, 91
When setting the baking pan, securely lock it.
- When the baking pan is set, 4 tabs of its legs fit into the holes on the bottom surface of the oven cavity.

Baking pan rack

- Before setting the baking pan, remove the ceramic tray and set the baking pan rack to the bottom of the oven cavity.
- Set it aligning with the right wall surface and front edge of the oven cavity.
- The baking pan rack guide is used by sliding the baking pan legs, so it may be scratched or whitened. This indicates no problem in performance.

Injector and yeast cover

- Put dry yeast and materials into the injector in advance.
- Set the yeast cover on the yeast inlet of the injector.
- The yeast cover is only used for menu options that requires dry yeast.
- Do not press the auto injection open/close mechanical part.
Doing this will let materials and dry yeast fall. Materials you put in are automatically injected during mixing.
- Timing of material or dry yeast injection varies depending on menu options.
- The material container can be removed and cleaned up.

Spoons for bakery and measurement cup

- Use the large spoon to measure sugar and skim milk. Use the small spoon to measure salt and dry yeast.
Their sizes vary from general large and small spoons. Appropriately use them according to purposes. → P.244
- Use the measurement cup to measure liquid.
Do not use the measurement cup to measure flour, etc., which must be measured in weight.

Reminder

- **Ensure that the mixing blade is set before putting in the materials.**
Without mixing blade, you cannot make bread as dough is not mixed.
- **Before putting in the materials, ensure that the opening/closing plate of the material container is closed.**
- **When placing or taking out the baking pan, keep the legs and injector from contacting the silicone rubber of the door, door glass and ceiling of the oven cavity.**
- **Do not wipe the yeast inlet with a dry cloth.**
Dry yeast will remain due to static electricity.
- **Do not perform mixing with hard ingredients.**
This will damage the fluorine treatment of the baking pan and cause sticking. It is harmless and cause no problem in health if you ingest peeled fluorine.
- **Do not forcibly operate the lock lever and handle of the baking pan.**

CAUTION



Use the supplied mittens or a thick, dry dishcloth when you remove the baking pan, injector, yeast cover or baking pan rack.

May result in burns.

The oven cavity and baking pan is hot right after heating.



Do not let the baking pan, injector, yeast cover, mixing blade and storage case fall.

May result in damage, deformation or malfunction.

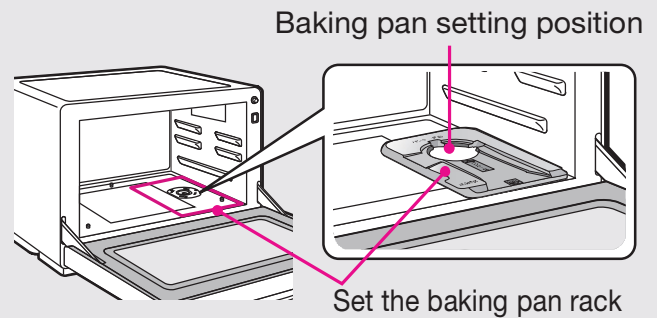
How to Use Accessories (Preparation)

Setting Baking Pan into Oven Cavity

1

Remove the ceramic tray and set the baking pan rack at the bottom of the oven cavity.

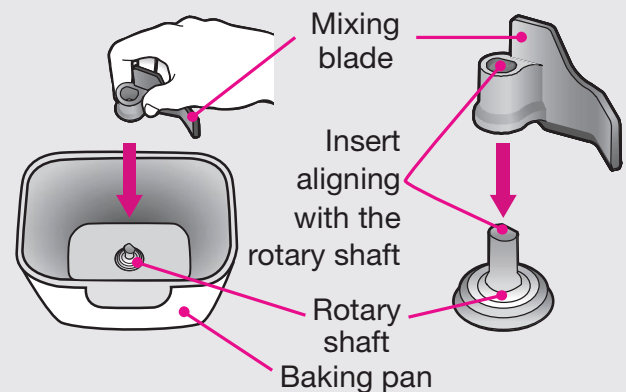
Set it aligning with the right surface and front edge of the oven cavity.



2

Attach the mixing blade to the baking pan.

Securely set the mixing blade so it will not float.

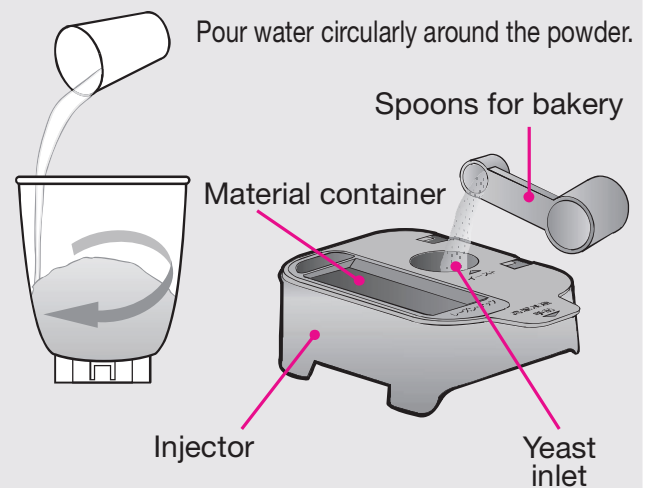


3

Put flour and water into the baking pan.

Put room-temperature dry yeast and your favorite materials into the injector. → P.98, 99

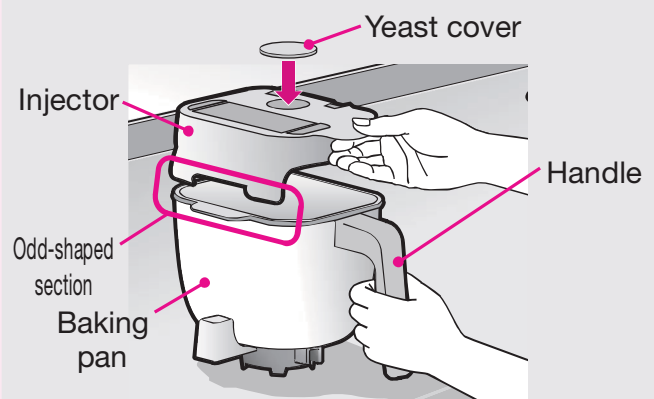
- Put dry yeast into the yeast inlet of the injector and materials into the material container.
- There are menu options without injection of dry yeast and materials.



4

Align the injector with the odd-shaped section on right and left sides of the baking pan, set the injector to the baking pan and fit the yeast cover with the yeast inlet. Place and set the baking pan on a level position. At this point, be sure to hold the handle to stabilize it.

- The yeast cover is only used for menu options that require dry yeast.



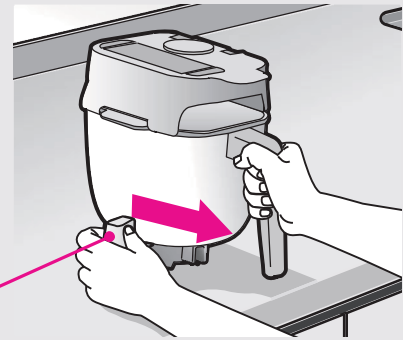
5

Pull the baking pan lock lever (toward the handle side) to the end.

Place the baking pan level and operate the lever.

If the lock lever is not on the front side, the baking pan may get trapped by locking tabs and cannot be set.

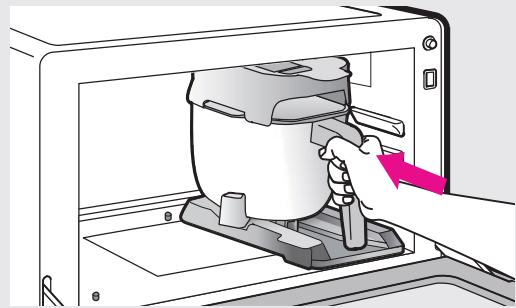
Lock lever



6

Place the baking pan on the guide of the baking pan rack and slide it straight to the baking pan setting position.

When the baking pan is properly set to the baking pan setting position, the four tabs fit into holes located at the bottom of the oven cavity.



Slide it over the guide of the baking pan rack straight into the position.

7

Support the baking pan horizontally, press the lock lever down to the end and close the door.

When it is properly set, you will hear a buzzer.

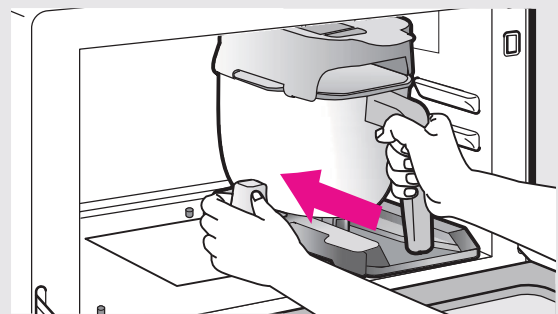
If the lock lever does not move smoothly, the baking pan is not properly set in the baking pan setting position.

Start over from **5**.

To make bread, etc. → P.92-97

To shape bread on your own

→ P.100-103



Hold the baking pan handle lightly and push the lock lever (without tilting the baking pan).



CAUTION



Do not let the baking pan and injector fall.

May result in injury, burns or damage.

Reminder

- Do not forcibly operate the lock lever and handle of the baking pan.

If the procedure is not smooth, return to the previous step.

Operations of Auto Bakery Menu

Baking Bread (Bake Bread in Auto Bakery Menu)

- Mixing, rising, the 1st rise, the 2nd rise and baking processes are all performed automatically.
- Bake timer is available for some menu options. → P.96, 97
Available timer settings vary depending on menu options. The maximum setting is 13 hours.
- You can inject materials midway. → P.98, 99
When you inject materials midway, select mixing or coarse mixing of **Auto Injection** / **Manual Injection** depending on material types.
- If you want to make various types of bread, use Handmade Bakery Menu. → P.100-103

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Full

Note When the door is opened, the power turns on.

Example: In case of **B001 Bread**

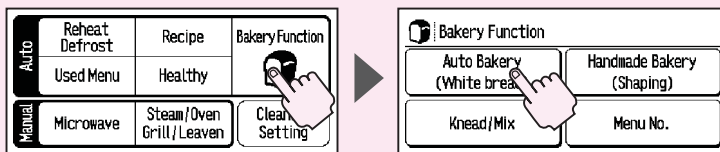
Preparation

Set the baking pan rack and set the baking pan and injector containing ingredients on to the baking pan rack. → P.90, 91
Fill the water tank with water up to the full line and insert into the main unit.

When setting the baking pan, securely lock it. → P.90, 91

1

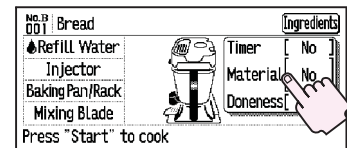
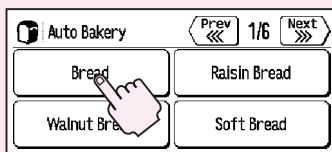
Touch **Bakery Function** and **Auto Bakery (White bread)**.



To change the timer, material and doneness adjustment settings, touch the **Settings** button. → P.81

2

Touch **Bread**.



3

Touch **Enter**.



■ **Completion time display and remaining time display**
If the remaining cooking time is 1 hour or more, the completion time is displayed. When the remaining cooking time goes less than 1 hour, the remaining time is displayed.

4


Press **Start Reheat** to start.

■ For **B010 Quick Soda Bread**, take the baking pan out midway to shape the bread. Appropriate time for shaping is notified by a powder removal reminder sound.

Cooking

Cooking in progress

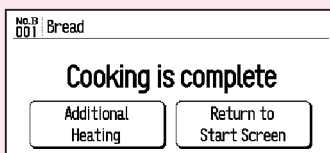



- If you want to turn the oven lamp on during cooking, press .

To turn it off, press  again.

Completion of Cooking

- ⚡ When you hear the completion sound, unlock and take out the baking pan.



When bread is not baked enough
Press .

→ P.109

Lay down the baking pan you took out on a stand covered with a cloth or towel to cool it down for 2 minutes.



CAUTION



Use the supplied mittens or a thick, dry dishcloth when you remove the baking pan from the heated oven cavity.

The baking pan and wall surfaces of the oven cavity are hot and touching it directly will result in burns.



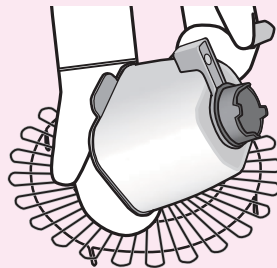
Lay down the baking pan you took out on a pod stand or dry cloth on a stable stand to cool it down.

May fall and cause burns.

When removing the bread

Hold the root of the handle, turn the baking pan upside down and shake it up and down several times to take it out.

Let the bread cool down on a cake cooler or the like.

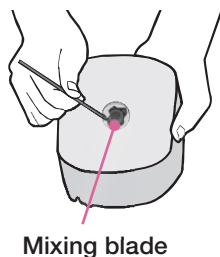


Water tank after use → P.110,111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

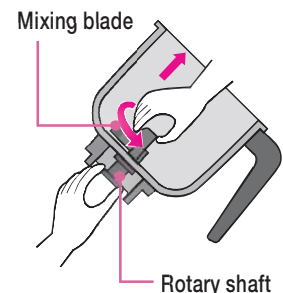
If the mixing blade remains in the bread

Let the bread cool down on a cake cooler or the like until it can be held by hand. Hold the bread upside down and break the bread around the mixing blade using a skewer or the like. Then insert the skewer into a hole for the rotary shaft and take the mixing blade out.



Handling of baking pan after taking bread out

Pour lukewarm water or water to soak the bread crumb. Fix the mixing blade by grabbing the rotary shaft from beneath the baking pan, turn the mixing blade counterclockwise. Then turn it in both directions several times and pull it up to remove. If it is hard to take it out, add water into the baking pan and leave it 5-10 minutes. Then it will be easier to remove. Do not leave the legs of the baking pan soaked in water for washing. (For maintenance procedures, refer to Maintenance of Accessories. → P.114, 115)

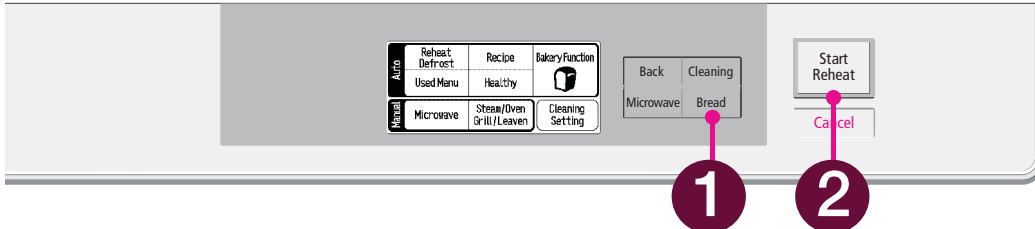


Operations of Auto Bakery Menu (Continued)

Baking Bread (Easy Operations)

Select **Bread** with one touch.

Bread is made by the same ingredients as **B001 Bread**. Settings of timer, material injection method and doneness adjustment are automatically registered, so you don't have to change settings each time.



Accessory Used

Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Full

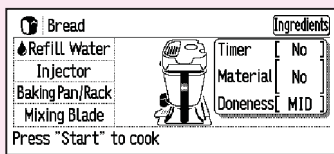
Note When the door is opened, the power turns on.

Preparation

Set the baking pan rack and set the baking pan and injector containing ingredients on to the baking pan rack. → P.90, 91
Fill the water tank with water up to the full line and insert into the main unit.

When setting the baking pan, securely lock it. → P.90, 91

1 Press **Bread**.



Ingredients of Bread Reference heating time
About 90 minutes

Flour (bread flour)	250 g
① Sugar 15 g (1 scoop of the large spoon)	
Salt 3 g (1/2 scoop of the small spoon)	
Butter	12 g
Water	180 mL
Dry yeast (granular, quick-rising type)	3 g (1 scoop of the small spoon)

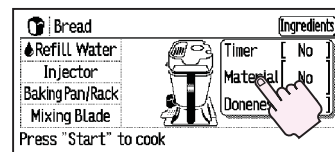
Add ① into the baking pan, pour water circularly and put dry yeast into the yeast inlet of the injector.

2 Press **Start Reheat** to start.

When you hear the completion sound, take the baking pan out and lay down the baking pan on a stand covered with a cloth or towel to cool it down for 2 minutes.

When bread is not baked enough
Press **Additional Heating**. → P.109

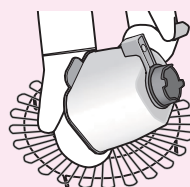
To change the timer, material and doneness adjustment settings, touch the **Settings** button. (For setting procedure, refer to the opposite page.)



If you do not change, the previous settings can be recalled.

When removing the bread

Hold the root of the handle, turn the baking pan upside down and shake it up and down several times to take it out.



Reminder

After taking out the bread, pour lukewarm water or water into the baking pan and leave it for a while. → P.93

Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

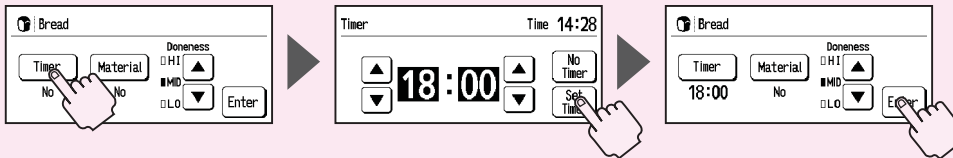
CAUTION

Use the supplied mittens or a thick, dry dishcloth when you remove the baking pan from the heated oven cavity. The baking pan and wall surfaces of the oven cavity are hot and touching it directly will result in burns.

Lay down the baking pan you took out on a pod stand or dry cloth on a stable stand to cool it down. May fall and cause burns.

How to enable, disable and set the timer

Touch **Timer** and adjust Hour and Minute to desired time. Then touch **Set Timer** and **Enter**.



When you touch **Enter**, you return to **1** screen and the setting is completed.

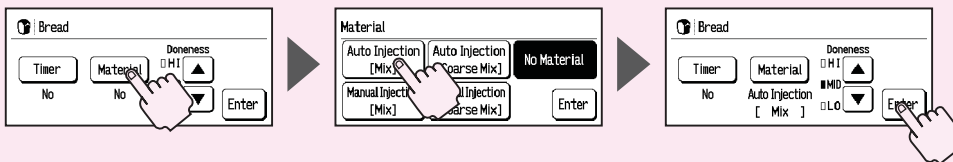
The procedure for timer setting varies from that of other menu options.

Timer 1 and **Timer 2** are not available.

- Applicable time range is 2-13 hours (from the start).
You cannot set any time shorter than the cooking time.
Neither too long time can be set, as it will result in poor doneness.

How to set material injection

Touch **Material**, select an injection method according to the material, and then touch **Enter**.

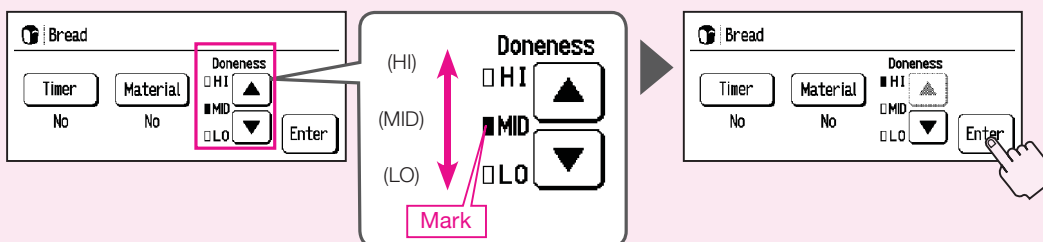


When you touch **Enter**, you return to **1** screen and the setting is completed.

- Materials that can be used
Refer to Tips for Mixing Materials into Dough (→ P.99). Do not set the timer when you use any perishable material.

How to adjust doneness

Touch **▲** **▼**, adjust browning, and touch **Enter**.



When you touch **Enter**, you return to **1** screen and the setting is completed.

Operations of Auto Bakery Menu (Continued)

Baking Bread with Bake Timer

- For Auto Bakery Menu, there are menu options for which bake time can be set. As materials are perishable, the bake timer and rising completion timer settings are not available for some Auto Bakery and Handmade Bakery menu options.
- For some menu options, the timer function is not appropriate. For menu options that use perishable ingredients such as milk and eggs, do not use the timer function.

Example: To set **B001 Bread** to 7:00

Note When the door is opened, the power turns on.

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Full

Preparation

Set the baking pan rack and set the baking pan and injector containing ingredients on to the baking pan rack. → P.90, 91
Fill the water tank with water up to the full line and insert into the main unit.

Refer to the procedure **1** and **2** in Baking Bread → P.92, 93 and select **B001 Bread**.

When setting the baking pan, securely lock it.

→ P.90, 91

The Auto Bakery menu options other than **B001 Bread** **Bread**, the water tank is not used.

If the temperature in the oven cavity is 40°C or above (e.g. right after cooking)

It does not start when **Start Reheat** is pressed.

This is because doneness will be poor if the temperature is high during mixing. Be sure to perform cooling operation.

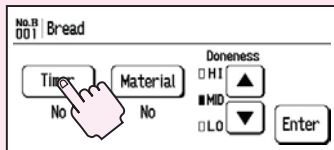
→ P.128

Up to two settings of completion time are saved for the timer function.

- Each previously-set completion time is saved in Timer 1 and Timer 2.
- By default, they are set to 6:00 and 18:00.

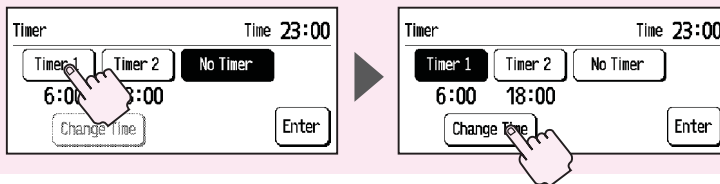
1

Touch **Timer**.



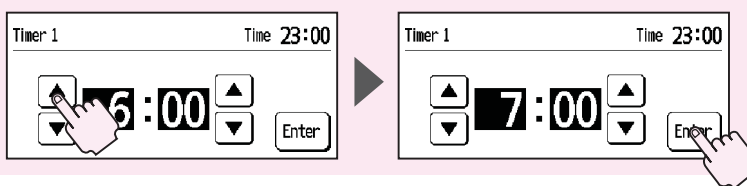
2

Touch **Timer 1** and **Change Time**.



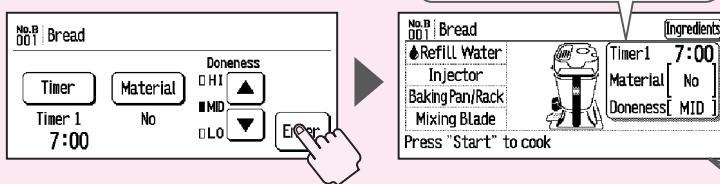
3

Touch **▲** beside Hour once and then **Enter**.



4

Touch **Enter**.

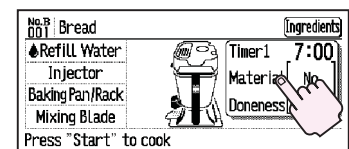


Settings are displayed.

5

Press **Start Reheat** to start.

To change the timer, material and doneness adjustment settings, touch the **Settings** button. → P.81



Cooking is not performed and the oven is in standby state until the time set for each menu option from the Bake Timer.




Light Off The LCD back light turns off during timer standby.


When you hear the completion sound, unlock and take out the baking pan.



To take bread out of the baking pan → P.93

CAUTION

 Use the supplied mittens or a thick, dry dishcloth when you remove the baking pan from the heated oven cavity. The baking pan and wall surfaces of the oven cavity are hot and touching it directly will result in burns.

 Lay down the baking pan on a pod stand or dry cloth on a stable stand to cool it down. May fall and cause burns.

List of Available Timer Settings

- Timer setting is available for 8 menu options such as **B001 Bread** and **B002 Raisin Bread**.

For the following menu options, which use perishable ingredients such as milk and eggs, the timer function is not available.

B005 Butter Rich Bread, **B008 Light Sesame Cheese Bread**, **B009 Honey Nut Bread**, **B010 Quick Soda Bread** and **B013 Plum & Shirasu Bread**

- Available timer settings vary depending on menu options.

Because bread will not be done if the time to the baking time is too short, this function is not available.

Neither too long time can be set, as it will result in poor doneness.

Menu option	Timer range (From startup)
B001 Bread	2 - 13 hours
B002 Raisin Bread	2 - 13 hours
B003 Walnut Bread	2 - 13 hours
B004 Soft Bread	2 hours, 40 minutes - 13 hours

Menu option	Timer range (From startup)
B006 Round Top French Bread	4 - 13 hours
B007 Rye Bread	2 hours, 30 minutes - 13 hours
B011 Rice Flour Bread	2 hours, 25 minutes - 13 hours
B012 Rice Bread	2 hours, 30 minutes - 13 hours

Material Injection

Baking Bread with Materials Mixed into Dough

- Material injection can be selected for **Bread**, Step 1 in Auto Bakery and Handmade Bakery menu options and Mixing Menu.
- Select **Auto Injection** and **Manual Injection** according to material types.
 - **Auto Injection**: Materials contained in the material container before starting are injected at timing specified for each menu option.
 - **Manual Injection**: You will be reminded by the material reminder sound at the timing of material injection. Take the baking pan out, put in the materials and return to the oven cavity. If you leave the baking pan without putting in the materials for 3 minutes, cooking will be started again. (**B047 Rice Cake** restarts after 1 minute.)
- You can also select coarse mixing to make bread with materials whose shapes are retained.

Example: To set **B001 Bread** to [Mix] of **Auto Injection**

Note When the door is opened, the power turns on.

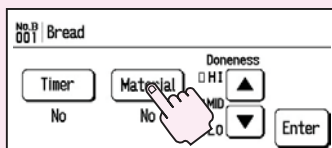
Preparation

Set the baking pan rack and set the baking pan and injector containing ingredients on to the baking pan rack. → P.90, 91
 Fill the water tank with water up to the full line and insert into the main unit.
 With reference to the procedure **1** and **2** in Baking Bread → P.92, 93, select a Bakery Function menu option that allows for materials injection.

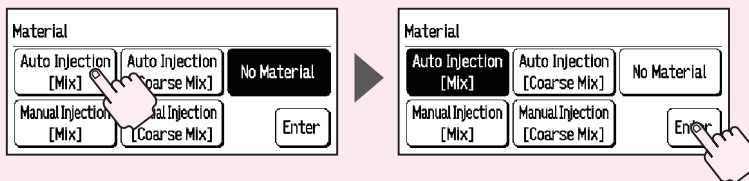
When setting the baking pan, securely lock it.
 → P.90, 91

In case of auto injection
 Put materials into the material container of the injector.

1 Touch **Material**.



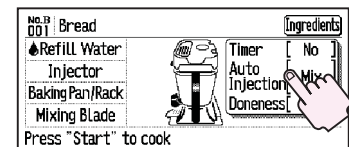
2 Touch **Auto Injection (Mix)** and **Enter**.



3 Touch **Enter**.



To change the timer, material and doneness adjustment settings, touch the **Settings** button. → P.81

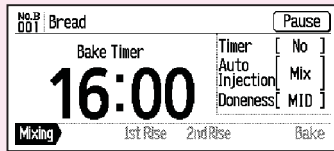


The previous settings are registered.

4 Press **Start Reheat** to start.

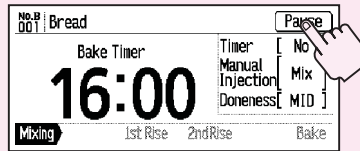
Material Injection

In case of auto injection



Materials in the material container are automatically injected.

In case of manual injection



The material reminder sound rings.

Press **Pause** and inject the materials.

In case of manual injection

When you hear the material reminder sound

- (1) Press **Pause**, open the door and take the baking pan out.
- (2) Take the injector out.
- (3) Put the materials into the baking pan.
- (4) Set the injector to the baking pan.
- (5) Set the baking pan to the baking pan rack.

Press **Start Reheat** to restart.

Completion of Cooking

When you hear the completion sound, unlock and take out the baking pan.

To take bread out of the baking pan → P.93

Tips for Mixing Materials into Dough

- Do not put any perishable ingredient when you use timer.
- Make the amount of materials to be put in the material container below 60 g.
- Do not put in too hard or too small materials.
- Timing of material injection varies depending on room temperature and menu options. → P.82, 83

Timing of material injection by material types

	Auto Injection	Manual Injection	Putting in at the beginning
Suited materials	<ul style="list-style-type: none"> ■ Dry materials ■ Hard-to-melt materials ■ Particles not too small (3 mm or larger) 	<ul style="list-style-type: none"> ■ Wet and sticky materials ■ Soluble materials 	<ul style="list-style-type: none"> ■ Particles that is too small (3 mm or smaller) ■ Paste ■ Materials indicated in Recipes of this guide
Examples	<ul style="list-style-type: none"> ■ Dry fruit (such as raisin) ■ Nuts (walnut, etc.) ■ Ham and bacon 	<ul style="list-style-type: none"> ■ Fruit soaked in alcohol ■ Cheese ■ Chocolate 	<ul style="list-style-type: none"> ■ Vegetable paste ■ Sesame

- For some menu options, material injection and coarse mixing are not allowed.

Auto Bakery Menu → P.82, 83

Material injection is not allowed for Handmade Bakery Menu **B027 Croissant**.

Mixing Menu → P.105

- For injection timing of materials for each menu, refer to the following.

Auto Bakery Menu → P.82, 83

Handmade Bakery Menu → P.103

Mixing Menu → P.105

Operations of Handmade Bakery Menu

- Handmade Bakery Menu consists of three steps: mixing to the 1st rise, 2nd rise, and preheating to baking. Shape the bread on your own. (**B022 Butter Roll** - **B034 Pizza** → P.258-272)
- To make normal bread automatically, use the Auto Bakery Menu. (Refer to the list → P.82, 83 and operations → P.92-97.)

Example: **Step 1** in **B022 Butter Roll**

Step 1 : Mixing Ingredients to 1st Rise

Note When the door is opened, the power turns on.

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

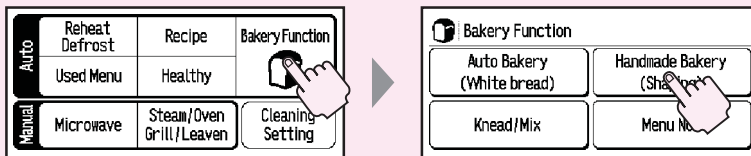
Water Tank
Full

Preparation

Set the baking pan rack and set the baking pan and injector containing ingredients → P.90, 91 on to the baking pan rack.
For a menu option that uses the water tank, fill the water tank up to the full line and insert into the main unit.

1

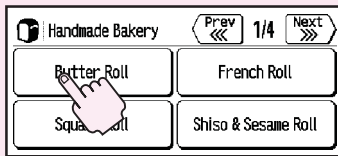
Touch **Bakery Function** and then **Handmade Bakery**.



When setting the baking pan, securely lock it.
→ P.90, 91

2

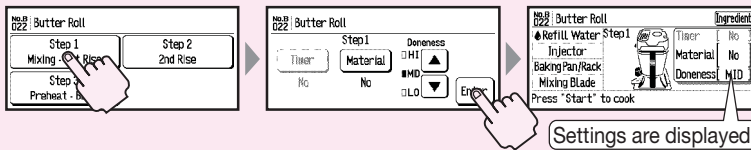
Touch **Butter Roll**.



If the temperature in the oven cavity is 40°C or above (e.g. right after cooking) it does not start when **Start Reheat** is pressed. This is because doneness will be poor if the temperature is high during **Mixing**. Be sure to perform cooling operation.
→ P.128

3

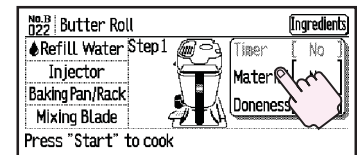
Touch **Step 1** and then **Enter**.



To change the material and doneness adjustment settings, touch the **Settings** button. → P.81

4

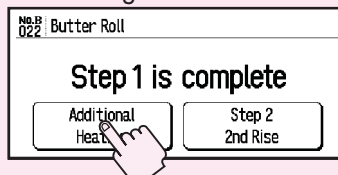
Press **Start Reheat** to start.



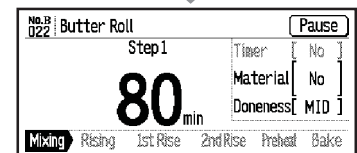
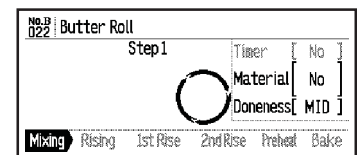
Step 1 Completed

When you hear the completion sound, unlock and take out the baking pan.

If rising is not enough, return the dough to the oven cavity along with the baking pan and perform **Additional Heating** for the 1st rise. → P.109



If dough is not mixed enough for menu options without the 1st rise, use **Additional Mixing** to perform additional mixing. → P.108



Step 2 : 2nd Rise of Shaped Dough

Example: **Step 2** after **B022 Butter Roll** **Step 1**

Accessory Used



Metal Tray **Bottom**
Ceramic Tray

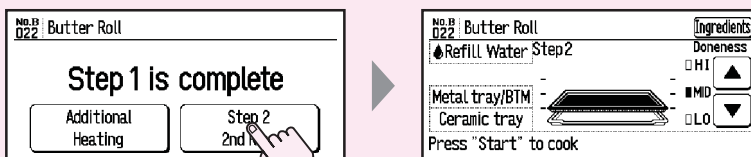
Water Tank
Full

Preparation

Take the baking pan rack out and set the ceramic tray. Shape dough after the first rising, arrange it on the metal tray and set the tray into **Bottom** of the tray rack.

1

Touch **Step 2** in the screen after completion of **Step 1**.

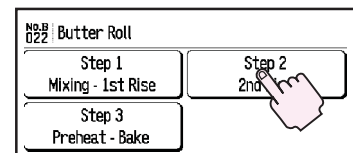


To adjust doneness → P.81

When room temperature is 5°C or below, steam may not be generated effectively. In such cases, warm up the room before starting **Step 2**.

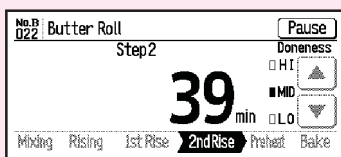
When the screen after **Step 1** disappeared

With reference to the procedure **1** and **2** in **Step 1**, operate the oven and use the procedure **3** to select **Step 2**.



2

Press **Start Reheat** to start.

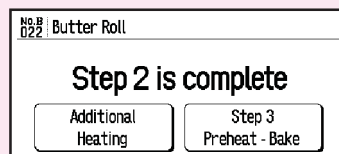


Step 2 Completed

When you hear the completion sound, take the metal tray out.

If the dough is not leavened well, return it to the oven cavity along with the metal tray and perform the 2nd rise with **Additional Heating**.

→ P.109



There is no **Step 2** for **B032 Naan** to **B034 Pizza**. Proceed to **Step 3**.

Operations of Handmade Bakery Menu (Continued)

Step 3 : Baking Risen Dough

Example: **Step 3** after **B022 Butter Roll** **Step 2**

Accessory Used



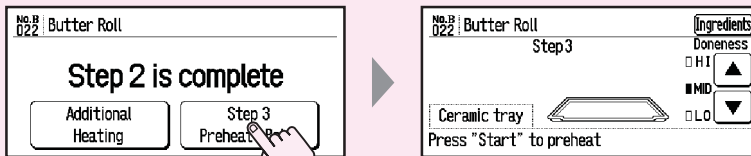
Metal Tray **Middle**
Ceramic Tray
Water Tank
Full

Preparation

Check that the ceramic tray is set at the bottom of the oven cavity and close the door. Use the tray rack appropriate according to the menu option.

1

Touch **Step 3** in the screen after completion of **Step 2**.

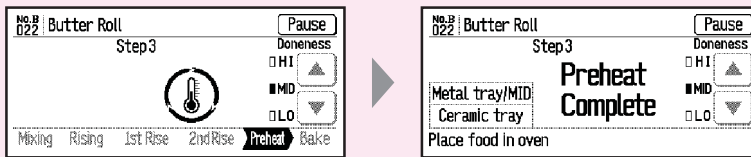


To adjust doneness → P.81

For pizza or naan, set the metal tray to the tray rack.

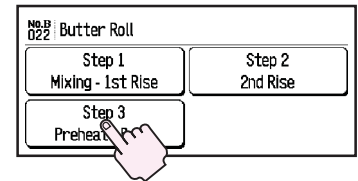
2

Press **Start Reheat** to start preheating.



When the screen after **Step 3** disappeared

With reference to the procedure **1** and **2** in **Step 1** → P.100, operate the oven and use the procedure **3** to select **Step 3**.



3

When you hear the preheating completion sound, open the door and set the metal tray with dough to **Middle** of the tray rack.

4

Press **Start Reheat** to start.



CAUTION



Use the supplied mittens or a thick, dry dishcloth when you place the accessories into the oven,

or when you take them out. The metal tray and wall surfaces of the oven cavity are hot and touching it directly will result in burns.

Completion of Cooking

When you hear the completion sound, remove the bread.

If the dough is not baked well, return it to the oven cavity along with the metal tray and heat it with **Additional Heating**.

→ P.109



Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Tips for Handmade Bakery Menu

- **When you open and close the door or pause the operation, do it quickly.**

Will decrease temperature in the oven cavity or prolong rising time.

- **Material injection is about 25 minutes (from the start).**

B027 Croissant is a menu option that does not allow for material injection.

- **To check conditions of the 1st rise, perform a finger test.**

Cover your finger with flour and insert the finger into the center of the dough in the baking pan. If a hole made by the finger remains, rising is enough.

For details, refer to how to make **Butter Roll**.

→ **P.258**

- **B027 Croissant** and **B031 Bagel** are menu options without the 1st rise in Step 1.

For these menu options, only mixing is performed, so dough does not rise.

- **When dough surface is dry after Step 1**

Spray water onto the dough surface while it is in the baking pan.

- **Tearing dough or trying to reshape poor shape after the 2nd rise will damage the dough and cause poor rising.**

- **Bread dough with too much water content or risen too much will not turn out well.**

It is recommended to use it as pizza dough or fry it.

- **Press **Cancel** between Step 1 and Step 2, and between Step 2 and Step 3 to perform other cooking.**

When the other cooking completes, set Step 2 and Step 3 for the original menu and resume. Watch out for shaping and rising timing and be careful not to let it rise too much. To start Step 2, let the oven cavity cool down to 40°C or below.

- **When dough surface becomes dry during rising or preheating**

Cover it with a wrap or cloth and spray water onto the dough surface.

Operations of Mixing Menu

Automatically Knead Dough for Desserts, Cakes, etc.

■ Make cookies, raw chocolates and cakes, etc.

(B035 Sweet Potato) - (B043 Savory Pound Cake (Plain)) → P.273-279

Example: To make (B042 Pancake (Plain))

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

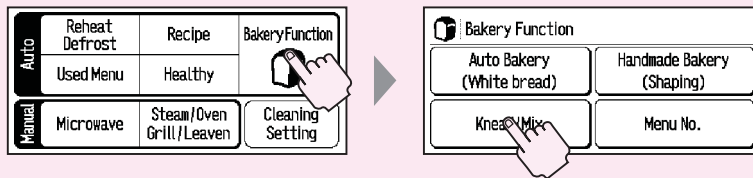
Note When the door is opened, the power turns on.

Preparation

Set the baking pan rack and set the baking pan and injector containing ingredients on to the baking pan rack. → P.90, 91

1

Touch **Bakery Function** and **Knead/Mix**.

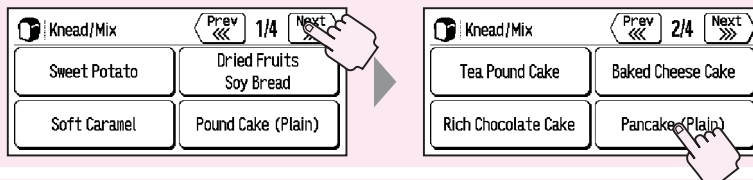


When setting the baking pan, securely lock it.
→ P.90, 91

For some menu options, material injection is not allowed. Refer to Tips for Mixing.

2

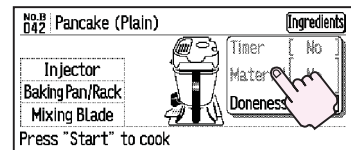
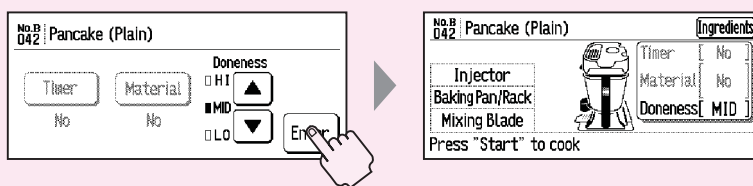
Touch **Next**, and then touch **Pancake (Plain)**.



To change the timer, material and doneness adjustment settings, touch the **Settings** button. → P.81

3

Touch **Enter**.



Press "Start" to cook

4

Press **Start Reheat** to start.

When you hear the powder removal completion sound, unlock and take out the baking pan.

For some menu options, powder ingredients may stick to baking pan walls and mixing blade, causing poor mixing. For such menu options, take the baking pan out and shape the dough. Appropriate time for shaping is notified by a powder removal reminder sound.
→ P.105


5

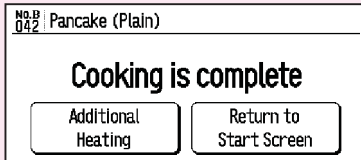
Set and lock the baking pan again and close the door.

Press **Start Reheat** to restart.

Unless you press **Start Reheat**, the baking process will not start and mixing process will not be resumed.

Completion of Cooking

 When you hear the completion sound, unlock and take out the baking pan.



To take bread out of the baking pan → P.93

Reminder

Frequently maintain the rotary shaft by eliminating sticky dirt after cooking. Using it with sticky dirt attached, it will accumulate further and prevent setting of the mixing blade.



CAUTION



Use the supplied mittens or a thick, dry dishcloth when you remove the baking pan from the heated oven cavity.

The baking pan and wall surfaces of the oven cavity are hot and touching it directly will result in burns.




Lay down the baking pan on a pod stand or dry cloth on a stable stand to cool it down.

May fall and cause burns.

Tips for Mixing

- Put ingredients into the baking pan in a specified order. Putting them in a wrong order may make doneness poor.
- For menu options that requires the baking pan to be equipped with an injector, securely set it. Otherwise, heating behaviors may vary for different menu options and cause poor heating.
- For some menu options, you have to take the baking pan out when you hear the reminder sound to add ingredients or perform some work. (Time indicated in the table below are only for reference.)

Unless you press  after the work, the baking process will not start and mixing process will not be resumed.

Menu option	Recipes	Timing of shaping (From startup)	Material injection time (From startup)
B035 Sweet Potato	→ P.273	6 minutes later	-
B036 Dried Fruits Soy Bread	→ P.274	6 minutes later	1 minute later
B038 Pound Cake (Plain)	→ P.275	-	8 minutes later
B039 Tea Pound Cake	→ P.275	-	8 minutes later
B041 Rich Chocolate Cake	→ P.277	3 minutes later	-

Menu option	Recipes	Timing of shaping (From startup)	Material injection time (From startup)
B042 Pancake (Plain)	→ P.278	3 minutes later	-
B043 Savory Pound Cake (Plain)	→ P.279	3 minutes later	1 minute later
B046 Meatloaf	→ P.282	13 minutes later	-
B047 Rice Cake	→ P.283	-	74 minutes later

Operations of Mixing Menu (Continued)

Automatically Mixing Rice Cake, Noodle, etc.

■ Make dough for udon, etc, rice cake, rice gruel, pasta source and so on.

(B044 Udon to B048 Risotto → P.280-283)

■ Auto Injection of materials are not allowed.

To make rice cake dough with materials, perform Manual Injection.

To make pasta with materials, inject them into the baking pan at the beginning.

Example: To make B048 Risotto

Note When the door is opened, the power turns on.

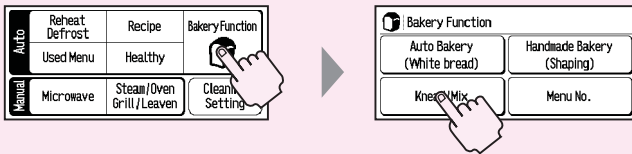
Preparation

Place the food and the appropriate accessory in the oven, and close the door.

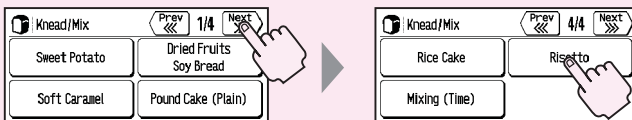
→ P.90, 91

When setting the baking pan, securely lock it. → P.90, 91

1 Touch **Bakery Function** and then **Knead/Mix**.



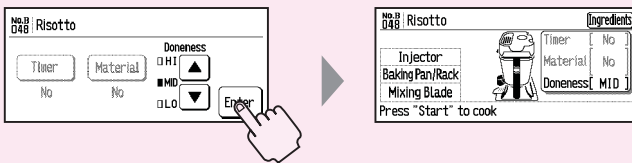
2 Touch **Next** three times, and then **Risotto**.



■ For B046 Meatloaf, do not use the injector.

Starting with the injector set to the baking pan will make doneness poor.

3 Check and set the doneness adjustment and touch **Enter**.



To adjust doneness → P.81

4 Press **Start Reheat** to start.

⚡ When you hear the completion sound, remove the food.

If heating or mixing is not enough, use **Additional Heating** or **Additional Mixing** to perform additional heating or mixing. → P.108, 109

CAUTION

! Use the supplied mittens or a thick, dry dishcloth when you remove the baking pan from the heated oven cavity. The baking pan and wall surfaces of the oven cavity are hot and touching it directly will result in burns.

! Lay down the baking pan on a pod stand on a stable stand to cool it down. May fall and cause burns.

Mixing with Time Setting

■ Set the mixing time and mix the dough.

For the first 3 minutes of mixing, the rotation is weak and the dough is not mixed well. Please set 4 or more minutes.

■ You cannot perform **Auto Injection** and rising of materials.

For time of dry yeast or material injection and mixing, refer to Auto Bakery Menu List (→ P.82, 83) and similar menu options in the Recipes, and press **Pause** to pause.

Example: To perform **B049 Mixing (Time)** for 15 min

Note When the door is opened, the power turns on.

Preparation

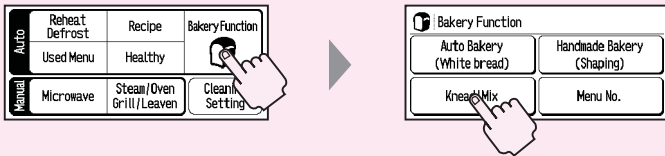
Set the baking pan rack and set the baking pan and injector containing ingredients on to the baking pan rack. (→ P.90, 91)

When setting the baking pan, securely lock it.

(→ P.90, 91)

1

Touch **Bakery Function** and then **Knead/Mix**.

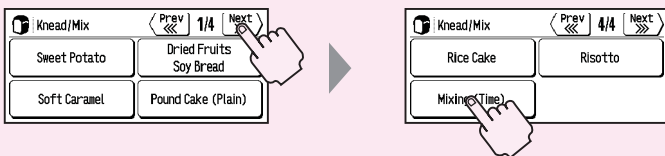


When dry yeast is used and the oven cavity is hot, bread will turn out well.

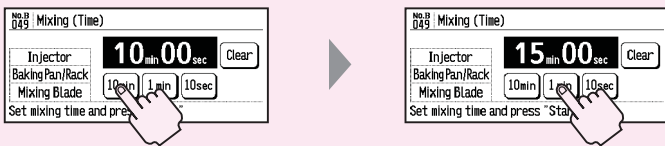
After using **Oven**, **Grill** or **Deodorization**, etc., be sure to cool the oven cavity down before use.

2

Touch **Next** three times, and then **Mixing (Time)**.



Touch **10 min** once and touch **1 min** five times.



Time setting range

Mixing time 10 sec.-20 min.: 10 sec. units
20 min.-30 min.: 1 min. units
(Maximum heating time: 30 minutes)

3

Press **Start Reheat** to start.

4

To inject dry yeast and materials

Touch **Pause** to pause, open the door, put in the materials and then close the door.

If rising is necessary

Touch **Pause** to pause and leave dough in the oven cavity for rising.

Press **Start Reheat** to restart.

When you hear the completion sound, remove the food.

When dough is not mixed enough, use **Additional Mixing** to perform additional heating or mixing.

(→ P.108)

Additional Mixing

Mixing for Extra Time after Cooking

- After cooling, **Additional Mixing** appears on the LCD display, that allows you to perform additional mixing if mixing is not enough.
- Additional mixing can be performed up to three times.

Example: To perform additional mixing with **B047 Rice Cake**

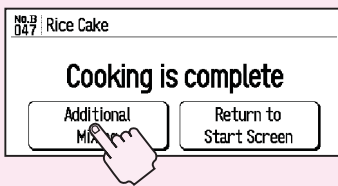
Completion of Cooking

⚡ When you hear the completion sound, remove the food. Check the doneness and if the dough is not mixed enough, return the accessories and food into the oven cavity for **Additional Mixing**.

To perform **Additional Mixing**, return the accessories and food as is into the oven cavity.

1

Touch **Additional Mixing**.



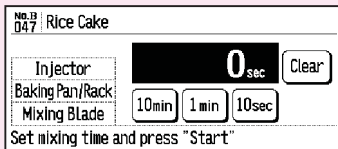
Menu options that allow **Additional Mixing**

B027 Croissant	B031 Bagel
B044 Udon	B047 Rice Cake
B049 Mixing (Time)	

2

Set the mixing time.

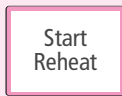
- Touch **Clear** to set the mixing time again.
- You cannot adjust doneness in Auto Menu.



Time setting range
Mixing time 10 sec.-10 min.: 10 sec. units

3

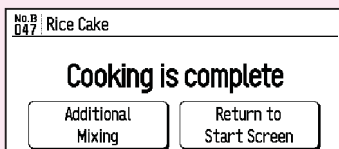
Press **Start Reheat** to start.



During **Additional Mixing**, keep an eye on the food as it cooks. When the food is sufficiently mixed, press **Cancel** to finish mixing.

Additional Mixing Completed

⚡ Press **Cancel**, or take out the food when you hear the completion sound.



When the third **Additional Mixing** is completed, **Additional Mixing** will not appear.

Additional Heating

Heating for Extra Time after Cooking

- After cooling, **Additional Heating** appears on the LCD display, that allows you to perform additional heating if heating is not enough.
- Additional Heating can be performed up to three times.
- To extend heating after the third time extension, heat the food while keeping an eye on it as it cooks with reference to the Recipes.

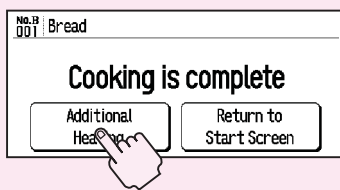
Example: To perform additional heating with **B001 Bread**

Completion
of Cooking

When you hear the completion sound, remove the food. Check the doneness and if the dough is not heated enough, return the accessories and food into the oven cavity for **Additional Heating**.

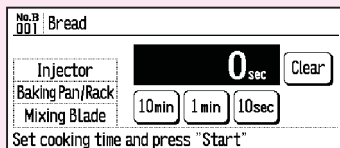
1

Touch **Additional Heating**.



2

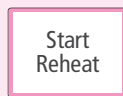
Set the heating time.



- Touch **Clear** to set the heating time again.
- You cannot adjust doneness in Auto Menu.

3

Press **Start Reheat** to start.



Press **Cancel**, or take out the food when you hear the completion sound.



When the third **Additional Heating** is completed, **Additional Heating** will not appear.

If you want to heat further, heat foods with reference to Recipes and keep an eye on the food as it cooks.

Additional Heating Completed

To perform **Additional Heating**, return the accessories and food as is into the oven cavity. For a menu option that uses the water tank, fill the water tank up to the full line.

Menu options that allow **Additional Heating**

- Bread
- All 21 menu options for Auto Bakery
- Handmade Bakery Menu
 - Step 1 Some menu options
 - Step 2/3 All 13 menu options
- **B035 Sweet Potato** to **B043 Savory Pound Cake (Plain)**, **B046 Meatloaf**, **B048 Risotto**

Time setting range

Heating time 10 sec.-10 min.: 10 sec. units

During **Additional Heating**, keep an eye on the food as it cooks. When the food is sufficiently heated, press **Cancel** to finish heating.

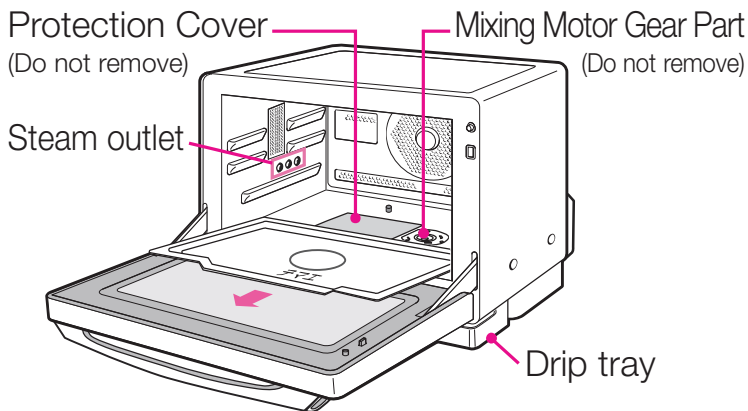
Water tank after use → P.110, 111

- Make the water tank empty.
- Drain the water from the pipe.
- Wipe off water drops on the oven cavity and door after the main unit has cooled down.

Maintaining the Main Unit

Main Unit

The oven should be cleaned regularly and any food deposits removed.



Steam outlet

Wipe with a well-wrung wet dishcloth.
Some white spots may remain after you use steam. Wipe the steam outlet frequently with a well-wrung wet dishcloth. Wipe with a well-wrung wet dishcloth.

Interior walls, front, inside of door, cover in oven cavity

- Wipe with a well-wrung wet dishcloth.**
- Wipe off drops of water on the inside of the oven cavity with a well-wrung wet dishcloth.
 - If there is excessive dirt, squeeze some mild detergent for kitchen use onto a cloth, and wipe the dirt with the cloth. Make sure to wipe off the detergent afterwards with a well-wrung wet dishcloth.
 - Do not use force to scrub the cover. This may result in damage, cracks, and chips.

Mixing Motor Gear Part

If any material or water gets into the gap on the mixing motor gear part, wrap a toothpick or the like with a well-wrung wet cloth to wipe it off.

Exterior and front doors

Wipe with a soft cloth.
If there is excessive dirt, squeeze some mild detergent for kitchen use onto a cloth, and wipe the dirt with the cloth. Make sure to wipe off the detergent afterwards with a well-wrung wet dishcloth. Do not rub with a hard face of scrubbing pad.

Inside of door on the front

As there is a gap in the fitting section, be careful not to spill beverages or soup.

Drip tray

The drip tray can be removed and washed.
After you remove the water tank, place your fingers on the indentations in the front on the left and right sides, and pull out the drip tray by lifting it up slightly and pulling it towards you. Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water. Be sure to wipe off the water thoroughly. When you insert the drip tray, push it in firmly towards the back until you hear a clicking sound. (When the drip tray is not inserted securely, there will be water leakage and insufficient steam.)
Remove the drip tray if you lift up the oven.

WARNING

Do not remove the protection cover and mixing motor gear part. Will result in injury or malfunction. The protection cover is a part to protect the rotary mechanism inside the machinery.

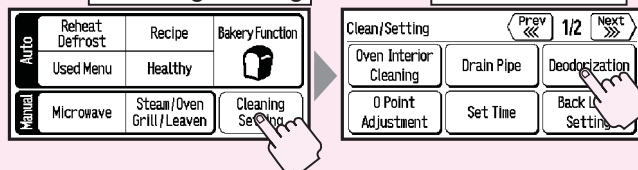
Deodorization

Preparation

Empty the oven cavity and close the door.

1

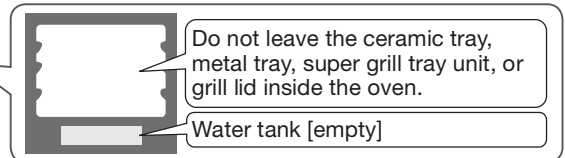
Touch **Cleaning/Setting** and then **Deodorization**.



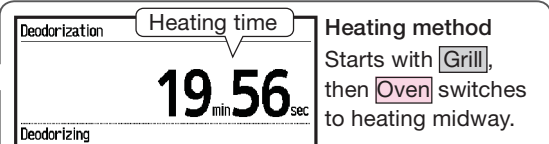
2

Press **Start Reheat** to start.

When the procedure is complete, a beep will sound.



Perform deodorization by using a heater (grill/oven heating). Heating takes 20 minutes.



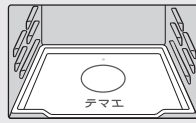
After the oven finishes running empty, the fan spins for 10 minutes in order to cool the oven. After 10 minutes, it will automatically stop.

Drain Pipe

After steam cooking is complete, drain the water from the pipe.

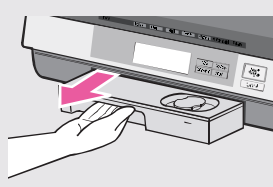
Preparation

Set the ceramic tray and close the door.



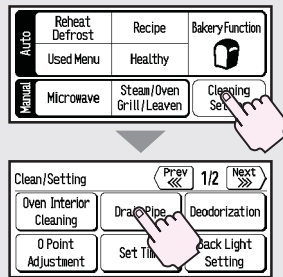
1

Make sure that the Start Screen is shown on the LCD display and pull out the water tank from the main unit.



2

Touch **Cleaning/Setting** and then **Drain Pipe**.



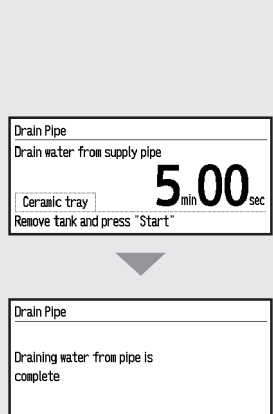
3

Press **Start Reheat** to

At the startup, you will hear a bulb sound when the pump sucks up water. This is not abnormal.

When you hear the completion sound, draining is complete.

Wipe off drops of water on the inside of the oven cavity with a well-wrung wet dishcloth.



Oven Interior Cleaning

Steam is generated, making it easy to wipe up the dirt inside the oven cavity.

Preparation

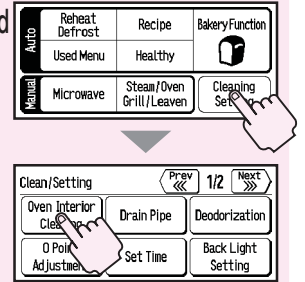
Set the ceramic tray and close the door.

1

Check the Start Screen of the LCD display, and fill the water tank up to the full line and insert into the main unit. (How to use the water tank → P.33)

2

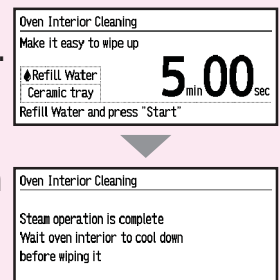
Touch **Cleaning/Setting** and then **Oven Interior Cleaning**.



3

Press **Start Reheat** to start.

When you hear the completion sound, follow the procedure below to clean up.



4

When you hear the completion sound, clean the oven cavity according to the following procedure. Empty the water tank after use.

5

When oven cavity cleaning is complete, drain water from the pipe.

CAUTION



Do not leave food crumbs or juice on the interior walls or door glass.

May cause sparks, rust, offensive odor, damage or fire. The inside of the oven cavity is treated with a coat of paint. As it is easily scratched, do not scrub it with a hard object such as a scrubbing brush.



Do not wipe the touch panel or door and oven cavity with oven cleaners, thinners, benzene, glass polish sprays, bleaching agents, and so on.

May result in scratches or deformation. If you use disposable wet wipes, use them according to the instructions provided for the wet wipes.



Do not spray water onto the outer cover, door, or touch panel, or inside the oven cavity. May result in electric shock or malfunction.



During heating for **Oven Interior Cleaning and after it is complete, do not bring your face near the oven or open the door.** May result in burns or injury. Even after heating is complete, steam may be released in some areas, or hot water may burst out.



If you interrupt **Oven Interior Cleaning, and after it is complete, do not touch the steam outlet on the side of the oven cavity.** The area around the steam outlet is very hot, and touching this area will result in burns. Even if the oven cavity is not hot, the steam outlet and screws may be at a high temperature.

Maintaining the Accessories

Accessories for Microwave, Oven and Grill

Ceramic Tray

■ The ceramic tray can be removed and washed.

Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water. Be sure to wipe off the water thoroughly.

For dirty spots that are difficult to remove, take out the ceramic tray, apply a store-bought cream cleanser (with an abrasive compound), and scrub and rinse the area.



Ceramic Tray

■ The ceramic tray may break if it is bumped or struck.

If the ceramic tray becomes cracked or broken, do not use it in that condition. Please consult with the Service Center. Using the ceramic tray if it is damaged will result in malfunctions.

Metal Tray and Water Tank

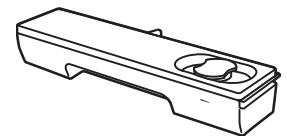
■ Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water. Be sure to wipe off the water thoroughly.

● If the metal tray is immersed in an acidic water solution such as vinegar or baking soda, or in an alkaline water solution, the surface may become bleached.



Metal Tray

● Do not place the water tank inside a dishwashing dryer, dish dryer, or dishwasher. The water tank will become deformed and damaged.



Water Tank



CAUTION



Do not scrub the metal tray, super grill tray unit or grill lid with a metal scrubbing brush or a sharp object.
May result in rust.



Do not scrub the ceramic tray with a metal scrubbing brush or a sharp object.
May result in injury or damage.



Do not spray water onto the outer cover, door, or control panel, or inside the oven cavity.
May result in rust, electric shock or malfunction.



Do not wipe the touch panel or door, oven cavity or super grill tray unit with oven cleaners, thinners, benzene, glass polish sprays, bleaching agents, and so on.
May result in scratches, discoloration or deformation.

If you use disposable wet wipes, use them according to the instructions provided for the wet wipes.



Do not leave food crumbs or juice on the interior walls, door glass or ceramic tray.
May cause sparks, rust, offensive odor, damage or fire. The inside of the oven cavity is treated with a coat of paint. As it is easily scratched, do not scrub it with a hard object such as a scrubbing brush.

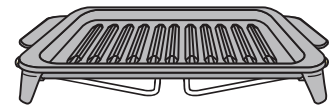


Do not bump or strike the ceramic tray.
May result in injury or damage.

Super Grill Tray Unit

- The surface of the super grill tray unit is coated with fluorine. A heating element (ferrite rubber) that absorbs microwaves and generates heat is attached to the back surface.

Remove dirt from both sides by using a soft object such as a sponge scrubber with mild detergent for kitchen use and wipe water off appropriately.



Super Grill Tray Unit

- When food is stuck to or burned onto the surface of the super grill tray unit

Place the super grill tray unit in hot water (approximately 40-50°C) for about 10 minutes.

After soaking the stuck food, remove the food using a soft sponge or the like with a mild detergent for kitchen use.

- Do not use alkaline detergent.

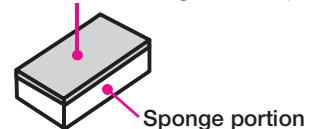
May result in discoloration and peeling. Use mild detergent for kitchen.

Reminder

Do not scrub the front and back surfaces with the hard part of a sponge scrubber or a nylon scrubber that contains abrasives.

Will cause the fluorine on the surface to peel off.

Hard portion (Nonwoven fabric containing abrasives)

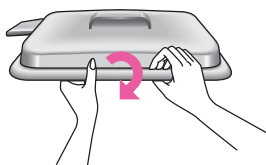


When you use the super grill tray unit for the first time, there may be an odor from the heating element (ferrite rubber) after cooking food, but this does not affect the cooking of the food. The odor will gradually go away with use of the oven.

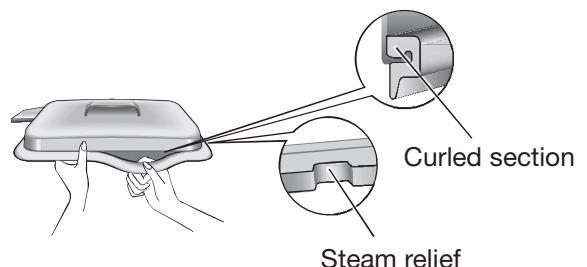
Grill Lid

- The packing attached to the grill lid can be removed and washed.

Peel the upper edge of the packing to remove it.



Fit it to the curled part across the circumference of the lid.



- Remove dirt from both sides by using a soft object such as a sponge scrubber with mild detergent for kitchen and wipe water off appropriately.

Maintaining the Accessories (Continued)

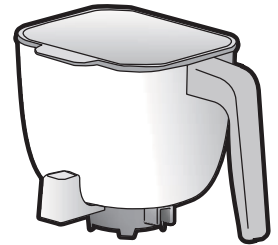
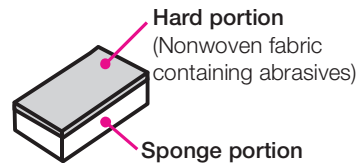
Accessories for Bakery

Baking Pan

- After taking out the bread, fill the baking pan with lukewarm water or water to soak dirt to make it easy to remove. Then use a sponge with mild detergent for kitchen use to remove dirt, and then rinse the bin.

Wipe water off and dry it out.

Do not rub with a hard face of scrubbing pad.
May damage the fluorine-treated surface.

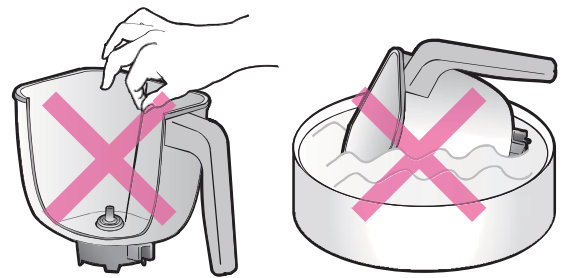


Baking Pan

- Do not keep the baking pan soaked in water for cleaning.
Especially, be careful not to soak the legs of the baking pan in water.

- Do not put the baking pan into a dishwashing dryer, dish dryer or dishwasher.
May cause peeling or damage of fluorine treatment or sealing materials.

- Eliminate sticky dirt on the rotary shaft by using a store-bought kitchen brush or tooth brush, etc.
Do not maintain the rotary shaft and its surroundings by using a skewer or needle.



- Store the baking pan along with other accessories for bakery.

Injector and Yeast Cover

- Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, rinse with water, wipe water off and dry it out.
Remove any dirt in gaps. Leaving such dirt will cause poor operations of the driving part and prevent auto injection.

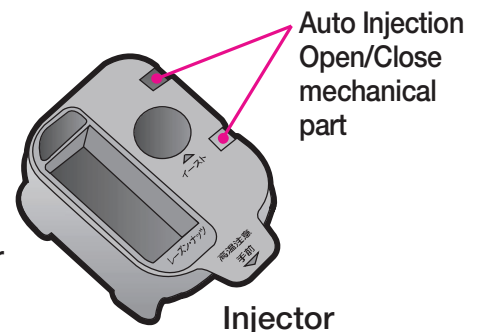
- Do not keep the injector soaked in water for cleaning.
Food cums may get into the mechanical part, leading to malfunction.

- Do not put the baking pan into a dishwashing dryer, dish dryer or dishwasher.
May result in deformation or discoloration.

- Do not insert chopsticks or tooth picks into a gap on the auto injection opening/closing mechanism.
May result in malfunction.

- Do not rub with a dry cloth.
Dry yeast will remain due to static electricity.

- Store the baking pan along with other accessories for bakery.



Injector

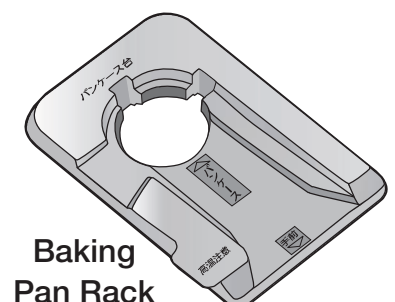


Yeast Cover

(This is a tiny part, so take care not to lose it.)

Baking Pan Rack

- Wipe dirt off with a well-wrung wet dishcloth.
- If dirt is sticky, squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water.
- Do not put the baking pan into a dishwashing dryer, dish dryer or dishwasher.
May result in deformation or discoloration.
- Wipe water off, dry it out and then store the baking pan along with other accessories for bakery in the storage case.



Baking Pan Rack

Mixing Blade, Spoons for Bakery and Measurement Cup

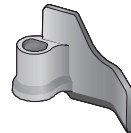
- Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water.

