

COOK BOOK



Delicious,
Healthy "Halal" Recipes

No need for oil! Just cook with water and keep the nutrients.

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Grill	Rack 	Approximate Cooking Time about	Water Tank Level
	Upper, Baking tray	36 min.	1 or more

Grilled Chicken

Ingredients (Serves 4)

Bone-In Chicken Thigh Meat	4 (200g per cut)
Sauce	
Salt	1 1/3 Tsp
Soy Sauce	4 Tbsp
Corn Starch	4 Tsp
Sugar	4 Tsp

* A serving for 2 people can be also automatically cooked.

- 1** Put water in the water tank.
- 2** Poke holes in the chicken skin with a fork and pull the meat away from the bone on the backside.
- 3** Combine the ingredients for the sauce and the chicken in the sealed plastic bag, seal shut, turn over the bag, and then let marinate for about 30 minutes.
- 4** Place the chicken skin-side up on the rack.

6 GRILLED CHICKEN (ADJUST PORTION)

→

START

Select "6-4"

[When cooking manually: 16 GRILL/NO PREHEAT. WATER GRILL 2 / about 36 min. (about 33 min. for serves 2).]



Grill	Rack 	Approximate Cooking Time about	Water Tank Level  1 or more
	Upper, Baking tray	36 min.	

Grilled Chicken (Orange Sauce)

Ingredients (Serves 4)

Bone-In Chicken Thigh Meat	4 (200g per cut)
Salt, pepper	As needed
Orange Sauce	
Marmalade	140g
Water	1 Tbsp
Corn Starch	1 Tsp
Butter	10g
Salt	1/3 Tsp
Pepper, Rosemary	As needed

* A serving for 2 people can be also automatically cooked.

- 1** Put water in the water tank.
- 2** Poke holes in the chicken skin with a fork and pull the meat away from the bone on the backside. Then season with salt and pepper.
- 3** Place the chicken skin-side up on the rack.

6	GRILLED CHICKEN (ADJUST PORTION)	START
Select "6-4"		

[When cooking manually: 16 GRILL/NO PREHEAT. WATER GRILL 2 / about 36 min. (about 33 min. for serves 2).]

- 4** Heat up your ingredients for the orange sauce and pour it on the meat.



Grill	Rack 	Approximate Cooking Time about 30 min.	Water Tank Level  1 or more
	Upper, Baking tray		

Tandoori Chicken

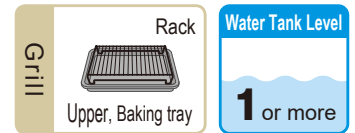
Ingredients (Serves 4)

Chicken Wings	12 Wings (60g per wing)
A Salt	1 Tsp
Lemon Juice	1/2
Plain Yogurt	150g
Garlic, Ginger (Grated)	1/2 Tbsp each
B Curry Powder, Turmeric	1 1/2 Tbsp each
Salt	1 Tsp
Chili Powder	1/2 Tsp

- Put water in the water tank.
- Rub the chicken wings in **A**. After wiping excess moisture from the chicken wings, combine them in a sealed plastic bag with the ingredients of **B**. Close the bag and let the meat marinate for 2-3 hours in the refrigerator.
<Tips>
 Letting the dish sit overnight will allow the flavor to seep even further into the meat.
- Remove excess moisture from the chicken and place on the rack.

AUTO SENSOR COOK **NO FROZEN INGREDIENTS** **GRILL** → **START** → Within 30 seconds, Set the cooking adjustment to **MORE** (▲)

[When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/about 30 minutes at 250°C.]



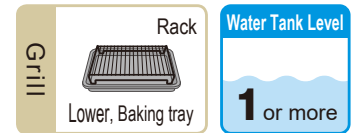
Chicken Steak

Ingredients (Serves 4)

Chicken Thigh Meat.....	2 Pieces (500g)
Red paprika	1
Yellow paprika	1
Salt, Black Pepper	A Pinch
Garlic (Thinly Sliced)	1 Clove
Preferred Herbs.....	1 Tbsp
A Olive oil.....	2 Tbsp
Salt.....	1 Tsp
Black Pepper	A Pinch

- 1** Put water in the water tank.
- 2** Poke holes in the chicken skin with a fork and cut open thick parts. Then, cut each piece of chicken in half.
- 3** Combine the chicken and all ingredients of **A** in a sealed plastic bag. Close the bag, turn it over a few times, and let marinate for 30 minutes. Slice the paprikas into 8.
- 4** Place the meat from Step **3** in the CENTER of the rack and sprinkle salt and pepper on it. Place the sliced paprikas on both sides of the meat.

16 GRILL / NO PREHEAT **ENTER** → WATER GRILL 2 **ENTER** → about 27 min → **START**



Roast Chicken

Ingredients (Serves 6)

Chickenwhole chicken (1.5kg)
 Salt, PepperAs needed
 Twine, Bamboo skewers

- 1 Put water in the water tank.
- 2 After seasoning the chicken, season the inside with salt and pepper before using twine and bamboo skewers to help it keep shape. Then rub the entire chicken with salt and pepper and let it sit for 30 minutes.
- 3 Line the Baking tray with aluminum foil, place the rack inside, and place the chicken on top of it.

MANUAL COOK → **WATER OVEN 2** **ENTER** → **1 tray , NO PREHEAT** **ENTER** → **220°C** **ENTER** → **50-55 min** → **START**

- 4 Stab parts of the thigh meat with a bamboo skewer. When clear juice comes out, the chicken is already cooked.



Grill	Upper	Approximate Cooking Time about	Water Tank Level
	Baking tray	24 min.	

Salisbury Steak

Ingredients (Serves 4)

Onion (Finely Chopped)	1 Small (150g)
Butter	15g
Panko Bread crumbs	30g
Milk	3 Tbsp
Ground Meat	400g
Salt	2/3 Tsp
A Beaten Egg	1/2 Medium Egg
Pepper, Nutmeg	A Pinch

- 1 Add the butter and onion into a heat-resistant dish, cover with plastic wrap, and **place in the CENTER of the oven** (Do not place in the Baking tray).

MANUAL COOK → **MICROWAVE 600W** **ENTER** → **2 min-2 min 30 sec** → **START**

- 2 After cooking, remove excess moisture and chill.
- 3 Put water in the water tank.
- 4 Soak the panko bread crumbs in milk.
- 5 Knead the meat in a bowl with the salt before combining the onion butter mixture from step 2, the bread crumbs from step 4, and all ingredients of **A**.
- 6 Coat your hands with some Vegetable Oil and divide the meat equally into four pieces. Gently pat the meat to help excess air escape leave and form round, flat patties that are about 9cm in diameter. Line the Baking tray with aluminum foil, lightly coat with Vegetable Oil, place the meat on the tray and press down in the **CENTER** of the meat.


<Important Point>

The reason why you gently pat the meat to remove excess air is because this helps prevent the meat from cracking while cooking. The reason why the recipe says to press down in the **CENTER** of the meat is because the **CENTER** expands when cooking. It is recommended that the meat be about 1.5cm thick.

AUTO SENSOR COOK **NO FROZEN INGREDIENTS** **BAKE** → **START**

[When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/about 24 minutes at 250°C.]



Preheat	Do not use the cooking accessories.	Approximate Preheat Time about 16 min.	Water Tank Level 1 or more
	Grill	Upper  Baking tray	

Grilled Vegetables

Ingredients (Serves 4)

Carrots	1 (200g)	
Zucchini	1 (150g)	
Daikon Radish	300g	
King Oyster Mushrooms	1 Pack (100g)	
Radishes	8	
Garlic	1 Clove	
A	Coriander (Powdered)	1/3 Tsp
	Coarse Black Pepper	1/3 Tsp
	Olive oil	2 Tbsp
	Salt	1/2 Tsp
	Bay leaf	1 Leaf

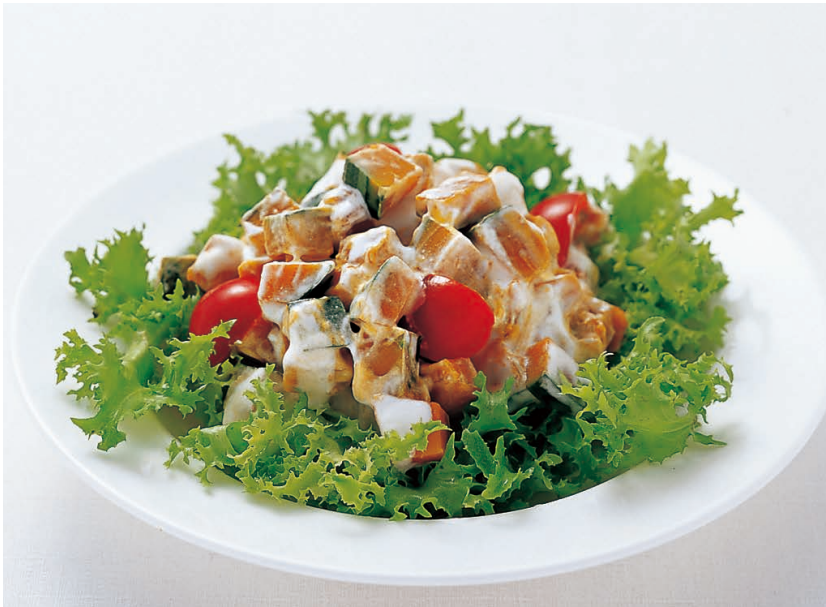
- Put water in the water tank.
- Slice the carrots, zucchini, and daikon radish into 4-5cm long pieces, then slice those vertically into eighths. For the king oyster mushrooms, slice them vertically in half, and then slice each half vertically into fourth pieces. For the radishes, get rid of the some leaves on and cut in half. Slice the garlic thinly.
- In a bowl, combine the vegetables from step 2 with all of the ingredients of A. Coat the vegetables with oil.
- Preheat the oven (Do not put the cooking accessories or food inside).


MANUAL COOK → **WATER OVEN 2** **ENTER** → **1 tray, PREHEAT** **ENTER** → **250°C** → **START**
- Line the Baking tray with aluminum foil and spread the ingredients from the bowl in step 3 on top of it.
- When preheating is complete, put the Baking tray prepared in step 5 in the oven.

Set the knob to **14-16 min** and press **START**.

<Tips>

After transferring them to a plate, grate some lemon zest to give the dish an even better appearance and flavor.



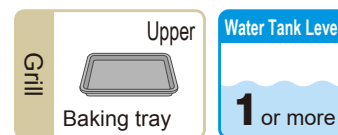
Preheat	Do not use the cooking accessories.	Approximate Preheat Time about 16 min.	Water Tank Level 1 or more
	Grill	Upper  Baking tray	

Grilled Pumpkin Salad

Ingredients (Serves 4)

Pumpkin (Sliced into 1cm Squares).....	300g
Plain Yogurt.....	80g
A Mayonnaise.....	1 Tbsp
Salt, Pepper.....	A Pinch
Any Vegetables You Enjoy	
Baking Paper	

- 1 Put water in the water tank.
- 2 Preheat the oven (Do not put the cooking accessories or food inside).
MANUAL COOK → **WATER OVEN 2** **ENTER** → **1 tray, PREHEAT** **ENTER** → **250°C** → **START**
- 3 Line the Baking tray with baking paper and place the pumpkin flat on the dish.
 *If using baking paper, be sure not to touch the inside of the oven.
- 4 When preheating is complete, put the Baking tray prepared in step 3 in the oven.
 Set the knob to **11-13 min** and press **START**.
- 5 Mix together the ingredients of **A**, pour over the pumpkin, and then toss together with preferred vegetables.



Grilled Eggplant

Ingredients (Serves 4)

Eggplant4 (1 Eggplant = 100g)
 Grated Ginger.....As needed
 Soy SauceAs needed

- 1 Put water in the water tank.
- 2 Wash the eggplants, wipe dry, and then poke holes throughout with a bamboo skewer.
- 3 Line up the contents of step 2 on the Baking tray.

