

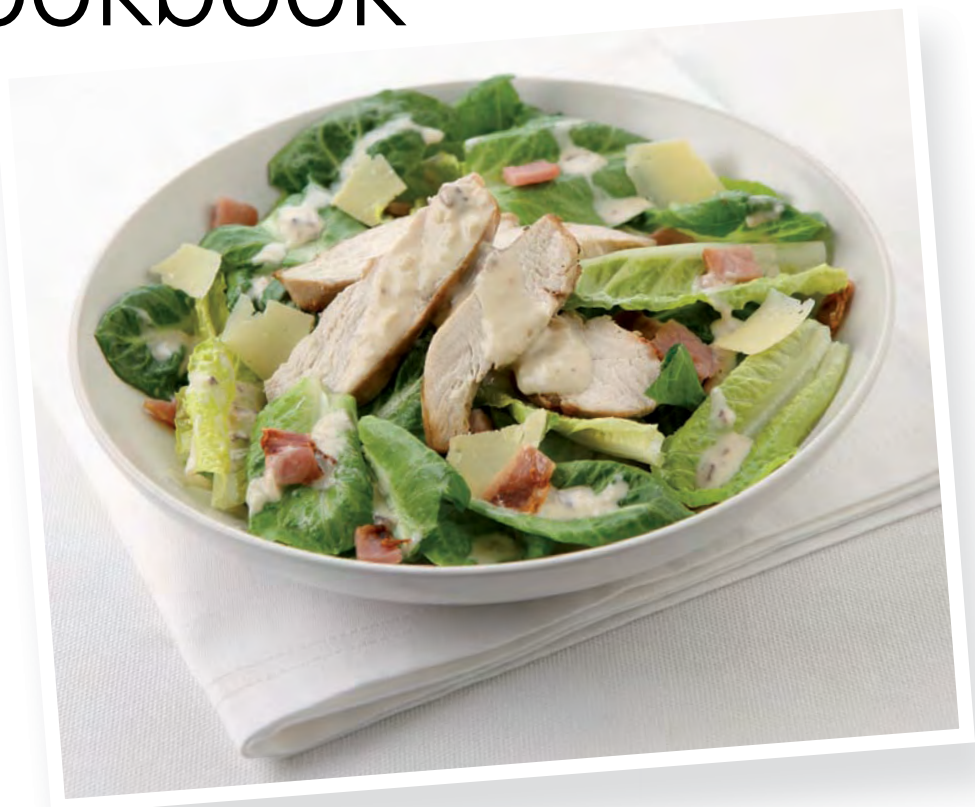
**SHARP**

# SuperSteam<sup>TM</sup> Oven Cookbook



**SHARP**

# SuperSteam™ Oven Cookbook



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# Contents

Introduction 3

Charts 4

Vegetables 8

Seafood 16

Chicken 24

Meats 32

Desserts 40

Index 48



# Introduction to your New SuperSteam™ Oven...

Congratulations on the purchase of your new Sharp SuperSteam™ Oven. You are about to move into a whole new world of healthy cooking. This innovative oven combines the ancient technique of steaming with a state of the art development to superheat the steam and additional heating processes that allow you to roast, grill, bake and more.

The Operation Manual should be your first step in working with your new oven, as it explains how the Sharp SuperSteam™ Oven works and what you need to know to operate it successfully. Once you have an understanding of the operation of your SuperSteam™ Oven return to this book for information on how to cook your favourite foods and all the great recipes in the following pages. All recipes in this book include easy steps for the optimum cooking method with great results.

The Sharp SuperSteam™ Oven uses a unique combination of conventional heat, steam and super steam to enhance the flavours and textures of food. It also helps to reduce fat and calories whilst preserving vitamins and nutrients.

This versatile “NEW TECHNOLOGY” offers a new and healthy way of cooking, with 4-in-1 cooking options, offering convenience that modern life demands. The only oven you will ever need.

Sharp invites you to enjoy the fantastic flavours possible with the Sharp SuperSteam™ Oven.

## Charts

The experts in Sharp's Test Kitchens have carefully compiled useful cooking charts to give you a quick reference guide for amounts, oven settings and cooking times for most popular foods.

Use the information in these charts to help prepare and cook your own favourite recipes or convenience foods in the Sharp SuperSteam™ Oven.

**NOTE:** With the exception of those items indicated as frozen, all the times and settings are for fresh or defrosted foods.

# Steam: Steam High Chart

Use baking tray, rack and/or steam tray

food			weight/amount	oven setting	position in oven	cooking time
SEAFOOD	Whole fish		0.2-1kg	Auto: Fresh Fish/ Fresh Prawns	upper	Preset
	Fillets, ½-inch thick		0.2-1kg	Auto: Fresh Fish/ Fresh Prawns	upper	Preset
	Calamari		0.2-0.6kg	Manual: Steam High	upper	5-8 min.
POULTRY	Chicken breast, half		0.25-1kg	Manual: Steam High	upper	25-30 min.
DUMPLINGS	Frozen dumplings		0.1-0.5kg	Auto: Frozen Convenience (dumplings)	upper	Preset
SHELLFISH	Oysters, in shell		0.2-0.9kg	Manual: Steam High	upper	25-30 min.
	Mussels, in shell		0.2-0.9kg	Manual: Steam High	upper	5-8 min.
	Scallops		0.2-0.7kg	Manual: Steam High	upper	5-8 min.
	Prawns, large		0.2-0.5kg	Auto: Fresh Fish/ Fresh Prawns	upper	Preset
VEGETABLES	Asparagus spears		0.2-1kg	Auto: Fresh Veg 1	upper	Preset
	Broccoli florets		0.2-1kg	Auto: Fresh Veg 1	upper	Preset
	Carrots	Baby	0.2-1kg	Auto: Fresh Veg 2	upper	Preset
		Sliced, ¼-inch thick slices	0.2-1kg	Auto: Fresh Veg 2	upper	Preset
	Cauliflower florets		0.2-1kg	Auto: Fresh Veg 2	upper	Preset
	Corn on the cob		0.2-1kg	Auto: Fresh Veg 2	upper	Preset
	Green beans, cut into 2-inch pieces		0.2-1kg	Auto: Fresh Veg 2	upper	Preset
	Mushrooms		0.2-1kg	Auto: Fresh Veg 1	upper	Preset
	Greens	Bok choy, chopped	1-4 cups	Manual: Steam High	upper	3-6 min.
		Chinese broccoli, chopped	1-4 cups	Manual: Steam High	upper	3-6 min.
		Chinese cabbage, chopped	1-4 cups	Manual: Steam High	upper	3-6 min.
		Choy sum	1-4 cups	Manual: Steam High	upper	3-6 min.
		Spinach, torn	1-4 cups	Manual: Steam High	upper	3-6 min.
		Yellow squash, small, cut into halves	0.2-1kg	Auto: Fresh Veg 1	upper	Preset
		Zucchini, ¼ inch thick slices	0.2-1kg	Auto: Fresh Veg 1	upper	Preset
	Potatoes	Jacket potatoes	0.8kg	Manual: Steam High	upper	35 min.
		Baby Potatoes	0.8kg	Manual: Steam High	upper	30 min.
RICE	White rice	1 cup	1½ cups water	Manual: Steam High	upper	25 min.
		2 cup	2½ cups water	Manual: Steam High	upper	28 min.
PASTA	Dry pasta	1 cup	1½ cups water	Manual: Steam High	upper	23 min.
		2 cup	2½ cups water	Manual: Steam High	upper	27 min.

**Note:** All of these functions are used under the Steam key. Please follow recommended oven setting listed in chart.  
When cooking rice and pasta, use a shallow 2 litre shallow casserole dish and place directly onto the baking tray.  
Use the steam tray on the rack when cooking vegetable and dumpling menus.

# SuperSteam™ Convection: Roast Chart

Use baking tray and rack

food		weight/amount	oven setting	position in oven	cooking time	result
BEEF	Blade roast	1-2kg	Auto: Roast: Roast Beef Med	lower	Preset	Medium
		1-2kg	Auto: Roast: Roast Beef Med: More	lower	Preset	Well done
	Eye fillet	1-2kg	Manual: SS Bake/Roast: Without P 200° C	lower	30-40 min.	Medium
		1-2kg	Manual: SS Bake/Roast: Without P 200° C	lower	40-50 min.	Well done
LAMB	Leg of lamb	1-2kg	Auto: Roast: Roast Leg of Lamb	lower	Preset	Well done
	Rack of lamb	Approx. 8 cutlets	Manual: SS Bake/Roast: Without P 180° C	lower	35 min.	Medium/Well
PORK	Boneless pork loin roast	0.9-1.5kg	Auto: Roast: Roast Pork	lower	Preset	Well done
	Ribs	750g	Manual: SS Bake/Roast: With P 150° C	lower	30 min.	Medium/Well
	Tenderloin	0.3-1kg	Manual: SS Bake/Roast: Without P 200° C	lower	30-40 min.	Well done
POULTRY	Chicken breast, half	0.25-1kg	Manual: SS Bake/Roast: Without P 190° C	lower	25-30 min.	Well done
	Whole chicken	0.9-2kg	Auto:Roast: Roast Chicken	lower	Preset	Well done
TURKEY	Whole Turkey, stuffed	4.5kg	Manual: SS Bake/Roast: Without P 220° C	lower	120 min.	Well done
		6kg	Manual: SS Bake/Roast: Without P 220° C	lower	150 min.	Well done
DUCK	Whole Duck	2kg	Manual: SS Bake/Roast: Without P 200° C	lower	60-70 min.	Well done

**Note:** All of these functions are used under the SuperSteam™ Convection key. Please follow recommended oven setting listed in chart.  
The cooking result may be affected when using marinades that contain sugar or honey as they tend to burn quickly when exposed to high heat.  
•Abbreviations: SS = SuperSteam™, P = Preheat

# SuperSteam™ Convection: Grill Chart

Use baking tray and rack

food			weight/thickness	oven setting	position in oven	cooking time	result
BEEF	Hamburgers 1-4 patties		1-2cm thick	Manual: SS Grill: With P	upper	12-15 min.	Well done
	Steaks	T-bone, rib eye, sirloin	0.2-0.8kg	Manual: SS Grill: With P	upper	10-13 min.	Medium
			0.2-0.8kg	Manual: SS Grill: With P	upper	14-17 min.	Well done
FISH	Steaks		0.2-1kg	Auto: Grill: Grilled Fish	upper	Preset	Flakes
LAMB	Chops (loin or rib)		0.1-0.8kg	Manual: SS Grill: With P	upper	18-22	Well done
PORK	Boneless loin chops		0.1-0.8kg	Manual: SS Grill: With P	upper	18-22	Well done
POULTRY	Chicken breast, half		0.25-1kg	Auto: Grill: Chicken Fillet	upper	Preset	Well done
	Chicken legs		0.2-1kg	Auto: Grill: Chicken legs	upper	Preset	Well done
SAUSAGE	Regular		0.2-0.6kg	Manual: SS Grill: With P	upper	15-20	Cooked through
	Lean, low fat beef		0.2-0.6kg	Manual: SS Grill: With P	upper	15-20	Cooked through
SHELLFISH	Scallops		up to 0.5kg	Manual: SS Grill: With P	upper	7-10 min.	Opaque
	Prawns, large		up to 0.5kg	Manual: SS Grill: With P	upper	7-10 min.	Opaque

**Note:** All of these functions are used under the SuperSteam™ Convection key. Please follow recommended oven setting listed in chart.  
•Abbreviations: SS = SuperSteam™, P = Preheat



# SuperSteam™ Convection: Bake Chart

Use baking tray and/or rack

food			weight/amount	oven setting	position in oven	cooking time
BREADS	Rolls	Refrigerated	1 package	Manual: SS Bread: With P 200° C	lower	6-7 min.
		Homemade or packet mix	8 rolls	Manual: SS Bread With P 220° C	lower	10-15 min.
	Loaf, homemade or packet mix		13x20cm loaf tin	Auto: Bake: Bread	lower	Preset
CAKES	Loaf		13x20cm loaf tin	Manual: SS Cake: With P 180° C	lower	45 min.
	Madeira		13x20cm loaf tin	Auto: Bake: Cake	lower	Preset
	Butter		20cm square tin	Auto: Bake: Cake	lower	Preset
DESSERTS	Cheesecake		1	Manual: SS Bake/Roast: With P 160° C	upper	60 min.
	Cookies/Biscuits	Homemade or packet mix	15	Manual: SS Bake/Roast: With P 180° C	upper/lower	12-14 min.
		Refrigerated	1 package	Manual: SS Bake/Roast: With P 180° C	upper/lower	12-14 min.
	Muffins, homemade or packet mix		1 package	Manual: SS Bake/Roast: With P 180° C	upper/lower	15-20 min.
	Cupcakes, homemade or packet mix		makes 12	Manual: SS Bake/Roast: With P 180° C	upper/lower	20-25 min.
FISH	Fish pieces, battered or crumbed, frozen		0.2-0.5kg	Manual: SS Bake/Roast: With P 200° C	upper	15-20 min.
PRODUCTS	Fish sticks, battered or crumbed, frozen		0.25-0.5kg	Manual: SS Bake/Roast: With P 200° C	upper	15-20 min.
PIES	Frozen prepared fruit		23cm	Manual: SS Bake/Roast: With P 180° C	upper	32-37 min.
	Homemade fruit		23cm	Manual: SS Bake/Roast: With P 160° C	upper	30-35 min.
	Meat pie, frozen		1-4 pies	Manual: SS Bake/Roast: With P 180° C	upper	15-20 min.
PIZZAS	Pizza, frozen		0.2-1kg	Auto: Bake: Frozen Pizza	upper/lower	Preset
FROZEN INSTANT MEALS	Lasagne, Canelloni, Lamb Casserole		400g	Manual: SS Bake/Roast: With P 180° C	upper	35 min.
POTATO	Chips, frozen		0.2-0.5kg	Manual: SS Bake/Roast: With P 210° C	upper	15-20 min.
PRODUCTS	Potato gems/Hash browns, frozen		0.2-0.5kg	Manual: SS Bake/Roast: With P 210° C	upper	15-20 min.
POULTRY PRODUCTS	Prepared, frozen	Chicken fingers	0.25-0.5kg	Manual: SS Bake/Roast: With P 220° C	upper	12-15 min.
		Nuggets	0.25-0.5kg	Manual: SS Bake/Roast: With P 220° C	upper	12-16 min.
		Breast fillet/Schnitzel	0.2-0.4kg	Manual: SS Bake/Roast: With P 200° C	upper	21-26 min.
	Prepared, refrigerated	Nuggets	0.25-0.5kg	Manual: SS Bake/Roast: With P 220° C	upper	14-16 min.
		Breast fillet/Schnitzel	0.2-0.5kg	Manual: SS Bake/Roast: With P 220° C	upper	12-16 min.

**Note:** All of these functions are used under the SuperSteam™ Convection key. Please follow recommended oven setting listed in chart.

When cooking fish and poultry menus you can use both baking tray and rack.

•Abbreviations: SS = SuperSteam, P = Preheat

# Steam: Proof Chart

Use baking tray

food		weight/amount	oven setting	position in oven	cooking time
BREAD YEAST DOUGH	Rolls, homemade or packet mix	8 rolls/ 500g	Manual: Proof	lower	1st rise: 30 min. 2nd rise: 30 min.
	Loaf, homemade or packet mix	standard loaf/ 500g	Manual: Proof	lower	1st rise: 30 min. 2nd rise: 30 min.
PIZZA YEAST DOUGH	Regular pizza dough	500g	Manual: Proof	lower	1st rise: 30 min. 2nd rise: 20 min.

**Note:** All of these functions are used under the Steam key. Please follow recommended oven setting listed in chart.  
For the first rise: Leave the yeast dough in the mixing bowl. Place the bowl on the baking tray in lower position.  
For the second rise: Fill the corresponding preparation ovenware with the yeast dough, e.g. loaf tin, pizza baking pan or use the baking tray and place in lower position.

# Microwave: Defrost Chart

food	weight	oven setting	position in oven	cooking time
STEAK, CHOPS	0.1-1kg	Microwave: Auto Defrost: Steak/Chops	directly on oven base	Preset
POULTRY	0.9-2kg	Microwave: Auto Defrost: Poultry	directly on oven base	Preset
ROAST MEAT	1-2kg	Microwave: Auto Defrost: Roast Meat	directly on oven base	Preset
MINCE/SAUSAGES	0.1-1kg	Microwave: Auto Defrost: Mince/Sausages	directly on oven base	Preset

**Note:** All of these functions are used under the Microwave key. Please follow recommended oven setting listed in chart.  
Use a microwave safe defrosting rack when defrosting these menus.

# Microwave: Sensor Reheat Chart

food			initial temperature	weight/amount	oven setting	position in oven	cooking time
REHEAT DINNER PLATE	Meat	Beef, Lamb, Chicken (sliced), T-Bone	3 °C Refrigerated	175-180g	Microwave: Sensor Reheat: Dinner Plate	directly on oven base	Preset
	Potato	sliced		125g			
	Vegetables	Carrot, Broccoli, Zucchini		100g			
REHEAT CASSEROLE	Beef Stroganoff, Springtime Lamb, Apricot Chicken		3 °C Refrigerated	1-4 cups	Microwave: Sensor Reheat: Casserole	directly on oven base	Preset
	Canned Baked Beans, Spaghetti		20 °C Room temperature	1-4 cups			
REHEAT SOUP	Pumpkin, Tomato, Chicken		20 °C Room temperature	1-4 cups	Microwave: Sensor Reheat: Soup	directly on oven base	Preset
REHEAT PIZZA	Pepperoni, Supreme		3 °C Refrigerated	1-4 slices	Microwave: Sensor Reheat: Pizza	directly on oven base	Preset

**Note:** All of these functions are used under the Microwave key. Please follow recommended oven setting listed in chart.  
Dinner plate: Cover with plastic wrap before cooking and pierce 5 times with skewer.  
Casserole: Place in casserole dish and cover with plastic wrap before cooking and pierce 5 times with skewer.  
Soup: Place in microwave safe glass bowl, stir after cooking.  
Pizza: Place pizza on paper towel before cooking.