Do not rub with a hard face of scrubbing pad.

- Do not put the baking pan into a dishwashing dryer, dish dryer or dishwasher.

May result in deformation or damage.

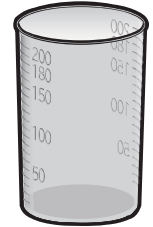
- Wipe water off and dry it out.



Mixing Blade



Spoons for Bakery



Measurement Cup

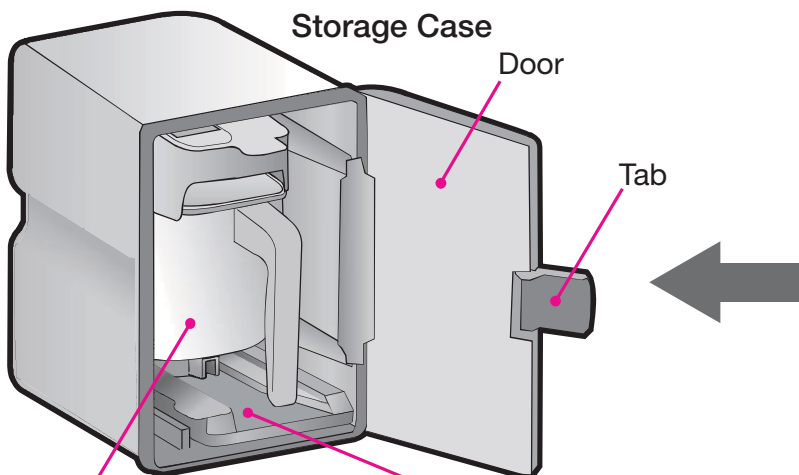
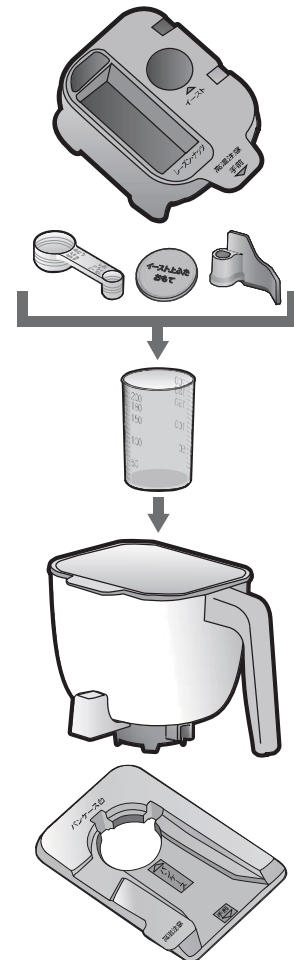
Storing in Storage Case

- Follow the storage procedure below:

- (1) Put the mixing blade, spoons for bakery and yeast cover into the measurement cup and then put the measurement cup into the baking pan.
- (2) Set the material container to the injector.
- (3) Put the baking pan rack into the storage case.
- (4) Set the injector to the baking pan and put them into the storage case.
- (5) Close the storage case door and lock with its tab.

- Do not face the door downward with the accessories for bakery are in.

If the door opens and falls down, it will cause deformation and damage.



Put in the mixing blade, spoons for bakery, yeast cover and measurement cup.

Baking Pan Rack

Cautions for maintenance of accessories for bakery

- Do not keep the baking pan or injector soaked in water for cleaning.

May result in damage, malfunction or rust.

If inside of the baking pan or injector is wet, it is difficult to completely remove the water, so please do not soak them in water.

- Put things in the storage case after they have cooled down.

May result in damage or deformation.

Accessories such as baking pan are hot right after heating.

Maintain them after they have cooled down and wipe off water content before storing them.

When Food Does Not Turn Out Well

In order to ensure that food is cooked efficiently, perform 0 point adjustment of the weight sensor once a month. → P.22

Microwave, Oven and Grill

Situation	Checking/How to Resolve
① Food does not turn out well	<ul style="list-style-type: none"> ● Perform 0 point adjustment of the Triple Weight Sensor. → P.22
	<ul style="list-style-type: none"> ● Are you using the correct cooking procedure, wrapping method, food amount, accessories, containers, and so on? Check this manual again. ● If you cook consecutive batches of cakes and cookies, use the metal tray after it has cooled down. If the metal tray is too hot, it can result in the food being burned.
	<ul style="list-style-type: none"> ● Is the top flap opened in a menu option that uses the super grill tray unit on the ceramic tray? If the top flap is opened during cooking, weight cannot be measured accurately, which result in poor doneness.
	<ul style="list-style-type: none"> ● Use the temperature and time for a similar menu option in the Recipes section as a reference, and cook the food using Manual Cooking and check on it as it cooks. → P.77
② Reheating Rice	<ul style="list-style-type: none"> ● Are you placing the rice in a plastic container and then reheating it? Set the doneness adjustment to MID-HI or HI, or place the food in ceramics/porcelain container and set the doneness adjustment to MID before heating. ● Place the food in a container of a size and weight that matches the amount (weight) of rice, and reheat. ● When you reheat two to four servings at once, place the rice in containers of the same weight and size, arrange the containers around the center of the ceramic tray, and then heat.
	<ul style="list-style-type: none"> ● Are you using a container that is too large relative to the amount (weight) of rice? ● Heat with the doneness adjustment at MID-LO.
	<ul style="list-style-type: none"> ● Fill the water tank with water up to the Full line, and then heat. ● Place the rice in a container (a bowl or the like) and heat without covering it with plastic wrap or the like.
	<ul style="list-style-type: none"> ● Use 005 Steam Reheat, or when you heat using 001 Reheat, spray water on the rice before heating to make it moist.
	<ul style="list-style-type: none"> ● Heat the frozen rice placed on a container (a flat dish). When frozen rice is heated when it is just wrapped in plastic wrap without being placed on a container (flat dish), it will not heat well. Also, are you placing the rice in a plastic container and then heating it? This will result in insufficient and uneven heating. Heat with the doneness adjustment at MID-HI or HI. ● The size and weight of the container (flat dish) you use should match the amount (weight) of the frozen rice. ● When you freeze rice, divide it into single servings (about 150 g), and form square blocks that are 2-3cm thick. ● When you reheat two to four servings at once, place the rice in containers of the same weight and size, arrange the containers around the center of the ceramic tray, and then heat.
	<ul style="list-style-type: none"> ● Are you using a container that is too large relative to the amount (weight) of rice? ● Has the rice started to melt? Heat the rice immediately after taking it out of the freezer.
	<ul style="list-style-type: none"> ● Are you placing the rice in a ceramics/porcelain container and then heating it? Place the rice in a plastic container or wrap in plastic wrap.


Situation	Checking/How to Resolve
3 Reheating Milk	<p>The milk is too hot.</p> <ul style="list-style-type: none"> ● Is the amount (weight) of milk too small? When the amount of milk is less than half that of the container, reheat using Microwave 600W. ● Do you try to reheat lukewarm milk in Auto Menu? Use Microwave 600W to reheat it while keeping an eye on it as it cooks. ● Did you use a wrong menu option? The milk will be too hot if you heat it using 001 Reheat. Use 003 Beverages/Warm Milk. ● 003 Beverages/Warm Milk registers the scale of doneness adjustment. Check the setting of the scale.
	<p>The milk is lukewarm.</p> <ul style="list-style-type: none"> ● Are you using a lightweight container relative to the amount (volume) of milk? ● Are you heating the milk as-is, in the store-bought carton? Heat the milk in a mug or the like. ● Check the scale set for the doneness adjustment. ● Heat with the milk placed in the center of the ceramic tray. When you heat two to four servings at once, make the amounts (volumes) about the same, arrange them around the center of the ceramic tray, and then heat them.
4 Reheating Side Dishes	<p>Food is not hot even if reheated.</p> <ul style="list-style-type: none"> ● Are you heating the food with it placed in a plastic container? Set the doneness adjustment to MID-HI or HI, or place the food in ceramics/porcelain container and set the doneness adjustment to MID before heating. Place the food in a container of a size and weight that matches the amount (weight) of food, and reheat. ● Food will not heat if it is in a metal container or covered with aluminum foil. ● Place the food in the middle of the ceramic tray and heat it. ● Use the Auto Menu and doneness adjustment that matches the food type and storage conditions (room temperature, chilled). → P.41, 43
	<p>The food becomes too hot when reheated.</p> <ul style="list-style-type: none"> ● Are you using a container that is too large (heavy) relative to the amount (weight) of food? Use a container with a weight that matches the amount (weight) of food. ● Is the amount of food to be reheated too small? Make sure the weight is 100 g or more. ● Once Additional Heating turns off, you cannot perform additional heating in Auto Menu. For additional heating, use Microwave 600W or Microwave 500W and check on the food as it heats. ● Do you try to heat lukewarm food in Auto Menu? Heat using Microwave 600W or Microwave 500W, and keep an eye on the food as it cooks.
	<p>Curry and stew are not heated.</p> <ul style="list-style-type: none"> ● For foods with a certain thickness, cover the container with plastic wrap and heat by setting the doneness adjustment to MID-HI or HI. ● Mix well before and after heating.
	<p>Frozen foods are not heated.</p> <ul style="list-style-type: none"> ● Heat using 004 Defrost & Reheat. → P.42, 43 ● Are you heating the food in a plastic container or without using a container? Set the doneness adjustment to MID-HI or HI, or place the food inside a container of a size and weight that match the amount (weight) of food, and then heat. ● Place the food in the middle of the ceramic tray and heat it.

When Food Does Not Turn Out Well (Continued)


Situation		Checking/How to Resolve	
5 Defrost	Defrosting is insufficient, and food is hard.	<ul style="list-style-type: none"> ● Defrost the food so that it ends up being semi-defrosted (70%-80% defrosted). After heating, let the food stand for 3-5 minutes to let it naturally defrost nicely. ● Set the doneness adjustment according to the food (meat, sashimi, and so on) and the intended use (whether you will cook the food immediately after defrosting, or eat the food raw). ● Place the food in the middle of the ceramic tray and heat it. 	
	The food is boiled.	<ul style="list-style-type: none"> ● Are you heating after filling the water tank with water? If food is heated with no steam being emitted, the food may be overcooked. ● Are you heating with the food placed on top of a plate? Heat with the food placed on top of a polystyrene foam tray, an oven sheet or paper towel. ● When the thickness and shape of the food are uneven, thin parts will easily become cooked. For fish and the like, wrap the tail with aluminum foil. ● When freezing, be sure to arrange the thickness of the food to be 2-3 cm or less. ● When heating, remove packaging such as plastic wrap. ● When defrosting two or more pieces of food at the same time, make sure that they are the same type and size of food. 	
6 Vegetables	Vegetables are not boiled well.	<ul style="list-style-type: none"> ● Heat vegetables with them bundled in plastic wrap and placed directly in the center of the ceramic tray. ● If you heat a bundle of vegetables with a side with many layers of plastic wrap on top, the vegetables will not boil well. Ensure that a side with many layers of plastic wrap is on the down side. ● You can heat 100-500 g of leafy vegetables such as spinach, and 100-1,000 g of root vegetables such as potatoes. If there are too few or too many, the vegetables will not boil well. 	
	Leafy vegetables such as spinach are dry, or they are heated unevenly.	<ul style="list-style-type: none"> ● Bundle leafy vegetables such as spinach in plastic wrap after you wash them, without draining the water from the vegetables. ● When you bundle vegetables in plastic wrap, alternate stalks and leafy parts, and wrap them tightly. If the wrapping is loose, or if the vegetables are spread out, they will not be heated well. 	
	When you wrap fruit vegetables such as broccoli	<ul style="list-style-type: none"> ● Divide fruit vegetables such as broccoli into small clusters, arrange them in a single layer without any spaces between them, and wrap them tightly. 	
	When root vegetables such as potatoes and carrots are overheated.	<ul style="list-style-type: none"> ● Place the vegetables in the center of the ceramic tray with the side where the ends of the plastic wrap overlap on the bottom. ● Auto Cooking cannot be used for food weighing less than 100 g. Use Microwave 500W and check on the food as it heats. 	
	Potatoes are not heated sufficiently.	<ul style="list-style-type: none"> ● Do not remove the plastic wrap immediately after heating. Flip the potatoes over and let them stand for 3-5 minutes, to let them steam. 	
7 Dessert	Sponge Cake	The cake does not rise well.	<ul style="list-style-type: none"> ● Did you beat the eggs well? ● Beat the eggs thoroughly so that you can make a stiff peak with the foam that drops from the end of the hand mixer or egg beater. → P.224 ● Did you mix the mixture too much after adding flour or butter?

Situation		Checking/How to Resolve
7 Dessert (Continued)	Sponge Cake	No matter how much the eggs are beaten, they do not foam well. <ul style="list-style-type: none"> ● Eggs do not foam well when there is water or oil on the bowl used for beating them, or on the egg beater. Use fresh eggs.
		The mixture is lumpy, and clumps of flour remain. <ul style="list-style-type: none"> ● Did you sift the flour well while mixing it in? ● After adding the flour, mix steadily until the powder is blended in smoothly.
		The cake does not bake well. <ul style="list-style-type: none"> ● For information on the temperature and baking time when you bake using Manual Cooking, refer to Heating Times for Manual Cooking in Manual Menu. → P.77 ● Bake the cake in a mold that is appropriate for its weight.
	Cookies	The color is uneven after baking. <ul style="list-style-type: none"> ● Make sure that you divide the batter into portions of about the same size and thickness.
Others	<ul style="list-style-type: none"> ● This oven cannot grill rice cake nicely. ● It will take some time for toast to grill. 	

Bakery

Situation		Checking/How to Resolve
1 Doneness is not stable.	Shape and rising vary day by day.	<ul style="list-style-type: none"> ■ Rising and shape vary depending on temperature, humidity, ingredients and timer settings, etc. ■ Use fresh ingredients. <ul style="list-style-type: none"> ● Flour, etc. are vulnerable to humidity. Store such ingredients in a well-ventilated, cool and dry location. ● Store dry yeast in a refrigerator keeping it airtight after unpacking. Consume it as soon as possible regardless of the use-by date. ■ For flour, check the following. <ul style="list-style-type: none"> ● Flour often contains less protein and protein content also varies depending on types and times. This causes differences in rising and doneness. ● Flour dedicated for bread making contains a lot of protein, so sometimes causes excessive rising. Decrease the amount of water by 5-10% to adjust. ● Depending on types, flour dedicated for French Bread will have different rising and doneness. Increase or decrease the amount of water by 5-10% to adjust. ■ Measure the amount of ingredients accurately before injection. <ul style="list-style-type: none"> ● For amount of flour, measure its weight. The supplied measurement cup cannot measure flour weight.
		

When Food Does Not Turn Out Well (Continued)

Situation	Checking/How to Resolve
<p>1 Doneness is not stable. (continued)</p> <p>Some ingredients are not available.</p>	<ul style="list-style-type: none"> ■ If butter is not available <ul style="list-style-type: none"> ● You may use solid fat such as margarine and shortening instead of butter. The amount should be the same. ■ If skim milk is not available <ul style="list-style-type: none"> ● You may use milk instead of skim milk. Use 70 mL of milk for a scoop of skim milk in the large spoon for bakery. If you use milk, reduce water amount by the amount of milk added.
<p>2 Bread rising</p> <p>Rising is not sufficient.</p> 	<ul style="list-style-type: none"> ■ Do you put an excessive amount of materials such as raisin? Excessive amount of materials will make rising poor. Make bread according to the amount indicated in this guide. ■ Is the room temperature too high? If the room temperature is too high, doneness will be poor. Chill ingredients such as powder in a refrigerator. ■ For flour, check the following. <ul style="list-style-type: none"> ● Do you use flour other than flour with protein content of 12-15%? Doneness varies if protein content is low. Use hard flour with protein content of 12-15%. ● Do you use stale flour? Use fresh flour. ● (In case of round top French Bread) Is the ratio of hard flour and soft flour correct? If the ratio is not correct, rising will vary. Use these ingredients at proper ratio. ● Do you use flour chilled in a refrigerator when the room temperature is 30°C or above? If the room temperature is high, excessive leavening will cause poor rising. Use flour chilled in a refrigerator. ■ For water, check the following. <ul style="list-style-type: none"> ● Is the amount too small? When the amount of water is small, rising will be poor. Use accurately measured amount of water. ● Do you use cold water at about 5°C when the room temperature is 25°C or above? If the water temperature is high, excessive leavening will cause poor rising. Use cold water at about 5°C. ■ For sugar, check the following. <ul style="list-style-type: none"> ● Is the amount too small? Sugar serves as a nutrient for yeast rising. So if the amount is small, rising will be poor. Use accurately measured amount of sugar. ● Do you use low-calorie sweetener? Low-calorie sweetener cannot supply enough nutrition for yeast rising, so rising will be poor. ■ For dry yeast, check the following. <ul style="list-style-type: none"> ● Do you use dry yeast that requires pre-rising? Use quick-rising dry yeast. ● Do you put it into the yeast inlet? Unless it is put into the yeast inlet, dry yeast will not be injected at proper timing and cause poor rising. Put it into the yeast inlet. ● Is the amount too small? If the amount is small, dough will not be leavened and rise well. Use accurately measured amount of dry yeast. ● Do you use dry yeast chilled in a refrigerator? You cannot use dry yeast that becomes warmer during storage. ● Do you use expired dry yeast? Expired dry yeast will not result in normal rising. Use dry yeast before expiration.

Situation

Rising is not sufficient.

Checking/How to Resolve

- Is the bread dough dry?
 - If the dough becomes dried during leavening, rising (bench time) or shaping process, rising will be poor, resulting in poor doneness. Spray water onto the dough surface to make it wet.
 - To prevent drying or temperature decrease of dough during rising (bench time), cover the dough with a plastic wrap or well-wrung wet dishcloth.
- Treat the dough gently.
 - Tearing dough after leavening or trying to reshape repeatedly will damage the dough and cause poor rising. Do not use a scraper or kitchen knife to cut the dough into pieces and try to shape them repeatedly.
 - If you apply egg glaze on surface, make sure it is applied thinly and carefully.

Reference height to determine insufficient rising

If dough has not risen to the height indicated in the table below, rising is not sufficient.




Refer to ② Bread rising (Rising is not sufficient) above.



Menu selection	Height
B001 Bread	11 cm
B002 Raisin Bread	11 cm
B003 Walnut Bread	11 cm
B004 Soft Bread	11 cm
B005 Butter Rich Bread	11 cm
B006 Round Top French Bread	10 cm
B007 Rye Bread	8 cm
B008 Light Sesame Cheese Bread	10 cm

Menu selection	Height
B009 Honey Nut Bread	10 cm
B010 Quick Soda Bread	6 cm
B011 Rice Flour Bread	9 cm
B012 Rice Bread	10 cm
B013 Plum & Shirasu Bread	10 cm
B014 Cheese Bread	10 cm
B015 Soy Bean Bread	10 cm
B016 Tofu Bread	9 cm

Menu selection	Height
B017 Salt Kelp Bread	9 cm
B018 Spinach Bread	10 cm
B019 Squash Bread	11 cm
B020 Banana Bread	10 cm
B021 Blueberry Bread	10 cm

When Food Does Not Turn Out Well (Continued)

Situation	Checking/How to Resolve
<p data-bbox="145 680 188 1189" style="writing-mode: vertical-rl; transform: rotate(180deg);">② Bread rising (continued)</p> <p data-bbox="220 286 528 450">Bread has risen too much. (It reaches the injector.)</p> 	<ul style="list-style-type: none"> ■ For flour, check the following. <ul style="list-style-type: none"> ● Is the amount too much? Use accurately measured amount of flour. ● Do you use flour dedicated for bakery? If so, doneness may be poor as the required amount of water varies. Use water amount 5-10% less than that indicated in the Recipes. ■ For water, check the following. <ul style="list-style-type: none"> ● Is the amount too much? Use accurately measured amount of water. ■ For dry yeast, check the following. <ul style="list-style-type: none"> ● Is the amount too much? Use accurately measured amount of dry yeast. ● If it rises too much with the specified amount, reduce dry yeast or sugar by 1/4-1/2. Rising also varies depending on seasons and room temperature. ■ Do you use the oven above the altitude of 1,000 m? Above altitude of 1,000 m, dough may rise too much.
<p data-bbox="220 902 560 1178">The entire dough is whitish and roly, and has not risen at all. Materials are not mixed and baked enough and remain in powder state.</p> 	<ul style="list-style-type: none"> ■ Do you forget to put dry yeast? If so, dough will not be leavened and rise. Put dry yeast properly. ■ Do you use dry yeast that has been stored in poor conditions or after use-by date? If so, rising may not occur. Use fresh dry yeast. ■ If you put too much materials or hard materials, the mixing motor is overloaded and it stops rotating. In such cases, C17 appears and cooking may be suspended. For types and amount of ingredients, follow recipes described in this guide. → P.133 ■ Dry yeast remaining in the yeast inlet of the injector after cooking will prevent leavening and rising of the bread. Refer to Dry yeast or materials are not injected. → P.129 If H28 and H29 are indicated and cooking is suspended, electric components (solenoid) that moves the auto injection lever fails. Please ask the Service Center to inspect the oven. ■ Do you forget to attach the mixing blade? Without the mixing blade, ingredients cannot be mixed and remain in powder state. This totally prevents rising. Operate the oven with the mixing blade attached.
<p data-bbox="145 1697 188 1989" style="writing-mode: vertical-rl; transform: rotate(180deg);">③ Bread shape</p> <p data-bbox="220 1646 560 1760">Bottom of the bread is wet and there is a large dent on its side.</p> 	<ul style="list-style-type: none"> ■ Do you leave baked bread in the baking pan? After a while, the bread may shrive and a dent appears on its side. After baking, do not leave bread in the baking pan. Bread should be taken out after 2 minutes of cooling down. ■ Is the room temperature high? If the room temperature is high, it is effective to reduce water by 10 mL.

Situation	Checking/How to Resolve
<p>There is a dent on top or top surface is flat and square.</p> 	<ul style="list-style-type: none"> ■ Is the amount of flour too small? Use accurately measured amount of flour. ■ Is the amount of water too much? Use accurately measured amount of water. ■ In case of whole-grain bread, the top surface may be flat, square and have a dent. Reducing the ratio of whole grain will help to prevent a dent.
<p>There is a large hole on the bottom, or the bread crushes.</p> 	<ul style="list-style-type: none"> ■ It is a shape of the mixing blade. ■ Do you touch the bottom portion of the baking pan when taking out the bread? If so, the mixing blade may turn and crush the bread. Do not touch the bottom portion when taking out the bread.
<p>Powder remains around.</p>	<ul style="list-style-type: none"> ■ Is the amount of flour too much? If so, flour powder may remain. Use accurately measured amount of flour. ■ Is the amount of water too small? If so, flour powder may remain. Use accurately measured amount of water.
<p>The bread is not browned as intended. The top is partially burned.</p>	<ul style="list-style-type: none"> ■ Make an adjustment by doneness adjustment (→ P.81) or amount of sugar. ■ When the amount of sugar is decreased, the color will be weaker, and when it is increased, it will be stronger. ■ If baked bread springs in the oven (bread rising during baking), top of the bread may be burned and appear to be peeled.
<p>Crust is too hard.</p>	<ul style="list-style-type: none"> ■ You can soften it by cooling it to body temperature and putting into a plastic bag.
<p>Materials lean to one side.</p>	<ul style="list-style-type: none"> ■ Materials may lean to one side depending on material types and dough hardness.
<p>Chocolate melts even by coarse mixing.</p>	<ul style="list-style-type: none"> ■ Is the chocolate frozen till the time right before injection? Leavening temperature of the bread is higher than the melting point of chocolate, so chocolate may melt. Keep chocolate frozen till the time right before injection and inject chocolate chipped or in pieces of 5 mm each.

When Food Does Not Turn Out Well (Continued)

	Situation	Checking/How to Resolve
4 Menu options	Rice grains remain in rice bread.	<ul style="list-style-type: none"> ■ Make sure that cold rice used for rice bread is at 30°C or below. ■ Defrost frozen rice to room temperature before injection. Further, frozen or chilled rice may be hardened. It becomes easier to mix when you add water to unstiffen the rice before injection. ■ For heat-insulated rice, use rice within 12 hours from the time when the rice is cooked.
	A lot of powder remains in rice flour bread.	<ul style="list-style-type: none"> ■ Do you put rice flour before water? Put rice flour in after water.
	Doneness is poor when rice flour bread is baked with timer setting.	<ul style="list-style-type: none"> ■ Do you set the timer when the room temperature is 25°C or above? Doing so will increase material temperature, so do not set the timer for long time.
	Cookie dough for melon roll is cracked.	<ul style="list-style-type: none"> ■ Do you mix the cookie dough sufficiently? If mixing is not enough, the dough may be cracked. Be sure to mix it well. ■ Do you assemble the cookie dough in smooth state? If not, the dough may be cracked. Mix the dough to make it smooth. ■ Do you try to get cookie dough into bread dough forcibly? Press cookie dough lightly onto bread dough to make them tight together. ■ Do you draw lattice pattern too deeply? If so, it may be cracked. Do not draw it deeply.
	Cookie dough for melon roll is soft and loose.	<ul style="list-style-type: none"> ■ Does butter melt too much when you make dough? If it melts too much, dough will be too wet. Do not let butter melt too much. ● If butter melts, dough will be loose and easily broken even when it is cold.

	Situation	Checking/How to Resolve										
4 Menu options (continued)	Rice cake is soft.	<ul style="list-style-type: none"> ■ Do you soak glutinous rice in water? For B047 Rice Cake recipe, rice should not be soaked in water in advance. Soaking rice in water in advance will soften the rice too much and cause poor doneness. If you soak rice in water, reduce the amount of water by the amount of water absorbed into the rice (by 80 mL for two cups and 140 mL for three cups). 										
	Udon, pasta and soba noodles cannot be cut well.	<ul style="list-style-type: none"> ■ Sufficiently flour the extended dough. 										
5 Wrong operations or procedures	Forget to put ingredients in.	<ul style="list-style-type: none"> ■ Depending on menu options and types of ingredients that you forget to put, they may be injected during cooking. <ul style="list-style-type: none"> ● Timing at which ingredients can be put varies depending on menu options and ingredients. ● Even at the allowed timing, ingredients may not mixed well in the first mixing, which may affect doneness. Put them as soon as possible. ■ Forget to put in dry yeast. <ul style="list-style-type: none"> ● Before the timing of dry yeast injection, you can press Pause and put into the yeast inlet. ● After the timing indicated in the table below, dry yeast cannot be mixed well, resulting in poor rising. <p style="text-align: center;">Allowed timing of dry yeast input by menu options</p> <table border="1" data-bbox="603 1279 1431 1767"> <thead> <tr> <th>Menu option</th> <th>Time from start</th> </tr> </thead> <tbody> <tr> <td>Bread, Raisin Bread and Walnut Bread</td> <td>Within 2 min</td> </tr> <tr> <td>Rice Bread and Plum & Shirasu Bread</td> <td>Within 15 min</td> </tr> <tr> <td>Round Top French Bread</td> <td>Within 35 min</td> </tr> <tr> <td>Other menu options using dry yeast</td> <td>Within 10 min</td> </tr> </tbody> </table> ■ When you forget to put in sugar, salt, butter or skim milk. <ul style="list-style-type: none"> ● Before the timing of dry yeast injection, you can press Pause and put into the baking pan. For allowed timing by menu options, refer to the table above. 	Menu option	Time from start	Bread, Raisin Bread and Walnut Bread	Within 2 min	Rice Bread and Plum & Shirasu Bread	Within 15 min	Round Top French Bread	Within 35 min	Other menu options using dry yeast	Within 10 min
		Menu option	Time from start									
Bread, Raisin Bread and Walnut Bread	Within 2 min											
Rice Bread and Plum & Shirasu Bread	Within 15 min											
Round Top French Bread	Within 35 min											
Other menu options using dry yeast	Within 10 min											

When Food Does Not Turn Out Well (Continued)

Situation	Checking/How to Resolve
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">⑤ Wrong operations or procedures (continued)</p> <p>Wrong operations</p>	<ul style="list-style-type: none"> ■ When you forget to put in flour and water, etc. <ul style="list-style-type: none"> ● If it is before the dry yeast injection time, press Cancel twice to cancel the cooking, put them in the baking pan, and select the menu option again to start. Dry yeast injection time varies depending on menu options. Refer to Auto Bakery Menu List. → P.82, 83 Even if you do this before the dry yeast injection time, the bread may not turn out well because of excessive mixing and leaning of dough. ■ Cooking was started with a wrong menu option or doneness adjustment setting. <ul style="list-style-type: none"> ● You can start it over if it is still right after starting. Press Cancel twice, select a correct menu option, etc. and start it again. Pressing Cancel after a while from starting may cause excessive mixing and poor doneness. ■ When you started cooking without attaching the mixing blade <ul style="list-style-type: none"> ● Without the mixing blade, ingredients cannot be mixed and doneness will be poor. Start it over. ■ When you disconnected the power plug or power failure occurred during cooking in Auto Bakery Menu. <ul style="list-style-type: none"> ● If power is supplied within 2 minutes, restart the cooking. If 2 minutes has passed, you cannot restart the cooking along the way. You can start it over if it is still right after starting. ■ If you pressed Cancel during cooking by mistake. <ul style="list-style-type: none"> ● In case of Auto Bakery Menu only, pressing Cancel once will only perform pausing. Press Start Reheat to restart cooking. Pressing Cancel again will completely cancel the cooking. This function is not available in Microwave/Oven Menu and Handmade Bakery Menu.
<p>Failed dough can be reused.</p>	<ul style="list-style-type: none"> ■ Use dough that is too wet or leavened too much for deep-fried bread and pizza dough.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">⑥ Rising condition and check</p> <p>Reference for the 1st rise</p>	<ul style="list-style-type: none"> ■ With the dough in the baking pan, cover your finger with flour and insert the finger at the center of the dough. If a hole made by the finger remains, rising is enough. (Refer to how to make Butter Roll ⑥. → P.258) If it is insufficient, use Additional Heating to perform additional leavening. ■ For B027 Croissant and B031 Bagel, the 1st rise is not performed in Step 1. Therefore, it has not risen much at the end of Step 1.
<p>Shaped and leavened dough is sticky.</p>	<ul style="list-style-type: none"> ■ Is rising time appropriate? Refer to Reference for the 1st rise above for the rising procedure.

Situation	Checking/How to Resolve
6 Rising condition and check (Continued)	<p>Check the rising condition</p> <ul style="list-style-type: none"> ■ For the 1st rise, insert your finger into the dough (a finger test) to check the rising condition. (Refer to how to make Butter Roll ⑥. → P.258) ■ For bread doneness, rising condition in leavening is important. If rising is insufficient, use Additional Heating to perform additional leavening. If dough is leavened too much in the 1st rise, make the 2nd rise shorter. <ul style="list-style-type: none"> ● Press Pause to pause the cooking, open the door and check the doneness. Refer to the Recipes. ● When the door is opened, temperature in the oven cavity decreases, so take a short time opening and closing the door. ● Dough that has been leavened too much will shrink and rise less. Such dough can be used as deep-fried bread and pizza dough.
7 After cooking	<p>The mixing blade comes out from the baking pan along with the bread.</p> <ul style="list-style-type: none"> ■ Do not cut bread with the mixing blade left in the bread. May result in deformation or damage. ■ In case of bread with hard crust such as round top French Bread and quick soda bread, refer to If the mixing blade remains in the bread and use a skewer or the like to make a cut line to remove the mixing blade. → P.93
	<p>Baked bread cannot cut smoothly.</p> <ul style="list-style-type: none"> ■ To cut bread, use a bread knife. Clean edge slips on the bread surface and may crush the bread. ■ Right after baking, it is hard to cut. So let it cool down for a while before cutting. ■ Lay down the bread with its side facing down and move a bread knife back and force on the bread to cut it without much force.
	<p>To store baked bread</p> <ul style="list-style-type: none"> ■ For storage for about half a day, let it cool down for a while and put in a plastic bag to prevent it from drying. If it is cut into pieces, wrap each piece in a plastic wrap. ■ For storage for over half a day, let it cool down for a while and cut it into pieces of desired thickness. Then wrap each piece in a plastic wrap and freeze them. ■ Frozen bread should be consumed within about one month.
	<p>To freeze bread skillfully</p> <ul style="list-style-type: none"> ■ Let it cool down for a while, cut it into pieces, and freeze it immediately. ■ Cut the bread into pieces of desired thickness and wrap each piece in a plastic wrap. ■ Frozen bread should be consumed within about one month.

Troubleshooting

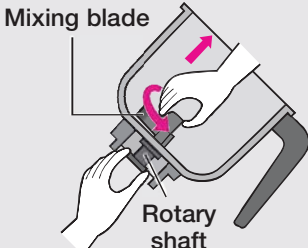
Situation	Cause
<p>The power does not turn on. The oven does not respond, even when any button is pressed.</p>	<ul style="list-style-type: none"> ● Has the power plug come out of the electrical outlet? ● Is there a blown fuse in the fuse box, or is the breaker thrown? ● Is Start Screen shown in the LCD display area? If nothing is displayed, open and close the door. → P.21 ● Is the door closed firmly? ● Does the oven function normally after reopening and reclosing the door? ● Does the oven function normally if you switch the breaker off and on, and open and close the door?
<p>The food is not heated at all.</p>	<ul style="list-style-type: none"> ● After pressing the Cancel key, are only DEFO and Start Screen shown in the display area? The store use mode has been set. Press Cancel three times and Start Reheat once. After repeating this operation three times, the DEFO in the display area disappears and food can be heated.
<p>There is not steam.</p>	<ul style="list-style-type: none"> ● Is there water in the water tank? ● Is the room temperature low? The water path may be frozen. ● If you continuously use water with a high concentration of calcium, a chalky substance builds up in the steam boiler, and steam may not be emitted. Ask the Service Center to repair the oven.
<p>Touch panel (LCD display) does not work when it is touched.</p>	<ul style="list-style-type: none"> ● Do you touch it with your finger wearing a glove or a bandaid? Do you touch it with your nail? When operating the touch panel (LCD display) buttons, touch the button lightly with your finger. ● Do you touch a button next to an intended button at the same time? To prevent any unintended operation, no command is received when two buttons are touched at the same time. ● Is any dirt, water drop or mild detergent attached to the touch panel (LCD display)? If there is any dirt on the touch panel (LCD display), it may not recognize and respond to a finger touch. Wipe off any dirt.
<p>It does not work when Bakery Function Menu is selected and Start Reheat is pressed.</p>	<ul style="list-style-type: none"> ● In Step 1 of Auto Bakery Menu and Handmade Bakery Menu, C13 is shown and cooking will not start if the baking pan is not locked. Ensure that the baking pan is securely locked. ● If the room temperature is too low, leavening is not promoted. If it is -5°C or below, C15 is shown and you cannot start mixing. Warm up the room. The optimal temperature is about 20°C. Also, if it goes below -5°C during preheating, mixing will not restart. ● Are you trying to proceed to Step 2 and 3 of the Handmade Bakery Menu with the baking pan still set? As the ceramic tray and metal tray are used for Step 2 and 3, you cannot start it with the baking pan set. ● For menu options other than Step 1 of the Auto Bakery Menu and Handmade Bakery Menu, the ceramic tray must be set. If the ceramic tray is not set, C02 is shown and cooking will not start. Set the ceramic tray and press Start Reheat.
<p>The oven cavity is hot and Bakery Function Menu does not start.</p>	<ul style="list-style-type: none"> ● Step 1 of the Auto Bakery Menu and Handmade Bakery Menu will not start if the oven cavity is hot, which is indicated by blinking of High Temp. Be sure to perform cooling operation. <div style="border: 1px solid black; padding: 5px;"> <p>[How to perform cooling operation]</p> <p>(1) Unlock and take out the baking pan and close the door.</p> <p>(2) Press Start Reheat to start the cooling operation.</p> <p>(3) An alarm sound will notify of completion of the cooling operation.</p> <p>(4) Set and lock the baking pan rack, baking pan and injector and press Start Reheat again to start cooking.</p> </div>

1 Does not function


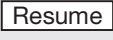

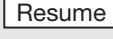


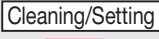






	Situation	Cause	
① Does not function (continued)	Dry yeast and materials are not injected.	<ul style="list-style-type: none"> ● If the yeast inlet is wet, injection may be prevented and then dry yeast may remain in the inlet. Wipe the yeast inlet with well-wrung wet dishcloth and let it dry naturally. ● Do not wipe the yeast inlet with a dry cloth. If the yeast inlet has static electricity, injection may be prevented and then dry yeast may remain in the inlet. Wipe it with well-wrung wet dishcloth and let it dry naturally. ● If the dry yeast is wet, injection may be prevented and then dry yeast may remain in the inlet. Use fresh dry yeast and keep it tight in a refrigerator. ● Using dry yeast right after taking it out from a refrigerator may cause condensation and it may remain in the injector. Leave it for about 10 minutes to let it warm up to the room temperature. ● Do not put an excessive amount of materials or large pieces of materials (1 cm or above for each) into the material container, materials may stick to walls of the material container. For amount and size of materials, follow instructions given in this guide. ● If H28 and H29 are indicated and cooking is suspended, electric components (solenoid) that moves the auto injection lever fails. Please ask the Service Center to inspect the oven. 	
	② Noise · Sparks · Smoke · Foreign matter	When the power plug is plugged in, slight static-like sound is heard.	<ul style="list-style-type: none"> ● This is a vibration noise from an electric component (film capacitor). This is not abnormal.
		There is a clicking sound during heating.	<ul style="list-style-type: none"> ● This is the sound that is produced when the microcomputer switches between the microwave and heater, and so on.
		There is a static-like sound during heating.	<ul style="list-style-type: none"> ● This is the sound of the inverter functioning.
		There is a sharp popping sound during microwave heating.	<ul style="list-style-type: none"> ● This is the sound of bursting drops of water, which had adhered to the contact surface of the door and oven cavity.
		There is a hollow popping sound during oven and grill heating.	<ul style="list-style-type: none"> ● Due to the high temperatures involved, there may be some cases where you hear the sound of the oven cavity expanding, but this is not a malfunction.
		There are noises when using steam.	<ul style="list-style-type: none"> ● This is the sound of the air when water is absorbed from the water tank.
		Some time after cooking is complete, there is a clicking sound.	<ul style="list-style-type: none"> ● This is the sound of the standby power turning off, which occurs when 10 minutes have passed after closing the door after cooking is complete.
		There is smoke from the oven cavity during oven heating.	<ul style="list-style-type: none"> ● Are the walls in the oven cavity dirty? Are there food crumbs or the like on the walls? Wipe them off with a well-wrung wet dishcloth.
		The completion sound changes, or the sound turns off.	<ul style="list-style-type: none"> ● Open and close the door to show Start Screen in the display area, then touch [Cleaning/Setting] [Operation End Sound] to switch between [Melody], [Beeping] and [Mute]. → P.24, 25
When the power plug is plugged in, there is a clicking sound or sparks.		<ul style="list-style-type: none"> ● This is for charging the power circuit, and is not a malfunction. 	
There are sparks when using the microwave.	<ul style="list-style-type: none"> ● Are you using the metal tray, super grill tray unit, baking pan or injector in a wrong way? ● Are you using aluminum foil and heating food? ● Are the walls of the oven cavity, door glass, or the like in contact with aluminum foil or metal cooking goods? ● Are there food crumbs, or the like on the walls of the oven cavity or ceramic tray? 		



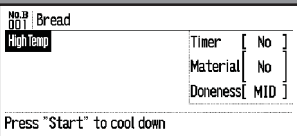

Troubleshooting (continued)

	Situation	Cause
② Noise · Sparks · Smoke · Foreign matter (Continued)	There was smoke when using the oven for the first time.	● The oven cavity is coated with oil to prevent rusting. When you use the oven for the first time, run the oven empty (deodorization) to burn off the oil. → P.23
	A residue of white matter is encrusted on the steam outlet.	● The components of the white matter are what remain when the minerals contained in tap water (calcium and magnesium) evaporate. The minerals are not harmful. Wipe them off with a well-wrung wet dishcloth.
	The fan can be heard even after cooking is complete.	● After repeated cooking (total cooking time of 8 minutes or longer) or Cancel is pressed, there are cases where the fan may run for about 10 minutes in order to cool down electrical components, but this is not a malfunction. When cooling completes, the fan stops automatically.
	There are times when there is odor on the super grill tray unit.	● The heating element that is welded onto the surface of the super grill tray unit may sometimes give off an odor, but this does not affect cooking. The odor subsides with use.
	During mixing, dishes vibrate and make noises.	● During mixing of food, the main unit vibrates. Especially when the oven is installed on a microwave stand built into a dish tray, or dishes are plated in a storage rack of the microwave stand or on its top, vibration is transmitted from the main unit and dishes vibrate and make noises. This is not abnormal.
③ Drops of water · Oven lamp · Heater	During heating, the display area and door become cloudy, and drops of water fall.	● Depending on the menu option, the moisture from the food becomes water vapor, and the display area and the inside of the door may become cloudy. This is not a malfunction. When dew forms on the inside of the door and drops of water fall to the floor, wipe them up with a dishcloth.
	There are drops of water or water accumulates on the inside of the oven cavity.	● Due to steam cooking and depending on the menu option, the water vapor that is emitted from the food adheres to the inside of the oven cavity as drops or accumulation of water. Wipe the drops of water off frequently. → P.110
	The oven lamp turns off during oven preheating or cooking in Auto Bakery Menu.	● During Oven preheating or in Auto Bakery Menu, the oven lamp is turned off in order to save energy. When you want to look at the oven cavity (inside oven) during preheating, press Start Reheat button. To turn it off, press, also press Start Reheat .
	There are times when the brightness of the oven lamp changes.	● During intermittent operation, the brightness of the oven lamp may change. This is not a malfunction.
	There are times when the convection heater glows, and times when it does not glow.	● To make the temperature in the oven cavity constant, the power distribution of the convection heater is intermittent.
④ Settings and Display	Sometimes it is not possible to set the temperature to 300°C.	● If the oven cavity is hot, the maximum temperature that can be set is 250°C.
	There are times when the set temperature changes.	● During Oven heating (preheat Yes), the operation time at 300°C is about 5 minutes. Afterwards, the temperature automatically switches to 250°C.
	Display of the oven cavity temperature during preheating increases or decreases by 10°C-20°C. There is also an intermittent sound.	● The temperature display changes until the oven cavity temperature stabilizes. This is not a malfunction. Because the convection heater runs intermittently during preheating, you may hear intermittent sounds, but this is not a malfunction.
	Preheating ended before the specified preheat temperature was displayed.	● Preheating may end before the set temperature is displayed, due to the impact of the room temperature, power supply voltage, and so on. In addition, when 45 minutes pass after preheating has started, preheating stops. When preheating stops and the oven is left as-is, preheating continues for 10 more minutes and then the oven heats for the specified amount of time.

	Situation	Cause
4 Settings and Display	The remaining time changes during heating.	<ul style="list-style-type: none"> ● During Auto Menu, the remaining heating time may change during heating in order to make the food cook efficiently.
	Heating is canceled when the door is opened.	<ul style="list-style-type: none"> ● When the door is opened when a remaining heating time is not displayed in Auto Menu, heating is canceled.
	The Refill Water display lights up, and food is not cooked well using the steam menu.	<ul style="list-style-type: none"> ● This is because there is no water in the water tank. Refill the tank with water. After about 1-2 minutes, the Refill Water display is cleared. Even if you refill the water tank with water, there may be some cases where the Refill Water display is not cleared in Auto Cooking.
	Contrast of LCD display screen is not appropriate.	<ul style="list-style-type: none"> ● You can adjust contrast of LCD display screen. Touch Cleaning/Setting Contrast Adjustment. Select contrast and touch the Enter button to apply. → P.24
5 Others	Whether or not superheated steam is being emitted is not clear.	<ul style="list-style-type: none"> ● As the food is heating based on the combined use of the Oven and Grill, the temperature inside the oven is hot, and the superheated steam particles are extremely fine.
	Food crumbs or seasoning are attached to the door part.	<ul style="list-style-type: none"> ● Wipe off the dirt immediately. Leaving it will cause discoloration and transformation, etc.
	There is some steam leaking from the door.	<ul style="list-style-type: none"> ● A small amount of steam may be emitted, but this is not abnormal.
	The amount of water in the water tank does not decrease.	<ul style="list-style-type: none"> ● The decrease in the amount of water in the water tank differs depending on the menu option.
	Operations stop during cooking and when the power is turned on, C16 appears.	<ul style="list-style-type: none"> ● If power failure occurs for 2 minutes during cooking in Auto Bakery Menu, cooking is canceled. If power is restored within 2 minutes, cooking is automatically resumed. ● Also if you disconnected the power plug, cooking will be resumed if you connect the plug within 2 minutes.
	Ingredients or water are spilled in the oven cavity when the baking pan is set.	<ul style="list-style-type: none"> ● If you spilled any food without the ceramic tray set at the bottom of the oven cavity, it may get into the mechanical chamber beneath the oven cavity, which may cause malfunction. Immediately maintain the oven. ● If any ingredient or water gets into the gear part of the mixing motor, wrap a toothpick or the like with a well-wrung wet cloth to wipe it off. Any residue of food or dirt in the oven cavity will cause sparks during microwave heating. → P.110
	Ingredients cannot be mixed at all and remain in powder state.	<ul style="list-style-type: none"> ● When cooking is started without the mixing blade attached, ingredients cannot be mixed at all. Ensure that the mixing blade is set. ● If ingredients are not mixed at all in spite of correctly installed mixing blade, or H27 is shown and operations are stopped, the mixing motor does not rotate. Please ask the Service Center to inspect the oven.
Mixing blade is too hard to remove from the baking pan.	<ul style="list-style-type: none"> ● Pour water into the baking pan and leave it for 5-10 minutes to soak it. Fix it by grabbing the rotary shaft from beneath the baking pan, turn the mixing blade counterclockwise. Then turn it in both directions several times and pull it up to remove. 	

When Notices Are Displayed

Display Examples	Cause · Content of Notice	How to Resolve
<p>Note: C00</p> <p>Set ceramic tray, close door, and then touch "Resume"</p> 	<ul style="list-style-type: none"> The method for 0 point adjustment of the Triple Weight Sensor is wrong. 	<p>Place only the ceramic tray in the oven, close the door, and press . After a few seconds, 0 is displayed and 0 point adjustment of the weight sensor is complete.</p>
<p>Note: C01</p> <p>Close door and touch "Resume"</p> 	<ul style="list-style-type: none"> The door was opened during adjustment of the Triple Weight Sensor. 	<p>Close the door and touch . After a few seconds, 0 is displayed and 0 point adjustment of the weight sensor is complete.</p>
<p>Note: C02</p> <p>Set ceramic tray and press "Start"</p>	<ul style="list-style-type: none"> The ceramic tray is not inserted. 	<p>Place only the ceramic tray at the bottom of the oven cavity, close the door and press . If this repeatedly appears, press  to show the start screen.</p> <p>Touch  and , and press  to perform 0 point adjustment of the weight sensor.</p>
<p>Note: C09</p> <p>Remove ceramic tray from oven Set and lock baking pan rack and baking pan, and then press "Start"</p>	<ul style="list-style-type: none"> The ceramic tray is set instead of the baking pan. 	<p>Remove the ceramic tray from the oven cavity, set the baking pan rack and baking pan equipped with the injector, and lock them.</p> <p>Close the door and press  to restart cooking.</p>
<p>Note: C12</p> <p>Fold top rack flaps of grill tray before placing it on ceramic tray</p>	<ul style="list-style-type: none"> With the top flap opened, the super grill tray unit is set on the ceramic tray. Or the super grill tray unit is not set. 	<p>Close the top flap, correct the super grill tray unit setting, close the door, press  and start cooking.</p>
<p>Note: C13</p> <p>Set and lock baking pan rack and baking pan, and then press "Start"</p>	<ul style="list-style-type: none"> The baking pan is not locked for a menu option that uses the baking pan. 	<p>Set and lock the baking pan rack and baking pan equipped with the injector. Close the door and press  to restart cooking.</p>
<p>Note: C14</p> <p>Unlock and remove baking pan and baking pan rack Set specified accessory and then press "Start"</p>	<ul style="list-style-type: none"> The baking pan is locked for a menu option that does not use the baking pan. 	<p>Remove the baking pan rack and baking pan equipped with the injector, put in specified accessories, close the door, press , and start cooking.</p>
<p>Note: C15</p> <p>Oven temperature is too low Operation is disabled</p>	<ul style="list-style-type: none"> Room temperature is too low. (–5°C or below) 	<p>Warm up the room before cooking. The optimal temperature is about 20°C.</p>

Display Examples	Cause · Content of Notice	How to Resolve
<p>Note: C16</p> <p>Power outage occurred during cooking or standby Refer to Operating manual and take a proper action</p>	<ul style="list-style-type: none"> ● During cooking in Auto Bakery Menu or timer standby, a power failure has occurred for 2 minutes or longer. 	<p>Open the door and check conditions of the baking pan and injector. Dough may be reused if not baked yet. → P.126</p>
<p>Note: C17</p> <p>Operation is disabled because of ingredients getting stuck on mixing blade or too much ingredient Check ingredients</p>	<ul style="list-style-type: none"> ● The mixing motor is overloaded because of ingredients stuck on the mixing blade or too much ingredients, and a protection device is activated thereby to prevent the rotation. 	<p>Take out the baking pan from the oven cavity, remove any sticking ingredient and mince any large ingredient pieces. Set the baking pan again and press  to resume cooking. If a large amount of ingredients are involved, reducing the amount will not improve doneness as it changes the ratio of ingredients.</p>
<p>Note: C18</p> <p>Bottom of main unit is very hot Wait main unit to cool down before cooking Check installation state</p>	<ul style="list-style-type: none"> ● The bottom of the main unit is very hot. 	<p>Wait main unit to cool down before cooking. Check installation state. → P.20</p>
	<ul style="list-style-type: none"> ● There is no water in the water tank. 	<p>Fill the water tank with water. → P.33</p>
 <p>Press "Start" to cool down</p>	<ul style="list-style-type: none"> ● Inside of the oven cavity is hot. 	<p>Let it cool down with reference to How to perform the cooling operation. → P.128</p>
<p>Note: H**</p> <p>If problems persists after unplugging and plugging back in the power supply plug, refer to Operating manual</p> <p>** represents a two-digit number.</p> <p>H** display example</p> <p>Note: H11</p> <p>If problems persists after unplugging and plugging back in the power supply plug, refer to Operating manual</p> <p>Note: H32</p> <p>If problems persists after unplugging and plugging back in the power supply plug, refer to Operating manual</p> <p>Note: H54</p> <p>If problems persists after unplugging and plugging back in the power supply plug, refer to Operating manual</p>	<ul style="list-style-type: none"> ● Operation is stopped when an abnormality in the machinery is detected or when there is temporary malfunction arising from the effect of external electrical noise and the like. ● Parts malfunction display. 	<p>Press . Alternately, pull out the power plug, plug it in again, open and close the door, and turn the power on once more. (The H** display is cleared.)</p>








In cases where conditions are not restored to normal ones or the same display is shown, pull out the power plug, and ask the Service Center to repair the oven.

Recipes

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-  "Calcium Rich": Menu with high calcium content
-  "Iron Rich": Menu with high iron content
-  "Retain vitamin C": Menu for preventing vitamin C reduction
-  "Fermented Food": Menu with fermented ingredient(s)

000 is the menu number for "Auto Menu." **000** is the applied menu for "Auto Menu."

 indicates dish options with a cooking time of 10 minutes or less.






Recipe developed by Kagawa Nutrition University


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For how to read the Recipes for Bakery Function, refer to [P.244](#).

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For how to read the Recipes for Bakery Function, refer to **→P.244**.

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How to Read Recipes

Cook Method — Grill

Menu No. — Auto 016 **Hamburg Steak**

Auto Menu heating type — Grill

Order of selecting menu options from Recipe ▶ **Cook Method**

For Manual Menu, heating type is indicated here — Microwave Grill

Reference heating time (For "Preheat" menu options, preheating time is indicated.) — Reference heating time About 16 min

Ingredients

Accessories used for typical heating in Auto Menu or Manual Menu — Super Grill Tray Unit (legs opened and top flap closed), Ceramic Tray

State of water tank — Empty

Directions

- Put ① in a heat-resistant container and heat with [Microwave] 600 W [About 2 min, 30 sec.]. Let it cool, add ② and mix well. Then cut into 4 equal pieces. → P.60-62
- Coat your hands with a small amount of salad oil (besides the specified amount). Toss the mixture in ① from one hand to the other to remove air bubbles from inside. Shape it into oval and make a dent in the center of the patty. Patties should be 1.5-2 cm in thickness.
- Arrange ② on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with [Grill] ▶ [Hamburg Steak].
- After heating, place it on a dish and put well-mixed ketchup and Worcestershire sauce on it.

"Microwave Heating" → P.60-62

Touch and select **Recipe** ▶ **Cook Method** ▶ **Grill** ▶ **Hamburg steak** and press **Start Reheat** to start.

Recipe and **Cook Method** are common to all the menu options other than **Reheat/Defrost**. So it is omitted in this document.

Gram equivalents for standard cup, teaspoon, and tablespoon measurements (1mL = 1cc)

This table provides the gram (weight) equivalents for the cup, teaspoon, and tablespoon measurements used in this Operating Manual/Recipes.

Ingredient	Measurement			Ingredient	Measurement		
	Tsp (5 mL)	Tbsp (15 mL)	Cup (200 mL)		Tsp (5 mL)	Tbsp (15 mL)	Cup (200 mL)
Water, vinegar, sake	5	15	200	Tomato puree	5	15	210
Soy sauce, mirin (sweet cooking wine), miso paste	6	18	230	Worcestershire sauce	6	18	240
Salt	6	18	240	Mayonnaise	4	12	190
Sugar (baker's sugar)	4	12	170	Grated Parmesan cheese	2	6	90
Starch	3	9	130	Fresh cream	5	15	200
Flour (cake flour)	3	9	110	Oil, butter	4	12	180
Flour (bread flour)	3	9	110	Lard	4	12	170
Bread crumbs	1	3	40	Cocoa	2	6	90
Powdered gelatin	3	9	130	White rice	-	-	160
Ketchup	5	15	230	Cooked rice	-	-	120

- Heating time: [Approx. 5 min.] : Heat for about 5 minutes. [5-10 min.] Heat for around 5 to 10 minutes.
- Heating time is based on room-temperature food ingredients.
- The milliliters (mL) used in the recipe book are equivalent to 1 cc.
- Photos show the dishes prepared and ready to serve.

The [] shown in the recipes indicates Auto Menu, while [] [] [] indicate Manual Menu functions.

Introducing recipes developed by the

Kagawa Nutrition University*

using the bakery
microwave,
Healthy Chef

*Kagawa Education Institute of Nutrition
Kagawa Nutrition University/Junior College of Kagawa Nutrition University/
Kagawa College of Culinary and Confectionery Arts

Chestnut Roll



Chickpea Croquette



Simmered Sweet Potato

Various Menu Recipes

- ◆ Light Sesame Cheese Bread
- ◆ Honey Nut Bread
- ◆ Shiso & Sesame Roll
- ◆ Chestnut Roll
- ◆ Sardine Gnocchi Gratin
- ◆ Mixed Grain Chicken Roll
- ◆ Basque Marlin Tuna
- ◆ Bulgogi
- ◆ Deep-Fried Cheese Salmon
- ◆ Chickpea Croquette
- ◆ Saury Hijiki Rice
- ◆ Simmered Sweet Potato
- ◆ Cute Animal Dorayaki

Kagawa Nutrition University

Kagawa Nutrition University is the Japan's only research and education institution for "Food and Health" which has a graduate school, junior college, and vocational school, with Kagawa Education Institute of Nutrition as its parent organization. It has a history over 80 years and most of its graduates are working as specialists of "Food." It is also doing awareness building activities such as the publication of Nutrition & Cooking Magazine by Kagawa Nutrition University Publishing Division.

★ ~ Ingredients (for one baking pan) ~ ★

- | | |
|---|---|
| <p>230 g flour (bread flour)</p> <p>20 g sugar (1 large spoon)</p> <p>Ⓐ 4 g salt ($\frac{2}{3}$ small spoon)</p> <p>4 g skim milk ($\frac{1}{3}$ scant large spoon)</p> <p>20 g salt-free butter</p> <p>10 g black sesame</p> | <p>175 mL soy milk (non-homogenized)</p> <p>5 g dry yeast powder (quick-rise type) (1 $\frac{2}{3}$ small spoon)</p> <p>50 g white cheese (cut into 5 mm pieces)</p> |
|---|---|

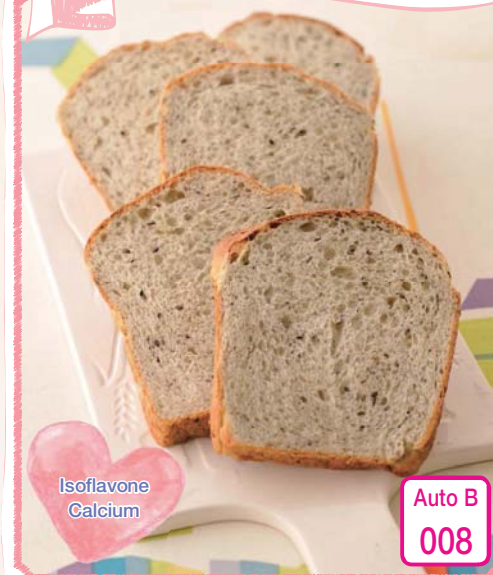
★ ~ Directions ~ ★

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put in ingredients Ⓐ in order and pour soy milk circularly.
- 3 Put dry yeast into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- 4 Set and lock the baking pan on the baking pan rack, close the door and start heating with Auto Bakery (White bread) ▶ Light Sesame Cheese Bread.
- 5 When you hear the reminder sound for material injection during heating, open the door and take out the baking pan. Remove the injector and place cheese on the dough. Then with the opening/closing plate of the material container left opened, set the injector to the baking pan.
- 6 Set and lock the baking pan again, close the door and resume heating.
- 7 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for 2 minutes.
- 8 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Memo

Bread with rich isoflavone and calcium for busy morning. Fluffy feeling with nice smell of black sesame for your taste.

Light Sesame Cheese Bread



Auto Bakery (White bread)

Mixing Oven

Light Sesame Cheese Bread

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

→ P.92-93

Water Tank

Empty

Reference heating time About 140 min

★ ~ Ingredients (for one baking pan) ~ ★

- | | |
|--|--|
| <p>250 g flour (bread flour)</p> <p>4 g salt ($\frac{2}{3}$ small spoon)</p> <p>Ⓐ 5 g skim milk ($\frac{1}{3}$ large spoon)</p> <p>10 g salt-free butter</p> <p>55 g honey</p> <p>Ⓑ 10 mL egg (beaten)</p> <p>150 mL water</p> | <p>3 g dry yeast powder (quick-rise type) (1 small spoon)</p> <p>Total 50 g walnut, almond and pistachio</p> |
|--|--|

★ ~ Directions ~ ★

- 1 Parch the walnut, almond and pistachio in a pan, let them cool and then cut to about 5 mm pieces.
- 2 Remove the ceramic tray and set the baking pan rack.
- 3 Set the mixing blade to the baking pan, put in ingredients Ⓐ in order and pour Ⓑ circularly in order.
- 4 Put dry yeast into the yeast inlet of the injector, set the yeast cover, put walnut, almond and pistachio into the material container and set the unit on the baking pan.
- 5 Set and lock the baking pan on the baking pan rack, close the door and start heating with Auto Bakery (White bread) ▶ Honey Nut Bread.
- 6 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for 2 minutes.
- 7 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Memo

Moist bread with subtle honey taste. Honey contains a variety of minerals. Vitamin B family and vitamin E contained in nuts are also notable ingredients.

Honey Nut Bread



Auto Bakery (White bread)

Mixing Oven

Honey Nut Bread

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

→ P.92-93

Water Tank

Empty

Reference heating time About 147 min

Shiso & Sesame Roll

Sesame lignan

Auto B
025

Handmade Bakery
(Shaping)

Shiso & Sesame Roll

→ P.100-103

Mixing
Oven
Steam

Water Tank
Full

Accessory Used

Step 1



Injector
Baking pan
Baking pan rack
Mixing blade

About 76 min

Step 2



Metal Tray **Bottom**
Ceramic Tray

About 35 min

Step 3



Metal Tray **Middle**
Ceramic Tray

Preheating for about 5 min
About 17 min

Ingredients (8 pieces)

- 200 g flour (bread flour)
- 50 g flour (cake flour)
- (A) 7 g sugar (1/3 large spoon)
- 4 g salt (2/3 small spoon)
- 15 g salt-free butter
- 8 g white sesame
- 165 mL milk
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)
- 8 shiso leaves (roughly cut)

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the ceramic tray and set the baking pan rack.
- 3 Set the mixing blade to the baking pan, put in ingredients (A) and pour milk circularly.
- 4 Put dry yeast into the yeast inlet of the injector, set the yeast cover, put shiso into the material container and set the unit on the baking pan.
- 5 Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with [Handmade Bakery \(Shaping\)](#) ▶ [Shiso & Sesame Roll](#) ▶ [Step 1 \(Mixing-1st Rise\)](#).
- 6 When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)
- 7 Dust a cutting board with flour (bread flour, besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.
- 8 Round the dough to ensure that the surface is smooth. Cover them with plastic wrap or well-wrung wet dishcloth and let rest for 10 minutes taking care to prevent them from chilling (bench time).
- 9 Gently press 8 by hand and flatten it into a round shape of 17 cm diameter. Then cut into 8 pieces in a radial pattern and place them on the metal tray with a cooking sheet at intervals.

How to arrange the food

Cooking sheet
- 10 Take the baking pan rack out from the oven cavity and set the ceramic tray.
- 11 Set the metal tray prepared in 9 to **Bottom**, close the door and start the second rising with [Step 2 \(2nd Rise\)](#). When you hear the completion sound, check the rising condition. If it has risen to 2 to 2.5 times bigger, rising is enough.
- 12 After rising, take out the metal tray, close the door and start preheating with [Step 3 \(Preheat-Bake\)](#).
- 13 Dust the dust surface with fine rice flour or bread flour to cover the entire surface by using a tea strainer.
- 14 When you hear the preheating completion sound, set 13 to **Middle** and bake it.

Memo

White bread that appeals to adult taste buds, excellently going with Japanese dishes. Sesame contains lignan substance (sesame lignan) and 11 times as much calcium as in milk.



Auto B
029

Handmade Bakery
(Shaping)

Chestnut Roll

→ P.100-103

Mixing
Oven
Steam

Water Tank
Full

Accessory Used

Step 1



Injector
Baking pan
Baking pan rack
Mixing blade

About 81 min

Step 2



Metal Tray **Bottom**
Ceramic Tray

About 40 min

Step 3



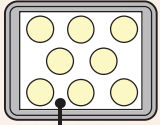
Metal Tray **Middle**
Ceramic Tray

Preheating for about 7 min
About 18 min

Ingredients (8 pieces)

- 225 g flour (bread flour)
- 50 g sugar (2 $\frac{2}{3}$ large spoon)
- ① 25 g cocoa
- 4 g salt ($\frac{2}{3}$ small spoon)
- 15 g salt-free butter
- ② About $\frac{1}{3}$ egg (beaten)
- 140 mL water
- 4 g dry yeast powder (quick-rise type)
(1 $\frac{1}{3}$ small spoon)
- 240 g marron jam or sweet bean jam
(store-bought) (30 g per dough piece)
- 8 sweet stewed chestnuts (store-bought)
- Poppy seeds as needed

Directions

- ① Fill the water tank with water up to the full line.
- ② Remove the ceramic tray and set the baking pan rack.
- ③ Set the mixing blade to the baking pan, put in ingredients ① and pour ② circularly.
- ④ Put dry yeast into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- ⑤ Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with [Handmade Bakery \(Shaping\)](#) ▶ [Chestnut Roll](#) ▶ [Step 1 \(Mixing-1st Rise\)](#).
- ⑥ When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)
- ⑦ Dust a cutting board with flour (bread flour, besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles in it.
- ⑧ Use a dough cutter or kitchen knife to cut into 8 pieces (59 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.
- ⑨ Round each dough piece on your palm or cutting board to ensure that the surface is smooth. Cover them with plastic wrap or well-wrung wet dishcloth and let rest for 10 minutes taking care to prevent them from chilling (bench time).
- ⑩ Use a roller pin to flatten ⑨ to 8 cm diameter, place sweet stewed chestnut and bean jam on it at the center. Then roll it up to the shape of chestnut and arrange them on the metal tray with a cooking sheet. Make sure the creases are facing down.  How to arrange the food
- ⑪ Brush on egg (besides the specified amount) to the surface of ⑩ and top with poppy seeds. Then put a center cut by using a kitchen knife.
- ⑫ Take the baking pan rack out from the oven cavity and set the ceramic tray.
- ⑬ Set the metal tray prepared in ⑪ to **Bottom**, close the door and start the second rising with [Step 2 \(2nd Rise\)](#). When you hear the completion sound, check the rising condition. If the dough has risen to 2 to 2.5 times bigger, rising is enough.
- ⑭ After rising, take out the metal tray, close the door and start preheating with [Step 3 \(Preheat-Bake\)](#).
- ⑮ When you hear the preheating completion sound, set the metal tray to **Middle** and bake it.

Memo

Cute-looking chestnut roll. Homemade chestnut jam will add the taste of autumn. Plus, chestnut is healthy food with low fat.

Sardine Gnocchi Gratin

Gratin/
Quiche

Microwave
Oven
Grill

Sardine Gnocchi
Gratin

→ P.54

(Preparation
Heating)

Reference heating time About 19 min

Accessory Used

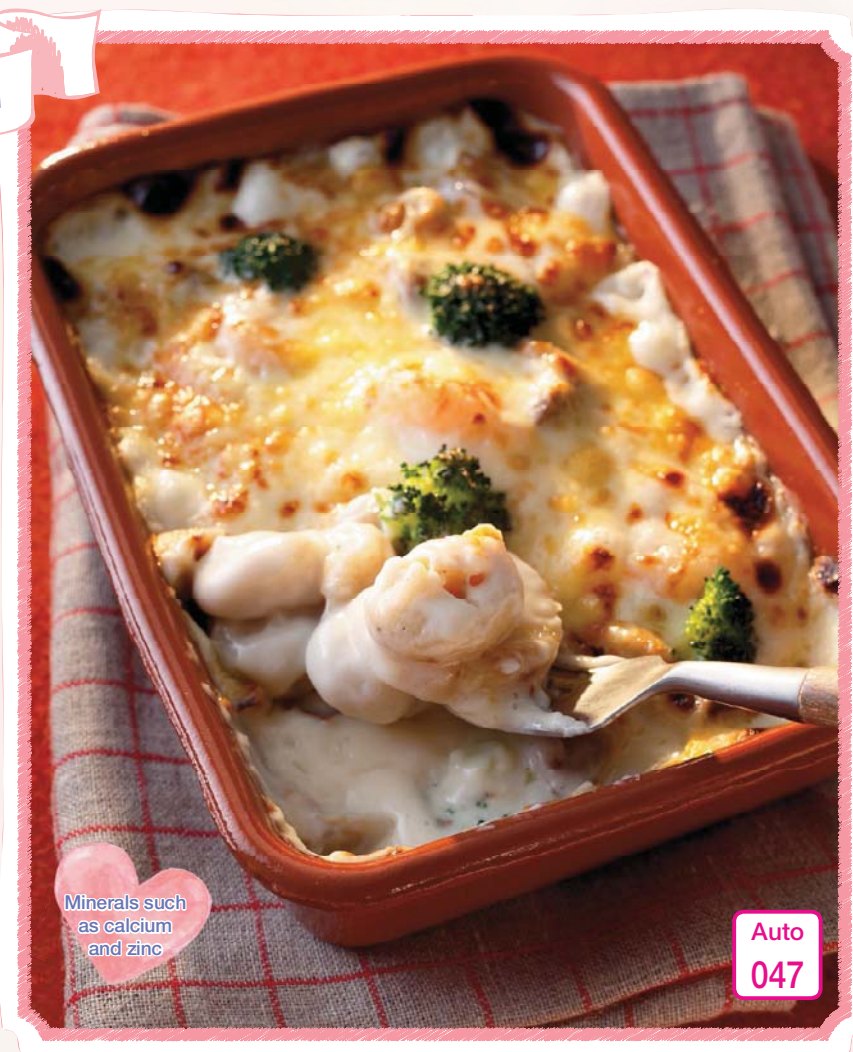


Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank

Empty



Minerals such
as calcium
and zinc

Auto
047

Ingredients (4 servings)

[Gnocchi]

300 g potato (Irish Cobbler; boiled and crushed)

100 g flour (bread flour)

1/2 egg yolks

Ⓐ 8 g powdered sardine

20 g Parmesan cheese

2/3 tsp salt

Dash of cumin powder

Bread flour (dusting) as needed

[White sauce]

30 g butter

30 g flour (cake flour)

450 mL milk

50 mL fresh cream

1/3 tsp salt

10 g butter

30 g onion (finely chopped)

6 mushrooms (cut into 1/6 wadges)

12 shelled shrimps

4 scallop eyes

15 mL white wine

1/4 broccoli (break apart any clumps and boil a bit hard)

60 g mix cheese

20 g Parmesan cheese

Directions

1 Combine potato and Ⓐ in a bowl and cut to mix them by using a spatula. Mix them and make them a block as soft as your ear lobe. Cover it with plastic wrap or well-wrung wet dishcloth to let it rest for about 15 minutes.