MANUAL COOK → WATER OVEN 2 ENTER → 1 tray, NO PREHEAT ENTER → 250°C ENTER → 28-30 min → START

- 4 Once cooked, wipe off excess moisture and season with grated ginger and soy sauce.



Grill	Upper	Approximate Cooking Time about 40 min.	Water Tank Level 1 or more
	Baking tray		

Baked Sweet Potato

Ingredients (Serves 4)

Sweet Potatoes (5cm in Diameter or Less)4 Potatoes (1 Potato = 250g)

* Up to 4 Potatoes can be cooked using the auto cook setting.

- 1 Put water in the water tank.
- 2 Wash the sweet potatoes, wipe dry, and then poke holes throughout with a fork.
*Poking holes in it prevents the skin from breaking while cooking.
- 3 Line up the contents of step 2 on the Baking tray.

10 BAKED SWEET POTATO → **START**

*Where scum will leak out from the potatoes while cooking. It is recommended to line the Baking tray with aluminum foil to make cleanup easier.

[When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/about 40 minutes at 250°C.]



Grill	Upper	Approximate Cooking Time about	Water Tank Level
	Baking tray	18 min.	1 or more

Stir Fry Chicken with Cashew Nuts

Ingredients (Serves 4)

Chicken Thigh Meat (Cut into 2cm Pieces)	400g
Salt, Pepper	A Pinch
Green Peppers (Cut into 2cm Pieces)	4
Welsh Onion (Cut into 1cm Slices)	1
Boiled Bamboo Shoots (Cut into 1cm Pieces)	50g
A Oyster Sauce	1 Tbsp
Soy Sauce	1/2 Tsp
Ginger (Grated)	1/2 Knob
Chicken Stock Powder	1/2 Tsp
Water	4 Tsp
Potato Starch Flour	1 Tbsp
Cashew Nuts	60g
Baking Paper	

- 1 Put water in the water tank.
- 2 Season the chicken with salt and pepper.
- 3 Mix the chicken (step 2), vegetables, and ingredients of **A** together. Then, spread out evenly across the Baking tray after it has been lined with baking paper. Sprinkle the cashew nuts on top.

AUTO SENSOR COOK **NO FROZEN INGREDIENTS** **STIR FRY** → **START**

[When cooking manually: WATER OVEN 2 / 1 tray/NO PREHEAT/about 18 minutes at 200°C.]

- 4 Mix well after cooking.



Grill	Rack	Approximate Cooking Time about 22 min.	Water Tank Level 1 or more
	Upper, Baking tray		

Low-Calorie Dish

Deep Fried Chicken (Boneless Chicken Thigh)

Ingredients (Serves 4)

Chicken Thigh Meat..... 2 Pieces (500g)
 Fried Chicken Seasoning Mix (Store-Bought)..... As needed

* A serving for 2 people also can be automatically cooked.

- 1** Put water in the water tank.
- 2** Slice both pieces of chicken into eighths.
 *If they are cut too small, the chicken may burn.
 Add the chicken into a sealed plastic bag with the fried chicken seasoning mix.
 Close the bag with some air left, and shake to coat the chicken.
- 3** Remove excess mix from step 2, put some oil on the rack, and quickly place the chicken skin-side up before the mix can become damp.
 *Lining the Baking tray with aluminum foil will make your clean up easier.

7 DEEP FRIED CHICKEN (ADJUST PORTION) → **START**
 Select "7-4"

[When cooking manually: Select WATER OVEN 2 / 1 tray/NO PREHEAT. Cook for 22 minutes at 250°C. (about 20 minutes when cooking for 2).]

● Grilling Frozen Items without Defrosting

Follow the recipe up to coating the chicken with the fried chicken seasoning mix. Lay the chicken flat in a freezer bag and leave space between the pieces.

Cook on the **(AUTO SENSOR COOK FROZEN INGREDIENTS GRILL)**.

● Fried Chicken Tips

- Cutting ingredients smaller than the indicated size could lead to burn.
- Coat the chicken entirely with the seasoning and then shake to remove excess mix. Once coated, quickly set up in the oven in order to prevent the mix from becoming damp.



Grill	Rack  Upper, Baking tray	Approximate Cooking Time about 27 min.	Water Tank Level  1 or more

Low-Calorie Dish

Deep Fried Chicken(Chicken Wings)

Ingredients (Serves 4)

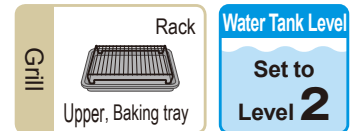
Chicken Wings 12 Wings (60g per wing)
 Fried Chicken Seasoning Mix (Store-Bought)..... As needed

* A serving for 2 people also can be automatically cooked.

- 1** Put water in the water tank.
- 2** Add the chicken wings into a sealed plastic bag with the fried chicken seasoning mix. Close the bag with some air left, and shake to coat the chicken with mix.
- 3** Put some oil on the rack and place the chicken on top.

7 DEEP FRIED CHICKEN (ADJUST PORTION) → **START** → Within 30 seconds, Set the cooking adjustment to **MORE (▲)**
 Select "7-4"

[When cooking manually: Select WATER OVEN 2 / 1 tray/NO PREHEAT. Cook for 27 minutes at 250°C. (about 23 minutes when cooking for 2).]



Potato Croquettes

Ingredients (Serves 4)

Golden-Brown Bread crumbs

Panko Bread crumbs	60g
Vegetable Oil	3 Tbsp
Potatoes (Quartered)	3 (450g)
Onion (Finely Chopped)	1 Small (150g)
A Ground Beef (Broken Up)	100g
Butter	As needed
Salt, Pepper, Nutmeg	A Pinch
Mayonnaise	1 Tbsp
Cake Flour, Beaten Egg	As needed

1 Make the golden-brown bread crumbs.

Place the ingredients in a frying pan. Turn on the heat and mix well. As you do, they will turn as golden brown. The image below is what they should look like when freshly done.

*These golden-brown bread crumbs can be frozen. When you want to use them, don't defrost, and simply use as is.



2 Put water in the water tank.

3 Place the potatoes on the rack and place on the **Upper position**.

17 STEAM HIGH **ENTER** → **about 22 min** → **START**

*When pressed for time, place the potatoes on a heat-resistant plate, cover with plastic wrap, place in the **CENTER of the oven** (do not insert the Baking tray) and cook for **about 8 minutes** in **MICROWAVE 600W**.

4 After cooking, remove the skins while still hot.

5 Place the ingredients of **A** into a heat-resistant container. Cover with plastic wrap and place in the **CENTER of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 600W** **ENTER** → **3 min-3 min 30 sec** → **START**

6 Once cooked, combine with the peeled potatoes from step 4, and season with salt, pepper, nutmeg, and mayonnaise. Once it has cooled, place in the refrigerator to chill.

7 Separate the mixture from Step 6 into eighths and form into oblong shapes. Then, roll in cake flour, dip in the beaten egg, and then roll in the golden-brown bread crumbs (step 1) before placing on the rack.

MANUAL COOK → **CONVEC OVEN** **ENTER** → **1 tray, NO PREHEAT** **ENTER** → **250°C** **ENTER** → **18-20 min** → **START**

● Grilling Frozen Items without Defrosting

Follow the above steps from 1 to 7, place the croquettes flat with space among them in the freezer bag, freeze the bag, cook with the above setting and extend 5 to 7 minutes to finish.



Fried Salted Pollock Roe

Ingredients (Serves 4)

Golden-Brown Bread crumbs	Salted Pollock Roe	100g
□ Panko Bread crumbs	Salt, Pepper	A Pinch
□ Vegetable Oil	Cake Flour, Beaten Egg	As needed
Chicken Breast Strips		

1 Make the golden-brown bread crumbs.
Place the ingredients in a frying pan. Turn on the heat and mix well. As you do, they will turn as golden brown. The image below is what they should look like when freshly done.
*The golden-brown bread crumbs can be frozen. When you want to use them, don't defrost, and simply use as is.



2 Remove the gristle from the chicken and place the chicken between two layers of plastic wrap. Then, use a rolling pin to roll the meat out flat. Season with salt and pepper. Finally, arrange the chicken vertically, place the salted pollock roe on top, and roll up.

3 Next, coat the meat (step 2) in cake flour, dip in the beaten egg, and coat with the golden-brown bread crumbs (step 1). Finally, place on the rack.

MANUAL COOK → **CONVEC OVEN** **ENTER** → **1 tray, NO PREHEAT** **ENTER** → **250°C** **ENTER** → **about 20 min** → **START**



Fried Sardines

Ingredients (Serves 4)

Golden-Brown Bread crumbs	
□ Panko Bread crumbs	60g
□ Vegetable Oil	3 Tbsp
Sardine	8 (1 fish = 60g)
Salt, Pepper, Curry Powder	A Pinch
Cake Flour, Beaten Egg	As needed

1 Make the golden-brown bread crumbs.

Place the ingredients in a frying pan. Turn on the heat and mix well. As you do, they will turn as golden brown. The image below is what they should look like when freshly done.

*The golden-brown bread crumbs can be frozen. When you want to use them, don't defrost, and simply use as is.



2 Remove the head part from the fish, slice it open on the underside, and remove the guts. Open the fish from head to fin with your hands, and then remove the spine and the fin.

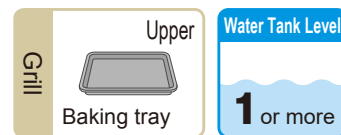
<Tips>

Increase your calcium intake while also not being wasteful by thinly chopping the spine up and smearing it across the fish.

3 Sprinkle salt, pepper, and curry powder on the fish and let it sit for a while.

4 Next, coat the fish (step 3) in cake flour, dip in the beaten egg, and coat with the golden-brown bread crumbs (step 1). Finally, place on the rack.

MANUAL COOK → **CONVEC OVEN** **ENTER** → **1 tray, NO PREHEAT** **ENTER** → **250°C** **ENTER** → **about 16 min** → **START**



French Fries

Ingredients (Serves 4)

Potatoes 2 (300g)
 Vegetable Oil 2 Tsp
 Salt As needed

- 1 Put water in the water tank.
- 2 Wash the potatoes well and then slice each into eight wedges. Place in a sealed plastic bag, add in some Vegetable Oil and shake until both sides are coated.
- 3 Line the Baking tray with aluminum foil and place the potatoes (step 2) on it, make sure they don't overlap.

MANUAL COOK → **WATER OVEN 2** **ENTER** → **1 tray, NO PREHEAT** **ENTER** → **250°C** **ENTER** → **22-25 min** → **START**

- 4 Coat with salt immediately after cooking.
 *Add butter when they are freshly cooked dishes more tasty.



Grill	Rack	Approximate Cooking Time about	Water Tank Level
	Upper, Baking tray	26 min.	1 or more

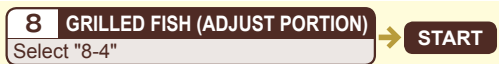
Grilled Salted Salmon

Ingredients (Serves 4)

Salted Salmon..... 4 Fillets (1 Fillet = 100g)

* A serving for 2 people also can be automatically cooked.

- 1 Put water in the water tank.
- 2 Coat the rack with oil and place the fish cut-side up on it.



[When cooking manually: 16 GRILL/NO PREHEAT. WATER GRILL 2/ 24-28 min. (22-26 min. for serves 2).]



Grill	Rack  Upper, Baking tray	Approximate Cooking Time about 26 min.	Water Tank Level  1 or more

Grilled Salted Mackerel

Ingredients (Serves 4)

Salted Mackerel 4 Fillets (1 Fillet = 100g)

* A serving for 2 people also can be automatically cooked.

- 1 Put water in the water tank.
- 2 Coat the rack with oil and place the fish cut-side up on it.

8 GRILLED FISH (ADJUST PORTION)
→
START

Select "8-4"

When cooking manually: 16 GRILL/NO PREHEAT. WATER GRILL 2/ 24-28 min. (22-26 min. for serves 2).



Grill	Rack	Approximate Cooking Time about	Water Tank Level
	Upper, Baking tray	26 min.	1 or more

Grilled Sun-Dried Salted Horse Mackerel

Ingredients (Serves 4)

Sun-Dried Salted Horse Mackerel4 (1 = 100g)


* A serving for 2 people can also be automatically cooked.