# Vegetables

## Garlic and thyme potatoes

**800g baby potatoes**

**1 tablespoon olive oil**

**2 cloves garlic, crushed**

**1 tablespoon chopped fresh thyme leaves**

**salt and pepper to taste**

- Cut potatoes into 1-2cm cubes.
- In a large bowl combine oil, garlic, thyme, salt and pepper. Mix until well combined.
- Add potatoes to the mixture and evenly coat.
- Drain excess oil. Place potatoes on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 30-35 minutes.

Serves 4

## Asian greens

**250g bok choy**

**250g Chinese broccoli**

**2 tablespoons oyster sauce**

**½ teaspoon sesame oil**

- Wash and trim bok choy and broccoli. Cut into equal lengths of approximately 10cm.
- Place vegetables on steam tray and put on the rack and on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 6 minutes.
- Remove from oven and stand for 1 minute. Drain.
- In a small bowl, add the oyster sauce and sesame oil. Mix until well combined.
- Place vegetables into serving dish and stir through the sauce.
- Serve warm.

Serves 2-4



Stuffed portobello mushrooms

## Stuffed Portobello mushrooms

**2 slices white bread**  
**2 rashers of bacon, chopped**  
**4 shallots, chopped**  
**100g sun-dried tomatoes, finely chopped**  
**1 fresh bird's eye chilli, seeds removed, finely chopped**  
**½ cup grated tasty cheese**  
**½ cup grated parmesan cheese**  
**1 tablespoon chopped fresh parsley**  
**2 cloves garlic, crushed**  
**8 large flat Portobello mushrooms, stalks removed (approx. 80-100g each)**  
**20g butter, cubed**  
**salt and pepper to taste**

- Process the bread into fine breadcrumbs. Set aside.
- Place the bacon between two sheets of paper towel and place on base of oven.
- Set oven to MICROWAVE > MANUAL. Cook for 2 minutes.
- Place the shallots and bacon in a small microwave safe glass bowl.
- Set oven to MICROWAVE > MANUAL. Cook for 1 minute.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Mix breadcrumbs, bacon, shallots, sun-dried tomatoes, chilli, cheeses, parsley, garlic, salt and pepper until well combined.
- Spoon mixture into the mushrooms.
- Cut butter into 8 equal cubes and place one on each mushroom.
- Place filled mushrooms on the rack on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15 minutes.

Serves 4



Roast vegetables

## Roast vegetables

**300g baby potatoes**

**300g sweet potatoes**

**250g parsnips**

**2 tablespoons olive oil**

**1 teaspoon dried oregano**

**1 teaspoon dried parsley**

**pinch of salt**

- Wash all vegetables.
- Cut potatoes into quarters or 1-2cm cubes, sweet potato lengthwise into 1-2cm cubes and parsnips into quarters.
- In a large bowl, combine oil, oregano, parsley and salt. Mix until well combined.
- Add vegetables to the mixture and evenly coat.
- Place vegetables on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 30-35 minutes.

Serves 4

## Potato salad with avocado and prosciutto

**1kg baby potatoes, cut in quarters**

**1 Spanish onion, sliced into rings**

**30g butter**

**½ cup whole-egg mayonnaise**

**1 tablespoon chopped fresh chives**

**1 large avocado, sliced**

**1 teaspoon lemon juice**

**4 slices prosciutto, cut into strips**

**ground black pepper to taste**

**extra chopped fresh chives, to garnish**

**extra strips prosciutto, to garnish**

- Place potatoes on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 25-30 minutes. Drain and stand covered with foil for 5 minutes.
- In a large microwave safe glass bowl, combine the onion rings and butter.
- Set oven to MICROWAVE > MANUAL. Cook for 1 minute or until just collapsing.
- Add potato, mayonnaise and chives to the bowl with the onion. Stir until the potato is well coated.
- Slice the avocado and sprinkle with lemon juice.
- Add avocado and prosciutto to the potato mixture, stir gently to combine. Season with black pepper.
- Garnish with extra chives and prosciutto, serve salad with cold chicken or meat, or on its own for lunch.

Serves 4

# Tandoori style vegetables

**200g pumpkin**

**1 small sweet potato (approx. 200g)**

**2 medium carrots**

**1 medium potato (approximately 180g)**

**1 tablespoon natural yoghurt**

**1 teaspoon grated fresh ginger**

**¼ teaspoon chilli powder**

**2 teaspoons paprika**

**1 teaspoon curry powder**

**1 teaspoon oil**

**½ teaspoon lemon juice**

- Peel and wash all vegetables and cut into 1-2cm cubes.
- In a large bowl, combine yoghurt, ginger, chilli, paprika, curry, oil and lemon juice. Mix until well combined.
- Add vegetables to the mixture and evenly coat.
- Place all vegetables on one of the baking trays provided.
- Place baking tray in the upper position.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C. Cook for 35-40 minutes.

Serves 4



Tandoori style vegetables

# Cheesy asparagus risotto

**2 fresh bunches of asparagus**  
**3 shallots, sliced**  
**3 cloves garlic, crushed**  
**2½ cups chicken stock**  
**2 cups Arborio rice, rinsed**  
**½ cup grated tasty cheese**  
**1 cup fresh grated parmesan cheese**  
**salt and pepper to taste**

- Trim and cut asparagus into bite-sized pieces.
- In a large bowl, combine asparagus, shallots, garlic, and chicken stock. Mix until well combined.
- Continue to add rice, tasty cheese, parmesan cheese, salt and pepper. Mix until well combined.
- Carefully pour this mixture into one of the baking trays provided and evenly spread.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 25 minutes.

Serves 4

# Mediterranean vegetables

**1 Spanish onion**  
**2 zucchinis (400g)**  
**1 red capsicum (280g)**  
**1 eggplant (300g)**  
**250g cherry tomatoes**

**3 tablespoons olive oil**  
**¼ teaspoon dried parsley**  
**¼ teaspoon dried oregano**  
**salt and pepper to taste**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 220°C.
- Cut zucchini and eggplant into chunky pieces approximately 1cm thick and 6cm in length. Cut capsicum into thick strips and onion into wedges.
- In a large bowl, combine all vegetables, olive oil, parsley, oregano, salt and pepper. Mix until well combined.
- Place vegetables into one of the baking trays provided.
- Place baking tray in the upper position. Cook for 35-40 minutes.

Serve 4-6

# Mushroom risotto

**300g mushrooms, washed and diced**  
**1 large Spanish onion, diced**  
**2 cloves garlic, crushed**  
**2 cups vegetable stock**  
**½ cup cream**  
**2 cups Arborio rice, rinsed**  
**1 tablespoon chopped fresh basil**  
**1 tablespoon chopped fresh parsley**  
**1 teaspoon chopped fresh thyme**  
**⅓ cup grated parmesan cheese**  
**salt and pepper to taste**



- Place mushrooms and onion into a large bowl. Add garlic, vegetable stock and cream. Mix until well combined.
- Continue to add rice, basil, parsley, thyme, parmesan cheese, and salt and pepper.
- Mix until well combined.
- Carefully pour this mixture into one of the baking trays provided and evenly spread.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 25 minutes.

Serves 4

## Cherry tomato frittata

- 200g cherry tomatoes**
- 2 tablespoons chopped fresh parsley**
- 1 tablespoon chopped fresh chives**
- ¼ cup plain flour**
- 4 large eggs, lightly beaten**
- 3 tablespoons sour cream**
- 1 cup milk**
- ¼ teaspoon salt**
- pepper to taste**
- 1 cup shredded cheddar cheese**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 200°C.
- Cut tomatoes in half and place into a lightly greased 2 litre casserole dish. Sprinkle tomatoes with parsley and chives.
- In a medium bowl, combine the flour and eggs. Whisk until well combined. Slowly add the sour cream, milk, salt and pepper.
- Gently pour this mixture over the tomatoes. Sprinkle with cheddar cheese.
- Place the casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30 minutes.

Serves 4



Cherry tomato frittata

# Orange carrots

**500g carrots, peeled**

**40g butter, melted**

**1 tablespoon grated orange rind**

**1 teaspoon caster sugar**

- Slice carrots lengthwise in quarters. Then cut each slice 5cm in length.
- Place carrot slices on steam tray and put on the rack and on one of the baking trays provided.
- Set oven to STEAM > MANUAL > STEAM HIGH.
- Place baking tray in the upper position. Cook for 16 minutes.
- In a medium bowl, combine butter, orange rind and sugar. Mix until well combined. Add steamed carrots to mixture. Toss to coat evenly. Serve hot.

Serves 4

# Baked ricotta and vegetable frittata

**500g ricotta cheese**

**1 onion, diced**

**2 eggs, lightly beaten**

**1 cup grated cheddar cheese**

**½ cup grated parmesan cheese**

**1 zucchini, grated**

**½ red capsicum, diced**

- Lightly grease 2 muffin trays with butter (6 serves per tray).
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER

STEAM BAKE/ROAST > WITH  
PREHEAT 180°C.

- In a medium bowl, combine all ingredients. Stir until well combined. Divide mixture evenly between muffin trays.
- Place one muffin tray on each of the baking trays provided.
- Place one baking tray in the upper position and the other in the lower position. Cook for 25 minutes, or until puffed, golden and set in the middle.
- Serve warm.

Makes 12

# Pasta Napolitano

**2 x 400g cans crushed tomatoes**

**4 tablespoons tomato paste**

**2 cloves garlic, crushed**

**1 cup green shallots, finely sliced**

**2 teaspoons sugar**

**2 teaspoons vegetable stock**

**375g fresh fettucine pasta**

**salt and pepper to taste**

- Place pasta on the bottom of one of the baking trays provided.
- In a medium bowl, combine crushed tomatoes, tomato paste, garlic, shallots, sugar, vegetable stock, salt and pepper. Stir until well combined.
- Pour mixture evenly over pasta.
- Place baking tray in the upper position.
- Set oven to STEAM > MANUAL > STEAM HIGH. Cook for 20-25 minutes, or until pasta is tender.
- Stir, cover with aluminium foil and stand for 3-5 minutes before serving.

Serves 4



# Spinach and ricotta lasagne

**1 bunch of spinach (silverbeet), washed  
(approximately 500g)**

**2 teaspoons olive oil**

**1 onion, chopped**

**2 cloves garlic, crushed**

**500g fresh ricotta cheese**

**2 tablespoons chopped fresh basil**

**3 fresh lasagne sheets**

**500g jar Napolitano sauce**

**1 cup grated mozzarella cheese**

**salt and pepper to taste**

- Remove stalks and finely chop spinach. Place in a large microwave safe glass bowl.
- Set oven to MICROWAVE > MANUAL. Cook, covered for 7 minutes, stirring halfway through. Drain. Squeeze spinach to remove any excess liquid. Set aside.
- In a separate large microwave safe glass bowl, add the oil, onion and garlic.
- Set oven to MICROWAVE > MANUAL. Cook for 2-3 minutes, stirring halfway through.
- Add the onion mixture, ricotta cheese, basil, salt and pepper to the spinach. Mix until well combined.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- Using a large shallow casserole dish, place 1/3 of the spinach mixture covering the bottom. Cover with one layer lasagne sheet.
- Continue layering with half the remaining spinach mixture. Pour over 1/3 of the Napolitano sauce, followed by another lasagne sheet.

- Repeat step above with remaining spinach mixture, half the remaining Napolitano sauce and one more lasagne sheet.
- To finish the layering process, pour remaining Napolitano sauce, spread evenly. Sprinkle with mozzarella cheese.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 6



Spinach and ricotta lasagne



Grilled chilli lemon octopus

# Seafood

## Grilled chilli lemon octopus

- 400g baby octopus**
- grated rind of 1 lemon**
- $\frac{3}{4}$  cup lemon juice**
- 2 tablespoons olive oil**
- 2 tablespoons hot chilli sauce (sweet chilli sauce optional)**
- 4 cloves garlic, crushed**

- Rinse octopus thoroughly, making sure the heads are clean. Large pieces of octopus should be cut in half to ensure even cooking.
- In a large bowl, combine lemon rind, lemon juice, garlic, oil and chilli sauce. Mix until well combined.
- Add the octopus to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.

- Remove octopus from marinade. Place the octopus on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.
- Garnish with parsley leaves and serve with lemon wedges on salad greens.

**NOTE:** A shorter or longer cooking time may be necessary depending on your preference of texture.

Serves 2

## Grilled garlic prawns

- 500g green king prawns, peeled, tails intact, deveined**
- $\frac{1}{3}$  cup vegetable oil**
- 3 teaspoons sesame oil**
- 1 teaspoon ground coriander**

**3 cloves garlic, crushed**  
**2 tablespoons white wine**  
**8 bamboo skewers**

- In a medium bowl, combine vegetable oil, sesame oil, coriander, garlic and white wine. Mix until well combined.
- Add the prawns to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread prawns evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.

- Add the prawns to the marinade. Cover and refrigerate for 2 hours.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread prawns evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 7-10 minutes.

Serves 4

Serves 4

## Grilled white wine prawns

**500g green king prawns, peeled, tails intact, deveined**  
**½ teaspoon salt**  
**1 teaspoon ground black pepper**  
**⅓ cup white wine**  
**⅓ cup cream**  
**3 cloves garlic, crushed**  
**½ teaspoon ground coriander**  
**8 bamboo skewers**

- In a medium bowl, combine salt, pepper, wine, cream, garlic and coriander. Mix until well combined.

Grilled white wine prawns



# Marinated snapper

- 2 tablespoons soy sauce**
- 2 cloves garlic, crushed**
- 1 tablespoon sesame oil**
- 1 teaspoon grated fresh ginger**
- 1 tablespoon chopped fresh coriander**
- 2 bird's eye chillies, seeds removed, finely chopped**
- 500g whole snapper, cleaned**

- In a small bowl, combine soy sauce, garlic, sesame oil, ginger, coriander and chillies. Mix until well combined.
- Place snapper in a large shallow casserole dish and add the marinade. Cover and refrigerate for 1-2 hours. If snapper is larger than rack provided, remove tail.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place fish onto the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 2

# Cheesy salmon cannelloni

- 250g ricotta cheese**
- 90g shredded cheddar cheese**
- salt and pepper to taste**
- 2 eggs, lightly beaten**
- 210g can red salmon, drained, bones removed**
- 2 teaspoons lemon juice**
- 120g cannelloni**
- 375g readymade pasta sauce**
- 2 tablespoons shredded cheddar cheese, extra**
- 2 tablespoons chopped fresh parsley, to garnish**

- In a large bowl, combine ricotta, cheddar, egg, salmon, lemon juice, salt and pepper. Mix until well combined.
- Fill the cannelloni with salmon mixture using a spoon.
- Place the cannelloni in a row, close together in a large shallow casserole dish.
- Pour pasta sauce over the cannelloni. Smooth sauce over the pasta using the back of a spoon to ensure even coverage.
- Sprinkle extra cheese over the pasta.
- Set oven to STEAM > MANUAL > STEAM HIGH.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30 minutes.
- Garnish with parsley and serve with a green salad.

Serves 4



# Grilled tuna steaks

**2 tablespoons soy sauce**

**2 teaspoons Dijon mustard**

**1 tablespoon olive oil**

**1 tablespoon chopped fresh coriander**

**4 tuna steaks (approximately 200-250g each and 1-2cm thick)**

- In a medium bowl, combine soy sauce, mustard, oil and coriander. Mix until well combined.
- Add the tuna steaks to the marinade. Cover and refrigerate for 1-2 hours.
- Set oven on SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 180°C.
- Place tuna steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 20-25 minutes.

Serves 4

Grilled tuna steaks



# Thai scallops

**1 teaspoon sesame oil**

**40g butter**

**1 bird's eye chilli, seeds removed, finely chopped**

**2 cloves garlic, crushed**

**1 teaspoon caster sugar**

**2 tablespoons kecap manis**

**1 teaspoon grated fresh ginger**

**1 tablespoon fish sauce**

**500g scallops**

**1 teaspoon chopped fresh coriander, to garnish**

- In a small microwave safe bowl, combine oil, butter, chilli and garlic.

- Set oven to MICROWAVE > MANUAL.

Cook for 2 minutes.

- Add sugar, kecap manis, ginger, fish sauce and scallops. Mix until well combined. Cover and refrigerate for 1-2 hours.

- Set oven to SUPER STEAM

CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.

- Place scallops on the rack and on one of the baking trays provided.

- Place baking tray in the upper position.

Cook for 7-10 minutes.

- Serve with rice.

Serves 2-4

# Marinara risotto

**500g marinara mix**

**1 clove garlic, crushed**

**1 tablespoon chopped fresh parsley**

**1 cup Arborio rice, rinsed**

**¼ cup red wine**

**580g jar readymade pasta sauce**

**salt and pepper to taste**

- In a large bowl, combine marinara mix, garlic, parsley and rice. Mix until well combined.