2 Dusting a cutting board with flour, flatten the dough you prepared in 1 to a bar shape, cut it to 2 cm wide and make grooves on each piece with a fork.

3 Boil water filled up in a large pan, add salt (besides the specified amount), flick off flour on the gnocchi and put it into the boiled water. Once they become floating, take them out, put olive oil (besides the specified amount) and put in gratin dishes.

4 Make white sauce. Combine flour and butter into a deep heat-resistant container, heat them with

Microwave	600 W	About 1 min. 30 sec.
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 and mix well with an egg beater. Gradually add milk and flatten it. Heat with

Microwave	600 W	5-7 min.
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 and mix them during heating. Finally add fresh cream and mature it with salt. → P.60-62

5 Melt butter in another pan and fry up onion and mushrooms. Once they become tender, add shelled shrimps, scallop eyes and white wine, flame alcohol and boil them in white wine.

6 Take out shrimps and scallop, add the white sauce you prepared in 4 and mix them.

7 Arrange shrimps and scallop eyes in 3 at even intervals, put 6 on it and then top them with cheese and boiled broccoli.

8 Arrange 7 on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with

Gratin / Quiche ▶ Sardine Gnocchi Gratin.

"Microwave Heating"

→ P.60-62

Mixed Grain Chicken Roll



Memo

Hide-and-seek of sardine within springy gnocchi. Will make fish-hating children smile. This gratin also contains high-mineral ingredients besides sardine such as shrimp, scallop and dairy products.

Tips for Sardine Gnocchi Gratin

● Only cook 1-4 servings at a time

● Dishware

Do not use metal or hollow dishware. Dishes should be heat-resistant ceramic, porcelain, or glass gratin dishes.

● Potato

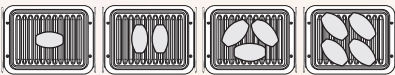
Remove moisture from potato before crushing it. Mix with other ingredients while it is hot.

● Gnocchi

Mix well and let it stand overnight. Then you will get springy gnocchi.

● Arranging gratin dishes for cooking

Arrange the gratin dishes on the super grill tray unit according to the figures shown below. Place the unit on the ceramic tray on the bottom of the oven cavity.



Place 1 dish in the center Move 2 dishes towards the center Move 3 dishes towards the center Arrange 4 dishes like this

● When you are concerned about scratches on the super grill tray unit

Place a cooking sheet on the unit. Do not use aluminum foil. (Will result in sparks.)

● If the mixture cools before it is cooked

The sauce and ingredients should be cooked while they are still warm. If they cool before cooking, press **Microwave** **500 W** and heat them to a lukewarm temperature (about 40°C) before cooking. **→ P.60-62**

● Color variations

The thickness of the white sauce, type of cheese used, and manufacturer of the ingredients will affect the color of the gratin once it is cooked.

● If the gratin is undercooked after the **Additional Heating** light OFF

Press **Oven** **No Preheat** **1 level** **210°C** to cook, checking the food often. **→ P.65**

● If the gratin is cooking unevenly

When there are 3-5 minutes of cooking time left, reverse the direction of the gratin dishes and finish cooking.

Steam-Grill/ Stir-Fry	Superheated Steam Oven	Accessory Used
Mixed Grain Chicken Roll		Super Grill Tray Unit (legs and top flap closed)
(Preheat) → P.55	(Preparation Heating)	Grill Lid Ceramic Tray
Preheating	About 5 min	Water Tank
Reference heating time	About 34 min	Full

★ ~ Ingredients (4 servings) ~ ★

200 g grained rice (with black rice, room temperature)
3 green olives (finely chopped)
2 anchovy fillets (finely chopped)
Salt and pepper as needed
2 chicken thighs (with skin, about 250 g per piece)
1/2 tsp salt
Pepper as needed
Parsley as needed

[Accompaniment]

50 g fresh shiitake mushrooms (cut into bite-size pieces)
50 g maitake mushroom (break apart any clumps)
50 g eringi mushroom (sliced thin)
50 g potato (cut into bite-size pieces)
1/2 garlic clove (finely chopped)
① 1 bouillon cube
1 tsp white wine
Pepper as needed

[Sauce]

5 g butter
1/2 tsp starch (dissolve with 1/2 tsp water)
1 tsp soy sauce

★ ~ Directions ~ ★

- 1 Fill the water tank with water up to the full line.
- 2 Mix olive and anchovy in grained rice and add salt and pepper.
- 3 Make shallow cuts on a thicker portion of the chicken without cutting its skin and season it with salt and pepper. Strip the skin from one edge of the chicken to make it pouched.
- 4 Put 2 in between the skin and flesh of 3 and roll them up.
- 5 Start preheating with **Steam-Grill/Stir-Fry** **Mixed Grain Chicken Roll** without putting the food yet.
- 6 Place a cooking sheet on the super grill tray unit with legs closed, put 4 on it, arrange mushroom and potato around it, put ① on it and then set the grill lid.
- 7 When you hear the preheating completion sound, place it on the ceramic tray with care not to get burned and align the steam inlet of the lid with the steam outlet.
- 8 Take out the chicken with care not to spill its juice and cut it into 6 pieces. Place mushroom and potato on a dish and the chicken on them. Then dust them with parsley chips.
- 9 Transfer the juice remaining in the super grill tray unit to a heat-resistant container and add sauce. Then mix well, heat with **Microwave** **500 W** **About 30 sec.**, and then put onto 8.

→ P.60-62

"Microwave Heating"

→ P.60-62

Memo

Grill and steam make it soft and tender, and preserve the taste of chicken. It's a superb dish with mushrooms and grains that are rich in fiber and minerals.

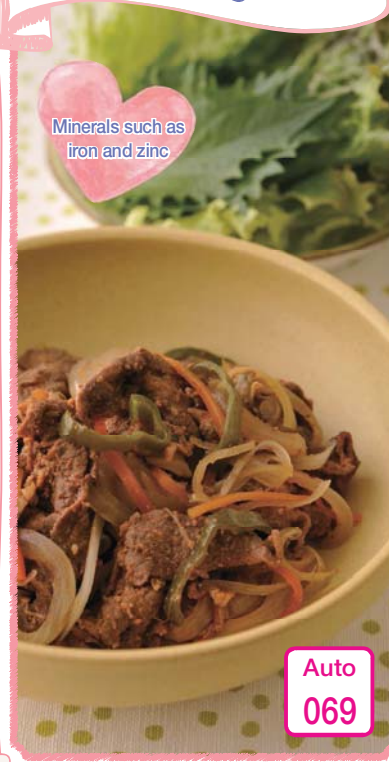
Basque Marlin Tuna



Protein
Vitamins

Auto
056

Bulgogi



Minerals such as
iron and zinc

Auto
069

Steam-Grill/
Stir-Fry

Steam
Microwave

Basque Marlin Tuna

→ P.54

(Preparation
Heating)

Reference heating time About 12 min

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank

Full

★ ~ Ingredients (4 servings) ~ ★

- 4 marlin tuna fillets (about 75 g each)
- 1/2 tsp salt
- Pepper as needed
- 1/4 medium onion (coarsely chopped) (about 50 g)
- ① 1/3 tomato (coarsely chopped) (about 50 g)
- 1 garlic clove (coarsely chopped)
- 2 tsp olive oil
- 80 g red bell pepper (julienned)
- 20 g butter

★ ~ Directions ~ ★

- 1 Fill the water tank with water up to the full line.
- 2 Cut Marlin tuna into appropriate bite size about 1 cm thick, season them with salt and pepper and let them rest for about 30 minutes.
- 3 Put ① in a heat-resistant container and heat with Microwave 600 W About 3 min. → P.60-62
- 4 Place a cooking sheet on the super grill tray unit with legs closed, spread 3 on it and arrange 2 on it after removing moist.
- 5 Top the tuna with red bell pepper and a small block of butter, and set the grill lid.
- 6 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use Steam-Grill/Stir-Fry ▶ Basque Marlin Tuna to cook.

"Microwave Heating"

→ P.60-62

Steam-Grill/
Stir-Fry

Steam
Microwave

Bulgogi

→ P.54

Reference heating time About 15 min

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank

Full

★ ~ Ingredients (4 servings) ~ ★

- 200 g thin sliced beef round (cut into bite-size pieces)
- 65 g can of boiled clams (excluding the juice)
- 1/2 apples
- 1/2 garlic clove
- 65 mL clam juice
- Pepper powder as needed
- 1 tbsp mirin (sweet cooking wine)
- ① 2 tbsp ground white sesame
- 2 tsp sesame oil
- 1 1/2 tbsp kochujyang
- 1 tbsp soy sauce
- Salt as needed
- 1 medium onion (sliced thin) (about 200 g)
- 1/4 carrot (julienned) (about 50 g)
- 2 green bell peppers (julienned) (about 40 g)
- ② Salt as needed
- 1 tsp sesame oil
- 1/2 sunny lettuce
- 12 shiso leaves

Memo

A dish of fish and antioxidant red bell pepper grilled and steamed with Healthy Chef. Marlin tuna is healthy fish that contains high protein and low fat, that you may want to take routinely.

★~Directions~★

- 1 Fill the water tank with water up to the full line.
- 2 Remove seeds from apple and blend in a blender with (A).
- 3 Soak beef and clams in 2 for at least 15 minutes.
- 4 Instantly combine onion, carrot and green bell pepper with (B) and spread them out on the super grill tray unit with legs closed with a cooking sheet. Put 3 along with the sauce over it and set the grill lid.
- 5 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Bulgogi** to cook.
- 6 After heating, mix them and place on dishes topped with sunny lettuce and shiso.



Tips for Bulgogi

- Only cook 3 or 4 servings at a time.
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a plate and cover with plastic wrap.
Press **Microwave** | **500 W** to cook, checking the food often.
→ **P.60-62**

Memo

A well-balanced dish with meat, clams and vegetables. You may roll it up with lettuce and shiso and take it with rice. It's for smiles of family.



No-Oil Deep-Fry	Microwave Oven	Accessory Used
Deep-Fried Cheese Salmon	(Preparation Heating)	 Super Grill Tray Unit (legs opened and top flap closed)
→ P.54	Reference heating time About 20 min	Ceramic Tray  Empty

★~Ingredients(4 servings)~★

- 4 raw salmon fillets (about 80 g each)
- 1/2 tsp salt
- Pepper as needed
- 1 potato (about 150 g each)
- 200 g broccoli
- 1 egg (beaten)
- (A) 30 g fried bread crumbs → **P.189**
- 4 tbsp white sesame
- 4 tbsp grated Parmesan cheese

[Tartar Yogurt]

- 1 boiled egg (roughly cut)
- 2 small pickles (finely chopped)
- 1/2 onions (finely chopped) (about 100 g each)
- (B) 200 g plain yogurt
- 1/2 tsp salt
- Parsley as needed

★~Directions~★

- 1 Cut peeled potato into bite-sized pieces, wrap them and heat with **Microwave** | **600 W** | **About 2 min**. Break broccoli into florets, wrap them and heat with **Microwave** | **600 W** | **About 2 min**. → **P.60-62**
- 2 Season salmon with salt and pepper and combine egg and mixed (A) in order.
- 3 Apply (A) that was mixed in 1.
- 4 Place salmon fillets at the center of the super grill tray unit with legs opened, put 3 around them, set the unit on the ceramic tray and heat with **No-Oil Deep-Fry** ▶ **Deep-Fried Cheese Salmon**.
- 5 After heating, place them on dishes and top them with tartar yogurt.

[How to make tartar yogurt]

Put boiled egg, pickles and onion in (B) and mix them. Then dust with parsley chips.

"Microwave Heating" → **P.60-62**

Tips for Deep-Fried Cheese Salmon

- Only cook 3 or 4 servings at a time.
- If your food is underdone after the **Additional Heating** light OFF
Press **Oven** | **No Preheat** | **1 level** | **190°C** to cook, checking the food often.
→ **P.65**

Memo

Children love salmon and it is rich in nutrients. This plate of salmon is also good for a lunch box for children. While sesame contains vitamin E and so on, it also provides high energy and it is a good idea to use it for no-oil dishes. Dig in with the healthy tartar sauce that contains yogurt.

Chickpea Croquette



Folic acid
Fiber

Auto
091

No-Oil Deep-Fry	Superheated Steam Grill Oven	Accessory Used
Chickpea Croquette	(Preparation Heating)	Super Grill Tray Unit (legs opened and top flap closed) Ceramic Tray
→P.54	Reference heating time About 20 min	Water Tank Full

★ ~ Directions ~ ★

- 1 Fill the water tank with water up to the full line.
- 2 Put (A) in a heat-resistant container and heat with **Microwave 500 W** About 3 min. **→P.60-62**
- 3 Add chickpea processed by a food processor or strained and made paste, corn, salt, pepper, curry powder, flour and egg to 2 and mix them well.
- 4 Cut evenly into 12 pieces and coat them with (B) and then bread crumbs.
- 5 Arrange 4 at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **No-Oil Deep-Fry** **Chickpea Croquette**.

"Microwave Heating"

→P.60-62

Tips for Chickpea Croquette

● Only cook 2 or 3 servings at a time.

● If your food is underdone

after the **Additional Heating** light OFF

Press **Oven** **No Preheat** **1 level** **190°C** to cook, checking the food often.

→P.65

Memo

Non-fried healthy croquette. Chickpea rich in folic acid and fiber is used in this recipe.

★ ~ Ingredients (3 servings/12 pieces) ~ ★

[Filling]

- 200 g chickpea (boiled)
- (A) 50 g ground beef and pork
- 20 g onion (finely chopped)
- 50 g can of whole corn
- 1/3 tsp salt
- Pepper as needed
- 1-2 tsp curry powder
- 1/2 tbsp flour (cake flour)
- 1/2 egg (beaten)

[Batter]

- 4 tbsp flour
- (B) 1 1/2 eggs (beaten)
- 1 tbsp water
- 60 g fried bread crumbs **→P.189**

Saury Hijiki Rice



Vitamin B₁₂
DHA/EPA
Iron

Auto
095

Rice/Noodle Microwave

Saury Hijiki Rice

→ P.54

Reference heating time About 36 min

Accessory Used



Ceramic Tray

Water Tank
Empty

★ ~ Directions ~ ★

- 1 Rinse and drain the rice. Transfer to a deep boiling container and add the water. Cover with a lid and let it soak for about an hour.
- 2 Rinse hijiki briefly and soak in water to rise it.
- 3 Remove the scales, gills, and internal organs of the fish. Wash it in water and wipe off the water. Season with salt and then let it rest for about 30 minutes.
- 4 Swish water off the hijiki and cut into 2 cm long pieces.
- 5 Add sake and soy sauce to 1 and place ginger and hijiki on the entire surface.
- 6 Cut saury into 2 pieces and put them on 5.
- 7 Place 6 on the ceramic tray and heat with **Rice/Noodle** ▶ **Saury Hijiki Rice**.
- 8 After heating, take the container out, remove saury bones and break the meat. Add sesame and mix until barely-combined. Then cover it with a cloth and lid for steaming.

Tips for Saury Hijiki Rice

- **Let rice absorb water.**
Before steaming, soak rice in water for 30-60 minutes to let it absorb water sufficiently.
- **Use a large and deep dish to prevent the food from boiling over.**
A store-bought boiling container with a lid is convenient.
- **If your food is underdone after the **Additional Heating** light OFF**

Press **Microwave 200 W** to cook, checking the food often.

→ P.60-62

★ ~ Ingredients (4 servings) ~ ★

- 1 saury (about 200 g)
- 1/3 tsp salt
- 15 g hijiki (dried)
- 10 g ginger (julienned)
- 2 cups of rice (300 g)
- 330 mL water
- 2 tsp soy sauce
- 3 tbsp sake
- 16 g white sesame

Memo


Saury is a very nutritious food rich in vitamin B12, vitamin D and iron, etc. Steamed with rice, saury does not lose its quality fat, which you can take effectively.

Simmered Sweet Potato



Vitamin C
Fiber

Auto
103

Simmered/ Boil/Soup	Microwave	Accessory Used
Simmered Sweet Potato		
→P.54	(Preparation Heating)	Ceramic Tray
Reference heating time	About 20 min	Water Tank Empty

Ingredients (4 servings)

- 1 large sweet potato (cut into 5 mm semicircles or sliced crosswise into wedges) (about 300 g)
- 1 apple (cut into 6 pieces, core removed, peeled and sliced crosswise into wedges) (about 150 g)
- (A) 40 g raisin (dried)
- 50 g butter
- 80 g sugar
- 1/3 tsp salt
- 50 mL liqueur (orange)
- 1 tbsp lemon juice
- 100 mL water

30 g walnut

Directions

- 1 Put walnut in a heat-resistant dish and heat with **Microwave 500 W** About 1 min without wrapping. Then roughly mince them. **→P.60-62**
- 2 Put and mix (A) in a large and deep heat-resistant glass bowl.
- 3 Cover 2 with a cooking sheet as a drop lid (refer to **Tips for Simmered Sweet Potato**), lightly wrap it with plastic wrap and place it at the center of the ceramic tray. Heat with **Simmered/Boil/Soup** **→P.60-62**
- 4 After heating, take out the heat-resistant glass bowl and sprinkle with walnut 1.

"Microwave Heating"

→P.60-62

Tips for Simmered Sweet Potato

- **Dishware**
A wide-mouth heat-resistant glass bowl of about 25 cm diameter (ID: about 22.5 cm) and 10 cm depth is recommended.
- **Use a drop lid**
Cut a cooking sheet into a circle slightly smaller than the mouth of the bowl. Cover with a lid that has an X-shaped opening cut in the center.
- **If your food is underdone after the Additional Heating light OFF**
Press **Microwave 500 W** to cook, checking the food often. **→P.60-62**

Memo

A colorful dish of sweet potato rich in vitamin C and fiber. Wash the sweet potato well and take it with the skins.

Cute Animal Dorayaki



Vitamin A
Calcium

Auto
143

Dessert	Oven	Accessory Used
Cute Animal Dorayaki		 Metal tray Middle/Bottom Ceramic Tray
(Preheat) →P.55	(Preparation Heating)	 Water Tank Empty
Preheating Reference heating time	About 8 min About 10 min	

Ingredients

(2 bear dorayaki's and 2 frog dorayaki's)

[Squash Paste]

200 g squash (peeled)
40 g sugar
50 mL milk

[Cream Cheese Paste]

100 g cream cheese (room temperature)
2 tbsp sugar
Blueberry as needed

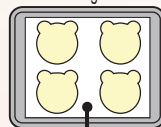
[Dough]

1 egg
100 mL milk
150 g pancake mix
1 tsp cocoa
1 tsp matcha
Chocolate as needed

Directions

- For squash paste, cut squash into 2 cm blocks, wrap them in plastic wrap and use **Boil Vegetables** with doneness adjustment set to **HI**. Crush it, add sugar and milk and mix well. →P.52-53
- Make cream cheese paste by mixing it with sugar and blueberry.
- Combine egg, milk and pancake mix in a bowl and mix them.
- Divide 3 in half. Then add cocoa to one and matcha to the other, and mix both.
- Start preheating with **Dessert** ▶ **Cute Animal Dorayaki** without putting the food yet.
- Put 4 in a decorating tube fitted with a 1 cm nozzle. Place a cooking sheet on each of two metal trays. Place four about 8-10 cm flat sheets of cocoa dough on one metal tray and the same of matcha on the other. Put two small circles on each so they look like ears and eyes as indicated in the figure.

How to arrange the food



Cooking sheet

- When you hear the preheating completion sound, plate the metal tray with cocoa dough 6 to **Middle** and that of the matcha dough to **Bottom**.
- After heating and cooling down, sandwich the paste and draw faces of animals with chocolate.

"How to Use **Boil Vegetables**" →P.52-53

Tips for Cute Animal Dorayaki

- Only cook the specified amount at a time.
- If your food is underdone after the **Additional Heating** light OFF

Press **Oven** **No Preheat** **1 level** **180°C** to cook, checking the food often.

→P.65

Memo


Fun to make, delicious dorayaki cakes. Vegetable and fruit paste may also be good for breakfast and lunch. Squash contains the most vitamin E among vegetables.

Grill (Meat)

Auto
016

Hamburg Steak



Grill	Microwave Grill	Accessory Used
Hamburg Steak		
	(Preparation Heating)	Super Grill Tray Unit (legs opened and top flap closed)
→P.54		Ceramic Tray
		Water Tank
		Empty
Reference heating time	About 18 min	

Ingredients (4 servings/4 patties)

- A** 1/2 medium onion (finely chopped) (about 100 g)
15 g butter
300 g ground beef and pork
3/4 cup of bread crumbs (about 30 g)
- B** 3 tbsp milk
1 egg (beaten)
1/2 scant tsp salt
Dash of pepper and nutmeg
Ketchup and Worcestershire sauce as needed

Directions

- Put **A** in a heat-resistant container and heat with **Microwave 600 W** [About 2 min. 30 sec.]. Let it cool, add **B** and mix well. Then cut into 4 equal pieces. **→P.60-62**
- Coat your hands with a small amount of salad oil (besides the specified amount). Toss the mixture in **①** from one hand to the other to remove air bubbles from inside. Shape it into oval and make a dent in the center of the patty. Patties should be 1.5-2 cm in thickness.
- Arrange **②** on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Grill** ▶ **Hamburg Steak**.
- After heating, place it on a dish and put well-mixed ketchup and Worcestershire sauce on it.

"Microwave Heating"


→P.60-62

Tips for Hamburg Steak

- **Only cook 2-6 servings at a time**
- **Making the patty mix**
Mix well, making sure the mixture does not become sticky. Removing air bubbles before shaping the patties will give you soft, plump Hamburg steaks.
- **Shaping the patties**
Making a dent in the center of the patties will help them cook thoroughly and evenly, and prevent the center from bulging out once they are done. Patties should be 1.5-2 cm in thickness.
- **If the hamburg steak is undercooked after the **Additional Heating** light OFF**
Press **Grill** to cook, checking the food often. **→P.64**
- **Using a food chopper or processor to make the patty mixture**
Refer to the user's manual that comes with the food chopper or processor.

Auto
017

Hamburg Steak (Healthy)

Grill	Microwave Superheated Steam Grill	Accessory Used
Hamburg Steak (Healthy)		
(Preheat) →P.55	(Preparation Heating)	Super Grill Tray Unit (legs opened and top flap closed)
		Ceramic Tray
		Water Tank
		Full
Preheating	About 4 min	
Reference heating time	About 19 min	

Hamburg Steak (4 patties)

Calorie Cut Amount *Reduces calories by about 181* *1
Calories after cooked About 753 kcal *2

*1 Auto Menu **Hamburg Steak** vs. "Healthy" calories

*2 Number of calories after cooking using "Healthy" (Hitachi data)

Ingredients

Refer to ingredients for **Hamburg Steak**.

Directions

- Fill the water tank with water up to the full line.
- Refer to **①** and **②** in the directions for **Hamburg Steak** to prepare for cooking and place on the super grill tray unit with legs opened.
- Start preheating with **Grill** ▶ **Hamburg Steak (Healthy)** without putting the food yet.
- When you hear the preheating completion sound, place **②** on the ceramic tray and start heating.
- After heating, place it on a dish and put well-mixed ketchup and Worcestershire sauce on it.



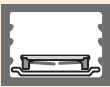
CAUTION

Use the supplied mittens or thick dry dishcloth to put in and out the ceramic tray and super grill tray unit. Otherwise, you may be burned.

Auto
018

Roast Beef



Grill	Microwave Oven Superheated Steam	Accessory Used
Roast Beef		 Super Grill Tray Unit (legs and top flap closed) Ceramic Tray
→ P.54		
Reference heating time About 48 min		
		Water Tank Full

Ingredients (4 servings)

- About 800 g whole beef shank
- Dash of salt and pepper
- 1 garlic clove (grated)
- 50 g each of carrot, white onion, celery (cut into 1 cm pieces)
- 1 tsp salad oil

Tips for Roast Beef

- **Only cook 3 or 4 servings at a time**
Use meat whose diameter is five to seven cm after returning it to ordinary temperature.
- **If you do not want to get the super grill tray unit dirty**
Place a cooking sheet on it. Do not use aluminum foil. (Will result in sparks.)
- **You can easily cut and preserve the taste by sufficiently chilling it in a refrigerator before cutting.**
- **If the roast beef is undercooked after the **Additional Heating** light OFF**
Press **Oven** **No Preheat** **1 level** **180°C** to cook, checking the food often. → **P.65**

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Sprinkle meat with salt and pepper. Coat with the grated garlic. Loop cotton cooking string around the roast to keep it secure and coat lightly with salad oil.
- 3 Apply salad oil (besides the specified amount) to the super grill tray unit with legs closed, arrange vegetables at the center and place 2 on it.
- 4 Place 3 on the ceramic tray and heat with **Grill** ▶ **Roast Beef**.
- 5 After heating, wait until the roast is sufficiently cooled before removing the string and cutting into thin slices. Serve with vegetables (besides the specified amount), as desired and put **Gravy** on it.

Gravy

Ingredients/Directions


Once the **Roast Beef** or **Roast Chicken** is done cooking, transfer the vegetables and juices in the super grill tray unit to a saucepan. Add broth (half a cube of bouillon powder dissolved in 1 cup of water) and simmer to reduce. Strain through a cloth, and then add salt and pepper.

Reminder

- If grease buildup in the oven cavity or odor after cooking is concerned, heat with **Clean/Setting** ▶ **Deodorization**. → **P.110**
- If odor is concerned, use a ventilator.
- Steam or smoke may come out from around the door, but this is not a malfunction.

Auto
019

Roast Chicken

Grill	Microwave Oven Superheated Steam	Accessory Used
Roast Chicken		 Super Grill Tray Unit (legs and top flap closed) Ceramic Tray
(Preheat) → P.55		
Preheating About 8 min Reference heating time About 70 min		
		Water Tank Full



Ingredients (1 whole chicken)

- 1 whole chicken (about 1.2 kg, innards removed)
- 1/2 Lemon
- 2 tsp salt
- Pepper as needed
- 100 g each of carrot, white onion, celery (cut into 1 cm pieces)
- Salad oil as needed

Directions

- 1 Fill the water tank with water up to the full line.
- 2 If the neck is still attached to the chicken, remove it at the base, leaving the skin behind. Rub the entire chicken with the cut lemon. Wash the chicken thoroughly and pat dry. Rub with salt and pepper.
- 3 Arrange the chicken by bringing the wings together at the back of the chicken and placing it breast-side up. Fix the both legs to its body using bamboo skewers, then tie the legs together with cotton cooking string.
- 4 Place a cooking sheet on the super grill tray unit with legs closed and spread the cut vegetables in the center of the sheet. Place the chicken breast-side up on the vegetables and coat lightly with salad oil.
- 5 Start preheating with **Grill** ▶ **Roast Chicken** without putting the food yet.
- 6 When you hear the preheating completion sound, place 4 on the ceramic tray and start heating.
- 7 After heating, add **Gravy** on the dish.

Tips for Roast Chicken

- **Only cook the specified amount at a time.**
- **If you do not want to get the super grill tray unit dirty**
Place a cooking sheet on it. Do not use aluminum foil. (Will result in sparks.)
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Oven** **No Preheat** **1 level** **220°C** to cook, checking the food often. → **P.65**

Auto
020

Herb Chicken



Grill Microwave Grill
Herb Chicken

Accessory Used
Super Grill Tray Unit (legs opened and top flap closed)
Ceramic Tray
Water Tank Empty

→ P.54

Reference heating time About 16 min

Directions

- Use a fork to poke holes in the skin of the chicken. Make shallow cuts in the thicker portions of the meat. Sprinkle with (A).
- Open the legs of the super grill tray unit. Set the ① herbed chicken pieces with skin side up in the center of the unit and set it on the ceramic tray. Press **Grill** ▶ **Herb Chicken** to cook.

Tips for Herb Chicken

- Only cook 2-6 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Press **Grill** to cook, checking the food often. → P.64
- If you are using chicken with bones
Use the **HI** doneness setting.

Ingredients (4 servings)

2 chicken breasts or thighs (with skin, about 250 g per piece)

- (A) Dash of salt and pepper
Dash of assorted herbs (thyme, rosemary, marjoram, etc.) (dried or fresh)

Auto
021

Herb Chicken (Healthy)

Grill Microwave Oven
Herb Chicken (Healthy)
Superheated Steam Grill

Accessory Used
Super Grill Tray Unit (legs opened and top flap closed)
Ceramic Tray
Water Tank Full

(Preheat)
→ P.55

Preheating About 4 min
Reference heating time About 21 min

Ingredients

Refer to ingredients for **Herb Chicken**.

Directions

- Fill the water tank with water up to the full line.
- Prepare for cooking with reference to ① in directions for **Herb Chicken**, and place pieces with skin side up at the center of the super grill tray unit with legs opened.
- Start preheating with **Grill** ▶ **Herb Chicken (Healthy)** without putting the food yet.
- When you hear the preheating completion sound, place ② on the ceramic tray and start heating.

Herb chicken (4 servings)

Calorie Cut Amount About 147 kcal *1
Calories after cooked About 756 kcal *2

*1 Auto Menu **Herb Chicken** vs. "Healthy" calories

*2 Number of calories after cooking using "Healthy" (Hitachi data)

Reminder

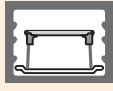
- If grease buildup in the oven cavity or odor after cooking is concerned, heat with **Clean/Setting** ▶ **Deodorization**. → P.110
- If odor is concerned, use a ventilator.
- Steam or smoke may come out from around the door, but this is not a malfunction.

Auto
022

Skewered Chicken

Grill
Skewered ChickenMicrowave
Grill

Accessory Used

Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank
Empty

→P.54

Reference heating time About 16 min



Ingredients (4 servings/12 skewers)

2 chicken thighs (with skin, about 250 g
each, cut into bite-size pieces)

2 green onions (cut into 3-4cm pieces)

1/2 cup of soy sauce

1/4 cup of mirin (sweet cooking wine)

A

2-3 tbsp sugar

1 tbsp salad oil

Directions

① Combine the ingredients in A, then add chicken and green onions to the mixture. Let sit for 30 minutes to an hour, turning over occasionally. Arrange the marinated meat and vegetables alternately onto bamboo skewers.

② Arrange ① on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Grill** ▶ **Skewered Chicken**.

Tips for Skewered Chicken

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF

Press **Grill** to cook, checking the food often. →P.64

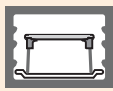
- Do not use metal skewers
Metal skewers may cause sparks and/or burns during the microwave cycle if they come in contact with the super grill tray unit. Use medium-length bamboo skewers instead.

Auto
023

Sauteed Chicken

Grill
Skewered ChickenMicrowave
Grill

Accessory Used

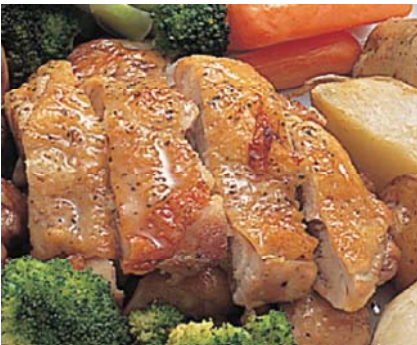
Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank
Empty

→P.54

Reference heating time About 16 min



Ingredients (4 servings)

2 chicken thighs (with skin, about 250 g
each)

Dash of salt and pepper

Flour (cake flour) as needed

Directions

① Use a fork or a bamboo skewer to poke holes in the skin of the chicken. Apply invisible cuts to thicker portions of the meat. Sprinkle with salt and pepper, let it rest for 5-10 minutes, and then dust it with flour lightly.

② Open the legs of the super grill tray unit. Set the pieces ① skin side up on the unit and set it on the ceramic tray. Press **Grill** ▶ **Sauteed Chicken** to cook.

Tips for Sauteed Chicken

- Only cook 2-6 servings at a time
- If your food is underdone after the **Additional Heating** light OFF

Press **Grill** to cook, checking the food often. →P.64

- If you are using chicken with bones
Use the **[HI]** doneness setting.

Auto
024

Satay

Grill

Microwave
Grill

Satay

Accessory Used

Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank

Empty

→ P.54

Reference heating time About 10 min

Ingredients (2 servings/8 skewers)

1 chicken thigh (with skin, about 250 g each)

1 1/2 tbsp soy sauce

2 tbsp sugar

2 tbsp water

1 tsp garlic (grated)

Ⓐ 1 tsp ginger (grated)

2 cherry tomatos (grated)

Dash of cilantro leaf (powdered)

Dash of pepper powder

Dash of salt and pepper

15 g peanut butter

1 tbsp soy sauce

Ⓑ 2 tsp sugar

1 tsp lemon juice



Directions

- 1 Cut a chicken thigh into 8 equal pieces.
- 2 Combine Ⓐ, soak ① for at least 30 minutes and arrange them on bamboo skewers.
- 3 Apply mixed Ⓑ to entire surfaces of ②, arrange them on the super grill tray unit with legs opened, and place the unit on the ceramic tray. Then press **Grill** ▶ **Satay** to cook.

Tips for Satay

- **Only cook 2-3 servings at a time**
- **Do not use metal skewers**
Metal skewers may cause sparks and/or burns during the microwave cycle if they come in contact with the super grill tray unit.
- **If your food is underdone after the **Additional Heating** light OFF**

Press **Grill** to cook, checking the food often. → P.64

Auto
025

Barbecue

Grill

Microwave
Oven
Superheated Steam
Grill

Barbecue

Accessory Used

Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank

Full

→ P.54

(Preparation
Heating)

Reference heating time About 22 min

Ingredients (4 servings/4 skewers)

200 g chuck eye roll (cut into 3 cm cubes)

50 g carrot (cut into bite-size pieces)

120 g onion (cut into wedges)

2 green bell peppers (cut in half)

50 g each of red and yellow bell pepper (cut into bite-size pieces)

4 fresh shiitake mushrooms

Dash of salt and pepper



Directions

- 1 Fill the water tank with water up to the full line.
- 2 Season the chuck eye roll with salt and pepper. Press **Microwave** **500 W** **About 30 sec.** to heat carrot. → P.60-62
- 3 Arrange the ingredients on bamboo skewers and sprinkle their entire surfaces with salt and pepper.
- 4 Arrange ③ on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Grill** ▶ **Barbecue**.

"Microwave Heating"

→ P.60-62

Tips for Barbecue

- **Only cook 3 or 4 servings at a time**
- **Do not use metal skewers**
Metal skewers may cause sparks and/or burns during the microwave cycle if they come in contact with the super grill tray unit. Use medium-length bamboo skewers instead.
- **If your food is underdone after the **Additional Heating** light OFF**

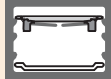
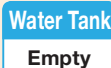
Press **Grill** to cook, checking the food often.

→ P.64

Grill (Seafood)

Auto 026 Salted Salmon





Grill	Microwave Grill	Accessory Used
Salted Salmon		 Super Grill Tray Unit (legs closed and top flap opened) Top Ceramic Tray  Water Tank Empty
→P.54 Reference heating time About 14 min		

Ingredients (4 servings/4 fillets)
4 salted salmon fillets (about 80 g each)

- Directions**
- Place the salted salmon on the super grill tray unit with legs closed and top flap opened. With reference to the **Tips for Salted Salmon**, make sure the fillets are arranged so that the side which will be up side on dishes is facing up.
 - Set ① to **Top** and press **Grill** ▶ **Salted Salmon** to cook.

Auto 027 Lightly Salted Salmon

Grill	Steam Superheated Steam Grill	Accessory Used
Lightly Salted Salmon		 Super Grill Tray Unit (legs closed and top flap opened) Top Ceramic Tray  Water Tank Full
(Preheat) →P.55 Preheating About 4 min Reference heating time About 25 min		

Ingredients (4 servings/4 fillets)
4 salted salmon fillets (about 80 g each)

- Directions**
- Fill the water tank with water up to the full line.
 - Place the salted salmon on the super grill tray unit with legs closed and top flap opened. Make sure the fillets are at the center arranged vertically and the side which will be up side on dishes is facing up.
 - Start preheating with **Grill** ▶ **Lightly Salted Salmon** without putting the food yet.
 - When you hear the preheating completion sound, set ② to **Top** and start heating.

Tips for Salted Salmon

- **Only cook 3 or 4 servings at a time**
- **When you open the door right after heating**
Watch out for spattered oil and open it gently.
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Grill** to cook, checking the food often. →P.64
- **Charring**
The level of charring depends on the amount of fat in fish or its temperature. Adjust the 5 level doneness setting to achieve desired charring.
- **How to arrange the food**
Place the food in the center of the super grill tray unit.

Auto
028

Grilled Saury



Grill

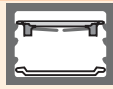
Microwave
Grill

Grilled Saury

→ P.54

Reference heating time About 22 min

Accessory Used

Super Grill Tray Unit (legs
closed and top flap opened)

Top

Ceramic Tray

Water Tank

Empty

Ingredients (4 servings/4 sauries)

4 sauries (about 150 g each)
1 1/4 tsp salt

Directions

- ① Sprinkle entire sauries with salt, let them rest for about 20 minutes and wipe moisture off.
- ② Apply a small amount of salad oil (besides the specified amount) to the super grill tray unit with legs closed and top flap opened and place them on it. With reference to the **Tips for Grilled Saury**, make sure the ① are arranged so that the side which will be up side on dishes is facing up.
- ③ Set ② to **Top** and press **Grill** ▶ **Grilled Saury** to cook.

Auto
029

Grilled Mackerel



Grill

Microwave
Grill

Grilled Mackerel

→ P.54

Reference heating time About 14 min

Accessory Used

Super Grill Tray Unit (legs
closed and top flap opened)

Top

Ceramic Tray

Water Tank

Empty

Ingredients (4 servings/4 fillets)

4 mackerel fillets (about 100 g each)
Salt as needed



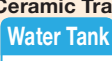

Directions

- ① Wipe moisture off from mackerel fillets and sprinkle the entire surfaces with salt. Place the mackerel fillets on the super grill tray unit with legs closed and top flap opened. With reference to the **Tips for Grilled Mackerel**, make sure the fillets are arranged so that the side which will be up side on dishes is facing up.
- ② Set ① to **Top** and press **Grill** ▶ **Grilled Mackerel** to cook.

Auto
030

Yellowtail Teriyaki



Grill	Microwave Grill	Accessory Used
Yellowtail Teriyaki		 Super Grill Tray Unit (legs closed and top flap opened)
		 Top Ceramic Tray
		 Water Tank
		 Empty

→P.54

Reference heating time About 13 min

Directions

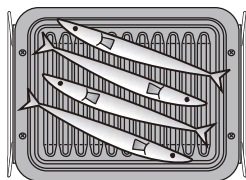
- Wipe moisture off from the yellowtail, soak it in ① that you prepared for 30-60 minutes for base seasoning and roughly remove the juice.
- Place the yellowtail on the super grill tray unit with legs closed and top flap opened. With reference to the **Tips for Yellowtail Teriyaki**, make sure the fillets are arranged so that the side which will be up side on dishes is facing up.
- Set ② to **Top** and press **Grill** ▶ **Yellowtail Teriyaki** to cook.

Ingredients (4 servings/4 fillets)

- 4 yellowtail fillets (about 100 g each)
- ① 1/4 cup of soy sauce
- 1/4 cup of mirin (sweet cooking wine)

Tips for Grilled Saury

- **Only cook 3 or 4 servings at a time**
- **When you open the door right after heating**
Watch out for spattered oil and open it gently.
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Grill** to cook, checking the food often. →P.64
- **Charring**
The level of charring depends on the amount of fat in fish or its temperature.
Adjust the 5 level doneness setting to achieve desired charring.
- **How to arrange the food**
Place the food in the center of the grill tray unit.



Tips for Grilled Mackerel

- **Only cook 3 or 4 servings at a time**
- **When you open the door right after heating**
Watch out for spattered oil and open it gently.
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Grill** to cook, checking the food often. →P.64
- **Amount of salt**
Amount of salt should be 1-2% of the fish weight.
- **Charring**
The level of charring depends on the amount of fat in fish or its temperature. Adjust the 5 level doneness setting to achieve desired charring.
- **How to arrange the food**
Place the food in the center of the super grill tray unit.

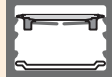
Tips for Yellowtail Teriyaki

- **Only cook 3 or 4 servings at a time**
- **When you open the door right after heating**
Watch out for spattered oil and open it gently.
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Grill** to cook, checking the food often. →P.64
- **Charring**
The level of charring depends on the amount of fat in fish or its temperature. Adjust the 5 level doneness setting to achieve desired charring.
- **How to arrange the food**
Place the food in the center of the super grill tray unit.

Reminder

- **If grease buildup in the oven cavity or odor after cooking is concerned, heat with **Clean/Setting** ▶ **Deodorization**.**
→P.110
- **If odor is concerned, use a ventilator.**
- **Steam or smoke may come out from around the door, but this is not a malfunction.**

Auto
031 Dried Horse Mackerel

Grill	Microwave Grill	Accessory Used
Dried Horse Mackerel		 Super Grill Tray Unit (legs closed and top flap opened) Top Ceramic Tray
→P.54		Water Tank Empty
Reference heating time About 14 min		



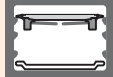
Ingredients (2 servings/2 horse mackerels)

2 dried horse mackerels (100-120 g each)

Directions

- Apply a small amount of salad oil (besides the specified amount) to the super grill tray unit with legs closed and top flap opened and place horse mackerels on it. Make sure they are arranged so that the side which will be up side on dishes is facing up.
- Set ① to **Top** and press **Grill** ▶ **Dried Horse Mackerel** to cook.

Auto
032 Dried Atka Mackerel

Grill	Microwave Grill	Accessory Used
Dried Atka Mackerel		 Super Grill Tray Unit (legs closed and top flap opened) Top Ceramic Tray
→P.54		Water Tank Empty
Reference heating time About 14 min		




Ingredients (2 servings/1 atka mackerel)

1 dried atka mackerel (about 250 g)

Directions

- Apply a small amount of salad oil (besides the specified amount) to the super grill tray unit with legs closed and top flap opened and place atka mackerel on it. Make sure that the skin side is down.
- Set ① to **Top** and press **Grill** ▶ **Dried Atka Mackerel** to cook.

Auto
033 Salt-Crusted Sea Bream

Grill	Steam Microwave	Accessory Used
Salt-Crusted Sea Bream		 Super Grill Tray Unit (legs and top flap closed) Ceramic Tray
→P.54		Water Tank Full
Reference heating time About 24 min		



Ingredients (1 sea bream)

1 sea bream (about 400 g)

- 500 g salt
- Ⓐ Egg whites for 1 egg
- 2 tbsp white wine
- Lemon peel for 1/2 lemon (grated)
- Lemon peel for 1/2 lemon (peeled thick by kitchen knife)
- Ⓑ 1 garlic clove (cut in half)
- 1 branch each of thyme and rosemary (fresh)
- Dash of olive oil and lemon juice

Directions

- Fill the water tank with water up to the full line.
- Remove the scales, internal organs and gills of the sea bream. Wash it in water and wipe off the water. Then stuff it with Ⓑ.
- Put Ⓐ in a bowl and mix well.
- Place a cooking sheet on the super grill tray unit with legs closed, and place ② on it. Then cover it with ③ and hold tightly with hand. Place them on the ceramic tray and press **Grill** ▶ **Salt-Crusted Sea Bream** to cook.
- After heating, use a fork or the like to break the coverture and sprinkle with lemon juice and olive oil if desired.

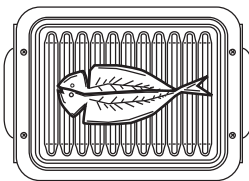
Tips for Salt-Crusted Sea Bream

- Only cook the specified amount at a time.
- If your food is underdone after the **Additional Heating** light OFF
Transfer the sea bream to a dish and wrap in plastic wrap. Then press **Microwave** 500 W to cook, checking the food often. →P.60-62
- Use a cooking sheet
A cooking sheet prevents dirt attachment on the super grill tray unit and sticking of meat. Do not use aluminum foil. (Will result in sparks.)

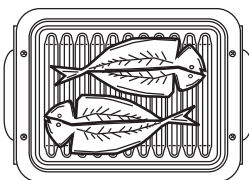
Tips for Dried Horse Mackerel/Dried Atka Mackerel

- Only cook 1 or 2 servings at a time
- If each mackerel weights less than 70 g
Press **Grill** to cook, checking the food often. →P.64
- How to arrange the food

For 1




For 2



- When you open the door right after heating
Watch out for spattered oil and open it gently.
- If you use **Steam Grill** in **Manual Menu**
Fill the water tank with water up to the Full line and cook with **Steam Grill** and check on it often. →P.69
- If your food is underdone after the **Additional Heating** light OFF
Press **Grill** to cook, checking the food often. →P.64
- Charring
The level of charring depends on the amount of fat in fish, its temperature or amount of salt. Adjust the 5 level doneness setting to achieve desired charring.

Auto
034

Grilled Salmon in Foil

Grill	Oven	Accessory Used
Grilled Salmon in Foil		
		Metal Tray Middle
		Ceramic Tray
		Water Tank
		Empty

→P.54

Reference heating time About 20 min

Ingredients (4 servings)

4 raw salmon fillets (about 80 g each)
 4 shrimps (shelled and deveined, tails and last joint of the shell left)
 4 fresh shiitake mushrooms (stems removed)
 1 onion (sliced thin) (about 200 g)
 4 slices of lemon (thin sliced)
 40 g butter (cut into 5 mm squares)
 Dash of salt, pepper and lemon juice

Directions

- Season the salmon with salt and pepper, sprinkle with lemon juice and let it rest for a while.
- Apply butter (besides the specified amount) thinly on four 25 x 25 cm square sheets of aluminum foil.

- Place onion cut into 4 equal pieces on ② and put ①, shrimps and shiitake mushrooms. Then season them with salt, pepper and lemon juice, put a slice of lemon on each fillet and apply butter. Close the aluminum foil mouth and arrange each on the metal tray with reference to **Tips for Grilled Salmon in Foil**.

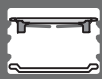
- Set ③ to **Middle** and press **Grill** ▶ **Grilled Salmon in Foil** to cook.

Tips for Grilled Salmon in Foil

- **Only cook 3 or 4 servings at a time**
- **If your food is underdone after the **Additional Heating** light OFF**
 Transfer the content from aluminum foil to dishes and wrap in plastic wrap. Then press **Microwave** **500 W** to cook, checking the food often.
 →P.60-62
- **How to arrange the food**
 Place the food in the center of the metal tray.

Auto
035

Salmon Steak

Grill	Microwave Grill	Accessory Used
Salmon Steak		
		Super Grill Tray Unit (legs closed and top flap opened) Top
		Ceramic Tray
		Water Tank
		Empty

→P.54 (Preparation Heating)

Reference heating time About 18 min

Ingredients (3 servings/3 fillets)

3 raw salmon fillets (sliced, about 200 g each)
 Salt as needed
 ① 1/2 cup of white wine
 2 tbsp olive oil
 Dash of rosemary (raw or dried)
 Dash of thyme (raw or dried)
 2 tsp flour (cake flour)
 ② 10 g butter
 ③ 2 tsp lemon juice
 2 tsp white wine



Directions

- Sprinkle both sides salmon slice with salt, let them rest for about 20 minutes and wipe off water.
- Soak ① in the prepared ① for about 15 minutes.
- Roughly wipe off water from ② and dust both sides with flour by using a tea strainer or the like.

- Apply salad oil (besides the specified amount) to the super grill tray unit with legs closed and top flap opened and arrange ③ on it. Put the unit to **Top** and press **Grill** ▶ **Salmon Steak** to cook.
- Put ④ in a heat-resistant dish and press **Microwave** **500 W** | 1 min.-1 min. 30 sec. to cook. Then put it on ④ arranged on a dish.
 →P.60-62

"Microwave Heating"

→P.60-62

Grill (Others)

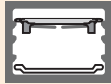
Auto
036

Okonomiyaki

Grill
Okonomiyaki

Microwave
Grill

Accessory Used



Super Grill Tray Unit (legs closed and top flap opened)
Top

Ceramic Tray

Water Tank

Empty

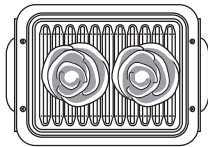
→P.54

Reference heating time About 18 min



Ingredients (2 servings/2 patties)

- ① 120 g Chinese yam (grated)
1 egg (about 50 mL)
1 ½ tbsp dashi broth
50 g flour (cake flour)
- ② 120 g cabbage (cut coarsely into 1 cm pieces)
10 g green small onion (sliced thin)
10 g bits of tempura batter
10 g red pickled ginger
100 g thin-sliced pork back ribs
Okonomiyaki sauce (store-bought) as needed
Dried bonito shavings and green laver as needed



How to arrange the okonomiyaki

Directions

- Put ① in a bowl and whisk by using a beater.
- Add flour of ½ amount at a time into the bowl ① and mix.
- Put ② into ② and coarsely mix them by scooping up from the bottom by using a wooden rice paddle.
- Arrange the pork back ribs on the super grill tray unit with legs closed and top flap opened. Make sure they form about 14 cm circle as indicated in the left figure.
- Place the dough ③ by ½ at a time on the pork back ribs ④. Then flatten them to 2-3 cm thick.
- Put the super grill tray unit ⑤ to Top and press **Grill** ▶ **Okonomiyaki** to cook.
- After heating, put them on dishes and apply okonomiyaki sauce. Then sprinkle with dried bonito shavings and green laver.

Auto
037

Baked Potato

Grill
Baked Potato

Oven

Accessory Used



Metal Tray Middle
Ceramic Tray

Water Tank

Empty

→P.54

Reference heating time About 55 min



Ingredients (4 servings)

4 potatoes (about 150 g each)

Directions


- Arrange potatoes on the metal tray and put the tray to Middle. Then press **Grill** ▶ **Baked Potato** to cook.
- Insert a bamboo skewer. If it penetrates smoothly, it is cooked.

Tips for Baked Potato

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Press **Oven** **No Preheat** **1 level** **220°C** to cook, checking the food often.
→P.65

Auto
038

Grilled Vegetable

Grill	Oven Grill	Accessory Used
Grilled Vegetable		
(Preheat) →P.55		Metal Tray Middle Ceramic Tray
Preheating Reference heating time	About 9 min About 15 min	Water Tank Empty



Ingredients (3 servings)

400 g total of broccoli, cauliflower, cabbage leaves, red cabbage leaves, sprout, red and yellow bell pepper, squash, cherry tomato and snow peas

- 1 tsp of anchovy (finely chopped) (6 g)
- 3 stuffed olives (finely chopped)
- ① 1 tbsp olive oil
- 2 tsp white wine vinegar
- 1 tsp lemon juice
- Dash of salt and pepper

Directions

- ① Cut cabbage and red cabbage leaves into wedges with their cores. Cut the other vegetables thinner or into bite-size pieces.
- ② Start preheating with **Grill** ▶ **Grilled Vegetable** without putting the food yet.
- ③ Place a cooking sheet on the metal tray and spread ① on it.
- ④ When you hear the preheating completion sound, put ③ into **Middle** and start heating.
- ⑤ Arrange them on a dish and put ① you prepared.


Tips for Grilled Vegetable

- Only cook 2 or 3 servings at a time.
- If your food is underdone after the **Additional Heating** light OFF

Press **Oven** **No Preheat** **1 level** **190°C** to cook, checking the food often.
→P.65

Auto
039

Baked Spring Roll

Grill	Microwave Grill	Accessory Used
Baked Spring Roll		
→P.54	(Preparation Heating)	Super Grill Tray Unit (legs opened and top flap closed) Ceramic Tray
Reference heating time	About 14 min	Water Tank Empty



Directions

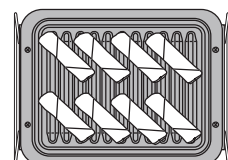
- ① Cut pork vertically along with the muscle into 5 cm long pieces. Put them in a deep heat-resistant container and mix with ①.
- ② Combine ② into ① and mix well. Press **Microwave** **600 W** **5 min. 20 sec.-6 min. 40 sec.** to cook, add bean-starch vermicelli and cut into 8 equal pieces. →P.60-62
- ③ Put the filling on wraps and roll them up while applying ③ you mixed.
- ④ Thoroughly mix salad oil into ③, arrange them on the super grill tray unit with the legs opened and place the unit on the ceramic tray. Then press **Grill** ▶ **Baked Spring Roll** to cook.

"Microwave Heating"

→P.60-62

Tips for Baked Spring Roll

- Only cook 3 or 4 servings at a time
- How to arrange the food
Arrange them on the super grill tray unit diagonally.
- If your food is underdone after the **Additional Heating** light OFF
Press **Grill** to cook, checking the food often. →P.64
- How to roll up
Put filling a bit closer to you from the center of the wrap. Fold the wrap from your side to embrace the filling. Fold right and left ends in and roll the filling up.




Ingredients (4 servings/8 skewers)

- 100 g thin-sliced pork ham
- 1 tbsp each of soy sauce, sake, sesame oil
- 1 tsp each of sugar and chicken
- ① bouillon powder
- 1 tbsp starch
- Dash of pepper
- 100 g boiled bamboo shoots (julienned)
- 1 green onion (julienned)
- ② 2 green bell peppers (julienned)
- 2 fresh shiitake mushrooms (julienned)
- 30 g carrot (julienned)
- 10 g bean-starch vermicelli (cut into 1-2 cm long as dried)
- 8 spring roll wraps (store-bought)
- 2 tbsp salad oil
- ③ 2 tbsp flour (cake flour)
- ④ 2 tbsp water

Grill (Frozen Grilled Dishes)

Auto
040

Hamburg Steak (Frozen)

Grill	Microwave Grill	Accessory Used
Hamburg Steak (Frozen)		
→ P.54	(Preparation Heating)	Super Grill Tray Unit (legs opened and top flap closed)
Reference heating time	About 23 min	Ceramic Tray
		Water Tank Empty



Ingredients (4 servings/4 patties)

- Ⓐ 1/2 medium onion (finely chopped) (about 100 g)
15 g butter
300 g ground beef and pork
3/4 cup of bread crumbs (about 30 g)
3 tbsp milk
- Ⓑ 1 egg (beaten)
1/2 scant tsp salt
Dash of pepper and nutmeg
Ketchup and Worcestershire sauce as needed
1 freezing bag (28 x 27 cm) with a zipper

Directions

[Preparation]

- Put Ⓐ in a heat-resistant container and heat with **Microwave 600 W** About 2 min. 30 sec. Let it cool, add Ⓑ and mix well. Then cut into 4 equal pieces. → P.60-62
- Coat your hands with a small amount of salad oil (besides the specified amount). Toss the mixture in ① from one hand to the other to remove air bubbles from inside. Shape it into oval and make a dent in the center of the patty. Patties should be 1.5-2 cm in thickness.
- Cut a cooking sheet to make it smaller than the freezing bag (store-bought) and put it in. Place meat on the cooking sheet and keep it tight. Place them on a metal tray or the like and flatten them in a way they do not stick to each other. Freeze them with reference to **Tips for Freezing Grilled Dishes Skillfully** → P.168.


[Grill]

- Take the meat from the storage bag. Place them with the flat side down at the center of the super grill tray unit with legs opened, and put the unit on the ceramic tray. Press **Grill** ▶ **Hamburg Steak (Frozen)** to cook.
- After heating, place it on a dish and put well-mixed ketchup and Worcestershire sauce on it. "Microwave Heating" → P.60-62

Auto
041

Fried Chicken (Frozen)



Grill	Microwave Grill	Accessory Used
Fried Chicken (Frozen)		
→ P.54		Super Grill Tray Unit (legs opened and top flap closed)
Reference heating time	About 20 min	Ceramic Tray
		Water Tank Empty

Ingredients (4 servings/12 pieces)

- 2 chicken thighs (with skin, about 250 g each)
4 tbsp prepared flour (store-bought) (about 40 g)
1 freezing bag (28 x 27 cm) with a zipper

Directions

[Preparation]

- Cut each chicken into 6 pieces and dust them with the prepared flour. Then let them rest for at least 5 minutes.
- Cut a cooking sheet to make it smaller than the freezing bag (store-bought) and put it in. Place meat on the cooking sheet with the skin side up and keep it tight. Make sure the meat pieces do not stick to each other. Place them on a metal tray or the like and flatten them. Freeze them with reference to **Tips for Freezing Grilled Dishes Skillfully** → P.168.

[Grill]

Take the meat from the storage bag. Place them with the skin side up at the center of the super grill tray unit with legs opened, and put the unit on the ceramic tray. Press **Grill** ▶ **Fried Chicken (Frozen)** to cook.

Tips for Fried Chicken (Frozen)

- **Only cook 3-4 servings at a time**
- **Prepared flour (store-bought)**
Use prepared flour for dusting.
With flour to be dissolved in water, the food will not turn out well.
- **Amount of prepared flour**
If more than the specified amount of flour is used, powder may remain to the last.
- **Chicken with bone**
Set the doneness adjustment to **HI**.
- **If you do not want to get the super grill tray unit dirty**
Place a cooking sheet on it. Do not use aluminum foil. (Will cause sparks.)
- **If your food is underdone after the Additional Heating** light OFF
Press **Grill** to cook, checking the food often. → P.64
- **Grilling non-frozen foods**
Cook it with reference to **Fried Chicken** → P.188.

Tips for Hamburg Steak (Frozen)

- **Only cook 3-4 patties at a time**
- **Making the patty mix**
If patties contain excessive water content, it may be hard to heat and not turn out well.
- **If your food is underdone after the Additional Heating** light OFF
Press **Grill** to cook, checking the food often. → P.64
- **Grilling non-frozen foods**
Cook it with reference to **Hamburg Steak** → P.154.

Fried chicken (frozen) without store-bought prepared flour

Fried chicken will be more tender than when made with store-bought prepared flour.

Ingredients (4 servings/12 pieces)

- 2 chicken thighs (with skin, about 250 g each)
- 2 tbsp soy sauce
- 1 ½ tbsp sake
- ① 1 ½ tsp ginger (grated)
- 1 ½ tsp garlic (grated)
- Dash of pepper
- 1 tbsp starch

Directions

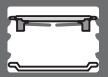
[Preparation]

- ① Cut chicken into 6 pieces and soak them in ① for at least 15 minutes.
- ② Roughly wipe juice off from ①. Put starch and chicken in a plastic bag (store-bought) and rub it into the chicken.
- ③ Cut a cooking sheet to make it smaller than the freezing bag (store-bought) and put it in. Place meat on the cooking sheet with the skin side up and keep it tight. Make sure the meat pieces do not stick to each other. Place them on a metal tray or the like and flatten them. Freeze them with reference to **Tips for Freezing Grilled Dishes Skillfully** (→P.168).

[Grill]

Take the meat from the storage bag. Place them with the skin side up at the center of the super grill tray unit with legs opened, and put the unit on the ceramic tray. Press **Grill** ▶ **Fried Chicken (Frozen)** to cook.

Auto 042 Salted Salmon (Frozen)

Grill	Oven	Accessory Used
Salted Salmon (Frozen)	Microwave Grill	
→P.54		Super Grill Tray Unit (legs closed and top flap opened)
		Top
		Ceramic Tray
		Water Tank
		Empty

Reference heating time About 22 min



Ingredients (4 servings/4 fillets)

- 4 salted salmon fillets (about 80 g each)
- 1 freezing bag (28 x 27 cm) with a zipper

Directions

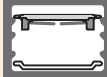
[Preparation]

Cut a cooking sheet to make it smaller than the freezing bag (store-bought) and put it in. Place salted salmon on the cooking sheet with the skin side up and keep it tight. Make sure the salmon do not stick to each other. Place them on a metal tray or the like and flatten them. Freeze them with reference to **Tips for Freezing Grilled Dishes Skillfully** (→P.168).

[Grill]

- ① Take salted salmon from the storage bag and place the fillets on the super grill tray unit with legs closed and top flap opened. Make sure they are arranged so that the side which will be up side on dishes is facing up.
- ② Set ① to **Top** and press **Grill** ▶ **Salted Salmon (Frozen)** to cook.

Auto 043 Dried Horse Mackerel (Frozen)

Grill	Oven	Accessory Used
Dried Horse Mackerel (Frozen)	Microwave Grill	
→P.54		Super Grill Tray Unit (legs closed and top flap opened)
		Top
		Ceramic Tray
		Water Tank
		Empty

Reference heating time About 21 min



Ingredients (2 servings/2 mackerels)

- 2 dried horse mackerels (100-120 g each)
- 1 freezing bag (28 x 27 cm) with a zipper

Directions

[Preparation]

Cut a cooking sheet to make it smaller than the freezing bag (store-bought) and put it in. Place the dried horse mackerels on the cooking sheet and keep them tight. They should be arranged so that they do not stick to each other. Place them on a metal tray or the like to flatten them and freeze them with reference to **Tips for Freezing Grilled Dishes Skillfully** (→P.168).

[Grill]

- ① Take dried horse mackerels from the storage bag. Apply salad oil (besides the specified amount) to the super grill tray unit with legs closed and top flap opened and place them on it. Make sure they are arranged so that the side which will be up side on dishes is facing up.
- ② Set ① to **Top** and press **Grill** ▶ **Dried Horse Mackerel (Frozen)** to cook.

Tips for Salted Salmon (Frozen)/Dried Horse Mackerel (Frozen)

- **Only cook 3 or 4 servings for salted salmon (frozen) or 1 or 2 servings for dried horse mackerels (frozen) at a time**
- **Fillets or dried fish less than 70 g each**
Press **Grill** to cook, checking the food often.
→P.64
- **How to arrange the food**
For **Salted Salmon (Frozen)**, refer to **Tips for Salted Salmon** (→P.159) and for **Dried Horse Mackerel (Frozen)**, refer to **Tips for Dried Horse Mackerel** (→P.162).
- **When you open the door right after heating**
Watch out for spattered oil and open it gently.
- **If you do not want to get the super grill tray unit dirty**
Place a cooking sheet on it. Do not use aluminum foil.
(Will result in sparks.)
- **Grilling non-frozen foods**
Cook with reference to **Salted Salmon** (→P.159) or **Dried Horse Mackerel** (→P.162).
- **If your food is underdone after the Additional Heating light OFF**
Press **Grill** to cook, checking the food often.
→P.64

Tips for Freezing Grilled Dishes Skillfully

[1] Foods that can be frozen

Foods prepared according to menu options described in the Recipes → **P.166-167**.

(You cannot grill store-bought frozen foods with **Grill (Frozen Grilled Dishes)**. Cook with reference to a heating method instructed by a respective food manufacturer.)

[2] Amount of foods that can be cooked at a time

Indicated for each menu option. Excessively high or low amount of food may not turn out well.

[3] Before freezing foods

- Moisture coming out from meat or fish surface should be thoroughly wiped off before freezing.
- Follow the Directions regarding the size of food and seasoning amount. Too much moisture may prevent effective heating and grilling.

[4] Freezing of foods

- Cut a cooking sheet to make it a bit smaller than the freezing bag (store-bought) and put it in. Put foods on the cooking sheet in the storage bag. Make sure there are gaps between foods before freezing. Freezing foods in contact, grilling will not produce good results.
- Flatten foods to freeze to certain thickness. Thick meat cannot be heated effectively and it may not turn out well.
- Flattening foods to be frozen on a metal tray or the like will help effective grilling as broader back area of foods is in contact with the super grill tray unit or metal tray.
- Refer to the following photos for arrangement of foods.

Hamburg Steak



Fried Chicken



Salted salmon



Dried Horse Mackerel



[5] Storage period

- Reference storage period is 2 to 3 weeks. Foods frozen for extended time will vary in conditions and may not be heated well.

[6] Use frozen foods right after taking out from a freezer.

- You cannot grill melted foods with **Grill (Frozen Grilled Dishes)**.

[7] If foods are melted after being left at room temperature

- **For hamburg steak and fried chicken**, place aluminum foil on the metal tray and put the food on it. Then set the tray to **Middle** and press **Oven** **No Preheat** **1 level** and **250°C** for hamburg steak or **230°C** for fried chicken, checking the food often. → **P.65**
- **For salted salmon and dried horse mackerel**, place the food on the super grill tray unit with legs closed and top flap opened. Put the unit to **Top** and press **Grill** to cook, checking the food often. → **P.64**

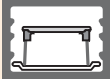
Gratin/Quiche

Auto
044

Macaroni Gratin

Gratin/
Quiche



Gratin/ Quiche	Microwave Oven Grill	Accessory Used
Macaroni Gratin	(Preparation Heating)	 Super Grill Tray Unit (legs opened and top flap closed)
→ P.54	Reference heating time About 18 min	Ceramic Tray Water Tank Empty

Ingredients (4 servings)

- 80 g macaroni
- 100 g chicken thighs (cut into 1 cm cubes)
- 8 shrimps (shelled and deveined, tails removed, cut in half) (about 100 g)
- ① 1/2 medium onion (sliced thin) (about 100 g)
- 1 small can of mushrooms (sliced) (about 50 g)
- 25 g butter
- Dash of salt and pepper
- 3 cups of white sauce
- 80 g cheese (shredded or grated to taste)

Directions

- ① Boil and drain the macaroni. Add a small amount of salad oil (besides the specified amount).
- ② Combine ① in a deep heat-resistant container. Heat the oven by pressing **Microwave 600 W** About 5 min. 20 sec. Combine with cooked macaroni. **→ P.60-62**
- ③ Add half of the white sauce to ②.
- ④ Divide ③ into gratin dishes coated with a small amount of butter (besides the specified amount). Cover with the remaining white sauce and sprinkle with cheese.
- ⑤ Arrange ④ on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Gratin/Quiche** ▶ **Macaroni Gratin**.
"Microwave Heating" **→ P.60-62**

White Sauce

Directions

- ① Combine flour and butter into a deep heat-resistant container, heat them with **Microwave 600 W** and mix well with an egg beater.
- ② Gradually add milk and dilute it. Heat with **Microwave 600 W** and stir them during heating.
- ③ After heating, season it with salt and pepper and stir ②.

"Microwave Heating"

→ P.60-62


	Amount	1 cup	2 cups	3 cups
Ingredients	Milk	200 mL	400 mL	600 mL
	Flour (cake flour)	20 g	30 g	40 g
	Butter	30 g	40 g	50 g
	Salt, pepper	Dash	Dash	Dash
Step ①	Heat butter and flour	Approx. 1 min. 10 sec.	Approx. 1 min. 40 sec.	Approx. 2 min. 10 sec.
	Microwave 600 W			
Step ②	Add milk and heat	2-4 min.	5-7 min.	9-11 min.
	Microwave 600 W			

Auto
045

Shrimp Tomato Gratin

Gratin/
Quiche



Gratin/ Quiche	Microwave Oven Grill	Accessory Used
Shrimp Tomato Gratin	(Preparation Heating)	 Super Grill Tray Unit (legs opened and top flap closed)
→P.54	Reference heating time About 18 min	Ceramic Tray Water Tank Empty

Directions

- Boil and drain the macaroni. Add a small amount of salad oil (besides the specified amount).
- Crush the whole tomato and mix a half into the white sauce and the other half into ①.
- Combine ② in a deep heat-resistant container. Heat the oven by pressing, and entering. Combine with cooked macaroni.
Microwave **600 W** | About 5 min. 20 sec.
→ P.60-62
- Add half of the white sauce to ③.

- Divide ④ into gratin dishes coated with a small amount of butter (besides the specified amount). Cover with the remaining white sauce and sprinkle with cheese.
- Arrange ⑤ on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Gratin/Quiche** ▶ **Shrimp Tomato Gratin**.