- 1 Put water in the water tank.
- 2 Coat the rack with oil and place the fish skin-side up on it. Push the tail through and under the rack so that it doesn't warp.

8 GRILLED FISH (ADJUST PORTION) → **START**
 Select "8-4"

[When cooking manually: 16 GRILL/NO PREHEAT. WATER GRILL 2/ 24-28 min. (22-26 min. for serves 2).]



Preheat	Do not use the cooking accessories.	Approximate Cooking Time about 13 min.	Water Tank Level 1 or more
	Grill	Rack  Upper, Baking tray	

Salt-Grilled Mackerel

Ingredients (Serves 4)

Mackerel..... 4 Fillets (1 Fillet = 100g)
Salt or a Sugar-Salt Mixture (Please refer to the "Tips for Salt-Grilling Fish" below)..... As needed

- Put water in the water tank.
- Cut some marks into the skin-side of the fish, sprinkle salt on both sides, and let it sit for about 30 minutes. Wipe off excess moisture.
- Preheat the oven (Do not put the cooking accessories or food inside).
16 GRILL, PREHEAT **ENTER** → **WATER GRILL 2** → **START**
- Coat the rack with oil and place the fish cut-side up on it.
- When preheating is complete, put the Baking tray prepared in step 4 in the oven.
Set the knob to **12-15 min** and press **START**.

● Tips for Salt-Grilling Fish

- The final color will vary on the fat content of the fish. When cooking with a fish with low-fat content, coat both sides with a sugar-salt mixture.
- How to make a sugar-salt mixture: about 20% of the mixture should be sugar. The remainder 80% can be salt. Using this will increase the umami flavor and turn the fish a nice golden-brown color.
- The moisture pulled out by the salting will also start to bring out the smells of the fish, so use a paper towel to wipe it off.

● Grilling Frozen fishes without Defrosting

- How to Freeze Salt-Grilled Fish**
Coat the fillet with salt, let sit for about 10 minutes, quickly rinse the fillets and then remove excess moisture. Let the fillets sit for 20 to 30 minutes after this to absorb the salt originally sprinkled on it. Finally, lay the fillets flat inside of a freezer bag taking care to make sure they do not overlap.
- Cook the frozen fishes with the same steps 3-5 above. If the fish aren't golden brown enough, please extend the cooking time.



Preheat	Do not use the cooking accessories.	Approximate Cooking Time about 13 min.	Water Tank Level 1 or more
	Grill	Rack 	Upper, Baking tray

Salt-Grilled Saury

Ingredients (Serves 4)

Saury	4 (1 = 150g)
Salt or a Sugar-Salt Mixture (Please refer to the "Tips for Salt-Grilling Fish" below).	As needed

- Put water in the water tank.
- Salt both sides and let sit for about 30 minutes. Once done, wipe off excess moisture.
<Important Point>
 The moisture pulled out by the salting will also start to bring out the smells of the fish, so use a paper towel to wipe it off.
- Preheat the oven (Do not put the cooking accessories or food inside).
16 GRILL, PREHEAT **ENTER** → **WATER GRILL 2** → **START**
- Line the Baking tray with aluminum foil, oil the rack, and then place the fish on top. The fish should be cut-side up.
- When preheating is complete, put the Baking tray prepared in step 4 in the oven.
 Set the knob to **20-22 min** and press **START**.

● Tips for Salt-Grilling Fish

- The final color will vary on the fat content of the fish. When cooking with a fish with low-fat content, coat both sides with a sugar-salt mixture.
- How to make a sugar-salt mixture: about 20% of the mixture should be sugar. The remainder 80% can be salt. Using this will increase the umami flavor and turn the fish a nice golden-brown color.
- The moisture pulled out by the salting will also start to bring out the smells of the fish, so use a paper towel to wipe it off.

● Grilling Frozen fishes without Defrosting

- How to Freeze Salt-Grilled Fish
 Coat the fishes with salt, let sit for about 10 minutes, quickly rinse the fishes and then remove excess moisture. Let the fishes sit for 20 to 30 minutes after this to absorb the salt originally sprinkled on it. Finally, lay the fishes flat inside of a freezer bag taking care to make sure they do not overlap.
- Cook the frozen fishes with the same steps 3-5 above. If the fish aren't golden brown enough, please extend the cooking time.



Steam	Rack 	Approximate Cooking Time about	Water Tank Level
	Upper, Baking tray	13 min.	Set to Level 2

Preserved Nutrients Dish

Mimosa Salad

Ingredients (Serves 4)

Broccoli (In Small Bunches)	150g
Onion (Thinly Sliced)	50g
Carrots (Cut into 3mm Thick Half Moons)	50g
Eggs (Chilled)	2 Medium

* A serving for 2 people can also be automatically cooked.

Warning

Never cook hard boiled eggs with the microwave setting.

- 1 Put water in the water tank.
- 2 Place the vegetables in the metal colander (if the carrots are sliced thinly enough, they can be cooked at the same time) and place on the rack. Next, place the eggs on top.



The metal colander can be used here, and It is useful for small vegetables.

9 STEAMED VEGETABLES → **START**

[When cooking manually:17 STEAM HIGH, cook for About 13 minutes.]

- 3 When the dish is done, take out the metal colander with the vegetables in it, then continue to cook eggs. Turn the knob to add 3-5 minutes and press **START** within 1 minute.
- 4 When done, be sure to chill the eggs thoroughly in running water before deshelling. Separate the whites from the yolks and chop.

*This dish uses **9 STEAMED VEGETABLES**.
Once done, quickly take out the metal colander with the vegetables in it and leave the eggs inside. Extend the cooking time to cook eggs completely.



Steam	Rack  Upper, Baking tray	Approximate Cooking Time about 18 min.	Water Tank Level Set to Level 2

Preserved Nutrients Dish

Vegetable Salad

Ingredients (Serves 4)

A	Pumpkin	120g
	Carrots	100g
	Daikon Radish	100g
	Burdock Root	80g
	Lotus Root	80g
Radishes	4	
Preferred Dressing	As needed	

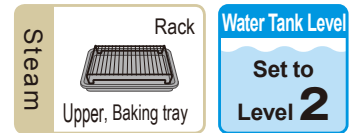
* A serving for 2 people can also be automatically cooked.

- 1 Put water in the water tank.
- 2 Cut all ingredients of **A** into 5mm thin slices.
- 3 Place everything cut in step **2** along with the radishes on the rack.
*In the event that the vegetables appear that they may fall through the rack, place in the metal colander, and then place on top of the rack.

9 STEAMED VEGETABLES → **START** → Within 30 seconds, Set the cooking adjustment to **MORE (▲)**

[When cooking manually:17 STEAM HIGH, cook for About 18 minutes.]

- 4 When done, top with a preferred dressing.



Steamed Sweet Potatoes

Ingredients (Serves 4)

Sweet Potatoes (5cm in Diameter or Less) 1-2 Potatoes (1 potato = 250g)

- 1 Put water in the water tank.
- 2 Wash the potatoes and then place on the rack.

17 STEAM HIGH **ENTER** → **About 30 min.** → **START**

* The final version of sweet potatoes will vary **based on thickness and condition**. In the event that the potatoes aren't done, fill the water tank to level 2, and extend the cooking time for about 10 minutes.



Steam	Rack 	Approximate Cooking Time about 16 min.	Water Tank Level Set to Level 2
	Upper, Baking tray		

Hard Boiled Eggs

Ingredients

Eggs (Chilled)..... 4 Medium Eggs

* Up to 8 eggs can be automatically cooked.

Warning

Never cook hard boiled eggs with the microwave setting.

- 1 Put water in the water tank.
- 2 Place the eggs on the rack.

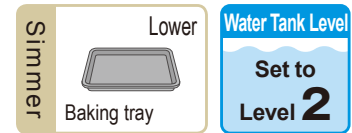
AUTO SENSOR COOK NO FROZEN INGREDIENTS STEAM → **START**

[When cooking manually:17 STEAM HIGH, cook for 14-16 minutes.]

- 3 When done, be sure to chill the eggs thoroughly in running water before deshelling.
*If the eggs aren't chilled all the way through, then the eggs may break apart when deshelling.

● Tips for Boiled Eggs

- Refrigerated eggs can be used.
- Finished eggs can vary based on the degree of freshness and size. Adjust the level of doneness within 30 seconds of pressing start to suit your tastes.



Black Beans

Ingredients (Serves 4)

Black Beans.....	2 Cups (280g)
Water	5 1/2 Cups
Sugar	90g
A Soy Sauce.....	2 Tbsp
Salt.....	1 Tsp
Baking Soda	1/3 Tsp
Sugar	90g
Baking Paper	

- 1 Combine the beans with all ingredients of **A** in a deep, heat-resistant container and let sit covered overnight.
<Important Point>
 Use a deep, heat-resistant container (2.5L or more) in order to prevent the meal from boiling over.
- 2 Put water in the water tank.
- 3 Make a drop lid out of baking paper that matches the size of the dish, and then cover with a heat-resistant lid or make one out of aluminum foil.
- 4 Line up the contents of step 3 on the Baking tray.
MANUAL COOK → **WATER OVEN 2** **ENTER** → **1 tray, NO PREHEAT** **ENTER** → **220°C** **ENTER** → **About 1 h** → **START**
- 5 As soon as the dish is done, press **STOP/CLEAR** to move on to the next step.
MANUAL COOK → **WATER OVEN 2** **ENTER** → **1 tray, NO PREHEAT** **ENTER** → **140°C** **ENTER** → **About 1 h** → **START**
- 6 Take the dish out of the oven when done, add in the sugar, and stir.
 Immediately cover the dish again with the drop lid and heat-resistant lid, and place the dish on the Baking tray. Repeat the cooking directions in step 5.
MANUAL COOK → **WATER OVEN 2** **ENTER** → **1 tray, NO PREHEAT** **ENTER** → **140°C** **ENTER** → **About 1 h** → **START**
- 7 If there are still beans floating on the surface (step 6), take some juice and put the beans in it. Let them sit for an evening to allow the flavor to sink in.



Red Bean Rice

Ingredients (2 Cups of Rice)

Sticky Rice	2 Cups (340g)
Azuki Beans	50g
Water from Boiling the Azuki Beans (Add water if not enough)	300mL

- 1 Put water in the water tank.
- 2 Boil the Azuki beans. (Don't dispose all the water). In a metal baking dish (27cm x 21cm x 3.5cm) place the washed Sticky Rice and pour in the left over of water from boiling the Azuki beans (If you do not have enough, add water). Let sit for about one hour and then add in the boiled Azuki beans.
- 3 Place the prepared dish in step 2 on the rack.



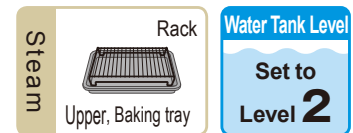
17 STEAM HIGH **ENTER** → **About 24 min.** → **START**

*When removing the Baking tray from the oven, the metal baking dish may slip, be careful slipping the metal baking dish.

- 4 When done, mix everything together gently and cover with a dry dish towel. Let stand for about 10 minutes.

● Tips for Red Bean Rice and Sticky Rice (Okowa)

- The Sticky Rice used in the Red bean rice and Okowa recipes is measured at 200mL equaling 1 cup.
- Use a shallow, flat bottom metal baking dish in order to fully circulate steam.



Sticky Rice with Wild Vegetables (Sansai Okowa)

Ingredients (2 Cups of Rice)

Sticky Rice	2 Cups (340g)
Water	280mL
Boiled Mountain Vegetables	60g (Net Weight)
A <input type="checkbox"/> Light Soy Sauce	1/2 Tbsp
<input type="checkbox"/> Salt	A Pinch

- 1** Put water in the water tank.
- 2** Place the washed Sticky Rice and water in a metal baking dish (27cm x 21cm x 3.5cm), and let sit for about 1 hour. Then mix in all ingredients of **A**, and finally add in the drained mountain vegetables.
- 3** Place the prepared dish in step **2** on the rack.