- Add red wine, pasta sauce, salt and pepper. Mix until well combined.

- Carefully pour this mixture into a large shallow casserole dish and evenly spread.

- Set oven to STEAM > MANUAL > STEAM HIGH.

- Place the casserole dish on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 35 minutes.

Serves 4



Marinated salmon

## Marinated salmon

**1/3 cup lemon juice**  
**2 teaspoons soy sauce**  
**2 teaspoons Worcestershire sauce**  
**1 teaspoon dried parsley**  
**1/2 teaspoon dried oregano**  
**2 cloves garlic, crushed**  
**salt and pepper to taste**  
**4 salmon fillets (approximately 200g each)**

- In a large bowl, combine lemon juice, soy sauce, Worcestershire sauce, parsley, oregano, garlic, salt and pepper. Mix until well combined.
- Add salmon fillets to the marinade. Cover and refrigerate for 1-2 hours.
- Set oven on SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 180°C.
- Lightly coat the rack with cooking oil spray.
- Place salmon skin side down on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 20-25 minutes.

Serves 4



# Fish cakes

**450g skinless white fish fillets, cut  
into cubes**

**1 egg white**

**1 teaspoon shredded kaffir lime leaves**

**1 tablespoon Thai green curry paste**

**50g green beans, finely chopped**

**1 bird's eye chilli, seeds removed, finely  
chopped**

**2 tablespoons chopped fresh parsley**

**½ teaspoon ground coriander**

**salt and pepper to taste**

- In a food processor, combine the fish, egg white, kaffir lime leaves and curry paste.
- Process for 2 minutes, or until smooth. Transfer the mixture to a bowl.
- Add the beans, chilli, parsley, coriander, salt and pepper. Mix until well combined.
- Shape the mixture into small patties approximately 5cm in width.
- Place fish patties on a plate and refrigerate for at least 30 minutes.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Lightly coat the rack with cooking oil spray.
- Place patties on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 14-18 minutes.

**Makes 8 fish cakes (approximately)**

**NOTE:** Roll patties in breadcrumbs before cooking for a more crisp and crunchy finish.

Fish cakes

# Crumbed fish fingers

**300g firm, white fish fillets**

**¼ cup cornflour**

**1 egg, lightly beaten**

**1 cup breadcrumbs**

**¼ teaspoon salt**

**½ teaspoon lemon pepper seasoning**

**oil, for brushing**

- Cut fish fillets into slices, approximately 2cm thick. Set aside.
- In a small bowl, mix together cornflour and egg.
- In a separate bowl, combine breadcrumbs, salt and lemon pepper seasoning.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Dip the fish pieces in egg mixture then roll into breadcrumb mixture, ensuring an even coat.
- Lightly coat the rack with cooking oil spray.
- Place fish on the rack and on one of the baking trays provided. Lightly brush with oil.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Serves 2-4



Crumbed  
fish fingers

# Chicken

## Chicken satay

- 1 tablespoon light soy sauce**
- 1 tablespoon sesame oil**
- 1 tablespoon lemon juice**
- 500g chicken breast, cut into 2cm cubes**
- 8 bamboo skewers**

### DIPPING SAUCE

- ⅓ cup crunchy peanut butter**
- ¼ teaspoon chilli powder**
- 1 teaspoon brown sugar**
- 1 clove garlic, crushed**
- 1 tablespoon vegetable oil**

- In a medium bowl, combine soy sauce, sesame oil and lemon juice. Mix until well combined.
- Add the chicken pieces to marinade, mix until evenly coated. Cover and refrigerate for 1 hour.

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread chicken evenly onto skewers.
- Place the skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.
- Serve with dipping sauce.

### DIPPING SAUCE

- In a small bowl combine peanut butter, chilli powder, brown sugar, garlic and vegetable oil. Mix until well combined.

Serves 4



Chicken satay

# Grilled coconut chicken

400ml canned coconut milk

2 bird's eye chillies, seeds removed,  
finely chopped

1 teaspoon grated ginger

1 tablespoon lemon juice

3 tablespoons light soy sauce

4 cloves garlic, crushed

½ cup chopped fresh coriander

1 tablespoon brown sugar

pepper to taste

4 chicken breasts (approximately  
200-250g each)

- In a food processor or using a hand blender combine coconut milk, chilli, ginger, lemon juice, soy sauce, garlic, coriander, brown sugar and pepper. Process for 1-2 minutes or until well combined.

- Place chicken in a large bowl and add the coconut milk mixture covering the chicken. Cover and refrigerate for 2 hours or overnight.

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.

- Place chicken on the rack and on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 25-30 minutes.

Serves 4

Grilled coconut chicken

# Spicy mustard drumsticks

1kg chicken drumsticks

¼ cup Dijon mustard

¼ cup whole egg mayonnaise

- In a large bowl, combine mustard and mayonnaise. Mix until well combined.
- Add drumsticks and coat evenly in mixture.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITHOUT PREHEAT.

- Place drumsticks on the rack and on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 37-40 minutes.

Serves 4-6



# Spicy grilled chicken skewers

- ¼ teaspoon ground cayenne pepper**
- 1 teaspoon ground cumin**
- 3 teaspoons ground coriander**
- 2 teaspoons ground turmeric**
- 4 cloves garlic, crushed**
- 2 tablespoons caster sugar**
- ½ teaspoon salt**
- ½ teaspoon ground black pepper**
- 2 tablespoons olive oil**
- 500g chicken breast, cut into 2cm cubes**
- 8 bamboo skewers**

- In a medium bowl, combine cayenne pepper, cumin, coriander, turmeric, garlic, caster sugar, salt, pepper and olive oil. Mix until well combined.
- Add the chicken pieces to marinade. Mix until evenly coated. Cover and refrigerate for 2 hours, or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread chicken evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4

# Wholemeal chicken

- 1kg chicken thighs**
- 100g butter, melted**
- ¼ cup finely grated parmesan cheese**
- 1 cup wholemeal flour**
- 1 tablespoon chopped fresh parsley**

- Dip chicken thighs in butter.
- In a small bowl, combine cheese, flour and parsley. Coat chicken evenly with mixture.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 250°C.
- Place chicken on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 25-30 minutes.

Serves 4



# Grilled Chinese chicken wings

**700g chicken wings**

**1 tablespoon peanut oil**

**1 tablespoon soy sauce**

**1 teaspoon five-spice powder**

**2 tablespoons Hoisin sauce**

- Cut the chicken wings into 2 pieces at the joint. Set aside.
- In a small bowl, combine peanut oil, soy sauce, five-spice powder and Hoisin sauce. Mix until well combined.
- Add the chicken to the marinade. Toss until evenly coated. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITHOUT PREHEAT.
- Place chicken wings on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 4

Grilled Chinese chicken wings



# Chicken and vegetable rolls

**1 cup fresh wholemeal breadcrumbs**  
**500g chicken mince**  
**2 eggs**  
**1 carrot, finely grated**  
**½ onion, grated**  
**¼ cup chopped fresh coriander**  
**¼ cup chopped fresh parsley**  
**salt and pepper to taste**  
**2 sheets frozen puff pastry, just thawed**  
**1 tablespoon sesame seeds**  
**tomato or sweet chilli sauce, to serve**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 200°C.

- In a food processor combine breadcrumbs, chicken mince and 1 egg. Mix until well combined.

- In a large bowl, combine processed chicken mixture, onion, carrot, coriander, parsley, salt and pepper.

- Place one puff pastry sheet on a floured surface and cut in half. Spoon a quarter of the mixture lengthways along the centre of each piece. Fold pastry lengthwise, pressing edges lightly to form a seal. Repeat with remaining pastry and filling.

- Cut each roll evenly into 4 pieces.

- Lightly coat one of the baking trays provided with cooking oil spray. Place chicken rolls evenly onto baking tray.

- In a small bowl beat the remaining egg. Brush rolls with egg and sprinkle with sesame seeds.

- Place baking tray in the upper position. Cook for 25-30 minutes until the rolls are lightly browned and cooked through.
- Serve warm.

Makes 16

## Grilled chicken Caesar salad

**1 tablespoon Worcestershire sauce**  
**1 teaspoon Dijon mustard**  
**300g chicken breast fillet**  
**2 lean rashers bacon**  
**½ cup grated parmesan cheese**  
**1 cos lettuce, washed and torn**

### DRESSING

**2 cloves garlic, crushed**  
**¼ cup whole egg mayonnaise**  
**1 dash Tabasco sauce**  
**1 teaspoon Dijon mustard**  
**1 teaspoon Worcestershire sauce**  
**1 teaspoon lemon juice**  
**2 anchovy fillets, minced**  
**pepper to taste.**

- In a small bowl, combine Worcestershire sauce and Dijon mustard. Evenly coat the chicken breast with marinade mixture.

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.

- Place chicken on the rack and on one of the baking trays provided.



- Place baking tray in the upper position. Cook for 30-35 minutes.
- Allow chicken to cool before slicing into thin strips. Set aside.
- Place bacon between two sheets of paper towel.
- Set oven to MICROWAVE > MANUAL. Cook for 2-3 minutes.
- Allow bacon to cool before slicing into thin strips.

## DRESSING

- In a separate bowl, combine garlic, whole egg mayonnaise, Tabasco sauce, Dijon mustard, Worcestershire sauce, lemon juice, anchovy fillets, and pepper. Mix until well combined. Set aside.
- Place the lettuce in a large bowl. Add chicken, bacon, parmesan cheese and dressing. Toss to coat evenly. For crispy lettuce, serve straight away.

Serves 4



Grilled chicken Caesar salad

# Herb roasted chicken

**60g butter, softened**

**1 clove garlic, crushed**

**3 tablespoons grated parmesan cheese**

**½ teaspoon ground sage**

**¾ teaspoon crushed dried thyme leaves**

**¾ teaspoon crushed dried basil leaves**

**1.5kg chicken (approximately)**

- In a small bowl, combine the butter, garlic, parmesan cheese, sage, thyme and basil. Mix until well combined. Set aside.
- Make a slit to separate the skin from the chicken. Using your fingers press the herb mixture between the skin and flesh evenly. Tie the chicken legs together.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 200°C.
- Place chicken breast side up on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 55-60 minutes.
- Cover chicken with aluminium foil and stand for 10 minutes.
- Carve and serve with vegetables or salad.

Serves 4

# Vegetable rice paper rolls

**2 chicken breasts, approximately**

**200-250g each**

**12 large rice paper rolls**

**1 avocado, halved, thinly sliced**

**1 carrot, grated**

**½ green capsicum, thinly sliced**

**½ small iceberg lettuce, washed and shredded**

**sweet chilli sauce, to serve**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 190°C.
- Place chicken breast on the rack on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 25-30 minutes.
- Finely slice cooked chicken into small pieces.
- Place one rice paper roll in luke warm water until soft. Repeat this process.
- To prepare rolls, overlap two rice paper rolls and thinly layer with chicken, avocado, carrot, capsicum and lettuce.
- Fold each short end of the rice paper roll over the top and bottom of the filling. Fold one edge of rice paper over and tuck in alongside the filling, then fold over the other side, making a roll. Press down lightly to seal.
- Serve with sweet chilli sauce.

Makes 6

# Vegetable chicken patties

**400g chicken mince**

**1 egg white**

**1 carrot, finely grated**

**1 bird's eye chilli, seeds removed,  
finely chopped**

**2 tablespoons chopped fresh chives**

**½ teaspoon ground coriander**

**¼ teaspoon chilli powder (optional)**

**breadcrumbs (optional)**

**salt and pepper to taste**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- In a large bowl, combine chicken mince and egg white, mixing well. Add the carrot, chilli, chives, coriander, chilli powder, salt and pepper. Mix until well combined.
- Shape the mixture into small patties approximately 5cm in width.
- Lightly coat the rack with cooking oil spray.
- Place patties on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Makes 8 patties (approximately)

**NOTE:** Roll patties in breadcrumbs before cooking for a more crisp and crunchy finish.

Vegetable chicken patties



# Meats

## Grilled soy beef skewers

**2 tablespoons soy sauce**  
**2 tablespoons oyster sauce**  
**2 teaspoons sesame oil**  
**2 teaspoons sesame seeds**  
**1 teaspoon grated fresh ginger**  
**1 teaspoon brown sugar**  
**1 clove garlic, crushed**  
**400g lean beef rump steak**  
**8 bamboo skewers**

- In a medium bowl, combine soy sauce, oyster sauce, sesame oil, sesame seeds, ginger, brown sugar and garlic. Set aside.
- Cut the beef into 2cm cubes. Add to the marinade mixture. Cover and refrigerate for 1 hour.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread beef evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4

# Freshly seasoned grilled rack of lamb

**30ml olive oil**

**30ml lime juice**

**3 tablespoons chopped fresh coriander**

**1 teaspoon ground cumin**

**½ teaspoon ground coriander**

**2 cloves garlic, crushed**

**1 teaspoon salt**

**½ teaspoon ground black pepper**

**1 rack of lamb, approximately 8 cutlets**

- In a small bowl, combine the olive oil, lime juice, fresh coriander, ground cumin, ground coriander, garlic, salt and pepper.

- Place lamb into a shallow casserole dish and add marinade. Cover and refrigerate for 2-3 hours or overnight.

- Set oven to SUPER STEAM

CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.

- Place lamb on the rack and on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 32-35 minutes.

Serves 2-3



Freshly seasoned grilled rack of lamb



# Tangy grilled beef skewers

**2 cloves garlic, crushed**  
**2 teaspoons grated fresh ginger**  
**1 tablespoon brown sugar**  
**1 tablespoon light soy sauce**  
**1 tablespoon lime juice**  
**1 teaspoon sesame oil**  
**½ teaspoon ground coriander**  
**½ teaspoon chilli powder**  
**1 teaspoon grated lemon rind**  
**500g lean beef fillet**  
**8 bamboo skewers**

- In a large bowl, combine the garlic, ginger, brown sugar, soy sauce, lime juice, sesame oil, ground coriander, chilli powder and lemon rind. Set aside.
- Cut the beef fillet into 2cm cubes and add to the marinade mixture. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM  
CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Soak skewers in cold water for 5 minutes. Thread the beef evenly onto skewers.
- Place skewers on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 12-15 minutes.

Serves 4

# Plum spare ribs

**750g pork spare ribs, cut into strips**  
**210ml plum sauce**  
**¼ teaspoon chilli powder**

- In a large bowl, combine plum sauce and chilli powder. Mix until well combined.
- Add ribs to marinade, mix until evenly coated. Cover and refrigerate for 1-2 hours.
- Set oven to SUPER STEAM  
CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 150°C.
- Place ribs on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 4



Tangy grilled beef skewers



## Asian beef salad

- 1 tablespoon cracked black pepper
- 1 tablespoon Chinese five spice powder
- 4 steak fillets (approximately 125g each)
- 125g bean sprouts
- 4 shallots, finely sliced
- 1 teaspoon grated fresh ginger
- ½ large red capsicum, thinly sliced

### DRESSING

- 3 tablespoons light soy sauce
- 2 bird's eye chillies, seeds removed,  
finely chopped
- 2 teaspoons finely chopped lemon grass
- 2 tablespoons olive oil
- 1 tablespoon sesame oil

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- In a small bowl, combine the black pepper and Chinese five spice powder. Press this mixture onto all sides of the steak fillets.
- Place the steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.
- Allow to cool. Cut each fillet into thin slices.
- In a separate bowl, combine bean sprouts, shallots, ginger and capsicum. Set aside.

### DRESSING

- In a separate bowl combine soy sauce, chilli, lemon grass, olive oil and sesame oil. Mix until well combined.
- To serve, arrange the beef slices across the top of the bean sprout mixture and drizzle with dressing mixture.

Serves 4



# Italian herbed pizza

## PIZZA BASE

- ½ cup plain flour, sifted
- ½ cup self-raising flour, sifted
- ½ teaspoon powdered mustard
- ¼ teaspoon Cajun seasoning
- salt to taste
- 60g butter, cubed
- 1 egg
- 50ml milk
- oil for brushing

## TOPPING

- 4 rashers bacon, diced (approx. 125g)
- 1 small onion, finely diced
- 1 clove garlic, crushed
- 400g can diced tomatoes
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ cup grated tasty cheese
- salt and pepper to taste

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.

## PIZZA BASE

- In a large bowl, combine the plain flour, self-raising flour, powdered mustard, Cajun seasoning and salt. Rub in the butter with your fingers until mixture resembles fine breadcrumbs. In a separate bowl, whisk together the egg and milk. Stir into the dry ingredients. Mix into a firm dough.
- On a clean floured surface, knead dough until smooth. Evenly roll dough out to a 22cm x 28cm rectangle, to fit the base of one of the baking trays provided. Brush with oil. Set aside.

## TOPPING

- In a large bowl, combine the bacon, onion, garlic, tomatoes, parsley, basil, oregano and cayenne pepper. Mix until well combined.
- Spread this mixture evenly over the pizza base. Sprinkle with cheese.
- Place baking tray in the upper position. Cook for 25-30 minutes.
- Serve hot.