"Microwave Heating" **→ P.60-62**

Ingredients (4 servings)

- 80 g macaroni
- 100 g shelled shrimp (deveined)
- 1/2 small broccoli (break apart any clumps and cut in half) (about 80 g)
- ① 1/2 medium onion (sliced thin) (about 100 g)
- 25 g butter
- Dash of salt and pepper
- 100 g can of whole tomatoes
- 3 cups of white sauce (ingredients and directions **→ P.169**)
- 80 g cheese (shredded or grated to taste)

Auto
046

Chicken Curry Gratin

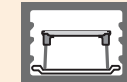


Gratin/
Quiche

Microwave
Oven
Grill

Accessory Used

Chicken Curry Gratin



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

→ P.54

(Preparation
Heating)

Water Tank
Empty

Reference heating time About 18 min

Ingredients (4 servings)

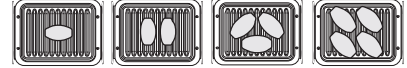
- 80 g macaroni
- 200 g chicken thigh (cut into bite-size pieces)
- 100 g mizuna (cut into 4 cm long pieces)
- ① 1/2 red bell pepper (cut into 1 cm squares)
- 25 g butter
- 1 tsp curry powder
- Dash of salt and pepper
- 3 cups of white sauce (ingredients and directions → P.169)
- 2 tsp curry powder
- 80 g cheese (shredded or grated to taste)

Directions

- ① Boil and drain the macaroni. Add a small amount of salad oil (besides the specified amount). Mix curry powder into white sauce.
- ② Combine ① in a deep heat-resistant container. Heat the oven by pressing **Microwave** **600 W** **About 5 min. 20 sec.** . Combine with cooked macaroni. → P.60-62
- ③ Add half of the white sauce to ②.
- ④ Divide ③ into gratin dishes coated with a small amount of butter (besides the specified amount). Cover with the remaining white sauce and sprinkle with cheese.
- ⑤ Arrange ④ on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Gratin/Quiche** ▶ **Chicken Curry Gratin** . "Microwave Heating" → P.60-62

Tips for Gratin

- **Only cook 1-4 servings at a time**
- **Dishware**
Do not use metal or hollow dishware. Dishes should be heat-resistant ceramic, porcelain, or glass gratin dishes.
- **Arranging gratin dishes for cooking**
Arrange the gratin dishes on the super grill tray unit according to the figures shown below. Place the unit on the ceramic tray on the bottom of the oven cavity.



Place 1 dish in the center Move 2 dishes towards the center Move 3 dishes towards the center Arrange 4 dishes like this

- **When you are concerned about scratches on the super grill tray unit**

Place a cooking sheet on it. Do not use aluminum foil. (Will result in sparks.)

- **If the mixture cools before it is cooked**

The sauce and ingredients should be cooked while they are still warm. If they cool before cooking, press

Microwave **500 W** and heat them to a lukewarm temperature (about 40°C)

before cooking. → P.60-62

- **Grilled color**

The grilled color varies according to the thickness of the white sauce, type of cheese used, and manufacturer of the ingredients.

- **If the gratin is undercooked after the**

Additional Heating **light OFF**

Press **Oven** **No Preheat** **1 level** **210°C** to cook, checking the food often.

→ P.65

- **If the gratin is cooked unevenly**

When there are 3-5 minutes of cooking time left, reverse the direction of the gratin dishes and finish cooking.

- **Frozen gratin cannot be cooked with Macaroni Gratin.**

Place the food in the center of the metal tray. Put it into **Middle** and cook it watching the condition with

Oven **No Preheat** **1 level** **210°C** **34-46 min.** .

Auto
047

Sardine Gnocchi Gratin

(Recipe developed by Kagawa Nutrition University → P.146)



CAUTION

Certain ingredients may splatter when cooked.

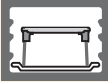
If you use squid, be sure to make cuts throughout the meat before cooking. Do not use whole mushrooms.

Auto
048

Shrimp Rice Gratin

Gratin/
Quiche



Gratin/ Quiche	Microwave Oven Grill	Accessory Used
Shrimp Rice Gratin	(Preparation Heating)	 Super Grill Tray Unit (legs opened and top flap closed)
→P.54	Reference heating time	Ceramic Tray Water Tank Empty
	About 16 min	

Ingredients (for a 21 cm baking pan)

- 150 g shelled shrimp (deveined)
- ① 1/3 onion (finely chopped) (about 70 g)
- 3 fresh shiitake mushrooms (sliced thin)
- 20 g butter
- 1 cup of white sauce (ingredients and directions **→P.169**)
- 300 g cold rice
- 10 g butter
- 80 g cheese (shredded or grated to taste)

Directions

- ① Put ① in a deep heat-resistant container and press **Microwave 600 W** **Approx. 3 min. 10 sec.** to cook. Then add white sauce. **→P.60-62**
- ② Put butter into a large heat-resistant container and press **Microwave 200 W** **About 1 min** to cook and melt.
- ③ Combine rice into ② and mix them. Add a small amount of salt and pepper (besides the specified amount) and press **Microwave 600 W** **Approx. 1 min. 10 sec.** to cook.
- ④ Put ③ onto a butter (besides the specified amount) coated baking pan. Then put ① and cheese on it.
- ⑤ Arrange ④ in the center of the super grill tray unit with legs opened, place the unit on the ceramic tray. Press **Gratin/Quiche** **▶ Shrimp Rice Gratin** to cook.

"Microwave Heating" **→P.60-62**

Auto
049

Spinach Quiche

Gratin/
Quiche

Microwave
Oven
Grill

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank

Empty

Spinach Quiche

→P.54

(Preparation
Heating)

Reference heating time About 18 min

Gratin/
Quiche

Ingredients (for a 21 cm baking pan)

- 1 bunch of spinach
- 1 garlic clove (finely chopped)
- 1 tbsp butter (about 12 g)
- Dash of salt and pepper
- 2 eggs (beaten)
- 130 mL milk
- 70 mL fresh cream (vegetable-based)
- 30 mL soup (dissolved 1/4 bouillon cube)
- Dash of salt and pepper
- 60 g cheese (shredded)



Directions

- ① Rinse and wrap spinach in plastic wrap. Press **Boil Vegetables** to cook and put it in cold water. Then drain and squeeze it well, and cut into 3 cm long. →P.52-53
- ② Heat butter in a skillet. Saute the garlic first, then add ①. Sprinkle with salt and pepper.
- ③ Combine ① and the eggs in a bowl and mix well. Strain the mixture.
- ④ Combine ③ and ②. Mix in 2/3 of the cheese. Put into a baking pan coated with a small amount of butter (besides the specified amount). Top with the remaining cheese and place in the center of the super grill tray unit with legs opened. Put it on the ceramic tray and press **Gratin/Quiche** ▶ **Spinach Quiche** to cook.

"How to Use **Boil Vegetables**" →P.52-53

Tips for Rice Gratin and Quiche

- **Only cook the specified amount at a time**
- **When you are concerned about scratches on the the super grill tray unit**
Place a cooking sheet on it.
Do not use aluminum foil.
(Will result in sparks.)
- **Dishware**
Do not use metal or hollow dishware.
Dishes should be heat-resistant ceramic, porcelain, or glass dishes.
- **If the mixture cools before it is cooked**
The sauce and ingredients should be cooked while they are still warm. If they cool before cooking, set the oven to **Microwave 500 W** and heat them to a lukewarm temperature (about 40°C) before cooking. →P.60-62
- **Grilled color**
The grilled color varies according to the thickness of the white sauce, type of cheese used, and manufacturer of the ingredients.
- **Wait until the oven cavity is cool**
The food will not turn out well if you use the **Oven**, **Grill**, **Deodorization** function beforehand without allowing the oven cavity to cool.
- **If the gratin or quiche is undercooked after the Additional Heating light OFF**
Press **Oven** **No Preheat** **1 level** **210°C** to cook, checking the food often. →P.65
- **Frozen rice gratin cannot be grilled with Shrimp Rice Gratin.**
Put them on the metal tray without taking contents out from aluminum cases (how to arrange store-bought frozen gratin →P.195), put it to **Middle**. Then press **Oven** **No Preheat** **1 level** **210°C** **34-46 min.** to cook, checking the food often. →P.65
- **You cannot grill food in a plastic container for microwave heating.**
Will result in deformation of the container.

Steam-Grill/Stir-Fry (Steam-Grill Food)

Auto 050 Fried Dumpling

Steam-Grill/
Stir-Fry
Fried Dumpling

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid

Ceramic Tray

Water Tank

Full

(Preparation
Heating)

→ P.54

Reference heating time About 27 min



Ingredients (4 servings/20 pieces)

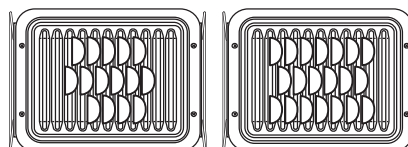
- 180 g napa cabbage
- 100 g ground pork
- 30 g garlic chive (finely chopped)
- 3 tbsp green onion (finely chopped)
(about 30 g)
- ① 1 garlic clove (finely chopped)
- 1 small ginger clove (finely chopped)
- 1 tbsp sake
- 1 tsp soy sauce
- 2 tsp sesame oil
- Dash of salt and pepper
- 20 dumpling wraps (store-bought)

Directions

- ① Fill the water tank with water up to the full line.
- ② Heat napa cabbage with **Boil Vegetables**, finely chop, drain and squeeze it. → P.52-53
- ③ Combine ② and ① in a bowl and mix seasonings and ingredients. Mix well into gruel and divide the mixture into 20 pieces.
- ④ Place ③ at the center of each dumpling wrap and plait and wrap it up.
- ⑤ Apply salad oil (besides the specified amount) at the bottom of ④, place the pieces on the super grill tray unit with legs closed as indicated in the right figure and set the grill lid.
- ⑥ Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Fried Dumpling** to cook.

"How to Use **Boil Vegetables**" → P.52-53

How to arrange fried dumplings



For 3 servings

For 4 servings

Tips for Dumplings

- **Be sure to fill the water tank full.**
If the water tank is empty or not set, your food will not turn out well.
- **Only cook 3 or 4 servings at a time if skin diameter is about 9 cm**
(The number of dumplings you can cook at a time varies depending on size of dumplings.)
- **If the color is light**
Get rid of the hot water in the super grill tray unit and set the grill lid. Then basically use **Additional Heating** 5-10 min to cook. After **Additional Heating** light OFF, basically use **Microwave** 500 W 5-10 min to cook. → P.60-62
- **According to dumpling wrap size**
Adjust the amount of filling.
- **Thickness and size of dumpling wraps**
These affect charring and steaming effects.
If wraps are thin, use **MID-LO** or **LO** to cook.
- **If a lot of powder is on dumplings or dumpling wraps**
Slap it off before cooking.
- **Store-bought dumpling (frozen foods)**
cannot be cooked well. Thaw them before cooking.
- **Already-browned frozen ones shall be cooked with **Reheat**.**

Auto
051

Shrimp Dumpling

Steam-Grill/
Stir-Fry
Shrimp Dumpling

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

→P.54

Reference heating time About 27 min



Ingredients (4 servings/20 pieces)

- 250 g shelled shrimp
- 20 shelled shrimps (for decoration, small)
- 1 tsp ginger juice
- 1 tsp sake
- ① 1 tsp sesame oil
- 1 tsp starch
- 15 g garlic chive (finely chopped)
- 2 tbsp green onion (finely chopped) (about 20 g)
- ② 1 dried shiitake mushroom (reconstituted, finely chopped)
- 1 tsp soy sauce
- Dash of salt and pepper
- 20 dumpling wraps (store-bought)

Directions

- ① Fill the water tank with water up to the full line.
- ② Finely chop half of the shelled shrimp and coarsely cut the other half. Season with ①.
- ③ Combine ② and ② in a bowl and mix seasonings and ingredients. Mix well into gruel and divide the mixture into 20 pieces.
- ④ Place ③ at the center of each dumpling wrap and plait and wrap it up to a round shape. Put a shelled shrimp on top for decoration.
- ⑤ Apply salad oil (besides the specified amount) at the bottom of ④, place the pieces at the center of the super grill tray unit with legs closed and set the grill lid.
- ⑥ Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Shrimp Dumpling** to cook.

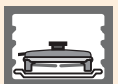
Auto
052

Chicken Breast in Plum Sauce

Steam-Grill/
Stir-Fry
Chicken Breast
in Plum Sauce

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

→P.54

Reference heating time About 9 min



Ingredients (2 servings/4 bars)

- 4 white chicken breast (strings trimmed) (about 180 g)
- 40 g Chinese yam (cut into 1 cm wide and 6 cm long pieces)
- 4 shiso leaves (cut in half)
- 1 tbsp salty malt
- 1 pickled plum (seeded)
- Pepper as needed

Directions

- ① Fill the water tank with water up to the full line.
- ② Beat and flatten the white chicken breast, add salty malt, mix them and let it rest for at least 1 hour.
- ③ Spread ② and top with shiso leaves. Put a portion of pickled plum at the center and arrange Chinese yam on it. Then roll it up.
- ④ Place a cooking sheet on the super grill tray unit. Season ③ with pepper and arrange the pieces at the center of the super grill tray unit with legs closed. Then set the grill lid.
- ⑤ Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Chicken Breast in Plum Sauce** to cook.

Tips for Chicken Breast in Plum Sauce

- **Only cook 1-2 servings at a time**
- **If your food is underdone after the **Additional Heating** light OFF**
Transfer the food to a plate and cover with plastic wrap. Press **Microwave** | **500 W** to cook, checking the food often. →P.60-62

Auto
053

Mixed Grain Chicken Roll

(Recipe developed by Kagawa Nutrition University →P.147)



Auto
054

Rice Malt Marinade Chicken

Steam-Grill/
Stir-Fry
Rice Malt
Marinade Chicken

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid

Ceramic Tray

Water Tank

Full

→P.54

Reference heating time About 9 min



Ingredients (2 servings)

- 1 chicken breast (no skin, about 200 g each)
- Ⓐ 2 tbsp salty malt
- 1/2 tbsp sake
- Lettuce and lemon as needed

Tips for Rice Malt Marinade Chicken

- Only cook 1 or 2 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a plate and cover with plastic wrap.
Press **Microwave** **500 W** to cook, checking the food often.
→P.60-62

Directions

- ① Fill the water tank with water up to the full line.
- ② Cut chicken into 6 pieces and soak them in Ⓐ for at least 1 hour.
- ③ Spread ② at the center of the super grill tray unit with legs closed and set the grill lid.
- ④ Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Rice Malt Marinade Chicken** to cook.
- ⑤ After heating, place it on a dish and top with lettuce and lemon.

Auto
055

Miso Salmon

Steam-Grill/
Stir-Fry
Miso Salmon

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid

Ceramic Tray

Water Tank

Full

→P.54

Reference heating time About 11 min



Ingredients (4 servings)

- 4 raw salmon fillets (about 100 g each)
- 2 tsp white miso paste
- 30 g plain yogurt
- Ⓐ 2 1/2 tbsp soy milk (non-homogenized)
- 1 1/2 tbsp sake
- 1/3 tsp salt
- 1/2 tbsp soy sauce
- 2 shiso leaves
- Radish (grated) as needed

Directions

- ① Fill the water tank with water up to the full line.
- ② Wipe moisture off from the salmon, soak it in the mixed Ⓐ for 30-60 minutes as a base seasoning and lightly remove the juice.
- ③ Arrange ② on the super grill tray unit with legs closed so that side which will be up side on dishes is facing down, and set the grill lid.
- ④ Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet. Press **Steam-Grill/Stir-Fry** ▶ **Miso Salmon** to cook and mix.
- ⑤ After heating, place it on a dish and top with shiso and grated radish.

Tips for Miso Salmon

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a plate and cover with plastic wrap.
Press **Microwave** **500 W** to cook, checking the food often.
→P.60-62

Auto
056

Basque Marlin Tuna

(Recipe developed by Kagawa Nutrition University →P.148)



Auto
057

Steam Whole White Fish

Steam-Grill/
Stir-Fry
Steam Whole
White Fish

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

→ P.54

Reference heating time About 17 min



Ingredients (1 sea bream)

- 1 flatfish (about 400 g each)
- 1 green onion
- 1 ginger clove (julienned)
 - 1 tbsp oyster sauce
 - 1 tbsp soy sauce
 - 50 mL Chinese rice wine (or sake)
- Ⓐ 1 tsp starch
Dash of salt and pepper
1 tsp chicken bouillon powder
3/4 cup of water
- Ⓑ 1 tbsp soy sauce
2 tbsp salad oil

Tips for Steam Whole White Fish

- Only cook the specified amount at a time.
- If your food is underdone after the **Additional Heating** light OFF

Transfer the food to a plate and cover with plastic wrap.

Press **Microwave 500 W** to cook, checking the food often.

→ P.60-62

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the scales, internal organs and gills of the fish. Put a shallow cut on the thicker portions and wash it in water and wipe off the water.
- 3 Cut a white portion of the green onion into 4-5 cm long pieces. Remove its core and julienne it. Expose it with water and wipe off the water to make it fine strips.
- 4 Cut the blue portion at an angle into 4-5 cm pieces.
- 5 Put a cooking sheet on the super grill tray unit with legs closed and arrange 4 on it. Then put 2 with its skin side up. Place the ginger and onion core from 3 on top. Put Ⓐ you prepared on it and set the grill lid.
- 6 Place the unit on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Steam Whole White Fish** to cook.
- 7 Put the food on a dish and top with the fine strips of green onion. Then put and heat Ⓑ in a small pan and pour it on the dish right before eating.

Auto
058

Sake-Steamed Clam

Steam-Grill/
Stir-Fry
Sake-Steamed Clam

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

→ P.54

Reference heating time About 10 min



Ingredients (2 servings)

- About 300 g clams (with shells)
- 1/4 cup of sake
- 1 tsp butter
- Dash of parsley (finely chopped)

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Place the clams in a 3% saltwater solution (besides the specified amount). Store in a cool, dark place for 3 hours to half a day. This will help remove sand particles.
- 3 Wash the clams well, rubbing the shells together. Place a cooking sheet on the super grill tray unit with legs closed and arrange the clams on it. Add the sake and butter. Set the grill lid.
- 4 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Sake-Steamed Clam** to cook. When they are finished cooking, garnish with parsley and serve.

[Tips]

- When removing sand from the clams, they should be submerged about halfway in the saltwater. Cover with a bowl or aluminum foil to prevent water spray from escaping as the clams breathe.

Tips for Sake-Steamed Clam

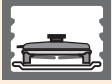
- Only cook 1-2 servings at a time
- Place a cooking sheet to prevent scratches on the super grill tray unit caused by the shells.
- If your food is underdone after the **Additional Heating** light OFF

Transfer the food to a plate and cover with plastic wrap.

Press **Microwave 500 W** to cook, checking the food often.

→ P.60-62

Auto 059 Eggplant Mushroom Salad

Steam-Grill/ Stir-Fry	Steam Microwave	Accessory Used
Eggplant Mushroom Salad		 Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray Water Tank Full
→P.54		
Reference heating time	About 10 min	



Ingredients (2 servings)

- 2 Japanese eggplants (about 200 g)
- 6 green peppers (about 25 g)
- Ⓐ 50 g enoki mushrooms
- 50 g maitake mushrooms
- 1 deep-fried bean curd (thin sliced into 1 cm width) (about 35 g)
- Ⓑ 1 tbsp salty malt
- 1/2 tsp ginger (grated)
- Ⓒ 2 tsp lemon juice
- 1/2 tsp olive oil as needed

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the stems from eggplants and cut each into 8 pieces. Soak them in water.
- 3 Remove the stems from enoki and maitake mushrooms of Ⓐ and break them.
- 4 Put the prepared Ⓒ into a plastic bag (store-bought) and combine with the prepared Ⓑ and Ⓐ, and mix them.
- 5 Put a cooking sheet on the super grill tray unit with legs closed and spread 4 taken out of the plastic bag. Then set the grill lid.
- 6 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet. Press **Steam-Grill/Stir-Fry** ▶ **Eggplant Mushroom Salad** to cook and mix.

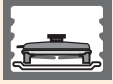
[Tips]

- You may want to have it cool.

Tips for Eggplant Mushroom Salad

- Only cook 1-2 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a plate and cover with plastic wrap.
Press **Microwave** 500 W to cook, checking the food often. **→P.60-62**

Auto 060 Steam Baked Squash

Steam-Grill/ Stir-Fry	Oven Superheated Steam	Accessory Used
Steam Baked Squash	Microwave	 Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray Water Tank Full
(Preheat) →P.55	About 9 min Reference heating time About 13 min	



Ingredients (3 servings)

- 400 g squash (peeled, cut into 1 cm cubes)
- 3 tbsp mayonnaise
- Ⓐ 2 tsp ketchup
- 1 tsp lemon juice

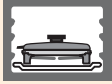
Directions

- 1 Fill the water tank with water up to the full line.
- 2 Start preheating with **Steam-Grill/Stir-Fry** ▶ **Steam Baked Squash** without putting the food yet.
- 3 Put a cooking sheet on the super grill tray unit with legs closed and spread the squash. Then set the grill lid.
- 4 When you hear the preheating completion sound, place it on the ceramic tray with care not to get burned and align the steam inlet of the grill lid with the steam outlet.
- 5 After heating, arrange them on a dish and put Ⓐ you prepared.

Tips for Steam Baked Squash

- Only cook 1-3 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave** 500 W to cook, checking the food often. **→P.60-62**

Auto 061 Steam Baked Sweet Potato

Steam-Grill/ Stir-Fry	Oven Superheated Steam	Accessory Used
Steam Baked Sweet Potato		 Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray Water Tank Full
(Preheat) →P.55	About 5 min Reference heating time About 32 min	



Ingredients (4 servings)

- 4 sweet potatoes (about 250 g each)

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Start preheating with **Steam-Grill/Stir-Fry** ▶ **Steam Baked Sweet Potato** without putting the food yet.
- 3 Put holes with a fork or cuts with a knife on sweet potato skin. Place a cooking sheet on the super grill tray unit with legs closed and put the sweet potatoes on it. Then set the grill lid.
- 4 When you hear the preheating completion sound, place it on the ceramic tray with care not to get burned and align the steam inlet of the lid with the steam outlet.
- 5 After heating, insert a bamboo skewer and if you feel it still hard, set the grill lid and return the food to the oven cavity. Then continue steaming for about 10 minutes.

Tips for Steam Baked Sweet Potato

- Only cook 3 or 4 servings at a time
- Size of sweet potato
4 cm diameter is appropriate.
Thicker ones should be cut into 2 or 3 pieces before cooking.
Cook thin (180 g or below) or small (130 g or below) sweet potato with doneness adjustment set to **LO**.
- If you do not want to get the super grill tray unit dirty, place a cooking sheet on it.
- If your food is underdone after the **Additional Heating** light OFF
Press **Steam Microwave (Leaven)** 350 W to cook, checking the food often. **→P.68**

Auto
062

Steam Baked Cabbage

Steam-Grill/
Stir-Fry
Steam Baked Cabbage

Oven
Superheated Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

(Preheat)
→ P.55

Preheating
Reference heating time

About 9 min
About 10 min



Ingredients (3 servings)

- 400 g cabbage
- 30 g karashi-mentaiko
- 4 tbsp mayonnaise
- 1 tbsp vinegar
- ① 1/3 tsp soy sauce
- 1/2 tsp lemon juice
- 3 g grated Parmesan cheese
- Dash of salt and pepper

Directions

- ① Fill the water tank with water up to the full line.
- ② Leave cabbage core and cut it into 3 wedges.
- ③ Start preheating with **Steam-Grill/Stir-Fry** ▶ **Steam Baked Cabbage** without putting the food yet.
- ④ Spread ② on the super grill tray unit with legs closed and set the grill lid.
- ⑤ When you hear the preheating completion sound, place it on the ceramic tray with care not to get burned and align the steam inlet of the ④ grill lid with the steam outlet.
- ⑥ Scrape the karashi-mentaiko and combine with ①.
- ⑦ After heating, put it on a dish and top with ⑥.

Tips for Steam Baked Cabbage

- Only cook 2 or 3 servings at a time
- If your food is underdone after the **Additional Heating** light OFF Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave** 500 W to cook, checking the food often. → P.60-62

Steam-Grill/Stir-Fry (Steam-Grill Food (Dim Sum))

Auto
063

Steamed Dumpling



Steam-Grill/
Stir-Fry
Steamed Dumpling

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

→ P.54

(Preparation
Heating)

Reference heating time About 22 min

Ingredients (4 servings/20 pieces)

- 180 g cabbage leaves
- 100 g ground pork
- 15 g garlic chive (finely chopped)
- 30 g boiled bamboo shoots (finely chopped)
- ① 1 small garlic clove (finely chopped)
- 1 small ginger clove (finely chopped)
- 2 tsp sake
- 2 tsp soy sauce
- 1 tbsp sesame oil
- Dash of salt and pepper
- 20 dumpling wraps (store-bought)

Directions

- ① Fill the water tank with water up to the full line.
- ② Rinse the cabbage leaves and wrap them in plastic wrap. Press **Boil Vegetables** to cook and finely chop them. Then drain and squeeze. → P.52-53
- ③ Combine ② and ① in a bowl and mix seasonings and ingredients. Mix well into gruel and divide the mixture into 20 pieces.
- ④ Place ③ at the center of each dumpling wrap and plait and wrap it up.
- ⑤ Place a cooking sheet on the super grill tray unit with legs closed and arrange ④ at the center of the unit. Then set the grill lid.
- ⑥ Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Steamed Dumpling** to cook.

"How to Use **Boil Vegetables**" → P.52-53

Tips for Steamed Dumplings

- Only cook 3 or 4 servings worth of dumplings with a diameter of about 9 cm at a time (The number of dumplings you can cook at a time varies depending on size of dumplings.)
- Amount of filling Adjust according to the size of dumpling wraps.
- If your food is underdone after the **Additional Heating** light OFF Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave** 500 W to cook, checking the food often. → P.60-62



Steam-Grill/
Stir-Fry
Soup Dumpling

Superheated Steam
Oven

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid

Ceramic Tray

Water Tank

Full

(Preheat)
→ P.55

(Preparation
Heating)

Preheating About 6 min
Reference heating time About 17 min

Ingredients (4 servings/12 pieces)

<Wraps>

- 50 g flour (bread flour)
- Ⓐ 50 g flour (cake flour)
- 1/3 tsp salt (about 2 g)
- 1/4 tsp sesame oil (about 1 g)
- 50 mL water

<Soup jelly>

- Ⓑ 2 tsp water
- 2/3 tsp powdered gelatin (about 2 g)
- Ⓒ 1/3 tsp chicken bouillon powder
- 60 mL water

<Filling>

- 150 g thin-sliced pork back ribs (minced by a kitchen knife)
- 1 tsp Chinese rice wine (or sake)
- 1 tsp soy sauce
- Ⓓ Dash of salt
- 1 tbsp green onion (finely chopped)
- 1 tbsp ginger (finely chopped)
- 1 tsp sesame oil

Starch (dusting, for hands) as needed
Ginger (julienned) as needed
Soy sauce and vinegar as needed

Directions

- ① Fill the water tank with water up to the full line.
- ② Combine and dust with Ⓐ and put in a bowl. Pour hot water bit by bit and mix well with chopsticks or the like. When it cools down to temperature at which you can touch it by hand, add sesame oil and mix well. Once it becomes a chunk, put it on a cutting board and dust with starch. Then mix it for about 10 minutes. When it becomes as soft as your ear lobe and smooth, wrap it in plastic wrap and let it rest for 1 hour.
- ③ Combine Ⓑ and let powdered gelatin become wet. Combine Ⓒ in a heat-resistant dish and use Microwave 600 W Approx. 1 min. 20 sec. to heat. Then add and mix Ⓑ and dissolve the gelatin and make it solid in a refrigerator. → P.60-62
- ④ Combine Ⓓ in a bowl and mix well. Finely cut and add soup jelly made solid in ③ into 12 pieces (about 21 g each). Then shape them round and let them chilled in a refrigerator.

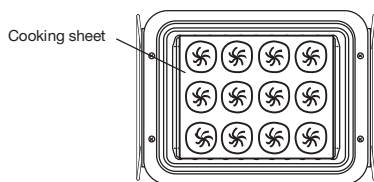
- ⑤ Place ② on a cutting board powdered with starch. Make the dough a bar shape and divide into 12 pieces (about 12 g each). Cover them with plastic wrap or well-wrung wet dishcloth to prevent it from drying. Further, use a roller pin to stretch it to about 9 cm round shape.
- ⑥ Put ④ at the center of each wrap in ⑤ and plait and wrap it up toward the center. Finally close the wrap by pinching the edges at the top. If wraps is not closed well, make the edge wet.
- ⑦ Use Steam-Grill/Stir-Fry Soup Dumpling for preheating without putting the food yet.
- ⑧ Place a cooking sheet on the super grill tray unit with legs closed and arrange ⑥ on the unit as indicated in the figure in Tips for Soup Dumpling. Then set the grill lid.
- ⑨ When you hear the preheating completion sound, place it on the ceramic tray with care not to get burned and align the steam inlet of the lid with the steam outlet.
- ⑩ Combine soy sauce and vinegar together and add it to the soup dumplings with ginger.

"Microwave Heating"

→ P.60-62

Tips for Soup Dumpling

- **Only cook 3 or 4 servings of homemade soup dumplings at a time**
- **How to prepare wraps**
Use a roller pin to stretch each wrap while turning the wrap, so that the circumference thickness is slightly less than 1 mm and the center portion thickness is a bit thicker than it. Make it a round shape of about 9 cm diameter. Do not stretch the wrap too much as the wrap may be broken during heating.
- **Filling**
Wrap filling sufficiently chilled in a refrigerator (at 0°C-10°C). Otherwise, it is hard to wrap and wraps may break during heating.
- **Store-bought soup dumplings (chilled/frozen)**
If filling is wrapped in a thin wrap, or the wrap is not closed on top, they will not turn out well as wraps may break during heating or soup may spill from the top.
- **How to arrange the food**
Soup dumplings will swell up after heating, so arrange them at intervals.



- **If your food is underdone after the Additional Heating light OFF**

Transfer the food to a dish and wrap in plastic wrap. Then press

Microwave 500 W to cook,

checking the food often. → P.60-62



Steam-Grill/
Stir-Fry
Shrimp Siu Mai

Steam
Microwave

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank

Full

→ P.54

Reference heating time About 17 min

Ingredients (4 servings/16 pieces)

- 160 g shrimp
- 16 shelled shrimps (for decoration, small)
- 2 scallop eyes (minced) (about 40 g)
- 30 g boiled bamboo shoots (finely chopped)
- 2 tbsp green onion (finely chopped) (about 20 g)
- Ⓐ Egg whites for 1/2 egg
- 1 tsp ginger (grated)
- 1 tbsp starch
- 1/2 tsp sake
- Dash of sesame oil
- 1/4 tsp salt
- 16 dumpling wraps (store-bought)

Directions

- 1 Fill the water tank with water up to the full line.
 - 2 Wipe off the water from shrimps and finely chop half of them and coarsely cut the other half.
 - 3 Combine 2 and A in a bowl and mix well. Divide the mixture into 16 pieces.
 - 4 Form a ring with your thumb and index finger, and place a wrap over it. Place 3 on top of the wrap and create a cylinder shape using the depression of your fingers. Finish shaping and then fold in the corners of the wrap. Place peeled shrimp for decoration on top.
 - 5 Place a cooking sheet on the super grill tray unit with legs closed and arrange 4 at the center of the unit. Then set the grill lid.
 - 6 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use
- Steam-Grill/Stir-Fry ▶ Shrimp Siu Mai to cook.

Tips for Shrimp Siu Mai

- **Only cook 3 or 4 servings at a time**
- **If your food is underdone after the Additional Heating light OFF**
Transfer the food to a dish and wrap in plastic wrap. Then press
Microwave 500 W to cook, checking the food often. → P.60-62

Steam-Grill/Stir-Fry (Stir-Fried Food)

Auto
066

Stir-Fried Vegetable

Steam-Grill/
Stir-Fry

Stir-Fried Food



Steam-Grill/
Stir-Fry
Stir-Fried Vegetable

Microwave
Steam

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid

Ceramic Tray

Water Tank

Full

→ P.54

Reference heating time About 12 min

Ingredients (4 servings)

540 g vegetable mix
160 g thin-sliced pork (cut into bite-size
pieces)

- Ⓐ Dash of salt and pepper
1 tbsp soy sauce
2 tbsp olive oil as needed
Dash of salt and pepper

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Put the prepared Ⓐ into a plastic bag (store-bought) and combine with the vegetables and mix them.
- 3 Season the meat with salt and pepper, spread it on the super grill tray unit with legs closed. Then put ② taken out from the plastic bag on it and set the grill lid.
- 4 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Stir-Fried Vegetable** to cook.

Tips for Stir-Fried Vegetable

- **Only cook 3 or 4 servings at a time**
- **If you do not want to get the super grill tray unit dirty**
Place a cooking sheet on it. Do not use aluminum foil.
(Will result in sparks.)
- **If your food is underdone after the **Additional Heating** light OFF**
Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave 500 W** to cook, checking the food often. → P.60-62

Auto
067

Fried Noodles

Steam-Grill/
Stir-Fry
Fried Noodles

Microwave
Steam

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid

Ceramic Tray

Water Tank

Full

→ P.54

Reference heating time About 16 min

Ingredients (4 servings)

- 4 bags of yakisoba noodle (with sauce, 150 g each)
- About 500 g vegetable mix
- 100 g thin-sliced pork (cut into bite-size pieces)
- Dash of salt and pepper

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Put the noodle and vegetables (4 tbsp water (besides the specified amount) and sauce sprinkled) into a plastic bag (store-bought) and mix them.
- 3 Season the meat with salt and pepper, spread it on the super grill tray unit with legs closed. Then put ② taken out from the plastic bag on it and set the grill lid.
- 4 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet. Press **Steam-Grill/Stir-Fry** ▶ **Fried Noodles** to cook and mix.



Tips for Fried Noodles

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave 500 W** to cook, checking the food often. → P.60-62

Auto
068

Gizzard & Fried Nuts

Steam-Grill/
Stir-Fry
Gizzard & Fried Nuts

Microwave
Steam

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid

Ceramic Tray

Water Tank

Full

→ P.54

Reference heating time About 10 min

Ingredients (2 servings)

- 200 g gizzards (hard part removed, julienned)
- 20 g cashew nut
- 1/2 cluster of shimeji mushrooms (about 75 g)
- 2 tbsp salty malt
- 1 tbsp starch
- ① 1 ginger clove (julienned) (about 15 g)
- ① 1 tbsp sake
- White radish sprouts as needed

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Put gizzards in a plastic bag (store-bought) and rub salty malt and starch into gizzards.
- 3 Put ① combined with ② and all the other ingredients and mix them.
- 4 Spread ③ taken out from the plastic bag on the super grill tray unit with legs closed. Then set the grill lid. Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet. Press **Steam-Grill/Stir-Fry** ▶ **Gizzard & Fried Nuts** to cook and mix.
- 5 After heating, top with white radish and put the food on a dish.

Tips for Gizzard & Fried Nuts

- Only cook 1-2 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave 500 W** to cook, checking the food often. → P.60-62



Auto
069

Bulgogi

(Recipe developed by Kagawa Nutrition University → P.148)



Auto
070

Shrimp Chili Sauce



Steam-Grill/
Stir-Fry
Shrimp Chili Sauce

Microwave
Steam

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

→ P.54

Reference heating time About 12 min

Ingredients (4 servings)

- About 500 g shrimp (with shells)
- 4 tbsp green onion (finely chopped)
- 2 tsp ginger (finely chopped)
- 1 tsp starch
- 4 tbsp ketchup
- ① ½ cup of sake
- 2 tsp sugar
- 1 tsp tobanjan (Chinese spicy bean sauce)
- Dash of salt and pepper
- 1 tbsp sesame oil as needed
- Cooked greens as needed

Directions

- ① Fill the water tank with water up to the full line.
- ② Peel and devein the shrimp while leaving the tail and last joint. Wipe off the water and lightly season with salt and pepper (besides the specified amount).
- ③ Dust ② with 1 tsp starch (besides the specified amount), put the combined ① in and briefly mix.
- ④ Spread ③ on the super grill tray unit with legs closed and set the grill lid.
- ⑤ Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet. Press **Steam-Grill/Stir-Fry** ▶ **Shrimp Chili Sauce** to cook and mix. Then put the food on a dish topped with greens.

Tips for Shrimp Chili Sauce

- Only cook 3 or 4 servings at a time
- If you do not want to get the super grill tray unit dirty
Place a cooking sheet on it. Do not use aluminum foil.
(Will result in sparks.)
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave 500 W** to cook, checking the food often. → P.60-62

Auto
071

Steam Fried Broccoli

Steam-Grill/
Stir-Fry
Steam Fried Broccoli

Microwave
Steam

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

→ P.54

Reference heating time About 12 min



Ingredients (3 servings)

- 400 g broccoli (divided)
- 40 g red bell pepper (thin sliced into 1 cm width)
- 40 g yellow bell pepper (thin sliced into 1 cm width)
- ½ garlic clove (sliced thin)
- ① Dash of salt and pepper
- 1 tbsp olive oil as needed
- ② 2 tbsp mayonnaise
- ③ 2 tbsp yogurt
- Dash of salt and pepper

Directions

- ① Fill the water tank with water up to the full line.
- ② Put the prepared ① into a plastic bag (store-bought) and combine with the vegetables and mix them.
- ③ Spread ② taken out of the plastic bag on the super grill tray unit with legs closed and a cooking sheet on it. Then set the grill lid.
- ④ Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Steam Fried Broccoli** to cook.
- ⑤ Combine ③ and put them on.

Tips for Steam Fried Broccoli

- Only cook 2 or 3 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave 500 W** to cook, checking the food often. → P.60-62

Auto
072

Vegetable with Fried Garlic



Steam-Grill/
Stir-Fry

Microwave
Steam

Vegetable
with Fried Garlic

→P.54

Reference heating time About 10 min

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Mix the vegetables and ① and spread them on the super grill tray unit with legs closed. Then set the grill lid.
- 3 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Vegetable with Fried Garlic** to cook.

Ingredients (2 servings)

- 1/2 red bell pepper (cut into bite-size pieces) (about 60 g)
- 1/2 yellow bell pepper (cut into bite-size pieces) (about 60 g)
- 50 g shimeji mushrooms (break apart any clumps)
- 2 asparagus (cut into 6 equal pieces) (about 50 g)
- 50 g broccoli (divided)
- 4 cherry tomatoes (cut in half) (about 40 g)
- 5 g garlic (finely chopped)
- 1/2 red pepper (dried, sliced thin)
- ① 1 tbsp white wine
- Dash of cracked black pepper
- Dash of salt
- 1 tbsp olive oil as needed

Tips for Vegetable with Fried Garlic

- Only cook 1-2 servings at a time
- If you do not want to get the super grill tray unit dirty
Place a cooking sheet on it. Do not use aluminum foil.
(Will result in sparks.)

Auto
073

Salt Rice Malt Spinach Saute

Steam-Grill/
Stir-Fry

Microwave
Steam

Salt Rice Malt
Spinach Saute

→P.54

Reference heating time About 9 min

Accessory Used



Super Grill Tray Unit (legs
and top flap closed)

Grill Lid
Ceramic Tray

Water Tank
Full



Ingredients (2 servings)

- 200 g spinach (cut into 3 cm pieces)
- 2 slices of bacon (cut into 5 mm pieces) (about 40 g)
- ① 1 tbsp salty malt
- 1 tsp olive oil as needed

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Put ① combined with spinach and bacon into a plastic bag (store-bought) and mix them.
- 3 Put a cooking sheet on the super grill tray unit with legs closed and spread ② taken out of the plastic bag. Then set the grill lid.
- 4 Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam-Grill/Stir-Fry** ▶ **Salt Rice Malt Spinach Saute** to cook.

Tips for Salt Rice Malt Spinach Saute

- Only cook 1-2 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Transfer the food to a dish and wrap in plastic wrap. Then press **Microwave 500 W** to cook, checking the food often. →P.60-62

Steam

Auto
074

Chawanmushi

Steam
Chawanmushi

Steam
Microwave
Oven

Accessory Used



Ceramic Tray

Water Tank
Full

(Preparation
Heating)

→ P.54

Reference heating time About 26 min

Steam



Ingredients (4 servings)

- 2 eggs (about 100 g)
- 350-400 mL dashi broth
- ① 1/2 tsp each of soy sauce and salt
- 1 tsp mirin (sweet cooking wine)
- About 40 g chicken (sliced thin)
- Dash of sake
- 4 small shrimps (with shells) (about 40 g)
- 8 slices of fish cake (sliced thin)
- 2 dried shiitake mushrooms (rehydrated, stems removed and sliced thin) (8 slices)
- 8 boiled ginkgo nuts
- Mitsuba leaves as needed

Directions

- ① Fill the water tank with water up to the full line.
- ② Crack the eggs into a bowl and beat them well. Then add and mix ① and strain the mixture.
- ③ Sprinkle chicken with sake. Peel and devein the shrimp, leaving the tails and last joint of the shell.
- ④ Put ③ into a deep heat-resistant container and cover it with a plastic lap or a lid. Then press **Microwave** **200 W** **2-3 min** to cook. **→ P.60-62**

- ⑤ Put ④ into the chawanmushi custard cups, and then add all of the solid ingredients except the mitsuba leaves. Divide and pour ② into 4 equal amounts, stir briefly, and cover with the lids.
- ⑥ Arrange the cups ⑤ on the ceramic tray with reference to **Tips for Chawanmushi**. Press **Steam** **Chawanmushi** to cook. When they are finished heating, remove the tray from the oven cavity and garnish with mitsuba leaves. Replace the lids and let sit for about 5 minutes before serving. "Microwave Heating" **→ P.60-62**

Tips for Chawanmushi

- **Only cook 1-6 servings at a time**

- **Recommended cookware**

Use lidded cups about 8 cm in diameter with a total weight (with lid) of around 200 g each.

- **Temperature of egg mixture before cooking**

The chawanmushi should be at 20-25°C before cooking.

If it is cooler, set the doneness adjustment to **[HI]**. If it is warmer, set the doneness adjustment to **[LO]**.

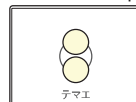
- **Do not fill the cups more than 70% with the egg mixture**

- **Arranging the chawanmushi cups**

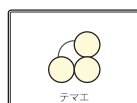
It depends on number of cups. Refer to the following figure. For four or more cups, equally space them around the circle at the center of the ceramic tray. (Figures show the view from the top.)



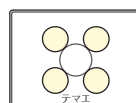
1 cup



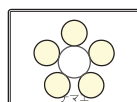
2 cups (place in the center)



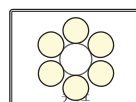
3 cups (place in the center)



4 cups



5 cups



6 cups

- **Wait until the oven cavity is cool**

The food will not cook correctly if you use the **[Oven]**, **[Grill]**, **[Deodorization]** function beforehand without allowing the oven cavity to cool.

- **Take care when removing the cups**

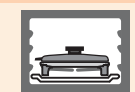
The cups will be hot. Use the supplied mittens or a thick and dry towel to remove them.

- **If your food is underdone after the **[Additional Heating]** light OFF**

Press **[Microwave200 W]** to cook, checking the food often.

→ P.60-62

Auto 075 Steamed Chicken with Sake

Steam	Steam	Accessory Used
Steamed Chicken with Sake	Microwave	
		Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray
→P.54		Water Tank Full
Reference heating time	About 13 min	




Ingredients (4 servings)

2 pieces of chicken breast (about 200 g each, cut into 4 pieces)
Dash of salt and pepper
1 tbsp sake
Dash of ginger juice
Shiso, carrot (juliened), and medicago sativa as needed
Soy sauce and mustard as needed

Directions

- Fill the water tank with water up to the full line.
- Use a fork or bamboo skewer to poke holes in the skin of the chicken, and sprinkle with salt and pepper. Make some cuts at the thick areas and sprinkle it with sake and ginger juice.
- Place a cooking sheet on the super grill tray unit and place ② on the unit with legs closed. Then set the grill lid.
- Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam** ▶ **Steamed Chicken with Sake** to cook.
- Combine soy sauce and mustard to make it spicy soy sauce. Cut chicken into slices and put them on a dish. Add shiso, carrot, medicago sativa and the spicy soy sauce.

Auto 076 Steamed Chicken with Lotus Roots

Steam	Steam	Accessory Used
Steamed Chicken with Lotus Roots	Microwave	
		Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray
→P.54	(Preparation Heating)	Water Tank Full
Reference heating time	About 9 min	



Ingredients (2 servings/8 pieces)

16 slices of lotus root (6-7 cm diameter and 5 mm thick semicircles) (about 60 g)

- ① 120 g ground chicken
1 tsp green onion (finely chopped)
Egg yolk for 1 egg
1 tsp soy sauce
Dash of salt
1 tbsp starch
Ponzu soy sauce and grated radish as needed


Directions

- Fill the water tank with water up to the full line.
- Immerse lotus root in vinegar water (besides the specified amount). Wipe off the water, wrap them in a plastic wrap with a sufficient space so they are not overlapped. Press **Microwave 500 W 30-50 sec.** to cook and then let them cool.
- P.60-62
- Mix ingredients ① well and divide into 8 pieces. Sandwich between slices of ② lotus root. Make sure thickness of each is 1.5 to 2 cm.
- Arrange ③ on the super grill tray unit with legs closed and set the grill lid.
- Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam** ▶ **Steamed Chicken with Lotus Roots** to cook.
- After heating, put the food on a dish topped with ponzu soy sauce and grated radish.

"Microwave Heating"

→P.60-62

Auto 077 Ground Chicken in Tofu Skin

Steam	Steam	Accessory Used
Ground Chicken in Tofu Skin	Microwave	
		Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray
→P.54		Water Tank Full
Reference heating time	About 10 min	



Ingredients (2 servings/8 pieces)

- 2 deep-fried bean curd
100 g ground chicken
1 tbsp onion (finely chopped)
1/2 tsp ginger (finely chopped)
1 tsp carrot (finely chopped)
1 fresh-picked shiitake mushroom (finely chopped)
1/2 tbsp soy sauce
1 tsp mirin (sweet cooking wine)
① 1/2 tbsp sake
Dash of salt
2 tsp starch

Directions

- Fill the water tank with water up to the full line.
- Cut the deep-fried bean curd horizontally and vertically into 4 pieces to make them like bags. Remove oil and moisture.
- Put ground chicken, vegetables, and ① in a bowl and mix them, and divide into 8 pieces. Then put them into ②.
- Place a cooking sheet on the super grill tray unit. Arrange ③ on the unit with legs closed. Then set the grill lid.
- Place it on the ceramic tray aligning the steam inlet of the lid with the steam outlet and use **Steam** ▶ **Ground Chicken in Tofu Skin** to cook.

No-Oil Deep-Fry

Auto
078

Fried Chicken




No-Oil
Deep-Fry

No-Oil Deep-Fry
Fried Chicken

Microwave Oven

Accessory Used



Super Grill Tray Unit (legs opened and top flap closed)

Ceramic Tray

Water Tank
Empty

→P.54

Reference heating time About 17 min

Ingredients (4 servings/12 pieces)

2 chicken thighs (with skin, about 250 g each)
4 tbsp prepared flour (store-bought) (about 40 g)

Directions

- 1 Cut 1 piece of chicken into 6 pieces and dust them with the prepared flour. Then let them rest for at least 5 minutes.
- 2 Slap ① to remove excessive powder. Place them with the skin side up at the center of the super grill tray unit with legs opened, and put the unit on the ceramic tray. Press **No-Oil Deep-Fry** ▶ **Fried Chicken** to cook.

Tips for Fried Chicken

- **Only cook 3 or 4 servings at a time**
- **Prepared flour (store-bought)**
Use prepared flour for dusting. With flour to be dissolved in water, the food will not turn out well.
- **Amount of prepared flour**
If more than the specified amount of flour is used, powder may remain to the last.
- **Cook the bony chops**
Set the doneness adjustment to **HI**.
- **If you do not want to get the super grill tray unit dirty**
Place a cooking sheet on it. Do not use aluminum foil. (Will cause sparks.)
- **If your food is underdone after the Additional Heating light OFF**
Press **Grill** to cook, checking the food often. →P.64

Fried chicken without store-bought prepared flour

Fried chicken will be more tender than when made with store-bought prepared flour.

Ingredients (4 servings/12 pieces)

2 chicken thighs (with skin, about 250 g each)

2 tbsp soy sauce
1 ½ tbsp sake


Ⓐ 1 ½ tsp ginger (grated)
1 ½ tsp garlic (grated)
Dash of pepper
1 tbsp starch

Directions

- 1 Cut chicken into 6 pieces and soak them in Ⓐ for at least 15 minutes.
- 2 Roughly wipe juice off from ①. Put starch and chicken in a plastic bag (store-bought) and rub it into the chicken.
- 3 Take chicken ② out of the bag and slap the chicken to remove excessive powder. Place them with the skin side up at the center of the super grill tray unit with legs opened, and put the unit on the ceramic tray. Press **No-Oil Deep-Fry** ▶ **Fried Chicken** to cook.

Auto 079 Marinated Fried Chicken

No-Oil Deep-Fry Microwave Oven
Marinated Fried Chicken

Accessory Used

Super Grill Tray Unit (legs opened and top flap closed)
Ceramic Tray
Water Tank Empty

→P.54

Reference heating time About 18 min



Ingredients (4 servings/12 pieces)

- 2 chicken thighs (with skin, about 250 g each)
- 6 tbsp starch (about 50 g)
- 2 tbsp soy sauce
- 1 ½ tbsp sake
- ① 1 ½ tsp ginger (grated) (about 10 g)
- Dash of salt and pepper

Directions

- ① Cut chicken into 6 pieces. Make shallow cuts in the invisible part of thicker portions of the meat. Soak them in ① for at least 15 minutes.
- ② Roughly remove juice from ①. Place them with the skin side up at the center of the super grill tray unit with legs opened, and put the unit on the ceramic tray. Press **No-Oil Deep-Fry** **Marinated Fried Chicken** to cook.

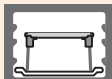
Tips for Marinated Fried Chicken

- Only cook 3 or 4 servings at a time
- Cook the bony chops
Set the doneness adjustment to **HI**.
- If you do not want to get the super grill tray unit dirty
Place a cooking sheet on it. Do not use aluminum foil.
(Will cause sparks.)
- If your food is underdone after the **Additional Heating** light OFF
Press **Grill** to cook, checking the food often. →P.64

Auto 080 Ground Meat Cutlet



No-Oil Deep-Fry Microwave Oven
Ground Meat Cutlet

Accessory Used

Super Grill Tray Unit (legs opened and top flap closed)
Ceramic Tray
Water Tank Empty

→P.54 (Preparation Heating)

Reference heating time About 21 min

Ingredients (4 servings/4 pieces)

- ① ½ medium onion (finely chopped) (about 100 g)
- 1 heaped tbsp butter (about 13 g)
- 240 g ground beef and pork
- ½ cup of bread crumbs (about 20 g)
- ② 2 tbsp milk
- 25 g egg (beaten)
- ⅓ scant tsp salt
- Dash of pepper and nutmeg
- 2 tbsp flour (cake flour)
- 1 egg (beaten)
- 60 g fried bread crumbs

Directions

- ① Put ① in a heat-resistant container and heat with **Microwave 600 W** [Approx. 2 min. 30 sec.]. Let it cool, add ② and mix well. Then cut into 4 equal pieces. →P.60-62
- ② Coat your hands with a small amount of salad oil. Toss the mixture in ① from one hand to the other to remove air from inside. Shape it into oval and make a dent in the center of the patty. The patties should be 1.5-2 cm in thickness.
- ③ Apply flour, eggs and bread crumbs to ② in order.
- ④ Arrange ③ at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **No-Oil Deep-Fry** **Ground Meat Cutlet**.

"Microwave Heating" →P.60-62

Tips for Ground Meat Cutlet

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Turn it upside down and press **Oven** **No Preheat** **1 level** **190°C** to cook, checking the food often. →P.65


Fried bread crumbs

Ingredients/Directions

Heat some bread crumbs in a skillet. Roast over medium heat, taking care to shake the skillet often so that the mixture does not burn.



Auto 081 Chicken Cutlet

No-Oil Deep-Fry Chicken Cutlet	Microwave Oven	Accessory Used  Super Grill Tray Unit (legs opened and top flap closed) Ceramic Tray
→ P.54		
Reference heating time About 12 min		
Water Tank Empty		



- Ingredients (4 servings/12 pieces)**
- 6 white chicken breast blocks
 - Dash of salt and pepper
 - 2 tbsp flour (cake flour)
 - 1 egg (beaten)
 - 60 g fried bread crumbs → P.189


Directions

- Cut white chicken breast into 2 pieces and season with salt and pepper.
- Apply flour, eggs and bread crumbs to ① in order.
- Open the legs of the super grill tray unit. Set ② at the center of the unit and set it on the ceramic tray. Press **No-Oil Deep-Fry** ▶ **Chicken Cutlet** to cook.

Tips for Chicken Cutlet

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF Turn it upside down and press **Oven** **No Preheat** **1 level** **190°C** to cook, checking the food often. → P.65

Auto 082 Deep-Fried Chicken with Lotus Roots

No-Oil Deep-Fry Deep-Fried Chicken with Lotus Roots	Microwave Oven	Accessory Used  Super Grill Tray Unit (legs opened and top flap closed) Ceramic Tray
→ P.54		
Reference heating time About 28 min		
Water Tank Empty		




- Ingredients (4 servings/8 pieces)**
- 150 g ground chicken
 - 16 slices of lotus root (7 cm diameter, cut into 5 mm thick)
 - ① 1 tsp ginger (finely chopped)
 - ① 1 tsp green onion (finely chopped)
 - Dash of salt and pepper
 - 1/2 tsp starch
 - 1 egg (beaten)
 - 1 tbsp flour (cake flour)
 - 40 g fried bread crumbs → P.189

Directions

- Peel the lotus root and cut into 5 mm thick slices. Briefly soak them in water.
- Put ground chicken and ① in a bowl and mix them. Add starch and stir it into gruel.
- Put ② in between lotus root slices and coat with flour, egg and bread crumbs in order.
- Arrange ③ at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **No-Oil Deep-Fry** ▶ **Deep-Fried Chicken with Lotus Roots**.

Auto 083 Ham Cutlet

No-Oil Deep-Fry Ham Cutlet	Microwave Oven	Accessory Used  Super Grill Tray Unit (legs opened and top flap closed) Ceramic Tray
→ P.54		
Reference heating time About 13 min		
Water Tank Empty		



- Ingredients (4 servings/8 pieces)**
- 8 slices of ham (7-8 mm thick) (about 320 g)
 - 1 egg
 - 2 tbsp flour (cake flour)
 - Fried bread crumbs → P.189 as needed

Directions

- Apply flour, eggs and bread crumbs to the ham in order.
- Arrange ① on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **No-Oil Deep-Fry** ▶ **Ham Cutlet**.

Auto
084

Deep-Fried Sausage Skewer



No-Oil
Deep-Fry
Deep-Fried
Sausage Skewer

Oven
Superheated Steam
Grill

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

→P.54

Reference heating time About 22 min

Water Tank
Full

Ingredients (4 servings/8 bars)

- 16 quail eggs (boiled)
- 16 sausages
- Dash of salt and pepper
- 2 tbsp flour (cake flour)
- 1 egg (beaten)

- Ⓐ 40 g fried bread crumbs →P.189
- 1 tbsp green laver

Directions

- Fill the water tank with water up to the full line.
- Arrange sausage and quail eggs on a bamboo skewer in order.
- Season ② with salt and pepper and apply flour, eggs and mixed Ⓐ in order.
- Arrange ③ at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **No-Oil Deep-Fry** ▶ **Deep-Fried Sausage Skewer**.

Auto
086

Deep-Fried Horse Mackerel

No-Oil
Deep-Fry
Deep-Fried
Horse Mackerel

Microwave
Oven

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

→P.54

Reference heating time About 17 min

Water Tank
Empty



Ingredients (3 servings/6 horse mackerels)

- 6 horse mackerel fillets
- Dash of salt and pepper
- 2 tbsp flour (cake flour)
- 1 egg (beaten)
- 60 g fried bread crumbs →P.189

Directions

- Season the horse mackerel with salt and pepper and apply flour, eggs and bread crumbs in order.
- Arrange ① on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **No-Oil Deep-Fry** ▶ **Deep-Fried Horse Mackerel**.

Tips for Deep-Fried Foods

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF Press **Oven** | **No Preheat** | **1 level** | **190°C** to cook, checking the food often. →P.65

Tips for Deep-Fried Horse Mackerel

- Only cook 2 or 3 servings at a time
- If your food is underdone after the **Additional Heating** light OFF Turn it upside down and press **Oven** | **No Preheat** | **1 level** | **190°C** to cook, checking the food often. →P.65

Auto
085


Deep-Fried Cheese Salmon

(Recipe developed by Kagawa Nutrition University →P.149)



No-Oil
Deep-Fry

Auto 087 Deep-Fried Shrimp

No-Oil Deep-Fry Deep-Fried Shrimp	Oven Superheated Steam Grill	Accessory Used  Super Grill Tray Unit (legs opened and top flap closed)
→P.54		Ceramic Tray Water Tank Full
Reference heating time	About 16 min	



Ingredients (4 servings/16 pieces)

- 16 shrimps (or tiger shrimps)
- Dash of salt and pepper
- 2 tbsp flour (cake flour)
- 1 egg (beaten)
- Ⓐ 60 g fried bread crumbs **→P.189**
- Dash of parsley (finely chopped)


Directions

- ① Fill the water tank with water up to the full line.
- ② Peel and devein the shrimp, leaving the tails and last joint of the shell. Combine Ⓐ.
- ③ Sprinkle the shrimp with salt and pepper, coat with flour, egg and Ⓐ.
- ④ Open the legs of the super grill tray unit. Set ③ at the center of the unit and set it on the ceramic tray. Press **No-Oil Deep-Fry** ▶ **Deep-Fried Shrimp** to cook.

Tips for Deep-Fried Shrimp/Deep-Fried White Fish

- **Only cook 3 or 4 servings at a time**
- **If your food is underdone after the **Additional Heating** light OFF**
Turn it upside down and press **Oven** **No Preheat** **1 level** **190°C** to cook, checking the food often. **→P.65**

Auto 088 Deep-Fried White Fish

No-Oil Deep-Fry Deep-Fried White Fish	Oven Superheated Steam Grill	Accessory Used  Super Grill Tray Unit (legs opened and top flap closed)
→P.54		Ceramic Tray Water Tank Full
Reference heating time	About 19 min	




Ingredients (4 servings/12 pieces)

Refer to ingredients of **Deep-Fried Shrimp**. Use 4 white fish fillets instead of shrimp (100 g each and cut each into 3 pieces).

Directions

Refer to directions of **Deep-Fried Shrimp**. Press **No-Oil Deep-Fry** ▶ **Deep-Fried White Fish** to cook.

Auto 089 French Fries

No-Oil Deep-Fry French Fries	Oven	Accessory Used  Metal Tray Middle
(Preheat) →P.55		Ceramic Tray Water Tank Empty
Preheating	About 10 min	
Reference heating time	About 21 min	



Ingredients (2 servings)

- About 350 g potato
- Salt as needed

Directions

- ① Wash potatoes well and cut into 1.5-2 cm thick wedges. Then soak them in water for at least 15 minutes.
- ② Drain ① in a colander and wipe off the water with a paper towel. Place aluminum foil or a cooking sheet on the metal tray and arrange potato pieces at the center of the metal tray, with care not to let them overlapped.
- ③ Start preheating with **No-Oil Deep-Fry** ▶ **French Fries** without putting the food yet.
- ④ When you hear the preheating completion sound, put ② into **Middle** and start heating.
- ⑤ After heating, sprinkle with salt while the food is still hot.

Tips for French Fries

- **Only cook 1-2 servings at a time**
- **If your food is underdone after the **Additional Heating** light OFF**
Turn it upside down and press **Oven** **No Preheat** **1 level** **210°C** to cook, checking the food often. **→P.65**

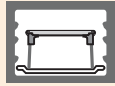
Auto
090

Potato Croquette

No-Oil
Deep-Fry
Potato
Croquette

Microwave
Oven

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank
Empty

→ P.54

(Preparation
Heating)

Reference heating time About 15 min



Ingredients (4 servings/8 pieces)

2 medium potatoes (about 300 g)
150 g ground pork
100 g onion (finely chopped)
Dash of salt and pepper
1 egg (beaten)
2 tbsp flour (cake flour)
Fried bread crumbs → P.189 as needed

Directions

- 1 Wash potatoes well. Peel and cut into cubes. Wrap in plastic wrap and press **Boil Root Vegetables** to cook. Then transfer them to a bowl and crush them while they are still hot. → P.52-53
- 2 Put ground meat and onion into a heat-resistant dish and press **Microwave 600 W About 5 min** to cook. Break them after heating. → P.60-62
- 3 Add ① to ②, season with salt and pepper, mix well and cut it into 8 pieces (about 55 g each). Make them 1 cm thick oval shape and apply flour, eggs and bread crumbs in order.
- 4 Arrange ③ on the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **No-Oil Deep-Fry** ▶ **Potato Croquette**.

"How to Use **Boil Root Vegetables**" → P.52-53

"Microwave Heating" → P.60-62

Tips for Potato Croquette

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Press **Oven No Preheat 1 level 190°C** to cook, checking the food often.
→ P.65

Auto
091

Chickpea Croquette

(Recipe developed by Kagawa Nutrition University → P.150)



Auto
092

Healthy Fried Shrimp



No-Oil
Deep-Fry
Healthy Fried
Shrimp

Oven
Superheated Steam
Grill

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank
Full

→ P.54

Reference heating time About 17 min

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Put bits of tempura batter into a plastic bag (store-bought) and finely grind them by using a roller pin. Peel and devein the shrimp, leaving the tails and last joint of the shell.
- 3 Wipe off the water and apply flour, eggs and ② in order.
- 4 Arrange them at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **No-Oil Deep-Fry** ▶ **Healthy Fried Shrimp**.

Ingredients (4 servings/16 pieces)

16 shrimps (or tiger shrimps)
2 tbsp flour (cake flour)
1 egg (beaten)
60 g bids of tempura batter

Tips for Fried Foods

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF
Turn it upside down and press **Oven No Preheat 1 level 190°C** to cook, checking the food often. → P.65
- Reheating cold fried foods
Use **Reheat/Defrost** ▶ **Reheat** ▶ **Reheat Fried Food** to cook. → P.48-49
- Do not use oil.
Use bids of tempura batter for batter.
- Make size and thickness of ingredients uniform.
Use ingredients of roughly the same size.
Vegetables such as squash and sweet potato should be cut into 7 mm thick pieces.

No-Oil
Deep-Fry

Rice/Noodle

Auto
093

Rice Croquette



Rice/
Noodle

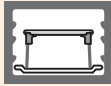
Rice/Noodle Microwave
Rice Croquette Oven

→P.54

(Preparation
Heating)

Reference heating time About 15 min

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank

Empty

Ingredients (4 servings/8 skewers)

- Ⓐ 300 g cold rice
2 1/2 tbsp ketchup
Dash of salt and pepper
- Ⓑ 30 g onion (finely chopped)
20 g carrot (finely chopped)
1 small green bell pepper (finely chopped)
2 slices of bacon (finely chopped)
- 30 g white cheese (cut into small
chunks)
60 g fried bread crumbs →P.189
2 heaped tbsp flour (cake flour)
1 egg (beaten)

Directions

- Put Ⓐ in a dish and mix. Then press **Microwave** **500 W** **About 2 min** to cook. Add and mix up with Ⓑ and press **Microwave** **500 W** **About 3 min** to cook. →P.60-62
- Add cheese to ① and mix. Divide the mixture into 24 pieces and make each piece round. Add flour, egg and bread crumbs in order and arrange 3 pieces on each skewer.
- Arrange ② at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Rice/Noodle** ▶ **Rice Croquette**.

"Microwave Heating"

→P.60-62

Tips for Rice Croquette

- If your food is underdone after the **Additional Heating** **light OFF**
Press **Oven** **No Preheat** **1 level** **190°C** to cook, checking the food often. →P.65

Auto
094

Cooked Rice

Rice/Noodle Microwave
Cooked Rice

Accessory Used



Ceramic Tray

→P.54

Reference heating time About 35 min

Water Tank
Empty

Ingredients (4 servings)

2 cups of rice (320 g)
440-480 mL water

Directions

- 1 Rinse and drain the rice. Transfer to a deep boiling container and add the water. Cover with a lid and let soak for about an hour.
- 2 Place ① on the ceramic tray and press **Rice/Noodle** ▶ **Cooked Rice** and mix. Cover the food with a cloth and lid to steam.



Rice/
Noodle

Tips for Cooked Rice

● Let rice absorb water.

Before cooking, let the rice sit in the amount of water indicated for 30 minutes to an hour. This will allow it to absorb the necessary amount of water.

● Use a large and deep dish to prevent the food from boiling over.

A store-bought boiling container with a lid is convenient.

● If your food is underdone after the

Additional Heating light OFF

Press **Microwave** **200 W** to cook, checking the food often. →P.60-62

● Water and cooking times for cooked rice

Rice	Water	Heating time
1 cup (160 g)	240-260 mL	Doneness Adjustment LO About 23 min
3 cups (480 g)	640-700 mL	Doneness Adjustment HI About 42 min

Auto
095

Saury Hijiki Rice

(Recipe developed by Kagawa Nutrition University →P.151)





Rice/Noodle
Red Bean Rice

Steam
Microwave
Oven

Accessory Used



Ceramic Tray



→ P.54

Reference heating time About 18 min

Ingredients (4 servings)

2 cups of glutinous rice (320 g)
About 80 g boiled beans (about 40 g dried beans)
280-320 mL cooking liquid of the beans water
Dash of sesame salt

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Rinse and drain the glutinous rice. Transfer to a deep boiling container and add the cooking liquid and water. Let soak for about an hour.
- 3 Add the beans to ② and mix. Cover with a lid and place it on the ceramic tray.
- 4 Then press **Rice/Noodle** ▶ **Red Bean Rice** to cook. Mix the food and cover it with a cloth and a lid to steam.
- 4 Arrange it on a dish and top with sesame salt.

[Tips]

- Adjust the amount of beans as desired.
- Adjust the color density of the red bean rice by the amount of cooking liquid of the beans.

Tips for Red Bean Rice

- **Let rice absorb water.**
Before cooking, let the rice sit in the amount of water indicated for 30 minutes to an hour. This will allow it to absorb the necessary amount of water.
- **Use a large and deep dish to prevent the food from boiling over.**
A store-bought boiling container with a lid is recommended.
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Microwave** [600 W] to cook, checking the food often. → P.60-62

● Water and cooking times for red bean rice

Glutinous rice	Water	Heating time
1 cup (160 g)	160-180 mL	Doneness Adjustment [LO] About 10 min
3 cups (480 g)	460-480 mL	Doneness Adjustment [HI] About 21 min

Rice/Noodle
Cabbage & Clam Pasta

Microwave

Accessory Used



Ceramic Tray

Water Tank
Empty

→ P.54

Reference heating time About 12 min

Ingredients (2 servings)

- 100 g pasta (1.6 mm, boiling time 7 min)
- 100 g cabbage (cut into bite-size pieces)
- 65 g can of boiled clams (excluding the juice)
- 65 mL clam juice
- 500 mL water
- 2 tbsp white wine
- ① 1 tsp salt
- 1/2 garlic (finely chopped)
- 1/3 red pepper (dried, cut across)

Directions

- ① Put pasta into a deep heat-resistant glass bowl in 2 bundles across and add the clam juice.
- ② Add ① combined with cabbage leaves in ①.
- ③ Softly wrap it in plastic wrap with openings of 1 cm on one side. Then place it on the ceramic tray and press **Rice/Noodle** ▶ **Cabbage & Clam Pasta** to cook.
- ④ After heating, remove the wrap and mix the food with care not to get burned.

Tips for Cabbage & Clam Pasta

● Dishware

A wide-mouth heat-resistant glass bowl of 25 cm diameter (ID: 22.5 cm) and about 10 cm depth is recommended.

● Plastic wrap

Open it by about 1 cm to prevent bursting.

● Pasta

Do not put pasta in a bunch as long as possible. Otherwise it may stick together when boiled.

● Skimming

Skim the surface of the water to remove any impurities after heating.

● If your food is underdone after the **Additional Heating** light OFF


Press **Microwave 500 W** to cook, checking the food often. → P.60-62

Simmered/Boil/Soup

Auto 098 Boiled Spinach



Simmered/Boil/Soup Microwave Accessory Used
Boiled Spinach



Ceramic Tray

→P.54

Reference heating time About 2 min

Water Tank Empty

Ingredients (4 servings)

200 g spinach
Bonito shavings and soy sauce as needed

Directions

① Rinse spinach and keep it wet. Put a X-shaped cut on a root of spinach if it is thick.