17 STEAM HIGH **ENTER** → **About 24 min.** → **START**

*When removing the Baking tray from the oven, the metal baking dish may slip, be careful slipping the metal baking dish.
- 4** When done, mix everything together gently and cover with a dry dish towel. Let stand for about 10 minutes.

● Tips for Red Bean Rice and Sticky Rice (Okowa)

- The Sticky Rice used in the Red bean rice and Okowa recipes is measured at 200mL equaling 1 cup.
- Use a shallow, flat bottom metal baking dish in order to fully circulate steam.



Freshly Cooked

Do not use the cooking accessories.

Rice Porridge

Ingredients (Serves 2)

Rice.....1/2 Cup (85g)
Water3 1/2 Cups

- 1 Wash the rice and then place one in a deep, heat-resistant container. Add in water and let it sit for about 30 minutes.
- 2 Place the dish in **the center of the oven** without covering.(Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 500W** **ENTER** → **About 18 min.** → **START**

- 3 Press **STOP/CLEAR** immediately when done.

MANUAL MICRO → **MICROWAVE 200W** **ENTER** → **About 5 min.** → **START**

- 4 When done, let the dish stand in the oven for about 10 minutes.

● Tips for Rice & Porridge

- 1 Cup of rice is 200mL.
- When cooking rice and rice porridge with the microwave setting, use a microwave-safe, heat-resistant container and plastic wrap for the lid (Please refer to page 29 of the operation manual).
 - *Use a dish that is double the amount of the rice and water combined to assure that it does not spill over.



Cooked Rice

■When Heating with Microwave:

Freshly Cooked

Do not use the cooking accessories.

Ingredients

1 cup = 200mL

Amt. of Rice	Amt. of Water	Set the microwave to 600W, then 200W
1 Cup (170g)	260mL-280mL	About 4 minutes 30 seconds → About 17 minutes
2 Cups (340g)	520mL-560mL	About 8 minutes → About 27 minutes

1 Wash the rice and drain in a colander. Once a majority of the moisture has been drained, place in a deep, heat-resistant container, add in the water, and let sit for about 1 hour.

2 Cover with plastic wrap but fold back one side to leave a little open area (see photo on right) and place in **the center of the oven**. (Do not insert the Baking tray)



MANUAL MICRO → **MICROWAVE 600W** **ENTER**
→ **Set Time (See Above Chart)** → **START**

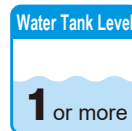
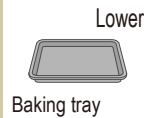
3 Press **STOP/CLEAR** immediately when done.

MANUAL MICRO → **MICROWAVE 200W** **ENTER**
→ **Set Time (See Above Chart)** → **START**

4 When done, mix the rice, cover with a dry dish towel, and stand for about 10 minutes.

■When Heating with Water Oven:

Freshly Cooked



Ingredients

1 cup = 200mL

Amt. of Rice	Amt. of Water	Set Time
1 Cup (170g)	240mL-260mL	About 35 minutes
2 Cups (340g)	500mL-520mL	About 40 minutes

1 Wash the rice and drain in a colander. Once a majority of the moisture has been drained, place in a metal bowl (21cm in diameter x 8cm in height), add in the water, and let sit for 30 minutes-1 hour.

2 Put water in the water tank.

3 Cover the bowl tightly with aluminum foil and place on the Baking tray.

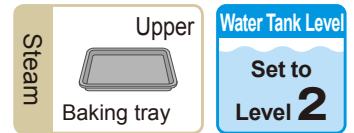


MANUAL COOK →
WATER OVEN 2 **ENTER**
→ **1 tray, NO PREHEAT** **ENTER**
→ **220°C** **ENTER**
→ **Set Time (See Above Chart)** → **START**

4 When done, mix the rice.

● Tips for Rice & Porridge

- 1 Cup of rice is 200mL.
- When cooking rice and rice porridge with the microwave setting, use a microwave-safe, heat-resistant container and plastic wrap for the lid (Please refer to page 29 of the operation manual).
*Use a dish that is double the amount of the rice and water combined to assure that it does not spill over.



Spaghetti with Store-Bought Sauce

Ingredients (Serves 2)

Spaghetti Noodles (7-Minute Boil Type, 1.6mm Thick Noodles)	200g
Water	300mL
Vegetable Oil	2 Tsp
Salt	1/3 Tsp
Spaghetti Sauce (1-2 Servings)(Canned or in Retort Package)	1 Can or 1 Bag (290g)

Warning

When using a can or retort package, be absolutely sure to never use the microwave function.

- 1 Put water in the water tank.
- 2 Place the pasta in a microwave-safe dish for boiling pasta (approx. 27cm x 9cm x 6cm), and add in the water, Vegetable Oil and salt.
- 3 Place the contents of step 2 and the spaghetti sauce on the Baking tray.

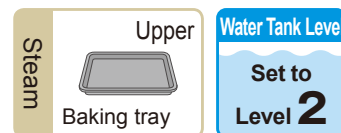
17 STEAM HIGH **ENTER** → **about 27 min** → **START**



- 4 When done, drain the pasta, untangle it, and then add the sauce.
*Be careful when opening a retort package or can as the heat inside that is released can cause burns.

● Tips for Spaghetti & Sauce

- Use a store-bought container designed for boiling pasta noodles in the microwave. It should be approx. 27cm x 9cm x 6cm.
- When boiling spaghetti, vegetable oil is added to make the spaghetti noodles not stick together.
- By cooking the pasta in this oven, it will have a slightly less-chewy texture when done. Furthermore, the final product will vary based on the maker of the noodles and the size of the dish used to cook them in. If the noodles are too hard, extend the cooking time and keep an eye on it.



Kitsune Udon

Ingredients (Serves 2)

Boiled Noodles (Udon Noodles)	2 Servings
Dashi Soup	600mL
Store-bought Seasoned Tofu Pouches (Inari) (Packaged).....	1-2 Pieces
Spring Onions, Kamaboko (Fish Paste)	As needed

- Put water in the water tank.
- Place the noodles in a metal colander. Place two deep, heat-resistant bowls containing the same amount of dashi soup in them.
- Place contents of step 2 and the pack of seasoned tofu pouches on the Baking tray.
17 STEAM HIGH ENTER → about 22 min → START
- When done, add the noodles and tofu pouches to the dashi soup, and top with the spring onions and kamaboko.



● Change It Up With Different Kinds of Noodles & Ingredients

- Vegetables (Chinese cabbage sliced at a 45-degree angle, shimeji mushrooms broken into small bunches, etc.) can be cooked in the metal colander with the udon noodles.
- Soba buckwheat noodles can also be substituted in.
- When using frozen noodles, adjust the cooking time to roughly 25 minutes.



Preheat Do not use the cooking accessories. Approximate Cooking Time about **8 min.**

Baking Lower Stack 2 Baking trays

Roll Cake (Cocoa)

Ingredients (makes 1)

Sponge cake batter

Cake flour	80g
Cocoa	20g
Eggs	5 Medium Eggs
Sugar	100g
Vanilla extract	A Pinch
Milk	2 Tbsp

Whip cream

Heavy Cream	200mL
Sugar	2 Tbsp
Vanilla extract	A pinch
Fruit of your choice	As needed
Baking paper	

- Apply a thin layer of butter (not from ingredients) on the inside of the Baking tray, then place a baking paper at the bottom which goes slightly above the edges.
*If using baking paper, be sure that it does not touch the insides of the oven.
- Put the egg whites in a large bowl, and beat until it forms steel peaks. Slowly add half of the sugar and continue beating.
<Important Point>
The point is to have the egg whites beaten. Please do so thoroughly.
- Add the remainder of the sugar to the yolks, and warm both with hot water. Remove when it reaches body temperature and beat until it is white and some lines start to appear (mayonaisse-like consistency).
- Preheat the oven (Do not put the cooking accessories or food inside).
MANUAL COOK → **CONVEC OVEN** **ENTER** → **1 tray, PREHEAT** **ENTER** → **170°C** → **START**
- Combine the egg whites with the yolks and mix with a whisk until smooth.
- Add the flour and cocoa by shifting into step 5 in order not to break bubbles and mix by bringing the batter from the bottom until you see no traces of flour. In doing so, as a guideline, move the spatula a little and mix it swiftly so that the powder does not disappear, and if you scoop up the batter with a spatula, it falls like a ribbon, leaving marks for a while.
*Compared to sponge cake, roll cake has a lower cake flour to egg ratio. The texture will be coarse. If scarce flour is used. Also but be careful of the dough becoming sticky.
Quickly add vanilla extract and milk, then mix.
- Pour the batter into the Baking tray from step 1, smoothing out the surface and removing air.
- When preheating is complete, put the Baking tray prepared in step 7 in the oven.
Set the knob to **18-20 min.** and press **START**.
- After cooking, leave step 7 on the baking paper and take it out from the Baking tray and let it cool down.
- Making whip cream. Put chilled whip cream and sugar in bowls. Beat while cooling each bowl, adding vanilla extract and beat more until the cream becomes thick. Beat until some lines start to appear. Mix the chunks of fruit.
- Turn the cake over, removing the baking paper. Turn it back over again, placing it on the baking paper, spread on cream and roll.
*If you are worried about the hardness of the outer circumference, touching the hard parts with a damp cloth will make it easier to roll
*By diagonally cutting the cake at the end of the roll by 1cm it will rest nicely with no overlap at the edge.
- After it is rolled, wrap it in baking paper, and further wrap in plastic. Place the rolled end down in a refrigerated room and let it adjust for about 30 minutes.
*When baking 2 rolls, after preheating to 170°C with CONVEC OVEN/2 tray/ PREHEAT, place the Baking trays on each upper and lower position, and bake for 25-27 minutes. If you are worried about uneven baking, change the shelf position and orientation of the Baking trays when the remaining time is between 8 and 10 minutes.



Preheat Do not use the cooking accessories. Approximate Cooking Time about **8 min.**

Baking Lower Stack 2 Baking trays

Roll Cake (Matcha)

Ingredients (makes 1)

Sponge cake batter

Cake flour	80g
Matcha	1 Tbsp
Eggs	5 Medium Eggs
Sugar	100g
Vanilla extract	A Pinch
Milk	2 Tbsp

Whip cream

Heavy Cream	200mL
Sugar	2 Tbsp
Vanilla extract	A pinch
Fruit of your choice	As needed
Baking paper	

- Apply a thin layer of butter (not from ingredients) on the inside of the Baking tray, then place a baking paper at the bottom which goes slightly above the edges.
*If using baking paper, be sure that it does not touch the insides of the oven.
- Put the egg whites in a large bowl, and beat until it forms steel peaks. Slowly add half of the sugar and continue beating.
<Important Point>
The point is to have the egg whites beaten. Please do so thoabout.
- Add the remainder of the sugar to the yolks, and warm both with hot water. Remove when it reaches body temperature and beat until it is white and some lines start to appear (mayonaise-like consistency).
- Preheat the oven (Do not put the cooking accessories or food inside).
MANUAL COOK → **CONVEC OVEN** **ENTER** → **1 tray, PREHEAT** **ENTER** → **170°C** → **START**
- Combine the egg whites with the yolks and mix with a whisk until smooth.
- Add the flour and matcha by shifting into step 5 in order not to break bubbles and mix by bringing the batter from the bottom until you see no traces of flour. In doing so, as a guideline, move the spatula a little and mix it swiftly so that the powder does not disappear, and if you scoop up the batter with a spatula, it falls like a ribbon, leaving marks for a while.
*Compared to sponge cake, roll cake has a lower cake flour to egg ratio. The texture will be course. if scarce flour is used. Also but be careful of the dough becoming sticky.
Quickly add vanilla extract and milk, then mix.
- Pour the batter into the Baking tray from step 1, smoothing out the surface and removing air.
- When preheating is complete, put the Baking tray prepared in step 7 in the oven.
Set the knob to **18-20 min.** and press **START**.
- After cooking, leave step 7 on the baking paper and take it out from the Baking tray and let it cool down.
- Making whip cream. Put chilled whip cream and sugar in bowls. Beat while cooling each bowl, adding vanilla extract and beat more until the cream becomes thick. Beat until some lines start to appear. Mix the chunks of fruit.
- Turn the cake over, removing the baking paper. Turn it back over again, placing it on the baking paper, spread on cream and roll.
*If you are worried about the hardness of the outer circumference, touching the hard parts with a damp cloth will make it easier to roll
*By diagonally cutting the cake at the end of the roll by 1cm it will rest nicely with no overlap at the edge.
- After it is rolled, wrap it in baking paper, and further wrap in plastic. Place the rolled end down in a refrigerated room and let it adjust for about 30 minutes.
*When baking 2 rolls, after preheating to 170°C with CONVEC OVEN/2 tray/ PREHEAT, place the Baking trays on each upper and lower position, and bake for 25-27 minutes. If you are worried about uneven baking, change the shelf position and orientation of the Baking trays when the remaining time is between 8 and 10 minutes.