Serves 4

# Rosemary & garlic roast lamb

**3 cloves garlic, halved**

**1.5kg leg lamb**

**2 tablespoons chopped fresh rosemary**

**¼ teaspoon salt**

**oil for brushing**

- Cut six shallow slits into one side of the lamb. Press one piece of garlic into each slit.
- Lightly brush the lamb with oil, coating evenly. Rub rosemary into the surface of the lamb. Season with salt.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITHOUT PREHEAT 160°C.
- Place lamb fat side up on the rack and on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 1 hour 35 minutes-1 hour 45 minutes.

Serves 4-6

# Greek meatballs

**1 tablespoon olive oil**

**1 clove garlic, crushed**

**1 bird's eye chilli, seeds removed,  
finely chopped**

**2 shallots, finely chopped**

**500g minced beef**

**1 egg yolk**

**½ teaspoon dried parsley**

**½ teaspoon ground coriander**

**1 teaspoon salt**

**ground black pepper to taste**

- In a small microwave safe glass bowl, combine the oil, garlic, chilli and shallots. Set oven to MICROWAVE > MANUAL. Cook for 1-2 minutes. Set aside.
- In a large bowl, combine the beef, egg yolk, parsley, coriander, salt and pepper. Add the garlic and chilli mixture. Mix until well combined.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- With your hands, roll mixture into 3-4cm meatballs.
- Place meatballs on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 14-18 minutes.

Makes 20 meatballs (approximately)



Greek meatballs

# Grilled garlic and herb lamb chops

- 3 cloves garlic, crushed**
- 1 tablespoon chopped fresh rosemary**
- 1 teaspoon chopped fresh thyme**
- 2 tablespoons olive oil**
- 1 teaspoon soy sauce**
- salt and pepper to taste**
- 4 lamb leg chops (approximately 200-250g each)**

- In a large bowl, combine the garlic, rosemary, thyme, oil, soy sauce, salt and pepper.
- Add the lamb to marinade, mix until evenly coated. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place lamb chops on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 4

# Marinated steak

- 1 onion, chopped**
- 5 cloves garlic, crushed**
- ¼ cup olive oil**
- ¼ cup vinegar**
- ¼ cup soy sauce**
- 1 tablespoon chopped fresh rosemary**
- 1 teaspoon Dijon mustard**
- 1 teaspoon salt**
- ½ teaspoon black pepper**
- 4 beef scotch fillets (approximately 200-250g each)**

- In a food processor, combine onion, garlic, oil, vinegar, soy sauce, rosemary, mustard, salt and pepper. Process for 2 minutes until well combined.
- Place scotch fillets into a large bowl and add the marinade. Cover and refrigerate for 2 hours or overnight.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM GRILL > WITH PREHEAT.
- Place the steaks on the rack and on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 15-20 minutes.

Serves 4

# Beef lasagne

**500g minced beef**

**½ white onion, chopped**

**2 cloves garlic, crushed**

**½ green capsicum, diced**

**575g jar Napolitano sauce**

**½ teaspoon dried basil**

**½ teaspoon dried oregano**

**½ teaspoon white vinegar**

**2 tablespoons caster sugar**

**½ teaspoon salt**

**ground black pepper to taste**

**2 cups shredded mozzarella cheese**

**½ cup grated parmesan cheese**

**1 cup ricotta cheese**

**1 packet ready made lasagne sheets**

- In a large microwave safe glass bowl, combine the minced beef, onion, garlic and capsicum.
- Set oven to MICROWAVE > MANUAL. Cook for 6-8 minutes, stirring every 2 minutes. Drain. Set aside.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a medium bowl, combine Napolitano sauce, basil, oregano, vinegar, sugar, salt and pepper. Add the cooked beef. Mix until well combined.
- Using a large shallow casserole dish spread ⅓ of the beef mixture covering the base, then add a layer of lasagne sheet. Spread ½ cup of ricotta cheese over the lasagne sheet, and then sprinkle ½ cup mozzarella cheese followed

by ¼ cup parmesan cheese. Layer with one lasagne sheet.

- Continue with the next layer by spreading ½ of the remaining beef sauce, and continue with the same cheese mixture. Layer with one lasagne sheet.

- To finish the layers, spread remaining beef mixture over the top, sprinkling with remaining mozzarella cheese.

- Place casserole dish on one of the baking trays provided.

- Place baking tray in the upper position. Cook for 30-35 minutes.

Serves 6



Beef lasagne

# Desserts

## Moist carrot cake

- 1 cup oil
- 1 cup brown sugar
- 3 eggs
- 1½ cups self-raising flour, sifted
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- ¼ teaspoon salt
- ½ teaspoon ground ginger
- 1½ teaspoons ground nutmeg
- 1 teaspoon grated orange rind
- 2 large carrots, grated
- 80g chopped walnuts

### CREAM CHEESE ICING

- 250g cream cheese
- 2 cups icing sugar
- 2 teaspoons lemon juice

- Lightly grease a round cake tin.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM CAKE> WITH PREHEAT 180°C.
- In a large bowl, beat together the oil, sugar and eggs until well combined.
- Add flour, baking powder, cinnamon, salt, ginger, nutmeg and orange rind.
- Fold in carrots and walnuts.
- Pour mixture into prepared cake tin and place on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 55-60 minutes.
- Cool before icing.

### ICING

- Beat cream cheese until smooth.
- Add icing sugar and lemon juice and beat until smooth.
- Spread icing evenly over the cake.

Serves 6-8



# Coconut apricot tarts

**4 tablespoons caster sugar**

**125g butter**

**½ teaspoon vanilla essence**

**1 egg**

**2 cups plain flour, sifted**

**1 teaspoon baking powder**

**apricot jam**

## TOPPING

**1 egg, beaten**

**½ cup caster sugar**

**1 cup desiccated coconut**

- Lightly grease 2 dome patty trays (12 serves per tray).

- Set oven to SUPER STEAM

CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 220°C.

- In a large bowl, beat together sugar, butter and vanilla essence until light and fluffy.

Add the egg and continue beating until well combined.

- Add the flour and baking powder, kneading with your hands to form a soft dough.

- On a clean floured surface, roll dough to ½cm thick. Using a 7-8cm circular cutter, cut out 24 circles.

- Press each circle into the bottom of each tray. Place ½-1 teaspoon of apricot jam in the centre of each circle.

## TOPPING

- In a small bowl, combine egg, sugar and coconut. Mix until well combined. Add a spoonful of topping onto each patty.

- Place one patty tray on each of the baking trays provided.

- Place one baking tray in the upper position and the other in the lower position. Cook for 13-15 minutes.

Makes 24 tarts



Coconut apricot tarts

# Bread and butter pudding

**½ Vienna bread loaf, torn into small pieces**

**butter for spreading**

**¼ cup sultanas**

**1 egg, lightly beaten**

**300ml cream**

**1¼ cups milk**

**1 teaspoon vanilla essence**

**3 tablespoons caster sugar**

**¼ teaspoon ground nutmeg**

**extra sugar to sprinkle**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- Spread butter on torn pieces of bread and place in a 2 litre casserole dish. Add sultanas. Set aside.
- In a medium bowl, combine the egg, cream, milk, vanilla essence and sugar. Mix until well combined. Pour over the bread and sultanas.
- Press bread into milk mixture to coat. Sprinkle with nutmeg and extra sugar.
- Place casserole dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 20 minutes.
- Allow to stand for 5-10 minutes. Serve with cream or ice cream.

Serves 4-6

# Lamingtons

**¾ cup caster sugar**

**125g butter, softened**

**1 teaspoon vanilla essence**

**2 eggs**

**½ cup milk**

**2 cups self-raising flour, sifted**

**¼ teaspoon salt**

## ICING

**2 cups icing sugar**

**¼ cup cocoa powder**

**30g butter softened**

**4 tablespoons hot water**

**2 cups desiccated coconut**

- Lightly grease a 20cm square cake tin.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, beat together the sugar, butter and vanilla essence until light and fluffy. Add the eggs one at a time, beating after every addition. Pour in ⅓ of the milk, continuing to beat.
- Gently fold in flour, salt and remaining milk.
- Pour into prepared cake tin. Place cake tin on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 40-45 minutes.
- Set aside to cool. Turn out.
- Cut the cake into 16 equal squares. Set aside for 3-4 hours to cool completely, or leave overnight.

## ICING

- Evenly spread the coconut onto a large plate.
- Add the butter and water into a small bowl. Stir in the icing sugar and cocoa powder to form a smooth consistency.
- To start icing, pick up a piece of cake using long tongs and dip each side into the chocolate icing, followed by rolling the piece in the coconut. Continue to dip and roll each piece to make lamingtons.

**NOTE:** To slow down the cooling of the chocolate during dipping, place the bowl into a larger bowl of hot water.

Makes 16 pieces



## Banana bread

**4 ripe bananas, mashed**

**70g butter, softened**

**¾ cup brown sugar**

**1 egg**

**1 teaspoon vanilla essence**

**1 teaspoon baking powder**

**pinch of salt**

**½ teaspoon ground cinnamon**

**1½ cups plain flour**

- Lightly grease a 13 x 20cm loaf pan.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, mix together the mashed bananas and butter. Mix in sugar, egg, vanilla essence, baking powder, salt, cinnamon and flour. Mix until well combined.
- Pour mixture into prepared loaf pan and place on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 40-50 minutes.

Serves 6-8

Banana bread

# Cinnamon ring

## DOUGH

- 2 cups plain flour, sifted**
- ½ teaspoon mixed spice**
- ¼ teaspoon cinnamon**
- ½ teaspoon salt**
- 30g butter**
- 14g yeast**
- ¼ cup caster sugar**
- ¼ cup warm water**
- ¼ cup milk**
- 1 egg, beaten**

## FILLING

- 1 tablespoon butter, softened**
- ⅓ cup brown sugar**
- 1 teaspoon cinnamon**
- ⅓ cup mixed fruit**

## ICING

- 1 cup icing sugar**
- 2 tablespoons milk**
- ½ teaspoon lemon juice**

- In a small bowl, combine flour, mixed spices, cinnamon and salt. Rub in the butter with fingertips until mixture resembles fine breadcrumbs. Set aside.
- In a separate bowl, mix together the yeast, sugar, water, milk and egg until well combined. Add to the flour mixture. Mix to form a soft dough and shape into a ball. Place into a glass bowl and on one of the baking trays provided.

- Set oven to STEAM > MANUAL > PROOF. Set time for 30 minutes.
- Roll out dough to a rectangle approximately 40cm x 20cm.

## FILLING

- Spread butter and sprinkle with brown sugar, cinnamon and mixed fruit. Roll up from one of the widest sides to form a long log shape.
- Lightly grease one of the baking trays provided. Shape the dough into a ring and place on the baking tray. Press the ends together to form a seal. Using a knife, carefully make slits around the ring 2cm apart.
- Place baking tray in the upper position. Set oven to STEAM > MANUAL > PROOF. Set time for 30 minutes. Remove from oven.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BREAD > WITH PREHEAT 180°C. Cook for 10-15 minutes, until golden brown.

## ICING

- Add the icing sugar, milk, and lemon juice in a small bowl. Mix until well combined. Pour over cake.

Serves 6-8

# Strawberry cream wafers

- 1 egg white**
- 60g butter, softened**
- ¼ cup caster sugar**
- 1 tablespoon golden syrup**
- ¼ cup plain flour**

## FILLING

- 1 punnet strawberries, sliced**

**150ml cream**

**icing sugar to decorate**

- Line both baking trays provided with baking paper.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a medium bowl, beat egg white until soft peaks form. Set aside.
- In a separate large bowl, beat together butter and sugar until light and fluffy. Stir in golden syrup, egg white and flour.
- Using a teaspoon, drop 9 small spoonfuls of mixture onto each baking tray provided. Evenly space leaving 6-7cm between each, making three rows of three.
- Place one of the baking trays in the upper position and the other in the lower position. Cook for 10 minutes, until golden brown.
- Place on a wire rack to cool.

**FILLING**

- When ready to serve, beat cream in a medium bowl until whipped. Place a spoonful of cream on one wafer, followed by sliced strawberries and topped with a second wafer. Continue with remaining wafers.
- Sprinkle icing sugar over wafers and serve.

Serves 9

# Wild berry pie

**PASTRY**

- 2 cups self-raising flour**
- 125g butter**
- 3-5 tablespoons water**
- pinch of salt**

**FILLING**

- 830g can mixed berries, drained**
- ½ cup caster sugar**
- ½ teaspoon salt**
- 1 tablespoon cornflour**
- 20g butter, melted**
- egg white, for glazing**
- extra caster sugar, to sprinkle**

- In a large bowl, sift the flour. Rub in the butter with your fingertips until mixture resembles fine breadcrumbs. Stir in the salt. Slowly stir in enough water to form a soft dough. Knead dough until well combined.
- Wrap in greaseproof paper and chill for 30 minutes.
- In a large bowl, combine mixed berries, caster sugar, salt, cornflour and butter. Stand for 10 minutes to allow juices and flavours to develop.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 160°C.
- Roll out ⅔ of the pastry to line a 23 cm glass pie dish. Fill with the berry mixture. Roll out remaining ⅓ of pastry to cover the pie dish. Gently press together the sides of the pastry with a fork, forming a seal.
- Lightly brush the top of the pie with egg white. Sprinkle with extra caster sugar. Pierce the top of the pastry with a fork 3 times to allow air to escape while cooking.
- Place the pie dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes.
- Stand 10 minutes before serving.

Serves 6-8



# Crème caramel

200ml milk

½ vanilla pod

100ml cream

2 eggs

1 egg yolk

2 tablespoons sugar

## CARAMEL

½ cup caster sugar

4 tablespoons water

- In a large microwave safe glass bowl, add milk and vanilla pod. Set oven to MICROWAVE > MANUAL. Cook for 2 minutes. Set aside.
- In a separate bowl combine cream, eggs, egg yolk and sugar. Whisk until well combined.
- Remove vanilla pod from milk and add to egg mixture. Continue to whisk until well combined. Set aside.

## CARAMEL

- In a small bowl, combine the caster sugar and water. Mix until well combined. Set oven to MICROWAVE > MANUAL. Cook for 6-8 minutes or until light golden colour is achieved. Stir every 30 seconds.
- Coat the base of 4 small ramekins with caramel. Allow to cool.
- Fill each ramekin with the milk mixture.
- Place ramekins on one baking tray, provided.
- Place baking tray in the upper position. Set oven to STEAM > MANUAL > STEAM LOW. Cook for 35 minutes.
- Allow to stand for 10 minutes in the oven without opening the door. Allow to cool before serving. Serves 4

**NOTE:** Caution should be applied when preparing and handling the caramel as mixture is very hot and may burn quickly.

# Shortbread wedges

1 cup plain flour, sifted

1 cup rice flour, sifted

⅔ cup icing sugar

pinch of salt

1 teaspoon vanilla essence

250g butter, cubed

- Lightly grease 23cm glass pie dish.
- In a large bowl, combine plain flour and rice flour. Stir in sugar, salt and vanilla.
- Rub in the butter to form a soft dough. Wrap in greaseproof paper and chill for 1 hour.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 160°C.
- Press mixture into pie dish. Score into slices.
- Place pie dish on one of the baking trays provided.
- Place baking tray in the upper position. Cook for 30-35 minutes. Cut slices while warm.

Makes 16 pieces (approximately)

Shortbread wedges



# Self-saucing sticky date pudding

**60g butter, softened**  
 **$\frac{2}{3}$  cup caster sugar**  
**2 eggs**  
**200g pitted dates, chopped**  
**1 cup boiling water**  
**1 teaspoon baking powder**  
**1½ cups self-raising flour, sifted**

## SAUCE

**2 cups boiling water**  
**1 cup brown sugar**  
**25g butter, chopped**

- Lightly grease a 3 litre casserole dish.
- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM CAKE > WITH PREHEAT 180°C.
- In a large bowl, beat together the butter and sugar until light and fluffy. Add eggs and continue beating until well combined.
- Place dates into a bowl and cover with boiling water. Add baking powder and mix until well combined. Set aside.
- Add flour to butter, sugar and egg mixture. Gently stir in dates and water until well combined. Pour into prepared casserole dish.

## SAUCE

- In a medium bowl, combine the boiling water, brown sugar and butter. Mix until well combined. Pour over mixture.
- Place casserole dish on baking tray provided.
- Place baking tray in the lower position. Cook for 30-35 minutes. Serve hot.

Serves 4-6

# Plain scones

**3½ cups self-raising flour**  
**60g butter, cubed**  
**2 tablespoons caster sugar**  
 **$\frac{1}{4}$  teaspoon salt**  
**1½ cups milk**  
**extra milk for glazing**

- Set oven to SUPER STEAM CONVECTION > MANUAL > SUPER STEAM BAKE/ROAST > WITH PREHEAT 180°C.
- In a large bowl, combine the flour and butter, rub in the butter with your fingertips until mixture resembles fine breadcrumbs. Stir in sugar and salt. Stir in the milk to form a soft dough. Knead dough until well combined.
- Lightly grease one of the baking trays provided and dust with flour.
- On a clean floured surface, roll dough to 3cm thick. Cut out scones using a 7cm round cutter. Place scones on baking tray touching each other. Lightly brush the extra milk over scones.
- Place baking tray in the upper position. Cook for 20 minutes.