② Overlay spinach leaves and roots alternately and tightly wrap in plastic wrap.



③ Place ② at the center of the ceramic tray and press **Simmered/Boil/Soup** ▶ **Boiled Spinach** to cook. Then soak it in water to remove impurities and preserve the color. Place the food on a dish, top with bonito shavings and season with soy sauce.

Tips for Boiled Foods

● **How to prepare the food according to the cuisine**
Make crosscut incisions in the thick stems of leafy vegetables and fruit or flower vegetables; vegetables that are clustered in bunches should be broken up into smaller clusters.



Cut root vegetables into pieces of the same size, and select vegetables that are about the same size.


● **How to remove astringency according to the ingredients**
Put spinach and the like in water immediately after heating. Immerse eggplants, cauliflower, and the like in lightly salted water or vinegar water before heating to remove astringency.

● **Do not wipe off the water the vegetables. Bundle them tightly with plastic wrap, place the wrapped vegetables directly on the ceramic tray, and heat. Do not use a bowl or plate.**

● **If your food is underdone after the Additional Heating** light OFF
Press **Microwave** [600 W] to cook, checking the food often. →P.60-62

Auto 099 Italian Salad

Simmered/Boil/Soup Microwave Accessory Used
Italian Salad



Ceramic Tray

→P.54

Reference heating time About 8 min

Water Tank Empty



Ingredients (4 servings)

200 g string beans (boiled and cut in half)
2 large potatoes (about 400 g)
12 slices of salami (sliced thin)
60 g white cheese (cut into 1 cm cubes)
12 pimento-stuffed olives (sliced thin)
8 anchovy fillets (finely chopped)
1/4 onion (finely chopped) (about 50 g)
① 1 tbsp parsley (finely chopped)
1 tbsp lemon juice
Dash of pepper
1/2 cup of olive oil
Lemon (cut into wedges) as needed

Directions

① Wash and scrub the potatoes. Do not wipe off the water. Do not peel. Cover in plastic wrap tightly.



② Place ① at the center of the ceramic tray and press

Simmered/Boil/Soup ▶ **Italian Salad** to cook. Then Peel while still hot and cut into 1 cm semicircles.

③ Combine ① in a bowl. Stir together, adding the olive oil to make the dressing.

④ Pour the dressing ③ over the rest of the ingredients. Transfer to bowls and serve with lemon wedges.

Auto
100

Cabbage Roll



Simmered/
Boil/Soup

Simmered/
Boil/Soup

Microwave
Oven

Cabbage Roll

Accessory Used



Ceramic Tray

Water Tank
Empty

→ P.54

(Preparation
Heating)

Reference heating time About 8 min

Ingredients (4 servings/8 pieces)

- 8 cabbage leaves (about 500 g)
- 200 g ground beef and pork
- About 50 g onion (finely chopped)
- 3 tbsp milk
- ① 30 g bread crumbs
- 1/4 egg (beaten)
- Dash of nutmeg, salt, pepper
- 1 1/2 cups of broth (dissolve 2 bouillon cubes)
- ② 4 tbsp ketchup
- 2 tsp soy sauce
- Dash of salt and pepper
- About 50 g onion (sliced thin)

Directions


- ① Stack the cabbage leaves so that the stems and leaf tips face alternating directions. Cover in plastic wrap and heat using the **Boil Vegetables** setting. Once cooked, thinly slice the stems and drain. (→ P.52-53)
- ② Finely chop the stems of ① and combine them with ① in a bowl. Mix together well.
- ③ Divide the mixture in ② into eight equal parts. Shape into oval patties and lay on top of the flattened cabbage leaves from ①, and then roll the leaves.
- ④ Line a baking dish with the sliced onion and set the cabbage rolls ③ on top. Combine ② and pour on top. Cover with a drop lid (see the **Tips for Braised Meat & Potato** (→ P.200)). Set the lid and press **Simmered/Boil/Soup** ▶ **Cabbage Roll** to cook.

"How to Use **Boil Vegetables**" (→ P.52-53)

Auto
101

Braised Meat & Potato



Simmered/ Boil/Soup	Microwave Oven	Accessory Used
Braised Meat & Potato		
		Ceramic Tray
→P.54		Water Tank Empty
Reference heating time About 58 min		

Ingredients (4 servings)

- 150 g thin-sliced pork (cut into bite-size pieces)
- 2 medium potatoes (cut into chunks and rinsed) (about 300 g)
- 1 small carrot (cut into chunks) (about 100 g)
- 1 small onion (cut into wedges) (about 100 g)
- 6 slices of dried shiitake mushrooms (rehydrated, stems removed and cut in half)
- 1 ½ cups of dashi broth
- 3 ½ tbsp soy sauce
- ½ cup of sake
- 4 tbsp sugar
- Salad oil as needed

Directions


- ① Heat salad oil on a pan and cook pork in it.
- ② Combine ① and the rest of the vegetables in a boiling container and add the prepared ④. Then cover with a cooking sheet as a drop lid (see the **Tips for Braised Meat & Potato**) and the lid, and place it at the center of the ceramic tray. Press **Simmered/Boil/Soup** ▶ **Braised Meat & Potato** to cook.
- ③ After heating, take the food out and leave it for about 20 minutes to stabilize the taste.

Tips for Braised Meat & Potato

- **Only cook 3-4 servings at a time.**
- **Use a large and deep dish to prevent the food from boiling over.**
A store-bought boiling container with a lid is convenient.
- **Make the ingredients the same size**
Use the same size and shape of ingredients to ensure even cooking.
- **Use a generous amount of broth**
Use enough broth to cover the rolls.
- **Make the necessary preparations**
Pre-boil vegetables that leach unwanted juices or are difficult to cook. If you want to brown some of the ingredients, do so in a skillet before boiling.
- **Use a drop lid**
Use a drop lid to ensure that the broth is thoroughly soaked in the ingredients as they cook. You can use a cooking sheet with an X-shaped opening cut in the center.
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Microwave 200 W** to cook, checking the food often. **→P.60-62**

Auto
102

Simmered Radish & Squid

Simmered/ Boil/Soup	Microwave Oven	Accessory Used
Simmered Radish & Squid		
	(Preparation Heating)	Ceramic Tray
→P.54		Water Tank Empty
Reference heating time About 38 min		



Ingredients (4 servings)

- 500 g radish
- 300 g squid rolls (peeled and cut in 2 cm rectangles)
- 1 cup of dashi broth
- 1 ½ tbsp soy sauce
- ④ 2 tbsp mirin (sweet cooking wine)
- 2 ½ tbsp sugar
- 1 tsp salt

Directions

- ① Cut radish across into 2 cm thick, or semicircles if it is too large. Chamfer each piece and put X-shaped shallow cut on the back of each piece. Wrap them in a plastic wrap and press **Boil Root Vegetables** with doneness adjustment set to **LO** to cook. **→P.52-53**
- ② Combine ① and squid in a boiling container. Add and mix ④ well. Cover with a cooking sheet as a drop lid (see the **Tips for Braised Meat & Potato**) and the lid, and place it at the center of the ceramic tray. Press **Simmered/Boil/Soup** ▶ **Simmered Radish & Squid** to cook.

"How to Use **Boil Root Vegetables**"
→P.52-53

Auto
103

Simmered Sweet Potato

(Recipe developed by Kagawa Nutrition University → P.152)



Auto
104

Mapo Tofu



Simmered/
Boil/Soup
Mapo Tofu

Microwave

Accessory Used



Ceramic Tray

Water Tank
Empty

→ P.54

Reference heating time About 12 min

Ingredients (4 servings)

- 1 silken tofu (cut into small chunks) (about 400 g)
- 200 g ground pork
- 2 tbsp green onion (finely chopped)
- 2 garlic cloves (finely chopped)
- 2 ginger cloves (finely chopped)
- 1 tsp tobanjan (Chinese spicy bean sauce)
- 1 tbsp Chinese sweet miso
- 2 tbsp soy sauce
- 2 tsp sugar
- 2 tbsp Chinese rice wine (or sake)
- 2 tsp chicken bouillon powder
- 1 tsp sesame oil
- 300 mL water
- Dash of Pepper
- 2 tbsp starch
- 2 tbsp water

Directions

- ① Combine tofu, ground pork and prepared ① in a large, deep heat-resistant glass bowl and mix together so lightly as not to break the tofu.
- ② Cover ① with a cooking sheet as drop lid (refer to **Tips for Braised Meat & Potato**), lightly wrap it with plastic wrap and place it at the center of the ceramic tray. Then press **Simmered/Boil/Soup** ▶ **Mapo Tofu** to cook.
- ③ After heating, add the prepared ② while it is still hot. Mix together lightly.

Tips for Mapo Tofu

- Only cook 3 or 4 servings at a time
- If your food is underdone after the **Additional Heating** light OFF

Press **Microwave** **500 W** to cook, checking the food often.

→ P.60-62

Auto
105

Simmered Meat & Tofu

Simmered/
Boil/Soup
Simmered Meat & Tofu

Microwave

Accessory Used



Ceramic Tray

→ P.54

Reference heating time About 10 min

Water Tank
Empty



Ingredients (3 servings)

- 200 g beef flank (sliced thin)
- 1 cotton tofu (about 300 g)
- About 70 g green onion
- 100 g enoki mushrooms
- 100 g shirataki
- 2 tbsp sugar
- 3 tbsp soy sauce
- 1 tbsp sake
- 1/2 cup of dashi broth

Directions

- ① Drain off water from tofu and cut into 9 pieces.
- ② Remove stems from enoki mushrooms and cut green onions at an angle into 5 mm wide.
- ③ Combine all the ingredients in a large, deep heat-resistant glass bowl with beef and shirataki apart. Put the prepared ① on them and cover with a cooking sheet as drop lid (refer to **Tips for Braised Meat & Potato**), lightly wrap it with plastic wrap and place at the center of the ceramic tray. Then press **Simmered/Boil/Soup** ▶ **Simmered Meat & Tofu** to cook. Mix together.

Auto
106

Clam Chowder



Simmered/
Boil/Soup
Clam Chowder

Microwave

Accessory Used



Ceramic Tray

Water Tank
Empty

→P.54

(Preparation Heating)

Reference heating time About 17 min

Ingredients (4 servings)

- 65 g can of boiled clams (excluding the juice)
- 65 g clam juice
- 2 medium potatoes (cut into 1 cm cubes) (about 200 g)
- ① 1 carrot (cut into 1 cm cubes)
- 2 strips bacon (cut into 1 cm pieces)
- 1 1/2 cups of water
- 1 bouillon cube
- Dash of salt and pepper
- ② 1 1/2 cups of milk
- 1 tbsp starch

Directions

- ① Combine ① in a large, deep heat-resistant glass bowl. Cover with a cooking sheet as a drop lid (refer to **Tips for Soup**), place the food at the center of the ceramic tray. Press **Simmered/Boil/Soup** ▶ **Clam Chowder** to cook.
- ② After heating, add the prepared ② and press **Microwave** **600 W** **Approx. 2 min. 40 sec.** to cook. Then mix together lightly. →P.60-62

"Microwave Heating" →P.60-62

Auto
107

Kenchin Soup

Simmered/
Boil/Soup
Kenchin Soup

Microwave

Accessory Used



Ceramic Tray

Water Tank
Empty

→P.54

(Preparation Heating)

Reference heating time About 19 min

Ingredients (3 servings)

- 130 g radish (cut into 5 mm thick wedges)
- 50 g carrot (cut into 5 mm thick semicircles)
- 65 g burdock root (cut at an angle into 3 mm thick, and soaked in vinegar water)
- 130 g cotton tofu (cut into bite-size pieces)
- 3 taro potatoes (cut across into 5 mm thick, rinsed in water to remove the sliminess) (about 150 g)
- ① 3 dried shiitake mushrooms (rehydrated, stems removed and cut into 4 pieces)
- 65 g konjac (impurities removed and cut into 5 mm thick 2 cm cubes)
- 2 1/2 cups of dashi broth
- 1 1/3 tbsp soy sauce
- ② 1/2 tsp salt
- 1 1/2 tbsp sake
- 1 1/2 tsp mirin (sweet cooking wine)
- Green small onion (sliced thin) as needed

Tips for Soup

● Dishware

A wide-mouth heat-resistant glass bowl of about 25 cm diameter (ID: about 22.5 cm) and 10 cm depth is recommended.



● Only cook 3 or 4 servings at a time

● Ingredients

Try to cut the ingredients in equally sized pieces.

● Use plenty of broth for vegetables

Use enough broth so that the soup ingredients are covered completely.

● Hard-to-cook vegetables

Place hard-to-cook vegetables in the bottom of a dish that conducts heat easily.

● Do not cover with plastic wrap or a lid

This will prevent the liquids from reducing properly during cooking.

● Use a drop lid

Cut a cooking sheet into a circle slightly smaller than the mouth of the bowl. Cover with a lid that has an X-shaped opening cut in the center so that the broth penetrates evenly.

● Skimming vegetables

Skim the vegetables once they are cooked.

● If your food is underdone after the **Additional Heating** light OFF

Press **Microwave** **500 W** to cook, checking the food often.

→P.60-62



Directions

① Wrap radish, carrot and burdock root in plastic wrap and press

Boil Root Vegetables to cook.

→ P.52-53

② Combine ① and ㉞ in a large, deep heat-resistant glass bowl and add the prepared ㉟. Cover with a cooking sheet as a drop lid (refer to **Tips for Soup**), place the food at the center of the ceramic tray. Press

Simmered/Boil/Soup ▶ **Kenchin Soup** to cook.

③ Add green small onion as desired.

"How to Use **Boil Root Vegetables**" → P.52-53



Simmered/
Boil/Soup

Microwave
Oven

Accessory Used



Ceramic Tray

Water Tank
Empty

Beef Stew

→ P.54

Reference heating time About 90 min

Ingredients (4 servings)

400 g beef (for stew, cut into 1.5 to 2 cm thick, cut into 5 cm cubes)

Dash of salt and pepper

1 tbsp flour (cake flour)

1 large potato (cut into chunks and rinsed) (about 200 g)

1 medium carrot (cut into chunks) (about 150 g)

1 medium onion (cut into wedges) (about 200 g)

㉞ 25 g butter
40 g flour (cake flour)
2 to 2 1/2 cups of soup (dissolved two bouillon cubes)

1/4 cup of tomato puree

㉟ 3 tbsp red wine

1/2 tbsp sugar

1/3 tsp salt

Dash of pepper

4 bay leaves

Dash of salad oil

Fresh cream as needed

Directions

- Season the beef with salt and pepper and sprinkle with flour lightly.
- Heat salad oil in a skillet. Cook the meat ① until browned, then add the vegetables and cook thoroughly.
- Combine ㉞ and heat it in a separate skillet until browned. Combine ㉟ and add it to the mixture. Bring to a boil, stirring briskly with a whisk to prevent clumping.
- Combine ② and ③ and mix together in a boiling container. Cover with a lid and place it at the center of the ceramic tray. Then press **Simmered/Boil/Soup** ▶ **Beef Stew** to cook. Mix every 30 minutes during heating. Top with fresh cream as desired.

• If your food is underdone after the **Additional Heating** light OFF, press **Microwave|200 W** to cook, checking the food often. → P.60-62

Homemade Food

Auto
109

Homemade Sausage



Homemade
Food

Homemade
Food
Homemade Sausage

Steam
Microwave
Oven

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank
Full

→ P.54

Reference heating time About 60 min

Ingredients (3-4 servings)

400 g ground pork
1 tbsp onion (grated)
1 tsp garlic (grated)
3 tbsp milk
2 tbsp starch
1 1/2 tsp salt
Dash of pepper, nutmeg, paprika, clove
and thyme (powdered)
Dash of salad oil

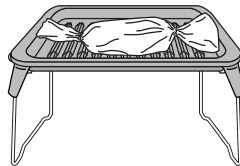
Directions

- 1 Fill the water tank with water up to the full line.
- 2 Combine all the ingredients other than salad oil and mix well. Shape into a single patty. Place a small amount of salad oil on your hands. Holding the patty in one hand, use the other to lightly pound the meat smooth and remove air bubbles.
- 3 Form the meat into an oblong shape approximately 7 cm in diameter. Use a cooking sheet to roll it up, and then tie both ends.

- 4 Open the legs of the super grill tray unit and place the roll on top. Put the unit on the ceramic tray and press **Homemade Food** ▶ **Homemade Sausage** to cook.

[Tips]

- The spices in the sausage allow it to retain its freshness and taste for up to a week if refrigerated.
- Serve as hors d'oeuvre or use as an ingredient in salads or fried rice.



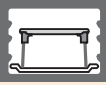
Auto
110

Saury Confit

Homemade
Food
Saury Confit

Steam
Microwave
Oven

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank
Full

→ P.54

Reference heating time About 180 min

Ingredients (4 sauries)

- 4 sauries (about 150 g each)
- Salt as needed
- 40 g olive oil
- 40 g grained vinegar
- 2 garlic cloves (sliced thin)
- 2 bay leaves (torn in half)



Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the head and internal organs of the fish. Wipe off the water and sprinkle with salt.
- 3 Cut four cooking sheets into 30 x 40 cm and place a saury on each sheet. Divide ① into four and combine them. Give a twist on both ends and place them on the super grill tray unit with legs opened.



- 4 Place ③ on the ceramic tray and press **Homemade Food** ▶ **Saury Confit** to cook.

[Tips]

- Even bones are so softened that you can eat them all.

Auto
111

Salmon Terrine

Homemade
Food
Salmon Terrine

Steam
Microwave
Oven

Accessory Used



Super Grill Tray Unit (legs
opened and top flap closed)

Ceramic Tray

Water Tank
Full

→ P.54

Reference heating time About 61 min

Ingredients (one 18 x 8 cm heat-resistant glass container; 5-6 servings)

- 5 raw salmon fillets (about 100 g each)
- 1 tbsp white wine
- Egg whites for 2 eggs
- 1 cup of fresh cream
- 1/3 tsp salt
- Dash of pepper
- 1 tsp paprika (powdered)
- 12 black olives (removed the seeds)



Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the skin and bones from the salmon and cut into bite-size pieces. Use a mortar to crush the pieces into a paste.
- 3 Add the white wine, egg whites, fresh cream, salt, pepper, and paprika to ②. Mix well.
- 4 Cut black olives in half. Cover the baking dish with a cooking sheet. Press the salmon mixture ③ in,

arranging the olives evenly. Flatten the top.

- 5 Open the legs of the super grill tray unit. Set ④ in the center of the unit and set it on the ceramic tray. Press **Homemade Food** ▶ **Salmon Terrine** to cook.

[Tips]

- If the surface of the loaf begins to dry out, cut a piece of cooking sheet slightly smaller than the top of the loaf and lay it on top while cooking.

Auto
112

Strawberry Jam

Homemade
Food
Strawberry Jam

Microwave

Accessory Used



Ceramic Tray

Water Tank
Empty

→ P.54

Reference heating time About 15 min

Ingredients (standard amount)

- 300 g strawberries
- 200 g sugar
- Ⓐ 1 tbsp lemon juice
- Dash of salad oil



Directions

- ① Rinse and hull the strawberries and wipe off the water.
- ② Combine ① and Ⓐ in a large, deep heat-resistant container. Mix together and press **Homemade Food** ▶ **Strawberry Jam** to cook.
- ③ After heating, use a dry cloth to take it out and remove any impurities.
- ④ Let it cool and put in a refrigerator with a cover. Then transfer to a tight container.

Auto
113

Orange Marmalade

Homemade
Food
Orange Marmalade

Microwave

Accessory Used



Ceramic Tray

Water Tank
Empty

→ P.54

Reference heating time About 15 min

Ingredients (standard amount)

- 2 oranges (about 400 g)
- 210 g sugar




Directions

- ① Rinse the oranges well and separate the peel and meat. Bare the meat and break into 2 or 3 parts. Use 1/2 peel and get rid of the rest. Scrape off the white portion of the peel and slice it thin into about 2 mm width.
- ② Boil the thin-sliced peel in a pan. Drain it in a colander after about 15 minutes from boiling.
- ③ Combine meat ①, peel ② and sugar in a large, deep heat-resistant container. Mix together and press **Homemade Food** ▶ **Orange Marmalade** to cook.
- ④ After heating, use a dry cloth to take it out and remove any impurities.
- ⑤ Let it cool and put in a refrigerator with a cover. Then transfer to a tight container.

Tips for Jam

- **Only cook the specified amount at a time**
- **Dishware**
A wide-mouth heat-resistant glass bowl of about 25 cm diameter (ID: about 22.5 cm) and about 10 cm depth is recommended.
- **Add salad oil**
This prevents boiling over.
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Microwave** **600 W** to cook, checking the food often. Then mix together. → P.60-62

Homemade Food Yogurt	Microwave (Preparation Heating) →P.54	Accessory Used  Ceramic Tray Water Tank Empty
Reference heating time About 181 min		



Ingredients (4 servings)

- 500 mL milk (at least 3.0% milk fat)
- 50-100 g plain yogurt (used as a starter culture)

Directions

- 1 Sterilize the heat-resistant container with a lid in a boiling-water and let it dry.
- 2 Pour milk into the container and press **Microwave 600 W 5-7 min** to heat up to about 80°C. →P.60-62
- 3 Add yogurt to the lukewarm milk and mix well by using a spoon or the like to leave no portion in a solid form.

- 4 Cover with a lid and place it on the ceramic tray. Press **Homemade Food ▶ Yogurt** to leaven.
- 5 After heating, let the food cool at room temperature and then put it in a refrigerator.
"Microwave Heating" →P.60-62

[Tips]
• You may add jam or fruits as desired, or put this on curry or tandoori chicken.

Yogurt Sauce

Ingredients (4 servings)

- 2 tbsp homemade yogurt
- 40 g cream cheese
- 1 tbsp mayonnaise
- Salt as needed

Directions

Combine with ingredients and add salt as desired. Serve with salad, etc.

Tips for Yogurt

- **Only cook the specified amount at a time**
- **Use a heat-resistant container with a lid**
Sterilize the container with boiling water immediately before using it and let dry completely. Also make sure to use clean spoons and measuring cups.
- **Selecting milk**
Use regular fresh milk with a fat content of at least 3.0%. Using low fat milk will result in watery yogurt. Even milk pasteurized at high temperature (marked at 120–140°C) should be heated to about 80°C before using. Lactic bacteria cannot live at temperatures above 60°C. Make sure the milk is at the right temperature before adding the yogurt.
- **If your food is underdone after the Additional Heating light OFF**
Press **Steam Microwave (Leaven) Leaven 20 W** to cook, checking the food often. →P.70
- **About yogurt starter cultures**
 - Use commercially available fresh, plain yogurt (nonfat solids content 9.5%, milk fat 3.0%)
 - Using yogurt with a different nonfat solids or milk fat content, or with sugar or fruit added, will result in inferior yogurt.
 - The more starter culture you use, the easier it is to make the yogurt.
 - Do not use the homemade yogurt as a starter culture to make more yogurt.
- **Determining when the yogurt is done**
The yogurt is done when the milk becomes firm. Immediately let the mixture cool and store it in the refrigerator. Continuing to ferment the yogurt once it is done will cause it to go sour.
- **Storage and expiration period**
Store the yogurt in the refrigerator and eat within two or three days.

Set Menu (Breakfast Combos) [Main Dish]

Set Menu Superheated Steam
Oven
Grill

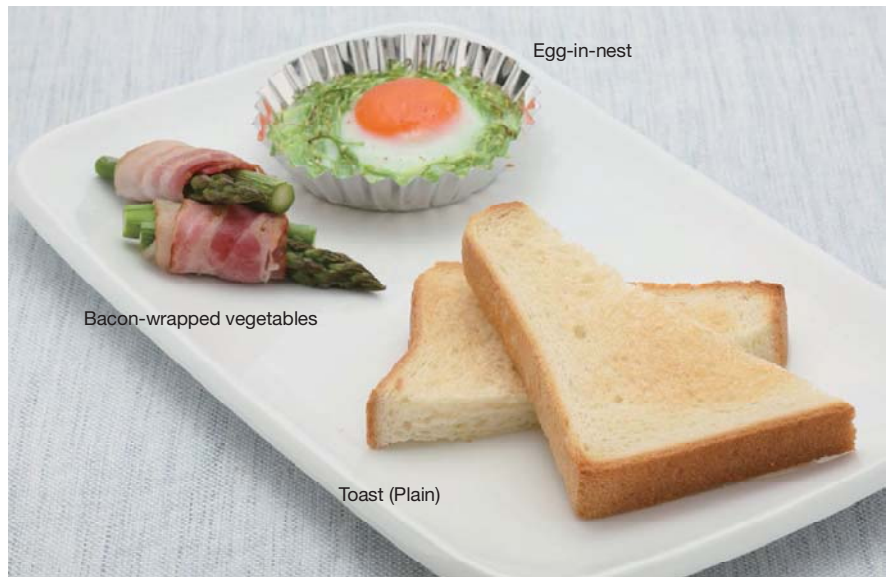
Accessory Used

Metal Tray **Top**
Ceramic Tray

Water Tank
Full

→P.54

Reference heating time About 15 min



Toast Set Menu steps

- ① Fill the water tank with water up to the full line.
- ② Select one main dish and two side dishes. Arrange them vertically in the center of the metal tray.
- ③ Set up the ceramic tray and insert the metal tray into **Top**. Press **Set Menu** ▶ **Toast Set Menu** to cook.



Tips for Breakfast Combo

- **Only cook the specified amount at a time**
Choose one main dish and two side dishes from among those listed. Other combinations will not cook properly.
- **Use baking cups made from aluminum foil or other oven-safe materials.**
If you use heat-resistant containers use shallow, flat-bottomed dishes 3-4 cm deep.
- **Lightly coating the baking cups with butter or salad oil before cooking will prevent the food from sticking.**
- **When using toothpicks, make sure that they are resting horizontally in the oven before cooking.**
- **Only one side of the toast slices prepared as part of a breakfast combo will brown.**
To brown both sides, refer to **Toast** → **P.242**.
- **Degree of browning varies depending on bread thickness and types.**
- **If your food is underdone after the **Additional Heating** light OFF**
Remove sufficiently heated pieces and press **Grill** to cook the rest, checking it often. → **P.64**



Auto 115 Toast Set Menu

Main dish: Toast (select one)

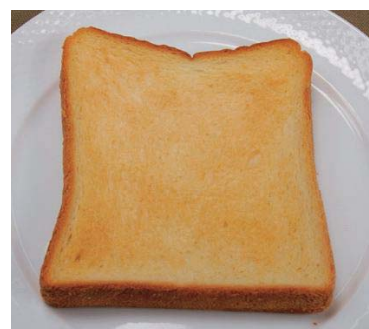
Toast (Plain)

Ingredients (2 servings/2 slices)

2 slices of breakfast toast

Directions

Arrange the slices of toast vertically in the center of the metal tray.



Pizza Toast



Ingredients (2 servings/2 slices)

2 slices of breakfast toast
30 g onion (sliced thin)
1/2 green bell pepper (sliced thin)
1 strip bacon (cut into 1 cm pieces)
Prepared pizza sauce as needed (store-bought)
Shredded mozzarella cheese as needed

Directions

Spread pizza sauce on one side of the toast pieces. Top with the onion, green bell pepper, and bacon, then sprinkle with cheese. Arrange the slices of toast vertically in the center of the metal tray.

Chelsea Toast



Ingredients (2 servings/2 slices)

2 slices of breakfast toast
30 g butter
25 g sugar
① 30 g almond powder
2 tbsp raisin (cut into chunks)
Sliced almond as needed

Directions

Spread the mixture ① on one side of the toast slices. Sprinkle with the sliced almond and arrange the slices of toast vertically in the center of the metal tray.

Apple Toast



Ingredients (2 servings/2 slices)

2 slices of breakfast toast
1/4 apple
Dash of salt
Margarine as needed
Dash of cinnamon sugar

Directions

- 1 Cut the apple in half and remove the core. Vertically slice the apple thin and place in salt water briefly. Then get water off.
- 2 Spread margarine on one side of the toast pieces. Top with the apple ① and sprinkle with the cinnamon sugar. Then arrange the slices of toast vertically in the center of the metal tray.

French Toast



Ingredients (2 servings/4 slices)

4 slices French roll (1.5-2 cm thick)
① 1/2 cup of milk
1/2 tbsp sugar
1 egg (beaten)
Dash of vanilla extract
Butter as needed

Directions

- 1 Combine the ingredients in ① and mix well. Add the eggs and vanilla extract and strain. Pour the mixture into a flat-bottomed dish.
- 2 Coat one side of each slice of French roll with butter. Place the slices butter-side up in the egg mixture ① and allow them to soak briefly.
- 3 Cover the center of the metal tray with aluminum foil or a cooking sheet and place the bread slices with the side spread with butter on top. After cooking, sprinkle with a bit of cinnamon sugar (besides the specified amount) as desired.

Breakfast Combos [Side Dish] (select two)

Fried Eggs



Ingredients (2 servings/2 pieces)

- 2 eggs
- 1 tsp water
- Dash of salt and pepper

Directions

Coat two aluminum-foil baking cups (for madeleine) with a thin layer of salad oil (besides the specified amount). Crack the eggs and put one in each cup. Sprinkle with water, and then sprinkle lightly with salt and pepper. Place the cups on the metal tray.

Egg-in-nest



Ingredients (2 servings/2 pieces)

- 2 eggs
- 30 g cabbage leaves (julienned)
- 1 tsp water
- Dash of salt and pepper

Directions

Place cabbage leaves in the two aluminum-foil baking cups (for madeleine) thinner at the center. Crack the eggs and put one in each cup. Sprinkle with water, and then sprinkle lightly with salt and pepper. Place the cups on the metal tray.

* You may use boiled spinach (60 g) instead of cabbage.

Scrambled Eggs



Ingredients (2 servings/2 pieces)

- 2 eggs (beaten)
- 1 tbsp milk
- Ⓐ 1 tsp sugar
- Dash of salt

Directions

- 1 Add Ⓐ to the eggs and stir. Pour into 2 aluminum-foil baking cups (for madeleine) and place the cups on the metal tray.
- 2 Once cooked, scramble immediately.

Fried Eggs with Cheese

Ingredients (2 servings/2 pieces)

Refer to ingredients of **Fried Eggs** and use shredded mozzarella cheese (about 15 g) instead of water.

Directions

Refer to directions of **Fried Eggs** and use shredded mozzarella cheese instead of water.

Bacon and Eggs

Ingredients (2 servings/2 pieces)

Refer to ingredients of **Fried Eggs** and add 1 strip of bacon.

Directions

Divide the bacon into two and put each in the aluminum-foil baking cups (for madeleine). Crack the eggs and put one in each cup. Sprinkle with water, and then sprinkle lightly with salt and pepper. Place the cups on the metal tray.



WARNING

Do not cook whole or unbeaten eggs except as indicated in the recipes above.

Otherwise, whole or unbeaten eggs may explode.

Always beat eggs before cooking.

Bacon-wrapped Vegetables



Ingredients (2 servings/8 pieces)

Any two of the following vegetables:
Asparagus (2), squash (sliced thin, 40 g), eringi mushrooms (2), green onion ($\frac{1}{4}$, cut in half), red bell pepper ($\frac{1}{4}$, sliced thin), yellow bell pepper ($\frac{1}{4}$, sliced thin), and enoki mushrooms ($\frac{1}{4}$)
4 slices of bacon
Dash of salt and pepper

Directions

Season vegetables you selected lightly with salt and pepper. Wrap them in $\frac{1}{2}$ or 1 strip bacon. Put them in individual aluminum-foil baking cups and place the cups on the metal tray.

Easy Stir-Fried Food



Ingredients (2 servings/2 pieces)

80 g cabbage leaves (coarsely julienned)
Red bell pepper (julienned) as needed
1 slice of bacon (cut into 1 cm pieces)
Dash of salt and pepper
1 tsp salad oil

Directions

Put all the ingredients in a small plastic bag (store-bought). Shake them to allow the flavor to blend. Place them in two aluminum-foil baking cups (for madeleine) and put the cups on the metal tray.

Tuna-topped Tomato



Ingredients (2 servings/2 pieces)

2 slices of tomato (sliced 1.5 cm thick)
 $\frac{1}{3}$ small tuna (canned)
Ⓐ 20 g onion (sliced thin)
1 tsp mayonnaise
Dash of salt and pepper
Dash of parsley
Shredded mozzarella cheese as needed

Directions

Place each tomato slice in an aluminum-foil baking cups (for madeleine). Combine Ⓐ and arrange on top of each slice. Top with a piece of dried parsley and place on the metal tray.

Bacon-wrapped Sausages



Ingredients (2 servings/4 pieces)

4 vienna sausages
2 slices of bacon

Directions

Cut the bacon in half. Wrap each sausage in the bacon and secure with a toothpick. Place them in two aluminum-foil baking cups. Then put the cups on the metal tray.

Bite-size Salted Salmon



Ingredients (2 servings/4 pieces)

1 lightly salted salmon fillet (about 100 g)

Directions

Cut the salmon into 4 pieces. Place a cooking sheet on the metal tray and arrange the salmon on it.

Easy Dried Fish



Ingredients (2 servings/2 slices)

1 dried horse mackerel or dried mackerel

Directions

Cut the dried fish into desired size. Place a cooking sheet on the metal tray and arrange the fish on it.

Squash Spring Roll



Ingredients (2 servings/4 pieces)

40 g squash (finely chopped into 1 cm width)
40 g white cheese (finely chopped into 1 cm width)
4 oba leaves
2 spring roll wraps (store-bought, cut in half)
1/2 tbsp salad oil
Ⓐ 1/2 tbsp flour (cake flour)
1/2 tbsp water

Directions

- 1 Wrap the squash in plastic wrap and press **Microwave 500 W About 30 sec.** to cook. → **P.60-62**
- 2 Stretch the spring roll wraps laterally, put oba, ① and cheese on them. Then tightly roll them up while applying Ⓐ prepared.
- 3 Pour salad oil over ②, turn each over to thoroughly dress them with the oil. Then arrange them on the metal tray with a cooking sheet on it.

"Microwave Heating"

→ **P.60-62**

Easy Pizza



Ingredients (2 servings/2 slices)

2 plates of fu
Prepared pizza sauce as needed (store-bought)
Ⓐ Onion and green bell pepper (sliced thin) as needed
Bacon and enoki mushrooms as needed
Red bell pepper (sliced thin) as needed
2 pimento-stuffed olives (sliced thin)
25 g cheese (shredded)
Dash of salt and pepper

Directions

Place the fu plates on the metal tray with a cooking sheet on it. Spread the pizza sauce on it. Arrange Ⓐ and season with salt and pepper lightly. Then sprinkle with cheese and olives.

Set Menu (Lunch Box)

Set Menu Steam Microwave

Hamburg Steak Lunch Box


Salmon Lunch Box

Chicken Lunch Box

→ P.54

Reference heating time About 10 min

Accessory Used



Super Grill Tray Unit (legs and top flap closed)
Grill Lid
Ceramic Tray

Water Tank
Full

Directions

- Fill the water tank with water up to the full line.
- Select one main dish and four side dishes. Arrange them on the super grill tray unit with legs closed with reference to the Tips for Lunch Box. Then set the grill lid.
- Place it aligning the steam inlet with the steam outlet and press respective set menu option to cook.
 - Set Menu ▶ Hamburg Steak Lunch Box
 - Set Menu ▶ Salmon Lunch Box
 - Set Menu ▶ Chicken Lunch Box
- After heating, let them cool sufficiently and place them in a lunch box.

Tips for Lunch Box

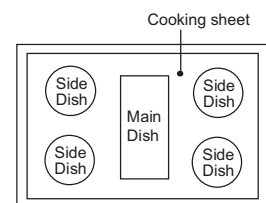
● Cups

Do not use any metal container or aluminum foil cup.
Use a heat-resistant silicone cup (bore diameter about 7 cm, bottom diameter about 5 cm and height about 4 cm).

● Only cook the specified amount at a time.

● Putting in the lunch box

Put the foods in a lunch box along with the silicone cups. If the silicone cups cannot fit in, take foods out of them and put them in the box in small portions.



How to arrange lunch box

Main dish (select one)

Auto 116 Hamburg Steak Lunch Box

Petit Hamburg Steak



Ingredients (1 serving)

100 g ground beef and pork
1 tsp Chinese yam (grated)
20 g onion (finely chopped)
Dash of salt, pepper and nutmeg

Directions

- Mix the ingredients well and divide the mixture into two. Coat your hands with a small amount of salad oil (besides the specified amount). Toss the mixture from one hand to the other to remove air bubbles from inside. Form oblong patties and make a dent in the middle of the patty. The patties should be 1 cm in thickness.
- Place ① on the super grill tray unit.

Auto 117 Salmon Lunch Box

Bite-size Salmon



Ingredients (1 serving)

1 raw salmon fillet (about 100 g)
Dash of salt

Directions

- Cut the salmon into 3 pieces and season with salt. Arrange them on the super grill tray unit.

Auto 118 Chicken Lunch Box

Grilled Chicken with Sesame



Ingredients (1 serving)

1 white chicken breast (about 100 g)
1 tbsp sake
White sesame as needed
Dash of salt and pepper

Directions

- Cut the meat into 3 pieces and sprinkle with sake.
- After getting water off, season ① with salt and pepper. Sprinkle the entire meat with white sesame and arrange them on the super grill tray unit.

Side dish (select four)

Squash Dressed with Ground Sesame



Ingredients (1 serving)

- 50 g squash (cut into 1 cm cubes)
- 1/2 tsp soy sauce
- 1/2 tsp sugar
- Ⓐ 1/2 tsp sake
- 1/2 tsp mirin (sweet cooking wine)
- Dash of white sesame

Directions

- 1 Combine the squash and Ⓐ in a deep container and mix lightly. Put the mixture on the super grill tray unit.
- 2 After heating, dress the mixture with white sesame.

Green Bell Pepper Dressed with Ground Sesame



Ingredients (1 cup)

- 1/3 green bell pepper (julienned)
- 1/3 red bell pepper (julienned)
- 1/3 yellow bell pepper (julienned)
- White sesame as needed
- 1/2 tsp soy sauce
- Ⓐ Dash of salt and pepper
- 1/2 tsp sesame oil

Directions

- 1 Combine the green bell pepper, red and yellow bell pepper and Ⓐ in a deep container and mix lightly. Put the mixture in a silicone cup and place the cup on the super grill tray unit.
- 2 After heating, dress the mixture with white sesame.

Sauteed Spinach



Ingredients (1 cup)

- 50 g spinach
- 10 g can of corn
- 1/2 tsp butter
- Dash of salt and pepper

Directions

- 1 Rinse the spinach and get water off. Wrap it in plastic wrap and press **Microwave 500 W About 40 sec** to cook. Then place it in water to remove impurity and cut into 3 cm width. **→ P.60-62**
- 2 Combine ① and corn in a deep container. Season with salt and pepper and mix lightly. Put the mixture in a silicone cup topped with butter. Place the cup on the super grill tray unit.
"Microwave Heating" **→ P.60-62**

Powdered Chicken



Ingredients (1 cup)

- 50 g ground chicken
- 1/2 tsp soy sauce
- 1/2 tsp sugar
- 1/2 tsp sake

Directions

- 1 Combine the ingredients in a deep container and mix lightly. Put the mixture in a silicone cup and place the cup on the super grill tray unit.
- 2 After heating, break the meat by using a spoon or the like.

Sweet Potato Dressed with Honey



Ingredients (1 serving)

50 g sweet potato (cut into 1 cm cubes)
2 tsp honey
Ⓐ ½ tsp soy sauce
1 tsp sugar
Dash of salt
Black sesame as needed

Directions

- 1 Soak the sweet potato in water.
- 2 After getting water off, combine ① and Ⓐ in a deep container and mix lightly. Put the mixture on the super grill tray unit.
- 3 After heating, dress the mixture with black sesame.

Sauteed Mushrooms



Ingredients (1 cup)

30 g total of eringi, shimeji and enoki mushrooms.
½ tsp butter
Dash of salt and pepper

Directions

- 1 Cut mushrooms into appropriate bite size.
- 2 Combine ① in a deep container. Season with salt and pepper and mix lightly. Put the mixture in a silicone cup topped with butter. Place the cup on the super grill tray unit.

Steamed Broccoli




Ingredients (1 serving)

50 g broccoli
Dash of salt

Directions

Break the broccoli into chunks and season with salt. Place it on the super grill tray unit.

Two-Dish Oven

Set Menu	Oven	Accessory Used
Fried Chicken & Grilled Vegetable		
Muffin & Mini Pie		Metal tray Middle/Bottom Ceramic Tray
→P.54		Water Tank Empty

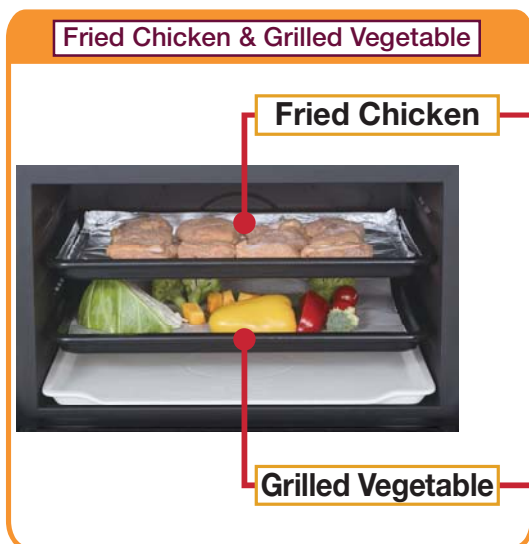
Tips for Two-Dish Oven



- Arrange 2 side dishes or desserts on the metal trays. Set them to Middle and Bottom of the tray rack in the oven cavity. Then you can cook them at the same time. Setting them in wrong racks will lead to poor results. Any combination other than "two side dishes" and "two desserts" will not turn out well.
- Place aluminum foil on the metal tray to help removing and cleaning.
- Prepare foods that take long to cook, e.g. vegetables, in advance.
- Only cook the amount for the metal tray at a time. If there are too few or too many, the food will not cook well.
- If your food is underdone after the Additional Heating light OFF
For **Fried Chicken & Grilled Vegetable**, press **Oven** **No Preheat** **2 level** **230°C** to cook, checking the food often.
For **Muffin & Mini Pie**, press **Oven** **No Preheat** **2 level** **150°C** to cook, checking the food often. →P.65

Auto 119 Fried Chicken & Grilled Vegetable

Combination of "two side dishes"

Reference heating time About 28 min

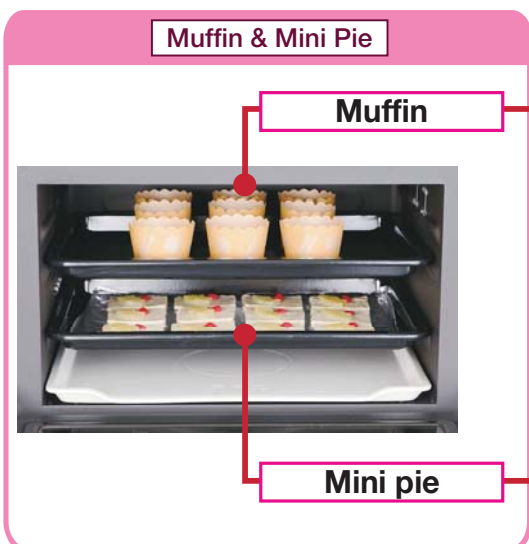


Middle Menu		Fried Chicken [Directions →P.188]
Bottom Menu		Grilled Vegetable [Directions →P.165]

Auto 120 Muffin & Mini Pie

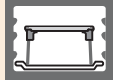
Combination of "two desserts"

Reference heating time About 34 min



Middle Menu		Muffin [Directions →P.236]
Bottom Menu		Mini pie [Directions →P.236]

Dual Cooking with Oven and Microwave [Meat and Vegetables]

<p>Set Menu Microwave Oven</p> <p>Spiced Chicken & Soup</p> <p>→ P.54</p>	<p>Accessory Used</p>  <p>Super Grill Tray Unit (legs opened and top flap closed)</p> <p>Ceramic Tray</p> <p>Water Tank Empty</p>
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Procedure for 2 level Cooking of [Meat and Vegetables]

- Place the container with the **Soup** you prepared at the center of the ceramic tray. Place the **Spiced Chicken** you prepared on the super grill tray unit with legs opened. Put the unit on the ceramic tray and set to the bottom of the oven cavity. Press **Set Menu** ▶ **Spiced Chicken & Soup** to cook.



2 level Cooking of Meat Dish (Top) and Vegetable Dish (Bottom)

Auto 121 Spiced Chicken & Soup

Reference heating time About 25 min

Spiced Chicken

(Spiced Chicken)

Ingredients (4 servings)

2 chicken thighs (with skin, about 250 g each)

- 2 tbsp soy sauce
- 1 ½ tbsp sake
- ½ tbsp sesame oil
- Ⓐ 1 tbsp sugar
- 1 ginger clove (finely chopped)
- 1 tsp tobanjan (Chinese spicy bean sauce)

Directions

- Cut each chicken thigh into 6 pieces and soak them in Ⓐ for at least 30 minutes.
- Wipe off juice from ① with a paper towel. Arrange them at the center of the super grill tray unit with legs opened so that the skin side is up.

Meat dish (top)



Soup

(Turnips and Sausage Soup)

Ingredients (4 servings)

3 turnips (about 200 g)
1 bag of vienna sausage (about 100 g)

- 1 cup of water
- Ⓐ ½ bouillon cube
- Dash of salt and pepper

Directions

- Leave a bit of turnips stem and cut off the leaves. Peel them and cut into 4 pieces. Put oblique cuts on sausages.
- Combine ① with the prepared Ⓐ in a container. Cover with a cooking sheet as a drop lid (refer to **Tips for Dual Cooking with Oven and Microwave** → P.219).
- Mix after heating.

Vegetable dish (bottom)



Dual Cooking with Oven and Microwave [Deep-Fried Foods and Vegetables]

Set Menu Microwave Oven

Deep-Fried Fish & Tofu

→ P.54

Accessory Used



Super Grill Tray Unit (legs opened and top flap closed)

Ceramic Tray

Water Tank

Empty

Procedure for 2 level Cooking of [Deep-Fried Food and Vegetables]

- Place the container with the **Deep-Fried Tofu** you prepared at the center of the ceramic tray. Place the **Deep-Fried Fish** you prepared on the super grill tray unit with legs opened. Put the unit on the ceramic tray and set to the bottom of the oven cavity.
- Press **Set Menu** ▶ **Deep-Fried Fish & Tofu** to cook.

2 level Cooking of Deep-Fried Food (Top) and Vegetable Dish (Bottom)

Auto
122

Deep-Fried Fish & Tofu

Reference heating time About 27 min

Deep-Fried Fish

(Bite-Size Deep-Fried White Fish)

Ingredients (4 servings)

- 4 white fish fillets (about 100 g each)
- Dash of salt and pepper
- 60 g fried bread crumbs → P.189
- 2 tbsp flour (cake flour)
- 1 egg (beaten)

Directions

- Wipe off the water and remove bones from white fish. Cut a fillet into 3 pieces and season the entire meat with salt and pepper.
- Apply flour, eggs and bread crumbs to ① in order.
- Open the legs of the super grill tray unit. Set ② at the center of the unit.

Deep-fried food (top)



Deep-Fried Tofu

(Boiled Deep-Fried Tofu and Mushrooms)

Ingredients (4 servings)

- 300 g deep-fried tofu
- 100 g mushrooms (break apart any clumps)
- ¾ cup of dashi broth
- 1 ½ tsp soy sauce
- ① 1 tbsp mirin (sweet cooking wine)
- Dash of salt

Directions

- Parboil the deep-fried tofu to remove oil. Cut vertically in half and then into 2 cm thick.
- Combine ① with the prepared ② in a container. Cover with a cooking sheet as a drop lid (refer to **Tips for Dual Cooking with Oven and Microwave**).
- Mix lightly after heating.

Vegetable dish (bottom)



Tips for Dual Cooking with Oven and Microwave

● Recommended bowl

A wide-mouth heat-resistant glass bowl of about 25 cm diameter (ID: about 22.5 cm) and about 10 cm depth is recommended.



● Ingredients

Try to cut the ingredients in equally sized pieces.

● Do not cover with plastic wrap or a lid

This will prevent the liquids from reducing properly during cooking.

● Use a drop lid

Cut a cooking sheet into a circle slightly smaller than the mouth of the bowl. Cover with a lid that has an X-shaped opening cut in the center before cooking.

● Skimming vegetables

Skim the vegetables once they are cooked.

● Use plenty of broth for vegetables

Use enough broth so that the soup ingredients are covered completely.

● Hard-to-cook vegetables

Place hard-to-cook vegetables in the bottom of a dish that conducts heat easily.

● Only cook 3 or 4 servings at a time.

● Additional Heating

If the meat dish is not sufficiently heated, take the vegetable dish out after heating and press **Additional Heating** to cook again, checking it often. For fried food, turn it over and cook again.

To cook the vegetable dish further, take out the meat dish and press **Microwave 500 W** to cook, checking it often. **→ P.60-62**

● If your food is underdone after the

Additional Heating light OFF

Take out the vegetable dish and press **Grill** **→ P.64** for a meat dish, or turn the food over and press **Oven** **No Preheat** **1 level** **200°C** for deep-fried food, checking it often. **→ P.65**

Reheat

(For Reheat, some Auto Menu options are indicated.)

Applied 001 Rice (Vacuum packed)

Microwave

Accessory Used

Reheat/Defrost

Reheat

Reheat

→ P.40-41

Ceramic Tray

Water Tank

Empty

Directions

1 Remove the rice from its packaging or the bag and transfer to a ceramic or heat-resistant bowl. Break up the rice into small chunks and lightly cover with plastic wrap. Then press

Reheat/Defrost ▶ **Reheat** ▶ **Reheat** to cook.

2 Mix after heating.

- Follow the manufacturer's directions if cooking in the original packaging. Poke holes or partially remove the seal. Use the Manual Menu (Microwave Heating) to cook.
- Follow the cooking time printed on the package, checking the rice often.
- To reheat store-bought rice balls → P.38

Auto 003 Beverages/Warm Milk

Microwave

Accessory Used

Reheat/Defrost

Reheat

Beverages/Warm Milk

→ P.46-47

Reference heating time (200 mL) Approx. 1 min. 40 sec.

Ceramic Tray

Water Tank

Empty



Directions

Pour milk into a mug or drinking cup and

Reheat/Defrost ▶ **Reheat** ▶

Beverages/Warm Milk to reheat.

Applied 005 Reheating Rice

Steam Microwave

Accessory Used

Reheat/Defrost

Reheat

Steam Reheat

→ P.46-47

Reference heating time 1 cup (about 150 g) Approx. 1 min. 40 sec.

Ceramic Tray

Water Tank

Full



Ingredients (1 serving/1 cup)

1 cup of cold rice (about 150 g)

Directions

1 Fill the water tank with water up to the full line.

2 Do not cover the food, for example with plastic wrap and press

Reheat/Defrost ▶ **Reheat** ▶

Steam Reheat to reheat.

Applied 001 Curry or Rice Bowl Toppings (Ready-made Boil-in-bag Type)

Directions

1 Take the toppings from the package or a bag and transfer to a ceramic or heat-resistant container. Lightly wrap it in plastic wrap and press

Reheat/Defrost ▶ **Reheat** ▶

Reheat to cook.

2 Mix after heating.

- Dishes like rice porridge should be left to stand for a few minutes after cooking to soften.
- Sauces that contain squid, shrimp, whole mushrooms, or similar ingredients may splatter, as can curries and other thick sauces. (Remove whole mushrooms before cooking and add them once heating is completed.)

Applied 005 Reheating Side Dishes



Ingredients (1-5 servings)

100-500 g steamed dumplings, Japanese style fried noodles, or other side dish

Directions

1 Fill the water tank with water up to the full line.

2 Do not cover the food, for example with plastic wrap and press

Reheat/Defrost ▶ **Reheat** ▶

Steam Reheat to reheat.

Tips for Steam Reheat

- This function will not work well for frozen rice or prepared frozen side dishes. Use **Frozen Rice** to reheat frozen rice, or **Defrost & Reheat** to reheat side dishes.


→ P.42-43

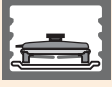
Auto
007

Reheat Steam Buns (Chilled)

Auto
008

Reheat Steam Buns (Frozen)

Reheat/Defrost	Steam Microwave	Accessory Used
Reheat		
Reheat Steam Buns (Chilled)		Super Grill Tray Unit (legs and top flap closed)
		Grill Lid
		Ceramic Tray
		Water Tank
		Full
Reference heating time About 20 min		

Reheat/Defrost	Steam Microwave	Accessory Used
Reheat		
Reheat Steam Buns (Frozen)		Super Grill Tray Unit (legs and top flap closed)
		Grill Lid
		Ceramic Tray
		Water Tank
		Full
Reference heating time About 28 min		



Ingredients (1 serving/1 piece)

1 steamed bun (about 100 g)

Directions

- Fill the water tank with water up to the full line.
- Remove packaging materials other than the bottom paper from the bun and place it at the center of the super grill tray unit with legs closed. Then set the grill lid.
- Place it aligning the steam inlet of the lid with the steam outlet. Press **Reheat/Defrost** ▶ **Reheat** ▶ **Reheat Steam Buns (Chilled)** to cook a bun stored at the room or chilled temperature, or **Reheat/Defrost** ▶ **Reheat** ▶ **Reheat Steam Buns (Frozen)** to cook a frozen bun.

Manual

Ramen and Other Instant Noodles (Bag or Form Bowl)

Directions

- Remove the noodles from their cup or bag and transfer to a ceramic or heat-resistant bowl.
- Add 400–500 mL water (enough to cover the noodles) and cover with plastic wrap as shown. Then press **Microwave** **600 W** **5-7 min** to cook.

→ P.60-62



Open it by about 1 cm to prevent bursting.

- Stir well after heating and add the seasonings as indicated by the manufacturer.

"Microwave Heating"

→ P.60-62

Tips for Reheating Steamed Bun

- When the food is hard before heating or you want to make it fluffy.**
Immerse the food in water or spray water on it before heating.
- Number of steamed bun(s) that can be reheated at one time:**
1 (about 100 g) to 4 pieces (about 400 g) of steamed buns stored at room, chilled or frozen temperature. You can reheat 2 to 4 steamed buns of 80-90 g each in weight, or 1 or 2 of 110-150 g.
- Grill lid**
Do not cover the food, for example with plastic wrap.
- Bean-paste buns**
Set the doneness adjustment to **MID-LO** or **LO**.
- Depending on the manufacturer of food, preservation conditions and shapes, use an appropriate doneness adjustment.**
- Leave paper attached to the bottom and place the buns on the super grill tray unit.**
- If your food is underdone after the **Additional Heating** light OFF**
Transfer the food to a dish. Press **Steam Microwave** to cook, checking the food often. → P.68

Applied 009 Hamburg Steak and Chicken Steak

Reheat/Defrost

Microwave Oven

Reheat

Superheated Steam Grill

Crispy Cooking (Chilled)

→ P.48-49

Accessory Used



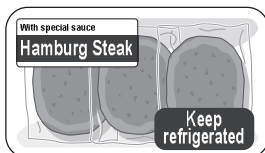
Super Grill Tray Unit (legs opened and top flap closed)

Ceramic Tray

Water Tank

Full

Reference heating time About 13 min for 200 g



Ingredients

2-6 prepared Hamburg steaks (chilled) or 2-6 prepared chicken steaks (chilled)

Directions

- Fill the water tank with water up to the full line.
- Remove packaging of the Hamburg steaks or chicken steaks. Arrange the food at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Reheat/Defrost** ▶ **Reheat** ▶ **Crispy Cooking (Chilled)**.

[Tips]

- If sauce is supplied, put it after heating.
- The package illustrations of foods are only for image reference.

Applied 009 Satsuma-style Fried Food



Ingredients

200-600 g Satsuma-style fried food

Directions

- Fill the water tank with water up to the full line.
- Remove packaging of the fried food. Arrange it at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Reheat/Defrost** ▶ **Reheat** ▶ **Crispy Cooking (Chilled)**.

Applied 009 Deep-Fried Tofu



Ingredients

2-4 blocks of deep-fried tofu (300-600 g)

Directions

- Fill the water tank with water up to the full line.
- Remove packaging of the deep-fried tofu. Arrange it at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with

Reheat/Defrost ▶ **Reheat** ▶ **Crispy Cooking (Chilled)**.

Applied 009 Grilled Fish and Broiled Eel

Doneness Adjustment **LO**



Ingredients

2-4 grilled fish fillets (store-bought or homemade) or 2 skewers of broiled eel

Directions

- Fill the water tank with water up to the full line.
- Remove packaging of the grilled fish or broiled eel. Arrange the food at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Reheat/Defrost** ▶ **Reheat** ▶ **Crispy Cooking (Chilled)**. For broiled eel, set the doneness adjustment to **LO**.

[Tips]

- Add the sauce for broiled eel after arranging it on a dish.

Applied 010 Frozen Grilled Riceball

Reheat/Defrost

Microwave Oven

Reheat

Superheated Steam Grill

Crispy Cooking (Frozen)

→ P.48-49

Accessory Used



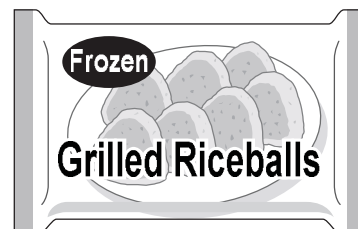
Super Grill Tray Unit (legs opened and top flap closed)

Ceramic Tray

Water Tank

Full

Reference heating time About 15 min for 200 g



Ingredients

4-10 frozen grilled riceballs

Directions

- Fill the water tank with water up to the full line.
 - Remove packaging of the frozen grilled riceballs. Arrange them at the center of the super grill tray unit with legs opened. Put the unit on the ceramic tray and press **Reheat/Defrost** ▶ **Reheat** ▶ **Crispy Cooking (Frozen)** to cook.
- The package illustrations of foods are only for image reference.



CAUTION

Do not use **Crispy Cooking (Chilled)** or **Crispy Cooking (Frozen)** to heat a small amount of food.

(It can result in the food burned.)

If weight per piece is about 200 g or less, put multiple pieces to make the total weight 200 g or above.

Tips for Crispy Cooking (Chilled) and Crispy Cooking (Frozen)

● Number of servings

Cook between two (about 200 g) and six servings at a time. (Other serving amounts cannot be cooked using the auto menu function.)

● Place the food in the center of the super grill tray unit

If there are more than two pieces of food, arrange them towards the center of the super grill tray unit.

● To reheating lukewarm deep-fried foods (croquette, etc.)

Use **Reheat Fried Food**.

→ P.48-49

● If your food is underdone after the Additional Heating light OFF

Press **Grill** to cook, checking the food often. → P.64

Applied 010 Frozen Fried Foods and Nugget



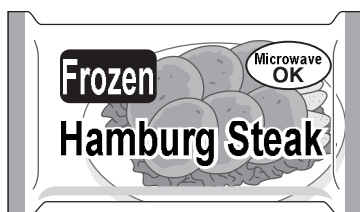
Ingredients

200-400 g frozen fried foods and chicken nugget (fried)

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove packaging of the frozen fried foods and chicken nugget. Arrange them at the center of the super grill tray unit with legs opened. Put the unit on the ceramic tray and press **Reheat/Defrost** ▶ **Reheat** ▶ **Crispy Cooking (Frozen)** to cook.

Applied 010 Frozen Hamburg Steak



Ingredients

9-18 patties of frozen Hamburg steak (mini size)

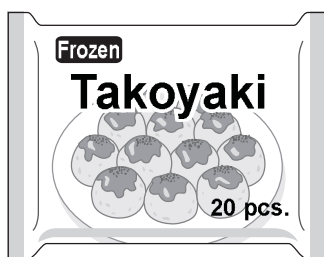
Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove packaging of the frozen Hamburg steaks. Arrange it at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Reheat/Defrost** ▶ **Reheat** ▶ **Crispy Cooking (Frozen)**.

[Tips]

- If sauce is supplied, put it after heating. Putting the sauce on beforehand may cause the food to pop or burst.
- The package illustrations of foods are only for image reference.

Applied 010 Frozen Takoyaki



Ingredients

10-20 frozen takoyaki balls

Directions

- 1 Fill the water tank with water up to the full line.
 - 2 Remove packaging of frozen takoyaki. Arrange it at the center of the super grill tray unit with legs opened, place the unit on the ceramic tray and heat them with **Reheat/Defrost** ▶ **Reheat** ▶ **Crispy Cooking (Frozen)**. Put the sauce on it.
- The package illustrations of foods are only for image reference.

Applied 010 Spring Roll

Doneness Adjustment **LO**



Ingredients

8-12 frozen spring rolls (fried)

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the packaging material from the frozen spring rolls, place them at the center of the super grill tray unit with legs opened, then put the unit on the ceramic tray. Press **Reheat/Defrost** ▶ **Reheat** ▶ **Crispy Cooking (Frozen)** to cook with doneness adjustment set to **LO**.

[Tips]

- Grill non-fried frozen spring rolls with doneness adjustment set to **MID**.
- You may apply oil on the surface as desired before cooking.
- The package illustrations of foods are only for image reference.

Auto 011 Reheat Fried Food

Reheat/Defrost	Oven Superheated Steam Grill	Accessory Used
Reheat		
Reheat Fried Food		Super Grill Tray Unit (legs opened and top flap closed)
→ P.48-49		Ceramic Tray
		Water Tank Full
Reference heating time	About 10 min for 200 g	



Ingredients (1-4 servings)

100-500 g deep-fried foods

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove packaging such as plastic wrap. Arrange the food at the center of the super grill tray unit with legs opened with care not to let them overlapped, place the unit on the ceramic tray and heat them with **Reheat/Defrost** ▶ **Reheat** ▶ **Reheat Fried Food**.

Tips for Reheating Fried Food

- **Frozen deep-fried foods cannot be reheated.** **Crispy Cooking (Frozen)**
Set the doneness adjustment to **LO** to heat. **→ P.48-49**
- **Food weighing less than 100 g cannot be heated**
Make it 100 g or above, or set the metal tray to **Middle** and press **Superheated Steam Oven** **No Preheat** **180°C** to cook, checking it often. **→ P.69**
- **When the bottom surface is sticky after heating of deep-fried food**
Wipe off the oil content with paper towel or the like.

Dessert (Cake)

Auto
123

Sponge Cake (Decorated Cake)



Dessert	Steam Oven	Accessory Used
Sponge Cake		
	(Preparation Heating)	Metal Tray Bottom Ceramic Tray
→P.54		Water Tank Full
Reference heating time About 46 min		

Ingredients (one 18 cm metal cake pan)

- 90 g flour (cake flour)
- 120 g sugar
- 3 eggs (whites and yolks separated)
- Dash of vanilla extract
- Ⓐ | 2 tsp milk (room temperature)
- | 15 g butter
- Whipped cream as needed
- Fruit (strawberries, etc.) as needed

Directions

- Fill the water tank with water up to the full line.
- Coat the cake pan with a small amount of butter (besides the specified amount), then line the bottom and the sides with parchment paper (for baking). Combine Ⓐ and melt it by pressing **Microwave 200 W 1 min 30 sec** (For an 18 cm cake, see the **Tips for Sponge Cake** for other sizes on the right). **→P.60-62**

③ Add the egg whites to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar, then continue whipping until stiff (separate whipping method).

- Add the egg yolks and whip into a foam again. Insert $\frac{1}{4}$ of a toothpick into the dough. If the toothpick does not fall immediately, whipping is enough. Add the vanilla extract and mix at low rate.
- Sift the flour. Fold it into the mixture with a wooden spoon or a rubber spatula until just combined by scooping up from the bottom, taking care not to make the mixture sticky. Combine Ⓐ and stir together quickly.
- Briskly pour everything into the mold. Lift the pan off the counter and gently drop it to remove the air. Place the pan on the metal tray and insert the tray into **Bottom**. Press **Dessert** **→P.60-62** to bake.



- Drop the mold from a height of 10-20 cm to prevent it from shrinking during baking. Separate the cake from the mold and remove the parchment paper. Allow to cool completely, then top with whipped cream, fruit, or other embellishments as desired.

"Microwave Heating"

→P.60-62

Combined whipping method

- Crack the eggs into a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping until it begins to get stiff (stop when the blender leaves a circular trail in the mixture). Add the vanilla extract and continue as above from step ⑤.



Tips for Sponge Cake

● You can use the recipe to make a 15-21 cm cake

Ingredients \ Diameter		15 cm	18 cm	21 cm
Flour (cake flour)		50 g	90 g	120 g
Sugar		65 g	120 g	160 g
Eggs		2	3	4
Butter		10 g	15 g	20 g
Milk		1/2 tbsp	2 tsp	1 tbsp
Directions	②	Approx. 1 min.	Approx. 1 min. 30 sec.	Approx. 2 min.
	⑥	Sponge Cake		
		Doneness Adjustment		
		MID-LO	MID	MID-HI
Reference heating time		Approx. 41 min.	Approx. 44 min.	Approx. 48 min.

● Cake mold

Use a metal cake pan with smooth sides free of rivets or other inconsistencies.

● For easier whipping

Warm the eggs and bowl to make it easier to whip into a foam.

● Make sure the egg whites are whipped thoroughly

To check whether the egg whites have been whipped enough, take a whisk or a handheld blender and pull it up through the mixture. If hard peaks form, the mixture is sufficiently whipped.

● When the cake is done properly

The body of the finished cake should be fluffy and with an even texture.



● If your food is underdone after the Additional Heating light OFF





Press **Oven** **No Preheat** **1 level** **160°C** to cook, checking the food often. **→P.65**

● If the surface of the cake falls


Remove the cake from the mold and turn bottom-side up to cool.

● Manual cooking **→P.77**

Points for making sponge cake

Cross-section				
Condition	<ul style="list-style-type: none"> • Cake did not expand properly • Texture (air pockets) dense throughout • Cake is too hard 	<ul style="list-style-type: none"> • Cake did not expand properly • Cake is dry • Texture is coarse with clumps of flour 	<ul style="list-style-type: none"> • Surface is noticeably wrinkled • Texture is coarse throughout • Collapsed in center 	<ul style="list-style-type: none"> • Texture (air pockets) dense in certain areas • Inconsistent expansion
Cause	<ul style="list-style-type: none"> • Eggs were not whipped thoroughly • Batter was over-mixed after adding flour and butter, destroying the egg foam (the mixture should be folded rather than mixed) • Batter was left sitting for too long • Not enough sugar 	<ul style="list-style-type: none"> • Flour was not sufficiently blended • Flour was not sifted 	<ul style="list-style-type: none"> • Air was not fully removed • The unwhipped batter left in the bowl was poured into the center of the mold (the batter should be spread to the edges) • Not enough flour • Batter was over-mixed after adding flour and butter, destroying the egg foam (the mixture should be folded rather than mixed) 	<ul style="list-style-type: none"> • Melted butter was not mixed in evenly (the butter should be mixed in while still hot)

Roll Cake (Plain)

Dessert	Oven	Accessory Used
Roll Cake		
(Preheat) → P.55	(Preparation Heating)	Metal Tray Middle Ceramic Tray
Preheating Reference heating time	About 6 min About 16 min	Water Tank Empty

Ingredients (1 roll)

- 80 g flour (cake flour)
- 100 g sugar
- 4 eggs (beaten)
- Dash of vanilla extract
- ① 1 1/2 tbsp milk (room temperature)
- ① 1 heaped tbsp butter (about 15 g)
- Apricot jam (strained to remove pulp) to taste

Directions

- Coat the metal tray with a small amount of butter (besides the specified amount) and cover with parchment paper (for baking).
- Combine ① and melt it by pressing **Microwave** **200 W** [1-2 min]. → **P.60-62**
- Add the eggs to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping thoroughly until the mixture begins to get stiff. Mix in the vanilla extract.
- Start preheating with **Dessert** ▶ **Roll Cake** without putting the food yet.
- Sift the flour. Fold into the mixture with a wooden spoon, taking care to break up clumps. Add ② and stir together quickly.

Auto 125 Mocha Roll Cake

Preheating About 6 min
Reference heating time About 16 min

Ingredients

Refer to the ingredients for the **Roll Cake (Plain)**. Add liquid coffee (1 scant tbsp instant coffee dissolved in 1 tsp of hot water).

Directions

- Refer to steps ①-⑤ in the directions of the **Roll Cake (Plain)**. In the step ④, press **Dessert** ▶ **Mocha Roll Cake** to preheat without putting in the ingredients. In step ⑤, finally add liquid coffee.
- Refer to steps ⑥ and ⑦ under the **Roll Cake (Plain)** for heating, and bake it referring to the steps ⑧ and ⑨ in the directions of the **Roll Cake (Plain)**.