Preheat Do not use the cooking accessories. Approximate Cooking Time about **8** min.

Baking Lower Baking tray

Chiffon Cake

Ingredients (for 20cm diameter aluminum chiffon cake pan)

Egg whites	6 Medium
Sugar	120g
Egg Yolks	5 Medium Eggs
Milk	100mL
Vegetable Oil	80mL
Cake flour	120g

* The dough may not bake well when the fluorinated pan is not used because it is difficult to stick with the pan.

- 1 Beat the egg whites until a point forms. Add half of the sugar slowly and beat more.
- 2 Add the rest of the sugar to the egg yolks, and beat until it begins to whiten.
- 3 Add milk to the contents of step 2 and quickly mix together. While mixing with a whisk, slowly add vegetable oil.
- 4 Sift cake flour into the dough of step 3 and mix with a spatula until you see no traces of flour.
- 5 Preheat the oven (Do not put the cooking accessories or food inside).

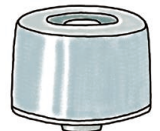


MANUAL COOK → **CONVEC OVEN** **ENTER** → **1 tray, PREHEAT** **ENTER** → **170°C** → **START**

- 6 Add 1/3 of the contents of step 1 to the step 4 and mix well with a spatula. Add the remaining batter step 1 and gently mix with a spatula as not to damage the froth.
- 7 Pour the step 6 into a pan without coating either butter or oil. Pressing the central part with your thumb, hold the pan with both hands and tap it on the table to get rid of air bubbles.
- 8 When preheating is complete, place on the center of the Baking tray from 7, set the knob to **about 40 min.** and press **START**.
- 9 After baking, **turn the pan upside down and let it cool.** Once it is completely cooled, use a knife to remove the cake from the pan.


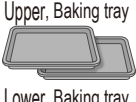
<Tips>

If you remove the cake without turning it upside down, it will shrink.





Cream Puff

Preheat	Do not use the cooking accessories.	Approximate Cooking Time about 9 min.	Water Tank Level 1 or more
	Baking 1 tray 	Approximate Cooking Time about 27 min.	
*Can also automatically be made on 2 trays.		Baking 2 tray 	

Ingredients (makes 12 on 1 tray)

Custard Cream

Cake flour, Cornstarch	2 Tbsp each
Sugar	80g
Milk	2 Cups
Egg Yolks	3 Medium Eggs
Butter	30g
Vanilla extract	A Pinch

Cream puff batter

Water	100mL
Butter	50g
Cake flour.....	50g
Eggs.....	2-3 Medium

1 Make Custard cream. Put cake flour, corn starch and sugar into a large bowl. Add a little milk, then mix with egg yolks and the remaining milk. Place in the **center of the oven** without covering with the plastic wrap. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 600W** **ENTER** → **about 2 min.** → **START**

After cooking, mix, then extend cooking time for 2 minutes and press **START**.

After that, mix and extend cooking time for another 2 minutes 30 seconds and press **START**.

<Important Point>

Immediately after cooking it will be soft, its texture will become suitable after cooling it down.

2 Add butter and mix well. After cooling add vanilla extract for scent.

<Important Point>

Add the vanilla extract only after cooling. If they're added while it is still hot, the scent will fade. After cooking, no film will be made if you directly stick the plastic wrap on the surface without air.

3 Make cream puff batter. Put small pieces of butter and water in a large (about 22cm diameter) heat-resistant container. Put in 1/2 teaspoon of cake flour from the ingredients list, and without wrapping and place it in the **center of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 600W** **ENTER** → **3 min. 30 sec.** → **START**

<Important Point>

Add flour when the water and butter are sufficiently boiled. If they need more time to boil, allow for longer heating.

4 After cooking, add the remainder of the flour and quickly knead with a spatula. Without wrapping, put in the **center of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 500W** **ENTER** → **40-50sec.** → **START**

5 Add 1 beaten egg. When it is properly mixed add the remaining eggs slowly while watching the consistency of the batter.

6 Try ladling with a spatula; adjusting so it has just enough thickness to pour out.

<Important Point>

The thickness should be where you can ladle about half the batter, then tilt the spatula and in about 5 seconds it all falls out. If it gets to this state before putting all of the eggs in, don't add any more.

7 Put water in the water tank.

8 Preheat the oven (Do not put the cooking accessories or food inside).

14 CREAM PUFF (ADJUST PORTION) → **START**
Choose (14 – 1 tray).

9 Lay aluminum foil on the Baking tray. Put the batter in a pastry bag which has a 1cm diameter round tip. Squeeze out 12.

10 When preheating is complete, put the Baking tray from step 9 in the oven. Press **START**.

When cooking manually: Mist the dough. WATER OVEN 2 / 1 tray/PREHEAT/about 25-27 minutes at 190°C. (When using 2 trays, 2 tray/PREHEAT/about 40 minutes at 190°C. After 3 minutes press **MANUAL COOK**, set the knob to **WATER OVEN 0** then press **ENTER**)

<Important Point>

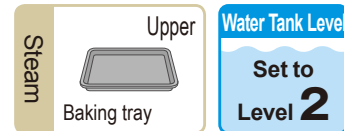
They will deflate if cold air enters before they are finished baking, so make sure not to open the door until they are done.

11 Quickly remove from the foil and let cool while the outer layer is still hot. Open the puffs with a knife and stuff with custard cream.

● Tips for Cream Puff

The puffiness will vary on how the dough was made. They may not inflate properly if the batter is too soft.





Japanese Custard Pudding

Ingredients (makes 10 in stainless steel custard molds)

Caramel sauce

- Sugar 5 Tbsp
- Water, hot water 1 Tbsp each

Custard batter

- Milk 500mL
- Sugar 70g
- Eggs 4 Medium Eggs
- Vanilla extract A Pinch

* Do not use porcelain molds because it is difficult to make them harden.

- 1 Put sugar and water in a small pot and heat over medium. When boiling as yellowish brown, remove from heat and add hot water. (Be careful not to burn yourself as water may splash).
- 2 Put an equal amount of caramel sauce in each mold.
- 3 Put both milk and sugar in a heat-resistant container and place in the **center of the oven** without wrapping. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 600W** **ENTER** → **about 3 min. 30 sec.** → **START**

- 4 After cooking, mix to melt the sugar. Add well whipped eggs and vanilla extract. Mix well but do not beat, then strain.

<Important Point>

Whip the eggs well. If they are not whipped enough, egg whites will stick to the strainer, and it may not harden well.

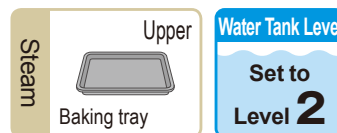
- 5 Put water in the water tank.
- 6 Pour the same amount of custard batter in each mold. Cover each one with aluminum foil and place them near the center of the Baking tray.

18 STEAM LOW **ENTER** → **90°C** **ENTER** → **20-22 min.** → **START**

- 7 After cooking, stand in the oven for about 5 minutes, then allow heat to dissipate. Cool in a refrigerator and take them out from the molds.

● Custard Points

Cooking results depend on the shape of the molds and the temperature of the custard batter. If you poke one with a bamboo skewer and notice raw batter stuck to one, extend the cooking time.



Custard Pudding (Soft)

Ingredients (makes 8 in 8cm bottom diameter x 4cm cocotte mold)

A	Milk	300mL
	Sugar	70g
	Heavy Cream	150mL
	Egg Yolks	5 Medium Eggs
	Vanilla extract	A Pinch

- Put items in **A** into a heat-resistant container and place in the **center of the oven** without wrapping. (Do not insert the Baking tray).

MANUAL MICRO → **MICROWAVE 600W** **ENTER** → **about 2 min. 50 sec.** → **START**

- Add the rest to the container in step 1. Mix well and strain.

- Put water in the water tank.

- Pour an equal amount of step 2 into each mold. Cover each with aluminum foil and place them on the Baking tray.

18 STEAM LOW **ENTER** → **90°C** **ENTER** → **25-27 min.** → **START**

- After cooking, stand in the oven for about 5 minutes, then allow heat to dissipate. Cool in a refrigerator.


<Tips>

You may decorate with whip cream or caramel sauce as you like.

● Custard Points

Cooking results depend on the shape of the molds and the temperature of the custard batter. If you poke one with a bamboo skewer and notice raw batter stuck to one, extend the cooking time.



Preheat	Do not use the cooking accessories.	Approximate Cooking Time about 8 min.
	Baking	Lower  Baking tray

Cocoa Cheese Cake

Ingredients (makes 1 cake in a 18cm diameter metallic round pan)

Graham crackers	70g	
Butter	35g	
A {	Cream cheese	200g
	Heavy Cream	100mL
	Sugar	90g
	Eggs	2
	Cake flour	3 Tbsp
Cocoa	1 Tbsp	
Baking Paper		

* Substitute with wheat crackers or biscuits, if you have no graham crackers.

- 1 Apply a thin layer of butter (not from ingredients) on the inside of a circular pan and place a baking paper.
- 2 Place graham crackers in a double-layered plastic bag and crush them into fine pieces.
- 3 Cut small pieces of butter and place them in a heat-resistant container. Wrap and place in the **center of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 200W** **ENTER** → **about 1 min** → **START**

- 4 After baking, put in the contents of step 2 and mix. Spread all over the pan from step 1.
- 5 Put ingredients in **A** into a food processor and mix until smooth. (If you have no food processor, put in a bowl with cream cheese and sugar and mix with a whisk until smooth. After that, add cake flour and mix. Add eggs and cream little by little in that order, and mix as not to make lumps.)
- 6 Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → **CONVEC OVEN** **ENTER** → **1 tray, PREHEAT** **ENTER** → **170°C** → **START**

- 7 Make the cocoa batter by putting 1/4 of the batter from step 5 into a bowl. Add the cocoa melted in the same amount of water and mix with a spatula.
- 8 Pour the rest of the batter from step 5 into step 4. Gently pour the contents of step 7 on top evenly, resulting in 2 layers of batter.
*If the cocoa batter is poured into just one place it may not properly spread into two layers.
- 9 When preheating is complete, place the contents of step 8 on the Baking tray, set the knob to **about 45 min.** and press **START**.
- 10 After baking, let one cool in the pan first, then place in a refrigerator.



Preheat Do not use the cooking accessories. Approximate Cooking Time about **11** min.

Baking Lower Baking tray

Apple Pie

Ingredients (makes 1 pie in a 23cm diameter metal pan)

Apple compote

Apples (a type with acidity, such as Jonathan apples).....	4 (net weight 600g)
Sugar	120g
Lemon Juice from a half piece of a lemon.....	1/2 lemon
Corn Starch.....	2 Tsp
Cinnamon (add as you like).....	A Pinch
Frozen pie crust (market product).....	4 (100g per crust)
Egg wash	
Egg Yolk	1 Medium
Water	1 Tsp

1 Divide the apples into 8 pieces, removing the peels and the cores, then slice into half of each piece. Immediately soak with salt water.