Makes 15-18 scones (approximately)

# Index

## A

Asian beef salad 35  
Asian greens 8

## B

Baked ricotta and vegetable frittata 14  
Banana bread 43  
Beef lasagne 39  
Bread and butter pudding 42

## C

Cheesy asparagus risotto 12  
Cheesy salmon cannelloni 18  
Cherry tomato frittata 13  
Chicken and vegetable rolls 28  
Chicken satay 24  
Cinnamon ring 44  
Coconut apricot tarts 41  
Crème caramel 46  
Crumbed fish fingers 23

## F

Fish cakes 22  
Freshly seasoned grilled rack of lamb 33

## G

Garlic and thyme potatoes 8  
Greek meatballs 37  
Grilled chicken Caesar salad 28  
Grilled chilli lemon octopus 16  
Grilled Chinese chicken wings 27  
Grilled coconut chicken 25  
Grilled garlic and herb lamb chops 38  
Grilled garlic prawns 16  
Grilled soy beef skewers 32  
Grilled tuna steaks 19  
Grilled white wine prawns 17

## H

Herb roasted chicken 30

## I

Italian herbed pizza 36

## L

Lamingtons 42

## M

Marinara risotto 20  
Marinated salmon 21  
Marinated snapper 18  
Marinated steak 38  
Mediterranean vegetables 12  
Moist carrot cake 40  
Mushroom risotto 12

## O

Orange carrots 14

## P

Pasta Napolitano 14  
Plain scones 47  
Plum spare ribs 34  
Potato salad with avocado and prosciutto 10

## R

Roast vegetables 10  
Rosemary & garlic roast lamb 37

## S

Self-saucing sticky date pudding 47  
Shortbread wedges 46  
Spicy grilled chicken skewers 26  
Spicy mustard drumsticks 25  
Spinach and ricotta lasagne 15  
Strawberry cream wafers 44  
Stuffed Portobello mushrooms 9

## T

Tandoori style vegetables 11  
Tangy grilled beef skewers 34  
Thai scallops 20

## V

Vegetable chicken patties 31  
Vegetable rice paper rolls 30

## W

Wholemeal chicken 26  
Wild berry pie 45

**SHARP**

# 超高温蒸汽烤炉食谱



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# 内容

简介 3

图表 4

蔬菜 8

海鲜16

鸡肉 24

肉类 32

甜点 40

索引 48





# 夏普超高温蒸汽烤炉简介...

感谢您购买夏普超高温蒸汽烤炉，它将带您进入健康烹饪的新世纪。这款创新型的烤炉由传统蒸汽技术及可烘焙、烘烤、烧烤等加热的过程构成。

手动操作是您使用此款新烤炉的第一步，我们将详细阐述夏普超高温蒸汽烤炉如何运作及正确的操作方式。掌握如何使用烤炉后，回顾本食谱了解如何烹调自己喜爱的美味佳肴。本书所述食谱操作简单，是烹饪美食的理想选择。

夏普超高温蒸汽烤炉采用特有的对流加热、蒸汽、高温蒸汽处理技术，提高食物的口感与味道，更能降低食物脂肪与卡路里，保持其维他命含量及营养。

这项多功能的“创新技术”提供一种新型健康的烹调方式，四合一的烹调选择为现代生活方式的需要提供便利。它是一台您梦寐以求的烤炉。夏普诚邀您一起享受夏普超高温蒸汽烤炉带来的美味佳肴。

## 图表

夏普美食测试部的专家已精心编制烹调说明图表，为您提供最受欢迎食物数量、烤炉设置、烹调时间的快速参考。  
参照以下图表用夏普蒸汽烤炉烹调你最喜欢或最简便的美食。

**注意：**除注明冷冻的条目外，烹饪时间与烤炉设置为新鲜或已解冻的食物所使用。

# 蒸汽：高温蒸汽图表

使用烤盘，烤架及（或）蒸盘

食物		重量/数量	烤炉设置	烤炉位置	时间	
海鲜	全鱼	0.2-1千克	自动：鲜鱼/鲜虾	上层	预设	
	0.5英寸厚肉片	0.2-1千克	自动：鲜鱼/鲜虾	上层	预设	
	鱿鱼	0.2-0.6千克	手动：高温蒸汽	上层	5-8分钟	
家禽肉	半块鸡胸肉	0.25-1千克	手动：高温蒸汽	上层	25-30分钟	
饺子	冷冻饺子	0.1-0.5千克	自动：冷冻方便食品（饺子）	上层	预设	
贝类	带壳牡蛎	0.2-0.9千克	手动：高温蒸汽	上层	25-30分钟	
	带壳蚌类	0.2-0.9千克	手动：高温蒸汽	上层	5-8分钟	
	扇贝	0.2-0.7千克	手动：高温蒸汽	上层	5-8分钟	
	大只对虾	0.2-0.5千克	自动：鲜鱼/鲜虾	上层	预设	
蔬菜	白芦笋		自动：新鲜蔬菜1	上层	预设	
	绿花椰菜		自动：新鲜蔬菜1	上层	预设	
	胡萝卜	小胡萝卜	自动：新鲜蔬菜2	上层	预设	
		切丝，0.25英寸厚	自动：新鲜蔬菜2	上层	预设	
	西兰花		自动：新鲜蔬菜2	上层	预设	
	玉米棒		自动：新鲜蔬菜2	上层	预设	
	四季豆，切成2英寸小段		自动：新鲜蔬菜2	上层	预设	
	蘑菇		自动：新鲜蔬菜1	上层	预设	
	绿叶蔬菜	白菜，切段	1-4杯	手动：高温蒸汽	上层	3-6分钟
		芥蓝，切段	1-4杯	手动：高温蒸汽	上层	3-6分钟
		大白菜，切段	1-4杯	手动：高温蒸汽	上层	3-6分钟
		菜心	1-4杯	手动：高温蒸汽	上层	3-6分钟
		菠菜，撕开	1-4杯	手动：高温蒸汽	上层	3-6分钟
		小个黄色长南瓜，切成两半	0.2-1千克	自动：新鲜蔬菜1	上层	预设
		西葫芦，切0.25英寸的细丝	0.2-1千克	自动：新鲜蔬菜1	上层	预设
	土豆	带皮土豆	0.8千克	手动：高温蒸汽	上层	35分钟
小土豆		0.8千克	手动：高温蒸汽	上层	30分钟	
米饭			1.5杯水	手动：高温蒸汽	上层	25分钟
			2.5杯水	手动：高温蒸汽	上层	28分钟
意大利面			1.5杯水	手动：高温蒸汽	上层	23分钟
			2.5杯水	手动：高温蒸汽	上层	27分钟

**注意：**以上功能仅在蒸煮键下使用。请按照图表中的烤炉设置操作。  
烹调米饭。或意大利面时，用一个2升的浅砂锅直接放在烤盘上。  
烹调蔬菜或饺子类请使用烤架上的蒸盘。

# 超高温蒸汽对流加热： 烘烤图表

使用烤盘及烤架

食物		重量/数量	烤炉设置	烤炉位置	时间	生熟程度
牛肉	煎颈片肉	1-2千克	自动：烤：烤牛柳	下层	预设	半熟
		1-2千克	自动：烤：烤牛柳：其他	下层	预设	全熟
	里脊肉	1-2千克	手动：SS 烘焙/烘烤：预热200℃	下层	30-40分钟	半熟
		1-2千克	手动：SS 烘焙/烘烤：预热200℃	下层	40-50分钟	全熟
羊肉	羊腿肉	1-2千克	自动：烤：烤羊腿	下层	预设	全熟
	羊排	约8块肉片	手动：SS 烘焙/烘烤：无预热180℃	下层	35分钟	半熟/全熟
猪肉	无骨猪柳	0.9-1.5千克	自动：烤：烤猪肉	下层	预设	全熟
	排骨	750克	手动：SS 烘焙/烘烤：预热150℃	下层	30分钟	半熟/全熟
	里脊肉	0.3-1千克	手动：SS 烘焙/烘烤：无预热200℃	下层	30-40分钟	全熟
家禽肉	半块鸡胸肉	0.25-1千克	手动：SS 烘焙/烘烤：无预热190℃	下层	25-30分钟	全熟
	整只鸡	0.9-2千克	自动：烤：烤鸡肉	下层	预设	全熟
火鸡	整只火鸡 配佐料	4.5千克	手动：SS 烘焙/烘烤：无预热220℃	下层	120分钟	全熟
		6千克	手动：SS 烘焙/烘烤：无预热220℃	下层	150分钟	全熟
鸭肉	整只鸭	2千克	手动：SS 烘焙/烘烤：无预热200℃	下层	60-70分钟	全熟

**注意：**以上功能仅在蒸煮键下使用。请按照图表中的烤炉设置操作。  
因含糖或蜂蜜的腌泡汁在高温下快速焦化，生熟程度或将受到影响。  
缩写：SS=高温蒸汽，P=预热

# 超高温蒸汽对流加热： 烤肉图表

使用烤盘及烤架

食物			重量/厚度	烤炉设置	烤炉位置	时间	生熟程度
牛肉	汉堡 1-4肉片		1-2厘米厚	手动：SS烧烤：预热	上层	12-15分钟	全熟
	牛排	T骨牛排、肉眼牛排、西冷牛排	0.2-0.8千克	手动：SS烧烤：预热	上层	10-13分钟	半熟
			0.2-0.8千克	手动：SS烧烤：预热	上层	14-17分钟	全熟
鱼肉	鱼排		0.2-1千克	自动：烧烤：烤鱼	上层	预设	薄片
羊肉	肉块（羊腰肉或肋骨）		0.1-0.8千克	手动：SS烧烤：预热	上层	18-22分钟	全熟
猪肉	无骨猪腰肉		0.1-0.8千克	手动：SS烧烤：预热	上层	18-22分钟	全熟
家禽肉	半块鸡胸		0.25-1千克	自动：烧烤：鸡肉	上层	预设	全熟
			0.2-1千克	自动：烧烤：鸡腿	上层	预设	全熟
香肠	普通香肠		0.2-0.6千克	手动：SS烧烤：预热	上层	15-20分钟	熟透
	低脂牛肉		0.2-0.6千克	手动：SS烧烤：预热	上层	15-20分钟	熟透
贝类	扇贝		多达0.5千克	手动：SS烧烤：预热	上层	7-10 分钟	不透明
	大只对虾		多达0.5千克	手动：SS烧烤：预热	上层	7-10分钟	不透明

**注意：**以上功能仅在蒸煮键下使用。请按照图表中的烤炉设置操作。  
缩写：SS=高温蒸汽，P=预热

# 超高温蒸汽对流加热：烘焙图表

使用烤盘及/或烤架

食物			重量/数量	烤炉设置	烤炉位置	时间
面包	面包卷	冷冻的	1袋	手动：SS面包：预热200℃	下层	6-7分钟
		自制或混合料	8卷	手动：SS面包：预热220℃	下层	10-15分钟
	面包片、自制或混合料		13x20厘米锡纸	自动：烘焙：面包	下层	预设
蛋糕	枕头蛋糕		13x20厘米锡纸	手动：SS面包：预热180℃	下层	45分钟
	马德拉岛蛋糕		13x20厘米锡纸	自动：烘焙：蛋糕	下层	预设
	黄油蛋糕		20厘米方形锡纸	自动：烘焙：蛋糕	下层	预设
甜点	酪饼		1	手动：SS烘焙/烘烤：预热160℃	上层	60分钟
	饼干曲奇	自制或混合料	15	手动：SS烘焙/烘烤：预热180℃	上/下层	12-14分钟
		冷藏的	1袋	手动：SS烘焙/烘烤：预热180℃	上/下层	12-14分钟
	自制松饼或混合料		1袋	手动：SS烘焙/烘烤：预热180℃	上/下层	15-20分钟
	自制纸杯蛋糕或混合料		12个	手动：SS烘焙/烘烤：预热180℃	上/下层	20-25分钟
鱼制品	冷冻鱼片，捣碎或切片		0.2-0.5千克	手动：SS烘焙/烘烤：预热200℃	上层	15-20分钟
	冷冻鱼棒，捣碎或切片		0.25-0.5千克	手动：SS烘焙/烘烤：预热200℃	上层	15-20分钟
馅饼	冷冻水果派		23厘米	手动：SS烘焙/烘烤：预热180℃	上层	32-37分钟
	自制水果派		23厘米	手动：SS烘焙/烘烤：预热160℃	上层	30-35分钟
	冷冻肉派		1-4个	手动：SS烘焙/烘烤：预热180℃	上层	15-20分钟
披萨	冷冻披萨		0.2-1千克	自动：烘焙：冷冻披萨	上/下层	预设
冷冻快餐	意式宽面		400克	手动：SS烘焙/烘烤：预热180℃	上层	35分钟
土豆制品	冷冻薯条		0.2-0.5千克	手动：SS烘焙/烘烤：预热210℃	上层	15-20分钟
	冷冻土豆块、土豆煎饼		0.2-0.5千克	手动：SS烘焙/烘烤：预热210℃	上层	15-20分钟
家禽肉制品	配料冷冻	鸡爪	0.25-0.5千克	手动：SS烘焙/烘烤：预热220℃	上层	12-15分钟
		鸡块	0.25-0.5千克	手动：SS烘焙/烘烤：预热220℃	上层	12-16分钟
		鸡胸/肉排	0.2-0.4千克	手动：SS烘焙/烘烤：预热200℃	上层	21-26分钟
	配料冷藏	鸡块	0.25-0.5千克	手动：SS烘焙/烘烤：预热220℃	上层	14-16分钟
		鸡胸/肉排	0.2-0.5千克	手动：SS烘焙/烘烤：预热220℃	上层	12-16分钟

**注意：**以上功能仅在蒸煮键下使用。请按照图表中的烤炉设置操作。  
烹调鱼肉或家禽肉类是可同时使用烤盘及烤架

缩写：SS=高温蒸汽，P=预热

# 超高温蒸汽对流加热： 烘烤图表

使用烤盘及烤架

食物		重量/数量	烤炉设置	烤炉位置	时间	生熟程度
牛肉	煎颈片肉	1-2千克	自动：烤：烤牛柳	下层	预设	半熟
		1-2千克	自动：烤：烤牛柳：其他	下层	预设	全熟
	里脊肉	1-2千克	手动：SS 烘焙/烘烤：预热200℃	下层	30-40分钟	半熟
		1-2千克	手动：SS 烘焙/烘烤：预热200℃	下层	40-50分钟	全熟
羊肉	羊腿肉	1-2千克	自动：烤：烤羊腿	下层	预设	全熟
	羊排	约8块肉片	手动：SS 烘焙/烘烤：无预热180℃	下层	35分钟	半熟/全熟
猪肉	无骨猪柳	0.9-1.5千克	自动：烤：烤猪肉	下层	预设	全熟
	排骨	750克	手动：SS 烘焙/烘烤：预热150℃	下层	30分钟	半熟/全熟
	里脊肉	0.3-1千克	手动：SS 烘焙/烘烤：无预热200℃	下层	30-40分钟	全熟
家禽肉	半块鸡胸肉	0.25-1千克	手动：SS 烘焙/烘烤：无预热190℃	下层	25-30分钟	全熟
	整只鸡	0.9-2千克	自动：烤：烤鸡肉	下层	预设	全熟
火鸡	整只火鸡配佐料	4.5千克	手动：SS 烘焙/烘烤：无预热220℃	下层	120分钟	全熟
		6千克	手动：SS 烘焙/烘烤：无预热220℃	下层	150分钟	全熟
鸭肉	整只鸭	2千克	手动：SS 烘焙/烘烤：无预热200℃	下层	60-70分钟	全熟

**注意：**以上功能仅在蒸煮键下使用。请按照图表中的烤炉设置操作。  
因含糖或蜂蜜的腌泡汁在高温下快速焦化，生熟程度或将受到影响。  
缩写：SS=高温蒸汽，P=预热

# 超高温蒸汽对流加热： 烤肉图表

使用烤盘及烤架

食物			重量/厚度	烤炉设置	烤炉位置	时间	生熟程度
牛肉	汉堡 1-4肉片		1-2厘米厚	手动：SS烧烤：预热	上层	12-15分钟	全熟
	牛排	T骨牛排、肉眼牛排、西冷牛排	0.2-0.8千克	手动：SS烧烤：预热	上层	10-13分钟	半熟
			0.2-0.8千克	手动：SS烧烤：预热	上层	14-17分钟	全熟
鱼肉	鱼排		0.2-1千克	自动：烧烤：烤鱼	上层	预设	薄片
羊肉	肉块（羊腰肉或肋骨）		0.1-0.8千克	手动：SS烧烤：预热	上层	18-22分钟	全熟
猪肉	无骨猪腰肉		0.1-0.8千克	手动：SS烧烤：预热	上层	18-22分钟	全熟
家禽肉	半块鸡胸		0.25-1千克	自动：烧烤：鸡肉	上层	预设	全熟
			0.2-1千克	自动：烧烤：鸡腿	上层	预设	全熟
香肠	普通香肠		0.2-0.6千克	手动：SS烧烤：预热	上层	15-20分钟	熟透
	低脂牛肉		0.2-0.6千克	手动：SS烧烤：预热	上层	15-20分钟	熟透
贝类	扇贝		多达0.5千克	手动：SS烧烤：预热	上层	7-10 分钟	不透明
	大只对虾		多达0.5千克	手动：SS烧烤：预热	上层	7-10分钟	不透明

**注意：**以上功能仅在蒸煮键下使用。请按照图表中的烤炉设置操作。  
缩写：SS=高温蒸汽，P=预热



# 蔬菜

## 百里香烤土豆

小土豆800克  
橄榄油1汤匙  
捣碎的大蒜2瓣  
捣碎的百里香叶1汤匙  
适量食盐及胡椒

将土豆切成1-2厘米的方块。  
在大碗中加入橄榄油、大蒜、百里香、食盐、胡椒混合搅拌均匀。  
将土豆放入混合酱汁中，翻动均匀。  
取出沥油，将土豆放入烤盘中。  
将烤盘放在烤炉的上层。  
烤炉调至超高温蒸汽对流加热>手动>超高温蒸汽烘焙/烘烤>无预热200℃，烤30-35分钟即可。