Directions

- Pour ⑤ everything into ① briskly and tap the tray on the counter to even out the surface.
 - Once the beep sounds indicating that preheating is complete, insert ⑥ in **Middle** to bake.
 - When baking is finished, flip the metal tray over a cloth and remove the parchment paper. Place the roll cake browned-side up to cool.
 - Flip the cake upside-down and use a knife to make scores in the surface 1-2 cm apart. Spread the apricot jam on the last 2 cm of the far end of the cake. Start at the near side and roll the cake away from you. Let the cake sit for a while to allow the jam to blend into the cake before cutting.
- "Microwave Heating" → **P.60-62**

Auto 126 Matcha Roll Cake

Preheating About 6 min
Reference heating time About 16 min

Ingredients

Refer to the ingredients of the **Roll Cake (Plain)**. Add liquid green tea (1/2 tbsp powdered green tea (matcha) dissolved in 1/2 tbsp of water).


Directions

- Refer to steps ①-⑤ in the directions of the **Roll Cake (Plain)**. In the step ④, press **Dessert** ▶ **Matcha Roll Cake** to preheat without putting in the ingredients. In step ⑤, finally add green tea.
- Refer to steps ⑥ and ⑦ under the **Roll Cake (Plain)** for heating, and bake it referring to the steps ⑧ and ⑨ in the directions of the **Roll Cake (Plain)**.

Tips for Roll Cakes

- Only cook the specified amount at a time.**
- Hints for making the batter**
The key to good batter is whipping the eggs and mixing in the flour properly. For instructions on how to whip whole eggs, refer to the combined mixing method. Make sure that the blender leaves a circular trail in the mixture.
When mixing in the flour, fold in until just combined, taking care not to make the mixture sticky.
- Removing the parchment paper**
While still hot, either mist the paper with water or moisten with a damp cloth. Peel up slowly using both hands.
- If the edges of the cake become hard**
Moisten the surface of the cake with syrup or cover with a dry cloth and plastic wrap once cooled. Let sit for a while before rolling.
- Applying jam**
The cakes will roll best if jam is applied in a 2 cm band on the far side of the roll cake (end of the roll).
- Two-level baking**
Do not use the Auto Menu for two-level baking.
Double the recipe to make twice the amount of batter. Bake for **[About 3 min]** in step ② in the directions of the **Roll Cake (Plain)**. Set to the Manual Menu (Oven Heating) in the step ④ to preheat before baking the batter. → **P.77**
If the cake is cooking unevenly, switch the position of the metal trays after 2/3-3/4 of the heating time has passed.
- If the cake is undercooked after the Additional Heating light OFF**
Press **Oven** **No Preheat** **1 level** **160°C** to cook, checking it often. → **P.65**

Chiffon Cake (Plain)

Dessert	Steam Oven	Accessory Used
Chiffon Cake		
→P.54		Metal Tray Bottom Ceramic Tray
Reference heating time About 49 min		Water Tank Full



Ingredients (one 20 cm metal chiffon cake pan)

- A** 100 g flour (cake flour)
1/2 tsp baking powder
Egg yolk for 4 eggs
Egg white for 5 eggs
Pinch of salt
130 g sugar
- B** 70 mL water
1 tbsp lemon juice
Lemon peel for 1 lemon (grated)
60 mL salad oil

Directions

- Fill the water tank with water up to the full line.
- Combine the egg yolks and half the sugar in a bowl. Use a handheld blender to mix until white and fluffy. Gradually combine the ingredients with the prepared **B** in the order listed and mix. Add the salad oil a little at a time and continue stirring. Combine **A** mixing on low speed until smooth.
- Combine the egg whites and salt in another bowl. Use the handheld blender to whip until the mixture is about 70% foam. Once the bubbles have reached a consistent size, add the rest of the sugar and continue whipping until stiff.
- Add 1/3 of **C** in **2**. Fold together briefly with a wooden spoon, and then add the rest of the mixture and stir again briefly. Pour the batter into the cake pan from a good height and gently drop the pan on the counter a few times to remove the air. Place the pan on the metal tray in the **Bottom**. Press **Dessert** ▶ **Chiffon Cake** to bake.
- When the cake is finished baking, immediately flip the cake pan and allow to cool completely.
- Once the cake is cool, use a pallet knife or similar tool to separate it from the mold. Fully insert the knife between the cake and the outside of the pan, and then quickly move it up and down to separate.
- Repeat the procedure along the inner ring to separate the cake. Turn the cake mold over, inserting a knife up from the bottom to help you slowly release the cake from the mold.

[Tips]

- You can prepare the cake with an equal number of egg yolks and egg whites (5 eggs), but the top portion may come out too thick. More egg yolk will also make the body of the cake more yellow in color, resulting in a dessert that is closer to a sponge cake.

Tips for Chiffon Cake


- You can use the recipe to make a 17-20 cm cake

Diameter	17 cm	20 cm
Ingredients		
Flour (cake flour)	75 g	100 g
Baking powder	1/4 tsp	1/2 tsp
Egg yolk	For 3 eggs	For 4 eggs
Egg white	For 4 eggs	For 5 eggs
Salt	Dash	Pinch
Sugar	85 g	130 g
Water	40 mL	70 mL
Lemon juice	2/3 tbsp	1 tbsp
Lemon peel	For 2/3 piece	For 1 piece
Salad oil	30 mL	60 mL
Reference heating time	Doneness Adjustment	
	MID-LO	MID
	About 45 min	About 49 min

- Firmness of the yolk mixture**
The firmness of the yolk mixture should be somewhere between pancake and crepe batter. Be sure it is not too runny or too thick.
- Use fresh, chilled eggs**
Eggs chilled to about 10°C are ideal for whipping into a firm meringue. Use eggs right from the refrigerator.
- Do not coat the cake mold with butter**
If you coat the cake mold with butter before cooking, the cake will separate from the pan and shrink as it cools. Avoid using molds lined with fluorine or silicone as well.
- Mixing the egg yolk and white mixture**
Do not mix too vigorously. Over-mixing can destroy the foam and prevent the chiffon cake from fluffing up properly.
- Use chiffon molds**
Use an aluminum chiffon mold.
- Removing air bubbles**
After putting the mixture in the mold, do not remove air bubbles by hitting the bottom with excessive force. This may result in a large hole at the bottom of the cake after baking. Just gently drop the mold to remove air bubbles. Further, pulling the cylinder inside the mold after you pour the mixture in will let air bubbles go into the mixture.
- Let the mold cool completely**
Do not attempt to remove the cake before the mold has cooled completely because the cake may collapse.
- Manual baking →P.77**
If the surface of the cake becomes overly browned during cooking, cover with aluminum foil and continue baking.
- If your food is underdone after the Additional Heating light OFF**
Press **Oven** **No Preheat** **1 level** **160°C** to cook, checking it often. **→P.65**



Cheesecake

Manual	Oven	Accessory Used
Oven	Preheating for 6 min 160°C Heating time 40-44 min.	 Metal Tray Bottom Ceramic Tray
(Preheat) → P.66-67	(Preparation Heating)	Water Tank Empty



Ingredients (one 18 cm metal cake pan)

- 200 g cream cheese
- 30 g butter
- 2 eggs (whites and yolks separated)
- 50 g powdered sugar
- 25 g flour (cake flour)
- 30 mL fresh cream (warmed up to room temperature)
- ① 1 tbsp lemon juice
- ① Lemon peel for 1 lemon (grated)

Directions

- ① Coat the cake pan with a small amount of butter (not listed above), then line the bottom and the sides with parchment paper (for baking).
- ② Put the cream cheese in a heat-resistant bowl and melt it by pressing **Microwave** 200 W 2-3 min. Heat until liquefied, stirring partway through cooking. Add the egg yolks and stir well with a wooden spoon.

→ P.60-62

③ Put the butter in a bowl and soften by pressing **Microwave** 100 W Approx. 1 min. Knead into ②. Combine the flour and half of the powdered sugar and sift. Add to the mixture and stir, taking care to break up clumps. Add the fresh cream and ①.

④ Put the egg whites in another bowl and whip until the mixture is about 70% foam. Add the rest of the powdered sugar and continue whipping until stiff. Add half of the mixture in ③, fold together briefly, and then add the other half.


⑤ Start preheating with **Oven**
Preheat 1 level 160°C 40-44 min without putting the food yet. → P.66-67

⑥ Pour the batter into the cake pan and gently drop it on the counter to even out the surface. When you hear the preheating completion sound, put it on the metal tray and set it to **Bottom**. Then bake. Leaving the cheesecake in the pan, allow it to cool, and then put in the refrigerator to chill. Once chilled, remove from the pan.

"Microwave Heating" → P.60-62

"Oven (Preheat) Heating" → P.66-67

Souffle Cheesecake

Manual	Oven	Accessory Used
Oven	Preheating for about 6 min 150°C Heating time 48-54 min	 Metal Tray Bottom Ceramic Tray
(Preheat) → P.66-67	(Preparation Heating)	Water Tank Empty



Ingredients (one 18 cm metal cake pan; bottom not removable)

- ① 150 g cream cheese
- ① 30 g butter
- 120 g sugar
- Egg yolk for 3 eggs
- 100 mL fresh cream (warmed up to room temperature)
- 50 mL milk
- 1 tbsp lemon juice
- 1 tbsp brandy
- 40 g corn starch (sprinkled)
- Egg white for 5 eggs

[Tips]

- You may also dissolve strained anzu jam (1 tbsp) in brandy (1 tsp) and spread the paste on the cake surface.
- Soufflé cheesecake will break if you attempt to take it out from the mold while it is still hot.

Directions

① Coat the cake pan with a small amount of butter (besides the specified amount), then line the bottom with parchment paper (for baking). Spread plenty of butter (besides the specified amount) to the inside edge without parchment paper.

② Put ① in a heat-resistant glass bowl. Press **Microwave** 200 W 2-3 min to soften and mix well with a handheld blender until it becomes smooth.

→ P.60-62

③ Combine 1/2 of the sugar in ②, mix well. Then add egg yolk and mix until it becomes smooth.

④ Add fresh cream, milk, lemon juice and brandy to ③ in order while mixing up with a handheld blender. Add corn starch and use a wooden spoon to mix, taking care to break up clumps.

⑤ Put the egg whites in another bowl and whip until the mixture is about 70% foam. Add the rest of the powdered sugar and continue whipping until stiff.

⑥ Combine ⑤ in ④ in three additions. Briefly mix with care not to break the foam and allow it to blend with the dough.

⑦ Put ⑥ in the mold, fold together briefly, and lightly tap it to remove air bubbles.

⑧ Start preheating with **Oven**
Preheat 1 level 150°C 48-54 min without putting the food yet. → P.66-67

⑨ When you hear the preheating completion sound, place two paper towels on the metal tray and pour hot water (2 cups: not listed above) into the tray. Place ⑦ on and set it to **Bottom** to cook.

⑩ After heating, insert a knife between the mold and cake to make a gap. After the cake sinks down to the mold height and has cooled completely, take it out slowly from the mold.

"Microwave Heating" → P.60-62

"Oven (Preheat) Heating" → P.66-67

Dessert (Cookie)

Auto 128 Cut-Out Cookie

Dessert Cut-Out Cookie	Oven	Accessory Used Metal Tray Middle Ceramic Tray
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→ P.54

Reference heating time About 23 min

Water Tank
Empty

Ingredients (one metal tray/48 pieces)

- 170 g flour (cake flour)
- 85 g butter (warmed up to room temperature)
- 80 g sugar
- 1/2 large egg (beaten)
- Dash of vanilla extract

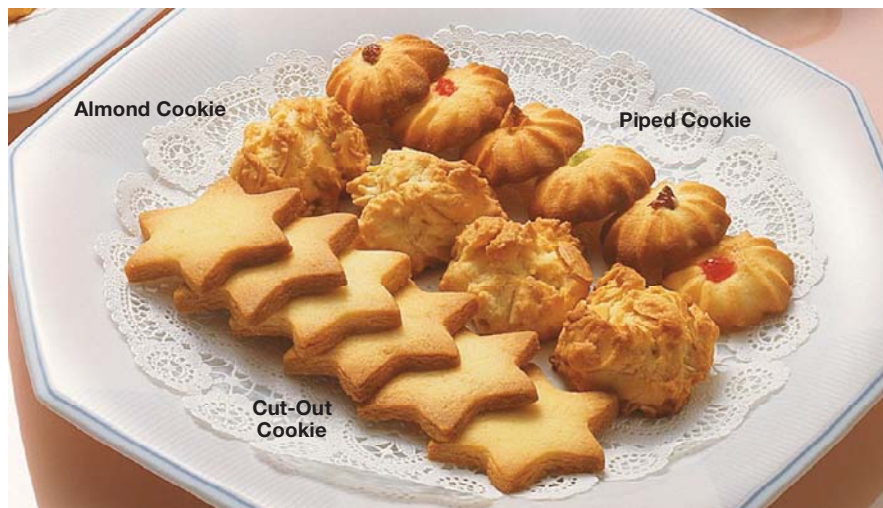
Directions

- Whip the butter thoroughly with a handheld blender until it becomes whitish in color. Add the sugar and mix well.
- Add the egg and mix thoroughly until creamy. Add the vanilla extract.
- Sift the flour as you add it to the mixture. Mix briefly with a wooden spoon. Make the dough into a single ball and cover with plastic wrap. Place in the refrigerator and let it rest for about an hour.



- Sandwich the dough between two sheets of plastic wrap. Use a rolling pin to roll flat until it is 5 mm thick.
- Remove the top sheet of plastic wrap and cut into 3 cm shapes. Cover the metal trays with aluminum foil and arrange the cut cookie dough on top.

- Set ⑤ to **Middle** and press **Dessert** ▶ **Cut-Out Cookie** to bake.



Auto 129 Piped Cookie

Dessert Piped Cookie	Oven	Accessory Used Metal Tray Middle Ceramic Tray
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→ P.54

Reference heating time About 23 min

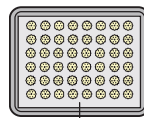
Water Tank
Empty

Ingredients (one metal tray/48 pieces)

- 130 g flour (cake flour)
- 80 g butter (room temperature)
- 50 g sugar
- 1 small egg (beaten) (about 40 g)
- Dash of vanilla extract
- Dried fruit (finely chopped) as needed

Directions

- Follow steps ①-③ for the **Cut-Out Cookie** recipe. Place the dough in a cookie press fitted with a flower-shaped attachment.
- Cover the metal tray with aluminum foil. Squeeze ① to arrange dried fruit on top.
- Set ② to **Middle** and press **Dessert** ▶ **Piped Cookie** to bake.



Auto 130 Almond Cookie

Dessert Almond Cookie	Oven	Accessory Used Metal Tray Middle Ceramic Tray
--------------------------	------	--

→ P.54

Reference heating time About 23 min

Water Tank
Empty

Ingredients (one metal tray/48 pieces)

- 120 g flour (cake flour)
- 1/2 tsp baking powder
- 40 g butter (room temperature)
- 50 g sugar
- 1/2 egg (beaten)
- 60 g sliced almond

Directions

- Follow steps ①-③ for the **Cut-Out Cookie** recipe, substituting sliced almonds for the vanilla extract. Combine ①, sift into the mixture, and stir.
- Cover the metal trays with aluminum foil. Tear off ① into 48 pieces and arrange on the trays.
- Set ② to **Middle** and press **Dessert** ▶ **Almond Cookie** to bake.

Tips for Cookies

- Only cook the specified amount at a time**
- When mixing the flour**
Briefly mix like cutting the mixture, taking care not to make the mixture sticky.
- If the dough becomes sticky**
Wrap it with plastic wrap and then cool it in a refrigerator.
If you sprinkle flour too much, the cookies will taste chalky and will not be bland.
- Keep the sizes and thicknesses of the dough similar**
If the sizes and thicknesses are different, the conditions will be uneven.
- If your food is underdone after the **Additional Heating** light OFF**
Cook watching the condition with **Oven** [No Preheat] [1 level] [170°C] → P.65
- Manual baking for two-level baking.**
Do not use the Auto Menu. Double the recipe to make twice the amount of batter.
Preheat with **Oven** [Preheat] [2 level] [170°C] [20-27 min.]. After preheat is completed, place an aluminum foil on the metal tray unit and put the dough on it. Then, put the trays into the **Middle** and **Lower** to cook. → P.66-67
- If the cookies are baked unevenly, switch the position of the two tray units. You should make the switch after 2/3-3/4 of the heating time has passed.
- Manual baking for one level**
Preheat with **Oven** [Preheat] [1 level] [170°C] [14-20 min.]. After preheat is finished, put the tray unit into **Middle** and cook it. → P.66-67

Dessert (Pudding and Jelly)

Auto 131 Soft Pudding



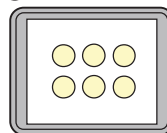
Dessert Soft Pudding	Steam Superheated Steam Oven	Accessory Used Metal Tray Middle Ceramic Tray
→P.54	(Preparation Heating)	 Water Tank Full
Reference heating time About 25 min		

Ingredients (6 heat-resistant glass cups about 7 cm diameter and about 6 cm height)

- <Caramel sauce>
- A 50 g sugar
1 1/2 tbsp water
1/2 tbsp water
- <Custard>
- B 1 1/4 cups of milk
100 mL fresh cream
70 g sugar
Egg yolk for 4 eggs (beaten)
Dash of vanilla extract
Whipped cream as needed

Directions

- Fill the water tank with water up to the full line.
- Combine A in a heat-resistant bowl. Cook by pressing **Microwave 500 W** 4min. 30sec.-5 min. 30sec. Check often, adding the water when the mixture becomes caramel-colored. (Take care to avoid getting splashed by the hot mixture.) →P.60-62
- Add 1 tsp of ② to each pudding cup.
- Combine B in a heat-resistant container and press **Microwave 500 W** 2-3 min to heat. Stir in the sugar until it dissolves. Add the egg yolk and strain the mixture. Add the vanilla extract and pour into ③.
- Spread two thick paper towels in the center of the metal tray. Pour 1/4 cup (about 50 mL) of water into the tray. Arrange ④ in the center as shown in the figure and insert the tray into the **Middle**. Press **Dessert** ▶ **Soft Pudding** to cook. Allow the cups to cool before chilling in the refrigerator. Put toppings such as whipped cream as desired.



Arrangement of the soft pudding cups

"Microwave Heating" →P.60-62

Tips for Soft Pudding

- Only cook the specified amount at a time
- Manual baking →P.77
- Temperature of custard before cooking
It should be at 35-40°C before cooking.
- Wait until the oven cavity is cool

The food will not cook correctly if you use the **Oven**, **Grill**, **Deodorization** function beforehand without allowing the oven cavity to cool.

- If your food is underdone after the **Additional Heating** light OFF
Press **Superheated Steam Oven** **No Preheat** 120°C to cook, checking it often.
→P.69

Auto 132 Steamed Pudding (Plain)

Dessert Steamed Pudding (Plain)	Steam Superheated Steam Oven	Accessory Used Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray
→P.54	(Preparation Heating)	 Water Tank Full
Reference heating time About 20 min		



Ingredients (6 heat-resistant glass cups of about 7 cm diameter and about 6 cm height)

- <Caramel sauce>
- A 80 g sugar
3 tbsp water
1 tbsp water
- <Custard>
- B 350 mL milk
25 mL fresh cream
80 g sugar
4 eggs (beaten)
Dash of vanilla extract

Manual Pudding

Manual Superheated Steam Oven	110°C Heating time 32-40 min	Accessory Used Metal Tray Middle Ceramic Tray
→P.69	(Preparation Heating)	 Water Tank Full



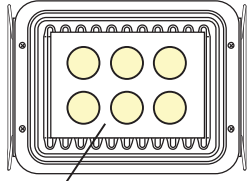
Directions

- ① Fill the water tank with water up to the full line.
- ② Combine ① in a heat-resistant bowl. Cook by pressing **Microwave** **500 W** **6-7 min**. Check often, adding the water when the mixture becomes caramel-colored. (Take care to avoid getting splashed by the hot mixture.)
→ **P.60-62**
- ③ Add 1 tsp of ② to each pudding cup.
- ④ Combine ② in another heat-resistant container and press **Microwave** **500 W** **2-3 min** to heat. Stir in the sugar until it dissolves. Add the eggs and strain the mixture. Add the vanilla extract and pour into ③.
- ⑤ Spread two thick paper towels on the super grill tray unit with legs closed. Pour 1/4 cup of water (about 50 mL) into the tray. Arrange ④ on it with reference to **Tips for Steamed Pudding**. Set the grill lid.
- ⑥ Place it aligning the steam inlet of the lid with the steam outlet. Press **Dessert** ▶ **Steamed Pudding (Plain)** to cook. Let it cool and put in a refrigerator.

"Microwave Heating" → **P.60-62**

Tips for Steamed Pudding

- **Only cook the specified amount at a time**
- **Recommended cups**
A heat-resistant glass cups of about 7 cm diameter and about 6 cm height are recommended. Doneness may vary depending on cup shape and material.
- **Temperature of custard before cooking**
It should be at about 30°C before cooking.
- **Amount of custard**
It should be 70-80% of the cup volume.
- **When food is not heated enough**
Remove well-heated cups and set the grill lid again. Align the steam inlet with the steam outlet to place it on the ceramic tray. Press **Additional Heating** to heat.
- **If your food is underdone after the Additional Heating light OFF**
Take out the cups from the super grill tray unit and only return those that are not sufficiently cooked for additional heating. To prevent slippage, spread two thick paper towels at the center of the metal tray. Pour 1/4 cup of water (about 50 mL) into the tray. Arrange cups that need additional heating at the center of it. Set the tray to **Middle** and press **Superheated Steam Oven** **No Preheat** **110°C** to heat, checking them often. → **P.69**
- **Wait until the oven cavity is cool**
The food will not cook correctly if you use the **Oven**, **Grill**, **Deodorization** function beforehand without allowing the oven cavity to cool.
- **Arrangement of the steamed pudding cups**



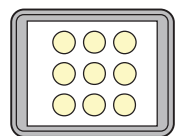
Paper towels

Ingredients (9 aluminum pudding cups 6 cm diameter and 5 cm height)

- <Caramel sauce>
- ① 80 g sugar
 - 2 tbsp water
 - 1 tbsp water
- <Custard>
- ② 2 cups of milk
 - 110 g sugar
 - 4 eggs (beaten)
 - Dash of vanilla extract

Directions

- ① Fill the water tank with water up to the full line.
- ② Combine ① in a heat-resistant bowl. Cook by pressing **Microwave** **500 W** **5-6 min**. Check often, adding the water when the mixture becomes caramel-colored. (Take care to avoid getting splashed by the hot mixture.) → **P.60-62**
- ③ Spread the butter (besides the specified amount) on the mold and gradually add ② by 1 tsp at a time.
- ④ Combine with ② in another heat-resistant cup. Press **Microwave** **500 W** **2-3 min** to cook. Mix to dissolve the sugar. Add the eggs and strain the mixture. Add the vanilla extract and pour into ③.
- ⑤ Spread two thick paper towels in the center of the metal tray. Pour 1/4 cup (about 50 mL) of water into the tray. Arrange ④ in the center as shown in the figure and insert the tray into **Middle**. Press **Superheated Steam Oven** **No Preheat** **110°C** **32-40 min** to cook.
Allow the cups to cool before chilling in the refrigerator.
→ **P.69**



Arrangement of the pudding cups

- [Tips]**
- If you are concerned with uneven cooking, switch the front and back cups after 2/3-3/4 of the heating time has passed.
- "Microwave Heating" → **P.60-62**
- "Superheated Steam Oven Heating" → **P.69**

Auto
133

Coffee Jelly

Dessert Microwave
Coffee Jelly

Accessory Used



Ceramic Tray

Water Tank

Empty

→P.54

Reference heating time About 2 min



Ingredients (4 heat-resistant glass cups
8.5 cm diameter and 6 cm height)

- Ⓐ
- 1 tbsp powdered gelatin (about 10 g)
 - 2 tbsp water
 - 2 tbsp instant coffee
 - 2 cups of water
 - 80 g sugar
 - Whipped cream as needed

Directions

- 1 Combine Ⓐ in a heat-resistant container and let powdered gelatin become softened.
- 2 Combine ①, instant coffee and sugar in a bowl. Add the water and mix well. Put it on the ceramic tray and press **Dessert** ▶ **Coffee Jelly** to cook.
- 3 After heating, divide it into four in a wet glass container. Place in the refrigerator to chill and harden them. Decorate with whipped cream before serving.

Dessert (Grilled Dessert)

Auto
134

Castella Cake



Dessert Superheated Steam
Castella Cake Oven

Accessory Used



Metal Tray **Bottom**
Ceramic Tray

Water Tank

Full

(Preheat)
→P.55

(Preparation
Heating)

Preheating About 7 min
Reference heating time About 86 min

Ingredients (one 20 × 20 cm cube, 8.5 cm in height)

- 7 medium eggs
- 330 g sugar
- 180 g flour (bread flour)
- Ⓐ
- 60 g honey
- 1 1/3 tbsp milk
- 1 tbsp coarse sugar

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Make a mold of newspaper. (Refer to **How to make a newspaper mold**)
- 3 Crack the eggs into a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add sugar in three or four times and continue whipping thoroughly until the mixture begins to get stiff (stop when the blender leaves a circular trail in the mixture).
- 4 Heat Ⓐ with **Microwave 200 W** **Approx. 1 min.** Add it to ③ bit by bit to let it foam. →P.60-62

- 5 Start preheating with **Dessert** ▶ **Castella Cake** without putting the food yet.

- 6 Sift the flour into the mixture in three times while mixing up with a blender. Continue mixing until power become invisible and you can see a trace of the batter when lifting it up.

- 7 Sprinkle the cooking sheet placed on the mold with coarse sugar. Pour ⑥ into the mold with care not to let it contact with the mold edges. Use a spatula or the like to cut the mixture vertically and move it 5-6 times vertically and horizontally. When bubbles come up, stroke the surface to shape it and place it on the metal tray.

- 8 When you hear the preheating completion sound, put ⑦ into **Bottom** and start heating.

- 9 After heating, take it out of the mold, remove the aluminum foil and let it cool. Cut the wrap into a long one. Spread the wrap and place a 20 × 20 cm cooking sheet. Then put the cake on the sheet with the cake's heated bottom surface facing up. Cover the entire cake with plastic wrap and leave it for at least half a day to let the flavor blend.

"Microwave Heating"

→P.60-62

Tips for Castella Cake

- **Only cook the specified amount at a time**

- **Hints for making the batter**

Warm up eggs and the bowl to help foaming. For instructions on how to whip whole eggs, refer to "Combined whipping method."

→ P.224

- **Newspaper mold**

You can reuse the mold three or four times by replacing the aluminum foil.

- **After heating**

Placing the cake so that the heated bottom surface is facing up will flatten the surface due to cake's weight and make it well shaped. You can cover it with plastic wrap to allow the flavor to blend and make the cake tasty.

- **If your food is underdone after the **Additional Heating** light OFF**

Press **Oven** **No Preheat** **1 level**

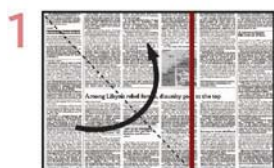
160°C to cook, checking the food often.

→ P.65

How to make a newspaper mold for castella cake (one 20×20×8.5 cm mold)

Prepare: 6-7 sheets of newspaper

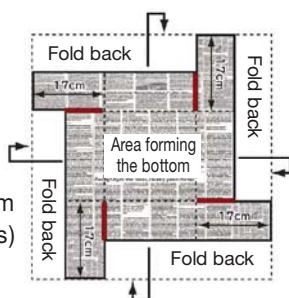
2 sheets of aluminum foil (30 x 50 cm)



Spread 6-7 newspaper sheets and fold the corner in the direction indicated by the arrow. Cut along with the bold line to make it square and unfold the corner.

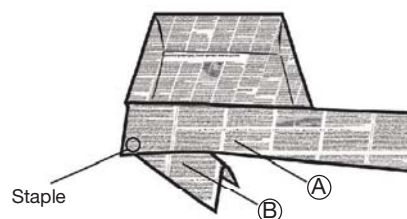


Keep the newspaper sheets aligned and put a cut in a point 17 cm away from the end of each side (bold line).



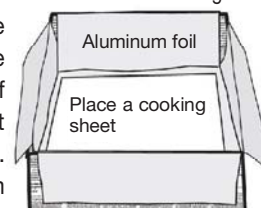
Fold a half of the 17 cm long parts (bold lines) into the back.

- 4 Put each side up to make a box shape. For adjacent sides that overlap, put the end of the longer side (A) up and let the end of the shorter side (B) into it. Then, fix the joint with a stapler.





- 5 Fold the aluminum foil on each longer side by 3-4 cm. Place one of these sheets on the mold with the folded side facing down.

Hold the sides and fold the excess parts across the mold edges. Place rest of aluminum foil sheets on it crossing the first one. Then place a 20 x 20 cm cooking sheet at the bottom.





Dessert	Oven	Accessory Used
Apple Pie		 Metal Tray Middle Ceramic Tray
(Preheat) ➔ P.55		 Water Tank Empty
Preheating Reference heating time	About 15 min About 38 min	

Ingredients (one 21 cm metal pie pan)

- 100 g flour (bread flour)
- 100 g flour (cake flour)
- 140 g butter (chilled and cut into 2 cm cubes)
- 90-110 mL cold water
- Apple preserves as needed
- <Egg glaze>
 - 1/2 egg (beaten)
 - 1/4 tsp salt

Directions

1 Add the flour (bread flour) in a bowl and sift. Add the butter and mix with your fingers. Add the cold water and continue mixing, taking care to avoid making the mixture sticky.



2 Lump the mixture together with the pats of butter retaining their shape. Cover the entire ball of dough with plastic wrap. Place in the refrigerator and let it rest for about an hour.



3 Lightly dust a cutting board with flour (cake flour) (besides the specified amount) and place the dough on top. Flatten out the dough into a rectangle with a rolling pin.



4 Fold **3** into thirds. Place it folded-side down and flatten out again with the rolling pin. Repeat two or three times.



5 Flatten out the dough into a 25 x 40 cm rectangle 3 mm thick. Place the pie pan on top and cut a circle slightly larger than the rim. Cut the remaining dough into 8 strips 2 cm wide.



6 Lay the circular piece of dough in the pie pan. Trim off the excess dough so that it fits exactly into the pan.

7 Use a fork to poke holes in the dough at the base of the pan.



8 Fill the pie with **Apple Preserves**. Coat the edge of the piecrust with the egg glaze. Lay the strips across the pie, securing at the ends.



9 Lay the remaining circular piece of dough around the edge of the pie and press down with a fork. Brush the entire pie with the egg glaze and place it on the metal tray.



10 Start preheating with **Dessert** **Apple Pie** without putting the food yet.

11 Once the beep sounds indicating that preheating is completed, insert **9** in **Middle** to bake.

Tips for Apple Pie

● Only cook the specified amount at a time

● Use a metal pie pan

The pie may not bake properly if you use a glass baking dish as its thermal conductivity is low.

● If the dough is difficult to work with

The dough will become soft if the butter melts. Chill in the refrigerator for 20–30 minutes to make it firmer and easier to work with.

● Using a premade frozen pie sheet

To make a 21 cm pie, buy 4 premade pie sheets (about 100 g each). Roll two sheets together to make the pie crust and two to make the strips.

● If the pie is cooking unevenly

Rotate the pie pan 180 degrees when there are 10-15 minutes of cooking time left. Resume baking.

● Manual baking →P.77

● If your food is underdone

after the **Additional Heating** light OFF

Press **Oven** **No Preheat** **1 level** **200°C** to cook, checking it often.
→P.65



Manual

Microwave

Microwave 600 W
Heating time
9-12 min
6 min. 30 sec.
-9 min.

→P.60-62

Accessory Used



Ceramic Tray

Water Tank

Empty

Ingredients (one 21 cm pie)

3 Jonathan or Fuji apples

Ⓐ 120-160 g sugar
1 tbsp lemon juice

Dash of cinnamon

Directions

① Peel and cut the apples into 4 lengthwise sections and then slice each section crosswise into thin 5 mm wedges. Dip in salt water and then rinse briefly. Pat dry.

② Mix ① and Ⓐ in a large heat-resistant dish. Press **Microwave** **600 W** **9-12 min** to cook. →P.60-62

③ Remove any impurities from the surface of the mixture. Press **Microwave** **600 W** **6 min. 30 sec.-9 min.** to cook a second time. Add cinnamon and mix. Allow to cool, and then use a strainer to drain.

"Microwave Heating"

→P.60-62

Auto
136

Mini Pie



Dessert	Oven	Accessory Used
Mini Pie		
		Metal Tray Middle Ceramic Tray
→P.54		Water Tank
		Empty
Reference heating time About 30 min		

Ingredients (5-6 servings)

2 frozen pie sheets (about 100 g each, defrosted at the room temperature for 10-15 minutes)

<Egg glaze>

- 1/2 egg (beaten)
- 1/4 tsp salt

Fruits (sliced thin) as needed
Powdered sugar as needed

Directions

- Roll the defrosted pie sheet flat until it is 5 mm thick. Cut into 6 pieces and top with fruits.
- Place an aluminum foil or cooking sheet on the metal tray and arrange ① on it. Coat the surface with the egg glaze.
- Set ② to **Middle** and press **Dessert** ▶ **Mini Pie** to cook.
- After heating, sprinkle with powdered sugar.

[Tips]

- Cook only pies for one metal tray at a time.
- Get water off first if you use juicy canned fruits, etc.
- If your food is underdone after the

Additional Heating light OFF, Press **Oven** **No Preheat** **1 level** **180°C** to cook, checking the food often. **→P.65**

Auto
137

Muffin

Dessert	Oven	Accessory Used
Muffin		
		Metal Tray Middle Ceramic Tray
(Preheat)		Water Tank
→P.55		Empty
Preheating	About 7 min	
Reference heating time	About 21 min	



Ingredients (ten 6 cm muffins)

- 250 g flour (cake flour)
- 3 tsp baking powder
- 130 g sugar
- 150 g butter (warmed up to room temperature)
- 2 eggs (beaten)
- 100 mL milk
- Dash of vanilla extract

Directions

- Use a handheld blender to mix the butter. Add the sugar and mix well.
- Add the egg and mix thoroughly until creamy. Add the vanilla extract.
- Sift ① and stir briefly with a wooden spoon. Add the milk and mix well.
- Pour ③ into the muffin tin and place on the metal tray.
- Start preheating with **Dessert** ▶ **Muffin** without putting the food yet.
- When you hear the preheating completion sound, put ④ into **Middle** and start heating.

[Tips]

- Only cook the specified amount at a time.
 - Manual baking **→P.77**
 - If your food is underdone after the
- Additional Heating** light OFF, Press **Oven** **No Preheat** **1 level** **180°C** to cook, checking the food often. **→P.65**

Auto
138

Chocolate Chip Muffin

Preheating About 7 min
Reference heating time About 21 min

Ingredients (ten 6 cm muffins)

Refer to ingredients of **Muffin**. Add chocolate chips (30 g).

Directions

Follow steps for the **Muffin** recipe. In the step ③, add powder and then mix the chocolate chips in along with milk. In the step ⑤, start preheating with **Dessert** ▶ **Chocolate Chip Muffin** without putting the food yet.

When you hear the preheating completion sound, put into **Middle** and start heating.

Auto
139

Tea-Leaf Muffin

Preheating About 7 min
Reference heating time About 21 min

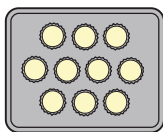
Ingredients (ten 6 cm muffins)

Refer to the ingredients of **Muffin**. Add tea leaves (Earl Grey, finely chopped, 1 tbsp).

Directions

Follow steps for the **Muffin** recipe. In the step ③, add powder and then mix the tea leaves in along with milk. In the step ⑤, start preheating with **Dessert** ▶ **Tea-Leaf Muffin** without putting the food yet.

When you hear the preheating completion sound, put into **Middle** and start heating.



Muffin arrangement

Auto
140

Madeleine



Dessert
Roll Cake

Oven

Accessory Used

(Preheat)
→P.55

(Preparation Heating)



Preheating About 6 min
Reference heating time About 25 min

Water Tank
Empty

Ingredients (for 10 metal Madeleine cups; 8 cm diameter)

- 100 g flour (cake flour)
- 130 g sugar
- 100 g butter
- 2 ½ eggs (beaten)
- ① ½ tbsp lemon juice
- Lemon peel for ½ lemon (grated)

Directions

① Coat the Madeleine pan with a small amount of butter (besides the specified amount) and cover with parchment paper (for baking).

② Melt the butter by pressing

Microwave 200 W 3-4 min. →P.60-62

③ Add the eggs to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping thoroughly until the mixture begins to get stiff.

Combine ①. Sift the flour and fold into to the mixture with a wooden spoon, taking care not to make the mixture sticky. Add ② in and stir together quickly.

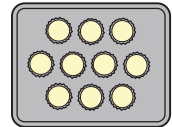
④ Pour ③ into the Madeleine pan and place the pan on the metal tray.

⑤ Start preheating with **Dessert** ▶ **Madeleine** without putting the food yet.

⑥ When you hear the preheating completion sound, put ④ into **Middle** and start heating.


"Microwave Heating"

→P.60-62



Tips for Madeleine

- **Only cook the specified amount at a time**
- **Melted butter**
Use warmed up butter.
- **Manual baking** →P.77
- **If your food is underdone after the [Additional Heating] light OFF**
Press **Oven** **No Preheat** **1 level** **160°C** to cook, checking it often.
→P.65

Dessert	Oven	Accessory Used
Brownie		
(Preheat) → P.55	(Preparation Heating)	Metal Tray Middle Ceramic Tray
Preheating Reference heating time	About 7 min About 24 min	Water Tank Empty



Ingredients (5-6 servings)

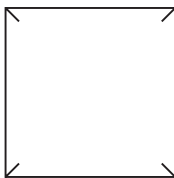
- 250 g flour (cake flour)
- Ⓐ 50 g cocoa
- 1 heaped tsp baking powder
- 200 g sugar
- 150 g butter (warmed up to room temperature)
- 3 eggs (beaten)
- 100 g chocolate
- Ⓑ 100 g raisin (rehydrated in lukewarm water)
- 150 g walnuts (coarsely chopped)
- Dash of vanilla extract

Directions

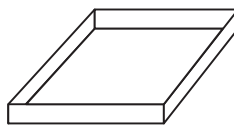
- ① Crack the chocolate and put in a heat-resistant container. Press **Microwave 200 W 5-6 min** to melt it while mixing midway.
→ P.60-62
- ② Put butter in a bowl and use a handheld blender to mix the butter. Add the sugar and mix well. Add the egg and mix. Add vanilla extract and ①. Mix further.
- ③ Mix Ⓑ into ② and combine with Ⓐ. Sift the mixture and mix them, taking care not to make the mixture sticky.
- ④ Start preheating with **Dessert Brownie** without putting the food yet.
- ⑤ Pour ③ into the brownie mold (refer to **Mold for brownie**) and smooth out the surface.
- ⑥ When you hear the preheating completion sound, put ⑤ into **Middle** and start heating.
"Microwave Heating" → P.60-62

Mold for brownie

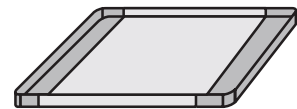
1 Put a 1 cm cut on each corner of a cooking sheet, 28 cm on a side.



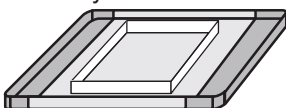
2 Fold up by the cuts to make it a square box.



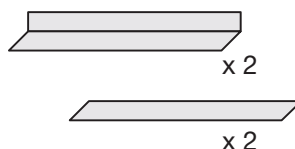
3 Place aluminum foil on the metal tray to cover the side edges of the metal tray.



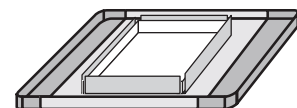
4 Spread butter (besides the specified amount) on the aluminum foil surface and place the cooking sheet mold you created in step 2.





5 Two or three fold the aluminum foil to make two bands and two L shapes of 5 cm wide and 28 cm long.



6 Attach the L shapes to both sides of the cooking sheet and stand the aluminum foil bands in front and back sides to stabilize the structure.



Auto 142 Bolo

Dessert	Oven	Accessory Used
Bolo		
		Metal Tray Middle Ceramic Tray
→P.54		
		Water Tank Empty
Reference heating time	About 25 min	



Ingredients (16 pieces)

- 220 g flour (cake flour)
- 60 g butter (warmed up to room temperature)
- 130 g sugar
- 5 1/2 tbsp salad oil
- Dash of egg whites
- Almond slices as needed
- ① Dash of powdered sugar
- ① Dash of cinnamon

Directions

- ① Add the butter to a bowl and mix with a handheld blender or whisk until it becomes whitish in color. Add the sugar in portions of a half or third at a time and mix well.
- ② Add the salad oil gradually and continue mixing thoroughly. Sift the flour. Fold in with a wooden spoon until there are no more clumps, taking care to avoid making the mixture sticky.
- ③ Divide ② into 16 equal parts. Round into clumps and place a shallow dent in the center of each.
- ④ Arrange ③ on a metal tray covered with a cooking sheet. Brush on the egg white and top each with two or three almond slices.
- ⑤ Set ④ to **Middle** and press **Dessert** ▶ **Bolo** to cook.
- ⑥ After baking, combine ① and sprinkle on top while the cakes are still hot.

- If your food is underdone after the **Additional Heating** light OFF, Press **Oven** **No Preheat** **1 level** **170°C** to cook, checking the food often. **→P.65**



Dessert (Japanese Confectionery)

Auto 143 Cute Animal Dorayaki

(Recipe developed by Kagawa Nutrition University **→P.153**)



Auto 144 Kogane Sweet Potato

Dessert	Oven	Accessory Used
Kogane Sweet Potato		
	(Preparation Heating)	Metal Tray Middle Ceramic Tray
→P.54		
		Water Tank Empty
Reference heating time	About 28 min	



Ingredients (10 pieces)

- ① 300 g sweet potato (boiled and strained)
- ① 80 g sugar (dissolved in 3 tbsp hot water)
- 150 g flour (cake flour)
- ② 100 g sugar
- ② 2 heaped tbsp egg (beaten)
- ② 15 g starch syrup
- 1/2 tsp baking soda (dissolved in 1 scant tsp water)
- Cinnamon as needed
- Dash of egg yolk (beaten)
- Black sesame as needed

Directions

- ① Combine and mix ① well. Divide the mixture into 5 equal parts and shape them into rectangular rounds.
- ② Combine ② and press **Microwave** **200 W** **Approx. 2 min.** to cook. Mix it while it is cooking. After heating, let it cool and add baking soda dissolved in water. Sift the flour and divide the mixture into 5 equal parts. **→P.60-62**
- ③ Cover your hand with flour (cake flour :besides the specified amount), wrap the ① paste in ② batter. Then shape into a sweet potato, sprinkle around with cinnamon, and cut into two pieces at an angle. Spread egg yolks on the cut surface and top with sesame. Place them with the cut surface facing up and cover the bottom with small amount of flour (besides the specified amount).
- ④ Arrange ③ on the metal tray with a cooking sheet. Set the tray to **Middle** and press **Dessert** ▶ **Kogane Sweet Potato** to cook. "Microwave Heating" **→P.60-62**
- If your food is underdone after the **Additional Heating** light OFF, Press **Oven** **No Preheat** **1 level** **180°C** to cook, checking the food often. **→P.65**

Manual Rice Cake Blocks and Store-Bought Packed Rice Cake

Manual	Microwave 600 W	Accessory Used
Microwave	Heating time About 40 sec. About 1 min	
		Ceramic Tray
→P.60-62		
		Water Tank Empty

- Not browned

Abekawa Rice Cake



Directions

Immense a piece of rice cake (about 50 g) in water and cover them with kinako powder mixed with sugar. Place it on a dish and press **Microwave** **600 W** **Approx. 40 sec.** to cook. **→P.60-62**

[Tips]

- Place plastic wrap on the dish so as to prevent sticking of rice cake and help taking it out.

"Microwave Heating" **→P.60-62**

Isobe Rice Cake



Directions

Immense a piece of rice cake (about 50 g) on a dish and season with diluted soy sauce or raw soy sauce. Then press **Microwave** **600 W** **Approx. 1 min.** to cook. **→P.60-62**

After cooking, immediately wrap it with dried laver.

"Microwave Heating" **→P.60-62**

Fruits Daifuku



Directions

Immense a piece of rice cake (about 50 g) and place it on a dish covered with starch. Press **Microwave** **600 W** **Approx. 1 min.** to cook. Top the bulging rice cake with



rounded bite-size paste and fruits you like (strawberries and sweet boiled chestnut, etc.). Then wrap them up. **→P.60-62**

"Microwave Heating" **→P.60-62**

Dessert (Steamed Dessert)

Auto
145

Steamed Doughnut




Dessert	Steam	Accessory Used
Steamed Doughnut	Microwave	
(Preparation Heating)		 Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray  Full
Reference heating time About 17 min		



Ingredients (6 pieces)

- A** 90 g flour (bread flour)
 30 g flour (cake flour)
 30 g sugar
 1/4 tsp salt
 1 tsp dry yeast powder (granular, quick-rising type) (about 2 g)
- B** 60 mL milk (room temperature)
 1/2 tbsp butter
 1/3 egg (beaten)
 50 g chocolate
 Color spray as needed
 <Icing>
 50 g powdered sugar
 1 tbsp milk

Directions

- Fill the water tank with water up to the full line.
- Combine **A** and dry yeast powder in a plastic bag (store-bought) and mix them.
- Combine **B** in a heat-resistant container and press **Microwave 200 W** **Approx. 1 min. 30 sec.** to melt. Then add the egg. **→P.60-62**
- Combine **3** in **2** and close the mouth of the plastic bag. Shake it to mix the powder and water well. 
- Mix it for 10 minutes. At this point, you can easily mix it by letting some air into the plastic bag and closing it.
- Shape the **5** dough into 2-3 cm thick and place it at the center of the ceramic tray. Press **Steam Microwave (Leaven)** **Leaven 30 W** **8-12 min** for the first rising.  **→P.70**
- Dust a cutting board with flour (bread flour :besides the specified amount) and take the dough out of the bag. 
- Lightly press the dough to remove any air bubbles. Cut into 6 pieces (about 35 g each) by a dough cutter or kitchen knife and round them.

- Lightly press each piece of dough to form a circular shape. Place them on a butting board and put a hole at the center by finger. Keep your finger in the dough and drift the dough to make the hole 3.5 cm wide or above to form a doughnut shape.
- Cut a cooking sheet to fit into the super grill tray unit and place it on the ceramic tray. Place the **9** dough pieces on it and set the tray to the bottom of the oven cavity.
- Press **Steam Microwave (Leaven)** **Leaven 30 W** **8-12 min** for the second rising.
- When rising is completed, take out the ceramic tray and pull both ends of the cooking sheet to slide it onto the super grill tray unit with legs closed. Then set the grill lid.
- Place it aligning the steam inlet of the lid with the steam outlet and press **Dessert** ▶ **Steamed Doughnut** to cook.
- After heating, transfer the cooking sheet to a shallow dish and cover the doughnuts with plastic wrap to prevent drying up. Let them cool.

- Combine chocolate in a heat-resistant container.
Press **Microwave 200 W** **2-4 min** to melt while mixing it midway until it becomes smooth. Make icing by mixing and melting ingredients and adding green tea to taste. Decorate with the color spray.

"Microwave Heating" **→P.60-62**

"Steam Microwave (Leaven)" **→P.70**

Tips for Steamed Doughnut

- Only cook the specified amount at a time**
- Dough shaping**
The doughnut hole should be a round hole of at least 3.5 cm diameter. Otherwise, the hole will be closed as the dough rises when heated.
- If your food is underdone after the **Additional Heating** light OFF**
Transfer the food to a plate and cover with plastic wrap.
Press **Microwave 200 W** to cook, checking the food often. **→P.60-62**
- Decoration**
You may add food coloring to the dough or cut across the doughnut and put jam or whipped cream in between.

Auto
146

Steamed Chocolate Cake



Dessert Steamed Chocolate Cake	Steam Microwave	Accessory Used Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray Water Tank Full
(Preheat) →P.55	(Preparation Heating)	
Reference heating time About 16 min		

Ingredients (6 cups 7.5 cm width and 4cm height)

- Ⓐ 1 scant tbsp flour (cake flour) (about 8 g)
- 2 tsp cocoa (about 4 g)
- Ⓑ 70 g dark chocolate
- 40 g butter
- 1 tsp rum
- 2 eggs (whites and yolks separated)
- 65 g sugar

Tips for Steamed Chocolate Cake

- Only cook the specified amount at a time
- If your food is underdone after the **Additional Heating** light OFF Wrap in plastic wrap and press **Microwave 200 W** to cook, checking the food often. **→P.60-62**

Directions

- ① Fill the water tank with water up to the full line.
- ② Combine Ⓑ in the container. Press **Microwave 200 W 4-5 min** to melt while mixing it midway. When the mixture becomes smooth, add rum and mix. **→P.60-62**
- ③ Combine egg yolk and 1/2 sugar in a bowl and whip the mixture thoroughly with a handheld blender until it becomes whitish in color. Add ② and briefly mix with low rate setting of the blender. Combine and sift Ⓐ and mix until it becomes smooth.
- ④ Combine the egg whites and a pinch of salt (besides the specified amount) in another bowl. Use the handheld blender to whip lightly. Add the rest of the sugar and continue whipping until stiff.
- ⑤ Add 1/2 of ④ in ③ and mix at low rate. Stir the rest briefly with a wooden spoon. Pour into the cups.
- ⑥ Spread two thick paper towels on the super grill tray unit with legs closed. Pour 1/2 cup water (about 100 mL) on the paper towels and place ⑤. Set the grill lid.
- ⑦ Place it aligning the steam inlet of the lid with the steam outlet and press **Dessert ▶ Steamed Chocolate Cake** to cook.

"Microwave Heating"

→P.60-62

Auto
147

Steamed Muffins

Dessert Steamed Muffins	Steam Microwave	Accessory Used Super Grill Tray Unit (legs and top flap closed) Grill Lid Ceramic Tray Water Tank Full
→P.54		
Reference heating time About 20 min		

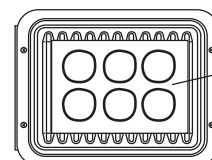


Ingredients (6 cups 7.5 cm width and 4cm height)

- 1 large egg (beaten)
- 65 g sugar
- 1 tbsp salad oil
- 1/3 cup of milk
- 1/4 tsp salt
- Ⓐ 100 g flour (cake flour)
- 1 tsp baking powder

Directions

- ① Fill the water tank with water up to the full line.
- ② Put 6 parchment paper cases (glassine cases) of 7.5 cm width and 4 cm height in the cups.
- ③ Put the eggs in a bowl and add sugar. Use a handheld blender to whip the mixture.
- ④ Add salad oil, milk and salt to ③ in order and mix. Sift Ⓐ and briefly mix, taking care to break up clumps by using a wooden spoon. Divide to ②.
- ⑤ Spread two thick paper towels on the super grill tray unit with legs closed. Pour 1/4 cup water (about 50 mL) on the paper towels and arrange ④ as indicated in the figure. Set the grill lid.
- ⑥ Place it aligning the steam inlet of the lid with the steam outlet and press **Dessert ▶ Steamed Muffins** to cook.



Paper towels

Arrangement of the steamed muffins

Toast

Auto 148 Manual **Toast**



It will take some time for toast to grill.

Toast	Microwave Grill	Accessory Used
Toast		
1 Slice 2 Slices		Super Grill Tray Unit (legs closed and top flap opened) Top
→P.54		Ceramic Tray
		Water Tank
		Empty
Reference heating time (2 slices) About 8 min		

Ingredients (1-2 slices)

1-2 slices of breakfast toast (1.5-3 cm thick)

Directions

- 1 Arrange the slices of toast at the center of the unit.
- 2 Close the legs of the super grill tray unit and open the top flap. Set the unit to **Top** and press **Toast** ▶ **Toast** ▶ **1 Slice** or **2 Slices** to cook.

Manual	Heating time	Accessory Used
Grill	Refer to the table below	
		Super Grill Tray Unit (legs closed and top flap opened) Top
		Ceramic Tray
		Water Tank
		Empty
→P.64		

Ingredients (1-4 slices)

1-4 slices of breakfast toast (1.5-3 cm thick)

Directions

- 1 Arrange the slices of toast at the center of the unit.
- 2 Close the legs and open the top flap of the super grill tray unit and set the unit to **Top**. Refer to the table and press **Grill** according to the number of slices. **→P.64**

"Grill Heating"

→P.64

Tips for Toast

- **Only cook 1-2 slices of bread of 1.5-3 cm thick at a time.**
For **Toast**, when you bake 3-4 slices, refer to the table. Press **Grill** to cook 4 or 8 slice bread. **→P.64**
- **How to arrange the food**
Place the food in the center of the super grill tray unit. Otherwise, the toast will not be browned.
- **To change the degree of browning**
Adjust the 5 level doneness setting to achieve desired charring. Degree of charring varies depending on toast thickness, types, size and storage conditions. Food with high content of sugar or oil is burnt more easily, so use the doneness setting **LO** or **MID-LO** to cook.
- **Chilled or frozen toast,**
Refer to the table and press **Grill** to cook. For frozen toast, degree of charring varies depending on toast thickness, types, size and storage conditions. Check on the food as it heats. **→P.64**
- **If your food is underdone after the **Additional Heating** light OFF**
Press **Grill** to cook, checking the food often. **→P.64**
- **If the color is light**
Depending on the temperature of the oven cavity or super grill tray unit, the charring may be light, such as after continuously cooking with **Toast**. Make the side that has not been heated enough facing up and press **Additional Heating** to cook, checking on the food as it heats.



CAUTION



Do not cook toast with excessive amount of butter or jam, etc.
May result in fire.

Slices	Arrangement	Toast Reference heating time	Manual Menu	
			First time	Reference heating time Continuous cooking
1 slice		About 6 min (1 Slice)	Grill 4-7 min	Grill 2-3 min
2 slices		About 8 min (2 Slices)	Turn over and enter 1-2 min.	Turn over and enter 1-2 min.
3 slices		Toast does not work. Use Manual Menu to cook.	Grill 4-9 min	Grill 2-4 min
4 slices			Turn over and enter 1-4 min.	Turn over and enter 1-3 min.

Auto
149

Hot Sandwich

Toast
Hot Sandwich

Microwave
Grill

Accessory Used



Super Grill Tray Unit (legs closed and top flap opened) **Top**
Ceramic Tray

→P.54

Reference heating time About 6 min

Water Tank
Empty



Ingredients (2 pieces)

- 4 slices of breakfast toast (cut into 8 pieces)
- 4 slices of roast ham
- 2 sliced cheese (for heating)
- 40 g cabbage leaves (julienned)
- Butter as needed

Directions

- Spread butter on one side of the toast.
- Place 2 slices of the ① toast with the butter side up and put roast ham, sliced cheese, cabbage leaves and roast ham in order. Then place the rest slices of the toast on them with the butter side down.
- Arrange ② horizontally at the center of the super grill tray unit with legs closed and top flap opened. Put the tray to **Top** and press **Toast** ▶ **Hot Sandwich** to cook.

Auto
150

Pizza Toast

Toast
Pizza Toast

Microwave
Grill

Accessory Used



Super Grill Tray Unit (legs closed and top flap opened) **Top**
Ceramic Tray

→P.54

Reference heating time About 7 min

Water Tank
Empty



Ingredients (2 slices)

- 2 slices of breakfast toast (cut into 6 pieces)
- 30 g onion (sliced thin)
- 1½ green bell pepper (sliced thin)
- 1 slice of bacon (cut into 1 cm wide)
- Prepared pizza sauce as needed
- Shredded mozzarella cheese as needed

Directions

- Spread the pizza sauce on one side of two slices of toast. Put onion, green bell pepper and bacon on each, sprinkle with cheese, and place them horizontally in the center of the super grill tray unit with legs closed and top flap opened. Put the unit to **Top** and press **Toast** ▶ **Pizza Toast** to cook.

Auto
151

Garlic Toast

Toast
Garlic Toast

Microwave
Grill

Accessory Used



Super Grill Tray Unit (legs closed and top flap opened) **Top**
Ceramic Tray

→P.54

Reference heating time About 6 min

Water Tank
Empty



Ingredients (8 slices)

- 8 slices French roll (1.5-2 cm thick)
- 2 tbsp butter (warmed up to room temperature) (about 24 g)
- ① ½ garlic clove (grated)
- Parsley (finely chopped) as needed

Directions

- Combine and mix ① and spread the mixture to the French roll.
- Arrange ① at the center of the super grill tray unit with legs closed and top flap opened so that the plain side is up. Put the tray to **Top** and press **Toast** ▶ **Garlic Toast** to cook.

Auto
152

French Toast

Toast
French Toast

Microwave
Grill

Accessory Used



Super Grill Tray Unit (legs closed and top flap opened) **Top**
Ceramic Tray

→P.54

Reference heating time About 11 min

Water Tank
Empty



Ingredients (8 slices)

- 8 slices French roll (1.5-2 cm thick)
- ① 1 cup of milk
- 1 tbsp sugar
- 2 eggs (beaten)
- Dash of vanilla extract
- Butter as needed

Directions

- Combine ①, mix the sugar well. Once the sugar is dissolved, add the eggs and vanilla extract and strain. Pour the mixture into a flat-bottomed dish.
- Coat one side of each slice of French roll with butter. Place the slices butter-side up and allow ① to soak briefly.
- Arrange them at the center of the super grill tray unit with legs closed and top flap opened so that the butter-side is up. Put the tray to **Top** and press **Toast** ▶ **French Toast** to cook.
- After cooking, sprinkle with cinnamon sugar (besides the specified amount) as desired.

How to Read Recipes (Bakery Function)

■ The menu selection procedure for Bakery Function is described as follows.

● Auto Bakery Menu, Handmade Bakery Menu, and Knead/Mix Menu

As **Bakery Function** is common to Auto Bakery Menu, Handmade Bakery Menu and Knead/Mix Menu, these options are omitted in the description.



Procedure to select **Bakery Function** and then Auto Bakery Menu

Accessory Used of Bakery Menu

Auto Bakery (White bread) Bread

Mixing Steam Oven

Accessory Used

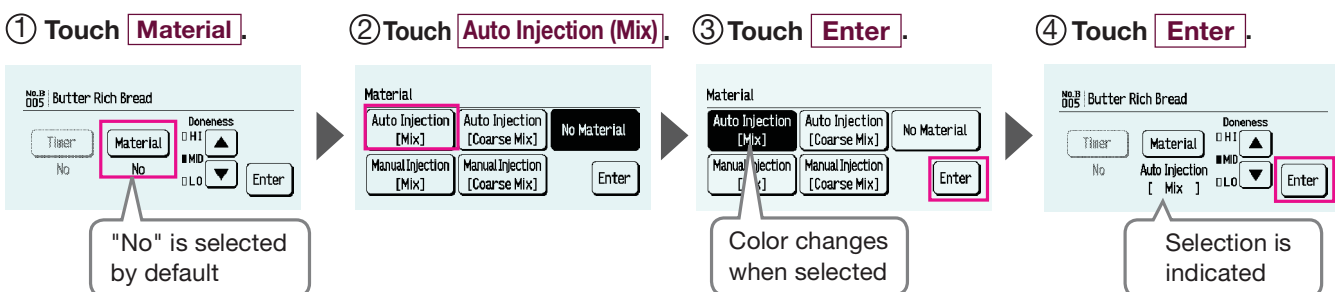
- Injector
- Baking pan
- Baking pan rack
- Mixing blade
- Water Tank Full

- Directions
- Fill the water tank with water up to the full line.
 - Remove the ceramic tray and set the baking pan rack.
 - Set the mixing blade to the baking pan, put \odot and pour water circularly.
 - Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
 - Set and lock the baking pan on the baking pan rack, close the door and start heating with **Auto Bakery (White bread)** **Bread**.
 - After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.
 - Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Touch and select **Bakery Function** **Auto Bakery (White bread)** **Bread** in order and then start by pressing **Start Reheat**.

- Ingredients (for one baking pan)
- 250 g flour (bread flour)
 - 20 g sugar (1 large spoon)
 - 3 g salt ($\frac{1}{2}$ small spoon)
 - 12 g butter
 - 180 mL water
 - 3 g dry yeast powder (quick-rise type) (1 small spoon)

■ For menu options that requires input of ingredients, indications such as **Material** **Auto Injection (Mix)** are used. Set the indicated options after selecting the menu option.



■ Gram equivalents for spoons for bakery

	Small spoon			Large spoon		
	1 scoop	$\frac{1}{2}$ scoop	$\frac{1}{3}$ scoop	1 scoop	$\frac{1}{2}$ scoop	$\frac{1}{3}$ scoop
Dry yeast powder	3 g	1.5 g	1 g	15 g	About 8 g	5 g
Salt	6 g	3 g	2 g	28 g	14 g	About 9 g
Sugar	4 g	2 g	1.3 g	About 20 g	About 10 g	About 7 g
Skim milk	3 g	1.5 g	1 g	About 15 g	About 8 g	About 5 g

Procedure for Bakery Function

Accurately measure ingredients and then the oven will proceed with all the processes from mixing to baking. You may make various kinds of bread ranging from basic **Bread** to professional **Butter Rich Bread** and **Rice Bread** made from remaining cold rice.

Example: For **Auto Bakery (White bread)** ▶ **Bread**

Auto Bakery (White bread) Bread	Mixing Steam Oven	Accessory Used  Injector Baking pan Baking pan rack Mixing blade  Water Tank Full
---------------------------------------	-------------------------	---

→ P.92-93
P.98-99

Reference heating time About 90 min

1 Fill the water tank with water up to the full line.

2 Remove the ceramic tray and set the baking pan rack aligning with the right wall and front edge of the oven cavity.



3 Set the mixing blade to the baking pan.



4 Put the ingredients into the baking pan and injector.

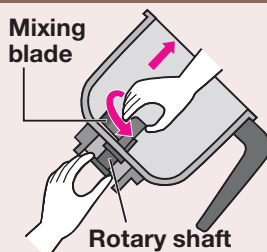


5 Set the injector to the baking pan and set the yeast cover to the yeast inlet.



To remove the mixing blade from the baking pan

Let the baking pan cool down until it can be held by hand. Fix it by grabbing the rotary shaft from beneath the baking pan, turn the mixing blade counterclockwise. Then turn it in both directions several times and pull it up to remove. If it is hard to take it out, add lukewarm water or water into the baking pan and leave it about 30 minutes. Then it will be easier to remove.



6 Set the baking pan on the baking pan rack.



7 Lock the baking pan and close the door.



8 Press **Auto Bakery (White bread)** ▶ **Bread** to cook.

9 After heating, take it out immediately. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.



10 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Place it on a cake cooler or the like to let it cool.



■ **Warm up the dry yeast powder up to room temperature and do not wipe the yeast inlet with a dry cloth.** Otherwise, dry yeast powder may remain in the injector.

■ **When taking out the bread, do not use a knife, fork or chopsticks.** Will cause the fluorine on the surface to peel off.

If the mixing blade remains in the bread after the bread is taken out

Let the bread cool down on a cake cooler or the like until it can be held by hand. Hold the bread upside down and break the bread around the mixing blade using a bamboo skewer or the like. Then insert the skewer into a hole for the rotary shaft and take the mixing blade out.



Auto Bakery Menu (Wheat Bread)

Auto B
001

Bread



Auto Bakery
(White bread)
Bread

Mixing
Steam
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Full

→ P.92-93
P.98-99

Reference heating time About 90 min

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the ceramic tray and set the baking pan rack.
- 3 Set the mixing blade to the baking pan, put **A** and pour water circularly.
- 4 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- 5 Set and lock the baking pan on the baking pan rack, close the door and start heating with **Auto Bakery (White bread)** ▶ **Bread**.
- 6 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.
- 7 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Ingredients (for one baking pan)

- 250 g flour (bread flour)
- A** 20 g sugar (1 large spoon)
- 3 g salt (1/2 small spoon)
- 12 g butter
- 180 mL water
- 3 g dry yeast powder (quick-rise type) (1 small spoon)

Tips for Bread

- **If dry yeast powder remains in the injector after cooking**
Leave the dry yeast powder in the room for about 10 minutes to warm up to the room temperature before use. Using it cold will cause condensation and dry yeast powder may remain in the injector. Further, wiping the yeast inlet of the injector with a dry cloth may cause the dry yeast powder to remain in the injector due to static electricity.
- **If the room temperature is 30°C or above**
For **Bread**, chill the flour and water in a refrigerator down to about 5°C.

Auto B
002

Raisin Bread

Auto Bakery
(White bread)
Raisin Bread

Mixing
Steam
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Full

→ P.92-93

Reference heating time About 95 min

Ingredients (for one baking pan)

- 250 g flour (bread flour)
- 20 g sugar (1 large spoon)
- 3 g salt (1/2 small spoon)
- 12 g butter
- 180 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)
- 60 g raisin

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the ceramic tray and set the baking pan rack.
- 3 Set the mixing blade to the baking pan, put ① and pour water circularly.



4 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover, put raisin into the material container and set the unit on the baking pan.

5 Set and lock the baking pan on the baking pan rack, close the door and start heating with **Auto Bakery (White bread)** ▶ **Raisin Bread**.

6 After heating, take out the baking pan immediately and remove the injector.

Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

7 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B
003

Walnut Bread

Auto Bakery
(White bread)
Walnut Bread

Mixing
Steam
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Full

→ P.92-93

Reference heating time About 95 min

Ingredients (for one baking pan)

- 250 g flour (bread flour)
- 20 g sugar (1 large spoon)
- 3 g salt (1/2 small spoon)
- 12 g butter
- 180 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)
- 60 g walnut (cut into 5 mm pieces)

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Remove the ceramic tray and set the baking pan rack.
- 3 Set the mixing blade to the baking pan, put ① and pour water circularly.



4 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover, put walnuts into the material container and set the unit on the baking pan.

5 Set and lock the baking pan on the baking pan rack, close the door and start heating with **Auto Bakery (White bread)** ▶ **Walnut Bread**.

6 After heating, take out the baking pan immediately and remove the injector.

Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

7 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.



Auto Bakery
(White bread)
Soft Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 132 min

Ingredients (for one baking pan)

- 250 g flour (bread flour)
- 20 g sugar (1 large spoon)
- 3 g salt (1/2 small spoon)
- 30 g butter
- 180 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put **A** and pour water circularly.
- 3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- 4 Set and lock the baking pan on the baking pan rack, close the door and start heating with **Auto Bakery (White bread)** ▶ **Soft Bread**.
- 5 After heating, take out the baking pan immediately and remove the injector.
Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.
- 6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B
005

Butter Rich Bread

Auto Bakery
(White bread)

Butter Rich Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 142 min

Ingredients (for one baking pan)

- 210 g flour (bread flour)
- 40 g flour (cake flour)
- Ⓐ 42 g sugar (2 heaped large spoon)
- 3 g salt (1/2 small spoon)
- 90 g butter
- Ⓑ 2 eggs (beaten) (about 100 mL)
- 60 mL milk
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put Ⓐ and pour Ⓑ circularly.



3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.

4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Butter Rich Bread](#).

5 After heating, take out the baking pan immediately and remove the injector.

Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B
006

Round Top French Bread

Auto Bakery
(White bread)

Round Top
French Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 215 min

Ingredients (for one baking pan)

- 240 g flour (bread flour)
- 30 g flour (cake flour)
- Ⓐ 7 g sugar (1/3 large spoon)
- 5 g salt (1 small spoon)
- Ⓑ 6 mL lemon juice
- 180 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put Ⓐ and pour Ⓑ circularly.
- 3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.



4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Round Top French Bread](#).

5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Tips for Round Top French Bread

- **If the mixing blade sticks to the dough**
Break the dough around the blade by using a bamboo skewer or the like. Then insert the skewer into a hole for the rotary shaft and take the mixing blade out. The mixing blade is very hot after cooking. Let it cool and handle it with care not to get burned. → P.245
- **To take out Round Top French Bread**
The crust is hard relative to other menu options, so it is hard to take it out. Put a towel or the like to the bottom of the baking pan and tap the baking pan hard downward.