2 Wash then drain the contents of step 1. Put them in a heat-resistant container, and cover with sugar and lemon juice. Once you checked the juice from the apples, wrap and place in the **center of the oven**. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 600W** **ENTER** → **about 10-12 min.** → **START**

Remove from the oven when **about 2 minutes** remain. Eliminating the juice, mix one with corn starch (dissolve an equal amount in water), place in the **center of the oven** without wrapping, and press **START**. After cooking, add cinnamon if you want and let one cool.

3 Stick 2 frozen pie crusts together and roll each one to a thickness of about 3-4mm with a rolling pin on a powdered stand. Make the circle just a little bigger than its size of a pie crust.

4 Spread one crust out on the pan and poke many holes with a fork.

5 Add the apple compote, spread egg wash to the edges of the pie crust and cover with another crust.

6 Cut off any extra space on the edges and spread egg wash on the surface. Stretch out the remaining dough of the pie crust, decorate the edges and the surface. Let sit in a refrigerator for about 30 minutes.

7 Preheat the oven (Do not put the baking tray or food inside).

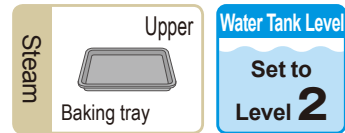
MANUAL COOK → **CONVEC OVEN** **ENTER** → **1 tray, PREHEAT** **ENTER** → **210°C** → **START**

8 Spread egg wash on the surface of step 6 and make slits in 3-4 places.

9 When preheating is complete, place on the center of the Baking tray from 8, set the knob to **25-28 min.** and press **START**.

<Tips>

After baking, consider putting on the mixture of some apricot jam and water.



Steamed Bun

Ingredients (makes 10 buns in stainless steel custard molds)

Eggs.....	2 Medium Eggs
Sugar.....	100g
Vegetable Oil.....	2 Tbsp
Milk.....	150mL
A □ Cake flour.....	200g
□ Baking powder.....	1/2 Tbsp
Sweet red beans.....	60g
Paper cases.....	10

- 1 Put water in the water tank.
- 2 Break eggs into a bowl, add sugar and mix them with a whisk.
- 3 Add vegetable oil to step 2 and mix, then add milk and quickly mix. Add sifted ingredients from **A**. Mix quickly with a spatula as not to make lumps, then mix with sweet red beans.
- 4 Put paper cases into custard molds, then pour equal portions of batter and place them on a Baking tray.

17 STEAM HIGH **ENTER** → about 23 min → **START**

- 5 After cooking, remove from each mold and let them cool on a net.



Cook
Do not use the cooking accessories.

White Sauce

Ingredients (makes 2 cups)

Cake flour, butter.....	30g of each
Milk.....	2 Cups
Salt, Pepper.....	A Pinch

- 1 Combine the butter and cake flour in a large heat-resistant bowl and place one in the **center of the oven** without covering with the plastic wrap. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 600W** **ENTER** → about 1 min → **START**

- 2 After heating step 1 up, mix until smooth with a whisk.
- 3 Add milk to step 2 little by little until smooth. (Do not insert the Baking tray)

MANUAL MICRO → **MICROWAVE 600W** **ENTER** → about 1 min → **START**

After cooking, mix, then extend the cooking time for 1 minute and press **START**.

After that, mix and extend the cooking time for **another 3 minutes** and press **START**.

- 4 When done, mix lightly and add salt and pepper to adjust its taste.

<Important Point>

Once you can make some lines with the whisk, the texture is suitable. No film will be made if you directly stick the plastic wrap on the surface without air.



Baking 2 tray	Upper. Baking tray	Approximate Cooking Time about 2 h.	Water Tank Level Set to Level 2
	Lower. Baking tray		

* Can be cooked automatically with 1 tray as well.
*2 Baking trays will be shown on the display, but just insert one in the **lower**.

Baking 1 tray	Lower
	Baking tray

Dried Food(Dried Fruit Soft)

- **Ingredient Examples**
Pineapples, apples, mandarin oranges, kiwi, grapes, cherry tomatoes, and mango.
- **Standard amounts**
Spread appropriate portion of each ingredient on the Baking tray without overlapping.
- **How to Cut**
Slice pineapple and mango to about 1cm and apples and mandarin oranges to 7mm–8mm. Grapes and cherry tomatoes should be cut in half and arranged with those inside sections up. If the apples are rinsed with salt water, it will prevent from its discoloration.

- 1 Put water in the water tank.
- 2 Spread a baking paper and the appropriate portion of each ingredient without overlapping on the baking tray. Its moisture must be wiped off with a paper towel in advance.

15-1 DRIED FOOD(DRIED FRUIT SOFT) → START

- 3 After cooking, remove the Baking tray and let one cool.



● Dry food cooking points

- The cooking finish of the photos depending on types of the ingredients and seasons.
- Do not keep them for a long time, please eat quickly.
- Various ingredients shown on the above photos are placed together in order to demonstrate the proper size of them. The ingredients is that requires different finish cannot be cooked at the same time.



Baking 2 tray	Upper, Baking tray	Approximate Cooking Time about 1 h.	Water Tank Level Set to Level 2
	Lower, Baking tray		

* Can be cooked automatically with 1 tray as well.
 *2 Baking trays will be shown on the display, but just insert one in the **lower**.

Baking 1 tray	Lower
	Baking tray

Dried Food (Dried Chips)

• Ingredient Examples

Potatoes, sweet potatoes, pumpkin, lotus root, greater burdock and apples

• Standard amounts

Spread appropriate portion of each ingredient on the Baking tray without overlapping.

• How to Cut

Slice into 1mm-2mm pieces with a slicer. Rinse with water, except for pumpkin. Rinsing greater burdock and lotus root with diluted vinegar, and apples with salt water will prevent from its discoloration. Slice pumpkins after removing skin. Apples will have more flavor with slices around 2mm.

- 1 Put water in the water tank.
- 2 Spread a baking paper and the appropriate portion of each ingredient without overlapping on the baking tray. Its moisture must be wiped off with a paper towel in advance.

15-2 DRIED FOOD (DRIED CHIPS) → START

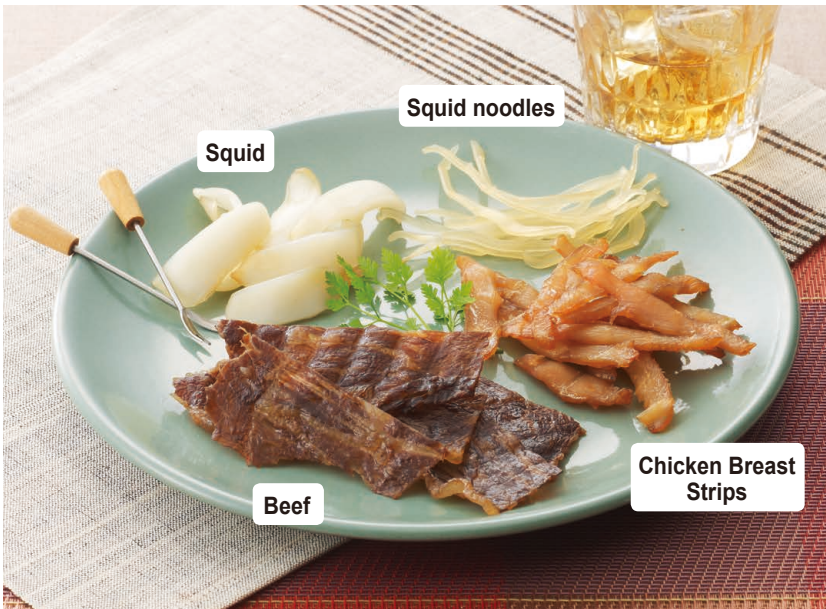
*For 2mm slices, within 30 seconds of pressing "Start", set the cooking adjustment to MORE (▲).
 (Estimated time: 1 hour 15 minutes)



- 3 After cooking, remove the Baking tray and let one cool.

• Dry food cooking points

- The cooking finish of the photos depending on types of the ingredients and seasons.
- Do not keep them for a long time, please eat quickly.
- Various ingredients shown on the above photos are placed together in order to demonstrate the proper size of them. The ingredients is that requires different finish cannot be cooked at the same time.



Baking 2 tray	Upper, Baking tray	Approximate Cooking Time about 2 h.	Water Tank Level Set to Level 2
	Lower, Baking tray		

* Can be cooked automatically with 1 tray as well.
 * 2 Baking trays will be shown on the display, but just insert one in the **lower**.

Baking 1 tray	Lower
	Baking tray

Dried Food (Snacks)

- **Ingredient Examples**
Squid, sliced beef (red meat), chicken tenderloin
- **Standard amounts**
Spread appropriate portion of each ingredient on the Baking tray without overlapping.
- **How to Cut**
Slice thinner than 5mm and season as you like.

- 1 Put water in the water tank.
- 2 Spread a baking paper and the appropriate portion of each ingredient without overlapping on the baking tray. Its moisture must be wiped off with a paper towel in advance.

15-3 DRIED FOOD (SNACKS) → START

*When cooking squid noodles arranged one by one, or sliced beef, within 30 seconds of pressing "Start", set the cooking adjustment to **LESS (▼)**. (Estimated time: 1 hour 30 minutes)



- 3 After cooking, remove the Baking tray and let one cool.

● Dry food cooking points

- The cooking finish of the photos depending on types of the ingredients and seasons.
- Do not keep them for a long time, please eat quickly.
- Various ingredients shown on the above photos are placed together in order to demonstrate the proper size of them. The ingredients is that requires different finish cannot be cooked at the same time.



Preheat
Do not use the cooking accessories.
Approximate Cooking Time about **8 min.**
Water Tank Level
1 or more

Baking
Lower
Baking tray

Loaf of Bread

Ingredients (for 1 loaf in a 20x8x8.5cm pan)

Bread dough		Egg wash	
Strong flour	300g	Beaten Egg	1/2 Medium Egg
Sugar	2 Tbsp	Salt	A Pinch
Salt	1 Tsp	Baking Paper	
Dry yeast	1 1/3 Tsp(4g)		
Milk (room temperature)	210mL		
Butter	20g		

- Put water in the water tank. (Water for both fermentation and baking)
- Put sifted strong flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add milk then lightly stir, add softened butter and mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.
<Important Point>
If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.
- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.



- Insert the tray from step 5 in the **lower position**.

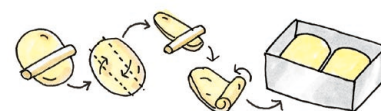
19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **40-50 min.** → **START**

<Important Point>

The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, it is properly fermented. If the hole closes up, it is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

- Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).
- Cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 20 minutes. (Bench time)

- Flatten each piece of dough with a rolling pin and fold in thirds. Make these into rectangles and roll from the edges. Spread on butter (not from ingredients), and put rolled end face down on a bread pan with a baking paper. Put the bread pan on the Baking tray.



*If using baking paper, be absolutely sure that it does not touch the insides of the oven.

- Put tray from step 9 in the **lower position**.

19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **40-50 min.** → **START**

- Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → **WATER OVEN 2** **ENTER** → **1 tray, PREHEAT** **ENTER** → **180°C** → **START**

- When preheating is complete, spread Egg wash on the surface of the bread dough and lay horizontally in the center of the Baking tray. Set the knob for **about 30 min.** and press **START**. After 5 minutes, perform the following steps.

MANUAL COOK → **WATER OVEN 0** **ENTER**



- After baking, remove bread from the pan and remove the baking paper.



Preheat	Do not use the cooking accessories.	Approximate Cooking Time about 8 min.	Water Tank Level 1 or more
Baking	Upper, Baking tray		
	Lower, Baking tray		

Dinner Roll

Ingredients (makes 24 on 2 trays)

Bread dough

Strong flour	500g
Sugar	5 Tbsp
Salt	1 Tsp
Dry yeast	2 2/3 Tsp(8g)
Milk (room temperature)	280mL
Eggs	1 Large
Butter, Softened	90g

Egg wash

Beaten Egg	1/2 egg
Salt	A Pinch

- Put water in the water tank. (Water for both fermentation and baking)
- Put sifted strong flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add milk then whipped eggs in order lightly stir, add softened butter and mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.
- Insert the tray from step 5 in the **lower position**.