4人份

## 绿色时蔬

白菜250克  
西兰花250克  
蚝油2汤匙  
芝麻油半汤匙

白菜及西兰花洗净切块。  
切长约10厘米的相等长度。  
将蔬菜放在烤架的蒸盘及烤盘中。  
将烤盘放在烤炉上层。  
烤炉调至蒸>手动>高温蒸汽>蒸6分钟。  
从烤炉中取出蔬菜，搁置一分钟，沥干水分。  
将蚝油、芝麻油倒入小碗中搅拌均匀。  
把蔬菜倒入餐盘，加调味汁搅匀。  
热食

2-4人份



酿龙葵菇

## 酿龙葵菇

白面包2片  
培根肉2片  
青葱4根, 切段  
日晒番茄干100克、切片  
指天椒1个, 去籽切丁  
特香奶酪碎半杯  
帕马森奶酪半杯  
西芹一汤匙, 切碎  
大蒜2瓣, 拍碎  
龙葵菇8个, 去菌管(每个约80-100克)  
小块黄油20克  
适量食盐、胡椒

将面包加工成面包屑, 先放一边。  
用两张厨房纸巾将包住培根, 放在烤炉底座。  
烤炉调至微波炉>手动。  
烹调2分钟。  
将青葱和培根放入微波炉专用玻璃碗中。  
烤炉调至微波炉>手动。  
烹调1分钟。  
烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烤肉>预热。  
将面包屑、培根、青葱、日晒番茄干、辣椒、奶酪、西芹、大蒜、食盐及胡椒混合, 搅拌均匀。  
将混合后的肉馅酿入龙葵菇中。  
将黄油切成8个同等的小块, 每个龙葵菇上放一块。  
把酿好的龙葵菇放在烤盘的烤架上。  
将烤盘放在烤炉上层。  
烤15分钟。

4人份



烤蔬菜

## 烤蔬菜

小土豆300克  
甘薯300克  
欧防风250克  
橄榄油2汤匙  
干牛至1汤匙  
干西芹1汤匙  
少量食盐  
蔬菜洗净。

将土豆切成4半或1-2厘米的方块。  
甘薯切成长1-2厘米的方块、欧防风切成4半。  
用大碗将油、牛至、西芹、食盐混合，搅拌至均匀。  
将蔬菜加入混合调味汁中，搅拌均匀。  
将蔬菜放入烤盘。  
将烤盘放在烤炉上层。  
烤炉调至超高温蒸汽对流加热>手动>超高温蒸汽烘焙/烧烤>无预热200℃，烤30-35分钟。

4人份

## 鳄梨火腿土豆沙拉

小土豆1千克，切成4半  
西班牙洋葱1个，切成圈  
黄油30克  
蛋黄酱半杯  
细香葱1汤匙，切段  
鳄梨1个，切片  
柠檬汁1汤匙  
熏火腿4片，切成条状  
适量黑胡椒粉  
更多细香葱用于装饰  
更多火腿条用于装饰

将土豆放在烤盘上。  
将烤盘放在烤炉的上层。  
将烤炉调至蒸>手动>高温蒸汽>，蒸25-30分钟。用锡纸盖住放置5分钟。  
在微波炉专用碗中加入洋葱圈及黄油。  
将烤炉调至微波炉>手动。  
烹调1分钟或自动跳挡。  
将土豆、蛋黄酱、细香葱与洋葱放入碗中搅拌均匀。  
鳄梨切块并撒上柠檬汁。  
将鳄梨、火腿加入土豆混合物中，轻轻搅拌均匀，再加入黑胡椒调味。  
用剩余的细香葱、火腿加以装饰。  
与凉拌鸡肉、其他肉类同食或做午餐单独食用。

4人份

## 唐杜里蔬菜

南瓜200克  
小甘薯1个（约200克）  
中等大小胡萝卜2个  
中等大小土豆1个（约180克）  
酸奶1汤匙  
捣碎生姜1汤匙  
辣椒粉0.25汤匙  
红辣椒2汤匙  
咖喱粉1汤匙  
油1汤匙  
柠檬汁半汤匙

蔬菜剥皮洗净，切成1-2厘米的小块。  
用大碗中将酸奶、生姜、辣椒粉、红辣椒、咖喱粉、油及柠檬汁混合搅拌均匀。  
将蔬菜放入混合调味汁中搅匀。  
将蔬菜放入烤盘中。  
将烤盘放在烤炉上层。  
将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>无预热200℃，烤35-40分钟。

4人份



唐杜里蔬菜

# 芝士芦笋烩饭

新鲜芦笋2根  
青葱3根，切段  
大蒜3瓣，拍碎  
鸡汤2杯 半  
艾保利奥米2杯，洗净  
特香奶酪碎半杯  
新鲜帕玛森奶酪碎1杯  
适量食盐、胡椒

芦笋削皮，切成适合食用的大小即可。  
用大碗中将芦笋、青葱、大蒜及鸡汤混合搅拌均匀。  
接着加入大米、特香奶酪、帕玛森奶酪、食盐及胡椒，搅拌均匀。  
小心将混合物倒入烤盘中，均匀铺开。  
将烤盘放在烤炉上层。  
将烤炉调至蒸>手动>高温蒸汽> 蒸25分钟即可。

4人份

# 地中海蔬菜

西班牙洋葱1个  
西葫芦2个(400克)  
红辣椒1个（280克）  
茄子1个（300克）  
小蕃茄250克

橄榄油3汤匙  
干西芹0.25汤匙  
干牛至0.25汤匙  
适量食盐及胡椒  
烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烤焙/烘烤>预热220℃  
西葫芦、茄子切成约1厘米厚、6厘米长的小块。柿子椒切条、洋葱切成楔子形。  
将蔬菜、橄榄油、西芹、牛至、食盐及胡椒加入大碗中混合搅拌均匀。  
将蔬菜放入烤盘中。  
将烤盘放在烤炉上层。  
烤35-40分钟即可。  
4-6人份

# 意式香菇烩饭

香菇300克、洗净切丁  
大西班牙洋葱1个，切丁  
大蒜2瓣，拍碎  
蔬菜汤2杯  
奶油半杯  
艾保利奥米2杯, 洗净  
切碎的新鲜罗勒1汤匙  
切碎的新鲜西芹1汤匙  
切碎的新鲜百里香1汤匙  
切碎的帕玛森奶酪三分之一杯  
适量食盐及胡椒



将香菇及洋葱放入大碗中。加入大蒜、蔬菜汤及奶油搅拌均匀。  
接着加入大米、罗勒、西芹、百里香、帕玛森奶酪、食盐及胡椒。  
混合搅拌均匀。  
将混合后的食材小心倒入烤盘，均匀摊开。  
将烤盘放在烤炉上层。  
将烤炉调至蒸>手动>高温蒸汽> 蒸25分钟即可。  
4人份

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>预热200℃。  
番茄切半放入抹油的2升砂锅中，撒上西芹及细香葱。  
用中等大的碗将面粉、鸡蛋混合搅拌均匀。慢慢加入酸奶油、牛奶、食盐及胡椒。  
将混合后的食材慢慢地倒在番茄上，再撒上切达奶酪。  
将砂锅放在烤盘上。  
将烤盘放在烤炉上层。  
烤30分钟即可。  
4人份

## 番茄蛋饼

小番茄200克  
切碎的新鲜西芹2汤匙  
切碎的新鲜细香葱1汤匙  
中筋面粉四分之一杯  
大鸡蛋4个，打散  
酸奶油3汤匙  
牛奶1杯  
食盐四分之一汤匙  
适量胡椒  
切碎的切达奶酪1杯



番茄蛋饼

# 糖渍橙皮胡萝卜

胡萝卜500克去皮  
已溶解的黄油40克  
切碎的橙皮1汤匙  
白砂糖1汤匙  
胡萝卜切四半，再切成5厘米的段。  
将胡萝卜丝放在烤盘烤架上的蒸盘中。  
将烤炉调至蒸>手动>高温蒸汽。  
将烤盘放在烤炉上层。  
蒸16分钟即可。  
用中等大的碗将黄油、橙皮、糖混合搅拌均匀。  
将蒸好的胡萝卜加入混合调味汁，翻动使其均匀浸到酱汁中。  
热食

4人份

# 丽可塔奶酪蔬菜饼

丽可塔奶酪500克  
洋葱1个，切丁  
鸡蛋2个打散  
切碎的切达奶酪一杯  
切碎帕玛森奶酪半杯  
1个切碎的西葫芦  
红柿子椒半个，切丁  
用黄油涂抹2个松饼托盘（每个烤盘可放6个）。  
将烤炉调至超高温蒸汽对流加热>手动>高温。

蒸汽烤焙/烘烤>预热180℃。  
用中等大的碗将所有配料混合搅拌均匀。  
将混合酱汁在松饼托盘上均匀摊开。  
将松饼托盘放在烤盘上。  
将两个烤盘分别放在烤炉上、下层，烤20分钟或疏松金黄即可。

热食

可做12个

# 番茄酱汁意大利面

400克碎番茄2罐  
番茄酱4汤匙  
大蒜2瓣，拍碎  
青葱1杯，切段  
糖2茶匙  
2茶匙蔬菜汤  
意大利宽面375克  
适量食盐、胡椒  
将意大利面放在烤盘的底部。  
将碎番茄、番茄酱、大蒜、青葱、糖、蔬菜汤、盐及胡椒混合拌匀。  
将混合调味汁均匀铺在意大利面上。  
将烤盘放在烤炉的上层。  
将烤炉调至蒸>手动>高温蒸汽，蒸25分钟或面条变软即可。  
搅拌并盖上铝箔纸，放置3-5分钟后可食用。

4人份

# 丽可塔菠菜千层面

菠菜（银甜菜）1捆，洗净（约500克）

橄榄油2茶匙

洋葱1个，切碎

大蒜2瓣，拍碎

新鲜丽可塔奶酪500克

切碎的新鲜罗勒2汤匙

新鲜意大利千层面3片

切碎的玛苏里拉奶酪1杯

适量食盐及胡椒

菠菜去梗切段，放入微波炉专用的大玻璃碗中。

将烤炉调至微波炉>手动，烹调7分钟，中途搅拌。菠菜沥干水分，挤掉多余的水分，先放在一边。

在另一个微波炉专用大玻璃碗中加入油、洋葱、大蒜。

将烤炉调至微波炉>手动。烹调3分钟，中途搅拌。

将洋葱混合配料、丽可塔奶酪、罗勒、食盐及胡椒加入菠菜中拌匀。

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烤焙/烘烤>预热180℃。

准备一个大的浅砂锅，将三分之一的菠菜放在锅底。

盖上一层千层面。

再铺上剩余菠菜的一半，倒入三分之一的纳波利塔诺酱，接着再盖上一层千层面。

重复以上步骤将剩下的菠菜、纳波利塔诺酱的一半及千层面放入锅中。

再倒入剩下的纳波利塔诺酱，均匀铺开。

撒上玛苏里拉奶酪。

将砂锅放在烤盘上。

将烤盘放在烤炉的上层。

烤30-35分钟。

6人份



丽可塔菠菜千层面



香辣柠檬章鱼

# 海鲜

## 香辣柠檬章鱼

小章鱼400克  
磨碎的柠檬皮一个  
柠檬汁四分之三杯  
橄榄油2汤匙  
2汤匙辣椒酱（甜辣椒酱亦可）  
大蒜4瓣，拍碎  
用水冲洗章鱼，确保鱼头干净。大块的章鱼须切成小块以便熟透。  
用大碗将柠檬皮、柠檬汁、大蒜、油、辣椒酱混合搅匀。  
将章鱼放入腌料中，盖好放入冰箱冷藏腌制2小时。  
将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烧烤>预热。

取出章鱼并放在烤盘上。  
将烤盘放在烤炉上层。  
烤7-10分钟。  
撒上西芹叶装饰，配柠檬片及蔬菜沙拉食用。  
**注意：**烹调时间长短可根据个人口感而定。  
2人份

## 蒜香烤虾

大虾500克，去皮、去黑线、留虾尾  
蔬菜油三分之一杯  
芝麻油3茶匙  
芫荽籽粉1茶匙



大蒜3瓣，拍碎

白酒2汤匙

竹签8根

用中等大的碗中将蔬菜油、芝麻油、芫荽、大蒜及白酒混合搅匀。

将虾加入腌料中，盖好放入冰箱冷藏腌制2小时。

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烧烤>预热。

将竹签放在冷水中浸泡5分钟。

用竹签将虾串好。

将串好的虾放入烤盘中。

将烤盘放在烤炉 的上层。

烹调7-10分钟。

4人份

## 白酒烤虾

大虾500克、去皮、去黑线、留虾尾

食盐半茶匙

黑椒1茶匙

白酒三分之一杯

奶油三分之一杯

大蒜3瓣，捣碎

芫荽籽粉半茶匙

竹签8根

用中等大的碗中将蔬菜油、芝麻油、芫荽、大蒜及白酒混合搅匀。

将虾加入腌料中，盖好放入冰箱冷藏腌制2小时。

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烧烤>预热。

将竹签放在冷水中浸泡5分钟。

用竹签将虾串好。

将串好的虾放入烤盘中。

将烤盘放在烤炉 的上层。

烹调7-10分钟。

4人份

蒜香烤虾





# 酱汁甲鱼

酱油2汤匙

大蒜2瓣，拍碎

1汤匙芝麻油

磨碎生姜末1茶匙

切碎的新鲜芫荽1汤匙

指天椒2个，去籽切丝

500克甲鱼一只，清洗干净

用小碗将酱油、大蒜、芝麻油、生姜、芫荽及辣椒混合搅匀。  
将甲鱼放入一个大的浅砂锅中，盖好冷藏2小时，如果甲鱼太大，可切掉鱼尾。  
将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烧烤>预热。  
将甲鱼放在烤盘上。  
将烤盘放在烤炉上层。  
烤15-20分钟。

2人份

# 奶酪鲑鱼肉卷

丽可塔奶酪250克

切达奶酪碎90克

适量食盐、胡椒

鸡蛋2个，打散

210克红鲑鱼1罐，沥干去骨

柠檬汁2茶匙

肉卷120克

现成意大利面酱375克

2汤匙切碎的切达奶酪

2汤匙切段的新鲜西芹用以装饰

在大碗中加入丽可塔奶酪、切达奶酪、鸡蛋、鲑鱼、柠檬汁、食盐及胡椒混合搅拌均匀。  
用调羹将鲑鱼混合料填入肉卷中。  
肉卷排成排，放入一个大的浅砂锅。  
将意大利面酱倒在肉卷上，用调羹背面将酱汁摊匀。  
撒上剩余的奶酪。  
烤炉调至蒸>手动>高温蒸汽。  
将砂锅放在烤盘上。  
将烤盘放在烤炉的上层。  
烹饪30分钟即可。  
加西芹装饰，配蔬菜沙拉食用。

4人份

# 烤金枪鱼排

酱油2汤匙

第戎芥末2茶匙

橄榄油1汤匙

切碎的新鲜茺荂1汤匙

金枪鱼排4块（每块约200-250克，1-2厘米厚）

用中等大的碗将酱油、芥末、油及茺荂混合搅匀。

将金枪鱼放入腌料中，盖好放入冰箱冷藏腌制1-2小时。

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>无预热180℃。

将金枪鱼放在烤盘上。

将烤盘放在烤炉上层。

烤20-25分钟即可。

4人份

烤金枪鱼排



# 泰式扇贝

芝麻油1茶匙

黄油40克

指天椒1个、去籽切丝

大蒜2瓣，拍碎

白砂糖1茶匙

印尼甜酱油2汤匙

磨碎生姜末1茶匙

鱼露1汤匙

扇贝500克

切碎的新鲜芫荽1汤匙，用于装饰  
用微波炉专用小碗将油、黄油、辣椒及大蒜混合。  
将烤炉调至微波炉>手动。  
烹调2分钟。  
加糖、印尼甜酱油、姜、鱼露及扇贝搅拌均匀，盖好放入冰箱冷藏腌制1-2小时。  
将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烧烤>预热。  
将扇贝放在烤盘中。  
将烤盘放在烤炉上层。  
烹调7-10分钟。  
配米饭食用

2-4人份

# 意式海鲜烩饭

杂菜500克

大蒜1瓣，拍碎

切碎的新鲜西芹1汤匙

艾保利奥米1杯，洗净

红酒四分之一杯

罐装现成的意大利面酱580克

适量食盐及、胡椒

用大碗将杂菜、大蒜、西芹、大米混合搅匀。  
加入红酒、意大利面酱、食盐及胡椒搅拌均匀。  
将混合后的食材小心地倒入一个大的浅砂锅，均匀摊开。  
将烤炉调至蒸>手动>高温蒸汽。  
将砂锅放在烤盘中。  
将烤盘放在烤炉上层。  
蒸35分钟即可。