Auto Bakery
(White bread)
Rye Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 130 min

Ingredients (for one baking pan)

- 130 g flour (bread flour)
- 130 g rye flour
- Ⓐ 20 g sugar (1 large spoon)
- 3 g salt (1/2 small spoon)
- 12 g butter
- 200 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put Ⓐ and pour water circularly.
- 3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- 4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Rye Bread](#).
- 5 After heating, take out the baking pan immediately and remove the injector.
Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.
- 6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B
008

Light Sesame Cheese Bread

(Recipe developed by Kagawa Nutrition University →P.143)



Auto B
009

Honey Nut Bread

(Recipe developed by Kagawa Nutrition University →P.143)



Auto B
010

Quick Soda Bread

Auto Bakery
(White bread)
Quick Soda Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→P.92-93

Reference heating time About 45 min

Ingredients (for one baking pan)

- 160 mL milk (room temperature)
- 220 g flour (cake flour)
- 15 mL lemon juice
- Ⓐ 14 g sugar (2/3 large spoon)
- 2 g salt (1/3 small spoon)
- 6 g baking powder



Directions

- ① Remove the ceramic tray and set the baking pan rack.
- ② Set the mixing blade to the baking pan, pour milk, and put Ⓐ from above in order.
- ③ Set the injector to the baking pan.
- ④ Set and lock the baking pan on the baking pan rack, close the door and start heating with **Auto Bakery (White bread)** ▶ **Quick Soda Bread**.
- ⑤ When you hear the reminder sound for mixing process completion, open the door, take out the baking pan, remove the injector, rub off the dough on the baking pan side surface by

using a rubber spatula, and smooth out the surface. Set the injector on the baking pan and then return the baking pan to the baking pan rack. Lock it and cook again.

⑥ After heating, take out the baking pan immediately and remove the injector. Place the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

⑦ Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Tips for Quick Soda Bread

● To smooth out the surface after the mixing process

Use a rubber spatula or the like. Metal spatula may scratch the fluorine resin.

● To brown the top portion

Take out the bread from the baking pan and put on the metal tray. Set the tray to **Middle** and press

Oven | **No Preheat** | **1 level** | **200°C**
to cook, checking it often. →P.65

● If the mixing blade sticks to the dough

Break the dough around the blade by using a bamboo skewer or the like. Then insert the skewer into a hole for the rotary shaft and take the mixing blade out. The mixing blade is very hot after cooking. Let it cool and handle it with care not to get burned.



Manual

Pizza Toast of Soda Bread

Ingredients/Directions (4 pieces)

Spread the pizza sauce (as needed) on one side of 1 cm wide soda bread (4 slices). Sprinkle with the shredded mozzarella cheese and arrange them on the metal tray. Set the tray to **Top** and press **Grill** | **5-9 min** to cook.

"Grill Heating"

→P.64

Auto Bakery Menu (Rice Flour and Rice Bread)

Auto B
011

Rice Flour Bread



Auto Bakery
(White bread)

Mixing
Oven

Rice Flour
Bread

→ P.92-93
P.98-99

Reference heating time About 131 min

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank

Empty

Directions

- ❶ Remove the ceramic tray and set the baking pan rack.
- ❷ Set the mixing blade to the baking pan, put ① and pour water circularly.
- ❸ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- ❹ Set and lock the baking pan on the baking pan rack, close the door and start heating with **Auto Bakery (White bread)** ▶ **Rice Flour Bread**.
- ❺ After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.
- ❻ Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Ingredients (for one baking pan)

- 50 g rice flour
- 200 g flour (cake flour)
- ① 20 g butter
- 14 g sugar (2/3 large spoon)
- 3 g salt (1/2 small spoon)
- 180 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)

Auto B 012 Rice Bread

Auto Bakery
(White bread)

Rice Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank

Empty

→ P.92-93
P.98-99

Reference heating time About 130 min

Ingredients (for one baking pan)

- 230 g flour (bread flour)
- 70 g cold rice
- Ⓐ 27 g sugar (1 $\frac{1}{3}$ large spoon)
- 3 g salt ($\frac{1}{2}$ small spoon)
- 24 g butter
- 150 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)



Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put Ⓐ and pour water circularly.
- 3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- 4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Rice Bread](#).
- 5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.
- 6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B 013 Plum & Shirasu Bread

Auto Bakery
(White bread)

Plum & Shirasu Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank

Empty

→ P.92-93

Reference heating time About 135 min

Ingredients (for one baking pan)

- 230 g flour (bread flour)
- 70 g cold rice
- Ⓐ 27 g sugar (1 $\frac{1}{3}$ large spoon)
- 3 g salt ($\frac{1}{2}$ small spoon)
- 24 g butter
- 150 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)
- Ⓑ 30 g pickled plum (seed removed,
cut into 1 cm cubes)
- 30 g dried young sardine



Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put Ⓐ and pour water circularly.
- 3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover, put Ⓑ into the material container and set the unit on the baking pan.
- 4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Plum & Shirasu Bread](#).
- 5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.
- 6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto Bakery Menu (Calcium and Soy Bread)

Auto B 014 Cheese Bread

Auto Bakery
(White bread)
Cheese Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 130 min

Ingredients (for one baking pan)

- 250 g flour (bread flour)
- 20 g sugar (1 large spoon)
- Ⓐ 40 g grated Parmesan cheese
- 20 g cheese (shredded)
- 10 g butter
- 180 mL water
- 4 g dry yeast powder (quick-rise type)
- (1 $\frac{1}{3}$ small spoon)

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put Ⓐ in order and pour water circularly.



3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.

4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Cheese Bread](#).

5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B 015 Soy Bean Bread

Auto Bakery
(White bread)
Soy Bean Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93

Reference heating time About 135 min

Ingredients (for one baking pan)

- 50 g soy beans (boiled, water off)
- 240 g flour (bread flour)
- Ⓐ 20 g sugar (1 large spoon)
- 3 g salt ($\frac{1}{2}$ small spoon)
- 30 g butter
- 130 mL water
- 4 g dry yeast powder (quick-rise type)
- (1 $\frac{1}{3}$ small spoon)
- 30 g soy beans (boiled)

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put Ⓐ in order and pour water circularly.



3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover, put 30 g soy beans with water off into the material container and set the unit on the baking pan.

4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Soy Bean Bread](#).

5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto Bakery Menu (Calorie Cut Bread)

Auto B 016 Tofu Bread

Auto Bakery
(White bread)
Tofu Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 135 min



Ingredients (for one baking pan)

- 50 g silken tofu (water off)
- ① 170 g flour (bread flour)
- 40 g flour (cake flour)
- 20 g sugar (1 large spoon)
- ② 10 mL lemon juice
- 100 mL water
- 4 g dry yeast powder (quick-rise type)
(1 1/3 small spoon)

Directions

- ① Remove the ceramic tray and set the baking pan rack.
- ② Set the mixing blade to the baking pan, put ① in order and pour ② circularly.

③ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.

④ Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Tofu Bread](#).

⑤ After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

⑥ Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B 017 Salt Kelp Bread

Auto Bakery
(White bread)
Salt Kelp Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93

Reference heating time About 130 min



Ingredients (for one baking pan)

- ① 10 g salt kelp
- 230 g flour (bread flour)
- 5 g honey
- ② 160 mL water
- 5 mL lemon juice
- 4 g dry yeast powder (quick-rise type)
(1 1/3 small spoon)
- 5 g salt kelp

Directions

- ① Remove the ceramic tray and set the baking pan rack.
- ② Set the mixing blade to the baking pan, put ① in order and pour the combined ② circularly.

③ Put the dry yeast powder into the yeast inlet of the injector. Set the yeast cover. Put 5 g salt kelp into the material container and set on the baking pan.

④ Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Salt Kelp Bread](#).

⑤ After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

⑥ Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto Bakery Menu (Vegetable and Fruits Bread)

Auto B 018 Spinach Bread

Auto Bakery
(White bread)
Spinach Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 130 min

Ingredients (for one baking pan)

- 100 g spinach (cut into 1 cm pieces)
- 230 g flour (bread flour)
- Ⓐ 18 g sugar (1 scant large spoon)
- 3 g salt (1/2 small spoon)
- 5 g butter
- 100 mL milk
- 4 g dry yeast powder (quick-rise type)
- (1 1/3 small spoon)

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put Ⓐ in order and pour milk circularly.



3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.

4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Spinach Bread](#).

5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Tips for Spinach Bread

● Spinach

You can use boiled spinach. Get water off from boiled spinach and cut into 1 cm wide pieces.

Auto B 019 Squash Bread

Auto Bakery
(White bread)
Squash Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 130 min

Ingredients (for one baking pan)

- 100 g squash (peeled, cut into 1 cm cubes)
- 240 g flour (bread flour)
- Ⓐ 14 g sugar (2/3 large spoon)
- 3 g salt (1/2 small spoon)
- 30 g butter
- 100 mL water
- 4 g dry yeast powder (quick-rise type)
- (1 1/3 small spoon)

Directions

- 1 Remove the ceramic tray and set the baking pan rack.



2 Set the mixing blade to the baking pan, put Ⓐ in order and pour water circularly.

3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.

4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Squash Bread](#).

5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B 020 Banana Bread

Auto Bakery
(White bread)
Banana Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93
P.98-99

Reference heating time About 130 min



Ingredients (for one baking pan)

- 1 medium banana (net 80 g)
- 260 g flour (bread flour)
- Ⓐ 30 g sugar (1 ½ large spoon)
- 3 g salt (½ small spoon)
- 10 g butter
- 120 mL water
- 4 g dry yeast powder (quick-rise type)
(1 ⅓ small spoon)

Directions

- 1 Remove the ceramic tray and set the baking pan rack. Peel and cut across the banana into 2 cm wide pieces.

- 2 Set the mixing blade to the baking pan, put Ⓐ in order and pour water circularly.

- 3 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.

- 4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Banana Bread](#).

- 5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

- 6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

Auto B 021 Blueberry Bread

Auto Bakery
(White bread)
Blueberry Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.92-93

Reference heating time About 130 min



Ingredients (for one baking pan)

- 50 g blueberry (cut in half)
- 240 g flour (bread flour)
- Ⓐ 3 g salt (½ small spoon)
- 10 g butter
- 110 mL water
- Ⓑ 30 g blueberry jam (store-bought)
- 4 g dry yeast powder (quick-rise type)
(1 ⅓ small spoon)
- 10 g blueberry (rinsed, water off)

Directions

- 1 Remove the ceramic tray and set the baking pan rack. Roughly wipe the water off from the cut blueberry by a paper towel.

- 2 Set the mixing blade to the baking pan, put Ⓐ in order and pour the thoroughly combined Ⓑ circularly.

- 3 Put the dry yeast powder into the yeast inlet of the injector. Set the yeast cover. Put the 10 g whole blueberry into the material container and set on the baking pan.

- 4 Set and lock the baking pan on the baking pan rack, close the door and start heating with [Auto Bakery \(White bread\)](#) ▶ [Blueberry Bread](#).

- 5 After heating, take out the baking pan immediately and remove the injector. Lay down the baking pan on a stand covered with a cloth or towel to cool it down for about 2 minutes.

- 6 Hold the root of the handle, turn it upside down and shake it up and down several times to take the bread out. Then let it cool.

As sugar content of jam affects rising, use jam with sufficient sugar content.

Handmade Bakery Menu

Auto B
022

Butter Roll (Bread Roll)






Handmade Bakery
(Shaping)
Butter Roll

Mixing
Oven
Steam

Water Tank
Full

→ P.100-103

Accessory Used

Step 1	Step 2	Step 3
		
Injector Baking pan Baking pan rack Mixing blade	Metal Tray Bottom Ceramic Tray	Metal Tray Middle Ceramic Tray
About 81 min	About 40 min	Preheating About 7 min About 18 min

· Material injection
Timing: about 25 minutes after startup

Ingredients (12 pieces)

- 240 g flour (bread flour)
- 37 g sugar (2 scant large spoon)
- Ⓐ 3 g salt (1/2 small spoon)
- 35 g butter
- 40 mL water
- Ⓑ 1/2 large egg (beaten)
- 90 mL milk
- 4 g dry yeast powder (quick-rise type)
- (1 1/3 small spoon)
- <Egg glaze>
- 1/2 egg (beaten)
- Dash of salt

Directions

- ❶ Fill the water tank with water up to the full line.
- ❷ Remove the ceramic tray and set the baking pan rack.
- ❸ Set the mixing blade to the baking pan, put Ⓐ and pour Ⓑ circularly.
- ❹ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- ❺ Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with [Handmade Bakery \(Shaping\) Butter Roll](#) ▶ [Step 1 \(Mixing-1st Rise\)](#).

❻ When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)



7 Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.



8 Use a dough cutter or kitchen knife to cut into 12 pieces (about 38 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.



9 Round each dough piece on your palm or cutting board to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 20 minutes taking care to prevent them from chilling (bench time).



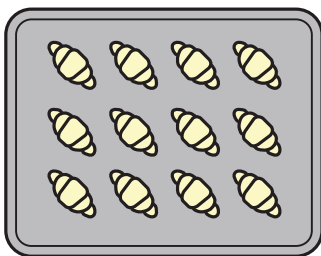
10 Place the dough balls in your hand and press each one into a funnel shape. Use a rolling pin to flatten them into long, thin triangles.



11 Starting at the base end of the triangle, roll up each strip of dough. When they are rolled, arrange them on metal trays lightly coated with butter (besides the specified amount) with the base end at the bottom.



12 Take the baking pan rack out from the oven cavity and set the ceramic tray.



13 Set the metal tray prepared in 11 to **Bottom**, close the door and start the second rising with **Step 2 (2nd Rise)**. When you hear the completion sound, check the rising condition. If it has risen to 2 to 2.5 times higher, rising is enough.

14 After rising, take out the metal tray, close the door and start preheating with **Step 3 (Preheat-Bake)**.

15 Lightly and carefully coat the surface of the rolls with the egg glaze.

16 When you hear the preheating completion sound, set 15 to **Middle** to bake it.

Tips for Butter Roll

● Adjust the leavening time as needed

The dough will rise at different speeds depending on several factors, including the type of yeast, the season, and the ambient temperature. If the dough does not rise fully, add extra time to leaven with **Additional Heating**, checking the dough often.

● Do not let the dough dry out during bench time or preheating

If the dough dries out, it will not rise properly. Keep it humid by covering with plastic wrap or well-wrung wet dishcloth, or misting the surface with water.

● Handle the dough with care

Handle the dough gently. Dough that is torn or reworked to correct its shape will not expand properly.

● If the bread is underdone after the **Additional Heating** light OFF

Remove well-heated ones and press **Oven** **No Preheat** **1 level** **180°C** to cook, checking it often.

➔ **P.65**

● Apply the egg glaze carefully and sparingly

Lightly glaze the surface of the dough using the palms of your hands. Too much egg glaze will run onto the metal tray and cause the bottom of the bread to burn.

● 2 level cooking and temperature/time settings

You cannot use the Handmade Bakery menu. With reference to "Bread Making in Manual Menu" ➔ **P.284-285**, bake your bread in Manual Menu.



Handmade Bakery
(Shaping)
French Roll

Mixing
Oven
Steam

Water Tank
Full

→ P.100-103

Accessory Used

Step 1	Step 2	Step 3
Injector Baking pan Baking pan rack Mixing blade	Metal Tray Bottom Ceramic Tray	Metal Tray Middle Ceramic Tray
About 62 min	About 35 min	Preheating About 6 min About 31 min

· Material injection
Timing: about 25 minutes after startup

Ingredients (1 batard, 2 coupe)

- 300 g flour (bread flour)
- ① 70 g flour (cake flour)
- 7 g sugar (1/3 large spoon)
- 8 g salt (1 1/3 small spoon)
- ② 210 mL water
- 6 mL lemon juice
- 5 g dry yeast powder (quick-rise type)
(1 2/3 small spoon)

Directions

- ① Fill the water tank with water up to the full line.
- ② Remove the ceramic tray and set the baking pan rack.
- ③ Set the mixing blade to the baking pan, put ① and pour ② circularly.
- ④ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- ⑤ Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with **Handmade Bakery (Shaping) ▶ French Roll ▶ Step 1 (Mixing-1st Rise)**.

- ⑥ When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)



- ⑦ Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.

⑧ Use a dough cutter or kitchen knife to cut batard and coupe into 2 pieces each (about 340 g each for batard and about 130 g each for coupe). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.

⑨ Round the dough to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 20 minutes taking care to prevent them from chilling (bench time).

⑩ Lengthen the batard until it is 20 cm long. Turn it over so that the bottom side when bench time is now the top. Use a rolling pin to flatten it into a 30 cm oblong shape.

⑪ Fold one side of the oblong shape lengthwise $\frac{1}{3}$ of the way in. Press the folded portion down with your right palm. Then fold the dough again lengthwise and completely seal the crease. Roll out into a loaf long enough to just fit into the metal tray at a diagonal.



⑫ Flatten the coupe into circular shapes 15 cm in diameter. Fold the edge facing you towards the center, leaving about $\frac{1}{3}$ of the dough on the far side. Fold the remaining $\frac{1}{3}$ on top of the existing fold and completely seal the crease.



⑬ Shape the ends of the coupe into rounded points, and then roll the dough to form an egg shape.

⑭ Place the shaped dough prepared in ⑩-⑬ on a metal tray lightly coated with butter (besides the specified amount). Make sure the creases are facing down.

⑮ Take the baking pan rack out from the oven cavity and set the ceramic tray.

⑯ Set the metal tray prepared in ⑭ to **Bottom**, close the door and start the second rising with **Step 2 (2nd Rise)**. When you hear the completion sound, check the rising condition. If it has risen to 1.5 to 2 times higher, rising is enough.

⑰ After rising, take out the metal tray, close the door and start preheating with **Step 3 (Preheat-Bake)**.

⑱ While the oven is preheating, cover the dough with well-wrung wet dishcloth or plastic wrap and let it continue rising at room temperature. Right before preheating is complete (about 8 minutes), use a knife or razor blade to make a single lengthwise cut in the surface of the coupe. Make three to four cuts in the batard.



⑲ When you hear the preheating completion sound, set ⑱ to **Middle** to bake it.

⑳ Once baking is finished, let the bread cool at room temperature before serving.

Tips for French Roll

● Adjust the leavening time as needed

The dough will rise at different speeds depending on several factors, including the type of yeast, the season, and the ambient temperature. If the dough does not rise fully, add extra time to leaven with **Additional Heating**, checking the dough often.

● Do not let the dough dry out during bench time or preheating

If the dough dries out, it will not rise properly. Keep it humid by covering with plastic wrap or well-wrung wet dishcloth, or misting the surface with water.

● Handle the dough with care

Handle the dough gently. Dough that is torn or reworked to correct its shape will not expand properly.

● If the bread is underdone after the **Additional Heating** light OFF

Remove well-heated ones and press **Oven** **No Preheat** **1 level** **230°C** to cook, checking it often.




➔ **P.65**

● Temperature/time settings in **Manual Menu**

You cannot use the Handmade Bakery menu. With reference to "Bread Making in Manual Menu" ➔ **P.284-285**, bake your bread in Manual Menu.

Squash Roll

Handmade Bakery (Shaping)	Mixing Oven Steam	Water Tank Full
Squash Roll	(Preparation Heating)	
→ P.100-103		

Accessory Used		
Step 1	Step 2	Step 3
		
Injector Baking pan Baking pan rack Mixing blade	Metal Tray Bottom Ceramic Tray	Metal Tray Middle Ceramic Tray
About 76 min	About 35 min	Preheating About 7 min About 16 min

· Material injection
Timing: about 25 minutes after startup

Ingredients (8 pieces)

- 200 g squash (peeled)
- 150 g flour (bread flour)
- 14 g sugar (2/3 large spoon)
- 2 g salt (1/3 small spoon)
- 15 g butter
- 80 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)
- 5 mL fresh cream
- 12 g sugar
- Dash of salt

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Cut the squash into 3 cm cubes and cover with plastic wrap. Use **Boil Vegetables** and set the doneness adjustment to **MID-HI** to cook. Reserve 50 g for dough. Crush the rest of squash and mix **B** to make it the squash paste. Let it cool. → P.52-53
- 3 Strain the squash that you reserved (50 g) for dough in 2.
- 4 Remove the ceramic tray and set the baking pan rack.
- 5 Set the mixing blade to the baking pan, put **A** and pour water circularly.
- 6 Put the squash into the baking pan and set the ingredients. Put dry yeast powder into the yeast inlet of the injector and set the yeast cover.
- 7 Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with **Handmade Bakery (Shaping)** ▶ **Squash Roll** ▶ **Step 1 (Mixing-1st Rise)**.
- 8 When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the



finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)

9 Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.

10 Use a dough cutter or kitchen knife to cut into 8 pieces (about 35 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.

11 Round each dough piece on your palm or cutting board to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 20 minutes taking care to prevent them from chilling (bench time).

12 Flatten each dough piece into a circular shape. Then divide the paste prepared in 2 into 8 pieces and wrap them with the dough. Arrange on the metal tray with a cooking sheet placed on it. Crush the dough wrapping the paste a bit in your hand to make a hole at the center with your finger covered with flour (bread flour: besides the specified amount).

13 Take the baking pan rack out from the oven cavity and set the ceramic tray.

14 Set the metal tray prepared in 12 to **Bottom**, close the door and start the second rising with **Step 2 (2nd Rise)**. When you hear the completion sound, check the rising condition. If it has risen to 2 to 2.5 times higher, rising is enough.

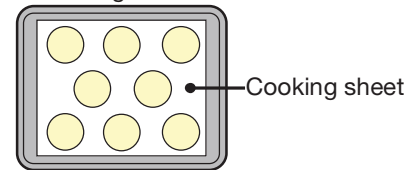
15 After rising, take out the metal tray, close the door and start preheating with **Step 3 (Preheat-Bake)**.

16 When you hear the preheating completion sound, set 15 to **Middle** to bake it.

"How to Use **Boil Vegetables**" → P.52-53

• If your food is underdone after the **Additional Heating** light OFF, press **Oven** **No Preheat** **1 level** **180°C** to cook, checking the food often. → P.65

Arrangement



Tips for Squash Roll

● Do not let the dough dry out during bench time or preheating

If the dough dries out, it will not rise properly. Keep it humid by covering with plastic wrap or well-wrung wet dishcloth, or misting the surface with water.

● Shaping (rounding) the dough

Place the dough smooth-side up. Round it by tucking the cut edges into the center underneath. Use your fingers to pinch the underside of the ball closed.

● For glazed bread

Before baking, coat the surface of the dough with a thin layer of beaten egg mixed with a pinch of salt.

● If the bread is underdone after the **Additional Heating** light OFF

Remove well-heated ones and press **Oven** **No Preheat** **1 level** **180°C** to cook, checking it often.

→ P.65

● 2 level cooking and temperature/time settings

You cannot use the Handmade Bakery menu.

With reference to "Bread Making in Manual Menu" → P.284-285, bake your bread in Manual Menu.

Auto B
025

Shiso & Sesame Roll

(Recipe developed by Kagawa Nutrition University → P.144)



Auto B
026

Wheat Stalk Roll

Handmade Bakery
(Shaping)
Wheat Stalk Roll

Mixing
Oven
Steam

Water Tank
Full

→ P.100-103

Accessory Used

Step 1



Injector
Baking pan
Baking pan rack
Mixing blade

About 62 min

Step 2



Metal Tray **Bottom**
Ceramic Tray

About 35 min

Step 3



Metal Tray **Middle**
Ceramic Tray

Preheating About 6 min
About 31 min



Directions

- Material injection
Timing: about 25 minutes after startup

Ingredients (2 rolls)

- 300 g flour (bread flour)
- ① 70 g flour (cake flour)
- 7 g sugar (1/3 large spoon)
- 8 g salt (1 1/3 small spoon)
- ② 210 mL water
- 6 mL lemon juice
- 5 g dry yeast powder (quick-rise type)
- (1 2/3 small spoon)

① Fill the water tank with water up to the full line.

② Remove the ceramic tray and set the baking pan rack.

③ Set the mixing blade to the baking pan, put ① and pour ② circularly.

④ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.

⑤ Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with

Handmade Bakery (Shaping)

Wheat Stalk Roll ▶ **Step 1 (Mixing-1st Rise)**.

⑥ When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour: besides the specified amount and insert the finger into the center of the dough.)

⑦ Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.

⑧ Use a dough cutter to divide the dough into two equal sections. Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.

⑨ Round the dough to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 20 minutes taking care to prevent them from chilling (bench time).

⑩ Lengthen the batard until it is 20 cm long. Turn it over so that the bottom side when bench time is now the top. Use a rolling pin to flatten it into a 35 cm oblong shape. Fold them from edges and completely seal the crease.

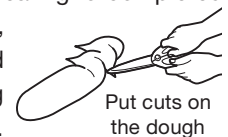
⑪ Place the shaped dough prepared in ⑩ on a metal tray lightly coated with butter (besides the specified amount). Make sure the creases are facing down.

⑫ Take the baking pan rack out from the oven cavity and set the ceramic tray.

⑬ Set the metal tray prepared in ⑪ to **Bottom**, close the door and start the second rising with **Step 2 (2nd Rise)**. When you hear the completion sound, check the rising condition. If it has risen to 1.5 to 2 times higher, rising is enough.

⑭ After rising, take out the metal tray, close the door and start preheating with **Step 3 (Preheat-Bake)**.

⑮ While the oven is preheating, cover the dough with well-wrung wet dishcloth or plastic wrap and let it continue rising at room temperature. Right before preheating is completed (about 8 minutes), put cuts right and left sides by using a kitchen scissors.



⑯ When you hear the preheating completion sound, set ⑮ to **Middle** to bake it.



Handmade Bakery
(Shaping)
Croissant

Mixing
Oven
Steam

Water Tank
Full

→ P.100-103

Accessory Used

Step 1	Step 2	Step 3
Injector Baking pan Baking pan rack Mixing blade	Metal Tray Bottom Ceramic Tray	Metal Tray Middle Ceramic Tray
About 18 min	About 50 min	Preheating About 15 min About 14 min

· You cannot inject materials

Ingredients (9 pieces)

- 120 g flour (bread flour)
- 30 g flour (cake flour)
- ① 27 g sugar (1 1/3 large spoon)
- 3 g salt (1/2 small spoon)
- 15 g salt-free butter
- 90 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)
- <Mix-in butter>
90 g salt-free butter
- <Egg glaze>
1/2 egg (beaten)
Dash of salt

Directions

- ① Fill the water tank with water up to the full line.
- ② Remove the ceramic tray and set the baking pan rack.
- ③ Set the mixing blade to the baking pan, put ① and pour water circularly.
- ④ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- ⑤ Set and lock the baking pan on the baking pan rack, close the door and start mixing with **Handmade Bakery (Shaping) Croissant** ▶ **Step 1 (Mixing-1st Rise)**.
- ⑥ Mix the butter in beneath the wrap and tap it by using a rolling pin to flatten to 10 x 10 cm. Let it cool in a refrigerator for at least 30 minutes.

- ⑦ When you hear the completion sound, immediately take out the baking pan and remove the injector. Put the dough in a bowl lightly coated with butter (besides the specified amount), cover it with plastic wrap and let it rest in a refrigerator for 40-60 minutes.
- ⑧ Dust a cutting board with flour (bread flour: besides the specified amount), take the dough ⑦ out and gently press it by hand to remove any air bubbles.
- ⑨ Flatten the dough by using a rolling pin into 20 x 20 cm. Place ⑥ at the center of the dough in a lozenge shape.



⑩ Securely wrap it with care not to tear the dough. Seal the crease and cover with plastic wrap. Let it rest in a refrigerator for about 20 minutes.

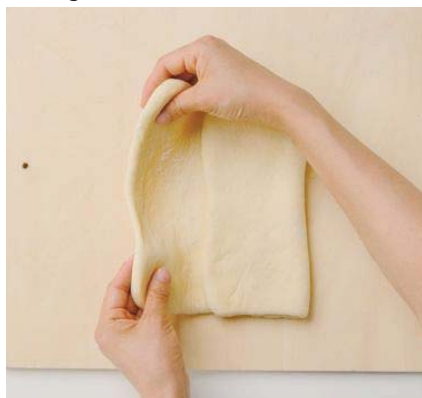


⑪ Dust a cutting board with flour (bread flour: besides the specified amount) and take ⑩ onto the board. Press the rolling pin against the dough outward from the center to flatten it to 20 x 30 cm and about 6 mm thick. Fold the longer sides inward by $\frac{1}{3}$. Wrap in plastic wrap and let it rest in a refrigerator for about 20 minutes.



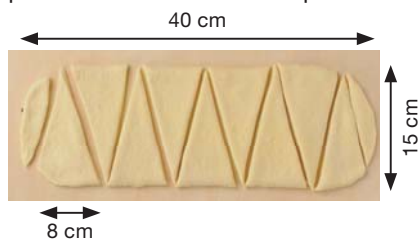
⑫ Flatten ⑪ again to 20 x 30 cm and about 6 mm thick. Fold inward by $\frac{1}{3}$ and wrap in plastic wrap. Let it rest in a refrigerator for about 20 minutes.

⑬ Flatten ⑫ again to 20 x 30 cm and about 6 mm thick. Fold inward by $\frac{1}{3}$ and wrap in plastic wrap. Let it rest in a refrigerator for about 60 minutes.



⑭ During this resting phase, make an isosceles-triangle paper pattern of 8 cm bottom and 15 cm height.

⑮ Flatten ⑬ to 15 x 40 cm and use the pattern prepared in ⑭ to cut the dough into 9 pieces excluding the end portions as indicated in the photo.



⑯ Put about 1 cm cut at the center of the bottom edge of each triangle. Slightly stretch the edge outward and roll up the dough. Arrange them on the metal tray lightly coated with butter (besides the specified amount) with the base end at the bottom.



⑰ Take the baking pan rack out from the oven cavity and set the ceramic tray.

⑱ Set the metal tray prepared in ⑯ to **Bottom**, close the door and start the second rising with **Step 2 (2nd Rise)**. When you hear the completion sound, check the rising condition. If it has risen to 1.3 to 1.5 times higher, rising is enough.

⑲ After rising, take out the metal tray, close the door and start preheating with **Step 3 (Preheat-Bake)**.

⑳ Lightly and carefully coat the surface of the rolls with the egg glaze.

㉑ When you hear the preheating completion sound, set ㉑ to **Middle** to bake it.

Tips for Croissant

● Butter

Use salt-free butter. Butter with salt content will result in salty bread.

● The dough has not risen after the step 1

As the dough rises in the shaping process, it does not leaven and rise in **Croissant Step 1 (Mixing-1st Rise)**.

● If the dough is difficult to work with

The dough will become soft if the butter melts. Chill in the refrigerator for 20–30 minutes to make it firmer and easier to work with.

● Mix butter into dough evenly when flattening the dough.

Layers will appear well after baking.

● Spread egg glaze on the dough surface.

Spreading it on the cut area of the dough will make rising poor.

● If the bread is underdone after the **Additional Heating light OFF**

Remove sufficiently heated pieces and press **Oven No Preheat 1 level 200°C** to cook the rest, checking it often. **→P.65**

● 2 level cooking and temperature/time settings

You cannot use the Handmade Bakery menu. With reference to "Bread Making in Manual Menu" **→P.284-285**, bake your bread in Manual Menu.

Auto B
028

Red Bean Roll




Handmade Bakery
(Shaping)
Red Bean Roll

Mixing
Oven
Steam

Water Tank
Full

(Preparation Heating)
→ P.100-103

Accessory Used

Step 1	Step 2	Step 3
		
Injector Baking pan Baking pan rack Mixing blade	Metal Tray Bottom Ceramic Tray	Metal Tray Middle Ceramic Tray
About 76 min	About 35 min	Preheating About 7 min About 17 min



- Material injection
Timing: about 25 minutes after startup

Ingredients (9 pieces)

- 360 g coarse red bean paste
- 200 g flour (bread flour)
- 16 g sugar (2/3 heaped large spoon)
- 3 g salt (1/2 small spoon)
- 12 g butter
- 130 mL water
- 3 g dry yeast powder (quick-rise type) (1 small spoon)
- <Egg glaze>
 - 1/2 egg (beaten)
 - Dash of salt
 - Poppy seeds as needed

Directions

- Fill the water tank with water up to the full line.
- In **Microwave** | **500 W** | **1 min. 30 sec.-2 min.**, mix the coarse red bean paste while heating. After it has cooled, divide into 9 round portions. → P.60-62
- Remove the ceramic tray and set the baking pan rack.
- Set the mixing blade to the baking pan, put (A) and pour water circularly.
- Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with **Handmade Bakery (Shaping)** ▶ **Red Bean Roll**
▶ **Step 1 (Mixing-1st Rise)**.

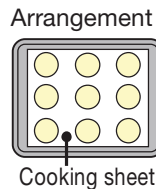
7 When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)

8 Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.

9 Use a dough cutter or kitchen knife to cut into 9 pieces (about 38 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.

10 Round each dough piece on your palm or cutting board to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 20 minutes taking care to prevent them from chilling (bench time).

11 Flatten the dough prepared in 10 into a circular shape and wrap the paste prepared in 2 in the dough. Seal the crease securely. Arrange them on the metal tray with a cooking sheet placed on it. Make sure the creases are facing down.



12 Take the baking pan rack out from the oven cavity and set the ceramic tray.

13 Set the metal tray prepared in 11 to **Bottom**, close the door and start the second rising with **Step 2 (2nd Rise)**. When you hear the completion sound, check the rising condition. If it has risen to 1.2 to 1.5 times higher, rising is enough.

14 After rising, take out the metal tray, close the door and start preheating with **Step 3 (Preheat-Bake)**.

15 Lightly and carefully coat the surface of the rolls with the egg glaze, and sprinkle the poppy seeds.

16 When you hear the preheating completion sound, set 15 to **Middle** to bake it.

"Microwave Heating" → P.60-62

Tips for Red Bean Roll

● Do not let the dough dry out during bench time or preheating

If the dough dries out, it will not rise properly. Cover it with a wrap or cloth or spray water onto the surface.

● Shaping (rounding) the dough

Place the dough smooth-side up. Round it by tucking the cut edges into the center underneath. Use your fingers to pinch the underside of the ball closed.

● Apply the glaze carefully and sparingly

Lightly glaze the surface of the dough using the palms of your hands. Too much glaze will run onto the metal tray and cause the bottom of the bread to burn.

● When cream or jam is too soft to wrap

Let it cool to harden in a refrigerator.

● If the bread is underdone after the Additional Heating light OFF

Remove sufficiently heated pieces and press **Oven** | **No Preheat**

| **1 level** | **180°C** to cook the rest, checking it often. → P.65

● 2 level cooking and temperature/time settings

You cannot use the Handmade Bakery menu. With reference to "Bread Making in Manual Menu" → P.284-285, bake your bread in Manual Menu.

Auto
029

Chestnut Roll

(Recipe developed by Kagawa Nutrition University → P.145)



Auto B
030

Melon Roll

Handmade Bakery
(Shaping)

Melon Roll

Mixing
Oven
Steam

Water Tank
Full

→ P.100-103

Accessory Used

Step 1



Injector
Baking pan
Baking pan rack
Mixing blade

About 61 min

Step 2



Metal Tray **Bottom**
Ceramic Tray

About 30 min

Step 3



Metal Tray **Middle**
Ceramic Tray

Preheating About 6 min
About 24 min

- Material injection
- Timing: about 25 minutes after startup



Ingredients (3 pieces)

<Bread dough>

- 150 g flour (bread flour)
- 14 g sugar (2/3 large spoon)
- 2 g salt (1/3 small spoon)
- 12 g butter
- 100 mL water
- 3 g dry yeast powder (quick-rise type) (1 small spoon)

<Cookie dough>

- 50 g butter (room temperature)
- 40 g sugar
- 1/2 egg (beaten)
- Dash of vanilla extract
- 110 g flour (cake flour)
- Granulated sugar as needed

Directions

- Fill the water tank with water up to the full line.
- Whip the butter for the cookie dough thoroughly with a handheld blender until it becomes whitish in color. Add the sugar and mix well.
- Add the egg and mix thoroughly until creamy. Add the vanilla extract.
- Sift the flour and briefly mix by a wooden spoon. Let it rest in a refrigerator.
- Remove the ceramic tray and set the baking pan rack.
- Set the mixing blade to the baking pan, put (A) and pour water circularly.
- Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with **Handmade Bakery (Shaping)** ▶ **Melon Roll** ▶ **Step 1 (Mixing-1st Rise)**.

- Divide the cookie dough prepared in (4) into 3 portions. Put them beneath the wrap and flatten into 12 cm circles. Make sure the center is thicker. Sprinkle with granulated sugar on one side and settle them on the dough by hand.



- When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour and insert the finger into the center of the dough.)

- Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.

- Use a dough cutter or kitchen knife to cut into 3 pieces (about 88 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.

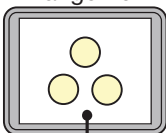
- Round each dough piece on your palm or cutting board to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 20 minutes taking care to prevent them from chilling (bench time).



- Cover the bread dough prepared in (13) with the cookie dough prepared in (9). Make sure the granulated-sugar side is up. Fold the bottom and place on the metal tray with a cooking sheet on it.



Arrangement



Cooking sheet

- Take the baking pan rack out from the oven cavity and set the ceramic tray.
- Set the metal tray prepared in (14) to **Bottom** and close the door.

Press **Step 2 (2nd Rise)** for the second rising. When you hear the completion sound, check the rising condition. If it has risen to 1.2 to 1.5 times higher, rising is enough.

- After rising, take out the metal tray, close the door and start preheating with **Step 3 (Preheat-Bake)**.

- Press an edge of a card (or a pallet knife) against the dough to make a pattern.

- When you hear the preheating completion sound, set (18) to **Middle** to bake it.

Tips for Melon Roll

● Do not let the dough dry out during bench time or preheating

If the dough dries out, it will not rise properly. Cover it with a wrap or cloth or spray water onto the surface.

● Cutting the roll

The roll is easier to eat by cutting along the pattern into small pieces with a bread knife.

● If the cake is undercooked after the **Additional Heating** light OFF

Press **Oven** **No Preheat** **1 level** **150°C** function to manually cook it, checking it often. → P.65

● Temperature/time settings in Manual Menu

You cannot use the Handmade Bakery menu. With reference to "Bread Making in Manual Menu" (→ P.284-285), bake your bread in Manual Cooking.



Handmade Bakery (Shaping)	Mixing Oven Steam	Water Tank Full
Bagel		
→ P.100-103		
Accessory Used		
Step 1	Step 2	Step 3
Injector Baking pan Baking pan rack Mixing blade	Metal Tray Bottom Ceramic Tray	Metal Tray Middle Ceramic Tray
About 31 min	About 30 min	Preheating About 7 min About 22 min

· Material injection
Timing: about 25 minutes after startup

Ingredients (6 pieces)

- ① 300 g flour (bread flour)
- ① 18 g sugar (1 scant large spoon)
- ① 5 g salt (1 scant small spoon)
- 200 mL water
- 2 g dry yeast powder (2/3 small spoon)

Directions

- ① Fill the water tank with water up to the full line.
- ② Remove the ceramic tray and set the baking pan rack.
- ③ Set the mixing blade to the baking pan, put ① and pour water circularly.
- ④ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- ⑤ Set and lock the baking pan on the baking pan rack, close the door and start mixing and rising with **Handmade Bakery (Shaping)** ▶ **Bagel** ▶ **Step 1 (Mixing-1st Rise)**. Do not perform the first rising.
- ⑥ When you hear the completion sound, immediately take out the baking pan and remove the injector.
- ⑦ Dust a cutting board with flour (bread flour: besides the specified amount), take the dough ⑥ out and gently press it by hand to remove any air bubbles.
- ⑧ Use a dough cutter or kitchen knife to cut into 6 pieces (about 85 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.
- ⑨ Round each dough piece on your palm or cutting board to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 20 minutes taking care to prevent them from chilling (bench time).

- ⑩ Dust a cutting board with flour (bread flour: besides the specified amount), take out ⑨ to the board and lightly remove any air bubbles. Flatten into 8 x 12 cm oblong shapes. Fold it inward by 1/4 and securely seal the creases. Then roll them to make 20 cm bar shapes.



- ⑪ Use your palm to stretch one end of the dough ⑩ and securely connect with the other end to form a ring shape. Place a 12 x 12 cm cooking sheet on the metal tray and arrange them on it with the creases facing down.



- ⑫ Take the baking pan rack out from the oven cavity and set the ceramic tray.
- ⑬ Set the metal tray prepared in ⑪ to **Bottom**, close the door and start the second rising with **Step 2 (2nd Rise)**. When you hear the completion sound, check the

Auto B 032 Naan

rising condition. If it has risen to 1.5 to 2 times higher, rising is enough.

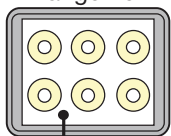
⑭ After rising, take out the metal tray, close the door and start preheating with **Step 3 (Preheat-Bake)**.

⑮ Add honey (besides the specified amount) in a pan (about 1-2 tbs in 1.5 L hot water) and heat it up to 90°C. Place the dough taken in ⑭ with the cooking sheet facing up, and immerse in the water for 30 seconds for each side. When boiling is completed, peel off the cooking sheet with care not to damage the dough.



⑯ Arrange ⑮ on the metal tray with a cooking sheet on it and prevent them from drying.

Arrangement



Cooking sheet

⑰ When you hear the preheating completion sound, set ⑯ to **Middle** to bake it.



Handmade Bakery (Shaping)	Mixing Oven Steam	Water Tank Full
Naan		
→ P.100-103		
Accessory Used		
Step 1 Injector Baking pan Baking pan rack Mixing blade About 76 min	Step 3 Metal Tray Middle Ceramic Tray Preheating About 7 min About 14 min	

· Material injection
Timing: about 25 minutes after startup

Ingredients (two 25 cm naans)

- 80 g flour (bread flour)
- 80 g flour (cake flour)
- ① 7 g sugar (1/3 large spoon)
- 4 g salt (2/3 small spoon)
- 1/2 egg (beaten)
- ② 70 mL water
- 10 mL salad oil
- 1.5 g dry yeast powder (quick-rise type) (1/2 small spoon)

Directions

- ① Fill the water tank with water up to the full line.
- ② Remove the ceramic tray and set the baking pan rack.
- ③ Set the mixing blade to the baking pan, put ① and pour ② circularly.
- ④ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- ⑤ Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with **Handmade Bakery (Shaping)** ▶ **Naan** ▶ **Step 1 (Mixing-1st Rise)**.

⑥ When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour and insert the finger into the center of the dough.)

⑦ Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.

⑧ Use a dough cutter (or a kitchen knife) to divide the dough into two equal sections. Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.

⑨ Round the dough so as to make the surface smooth. Cover with a cloth to let it rest for 10-20 minutes.

⑩ Hold ends of each dough piece and stretch it to a 25 cm long drop shape. Put the dough on a cooking sheet and put holes on the entire surface by a fork.

⑪ Take the baking pan rack out from the oven cavity and set the ceramic tray.

⑫ Set the empty metal tray to **Middle**, close the door and start preheating with **Step 3 (Preheat-Bake)**.

⑬ When you hear the preheating completion sound, use the supplied mittens or thick and dry towel to take the metal tray onto the opened door with care not to be burned.

⑭ Place ⑩ on the metal tray along with the cooking sheet and set the tray to **Middle** to bake.

Tips for Bagel

● Boil the dough below the boiling point

The water temperature should be approximately about 90°C. Boiling water will cause wrinkles in the dough and the bread will not turn out well.

● Watch out for boiling time

Too long or too short boiling time will lead to poor results.

● Storage

Let the bagel cool sufficiently, cover with plastic wrap and then keep in a refrigerator or freezer. Consume the bagel within 1-2 days for chilling, or 2-3 weeks for freezing.

● Reheating

For chilled bagel, press **Oven** | **No Preheat** | **1 level** | **140°C** | **6-9 min**.
For frozen bagel, use **10-15 min** to reheat, checking it often. → P.65

● If your food is underdone after the **Additional Heating** light OFF

Remove sufficiently heated pieces and press **Oven** | **No Preheat** | **1 level** | **180°C** to cook the rest, checking it often. → P.65

● 2 level cooking and temperature/time settings

You cannot use the Handmade Bakery menu.
With reference to "Bread Making in Manual Menu" → P.284-285, bake your bread in Manual Menu.

Tips for Naan

● If the bread is underdone after the **Additional Heating** light OFF

Remove well-heated ones and press **Oven** | **No Preheat** | **1 level** | **180°C** to bake further, checking it often. → P.65

● 2 level cooking and temperature/time settings

You cannot use the Handmade Bakery menu.
With reference to "Bread Making in Manual Menu" → P.284-285, bake your bread in Manual Menu.

Homemade Steamed Meat Bun

Handmade Bakery (Shaping)	Mixing Oven Steam Superheated Steam	Water Tank Full
Homemade Steamed Meat Bun		

(Preparation Heating)
→ P.100-103

Accessory Used

Step 1



Injector
Baking pan
Baking pan rack
Mixing blade

About 76 min

Step 3



Super Grill Tray Unit (legs and top flap closed)
Grill Lid
Ceramic Tray

Preheating About 5 min
About 19 min



· Material injection
Timing: about 25 minutes after startup

Ingredients (4 pieces)

- 100 g flour (bread flour)
- 50 g flour (cake flour)
- 14 g sugar (2/3 large spoon)
- 2 g salt (1/3 small spoon)
- 80 mL water
- 3 g dry yeast powder (quick-rise type) (1 small spoon)
- 1/4 green onion (finely chopped)
- 4 mL sesame oil
- 60 g ground pork
- 3 dried shiitake mushrooms (reconstituted and finely chopped)
- 30 g boiled bamboo shoots (coarsely chopped)
- 1 tsp ginger (finely chopped)
- 1 1/2 tbsp starch
- 1 tbsp sugar
- 2 tsp soy sauce
- Dash of salt and pepper
- 1 tsp chicken bouillon powder
- 30 mL water

Directions

- 1 Fill the water tank with water up to the full line.
- 2 Put B in a heat-resistant container and heat with **Microwave 500 W** **Approx. 30 sec.** Let it cool and add C. Mix well and divide into 4 portions. → P.60-62
- 3 Remove the ceramic tray and set the baking pan rack.
- 4 Set the mixing blade to the baking pan, put A and pour water circularly.
- 5 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- 6 Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with **Handmade Bakery(Shaping)** ▶ **Homemade Steamed Meat Bun** ▶ **Step 1 (Mixing-1st Rise)**.
- 7 When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)
- 8 Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.
- 9 Use a dough cutter or kitchen knife to cut into 4 pieces (about 61 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.
- 10 Round each dough piece on your palm or cutting board to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 10 minutes taking care to prevent them from chilling (bench time).
- 11 Flatten the dough prepared in 10 into a circular shape and wrap the paste prepared in 2 in the dough. Seal the crease securely.
- 12 Place 11 on the super grill tray unit with legs closed and a cooking sheet on it. Then set the grill lid.
- 13 Take the baking pan rack out from the oven cavity and set the ceramic tray. Close the door and start preheating with **Step 3 (Preheat-Steam)**.
- 14 When you hear the preheating completion sound, place it on the ceramic tray with care not to get burned and align the steam inlet of the lid with the steam outlet.

"Microwave Heating" → P.60-62

Homemade Steamed Meat Bun

● Do not let the dough dry out during bench time or preheating

If the dough dries out, it will not rise properly. Keep it humid by covering with plastic wrap or well-wrung wet dishcloth, or misting the surface with water.

● If the bread is underdone after the **Additional Heating** light OFF

Transfer the food to a plate and cover with plastic wrap.

Press **Microwave 200 W** to cook, checking the food often.

→ P.60-62

Handmade Bakery
(Shaping)Step 1
About 76 minHomemade Steamed
Meat BunMixing
Oven
Steam

Accessory Used

Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank

Full

→ P.100

Manual

Microwave

Microwave
200 W
Heating time
5-6 min

Ceramic Tray

→ P.60-62

Ingredients (6 pieces)

- 100 g flour (bread flour)
- 50 g flour (cake flour)
- 14 g sugar ($\frac{2}{3}$ large spoon)
- 2 g salt ($\frac{1}{3}$ small spoon)
- 80 mL water
- 3 g dry yeast powder (quick-rise type)
(1 small spoon)
- 6 frozen Siu Mai dumplings (warmed up
to room temperature, cut into 3-4 pieces)



Directions

- ① Fill the water tank with water up to the full line.
 - ② Remove the ceramic tray and set the baking pan rack.
 - ③ Set the mixing blade to the baking pan, put (A) and pour water circularly.
 - ④ Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
 - ⑤ Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with [Handmade Bakery \(Shaping\)](#) ▶ [Homemade Steamed Meat Bun](#) ▶ [Step 1 \(Mixing-1st Rise\)](#).
 - ⑥ When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 2 to 2.5 times bigger than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)
 - ⑦ Dust a cutting board with flour (bread flour: besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.
 - ⑧ Use a dough cutter or kitchen knife to cut into 6 pieces (about 40 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.
 - ⑨ Round each dough piece on your palm or cutting board to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 10 minutes taking care to prevent them from chilling (bench time).
 - ⑩ Flatten the dough prepared in ⑨ into a circular shape and wrap the dumplings in the dough. Seal the crease securely.
 - ⑪ Take the baking pan rack out from the oven cavity and set the ceramic tray.
 - ⑫ Arrange 2 pieces in a deep heat-resistant container and spray water onto them. Lightly wrap it with plastic wrap. Press [Microwave](#) [200 W](#) [5-6 min](#) to cook. After heating, immediately remove the wrap and heat the rest in the same way. [→ P.60-62](#)
- [Tips]**
- You may use frozen meatballs instead of Siu Mai.
- "Microwave Heating" [→ P.60-62](#)

Handmade Bakery
(Shaping)
Pizza

Mixing
Oven
Steam

Water Tank
Full

→ P.100-103

Accessory Used

Step 1



Injector
Baking pan
Baking pan rack
Mixing blade

About 51 min

Step 3



Metal Tray **Middle**
Ceramic Tray

Preheating for About 8 min
About 18 min



Directions

· Material injection
Timing: about 25 minutes after startup

Ingredients (one 24 cm pizza)

- 100 g flour (bread flour)
- 50 g flour (cake flour)
- Ⓐ 14 g sugar (2/3 large spoon)
- 2 g salt (1/3 small spoon)
- 100 mL water
- 15 mL olive oil
- 2 g dry yeast powder (quick-rise type)
(2/3 small spoon)
- Prepared pizza sauce as needed
- 1/4 large onion (sliced thin) (about 75 g)
- 50 g bacon (cut in rectangles)
- Ⓑ 8 slices of salami (sliced thin)
- 2 green bell peppers (cut across)
- 1/2 can of mushrooms (sliced thin) (about 25 g)
- Dash of salt and pepper
- 4 pimento-stuffed olives (sliced thin)
- 100 g cheese (shredded)

- 1 Fill the water tank with water up to the full line.
- 2 Remove the ceramic tray and set the baking pan rack.
- 3 Set the mixing blade to the baking pan, put Ⓐ and pour water and olive oil circularly.
- 4 Put dry yeast powder into the yeast inlet of the injector, set the yeast cover and set the unit on the baking pan.
- 5 Set and lock the baking pan on the baking pan rack, close the door and start mixing and first rising with **Handmade Bakery (Shaping) ▶ Pizza ▶ Step 1 (Mixing-1st Rise)**.
- 6 When you hear the completion sound, immediately take out the baking pan, remove the injector and check the rising condition. It has risen well if the dough is 1.2 to 1.5 times higher than it was before this process. (i.e. A hole made by the finger remains when you cover your finger with flour (besides the specified amount) and insert the finger into the center of the dough.)
- 7 Dust a cutting board with flour (bread flour:besides the specified amount), turn the baking pan upside down to take the dough out and gently press it by hand to remove any air bubbles.
- 8 Round the dough to ensure that the surface is smooth. Cover with plastic wrap or well-wrung wet dishcloth and let it rest for about 15 minutes taking care to prevent them from chilling (bench time).
- 9 Set the crease up and use a rolling pin to flatten the dough to about 24 cm circle. Place it on the cooking sheet and put holes on its entire surface by a fork.
- 10 Leave about 1 cm edge on the dough and spread the pizza sauce. Arrange Ⓑ and season with salt and pepper. Sprinkle its entire surface with stuffed olives and cheese.
- 11 Take the baking pan rack out from the oven cavity and set the ceramic tray.
- 12 Set the empty metal tray to **Middle**, close the door and start preheating with **Step 3 (Preheat-Bake)**.
- 13 When you hear the preheating completion sound, use the supplied mittens or thick and dry towel to take the metal tray onto the opened door with care not to be burned.
- 14 Place 10 on the metal tray along with the cooking sheet and set the tray to **Middle** to bake.



CAUTION

Use the supplied mittens or thick dry dishcloth to put in and out the metal tray. Otherwise, you may be burned.

Tips for Pizza

- **Only cook the specified amount at a time.**
- **2 level cooking**
Double the recipe to make twice the amount of dough. Cut in two and place them on two metal trays. Press **Oven** **Preheat** **2 level** **200°C** **22-32 min** to start preheating. When you hear the preheating completion sound, set them to **Middle** and **Bottom** to cook. → P.66-67
If the pizzas are cooking unevenly, switch the position of the two trays about 2/3 - 3/4 of the way through baking.
- **Slicing the cooked pizza**
Kitchen scissors are the best way to slice the cooked pizza.
- **If the pizza is undercooked after the Additional Heating light OFF**
Press **Oven** **No Preheat** **1 level** **200°C** continue cooking, checking it often. → P.65
- **Cooking frozen pizzas**
Refer to the directions for cooking prepared **Store-Bought Pizza**.

Manual

Store-Bought Pizza

To cook prepared frozen pizza, use the manual menu function, checking the pizza often. Press **Oven** **1 level** **200°C** and follow the instructions given in the table below for frozen or chilled pizzas. → P.65-67

	No Preheat	Preheat
Frozen	23-30 min	10-18 min
Chilled	15-28 min	10-15 min

"Oven (No Preheat) Heating" → P.65

"Oven (Preheat) Heating" → P.66-67

Mixing Menu (Dessert)

Auto B
035

Sweet Potato

Knead/Mix

Mixing
Oven

Sweet Potato

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank

Empty

→ P.104-105 (Preparation Heating)

Reference heating time About 60 min



Ingredients (for one baking pan)

1 large sweet potato (about 300 g)

30 g butter

60 g sugar

Egg yolk for 1 egg

Ⓐ 30 mL fresh cream (warmed up to room temperature)

5 mL rum

Dash of cinnamon

Egg glaze

Ⓑ Egg yolk for 1 egg

5 mL mirin (sweet cooking wine)

Directions

① Wrap the sweet potato in plastic wrap and put on the ceramic tray. Press **Boil Root Vegetables** and doneness adjustment of **MID-LO** to cook. Peel and crush it while it is hot.

→ P.52-53

② Melt the butter by pressing

Microwave 200 W

Approx. 1 min. 50 sec. → P.60-62

③ Remove the ceramic tray and set the baking pan rack.

④ Set the mixing blade to the baking pan, put ①, ② and sugar in order and pour the combined Ⓐ circularly.

⑤ Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it, close the door and press **Knead/Mix** ▶

Sweet Potato to cook.

⑥ When you hear the reminder sound for the mixing process completion, open the door, take out the baking pan and remove the injector. Use a rubber spatula or the like to shape the surface as round top so that the mixing blade is not visible. Lightly coat the surface with the egg glaze. Set the injector to the baking pan. Return the baking pan to the baking pan rack. Then set and lock it and cook again.

⑦ After heating, take out the baking pan immediately, let it cool completely and remove the injector.

⑧ Hold the root of the handle to turn it over. Support the sweet potato by hand and shake it up and down to take out.

"How to Use **Boil Root Vegetables**" → P.52-53

"Microwave Heating" → P.60-62

Tips for Sweet Potato

● **Only cook the specified amount at a time.**

● **Material injection timing (sweet potato and melted butter)**

Put sweet potato and melted butter in the baking pan while they are hot and heat them along with other materials. Otherwise, they will not be blended well.

● **To smooth out the surface after the mixing process**

Use a rubber spatula or the like. Metal spatula may scratch the fluorine resin.

● **To take bread out of the baking pan**

Let it cool completely. Otherwise, you may break the shape as it is very soft.

● **Baking without using the baking pan**

When you hear the reminder sound for the mixing process completion in the step ⑥, divide it into 6 portions and shape sweet potato shapes. Arrange them on the metal tray, on which a cooking sheet has been placed and coat the surface with egg glaze.

Set the ceramic tray at the bottom of the oven cavity and press **Oven** **Preheat** **1 level** **200°C** **13-18 min** to preheat. When you hear the preheating completion sound, set it to **Middle** to cook. → P.66-67

Auto B
036

Dried Fruits Soy Bread

Knead/Mix
Dried Fruits
Soy Bread

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.104-105

Reference heating time About 58 min



Ingredients (for one baking pan)

- 1 egg (beaten)
20 g honey
100 g kinako powder
70 g whole grain
1 tsp baking powder (about 4 g)
1/3 tsp salt (2 g)
- 100 mL soy milk (non-homogenized)
50 g yogurt (store-bought plain type)
- 20 g raisin
20 g fig (dried, cut into 5 mm cubes)
20 g sliced almond

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put in ingredients (A) in order from the top of the list, and pour soy milk and yogurt circularly.
- 3 Put (B) into the material container of the injector and set it on the baking pan.
- 4 Set and lock the baking pan on the baking pan rack, close the door and start heating with **Knead/Mix** ▶ **Dried Fruits Soy Bread**.
- 5 When you hear the reminder sound for mixing process completion, open the door, take out the baking pan, remove the injector, rub off the dough on the baking pan side surface by using a rubber spatula, and form a round top surface so that the mixing blade is invisible. Set the injector on the baking pan and then return the baking pan to the baking pan rack. Lock it and cook again.
- 6 After heating, immediately remove the baking pan and let it cool down until it is so cooled that you can touch it by hand. Then remove the injector.
- 7 Hold the root of the handle to turn it over. Support the soy bread by hand and shake it up and down to take out. Let it cool.

Tips for Dried Fruits Soy Bread

- **Only cook the specified amount at a time.**
- **To smooth out the surface after the mixing process**
Use a rubber spatula or the like. Metal spatula may scratch the fluorine treatment.
- **Wrapping and rising over night**
This allows the flavor to blend and makes the bread wet and more tasty.

Auto B
037

Soft Caramel

Knead/Mix
Soft Caramel

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.104-105

Reference heating time About 83 min



Ingredients (about 40 pieces)

- 200 mL fresh cream (over 40% fat)
150 mL milk
100 g granulated sugar
25 g honey
15 g starch syrup
Dash of vanilla extract

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan and put all the ingredients.
- 3 Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it, close the door and press **Knead/Mix** ▶ **Soft Caramel** to cook.
- 4 After heating, take out the baking pan immediately and remove the injector. Briefly stir the liquid portion by using a rubber spatula or the like. Pour into a flat container with a cooking sheet on it. Smooth out the surface. Let it cool down and chill in a refrigerator for at least half a day.
- 5 Cut the mixture into about 40 pieces and wrap them in pieces of a cooking sheet and twist both ends of each piece.

Tips for Soft Caramel

- **Only cook the specified amount at a time.**
- **Baking pan after heating**
Hardened caramel sticks to it. Pour lukewarm water or water into the baking pan and leave it for a while until the caramel is soaked and easier to remove. Then wash it.
- **If your food is underdone after the **Additional Heating** light OFF**
Transfer the food to a dish. Then Press **Microwave [500 W]**, checking the food often. → P.60-62

Mixing Menu (Cake)

Auto B
038

Pound Cake (Plain)

Knead/Mix
Pound Cake (Plain)

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.104-105

Reference heating time About 60 min



Ingredients (for one baking pan)

- Ⓐ 2 eggs (beaten)
Dash of vanilla extract
100 g butter (warmed up to room temperature, cut into 1 cm cubes)
100 g sugar
- Ⓑ 100 g flour (cake flour)
1 scant tsp baking powder (3 g)
60 g raisin

Directions

- ① Remove the ceramic tray and set the baking pan rack.
- ② Set the mixing blade to the baking pan. Combine Ⓐ and sprinkle with sugar and Ⓑ. Break up and put the butter.
- ③ Put 60 g raisin into the material container of the injector and set it on the baking pan.
- ④ Set and lock the baking pan on the baking pan rack, close the door and start heating with **Knead/Mix** ▶

- ⑤ After heating, immediately remove the baking pan and let it cool down until it is so cooled that you can touch it by hand. Then remove the injector.
- ⑥ Hold the root of the handle and support the pound cake by hand. Turn it over and shake up and down to take it out. Let it cool.

Pound Cake (Plain).

Tips for Pound Cake

- **Only cook the specified amount at a time.**
- **Make sure the cake is done**
Stick a bamboo skewer into the center of the cake. If it comes out clean, the cake is done.
- **Powder later**
Put powder later than liquid. Putting powder first will cause it remain at the bottom.

● Butter

Make sure it is as hard as you can make a dent on it by a finger. You cannot mix it well if it is too hard.

● Raisin

Break it before putting in the material container. Chunks of raisin will not sink sufficiently.

Auto B
039

Tea Pound Cake

Knead/Mix
Tea Pound Cake

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.104-105

Reference heating time About 60 min



Ingredients (for one baking pan)

- 2 eggs (beaten)
100 g butter (warmed up to room temperature, cut into 1 cm cubes)
100 g sugar
- Ⓐ 100 g flour (cake flour)
1 scant tsp baking powder (3 g)
12 g tea leaves
15 g wolfberry

Directions

- ① Remove the ceramic tray and set the baking pan rack.
- ② Set the mixing blade to the baking pan. Combine eggs and sprinkle with sugar and Ⓐ. Break up and put the butter and tea leaves.
- ③ Put 15 g wolfberry into the material container of the injector and set it on the baking pan.
- ④ Set and lock the baking pan on the baking pan rack, close the door and start heating with **Knead/Mix** ▶

- ⑤ After heating, immediately remove the baking pan and let it cool down until it is so cooled that you can touch it by hand. Then remove the injector.
- ⑥ Hold the root of the handle and support the pound cake by hand. Turn it over and shake up and down to take it out. Let it cool.

Tea Pound Cake.



Knead/Mix
Baked Cheese Cake

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.104-105

(Preparation
Heating)

Reference heating time About 57 min

Ingredients (for one baking pan)

- 200 g cream cheese
- 1 egg (beaten)
- 100 mL fresh cream
- Ⓐ 30 g yogurt (store-bought plain type)
- 1 tsp lemon juice
- 15 g flour (cake flour)
- 65 g sugar

Directions

- ① Combine cream cheese in a container and press **Microwave 200 W** 3-4 min. to heat. Stir and melt it thoroughly. → P.60-62
- ② Remove the ceramic tray and set the baking pan rack.
- ③ Set the mixing blade to the baking pan. Combine the mixed Ⓐ and sprinkle with sugar and flour. Top with ①.
- ④ Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it, close the door and press **Knead/Mix** ▶ **Baked Cheese Cake** to cook.

⑤ After heating, take out the baking pan immediately, let it cool completely and remove the injector.

⑥ Hold the root of the handle and support the cheese cake by hand. Slowly turn it over and shake up and down to take it out. Put on a dish and let it cool in a refrigerator.

"Microwave Heating"

→ P.60-62

Tips for Baked Cheese Cake

- **Only cook the specified amount at a time.**
- **Cream cheese**
Dissolve, taking care to break up clumps.
- **To take the cheese cake out of the baking pan**
Let it cool completely, before removing it. Otherwise, you may break the shape as it is very soft.



Knead/Mix
Rich Chocolate Cake

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.104-105

(Preparation
Heating)

Reference heating time About 51 min

Ingredients (for one baking pan)

- A** | 50 g dark chocolate
40 g salt-free butter
5 mL rum
40 mL fresh cream
2 eggs (whites and yolks separated)
100 g sugar
- B** | 15 g flour (cake flour)
30 g cocoa
Powdered sugar as needed

Tips for Rich Chocolate Cake

- Only cook the specified amount at a time.
- Removing meringue and pouring the rest meringue after the reminder sound for powder removal
Use a rubber spatula or the like.
Metal spatula may scratch the fluorine treatment.

Directions

- Combine **A** in a heat-resistant container. Press **Microwave 200 W** **4-5 min.** to melt while mixing it midway. When the mixture becomes smooth, add rum and mix. → P.60-62
- Combine fresh cream in the heat-resistant container and press **Microwave 200 W** **Approx. 1 min.** to cook.
- Combine egg yolk and ½ sugar in a bowl and whip the mixture thoroughly with a handheld blender until it becomes whitish in color. Add **①** and briefly mix at low rate. Gradually add **②** and further mix. Sift **B** and mix with a rubber spatula or the like until it becomes smooth.
- Combine the egg whites and a pinch of salt (besides the specified amount) in another bowl. Use the handheld blender to whip lightly. Add the rest of the sugar and continue whipping until stiff.
- Remove the ceramic tray and set the baking pan rack.
- Set the mixing blade to the baking pan, put ½ of **④**, and cover with **③** evenly.
- Lightly tap the baking pan to remove air bubbles.
- Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it, close the door and press **Knead/Mix** **Rich Chocolate Cake** to cook.
- When you hear the reminder sound for powder removal, open the door, take out the baking pan, remove the injector. If the meringue attaches to the baking pan side surface or mixing blade, scrape off with a rubber spatula or the like. Let it lightly blend to the dough and put the rest meringue. Set the injector on the baking pan and then return the baking pan to the baking pan rack. Lock it and cook again.
- After heating, immediately remove the baking pan and let it cool down until it is so cooled that you can touch it by hand. Then remove the injector.
- Insert a rubber spatula between the baking pan and rich chocolate cake and move it around the baking pan edge. Hold the root of the handle and turn it over. Support the cake by hand and shake it up and down to take out.
- Let it cool and sprinkle with powdered sugar.

"Microwave Heating"

→ P.60-62



Knead/Mix
Pancake (Plain)

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.104-105

Reference heating time About 53 min

Ingredients (for one baking pan)

- Ⓐ 60 mL milk
20 g yogurt (store-bought plain type)
20 g sugar
2 eggs (whites and yolks separated)
½ tsp mayonnaise (6 g)
- Ⓑ 50 g flour (cake flour)
½ tsp baking powder (2 g)
Whipped cream and fruits (strawberries, etc.) as needed.

Directions

- Combine Ⓐ and add the egg yolk and mayonnaise. Mix with a rubber spatula. Sift Ⓑ and briefly mix, taking care not to make the mixture sticky.
- Combine the egg whites and a pinch of salt (besides the specified amount) in another bowl. Use the handheld blender to whip lightly. Add the sugar and continue whipping until stiff.
- Remove the ceramic tray and set the baking pan rack.
- Set the mixing blade to the baking pan, put ½ of Ⓐ, and pour Ⓐ circularly.
- Lightly tap the baking pan to remove air bubbles.
- Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it, close the door and press **Knead/Mix** ▶ **Pancake (Plain)** to cook.
- When you hear the reminder sound for powder removal, open the door, take out the baking pan, remove the injector. If the meringue attaches to the baking pan side surface or mixing blade, scrape off with a rubber spatula or the like. Let it lightly blend to the dough and put the rest meringue. Set the injector on the baking pan and then return the baking pan to the baking pan rack. Lock it and cook again.
- After heating, take out the baking pan immediately and remove the injector.
- Insert a rubber spatula between the baking pan and pancake and move it around the baking pan edge. Hold the root of the handle and turn it over. Support the cake by hand and shake it up and down to take out.
- Cut into desired size and arrange on a dish. Top with whipped cream and fruits.

Tips for Pancake

- Only cook the specified amount at a time.
- Removing meringue and pouring the rest meringue after the reminder sound for powder removal
Use a rubber spatula or the like.
Metal spatula may scratch the fluorine treatment.



Knead/Mix

Mixing
Oven

Savory Pound
Cake (Plain)

→ P.104-105

(Preparation
Heating)

Reference heating time About 60 min

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

Directions

① Combine onion and butter in a heat-resistant container and press **Microwave 600 W** **Approx. 2 min. 30 sec.** to cook. Let it cool after cooking.

→ P.60-62

② Remove the ceramic tray and set the baking pan rack.

③ Set the mixing blade to the baking pan, pour **(A)**, sift with salt and **(B)** and set ① to the top.

④ Put 60 g bacon into the material container of the injector and set it on the baking pan.

⑤ Set and lock the baking pan on the baking pan rack, close the door and start heating with **Knead/Mix** ▶

Savory Pound Cake (Plain).

⑥ When you hear the reminder sound for powder removal, open the door, take out the baking pan and remove the injector. Use a rubber spatula or the like to remove any powder or materials sticking to the baking pan side surface or mixing blade. Briefly allow it to blend and set the injector to the baking pan. Return the injector onto the baking pan rack. Then lock it and cook again.

⑦ After heating, immediately remove the baking pan and let it cool down until it is so cooled that you can touch it by hand. Then remove the injector.

⑧ Hold the root of the handle and support the cake by hand. Turn it over and shake up and down to take it out. Let it cool.