19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **40-50 min.** → **START**

<Important Point>

The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, It is properly fermented. If the hole closes up, It is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

- Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).
- Cut into 24 small round pieces with a scraper or kitchen knife, wrap, and let rest for about 20 minutes. (Bench time).
- Flatten the round dough into a tear-drop shape with a rolling pin and roll from the thick end. Space out with the end of the roll face down on both thinly buttered (not from the ingredients) Baking trays.

- Insert trays from step 9 into the both **upper and lower position**.

19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **35-40 min.** → **START**

<Important Point>

The dough will expand to 2-2.5 times its size after secondary fermentation. If It is not fermented enough, add around 10 more minutes of fermentation time while keeping an eye on its condition.

- Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → **WATER OVEN 2** **ENTER** → **2 tray, PREHEAT** **ENTER** → **180°C** → **START**

- When preheating is complete, spread Egg wash on the surface of the bread, set the knob to **14-15 min.** and press **START**.

After 5 minutes, perform the following steps.

MANUAL COOK → **WATER OVEN 0** **ENTER**

*When only using 1 tray, put it on the **lower position** and set the cooking time for 12-13 minutes.





Preheat

Do not use the cooking accessories.

Approximate Cooking Time about **8 min.**

Water Tank Level

1 or more

Baking

Upper, Baking tray

Lower, Baking tray

Bread Filled with Red Bean Paste

Ingredients (makes 24 on 2 trays)

Bread dough

Strong flour	500g
Sugar	5 Tbsp
Salt	1 Tsp
Dry yeast	2 2/3 Tsp(8g)
Milk (room temperature)	280mL
Eggs	1 Large
Butter, Softened	90g

Egg wash

Beaten Egg	1/2 egg
Salt	A Pinch
Sweet red bean paste	600g

- Put water in the water tank. (Water for both fermentation and baking)
- Put sifted strong flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add milk then whipped eggs in order lightly stir, add softened butter and mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.
- Insert the tray from step 5 in the **lower position**.



19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **40-50 min.** → **START**

<Important Point>

The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, It is properly fermented. If the hole closes up, It is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

- Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).
- Cut into 24 small round pieces with a scraper or kitchen knife, wrap, and let rest for about 20 minutes. (Bench time).
- Shape the round dough into a cylindrical shape and wrap 24 portions of coarse sweet red bean paste. Wrap tightly so the sweet red bean paste will not fall out. Space out with the end of the wrapped face down on both thinly buttered (not from the ingredients) Baking trays.



- Insert trays from step 9 into the both **upper and lower position**.

19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **35-40 min.** → **START**

<Important Point>

The dough will expand to 2-2.5 times its size after secondary fermentation. If It is not fermented enough, add around 10 more minutes of fermentation time while keeping an eye on its condition.

- Preheat the oven (Do not put the cooking accessories or food inside).

MANUAL COOK → **WATER OVEN 2** **ENTER** → **2 tray, PREHEAT** **ENTER** → **180°C** → **START**

- When preheating is complete, spread Egg wash on the surface of the bread, set the knob to **14-15 min.** and press **START**.

After 5 minutes, perform the following steps.

MANUAL COOK → **WATER OVEN 0** **ENTER**

- *When only using 1 tray, put it on the **lower position** and set the cooking time for 12-13 minutes.
- *Before baking, sprinkle with poppy seeds, sesame seeds, or cherry blossom petals, if you like.



French Bread (Baguette)

*A baguette is generally considered a thin, cylindrical shape about 65cm long, but here we make it a size that will fit in the Baking tray.

Preheat	Upper Baking tray	Approximate Cooking Time about 13 min.*
	Baking	Water Tank Level 1 or more

*Since cooking accessories are used to preheat, the preheat time is long.

Ingredients (for 2)

Bread dough

French Bread Flour	300g
Sugar	1/2 Tsp
Salt	2/3 Tsp
Dry yeast	1 Tsp(3g)
Lemon Juice	1 Tsp
Water (Refrigerated)	185mL

A canvas

(A canvas to be laid out on the Baking tray to prevent sticking, and on the dough to prevent drying. Made of a thick cotton, It is sold in stores with confectionery and baking tools.)

Razor

A board which will allow the dough to move (Cut cardboard into an ellipse with a length of around 35cm and a width of 15cm. To prevent slippage, cover with a stocking. Professionals use the same type of tools, but you can also substitute with a plank wrapped in bleached cotton.)



- Put sifted French bread flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add lemon juice and water then mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a plastic wrap. Put it on the Baking tray.
- Place the tray from step 4 on the **lower position**.

20 PROOF **ENTER** → **30°C** **ENTER** → **about 2 h. 30 min.** → **START**

- Remove the dough to a counter slightly sprinkled with flour. Using both hands press to release gas. Cut in two with either a scraper or a kitchen knife. Lightly fold in two, wrap and let rest for about 20 minutes. (Bench time).
- Using the palms of your hands lightly tape the dough, then flatten by spreading out into a square. Fold 1/3 from the far side to the front, close with the palm of your hand. Again fold from the far side to the front, press with the palm of your hand, and firmly close the ends. Roll with both hands to about 30cm.



Fold 1/3 on the far side



Close with the palm of your hand



Firmly pinch the ends of the dough together

- Spread the canvas on the Baking tray, and line up the two pieces of dough with space in between. Loosen the canvas making a groove in the middle. Mist the dough.

- Insert the tray from step 8 in the **upper position**.

20 PROOF **ENTER** → **30°C** **ENTER** → **about 40 min** → **START**

- After secondary fermentation remove the dough for each canvas from the Baking tray.

- Put water in the water tank.

- Preheat. Put the other Baking tray in the **upper position**. (Do not insert it with any food products on it)

MANUAL COOK → **WATER OVEN 3** **ENTER** → **1 tray, PREHEAT** **ENTER** → **220°C** → **START**

While preheating is taking place, put a canvas on the dough. If it looks like the dough will dry out, use mist. Prepare the board used to move the dough with a razor.

- When preheating is complete, take the Baking tray from the upper position and close the door. Lift the fabric under the dough a little, move to the board, place both pieces on the preheated Baking tray with space between them.

Warning

Use a kitchen mitten when removing the hot baking tray after preheating and place on heat-resistant space.

- Cut 3 pieces (coupe) each with a razor and return to the upper position. Set the knob for **28-30 min.** and press **START**.

After 5 minutes to the next step.

MANUAL COOK → **WATER OVEN 0** **ENTER**

Replace the baking tray of the front and back at the time of 10 minutes remaining.



Looking from directly above



Boule

Preheat	Upper	Approximate Cooking Time about 13 min.*
	Baking tray	
Baking	Upper	Water Tank Level
	Baking tray	1 or more

*Since cooking accessories are used to preheat, the preheat time is long.

Ingredients (for 2)

Bread dough

French Bread Flour.....	300g
Sugar.....	1/2 Tsp
Salt.....	2/3 Tsp
Dry yeast.....	1 Tsp(3g)
Lemon Juice.....	1 Tsp
Water (Refrigerated).....	185mL

A canvas

(A canvas to be laid out on the Baking tray to prevent sticking, and on the dough to prevent drying. Made of a thick cotton, It is sold in stores with confectionery and baking tools.)

Razor

A board which will allow the dough to move (Cut cardboard into an ellipse with a length of around 35cm and a width of 15cm. To prevent slippage, cover with a stocking. Professionals use the same type of tools, but you can also substitute with a plank wrapped in bleached cotton.)



- Put sifted French bread flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add lemon juice and water then mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a plastic wrap. Put it on the Baking tray.
- Place the tray from step 4 on the **lower position**.

20 PROOF **ENTER** → **30°C** **ENTER** → **about 2 h. 30 min.** → **START**

- Remove the dough to a counter slightly sprinkled with flour. Using both hands press to release gas. Cut in four with either a scraper or a kitchen knife. Lightly fold in two, wrap and let rest for about 20 minutes. (Bench time).
- Roll them into round shapes, and firmly pinch the ends of the dough together.



- Spread the canvas on the Baking tray, and line up the four pieces of dough with space in between. Loosen the canvas making a groove in the middle. Mist the dough.
- Insert the tray from step 8 in the **upper position**.

20 PROOF **ENTER** → **30°C** **ENTER** → **about 40 min** → **START**

- After secondary fermentation remove the dough for each canvas from the Baking tray.
- Put water in the water tank.
- Preheat. Put the other Baking tray in the **upper position**. (Do not insert it with any food products on it)

MANUAL COOK → **WATER OVEN 3** **ENTER** → **1 tray, PREHEAT** **ENTER** → **220°C** → **START**

While preheating is taking place, put a canvas on the dough. If it looks like the dough will dry out, use mist. Prepare the board used to move the dough with a razor.

- When preheating is complete, take the Baking tray from the upper position and close the door. Lift the fabric under the dough a little, move to the board, place four pieces on the preheated Baking tray with space between them.

Warning

Use a kitchen mitten when removing the hot baking tray after preheating and place on heat-resistant space.

- Form a # with the cut edges (coupe) with a razor and return to the upper position. Set the knob for **28-30 min.** and press **START**.

After 5 minutes to the next step.

MANUAL COOK → **WATER OVEN 0** **ENTER**

Replace the baking tray of the front and back at the time of 10 minutes remaining.



Coupe

Preheat	Upper Baking tray	Approximate Cooking Time about 13 min.*
	Baking	Water Tank Level 1 or more

*Since cooking accessories are used to preheat, the preheat time is long.

Ingredients (for 2)

Bread dough

French Bread Flour	300g
Sugar	1/2 Tsp
Salt	2/3 Tsp
Dry yeast	1 Tsp(3g)
Lemon Juice	1 Tsp
Water (Refrigerated)	185mL

A canvas

(A canvas to be laid out on the Baking tray to prevent sticking, and on the dough to prevent drying. Made of a thick cotton. It is sold in stores with confectionery and baking tools.)

Razor

A board which will allow the dough to move (Cut cardboard into an ellipse with a length of around 35cm and a width of 15cm. To prevent slippage, cover with a stocking. Professionals use the same type of tools, but you can also substitute with a plank wrapped in bleached cotton.)



- Put sifted French bread flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add lemon juice and water then mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a plastic wrap. Put it on the Baking tray.
- Place the tray from step 4 on the **lower position**.

20 PROOF **ENTER** → **30°C** **ENTER** → **about 2 h. 30 min.** → **START**

- Remove the dough to a counter slightly sprinkled with flour. Using both hands press to release gas. Cut in four with either a scraper or a kitchen knife. Lightly fold in two, wrap and let rest for about 20 minutes. (Bench time).
- Fold 1/3 from the far side to the front, close with the palm of the hand then fold back the left and right corners of the far side to the center. Once again, fold from the far side to the front and firmly pinch the ends of the dough together. Gently roll to adjust the shape.



- Spread the canvas on the Baking tray, and line up the four pieces of dough with space in between. Loosen the canvas making a groove in the middle. Mist the dough.
- Insert the tray from step 8 in the **upper position**.

20 PROOF **ENTER** → **30°C** **ENTER** → **about 40 min** → **START**

- After secondary fermentation remove the dough for each canvas from the Baking tray.

- Put water in the water tank.

- Preheat. Put the other Baking tray in the **upper position**. (Do not insert it with any food products on it)

MANUAL COOK → **WATER OVEN 3** **ENTER** → **1 tray, PREHEAT** **ENTER** → **220°C** → **START**

While preheating is taking place, put a canvas on the dough. If it looks like the dough will dry out, use mist. Prepare the board used to move the dough with a razor.

- When preheating is complete, take the Baking tray from the upper position and close the door. Lift the fabric under the dough a little, move to the board, place four pieces on the preheated Baking tray with space between them.

Warning

Use a kitchen mitten when removing the hot baking tray after preheating and place on heat-resistant space.


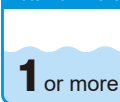
- Form a line with the cut edges (coupe) with a razor and return to the upper position. Set the knob for **28-30 min.** and press **START**.