4人份



腌三文鱼

## 腌三文鱼

柠檬汁三分之一杯

酱油2茶匙

辣酱油2茶匙

干西芹1茶匙

干牛至半茶匙

大蒜2瓣，拍碎

适量食盐、胡椒

4块三文鱼肉片（每块约200克）

用大碗将柠檬汁、酱油、辣酱油、西芹、牛至、大蒜、食盐及胡椒混合拌匀。将三文鱼肉片加入腌料中，盖好盖子放入冰箱冷藏腌制1-2小时。将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>无预热180℃。在烤盘上抹一层食用油。将三文鱼带皮一侧放在烤盘上。将烤盘放在烤炉上层。烤20-25分钟即可。

4人份

# 鱼肉馅饼

无皮鱼肉450克，切块

蛋清1个

切碎的柠檬香叶1茶匙

泰式绿咖喱1汤匙

四季豆50克, 切段

指天椒1个、去籽切丝

切碎的新鲜西芹2汤匙

芫荽粉半茶匙

适量食盐、胡椒

用食物搅拌器将鱼肉、蛋清、柠檬香叶、咖喱酱混合搅拌。

搅拌2分钟或均匀即可。

将混合后的肉馅装入碗中。

加入四季豆、辣椒、西芹、芫荽、食盐及胡椒搅拌均匀。

将混合后的食材揉成约5厘米大的小馅饼。

将鱼肉馅饼放在盘子中，放入冰箱冷藏腌制至少30分钟。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烧烤>预热。

在烤盘上抹一层食用油。

将馅饼放在烤盘中。

将烤盘放在烤炉上层。

烤14-18分钟即可。

（大约）可做8个鱼肉馅饼

**注意：**烘烤前裹上面包屑，馅饼将更酥脆。



鱼肉馅饼



## 吉列鱼手指

鱼肉300克

玉米粉四分之一杯

鸡蛋一个，打散

面包屑1杯

食盐半茶匙

柠檬胡椒粉半茶匙

调味油（刷）

鱼肉切成约2厘米厚的薄片，放一边。

用一个小碗将玉米粉和鸡蛋混合。

再用另一个碗将面包屑、食盐、柠檬胡椒调粉混合。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

将鱼片浸在鸡蛋混合物中，接着在面包屑混合物中滚动，均匀即可。

在烤盘上抹上一层食用油。

将鱼片放在烤盘中，刷油。

将烤盘放在烤炉上层。

烤14-18分钟。

2-4人份



吉列鱼手指

# 鸡肉

## 沙嗲鸡肉

生抽1汤匙

芝麻油1汤匙

柠檬汁1汤匙

鸡胸肉500克，切成2厘米的小块

竹签8根

蘸酱

酥脆花生黄油三分之一杯

辣椒粉四分之一杯

红糖1茶匙

大蒜1瓣，拍碎

1汤匙蔬菜油

用中等大的碗将酱油、芝麻油、柠檬汁混合搅匀。

将鸡肉加入腌料中，混合均匀。盖好放入冰箱冷藏腌制1小时。

将烤炉调至高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

将竹签浸泡在冷水中5分钟。

用竹签将鸡肉串好。

将竹签放在烤盘的烤架上。

将烤盘放在烤炉上层。

烹调12-15分钟。

配蘸酱食用

蘸酱

用小碗将花生黄油、辣椒粉、红糖、大蒜及蔬菜油混合均匀。

4人份



沙嗲鸡肉

## 椰香鸡肉

罐装椰奶400毫升

指天椒2个，去籽切丝

磨碎生姜末1茶匙

柠檬汁1汤匙

生抽3汤匙

大蒜4瓣，拍碎

切碎的新鲜芫荽半杯

红糖1汤匙

适量胡椒

鸡胸肉4块（每块约200-250克）

用食物搅拌器或手动搅拌器将椰奶、辣椒、姜、柠檬汁、酱油、大蒜、芫荽、红糖及胡椒混合，搅拌2分钟或均匀即可。将鸡肉放入大碗中，铺上椰奶酱，盖好盖子放入冰箱冷藏腌制2小时或一晚。将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>无预热190℃。将鸡肉放在烤盘的烤架上。将烤盘放在烤炉上层。烤25-30分钟。

4人份

椰香鸡肉

## 芥末香辣鸡腿

鸡腿1千克

第戎芥末四分之一杯

蛋黄酱四分之一杯

用大碗将芥末、蛋黄酱混合拌匀。

加入鸡腿搅匀。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>无预热。

将鸡腿放在烤盘的烤架上。

将烤盘放在烤炉上层。

烤37-40分钟即可。

4-6人份



# 香辣鸡肉串

辣椒粉四分之一茶匙

孜然粉1茶匙

芫荽粉3茶匙

姜黄2茶匙

大蒜4瓣，拍碎

白砂糖2汤匙

食盐半茶匙

黑胡椒半茶匙

橄榄油2汤匙

鸡胸肉500克，切成2厘米的小方块

竹签8根

用中等大的碗将辣椒粉、孜然粉、芫荽粉、姜黄、大蒜、白砂糖、食盐、胡椒粉及橄榄油混合搅匀。

将鸡肉加入腌料中，搅拌均匀，盖好盖子放入冰箱冷藏腌制2小时或一晚。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

将竹签浸泡在冷水中5分钟。

用竹签将鸡肉串好。

将肉串放在烤盘的烤架上。

将烤盘放在烤炉上层。

烤12-15分钟。

4人份

# 全麦烤鸡

已溶解的黄油100克

切碎的帕玛森奶酪四分之一杯

全麦面粉1杯

切碎的新鲜西芹1汤匙

将鸡腿浸泡在黄油中。

用小碗将奶酪、面粉、西芹混合，使调味料均匀涂抹在鸡肉上。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>无预热250℃。

将鸡肉放在烤盘的烤架上。

将烤盘放在烤炉上层。

烤25-30分钟。

4人份

# 中式烤鸡翅

鸡翅700克

花生油1汤匙

酱油1汤匙

五香粉1茶匙

海鲜酱2汤匙

将鸡翅中段切成两半，放一边  
用小碗将花生油、酱油、五香粉、海鲜酱混合搅匀  
将鸡翅放入腌料中，翻动均匀，盖好放入冰箱冷藏腌制2小时或一晚  
将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>无预热  
将鸡翅放在烤盘的烤架上  
将烤盘放在烤炉上层  
烤30-35分钟即可

4人份



中式烤鸡翅



# 鸡肉蔬菜卷

全麦面包屑1杯

鸡肉肉末500克

鸡蛋2个

胡萝卜1个，切丝

洋葱半个，切丝

切碎的新鲜芜荑四分之一杯

切碎的新鲜西芹四分之一杯

适量食盐和胡椒

冷冻的千层饼2块，已解冻

芝麻一汤匙

配番茄或甜辣酱食用

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>预热200℃。

用食物搅拌器将面包屑、肉末及鸡蛋混合拌匀。

用大碗将混合后的肉末、洋葱、胡萝卜、芜荑、西芹、食盐及胡椒混合。

将一块千层饼放在撒上面粉的平面并切成两半。把四分之一的混合肉馅舀到千层饼中间，将千层饼折叠，合边。剩下的千层饼及肉馅参照以上步骤。

将肉卷切成同等的4份。

在烤盘上抹上一层食用油，将鸡肉卷放在烤盘中。

用小碗将鸡蛋打散，在肉卷刷上蛋液、撒上芝麻。

将烤盘放在烤炉的上层。

烤25-30分钟直到肉卷变黄熟透即可。

热食

可做16个

# 鸡肉凯撒沙拉

辣酱油一汤匙

第戎芥末一茶匙

鸡胸肉300克

烟熏肉2块

切碎的帕玛森奶酪半杯

莴苣1根，洗净削皮

调料

大蒜2瓣，拍碎

蛋黄酱四分之一杯

少许塔巴斯可酱油

1茶匙第戎芥末

辣酱油1茶匙

柠檬汁1茶匙

凤尾鱼肉2块，剁碎

适量胡椒

用小碗将辣酱油和第戎芥末混合，将腌料均匀铺在鸡肉上。

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>无预热190℃。

将鸡肉放在烤盘的烤架上。

将烤盘放在烤炉上层。  
烤30-35分钟即可。  
待鸡肉冷却后切成薄片，放一边。  
用2张厨房用纸将烟熏肉包起来。  
将烤炉调至微波炉>手动。  
烹调2-3分钟。  
待烟熏肉冷却后切成细条。

#### 调料

用碗将大蒜、蛋黄酱、塔巴斯可酱油、第戎芥末、辣酱油、柠檬汁、凤尾鱼肉末及胡椒混合搅匀，先放一边。  
将莴苣放在大碗中，加入鸡肉、烟熏肉、帕尔森奶酪及调料，翻动均匀。如是脆口生菜，可即食。

4人份



鸡肉凯撒沙拉

# 香草烤鸡

- 软化黄油60克
- 大蒜1瓣，拍碎
- 切碎的帕尔森奶酪3汤 匙
- 鼠尾草粉半茶匙
- 干百里香叶四分之三茶匙
- 磨碎的干罗勒叶四分之三茶匙

## 1. 5千克鸡肉（大约）

用小碗将黄油、大蒜、帕尔森奶酪、鼠尾草粉、百里香叶、罗勒叶混合搅匀，先放一边。

鸡肉皮割开，将香草混合调料放在鸡肉和鸡皮中间，将鸡腿绑在一起。。

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>无预热200℃。

将鸡胸一侧朝上放在烤盘的烤架上。

将烤盘放在烤炉的上层。

烤55-60分钟。

用锡纸包住鸡肉，放置10分钟。

将鸡肉切开配蔬菜或沙拉食用。

4人份

# 蔬菜米纸卷

- 鸡胸2块，每块约200-250克
- 大米纸卷12个
- 鳄梨1个，切半、切片
- 胡萝卜1个，切片
- 绿柿子椒半个，切片
- 卷心莴苣半个，洗净切丝

## 配甜辣酱食用

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>无预热190℃。

将鸡胸肉放在烤盘的烤架上。

将烤盘放在烤炉上层。

烤25-30分钟。

将烤熟的鸡肉切块。

将一张米纸卷放在温水中浸泡柔软即可，重复此步骤。

将2张米纸均重叠，加入鸡肉、鳄梨、胡萝卜、柿子椒及莴苣。

将米纸卷较短的一端头尾折叠，接着将米纸卷的一边沿肉馅翻折，再折另一边，卷成筒状，轻轻按压封边。

配甜辣酱食用。

可做6个

# 蔬菜鸡肉饼

鸡肉肉末400克

蛋清1个

胡萝卜1个，切片

指天椒1个，去籽切丝

切段细香葱2汤匙

芫荽粉半茶匙

辣椒粉四分之一茶匙（依个人口味而定）

面包屑（依个人口味而定）

适量食盐、胡椒

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

用大碗将鸡肉肉末、蛋清混合，再加入胡萝卜、辣椒、香葱、芫荽粉、辣椒粉、食盐及胡椒，混合搅匀。

将混合后的食材分成约5厘米大的馅饼。

在烤盘上抹上一层食用油。

将馅饼放在烤盘中。

将烤盘放在烤炉的上层。

烹调14-18分钟

（大约）可做8个馅饼

**注意：**烘烤前裹上面包屑，馅饼将更酥脆。

蔬菜鸡肉饼



# 肉类

## 烤牛肉串

- 酱油2汤匙
- 蚝油2汤匙
- 芝麻油2茶匙
- 芝麻2茶匙
- 磨碎生姜末1茶匙
- 红糖1茶匙
- 大蒜1瓣，拍碎
- 牛腿排400克
- 竹签8根

用中等大的碗将酱油、蚝油、芝麻油、芝麻、姜、红糖及大蒜混合搅匀，先放一边。

将牛肉切成2厘米的小方块，放入混合腌料中，盖好放入冰箱冷藏腌制1小时。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

将竹签放在冷水中浸泡5分钟。

用竹签将牛肉串好。

将肉串放在烤盘的烤架上。

将烤盘放在烤炉上层。

烤12-15分钟。

4人份



## 酱汁烤羊排

橄榄油30毫升

柠檬汁30毫升

切碎的芫荽3汤匙

孜然粉一茶匙

芫荽粉半茶匙

大蒜2瓣，拍碎

食盐1茶匙

黑胡椒粉半汤匙

羊排一块，约8肉片

用小碗将橄榄油、柠檬汁、新鲜芫荽、孜然粉、芫荽粉、大蒜、食盐和胡椒混合。将羊排放入一个浅砂锅中，再加入腌料。盖好放入冰箱冷藏腌制2-3小时或一晚。将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>预热180℃。将羊排放在烤盘的烤架上。将烤盘放在烤炉上层。烤32-35分钟。

2-3人份



酱汁烤羊排

# 酱烧牛肉串

- 大蒜2瓣，拍碎
- 磨碎生姜末2茶匙
- 红糖1汤匙
- 生抽1汤匙
- 柠檬汁1汤匙
- 芝麻油1茶匙
- 芫荽粉半茶匙
- 辣椒粉半茶匙
- 切碎的柠檬皮1茶匙
- 牛柳500克
- 竹签8根

用大碗将大蒜、生姜、红糖、酱油、柠檬汁、芝麻油、芫荽粉、辣椒粉及柠檬皮混合搅匀，先放一边。

将牛柳切成2厘米的方块，并放入腌料中，盖好冷藏2小时或一晚。

将烤炉调至超高温蒸汽对流加热>手动高温蒸汽烤肉>预热。

将竹签放在冷水中浸泡5分钟。

用竹签将牛肉串好。

将肉串放在烤盘的烤架上。

将烤盘放在烤炉上层。

烤12-15分钟。

4人份

# 梅子排骨

- 排骨750克，切块
- 梅子酱210克
- 辣椒粉四分之一茶匙

用大碗将梅子酱和辣椒粉混合搅拌均匀。

将排骨放入腌料中，盖好放入冰箱冷藏腌制1-2小时。

将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>预热150℃。

将排骨放在烤盘的烤架上。

将烤盘放在烤炉上层。

烤30-35分钟。

4人份



酱烧牛肉串



## 亚洲牛肉沙拉

黑胡椒碎1汤匙

五香粉1汤匙

肉排4块（每块约125克）

豆芽125克

青葱4根，切段

磨碎生姜末1茶匙

大红柿子椒半个，切丝

调料

生抽3汤匙

指天椒2个，去籽切丝

切碎的香茅2茶匙

橄榄油2汤匙

芝麻油1汤匙

烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

用小碗将黑胡椒、五香粉混合，将混合调料抹在肉排上。

将肉排放在烤盘的烤架上。

将烤盘放在烤炉上层。

烤15-20分钟。

待冷却后将肉排切成薄片。

再用一个碗将豆芽、青葱、生姜、柿子椒混合，先放一边。

调料

用一个碗将酱油、辣椒粉、香茅、橄榄油和芝麻油混合搅匀。

将牛肉片放在豆芽上，再撒上混合调料食用。

4人份

# 意大利香草披萨

## 披萨饼

中筋面粉半杯，过筛

自发面粉半杯，过筛

芥末粉半茶匙

卡真调料四分之一茶匙

适量食盐

黄油60克，切小块

鸡蛋1个

牛奶50毫升

油（刷）

## 披萨饼面

腌肉4块，切丁（约125克）

小洋葱1个，切丁

大蒜1瓣，拍碎

番茄400克，切丁

新鲜西芹1汤匙，切段

切碎的新鲜罗勒1汤匙

干牛至半茶匙

辣椒粉四分之一茶匙

切碎的特香奶酪半杯

适量食盐、胡椒

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>预热180℃。

## 披萨饼

用大碗将中筋面粉、自发面粉、芥末粉、卡真调料、食盐混合，将黄油揉入面粉，直到看起来像新鲜面包屑。再用一个碗将鸡蛋和牛奶搅拌均匀。再跟干配料搅拌，跟面团混合。  
在撒上面粉的平面将面团揉软。将面团碾成22厘米\*28厘米的长方形，装入烤盘中。再刷上油。  
先放一边。

## 披萨饼面

用大碗将腌肉、洋葱、大蒜、番茄、西芹、罗勒、牛至及辣椒粉混合拌匀。  
将混合调料铺在披萨饼上，再撒上奶酪。  
将烤盘放在烤炉的上层。  
烤25-30分钟。  
热食

4人份

# 迷迭蒜香烤羊肉

大蒜3瓣，切半

羊腿1.5千克

切碎的新鲜迷迭香2汤匙

食盐四分之一茶匙

油（刷）

在羊腿的一侧化6道浅口，在每道刀口上放一片大蒜。

在羊腿均匀的刷上一层油，用迷迭香搓羊腿表面, 再加盐调味。

将烤炉调至超高温这你对流即热>手动> 高温蒸汽烘焙/烘烤>无预热160℃。

将羊腿较肥的一侧放在烤盘的烤架上。

将烤盘放在烤炉的下层，烤1小时。35分钟至1小时45分钟。

4-6人份



# 希腊肉丸

橄榄油1汤匙

大蒜1瓣，压碎

指天椒1个，去籽切丝

青葱2根，切段

牛肉肉末500克

蛋黄1个

干西芹半茶匙

芫荽粉半茶匙

食盐1茶匙

适量黑胡椒粉

用微波炉专用小玻璃碗将油、辣椒、青葱混合。

将烤炉调至微波炉>手动。

烹调1-2分钟，先放一边。

用大碗将牛肉、蛋黄、西芹、芫荽、食盐及胡椒混合。

再加入大蒜辣椒混合料拌匀。

将烤炉调至高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

用手将混合食材捏成3-4厘米的肉丸。

将肉丸放在烤盘的烤架上。

将烤盘放在烤炉的上层。

烤14-18分钟。

大约可做20个肉丸

希腊肉丸



# 蒜香香草烤羊肉

大蒜3瓣，拍碎

新鲜迷迭香1汤匙，切碎

新鲜百里香1茶匙，切碎

橄榄油2汤匙

酱油1茶匙

适量食盐和胡椒

羊腿肉4块（每块约200-250克）

用大碗将大蒜、迷迭香、百里香、油、酱油、食盐及胡椒混合。

将羊肉放在腌料中，拌匀，盖好放入冰箱冷藏腌制2小时或一晚。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