"Microwave Heating"

→ P.60-62

Ingredients (for one baking pan)

1/2 medium onion (sliced thin) (about 100 g)

15 g butter

100 mL milk

(A) 1 large egg (beaten)

1 tbsp salad oil

1/2 tsp salt (3 g)

100 g flour (cake flour)

(B) 1 1/2 tsp baking powder (6 g)

6 g grated Parmesan cheese

60 g bacon (cut into 1cm wide)

Tips for Savory Pound Cake

● **Only cook the specified amount at a time.**

● **Powder later**

Putting powder first will cause it remain at the bottom.

● **Removing powder after the reminder sound for powder removal**

Use a rubber spatula or the like. Metal spatula may scratch the fluorine treatment.

Mixing Menu (Noodle)

Auto B
044

Udon



Knead/Mix

Mixing

Accessory Used

Udon



Injector
Baking pan
Baking pan rack
Mixing blade

→ P.106

Water Tank
Empty

Reference mixing time About 16 min

Ingredients (3-4 servings)

Ⓐ | 165 g flour (bread flour)
| 165 g flour (cake flour)

Ⓑ | 10 g salt
| 160 mL water

Flour (bread flour, for dusting) as needed

Prepared udon soup as needed

Spice as needed

Directions



- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put well-mixed Ⓐ and pour the combined Ⓑ circularly.
- 3 Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it, close the door and press **Knead/Mix** ▶ **Udon** to mix.
- 4 When you hear the completion sound, immediately take out the baking pan and remove the injector.
- 5 Turn over the baking pan and take out the dough.
- 6 Round and smooth out the dough surface. Cover with plastic wrap to prevent drying up and let it rest for about 2 hours at room temperature. If the room temperature is high, e.g. in summer, let it rest in a refrigerator.
- 7 Use a dough cutter (or a kitchen knife) to divide the dough into 2-4 equal sections.

- 8 Dust a cutting board with flour and flatten the dough by stretching it from the center by using a rolling pin. The thickness should be 3 mm. If the dough is cold, warm it up to the room temperature before flattening it.
- 9 Dust the dough with flour, fold, and cut into 3 mm wide.



- 10 Boil plenty of water in a large pan, sweep powder on the noodle and boil it for 8-13 minutes.
- 11 Immerse the noodle in cold water, rinse it and get the water off.
- 12 Arrange it on a dish and serve store-bought soup and spice.



Knead/Mix	Mixing	Accessory Used
Pasta		 <p>Injector Baking pan Baking pan rack Mixing blade</p>
→ P.106		 <p>Water Tank Empty</p>
Reference mixing time About 16 min		

Ingredients (3-4 servings)

- Ⓐ 165 g flour (bread flour)
- 165 g durum semolina powder
- 1 heaped tsp salt (7 g)
- Ⓑ 1 egg (beaten)
- 110 mL water
- 6 mL olive oil
- Flour (bread flour, for dusting) as needed
- Prepared pasta sauce as needed

Directions

- ① Remove the ceramic tray and set the baking pan rack.
- ② Set the mixing blade to the baking pan, put well-mixed Ⓐ and pour the combined Ⓑ and olive oil circularly.
- ③ Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it, close the door and press **Knead/Mix** ▶ **Pasta** to mix.
- ④ When you hear the completion sound, immediately take out the baking pan and remove the injector.
- ⑤ Lay the baking pan upside down on the cutting board coated by flour and take out the dough.
- ⑥ Round and smooth out the dough surface. Cover with plastic wrap to prevent drying up and let it rest for about 1 hour in a refrigerator.
- ⑦ Use a dough cutter (or a kitchen knife) to divide the dough into 2-4 equal sections.
- ⑧ Dust a cutting board with flour and flatten the dough by stretching it from the center by using a rolling pin. The thickness should be 1mm.
- ⑨ Dust the dough with flour and roll up. Cut into 5 mm wide. Unravel the noodle and dust with flour.
- ⑩ Boil plenty of water in a large pan, add salt (about 1% of the water amount: besides the specified amount) and sweep powder on the noodle and boil it for 3-5 minutes.
- ⑪ Take out the noodle, dress with store-bought pasta sauce and arrange on a dish.



Tips for Udon and Pasta

- **Dusting with sufficient amount of flour**
If flour amount is not enough, dough will be sticky and you cannot cut it well. You may use starch instead of flour.
- **Storage**
Store the dough in a refrigerator before stretching and cutting it. It can be preserved for 2-3 days covered with flour and plastic wrap. For freezing, cut the dough into noodle width. It can be preserved for about 1 month covered with flour and plastic wrap.
- **Using all-purpose flour to make udon**
You can use 330 g all-purpose flour instead of bread flour and cake flour.
- **Doneness of pasta**
Look and texture varies from store-bought dry pasta. Texture also varies depending on how the dough is flattened.
- **Type of pasta you can make**
You can arrange the pasta dishes by adding vegetable puree and/or paste, etc. Reduce water 10-30 mL by the amount of the ingredients added, .
- **Durum semolina powder and squid ink paste**
They are available in department stores or Internet shops.

Mixing Menu (Mixed Dishes)

Auto B
046

Meatloaf



Knead/Mix
Meatloaf

Mixing
Oven
Grill

Accessory Used




Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.106

Reference heating time About 56 min

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan, put (A), and cover with ground beef and pork.
- 3 Set and lock the baking pan on the baking pan rack, close the door and start cooking with **Knead/Mix** ▶
- 4 When you hear the reminder sound for mixing process completion, take out the baking pan. Remove ingredients on the baking pan side surface by using a rubber spatula or the like. Hold the surface lightly to remove any air bubbles and smooth out. Return the baking pan and resume. 
- 5 After heating, immediately remove the baking pan, hold the root of the handle and turn it over to take out. Cut into pieces and place it on a dish. Put well-mixed ketchup and Worcestershire sauce on it.

Ingredients (for one baking pan)

- 300 g ground beef and pork
- 70 mL milk
- 1 egg
- 70 g shredded mozzarella cheese
- (A) 50 g mixed vegetables
- 1/3 tsp salt (2 g)
- 5 g ketchup
- Dash of pepper and nutmeg
- Ketchup and Worcestershire sauce as needed

Tips for Meatloaf

- Only cook the specified amount at a time.
- If your food is underdone after the **Additional Heating** light OFF

Transfer to the metal tray with a cooking sheet on it and press

Oven **No Preheat** **180°C** to cook, checking it often.

→ P.65

- If any impurities are visible
Transfer to a dish and remove any impurities on the surface by using a spoon or the like.



- Do not use the injector
To brown the food, do not use the injector.

Mixing Menu (Rice Cake and Rice Gruel)

Auto B
047

Rice Cake

Knead/Mix
Rice Cake

Oven
Mixing

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.106

Reference heating time About 80 min



Ingredients (2 cups)

280 g glutinous rice
250 mL water
Starch (for dusting) as needed

Ingredients (3 cups)

Doneness Adjustment **[HI]**
420 g glutinous rice
360 mL water
Starch (for dusting) as needed

1 cup of glutinous rice equals to about 140 g.

Directions

- 1 Rinse the glutinous rice and use a strainer to drain. Leave for about 30 minutes to dry.
- 2 Remove the ceramic tray and set the baking pan rack.
- 3 Set the mixing blade to the baking pan and put glutinous rice and water.
- 4 Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it and press **[Knead/Mix]** ▶ **[Rice Cake]** to cook.
- 5 When you hear the completion sound, immediately remove the baking pan and leave it for 5-10 minutes to let it cool down until it is so cooled that you can touch it by hand. Then remove the injector.
- 6 Dust a cutting board with flour, get your hands wet and take out the rice cake like scooping it up from the bottom of the baking pan.
- 7 Divide the rice cake into pieces of desired size.



CAUTION

Use the supplied mittens or a thick, dry dishcloth when you inject materials.

May result in burns.

The baking pan, oven cavity and surroundings are very hot.

Tips for Rice Cake

- **Only cook the specified amount at a time.**
- **After rinsing the glutinous rice**
Do not soak it in water and use a strainer to drain.
Soaking in water will result in soft rice cake.
- **Hardness of rice cake**
It depends on whether the rice is fresh or long-stored. Make an adjustment by the amount of water.
- **Dividing rice cake into pieces**
If you consume the rice cake right away, get your hands wet to divide it. If you will preserve the rice cake, coat your hands with flour and divide it.
- **Making green rice cake with raw yomogi or shungiku**
Add yomogi or shungiku (50 g) boiled and grated into paste instead of yomogi (powdered and dried).
- **Right after taking out the rice cake, fill the baking pan with hot water and remove the mixing blade.**
If it is left for a while after cooking, the rice cake becomes solid and very hard to remove. Pour the hot water into the baking pan to soften the rice cake residue before removing it.
- **Cooking 3 cups of rice**
Set the doneness adjustment to **[HI]**.

Auto B
048

Risotto

Knead/Mix
Risotto

Mixing
Oven

Accessory Used



Injector
Baking pan
Baking pan rack
Mixing blade

Water Tank
Empty

→ P.106

Reference heating time About 42 min



Ingredients (1-2 servings)

- 160 g rice
- 3 slices of bacon (cut into 1 cm wide)
- Ⓐ 40 g shredded mozzarella cheese
- 330 mL milk
- 270 mL water
- 1/2 bouillon cube
- Dash of salt and cracked black pepper
- Parsley (finely chopped) as needed

Tips for Risotto

- **Only cook the specified amount at a time.**
- **Do not rinse rice for risotto**
To cook rice to al dente, do not rinse the rice. If you wash the rice, drain with a strainer and leave it for about 30 minutes to get water off.
- **If your food is underdone after the **[Additional Heating]** light OFF**
Transfer the food to a dish and wrap in plastic wrap. Then set the oven to **[Microwave 500 W]** to cook, checking it often. → P.60-62

Directions

- 1 Remove the ceramic tray and set the baking pan rack.
- 2 Set the mixing blade to the baking pan and put Ⓐ in.
- 3 Set the injector on the baking pan and then set the baking pan to the baking pan rack. Lock it and press **[Knead/Mix]** ▶ **[Risotto]** to cook.
- 4 After heating, take out the baking pan immediately and remove the injector. Add salt and cracked black pepper and briefly mix. Put the mixture on a dish and sprinkle with parsley.

Bread Making in Manual Menu

If you want to adjust the mixing, leavening and baking time for menu options indicated as Handmade Bakery menu, or you want to bake foods in 2 levels, use **Bakery Function** ▶ **Knead/Mix** ▶ **Mixing (Time)** or Manual Menu (Oven Heating).

① Preparation

For preparation, refer to ingredients and directions of the respective menu option. Fill the water tank with water up to the full line.

② Mixing

Combine dough ingredients and dry yeast powder into the baking pan and press **Bakery Function** ▶ **Knead/Mix** ▶ **Mixing (Time)** to start mixing with reference to the right table. (→ P.107)

For reference mixing time, see the right table. Perform mixing while checking the mixing condition.

For 2 level cooking, perform mixing separately and the first mixture should be kept in a bowl lightly coated with butter.

If the room temperature is more than 25°C, store it in a refrigerator.

③ 1st rising

Get the dough together in a bowl. Set the ceramic tray at the bottom of the oven cavity, and the metal tray with the bowl to **Bottom**, respectively. Press

Steam Oven (Leaven)
No Preheat **1 level** (For temperature and time, refer to the right table.) to leaven while checking the rising condition. (→ P.71)

Reference leavening conditions are indicated in directions of each menu options.



④ Forming

Form the dough with reference to directions of the respective menu option.



⑤ 2nd rising

Arrange the formed dough on the metal tray and set it to **Bottom** of the tray rack. Press **Steam Oven (Leaven)** **No Preheat** **1 level** to perform the second rising. (For temperature and time, refer to the right table.) For 2 level cooking, set the metal trays to

Middle and **Bottom** and press **Steam Oven (Leaven)** **No Preheat** **2 level** to

perform the second rising. Check the rising condition during this

leavening process. Reference leavening conditions are indicated in directions of each menu options.



⑥ Baking

Remove the dough after the second rising. Press **Oven Preheat** **1 level** to start preheating. (For temperature and time, refer to the right table.) When preheating is completed, set the reserved dough on the metal tray to **Middle** of the tray rack and bake it. (→ P.66-67)

For 2 level cooking, set the reserved doughs on the metal trays to **Middle** and **Bottom** and press **Oven Preheat** **2 level** to bake. (For temperature and time, refer to the right table.)



If you are concerned about uneven cooking between the two levels, switch the position of the metal trays of the middle rack and bottom rack after $\frac{2}{3}$ - $\frac{3}{4}$ has passed.

Reference temperature and time in each process by menu options

	Mixing	1st rising		2nd rising		Baking (1 level) (2 level)		
	Time	Temperature	Time	Temperature	Time	Temperature	Time	Time
B022 Butter Roll	15-25 min	40°C	40-60 min	40°C	32-42 min	180°C	13-18 min	16-22 min
B023 French Roll	15-25 min	35°C	30-60 min	35°C	20-40 min	200°C	34-40 min	-
B024 Squash Roll	15-25 min	40°C	40-60 min	40°C	32-42 min	180°C	12-18 min	18-24 min
B025 Shiso & Sesame Roll	15-25 min	40°C	40-60 min	40°C	25-36 min	130°C	16-24 min	22-30 min
B026 Wheat Stalk Roll	15-25 min	35°C	30-60 min	35°C	20-40 min	200°C	34-40 min	-
B027 Croissant	15-25 min	Refrigerator	40-60 min	30°C	46-56 min	200°C	14-19 min	19-24 min
B028 Red Bean Roll	15-25 min	40°C	40-60 min	40°C	25-36 min	180°C	12-18 min	18-24 min
B029 Chestnut Roll	15-25 min	40°C	40-60 min	40°C	32-40 min	180°C	13-18 min	19-22 min
B030 Melon Roll	15-20 min	40°C	40-60 min	40°C	25-36 min	150°C	23-29 min	-
B031 Bagel	15-25 min	-	-	30°C	25-36 min	180°C	22-28 min	26-32 min
B032 Naan	15-20 min	40°C	40-60 min	-	-	200°C	14-19 min	19-24 min
B034 Pizza	15-20 min	40°C	-	-	-	200°C	18-24 min	24-30 min

Asia & Middle-East Specialty

Manual Spicy Prawn Rolls

Manual	Preheating for about 15 min 230°C Heating time 7-9 min	Accessory Used
Oven		 Metal Tray Middle Ceramic Tray
(Preheat) → P.66-67	(Preparation Heating)	 Water Tank Empty



Ingredients

- One cup = 250 mL
- 2 macadamia nuts (10 g)
- 5 g peeled turmeric
- ¼ tsp shrimp paste
- 2 tbsp sugar
- ⅛ tsp granulated salt
- 2 tbsp concentrated ripe tamarind juice
- 85 g dried prawn soaked in water and crushed
- 1 cup vegetable oil
- 30 g sliced green pepper
- 30 g sliced red pepper
- 30 g peeled and sliced garlic
- 55 g peeled and sliced shallot
- 2 springs of sliced lemongrass (obliquely cut)
- 40 spring roll sheets (12.5 x 12.5 cm)
- Vegetable oil for coating the spring roll sheets

Directions

- 1 Combine and then crush the macadamia, turmeric, and shrimp paste.
- 2 Add the sugar, granulated salt, ripe tamarind juice, and dried prawn, and mix thoroughly.

3 Put the vegetable oil in a bowl. Place the bowl in the microwave.

Press **[Microwave 600 W]** and enter **[3-5 min.]** to cook until the oil is hot.

Take the bowl out of the microwave.

Add the shallot, green pepper and red pepper, and mix thoroughly. Place the bowl back in the microwave.

Press **[Microwave 600 W]** and enter **[4-5 min.]** to cook. → P.60-62

4 Remove the bowl from the microwave. Add the garlic and lemongrass to the vegetable oil, and mix thoroughly.

Place the bowl in the microwave. Press **[Microwave 600 W]** and enter **[8-10 min.]** to cook. Check the food often and mix thoroughly.

5 Crush the garlic, shallot, lemongrass, and peppers, and set aside.



6 Combine all the ingredients.

Place the bowl in the microwave.

Press **[Microwave 600 W]** and enter **[1 min.-1 min. 30 sec.]** to cook.

Take the bowl out of the microwave and mix thoroughly. After allowing to cool, roll the mixture into 2.5 cm long sticks.

Manual Spicy Fish Grilled in Banana Leaves (Otak-Otak Panggang)

Manual	230°C Heating time 15-20 min	Accessory Used
Oven		 Metal Tray Middle Ceramic Tray
(No Preheat) → P.65		 Water Tank Empty



Ingredients

- 5 tbsp undiluted coconut milk
- 300 g spanish mackerel
- 3 tbsp water
- ⅛ tsp granulated salt
- ½ egg
- 2 tsp sliced kaffir lime leaf
- 1 tsp sliced kaffir lime peel
- Banana leaves

Ingredients for Spice (Rempah)

- 60 g peeled onion
- 10 g peeled and sliced galangal
- 1 crushed macadamia nut
- 6 pieces dried pepper soaked in water
- ¾ tsp shrimp paste
- 6 g peeled and sliced turmeric

Ingredients for Seasoning

- 1 tsp Sugar
- ½ tsp granulated salt
- 1 tbsp vegetable oil
- 1 ½ tsp roasted and ground coriander seeds

Directions

1 Put all the spice ingredients in the blender, blend and mash thoroughly, and then put it aside.

2 Scrape half of the fish meat off the bone with a spoon and slice the other half into small pieces.

3 Finely chop the scraped fish meat until it becomes smooth. Dissolve the granulated salt in water, and then add the saltwater to the scraped fish until it becomes sticky.

4 Add the undiluted coconut milk, and mix or blend the mixture. Add the egg, blended spices (from 1), and seasoning ingredients, and mix thoroughly. Add the sliced fish meat, kaffir lime leaves, and kaffir lime peel. Mix thoroughly.

5 Scoop up the mixture and put it on the banana leaf. Spread the mixture until it is about 5x12 cm in size and then fold the banana leaf horizontally so that the leaf overlaps. Pin both tips of the banana leaf with a toothpick.

Wrapping Directions

① Cut each of the spring roll sheets in half. Fill each sheet with filling, roll it a little, fold both sides, and then continue rolling it to the ends. Finally, seal the sheet with paste.

② Cover the metal tray with a cooking sheet. Thoroughly coat each roll with vegetable oil. Lay 20 rolls on a cooking sheet.

Press **Oven** **Preheat** **1 Level** **230°C** **7-9 min** to preheat. → **P.66-67**

③ Once the beep sounds indicating that preheat is complete, insert the metal tray into the **Middle** to cook. Take the metal tray out of the microwave. Leave the rolls on the grill to allow them to cool down. Keep the rolls in the closed container. Serve the rolls as snack with a cup of tea.

Manual Cooking (Microwave Heating) → **P.60-62**

Manual Cooking (Oven Heating: Preheat) → **P.66-67**

Note:

You can make the paste by mixing cassava (potato flour) into the water and then stirring the mixture at low heat.

⑥ Lay 5 packs of the mixture on the center of the metal tray. Place the metal tray on the **Middle** and press **Oven** **No Preheat** **1 Level** **230°C** **15-20 min.** to cook. Take the metal tray out of the microwave. Serve while hot. → **P.65**

Manual Cooking (Oven Heating: No Preheat) → **P.65**

[Tips]

- Make 4-5 servings
- 1 pack of Spicy Fish Grilled in Banana Leaves uses 35 g of raw ingredients.
- The leaf looks dry outside with a slight burn mark, but is damp inside.

Manual

Glutinous Rice Dumpling with Pork Filling (Kuih Chang Babi)

Manual
Microwave

Microwave 600 W
Heating time
4-5 min

Accessory Used



Ceramic Tray

Water Tank

Empty

→ **P.60-62**

(Preparation
Heating)



Ingredients for Sticky Rice

- One cup = 250 mL
- 500 g sticky rice
- 2 tsp soy sauce
- 1/2 tsp granulated salt
- 1 tsp ground pepper
- 1 cup pork broth
- 3/4 cup water
- 3 tbsp lard
- Soft boiled bamboo leaves

Ingredients for Fillings

- 1 1/2 cups water
- 300 g pork with fat
- 30 g leaf lard
- 3 tbsp lard or vegetable oil
- 60 g peeled and finally chopped shallot
- 15 g peeled and finally chopped garlic
- 3/4 tsp granulated salt
- 3 tsp sugar
- 2 tsp ground pepper
- 5 tsp soy sauce
- 15 g dried Chinese mushroom soaked in water and diced
- 1 tbsp roasted and pounded coriander seeds
- 1 tbsp oyster sauce
- 1 tsp sweet black soy sauce

Directions

- ① Combine the water, pork, and leaf lard in a bowl. Place the bowl in the microwave and close the lid. Press **Microwave** **600 W** and enter **5-7 min.** to cook until it is well cooked. Take the bowl out of the microwave. Let the pork cool, and then dice it into small pieces. Using a sieve, pour out the soup and set it aside. → **P.60-62**
- ② Mix the lard, garlic, shallot, and Chinese mushroom together. Put it in the microwave. Press **Microwave** **600 W** and enter **4-5 min.** to cook until the mixture has a nice aroma. Take it out of the microwave. Mix well.

③ Flavor with granulated salt, sugar, 1/2 cup of sieved soup, ground pepper, soy sauce, oyster sauce, sweet black soy sauce, coriander seeds, pork, and leaf lard. Mix the ingredients. Place the bowl in the microwave.

Press **Microwave** **600 W** and enter **10-12 min.** to cook.

After cooking for 5 minutes, remove the bowl, mix the ingredients, put the bowl back in the microwave, and then cook for the remaining time. Take the bowl out of the microwave. Mix the ingredients again until almost dry, and then set it aside.

④ Thoroughly wash the sticky rice with water, and then discard the water. Soak the sticky rice in water for 1 hour, and then drain the water.

⑤ Add lard to a bowl. Place the bowl in the microwave. Press **Microwave** **600 W** and enter **4-5 min.** to cook until it is hot. Take the bowl out of the microwave. Fry the sticky rice in the hot lard. Add soup, water, granulated salt, ground pepper, and soy sauce.

Stir. Place the bowl in the microwave and close the lid. Press **Microwave** **600 W** and enter **13-14 min.** to cook until it is well cooked.

Take the bowl out of the microwave. Stir the sticky rice and close the lid.

* When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

Wrapping the rice

- ① Fold the bamboo leaf into a cone. Fill the cone with 2 teaspoons of filling and sticky rice, and then add stir-fried sticky rice, pushing it tightly into the cone.
- ② Shape the surface of the sticky rice so that it is in the cone evenly.
- ③ Add 2 to 3 tablespoons more of filling followed by sticky rice until the cone is full.
- ④ Fold the bamboo leaf around the sticky rice and tie it tightly with string.
- ⑤ Using the string, tie the bamboo cones into bunches of 5. Put the cones into a container. Put the container in the microwave and close the lid. Press **Microwave** **600 W** and enter **4-5 min.** to cook. Take the cones out of the microwave, and serve while hot.

Manual Cooking (Microwave Heating) → **P.60-62**

[Tips]

- Make 6-8 servings
- You can wrap the fillings with other kinds of leaf, such as pandanus and bamboo. When using bamboo leaf, first soften it by soaking it in water and then boiling it.

Manual

Fish in Spicy Tamarind Gravy (Asam Gulai)

Manual
MicrowaveMicrowave 600 W
Heating time
1-3 min

Accessory Used



Ceramic Tray

Water Tank
Empty

→ P.60-62

(Preparation
Heating)

Ingredients

- One cup = 250 mL
- 1 piece dried garcena/senna
- $\frac{3}{4}$ tsp sugar
- $\frac{1}{8}$ tsp granulated salt
- 9 okra pods
- 1 tbsp vegetable oil
- $\frac{1}{2}$ cup water
- 6 peeled shrimps with tail

Ingredients for Curry Paste (Rempah)

- 1 sliced lemongrass
- $\frac{1}{4}$ tsp sliced turmeric
- 5 pieces dried pepper soaked in water
- 5 shallot bulbs
- 1 clove garlic
- $\frac{3}{4}$ tsp shrimp paste

Ingredients for Seasoning

- 1 $\frac{3}{4}$ tsp sugar
- $\frac{1}{2}$ tsp granulated salt
- 1 cup ripe tamarind juice

Directions

① Thoroughly mix the dried garcena, sugar, granulated salt, and water. Add the okra to the mixture and let sit for 10 minutes. Place the bowl in the microwave and close the lid. Press **Microwave 600 W** and enter **3 min. 30 sec.-4 min.** to cook. Take the bowl out of the microwave. Ladle the okra, and then cool and preserve their green color by soaking them in cold water. Lift the ladle to drain the water. → P.60-62

② Thoroughly grind or crush the curry paste ingredients.

③ Put the vegetable oil and curry paste in the bowl and mix well. Place the bowl in the microwave. Heat the curry paste by pressing **Microwave 600 W**, and enter **1 min.-1 min. 30 sec.** until it makes a nice aroma.

Take the bowl out of the microwave.

④ Flavor with the ripe tamarind juice, sugar, and granulated salt, and mix well. Place the bowl in the microwave and close the lid. Press **Microwave 600 W** and enter **3-4 min.** to cook.

Take the bowl out of the microwave.

Add the shrimp and mix well. Place the bowl in the microwave again and close the lid. Press **Microwave 600 W** and enter **1-3 min.** to cook until it is well cooked. Take the bowl out of the microwave.

⑤ Add the okra to the bowl from ④ and mix well. Put it in the serving dish and serve while hot.

Manual Cooking (Microwave Heating) → P.60-62

[Tips]

- Make 2-3 servings
- To preserve the green color of the vegetables, promptly move them from boiling water to ice cold water, changing the water often so that the vegetables quickly cool.
- You can make ripe tamarind juice by soaking 1 $\frac{1}{2}$ teaspoons of ripe tamarind in a cup of water (1 measuring cup), letting it sit for a while, and then pouring it through a sieve to get the juice.

Manual

Stewed Vegetable Nyonya Style (Chap Chye Masak Titik)

Manual
MicrowaveMicrowave 600 W
Heating time
10-12 min

Accessory Used



Ceramic Tray

Water Tank
Empty

→ P.60-62

(Preparation
Heating)

Ingredients

- One cup = 250 mL
- 250 g pork belly
- $\frac{1}{8}$ tsp granulated salt
- 1 $\frac{1}{2}$ cups water
- 250 g peeled shrimp with tail
- 30 g clean ear mushroom
- 80 g golden needles mushroom (without root)
- 30 g soaked vermicelli
- 60 g bean curd skin
- Vegetable oil
- 30 g fermented whole soybeans (use only soybeans)
- 500 g chopped cabbage
- 60 g soft Chinese mushroom soaked in warm water

Ingredients for Spice (Rempah)

- 120 g peeled shallot
- 4 crushed macadamia nuts
- 15 g red pepper

Ingredients for Flavoring Sauce

- $\frac{1}{2}$ tsp granulated salt
- 2 tsp sugar

Directions

① Combine the pork belly, water, and granulated salt in a bowl. Place the bowl in the microwave and close the lid. Press **Microwave 600 W** and enter **10-12 min.** to cook.

Take the bowl out of the microwave. While the pork is warm, thinly slice it. Drain the hot water through a sieve to use as broth. → P.60-62

② Put all the spice ingredients in the blender and blend thoroughly, and then set them aside.

Chicken in Rich Spicy Gravy (Ayam Kleo)

③ Add $\frac{1}{3}$ cup of the vegetable oil to the bowl. Place the bowl in the microwave. Press **[Microwave|600 W]** and enter **[3-5 min.]** to cook until it is hot. Remove the bowl from the microwave and add half of the soaked bean curd skin (30 g) to the oil. Stir. Place the bowl back in the microwave. Press **[Microwave|600 W]** and enter **[3-5 min.]** to cook.

Take the bowl out of the microwave. Use a ladle to drain the oil from the bean curd skin.

Add the rest of bean curd skin to the bowl.

* When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

④ Add 2 tablespoons of vegetable oil, spice ingredients, and the fermented whole soybeans to the bowl and stir. Place the bowl in the microwave. Press **[Microwave|600 W]** and enter **[3-5 min.]** to cook.

Take the bowl out of the microwave and stir.

⑤ Add shrimp to the bowl from ④, put it in the microwave, and close the lid. Press **[Microwave|600 W]** and enter **[2-3 min.]** to cook.

Open the microwave. Take out the bowl and stir.

⑥ Add the cabbage, pork, and all the ingredients to the bowl, and then flavor with the pork broth from ①. Stir. Place the bowl in the microwave and close the lid. Press **[Microwave|600 W]** and enter **[10-12 min.]** to cook. After the first 5 minutes, remove the bowl from the microwave and stir. Put it back into the microwave and continue cooking until the time is up. Take it out of the microwave.

⑦ Stir, and then place the Chap Chye Masak Titik on a dish and serve while hot.

Manual Cooking (Microwave Heating) **→ P.60-62**

[Tips]

- Make 5-6 servings
- Medium boil the pork.
- Do not make the shrimp paste too salty. If the shrimp paste is too salty, reduce the amount of salt and fermented whole soybeans.
- 60 g of bean curd skin will weigh 190 g after soaking in water to soften.



Manual Microwave	Microwave 600 W Heating time 8-11 min	Accessory Used Ceramic Tray Water Tank Empty
→ P.60-62 (Preparation Heating)		

Ingredients

- One cup = 250 mL.
- 650 g bone-in chicken
- $\frac{3}{4}$ cup undiluted coconut milk
- $\frac{1}{2}$ tsp granulated salt
- 4 tsp water

Ingredients for Spice (Rempah)

- 2 dried chilis
- 1 red pepper
- 1 tsp sliced lemongrass
- 4 pieces crushed macadamia
- 1 $\frac{1}{2}$ tsp peeled ginger
- $\frac{1}{4}$ tsp peeled turmeric
- 2 cloves peeled garlic
- 6-8 peeled shallots

Ingredients for Seasoning

- $\frac{1}{2}$ tsp granulated salt
- $\frac{1}{2}$ piece dried garcenia
- 2 kaffir lime leaves
- 1 sprig pounded and cut lemongrass

Directions

- ① Put all the spice ingredients in the blender and blend thoroughly.
- ② Sprinkle the chicken with granulated salt. Add 1 tablespoon of ground spices from ①. Add water. Mix well and let sit for 20 minutes.
- ③ Cover the metal tray with a cooking sheet. Lay the chicken on the cooking sheet. Place the metal tray on the **Top** and press **[Grill|21-26 min.]** to cook. After 11-13 minutes, open the microwave, turn the chicken over, and then put it back in the microwave to continue cooking, until it reaches 21-26 minutes and the chicken turns gold in color. **→ P.64**
- ④ Combine a $\frac{1}{4}$ cup of undiluted coconut milk and the rest of the spices in a bowl and mix them together. Place the bowl in the microwave. Press **[Microwave|600 W]** and enter **[4-5 min.]** to cook. Take the bowl out of the microwave. Stir. Add the grilled chicken, seasoning, and the rest of undiluted coconut milk to the bowl and stir. **→ P.60-62**
- ⑤ Place the bowl in the microwave. Press **[Microwave|600 W]** and enter **[8-11 min.]** to cook. After 5 minutes, remove the bowl, turn over the chicken, and stir. Place the bowl back in the microwave. Close the microwave and continue cooking.
- ⑥ Arrange on a plate and serve.



Manual Cooking (Grill) **→ P.64**

Manual Cooking (Microwave Heating) **→ P.60-62**

[Tips]

- Make 3-4 servings
- A well-prepared dish depends on chicken that is not dry. A juicy chicken will be tender and delicious.



Manual	Microwave 600 W	Accessory Used
Microwave	Heating time 8-15 min	 Ceramic Tray
(Relay Heating)	(Preparation Heating)	 Water Tank Empty
→ P.63		

Ingredients

- One cup = 250 mL
- 350 g beef sirloin diced into 2.5 x 2.5 cm pieces
- 3 tbsp grated coconut
- 1/4 cup undiluted coconut milk
- 2 tbsp vegetable oil
- 2 kaffir lime leaves
- 3/4 cup medium thick coconut milk

Ingredients for Marinade

- 1/2 tsp granulated salt
- 1/2 tsp sugar
- 1/2 tsp seasoning sauce

Ingredients for Spice (Rempah)

- 60 g peeled shallot
- 1 sliced lemongrass sprig
- 1 1/2 tsp sliced galangal
- 2 red peppers
- 2 pieces sliced ginger
- 1 clove peeled garlic
- 2 crushed macadamia nuts
- 10 dried peppers soaked in water
- 1/2 tsp shrimp paste

Ingredients for Seasoning

- 1/8 tsp granulated salt
- 1/2 tsp sugar
- 1/2 tsp flavoring sauce

Directions

- 1 Marinate the beef in the marinade ingredients for 30 minutes.
- 2 Put all the spice ingredients in the blender and blend thoroughly, and then set them aside.
- 3 On a plate, spread 3 tablespoons of grated coconut into a thin layer. Place the plate in the microwave. Press **[Microwave|600 W]** and enter **[2-3 min.]** to cook.

Remove the plate from the microwave, stir the coconut, let cool, and then thoroughly crush the coconut. **→ P.60-62**

- 4 Combine the vegetable oil and kaffir lime leaves in a bowl. Place the bowl in the microwave. Press **[Microwave|600 W]** and enter **[1 min. 30 sec.-2 min.]** to cook until it makes a nice aroma. Remove the bowl from the microwave. Add the spices and stir. Place the bowl back in the microwave. Press **[Microwave|600 W]** and enter **[2-3 min.]** to cook.

Take the bowl out of the microwave. * When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

- 5 Add the beef and coconut milk, and mix well. Place the bowl in the microwave and close the lid. Use the relay heating function by pressing **[Microwave|600 W]** **[4-5 min.]**, and then press **[Microwave|200 W]** and enter **[19-21 min.]**. Continue to cook until the time is up. Take the bowl out of the microwave and stir. **→ P.63**

- 6 Add the undiluted coconut milk. Flavor with granulated salt, sugar, and flavoring sauce. Add the crushed coconut from ③. Mix thoroughly. Put the bowl in the microwave. Press **[Microwave|600 W]** and enter **[8-15 min.]** to cook.

After the first 5 minutes, remove the bowl and stir. Put it back in the microwave and continue cooking until the time is up. Take the bowl out of the microwave and stir the mixture again.

- 7 Place the Beef Rendang on a dish and serve while hot.

Relay Heating **→ P.63**
Manual Cooking(Microwave Heating) **→ P.60-62**

[Tips]

- Make 3-4 servings

Manual

Spicy Shrimp Soup (Tom Yam Goong)

Manual
MicrowaveMicrowave 600 W
Heating time
2 min 30 sec-3 min

Accessory Used



Ceramic Tray

Water Tank

Empty

→ P.60-62

(Preparation
Heating)

Ingredients

- One cup = 250 mL
- 350 g peeled banana shrimp with tail
- 4-5 kaffir lime leaf
- 5 crushed and chopped galangal rings
- 2 pieces of crushed and chopped lemongrass (20 g)
- 10 slightly crushed guinea peppers
- 5 tbsp fish sauce
- 1/4 cup lime juice
- 1 tbsp chili paste
- 1/3 cup evaporated milk
- 4 cups chicken broth or water
- 1 stalk coriander leaf

Directions

- Combine the kaffir lime leaf, galangal, lemongrass, and chicken broth in a bowl. Place the bowl in the microwave and close the lid. Press **[Microwave] [600 W]** and enter **[9-12 min.]** to cook. → P.60-62
- Take the bowl out of the microwave. Flavor with crushed guinea pepper, lime juice, fish sauce, chili paste, and evaporated milk. Stir and set aside.
- Lay the shrimp on the plate and cover with food wrap. Put the plate in the microwave. Press **[Microwave] [600 W]** and enter **[2 min. 30 sec.-3 min.]** to cook. Take the plate out of the microwave. Add the cooked shrimp.
- Ladle the soup into a bowl and sprinkle it with coriander. Serve while hot.

Manual Cooking(Microwave Heating) → P.60-62

[Tips]

- One shrimp weighs about 60 g.
- After peeling, 600 g of shrimp will weigh about 350 g.

Manual

Won Ton Soup

Manual
MicrowaveMicrowave 600 W
Heating time
5-7 min

Accessory Used



Ceramic Tray

Water Tank

Empty

→ P.60-62

(Preparation
Heating)

Ingredients

- One cup = 250 mL
 - 20 won ton sheets
 - 1 cup coarsely chopped white prawns (200 g)
 - 1/8 tsp granulated salt
 - 120 g Chinese mustard green diced into 4 cm pieces
 - 1 tbsp dry-pickled vegetables
 - 2 tbsp coarsely chopped green onion
 - 2 tbsp coarsely chopped coriander
 - 2 tbsp chopped garlic
 - 1/4 cup vegetable oil
 - 2 tsp coriander root
 - 1 tbsp sliced garlic
 - 1/4 tsp pepper
 - Ground pepper
- ### Ingredients for Soup
- 4 1/2 cups chicken broth
 - 2 1/2 tbsp soy sauce
 - 1/4 tsp granulated salt
 - 1 tsp sugar
 - 1/4 tsp slightly crushed pepper

Directions

- Combine the chopped garlic and vegetable oil in a bowl and mix thoroughly. Place the bowl in the microwave. Press **[Microwave] [600 W]** and enter **[2-3 min.]** to cook. Take the bowl out of the microwave. → P.60-62
- * When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

- Lay the Chinese mustard green on a plate, sprinkle with water, and then cover with food wrap. Place the plate in the microwave. Press **[Microwave] [600 W]** and enter **[2-3 min.]** to cook. Take the plate out of the microwave and immediately immerse it in cold water to maintain the bright green color of the Chinese mustard green. Drain.

- Combine and then crush the coriander root, garlic, and pepper.
- Thoroughly mix the shrimps with the granulated salt and the ingredients from ③. Fill the won ton sheets with the mixture and tightly fold them. Lay the folded won ton on a plate and thoroughly sprinkle them with water. Cover the plate with food wrap. Place the plate in the microwave. Press **[Microwave] [600 W]** and enter **[3-4 min.]** to cook until the shrimps turn pink. Take it out of the microwave.
- Combine all the soup ingredients in the container and put it in the microwave. Press **[Microwave] [600 W]** and enter **[5-7 min.]** to cook.
- Arrange the won ton in a bowl with the Chinese mustard green underneath. Sprinkle with green onion, coriander, dry-pickled vegetable leaves, ground pepper, and the fried garlic from ①. Pour the soup into a bowl and serve.

Manual Cooking(Microwave Heating) → P.60-62

[Tips]

- Make 4 servings

Manual Flat Rice Noodles Roll

Manual Microwave 600 W
Microwave Heating time
 4-5 min

Accessory Used



Ceramic Tray

Water Tank

Empty

(Preparation Heating)
 → P.60-62

Ingredients

- One cup = 250 mL
- 500 g flat rice noodles (cut into 20 x 23 cm pieces)
- 4 cups mung bean sprouts (tails removed)
- 2 tbsp chopped garlic
- 3 tbsp vegetable oil

Ingredients for roll filling

- 1 cup ground pork (200 g)
- 1/2 cup chopped shrimp (100 g)
- 2 tbsp chopped stalk green onion
- 1/4 cup pressed bean curd cake (shredded)
- 2 coriander root
- 5 garlic cloves
- 1/2 tsp crushed pepper
- 1 1/2 tbsp light soy sauce
- 1 egg white

Ingredients for dipping sauce

- 1/4 cup vinegar
- 1/4 cup black soy sauce
- 2 tbsp flavoring sauce
- 1/4 cup fish sauce
- 7 tbsp thick syrup
- 2 tbsp crushed yellow pepper
- 2 tbsp chopped garlic



Directions

- 1 Thoroughly rinse the bean sprouts and put them in a bowl. Place the bowl in the microwave and close the lid. Press **Microwave 600 W** and enter **2-3 min.** to cook. Take the bowl out of the microwave. Soak the bean sprouts in cold water to cool them and drain. → P.60-62
- 2 Combine the chopped garlic and vegetable oil in a bowl and mix thoroughly. Place the bowl in the microwave. Press **Microwave 600 W** and enter **1 min. 50 sec.-2 min. 30 sec.** to cook until the garlic turns slightly golden. Remove from the microwave, put the garlic in a container, and set aside.

- 3 Combine all the filling ingredients. Lay the flat rice noodles on a plain container. Take a scoop of the filling and apply it to 1/2 of a noodle. Put the bean sprouts on the edges and tightly roll the noodle. Lay 3 rolled noodles on a plate. Place the plate in the microwave and close the lid. Press **Microwave 600 W** and enter **4-5 min.** to cook. Take the plate out of the microwave, cut the noodle rolls into bite-size pieces, and then put them on a serving plate. Sprinkle with garlic and serve with dipping sauce.
- 4 Combine all the dipping sauce ingredients in a small dish.

Manual Cooking (Microwave Heating) → P.60-62

[Tips]

- Make 3-4 servings
- 1 flat rice noodle roll contains about 70 g of filling and 30 g of bean sprouts.

Manual Baked Crab with Vermicelli in Clay Pot

Manual Microwave 600 W
Microwave Heating time
 6-10 min

Accessory Used



Ceramic Tray

Water Tank

Empty

(Preparation Heating)
 → P.60-62

Ingredients

- One cup = 250 mL
- 1 sea crab (450-500 g)
- 2 cups soaked and cut vermicelli (250 g)
- 1/2 cup sliced leaf lard or bacon (80 g)
- 1/2 tsp granulated salt
- 1 tsp ground black pepper
- 1 1/2 tsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp oyster sauce
- 1 1/2 tsp sugar
- 2 tsp sweet black soy sauce
- 1 tsp fragrant chili
- 4 slices old ginger (10 g)
- 5 coriander roots (5 g)
- 10 cloves garlic (10 g)
- 1/2 cup chicken broth
- 2 stalks green onion cut into 7.5 cm long pieces (10 g)
- 1 sprig celery cut into 2.5 cm long pieces (2 g)



Directions

- 1 Rinse the crab and chop it into 6 pieces. Sprinkle with granulated salt, black pepper, soy sauce, and sesame oil, and then mix. Let the crab sit for 15 minutes.
- 2 Combine the fragrant chili, old ginger, coriander root, garlic, and leaf lard (or bacon) in a bowl. Place the bowl in the microwave. Press **Microwave 600 W** and enter **3-4 min.** to cook. → P.60-62
- 3 Combine the vermicelli, broth, oyster sauce, sugar, sweet black soy sauce, green onions, celery, and mixed crab. Close the lid and place the bowl in the microwave. Press **Microwave 600 W** and enter **6-10 min.** to cook. Take the bowl out of the microwave.



- 4 Thoroughly mix and serve.

Manual Cooking (Microwave Heating) → P.60-62

[Tips]

- Make 3-4 servings.
- If you want extra soft vermicelli, add 1/4 cup more of soup.
- Certain brands of vermicelli absorb moisture more efficiently than others.
- Thinly slice the leaf lard so that it produces more oil.

Manual Pork in Crystal Balls

Manual	Microwave 600 W	Accessory Used
Microwave	Heating time 2-4 min	 Ceramic Tray
	(Preparation Heating)	 Water Tank Empty
→ P.60-62		

Ingredients for Crystal Ball

- One Cup = 250 mL
- 2 cups premium small sago
- $\frac{3}{4}$ cup water

Ingredients for Pork Filling

- 1 cup minced pork
- 1 cup pickled Chinese turnip (grated)
- 1 cup chopped shallot
- $\frac{1}{2}$ cup crushed roasted peanuts
- 2 tsp sliced coriander root
- 1 tbsp sliced garlic
- 1 tsp pepper
- 1 cup palm sugar
- 2 tbsp fish sauce
- 2 tbsp vegetable oil
- Fried garlic
- Coriander
- Guinea pepper
- Lettuce



Directions



- 1 Combine and then crush the oriander root, garlic, and pepper.
- 2 Combine the vegetable oil and ingredients from item 1 in a bowl. Mix thoroughly. Place the bowl in the microwave. Press **Microwave 600 W** and enter **1 min.-1 min. 30 sec.** to cook until it makes a nice aroma. Take the bowl out of the microwave. With the exception of the peanuts, add the rest of the ingredients and mix thoroughly. Place the bowl in the microwave. Press **Microwave 600 W** and enter **13-17 min.** to cook. (Take the bowl out of the microwave every 5 minutes and stir the ingredients.) Take the bowl out of the microwave. Add the peanuts and stir. Put the bowl back in the microwave. Press **Microwave 600 W** for another **1 min.-30 sec. 3 min.** Take the bowl out and mix the ingredients. Allow to cool, and then mold the mixture into balls 1 cm in diameter.

→ P.60-62

- 3 Rinse the sago, drain, and set aside. Pour the water into a bowl. Place the bowl in the microwave and close the lid. Press **Microwave 600 W** and enter **2 min.-2 min. 30 sec.** to cook. Take the bowl out and add the sago to the hot water. Press the sago with a spatula to immerse it in the water. Place the bowl back into the microwave. Press **Microwave 600 W** for another **1 min.-1 min. 30 sec.** Take the bowl out of the microwave. Thoroughly mix the sago and set aside.
- 4 Spread 10 g of sago on the food wrap, put a filling ball (about 5 g) in the middle, and then wrap it up. Lay 10 sago balls on the plate and cover them with the food wrap. Place the plate in the microwave. Press **Microwave 600 W** and enter **2-4 min.** to cook. Take the plate out of the microwave. Sprinkle the dish with fried garlic. Serve with coriander, lettuce, and guinea pepper.

Manual Cooking (Microwave Heating) → P.60-62

Manual Steamed Pomfret with Pickled Plum

Manual	Microwave 600 W	Accessory Used
Microwave	Heating time 8-10 min	 Ceramic Tray
		 Water Tank Empty
→ P.60-62		



Ingredients

- One cup = 250 mL
- 1 pomfret (600 g)
- 2 tbsp sliced leaf lard
- $\frac{1}{4}$ cup dried Chinese mushroom soaked in water and vertically cut
- $\frac{1}{4}$ cup green onion cut into 2.5 cm long pieces
- $\frac{1}{4}$ cup celery cut into 2.5 cm long pieces
- 1 pickled plum
- 2 tbsp red chili vertically cut
- 2 tbsp chopped fresh ginger
- $\frac{1}{2}$ knob of old ginger (crushed)

Ingredients for Sauce

- 4 tsp pickled plum sauce
- 2 tsp sugar
- 2 tsp soy sauce
- 1 tsp Chinese rice wine
- $\frac{1}{2}$ tsp ground pepper
- 1 tsp sesame oil

Directions

- 1 Clean and gut the fish and rinse thoroughly. Score the fish and drain.
- 2 Stuff the fish with old ginger. Lay the fish on a serving plate and sprinkle with leaf lard, Chinese mushroom, green onions, celery, chopped fresh ginger, pepper, and pickled plum.
- 3 Combine all the sauce ingredients. Pour the sauce on the fish. Close the lid or cover the plate with food wrap. Place the plate in the microwave. Press **Microwave 600 W** and enter **8-10 min.** to cook. Take out of the microwave and serve. → P.60-62

Manual Cooking (Microwave Heating) → P.60-62

Manual Soft Rice and Pork Ribs

Manual Microwave 600 W
Microwave Heating time
 11-13 min

Accessory Used



Ceramic Tray

Water Tank

Empty

(Preparation Heating)
 → P.60-62

Ingredients

- One cup = 250 mL
- 200 g pork ribs cut into 3 cm long pieces
- 1/4 cup dried shrimp (not salty)
- 1/2 cup rice
- 1/4 cup celery cut into sections
- 1 tbsp dry-pickled vegetables
- 2 tbsp crispy fried garlic
- 1 1/2 tbsp light soy sauce
- 1/2 tsp ground pepper
- 4 cups chicken broth
- 1/2 cup dried pressed bean curd slices
- 1 1/2 cups vegetable oil



Directions

- 1 Thoroughly rinse the pork ribs, and then put them in a serving pot. Add the chicken broth. Put the microwave cover on the pot and place it in the microwave. Press **[Microwave] [600 W]** and enter **[10-12 min.]** to cook. Uncover and remove fatty impurities from the surface of the broth. Lower the power to **[Microwave] [600 W]** and enter **[18-22 min.]** to cook. → P.60-62
- 2 Thoroughly rinse the rice and drain. Put the rice and dried shrimp into a pot. Season with light soy sauce and ground pepper. Put the microwave cover on the pot and place it in the microwave. Press **[Microwave] [600 W]** and enter **[11-13 min.]** to cook until the rice is cooked.

Take the pot out of the microwave and ladle the contents into a bowl. Sprinkle with fried garlic, celery, and dry-pickled vegetables. Serve while hot with fried bean curd slices.

How to fry bean curd

Pour oil into a heat-resistant bowl and put it in the microwave. Press **[Microwave] [600 W]** and enter **[6-8 min.]** to cook.

Open the microwave and take the bowl out. Put the bean curd slices into the bowl and stir until the bean curd is well cooked. While stirring, be careful to not get spattered by hot oil. Put the bean curd onto a paper towel.

* When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

Manual Cooking (Microwave Heating) → P.60-62

[Tips]

- Make 4 servings

Manual Honey Roasted Pork Spare Ribs

Manual Microwave 600 W
Microwave Heating time
 1 min 30 sec-4min

Accessory Used



Ceramic Tray

Water Tank

Empty

(Preparation Heating)
 → P.60-62

Ingredients

- One cup = 250 mL
- 500 g pork spare ribs
- 200 g Chinese mustard green cut into 5 cm long pieces
- 1 1/2 tsp corn flour
- 1 1/2 tbsp water

Ingredients ①

- 2 tbsp cake flour
- 1 tbsp flavoring sauce
- 3/4 tsp ground pepper
- 1/2 tsp sweet black soy sauce
- 1 tsp oyster sauce
- 1 tsp sesame oil
- 2 tbsp honey

Ingredients ②

- 1 tsp honey
- 1 tsp sugar
- 1/2 tsp granulated salt
- 1 tsp sweet black soy sauce
- 1/2 cup chicken broth



Directions

- 1 Rinse the pork spare ribs, and then wipe them dry. Combine the spare ribs with ingredients ① and let sit for about 1 hour.
- 2 Lay the mixed spare ribs on a dish and place it in the microwave. Press **[Microwave] [600 W]** and enter **[6-8 min.]** to cook until the mixed spare ribs are cooked. → P.60-62
- 3 Add ingredients ② and mix thoroughly. Place the dish in the microwave and close the lid. Press **[Microwave] [600 W]** and enter **[24-27 min.]** to cook. Take the dish out of the microwave.
- 4 Dissolve the corn flour in water, pour it on the spare ribs, and then mix thoroughly. Place the dish in the microwave. Press **[Microwave] [600 W]** and enter **[2-3 min.]** to cook.


- 5 Lay the Chinese mustard greens on a dish and cover them with food wrap. Place the dish in the microwave. Press **[Microwave] [600 W]** and enter **[1 min. 30 sec.-4 min.]** to cook. Take the dish out of the microwave and remove the food wrap. Cool the Chinese mustard greens by immersing them in very cold water. Drain.
- 6 Arrange the honey roasted spare ribs and the Chinese mustard green on a serving plate. Serve while hot.

Manual Cooking (Microwave Heating) → P.60-62

[Tips]

- Make 2-3 servings.

Manual Cassertyole Duck Thai Style

Manual	Microwave 600 W	Accessory Used
Microwave	Heating time 5-7 min	
	(Preparation Heating)	Ceramic Tray
→ P.60-62		Water Tank
		Empty

Ingredients

- One cup = 250 mL
- 1½ stewed duck (about 600 g)
- 4 cups chicken broth
- 2-3 slices galangal
- 2 sprigs crushed and chopped lemongrass
- 2 red chili peppers chopped into 2.5cm long pieces
- 2 kaffir lime leaves
- 3 shallot bulbs (crushed) (10 g each)
- 2 tbsp lime juice
- 2 tbsp fish sauce
- 1 tbsp flavoring sauce
- 10 small tomatoes (10 g each)



Directions

- 1 Chop the stewed duck into bite size pieces and put in a container. Combine the chicken broth, galangal, lemongrass, pepper, kaffir lime leaves, and shallots. Place the container in the microwave and close the lid. Use the relay heating function by pressing **Microwave 600 W [13-17 min.]**, and then pressing **Microwave 600 W [20-22 min.]** Microwave until the duck meat is tender. Take the container out of the microwave. → P.63
- 2 Add the small tomatoes and flavor

with lime juice, fish sauce, and flavoring sauce. Place the container in the microwave. Press **Microwave 600 W** and enter **[5-7 min.]** to cook. Take it out of microwave and serve.

→ P.60-62


Relay Heating

→ P.63

Manual Cooking (Microwave Heating)

→ P.60-62

Manual Chicken Drum Stick Panang

Manual	Microwave 600 W	Accessory Used
Microwave	Heating time 18-20 min	
	(Preparation Heating)	Ceramic Tray
→ P.60-62		Water Tank
		Empty

Ingredients

- One cup = 250 mL
 - ¼ cup undiluted coconut milk
 - 1 tbsp vegetable oil
 - 6 chicken drum sticks (740 g)
 - ¾ cup medium thick coconut milk
 - 2 tbsp fish sauce
 - 1 tbsp palm sugar
 - ¼ cup sweet basil leaf
 - 3 sliced kaffir lime leaves
 - 1 sliced red pepper
- Ingredients for Panang chili paste**
- 7 dried red peppers without seeds (30 g)
 - ¼ cup chopped shallot (30 g)
 - 2 tbsp chopped garlic (10 g)
 - 1 tbsp chopped galangal
 - 2 tbsp chopped lemongrass
 - 1 tsp sliced kaffir lime peel
 - 2 tsp sliced coriander root
 - ½ tsp ground pepper
 - ½ tsp granulated salt
 - 1 tsp shrimp paste



Directions

- 1 Finely crush the Panang chili paste ingredients.
- 2 Combine the vegetable oil, Panang chili paste, and undiluted coconut milk in a bowl, and mix thoroughly. Place the bowl in the microwave. Press **Microwave 600 W** and enter **[4 min.-4 min. 30 sec.]** to cook. → P.60-62
- 3 Add the chicken drum sticks to the Panang chili paste. Add the coconut milk. Flavor with fish sauce and palm sugar. Close the lid and place the bowl in the microwave. Press **Microwave 600 W** and enter **[14-16 min.]** to cook.



Remove the lid and lower the power to **Microwave 600 W** for another **[18-20 min.]** Take the bowl out of the microwave and mix the ingredients. Sprinkle the dish with kaffir lime leaves, sweet basil leaves, and pepper.

Manual Cooking (Microwave Heating) → P.60-62

[Tips]

- Make 5-6 servings
- After the Panang chili paste ingredients are crushed you will have about a ½ cup of paste.
- If you want a thicker red curry, cook the Panang chili paste for another 3 minutes.

Manual Masala Chicken

Manual	230°C	Accessory Used
Oven	Heating time 27-32 min	 Metal Tray Middle Ceramic Tray
(No Preheat)		 Water Tank Empty



Ingredients

- One cup = 250 mL
- 500 g whole chicken wings
- 1 tsp corn seed oil
- 1/4 tsp cumin powder
- 1/2 tsp coriander seed powder
- 1/4 tsp turmeric powder
- 1/4 tsp paprika powder
- 1/2 tsp masala powder
- 1/4 tsp grated lemon peel
- 1/2 tsp lime juice
- 1 1/2 tsp granulated salt

Directions

- Combine the cumin powder, coriander seed powder, turmeric powder, paprika powder, masala powder, lemon peel, granulated salt, lime juice, and corn seed oil.
- Add the chicken wings and marinate for 3 hours.
- Cover the metal tray with a cooking sheet. Lay the chicken wings on the center of the metal tray. Apply a thin coat of corn seed oil to the chicken wings. Place the metal tray on the **Middle** and press **Oven** **No Preheat** **1 Level** **230°C** **27-32 min.** to cook. After the first 18 minutes, open the microwave, turn over the chicken, and apply a thin coat of corn seed oil. Continue cooking until the time is up and the wings turn golden brown. (→ **P.65**) Take the metal tray out of the microwave.
- Arrange the Masala Chicken on the dish together with salad greens, chili sauce, and tomato sauce. Serve while hot.

Manual Cooking (Oven Heating: No Preheat) (→ **P.65**)

[Tips]

- Make 4-5 servings
- If you want crispier chicken wings, cook them a while longer.
- Once cooked, the chicken will have juicy meat with golden skin.

Manual Fish Kabsa

Manual	Microwave 600 W	Accessory Used
Microwave	Heating time 13-15 min	 Ceramic Tray
	(Preparation Heating)	 Water Tank Empty

Ingredients

- One cup = 250 mL
- 500 g sea bass (cut into 2.5 x 2.5 cm pieces)
- 400 g jasmine rice
- 1/3 cup vegetable oil
- 2 chopped onions (medium size)
- 1/2 tsp grated ginger
- 1/2 tsp crushed garlic
- 2 green peppers (julienne cut)
- 3 sliced medium-sized tomatoes (cut in rings)
- 1/2 tsp cardamom
- 1/2 tsp dried clove bud
- 1/4 cup roughly chopped coriander
- 1 1/4 tsp granulated salt
- 1/2 tsp cinnamon powder
- 1/2 tsp turmeric powder
- 1/2 tsp coriander seed powder
- 1 cup water
- Chili sauce

Directions

- Thoroughly wash the jasmine rice, and then soak it in water for 15 minutes.
- Thoroughly rinse the fish and drain. Sprinkle the fish with cinnamon powder, turmeric powder, and coriander seed powder. Mix the powder thoroughly and let sit for 15 minutes.
- Add the vegetable oil to a bowl. Place the bowl in the microwave. Press **Microwave** **600 W** and enter **2-3 min.** to cook until it is hot. Take the bowl out of the microwave. Lay the fish in the bowl. Place the bowl in the microwave. Press **Microwave** **600 W** and enter **4 min.-4 min. 30 sec.** to cook. After the fish is cooked, drain the oil with a ladle. (→ **P.60-62**)

* When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

- Add the onion, garlic, and ginger in the oil left from (3), and stir. Place the bowl in the microwave. Press **Microwave** **600 W** and enter **13-15 min.** to cook. After the first 7 minutes, remove the bowl and add the pepper, cardamom, and clove bud. Stir. Place the bowl back into the microwave and continue cooking until the time is up.
- Take the bowl out and stir. Add the tomatoes. Place the bowl back in the microwave. Press **Microwave** **600 W** and enter **4-5 min.** to cook. After the tomatoes are cooked, take the bowl out of the microwave.
- Dissolve salt in water and set it aside.
- Mix the jasmine rice and coriander with the mixture from (5). Bury the fried fish in the rice. Pour the salt water from (6) over the rice. Place the bowl in the microwave and close the lid. Press **Microwave** **600 W** and enter **13-15 min.** to cook until it is well cooked. Take the bowl out of the microwave and stir.
- Put the Fish Kabsa on a well-decorated dish. Serve with chili sauce.


Manual Cooking (Microwave Heating) (→ **P.60-62**)

[Tips]

- Make 4-5 servings.
- To remove the fishy smell, sprinkle the fish with salt and cassava (potato flour), rinse, and then drain.



Manual Spicy Bean Soup

Manual	Microwave 600 W	Accessory Used
Microwave	Heating time 8-11 min	
	(Preparation Heating)	Ceramic Tray
→ P.60-62		Water Tank Empty

Ingredients

- One cup = 250 mL
- 70 g coarsely chopped onion
- 1 clove crushed garlic
- 1 tbsp sunflower seed oil
- 140 g canned red beans
- ½ tsp cumin seed
- 140 g corn in salt water
- 1 cup vegetable stock
- 1 tbsp coarsely chopped parsley
- 1 tbsp lime juice
- ½ tsp ground pepper
- ¼ tsp granulated salt
- 1 tsp coarsely chopped green onion
- sour cream
- cheddar cheese
- arabic bread cut into 1 ½ cm long pieces and baked as you like



Directions

① Combine the sunflower seed oil, onion, garlic, cumin, ground pepper, and granulated salt in a bowl. Place the bowl in the microwave. Press **Microwave** **600 W** and enter **2 min.-2 min. 30 sec.** to cook. Take the bowl out of the microwave.

Stir. → P.60-62

② Add the corn, red beans, parsley, and vegetable stock to the bowl, and mix thoroughly. Place the bowl in the microwave and close the lid. Press **Microwave** **600 W** and enter **8-11 min.** to cook.

After the first 5 minutes, remove the bowl, stir, and then put it back in the microwave and continue cooking until the time is up. Take the bowl out of the microwave.


③ Add lime juice and stir. Ladle the soup into a serving cup, garnish it with cheddar cheese, and then sprinkle it with bread and sour cream. Embellish the soup with coarsely chopped green onion and serve.

Manual Cooking (Microwave Heating) → P.60-62

[Tips]

- Make 3-4 servings
- After removing the Spicy Bean Soup from the microwave, the amount of soup will decrease as the ingredients absorb it.

Manual Stuffed Zucchini

Manual	230°C	Accessory Used
Oven	Heating time 9-12 min	
	(Preparation Heating)	Metal Tray Bottom Ceramic Tray
(No Preheat) → P.65		Water Tank Empty

Ingredients

- One cup = 250 mL
- 9 hollowed and cut zucchinis (cut into 6.5 cm long pieces)
- ¼ cup water
- 2 tbsp lime juice
- 2 tbsp olive oil
- Coriander
- mint yogurt
- Ingredients for Filling**
- ½ cup jasmine rice
- 3 tbsp coarsely chopped coriander
- 3 tbsp coarsely chopped dill
- ½ cup coarsely chopped onion
- ½ cup vegetable stock
- ½ tsp coarsely chopped and crushed garlic
- ½ tsp coarse ground black pepper
- ½ tsp curry powder
- 1 tsp granulated salt
- ½ cup coarsely chopped tomato pulp



Directions

① Thoroughly rinse the jasmine rice, soak it in water for 10 minutes, and then drain the water.

② Combine the filling ingredients.

③ Hollow out the zucchini, rinse it thoroughly, and then drain. Stuff the zucchini with filling and put it in a bowl. Add the rest of the filling to the bowl, and then add water. Place the bowl in the microwave and close the lid. Press **Microwave** **600 W** and enter **11-14 min.** to cook until it is well cooked.

→ P.60-62

* Be sure to use a microwave oven safe bowl.

④ Remove the bowl from the microwave. Pour the olive oil and lime juice on the ingredients. Place in the center of the metal tray. Insert the metal tray into the **Bottom**.

Press **Oven** **No Preheat** **1 Level**

230°C **9-12 min.** to cook. When the stuffed zucchini has a slight burn mark, take the bowl out of the microwave.

→ P.65

⑤ Place the Stuffed Zucchini on a dish and embellish it with coriander. Serve with mint yogurt.

Manual Cooking (Microwave Heating) → P.60-62

Manual Cooking (Oven Heating; No Preheat) → P.65

[Tips]

- Make 3-4 servings
- If you like a more sour flavor, add more lime juice.



Manual	200°C	Accessory Used
Oven	Heating time 40-50 min	
(No Preheat)	(Preparation Heating)	Water Tank Empty
→P.65		

Ingredients

- One cup = 250 mL
- 500 g chopped mutton
- 330 g coarsely chopped onion (2 bulbs)
- 4 cloves chopped garlic
- 1/4 cup coarsely chopped coriander
- 1 tsp paprika powder
- 1 tsp grated lime peel
- 2 tsp lime juice
- 2 tsp concentrated tomato
- 4 tsp pine nuts
- 1 egg
- 6 tsp flour (cake flour)
- 1 1/2 tsp granulated salt
- 1 tsp coarse ground black pepper
- 3 tbsp corn seed oil
- 2 tbsp olive oil
- 3 cups diced potatoes
- 1/2 sliced red bell pepper
- 1/2 sliced yellow bell pepper
- 4 cups tomato juice
- 2 tsp ground cumin
- 2 tbsp coarsely chopped parsley

Directions

- Combine the chopped mutton with the onions, garlic, coriander, parsley, paprika powder, lime juice, grated lime peel, concentrated tomato, pine nuts, egg, and flour. Flavor with 1 1/4 teaspoons of granulated salt and black pepper. Thoroughly mix the ingredients, and then shape the chopped mutton into balls about 15 g each.

- Add the corn seed oil to a bowl. Neatly arrange the 20 balls in the bowl. Put the bowl in the microwave. Press **[Microwave|600 W]** and enter **[5-7 min.]** to cook until it is medium cooked. Take the bowl out of the microwave. Ladle the mutton to drain the oil and set aside (do the same to the rest of the mutton without adding more oil). →P.60-62

- Combine the olive oil, sweet peppers, cumin, tomato juice, potatoes, the rest of the salt, and the mutton, and mix well. Put the bowl in the microwave and press **[Microwave|600 W]** and enter **[18-20 min.]** to cook.

* Be sure to use a microwave oven safe bowl.

After the first 10 minutes, remove the bowl, stir, and then put the bowl back in the microwave until the time is up. When the mutton is well cooked, take the bowl out of the microwave.

- Cover the bowl with foil and place it in the center of the metal tray. Insert the metal tray into the **Bottom**. Press **[Oven|No Preheat|1 Level|200°C|40-50 min.]** to cook. Take the bowl out of the microwave. →P.65

- Serve while hot with rice or egg noodle.

Manual Cooking (Microwave Heating) →P.60-62

Manual Cooking (Oven Heating: No Preheat) →P.65

[Tips]

- Make 6-8 servings
- Softer mutton is juicier. If you want the mutton juicier, reduce the oven time to 30 minutes.

Manual	Microwave 600 W	Accessory Used
Microwave	Heating time 10-12 min	
	(Preparation Heating)	Water Tank Empty
→P.60-62		

**Ingredients**

- One cup = 250 mL
- 500 g diced lamb chops (no bone)
- 2 tbsp sunflower seed oil
- 3 chopped medium-sized onions (150 g each)
- 1 tsp crushed garlic
- 1 tsp grated ginger
- 1 tsp turmeric powder
- 1/4 tsp granulated salt

Ingredients for Marinade

- 1 1/4 cups plain yogurt
- 1 coarsely chopped green bell pepper
- 1 cup coarsely chopped coriander
- 1/2 cup coarsely chopped spinach
- 3 tsp coarsely chopped fenugreek
- 3 tsp coarsely chopped mint leaves
- 6 pieces coarsely chopped green pepper (no seeds)
- 1 tsp masala powder
- 1/4 tsp chopped galangal
- 1/2 tsp paprika powder
- 1/2 tsp granulated salt

Directions

- Combine the ingredients in a bowl. Marinate the lamb chops in the ingredients for 1 hour.
- Combine the sunflower seed oil, garlic, onion, galangal, ginger, and granulated salt in a bowl. Place the bowl in the microwave. Press **[Microwave|600 W]** and enter **[5-6 min.]** to cook. →P.60-62

Take the bowl out of the microwave and stir.

- Add the marinated lamb chops to the mixture from ②. Mix thoroughly. Place the bowl in the microwave and close the lid. Press **[Microwave|600 W]** and enter **[20 min.]**, stir, and then press **[Microwave|600 W]** for another **[10-12 min.]**.

After the first 15 minutes, remove the bowl, stir the lamb chops, and then put the bowl back in the microwave and continue cooking until the time is up. Take the bowl out of the microwave.

- Sprinkle turmeric powder on the lamb chops and mix thoroughly. Serve with hot cooked rice.

Manual Cooking (Microwave Heating) →P.60-62

[Tips]

- Make 3-4 servings
- For tender, easy-to-chew cooked lamb, soft lamb is recommended.

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Specifications

Power source *1		AC220V, 50Hz	AC230V, 50Hz	AC240V, 50Hz
Microwave oven	Power consumption	1,450W		
	High-frequency output	1,000W *2 , 700W, 600W, 500W, 200W equivalent, 100W equivalent		
	Oscillation frequency	2,450MHz		
Grill	Power consumption	1,350W (heater 1,300W)		
Oven	Power consumption	1,420W (heater 1,360W)		
Mixing motor	Power consumption	65W		
Temperature adjustment range	Leaven, 100°C–250°C, 300°C. The operation period at 300°C is about five minutes. Afterwards, the temperature automatically switches to 250°C.			
External dimensions	Width 500 mm x depth 459 (494 *3) mm x height 418 mm			
Usable dimensions of oven cavity	Width 400 mm x depth 322 mm x height 240 mm			
Mass (weight)	About 24 kg			

*1 The power source is displayed on the right side of the main unit.

*2 High-frequency output at 1,000W functions at high output for short periods of time (maximum 3 minutes). This functions only for a limited number of menu options such as Reheat in Auto Menu.

*3 The number in () is the depth when including the handle.

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