将羊肉块放在烤盘的烤架上。

将烤盘放在烤炉的上层。

烤15-20分钟。

4人份

# 醋汁牛排

洋葱1个，切丁

大蒜5瓣，拍碎

橄榄油四分之一杯

醋四分之一杯

新鲜迷迭香1汤匙，切碎

第戎芥末1茶匙

食盐1茶匙

黑胡椒半茶匙

苏格兰牛肉4块（每块约200-250克）

用食物搅拌器将洋葱、大蒜、油、醋、酱油、迷迭香、芥末、食盐及胡椒混合，搅拌2分钟至均匀。

将牛肉放在一个大碗中，加入腌料，盖好放入冰箱冷藏冷藏2小时或一晚。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烤肉>预热。

将牛排放入烤盘的烤架上。

将烤盘放在烤炉上层。

烤15-20分钟。

4人份

# 牛肉千层面

牛肉肉末500克

白洋葱半个，切丁

青柿子椒半个，切丝

575克罐装纳波利塔诺酱

干罗勒半茶匙

牛至半茶匙

白醋半茶匙

白砂糖2汤匙

食盐半茶匙

适量黑胡椒粉

切碎的马苏里拉奶酪2杯

磨碎的帕尔玛森奶酪半杯

丽可塔奶酪一杯

现成的千层面皮1袋

用微波炉专用玻璃大碗将牛肉肉末、洋葱、大蒜及柿子椒混合。

将烤炉调至微波炉>手动。

烹调6-8分钟，每2分钟搅拌一次，沥干放一边。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>预热180℃。

用一个中等大的碗将纳波利塔诺酱、罗勒、牛至、白醋、糖、食盐及胡椒混合。加入煮熟的牛肉搅拌均匀。

用一个大的浅砂锅将三分之一的牛肉混合食材铺在锅底，接着放入一张千层面皮。在面皮铺上半杯丽可塔奶酪，再撒上半杯马苏里拉奶酪及四分之一杯帕尔玛森奶酪，接着放入一张千层面皮。

在面皮上加入剩下牛肉混合食材的一半，再按以上步骤加入同等分量的奶酪。最后铺上一张千层面皮。

将剩下的牛肉混合食材铺在面皮上，再撒上余下的马苏里拉奶酪。

将砂锅放在烤盘上。

将烤盘放在烤炉的上层。

烤30-35分钟即可。

6人份



牛肉千层面

# 甜点

## 胡萝卜慕斯蛋糕

- 油1杯
- 红糖1杯
- 鸡蛋3个
- 半自发面粉1杯，过筛
- 发酵粉1茶匙
- 桂皮2茶匙
- 食盐四分之一茶匙
- 姜粉半茶匙
- 豆蔻粉1茶匙半
- 捣碎的橙皮1茶匙
- 大胡萝卜2个，切碎
- 碎核桃仁80克
- 奶酪糖霜
- 奶油干酪250克
- 糖粉2杯
- 柠檬汁2茶匙

在蛋糕模上抹一层油。  
将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽蛋糕>预热180℃。  
用大碗将油、糖、鸡蛋打匀。  
加入面粉、发酵粉、桂皮、食盐、姜粉、豆蔻粉及橙皮。  
再铺上胡萝卜、核桃仁。  
将混合后的面团倒入蛋糕模中，放在烤盘上。  
将烤盘放在烤炉的下层。  
烤55-60分钟。  
待冷却后再冷藏。

### 糖霜

奶油干酪打至光滑无颗粒。  
加入糖粉、柠檬汁继续打  
将糖霜均匀铺在蛋糕上

6-8人份

# 椰香杏仁蛋挞

白砂糖4茶匙

黄油125克

香草香精半茶匙

鸡蛋1个

发酵粉1茶匙

杏仁酱

## 饼面

鸡蛋1个，打散

白砂糖半杯

椰子粉1杯

将2个圆形烤盘抹上油（1个烤盘可放12个蛋挞）。  
将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>预热220℃。  
用大碗将糖、黄油、香草想精搅成轻软的糊状。  
加入鸡蛋继续打，打至均匀即可。  
接着加入面粉、发酵粉，将面团揉软。  
在撒上面粉的平面上，将面团卷成0.5厘米厚。用一个7-8厘米的圆盘刀具切24个圆形。  
将切好的面团放在烤盘上，在每个面团中间放半茶匙-1茶匙杏仁酱。

椰香杏仁蛋挞

## 装饰配料

用小碗将鸡蛋、糖、椰子粉混合搅匀。在每个小馅饼上加一勺配料。  
将小馅饼放在烤盘上。  
将2个烤盘分别放在烤炉的上、下层。烤13-15分钟。

可做24个蛋挞



# 面包黄油布丁

维也纳面包片半个，撕成小块

黄油（涂抹）

无子葡萄四分之一杯

鸡蛋1个，打散

牛奶1.25杯

香草香精1茶匙

白砂糖3汤匙

豆蔻粉四分之一茶匙

更多的白砂糖（撒）

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>预热180℃。  
将黄油撒在撕好的面包上，放在一个2升的砂锅中，加入无子葡萄,先放一边。  
用中等大的碗将鸡蛋、奶油、牛奶、香草香精、糖混合搅拌均匀，再倒在面包和葡萄上。  
面包放入牛奶混合调料中翻动搅匀，撒上豆蔻粉和糖。  
将砂锅放在烤盘上。  
将烤盘放在烤炉的上层。  
烤20分钟即可。  
搁一边冷却5-10分钟，配奶油或冰淇淋食用。

4-6人份

# 莱明顿蛋糕

白砂糖四分之三杯

软化黄油125克

香草精一茶匙

鸡蛋2个

牛奶半杯

自发面粉2杯，过筛

食盐四分之一茶匙

糖霜

糖粉2杯

可可粉四分之一杯

软化黄油30克

热水4汤匙

椰子粉2杯

将一个20厘米的蛋糕模上抹油。  
将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽蛋糕>预热180℃。  
用大碗将糖、黄油、香草香精混合打至松软。一次加入一个鸡蛋继续打。接着倒入。  
三分之一的牛奶，继续打。  
将盐、剩余的牛奶加入面粉中。  
将混合后的面糊倒入蛋糕模，将蛋糕模放在烤盘上。  
将烤盘放在烤炉的下层。  
烤40-45分钟。  
搁一边待冷却，将蛋糕脱模。  
蛋糕切成同等大小的16块。  
放置3-4小时至完全冷却或一晚。



## 糖霜

用一个大盘子中将可可粉摊开  
在小碗中加入黄油、水。将糖霜和可可粉  
搅拌至光滑无颗粒。  
用长夹将蛋糕放在巧克力酱中，使蛋糕每  
一面都沾到糖霜，再放入椰子汁中。余下  
蛋糕重复以上步骤。

**注意：**为延缓巧克力糖霜的冷却，可将碗  
放在装有热水的大碗中。

可做16块蛋糕



## 香蕉面包

熟香蕉4个，捣碎

软化黄油70克

红糖四分之三杯

鸡蛋1个

香草香精1茶匙

发酵粉1茶匙

少量食盐

肉桂粉半茶匙

中筋面粉1杯半

将一个13\*20厘米的土司盒抹油。  
将烤炉调至超高温蒸汽对流加热>手动> 高  
温蒸汽蛋糕>预热180℃。  
用大碗将香蕉泥和黄油混合，加入糖、鸡  
蛋、香草香精、发酵粉、食盐、肉桂粉及  
面粉混合，搅拌均匀。  
将混合食材倒入土司盒，将土司盒放在烤  
盘上。  
将烤盘放在烤炉的下层。  
烤40-50分钟。

6-8人份

香蕉面包

# 肉桂环

## 生面团

中筋面粉2杯，过筛

混合香料半茶匙

肉桂粉四分之一茶匙

食盐半茶匙

黄油30克

酵母14克

白砂糖四分之一杯

热水四分之一杯

牛奶四分之一杯

鸡蛋1个，打散

## 馅

软化黄油1汤匙

红糖三分之一杯

肉桂粉1茶匙

什锦水果三分之一杯

## 糖霜

糖粉1杯

牛奶1汤匙

柠檬汁半茶匙

用小碗将面粉、混合香料、肉桂粉、食盐混合。将黄油揉入面粉，直到看起来像新鲜面包屑。

再用一个碗将酵母粉、糖、水、牛奶和鸡蛋混合搅拌均匀。将面团揉软成球形。

放入烤盘上的玻璃碗中。

将烤炉调至蒸>手动>发酵。

定时30分钟。

将面团碾成约40x20厘米的长方形。

## 馅

将黄油摊开，撒上红糖、肉桂粉和什锦水果。将较宽大的一端卷起，揉成原木状。

在烤盘上抹一层油。

将面团捏成环形放在烤盘中。将两端对接封边。用刀在环形面团上每2厘米处切一刀。

将烤盘在烤炉的上层。

将烤炉调至蒸>手动>发酵。

定时30分钟，从烤炉中取出。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽面包>预热180℃。

烤10-15分钟至面团变黄即可。

## 糖霜

用小碗将糖粉、牛奶、柠檬汁混合搅匀，倒在面团上。

6-8人份

# 草莓奶油威化酥

蛋清1个

软化黄油60克

白砂糖四分之一杯

糖浆1汤匙

中筋面粉四分之一杯

## 馅

草莓一扁篮，切丁

奶油150毫升

糖霜用于装饰

在每个烤盘铺上一张烘焙纸。  
将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>预热180℃。  
用一个中等大的碗将蛋清打发，先放一边。  
再用一个大碗将黄油、糖混合打至松软。  
加入糖浆、蛋清、面粉继续打。  
用汤匙将9勺混合后的面粉舀到烤盘上。  
留出6-7厘米空格，每排放三个，放三排。  
将2个烤盘分别放在烤炉的上、下层。  
烤10分钟，面团变黄即可。  
放在金属架上冷却。

馅

食用前，将奶油打至糊状，每个威化酥上放一勺奶油，再撒上草莓丁，再放上一个威化酥。  
重复以上步骤。  
撒上糖霜食用。

9人份

野莓派

糕点

自发面粉2杯

黄油125克

水3-5汤匙

食盐少量

馅

罐装混合野莓830克，沥干水分

白砂糖半杯

食盐半茶匙

玉米粉1汤匙

已溶解才黄油20克

蛋清（上光）

更多的白砂糖（撒）

用大碗将面粉过筛。将黄油揉入面粉，直到看起来像新鲜面包屑。加入盐、足量的水慢慢搅拌，使面团变软。继续揉面至光滑无颗粒。  
用防油纸包住面团冷却30分钟  
用大碗将混合野莓、白砂糖、食盐、玉米粉、黄油混合，放置10分钟，使果汁面粉发酵。

将烤炉调至超高温蒸汽对流加热>手动> 高温蒸汽烘焙/烘烤>预热160℃  
将糕点的三分之二卷起放在一个23厘米的玻璃馅饼碟中  
将剩下的三分之一糕点卷起铺满碟子  
用叉子轻压糕点的两端封边  
将野莓派刷上蛋清，撒上白砂糖。  
用叉子叉糕点3次以通气  
将馅饼碟放在烤盘上  
将烤盘放在烤炉的上层  
烤30-35分钟  
搁置10分钟方可食用

6-8人份

# 法式焦糖布丁

牛奶200 毫升

香草豆荚一半

奶油100毫升

鸡蛋2个

蛋黄1个

糖2汤匙

焦糖

半杯砂糖

4汤匙水

将牛奶、香草豆荚放入微波炉专用大玻璃碗中。将烤炉调至微波炉>手动。烹调2分钟，先放一边。  
再用一个碗将奶油、鸡蛋、蛋黄及糖混合搅拌均匀。  
取出香草豆荚，放入鸡蛋混合物种搅拌均匀，先放一边。

焦糖  
用小碗将砂糖、水混合搅匀。将烤炉调至微波炉>手动。烹调6-8分钟或变淡黄色即可。

每30秒搅拌一次。  
在干酪蛋糕上撒上焦糖，待冷却。  
将牛奶混合物加入干酪蛋糕中。  
将干酪蛋糕放在烤盘上。  
将烤盘放在烤炉的上层。  
将烤炉调至蒸>手动>蒸低温，蒸35分钟。  
放在烤炉内密封15分钟，待冷却后食用。

4人份  
**注意：**准备焦糖的过程中须小心，避免烫伤。

# 酥餅

中筋面粉1杯，过筛

米粉1杯，过筛

糖粉三分之二杯

少量食盐

香草香精1茶匙

方块黄油250克

将一个23厘米的馅饼碟抹油。  
用大碗将面粉、米粉混合，加入糖、盐、香草搅拌。  
加入黄油，将面团揉软。  
用防油纸包住冷却1小时。  
将烤炉调至超高温蒸汽对流加热>手动高温蒸汽烘焙/烘烤>预热160℃。  
将混合食材倒入馅饼碟中。划成小块。  
将馅饼碟放在烤盘中。  
将烤盘放在烤炉的上层。  
烤30-35分钟，趁热切块。

（大约）可做16块



# 枣泥布丁

- 软化黄油60克
- 砂糖三分之二杯
- 鸡蛋2个
- 无核红枣200克，捣碎
- 开水1杯
- 发酵粉1茶匙
- 自发面粉1杯半，过筛
- 酱汁
- 开水2杯
- 红糖1杯
- 切碎的黄油25克
- 将一个三升的砂锅抹油。
- 将烤炉调至超高温蒸汽对流家爱热>手动>高温蒸汽烘焙/烘烤>预热180℃。
- 用大碗将黄油、糖混合打至松软。加入鸡蛋继续打，打至均匀即可。
- 将红枣放在碗中，倒入开水，再加入发酵粉搅拌均匀，先放一边。
- 将面粉加到黄油混合料中。
- 再倒入红枣开水中轻轻搅拌均匀，装入砂锅中。
- 酱汁
- 用一个中等大的碗将开水、红糖及黄油搅拌均匀，倒在混合面糊上。
- 将砂锅放在烤盘上。
- 将烤盘放在烤炉的下层。
- 烤30-35分钟即可，热食。
- 4-6人份

# 烤饼

- 自发面粉3杯半
- 方块黄油60克
- 白砂糖2汤匙
- 食盐四分之一茶匙
- 牛奶1杯半
- 更多牛奶（上光）
- 将烤炉调至超高温蒸汽对流加热>手动>高温蒸汽烘焙/烘烤>预热180℃。
- 用大碗将面粉、黄油混合，将黄油揉入面粉，直到看起来像新鲜面包屑加入糖、盐搅拌，接着加入牛奶将面团揉软。
- 在烤盘上抹一层油并撒上面粉。
- 在一个撒上面粉的平面将面团卷成3厘米厚，用7厘米的圆形刀具将面团切成圆形。
- 将饼并排放在烤盘中，刷一层牛奶。
- 将烤盘放在烤炉的上层，烤20分钟。
- （大约）可做15-18个。



# 索引

## A

亚洲牛肉沙拉 35  
绿色时蔬 8

## B

丽可塔菠菜千层面 14  
香蕉面包 43  
牛肉千层饼 39  
面包黄油布丁 42

## C

芝士芦笋烩饭 12  
奶酪鲑鱼肉卷 18  
番茄蛋饼 13  
鸡肉蔬菜卷 28  
沙嗲鸡肉 24  
肉桂卷 44  
椰香杏仁蛋挞 41  
法式焦糖布丁 46  
吉列鱼手指 23

## F

鱼肉馅饼 22  
酱汁烤羊排 33

## G

百里香烤土豆 8  
希腊肉丸 37  
鸡肉凯撒沙拉 28  
香辣柠檬章鱼 16  
中式烤鸡翅27  
椰香鸡肉 25  
蒜香香草烤羊肉 38  
蒜香烤虾 16  
烤牛肉串32  
烤金枪鱼排 19  
白酒烤虾 17

## H

香草烤鸡 30

## I

意大利香草披萨 36

## L

莱明顿蛋糕42

## M

意式海鲜烩饭 20  
腌三文鱼21  
酱汁甲鱼18  
醋汁牛排38  
地中海蔬菜12  
胡萝卜慕斯蛋糕 40  
意式香菇烩饭 12

## O

糖渍橙皮胡萝卜 14

## P

番茄酱汁意大利面 14  
酥饼 47  
梅子排骨 34  
鳄梨火腿土豆沙拉 10

## R

烤蔬菜 10  
迷迭蒜香烤羊肉 37

## S

枣泥布丁 47  
酥餅46  
香辣鸡肉串 26  
芥末香辣鸡腿 25  
丽可塔菠菜千层面 15  
草莓奶油威化酥44  
酿龙葵菇 9

## T

唐杜里蔬菜 11  
酱烧牛肉串 34  
泰式扇贝 20

## V

蔬菜鸡肉饼 31  
蔬菜米纸卷 30

## W

全麦烤鸡 26  
野莓派 45