After 5 minutes to the next step.

MANUAL COOK → **WATER OVEN 0** **ENTER**

Replace the baking tray of the front and back at the time of 10 minutes remaining.



Preheat	Upper, Baking tray  Lower, Baking tray	Approximate Cooking Time about 20 min.*	Water Tank Level  1 or more
	Baking		

*Since cooking accessories are used to preheat, the preheat time is long.

Pizza (regular) - Tuna tomato

Ingredients (for 2 25cm pizzas on 2 trays)

Pizza dough

Strong flour	160g
Cake flour.....	80g
Sugar	1 1/3 Tsp
Salt.....	2/3 Tsp
Dry yeast.....	1Tsp(3g)
Water	140mL
Vegetable Oil	1 Tbsp

Toppings

Pizza sauce (market product)	As needed
Tuna (canned, break up into small pieces).....	160g
Tomatoes (remove seeds, thin slices).....	2 small (200g)
Onion (thin slices)	1/2(100g)
Shredded Cheese.....	200g

Baking Paper

Cautions when making pizza

- Cut baking papers so they will not fall off the Baking trays. They can burn if they touch the sides of the oven or are cooked too long.
- After preheating, the Baking trays are hot, so use a mitten when removing them and place them somewhere resistant to heat. (Be careful of burning yourself).

- Put water in the water tank. (Water for both fermentation and baking)
- Put sifted strong flour, cake flour, sugar, and salt in a large bowl. Add water and vegetable oil then mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.
- Insert the tray from step 5 in the **lower position**.

19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **40-50 min.** → **START**

<Important Point>

The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, it is properly fermented. If the hole closes up, it is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

- Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).
- Cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 10 minutes. (Bench time).
- Insert Baking trays and preheat. (Do not put any food products in)

MANUAL COOK → **WATER OVEN 2** **ENTER** → **2 tray, PREHEAT** **ENTER** → **250°C** → **START**



- Spread the dough out into 25cm diameter round shapes and place on baking papers.
- Spread pizza sauce on the dough from step 10, add toppings and sprinkle with cheese.
- When preheating is complete, using a mitten, remove the Baking trays and close the door. Place each piece of dough from step 11 on baking papers and put on Baking trays. Set the knob to **11-13 min** and press **START**. After 5 minutes to the next step.

MANUAL COOK → **WATER OVEN 0** **ENTER**

*When only using 1 tray, put it on the **lower position** and set the cooking time for 9-11 minutes.





Preheat	Upper, Baking tray  Lower, Baking tray	Approximate Cooking Time about 20 min.*	Water Tank Level  1 or more
	Baking		

*Since cooking accessories are used to preheat, the preheat time is long.

Pizza (regular) - Cod roe

Ingredients (for 2 25cm pizzas on 2 trays)

Pizza dough

Strong flour	160g
Cake flour.....	80g
Sugar	1 1/3 Tsp
Salt	2/3 Tsp
Dry yeast.....	1Tsp(3g)
Water	140mL
Vegetable Oil	1 Tbsp

Toppings

Pizza sauce (market product)	As needed
Cod roe (remove skin).....	100g
Shredded Cheese.....	200g
Shredded seaweed.....	As needed

Baking Paper

Cautions when making pizza

- Cut baking papers so they will not fall off the Baking trays. They can burn if they touch the sides of the oven or are cooked too long.
- After preheating, the Baking trays are hot, so use a mitten when removing them and place them somewhere resistant to heat. (Be careful of burning yourself).

- Put water in the water tank. (Water for both fermentation and baking)
- Put sifted strong flour, cake flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add water and vegetable oil then mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.
- Insert the tray from step 5 in the **lower position**.

19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **40-50 min.** → **START**

<Important Point>

The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, It is properly fermented. If the hole closes up, it is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

- Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).
- Cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 10 minutes. (Bench time).
- Insert Baking trays and preheat. (Do not put any food products in)

MANUAL COOK → **WATER OVEN 2** **ENTER** → **2 tray, PREHEAT** **ENTER** → **250°C** → **START**

- Spread the dough out into 25cm diameter round shapes and place on baking papers.
- Spread pizza sauce and cod roe on the dough from step 10, add toppings and sprinkle with cheese and seaweed.
- When preheating is complete, using a mitten, remove the Baking trays and close the door. Place each piece of dough from step 11 on baking papers and put on Baking trays. Set the knob to **11-13 min** and press **START**. After 5 minutes to the next step.

MANUAL COOK → **WATER OVEN 0** **ENTER**

*When only using 1 tray, put it on the **lower position** and set the cooking time for 9-11 minutes.





Preheat	Upper, Baking tray Lower, Baking tray	Approximate Cooking Time about 20 min.*	Water Tank Level 1 or more
	Baking		

*Since cooking accessories are used to preheat, the preheat time is long.

Pizza (regular) - Kimchi

Ingredients (for 2 25cm pizzas on 2 trays)

Pizza dough

Strong flour	160g
Cake flour.....	80g
Sugar	1 1/3 Tsp
Salt.....	2/3 Tsp
Dry yeast.....	1Tsp(3g)
Water	140mL
Vegetable Oil	1 Tbsp

Toppings

Kimchi (cut into bite-size)	160g
Hard Boiled Eggs (sliced).....	2
Mayonnaise	As needed

Baking Paper

Cautions when making pizza

- Cut baking papers so they will not fall off the Baking trays. They can burn if they touch the sides of the oven or are cooked too long.
- After preheating, the Baking trays are hot, so use a mitten when removing them and place them somewhere resistant to heat. (Be careful of burning yourself).

- Put water in the water tank. (Water for both fermentation and baking)
- Put sifted strong flour, cake flour, sugar, and salt in a large bowl. Add dry yeast and mix. Add water and vegetable oil then mix.
- Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- Spread out the dough, to where you can just see your fingers through one.
- Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.
- Insert the tray from step 5 in the **lower position**.

19 STEAM PROOF [ENTER] → **40°C** [ENTER] → **40-50 min.** → **START**

<Important Point>

The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, it is properly fermented. If the hole closes up, it is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

- Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).
- Cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 10 minutes. (Bench time).
- Insert Baking trays and preheat. (Do not put any food products in)

MANUAL COOK → **WATER OVEN 2** [ENTER] → **2 tray, PREHEAT** [ENTER] → **250°C** → **START**




- Spread the dough out into 25cm diameter round shapes and place on baking papers.
- Add toppings on the dough from step 10 and sprinkle mayonnaise.
- When preheating is complete, using a mitten, remove the Baking trays and close the door. Place each piece of dough from step 11 on baking papers and put on Baking trays. Set the knob to **11-13 min** and press **START**. After 5 minutes to the next step.

MANUAL COOK → **WATER OVEN 0** [ENTER]

*When only using 1 tray, put it on the **lower position** and set the cooking time for 9-11 minutes.





Preheat  Upper, Baking tray Lower, Baking tray	Approximate Cooking Time about 30 min.*	Water Tank Level  1 or more
Baking  Upper, Baking tray Lower, Baking tray		

Pizza (Crispy)

Ingredients (for 2 25cm pizzas on 2 trays)

Pizza dough

Strong flour, cake flour	70g of each
Salt	A Pinch
Dry yeast	1 1/3 Tsp(4g)
Water	2 2/3 Tbsp
Milk	2 Tbsp
Olive oil	4 Tsp

Toppings

Tomato sauce or pizza sauce (market product)	As needed
Mozzarella Cheese(cut into 2cm cubes)	180g
Basil Leaves (or dried basil as needed)	16 leaves
Baking Paper	

* Certain types of mozzarella cheese melt differently.

Cautions when making pizza

- Cut baking papers so they will not fall off the Baking trays. They can burn if they touch the sides of the oven or are cooked too long.
- After preheating, the Baking trays are hot, so use a mitten when removing them and place them somewhere resistant to heat. (Be careful of burning yourself).

- 1 Put water in the water tank. (Water for both fermentation and baking)
- 2 Put sifted strong flour, cake flour, and salt in a large bowl. Add dry yeast and mix. Add water, milk and olive oil then mix.
- 3 Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.
<Important Point>
 If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.
- 4 Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.
- 5 Insert the tray from step 4 in the **lower position**.

19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **40-50 min.** → **START**

<Important Point>

The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, it is properly fermented. If the hole closes up, it is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

- 6 Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).
 - 7 Cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 10 minutes. (Bench time)
 - 8 Insert Baking trays and preheat. (Do not put any food products in)
- MANUAL COOK** → **WATER OVEN 2** **ENTER** → **2 tray, PREHEAT** **ENTER** → **250°C** → **START**
- 9 Spread the dough out into 25cm diameter round shapes and place on baking papers.
 - 10 Spread tomato sauce on the dough from step 9 and sprinkle cheese.
 - 11 When preheating is complete, using a mitten, remove the Baking trays and close the door. Place each piece of dough from step 10 on baking papers and put on Baking trays. Set the knob to **10-12 min.** and press **START**.
 After 5 minutes to the next step.

MANUAL COOK → **WATER OVEN 0** **ENTER**

*When only using 1 tray, put it on the **lower position** and set the cooking time for 8-10 minutes.

- 12 After cooking, put on basil leaves.



Preheat	Upper, Baking tray Lower, Baking tray 	Approximate Cooking Time about 30 min.*	Water Tank Level 1 or more
	Baking		

*Since cooking accessories are used to preheat, the preheat time is long.

Pizza (Crispy) - Anchovies and vegetables

Ingredients (for 2 25cm pizzas on 2 trays)

Pizza dough

Strong flour, cake flour	70g of each
Salt	A Pinch
Dry yeast	1 1/3 Tsp(4g)
Water	2 2/3 Tbsp
Milk	2 Tbsp
Olive oil	4 Tsp

Baking Paper

Toppings

Tomato sauce or pizza sauce (market product)	As needed
Anchovies (canned)	10 pieces
Paprika (red/yellow, thin sliced)	As needed
Asparagus (cut in half)	3
Olives	As needed
Shredded Cheese	180g
Shredded Parsley	A Pinch

Cautions when making pizza

- Cut baking papers so they will not fall off the Baking trays. They can burn if they touch the sides of the oven or are cooked too long.
- After preheating, the Baking trays are hot, so use a mitten when removing them and place them somewhere resistant to heat. (Be careful of burning yourself).

- 1 Put water in the water tank. (Water for both fermentation and baking)
- 2 Put sifted strong flour, cake flour, and salt in a large bowl. Add dry yeast and mix. Add water, milk and olive oil then mix.
- 3 Clump the dough together and slap one down firmly to counter covered with strong flour for about 10 minutes. Knead until the dough evenly becomes as soft as an earlobe.

<Important Point>

If the dough is not kneaded enough, the gluten (protein found in flour) film which envelopes the air will be insufficient, air will pass through and it will not properly rise.

- 4 Put the dough in a round bowl which has had a thin layer of butter applied and cover with a dry towel. Put it on the Baking tray.
- 5 Insert the tray from step 4 in the **lower position**.

19 STEAM PROOF **ENTER** → **40°C** **ENTER** → **40-50 min.** → **START**

<Important Point>

The dough will expand to 2–2.5 times its size after the first fermentation. If a hole remains after putting flour on your finger and pressing the center, It is properly fermented. If the hole closes up, It is not fermented enough. While keeping an eye on its condition, add around 10 more minutes for the fermentation.

- 6 Release gas by softly pressing the dough. Holding the edges, fold from all four sides of the dough. (Gas released).
- 7 Cut into 2 pieces with a scraper or kitchen knife, wrap and let rest for about 10 minutes. (Bench time)
- 8 Insert Baking trays and preheat. (Do not put any food products in)

MANUAL COOK → **WATER OVEN 2** **ENTER** → **2 tray, PREHEAT** **ENTER** → **250°C** → **START**

- 9 Spread the dough out into 25cm diameter round shapes and place on baking papers.

- 10 Spread tomato sauce on the dough from step 9 and add toppings.

- 11 When preheating is complete, using a mitten, remove the Baking trays and close the door. Place each piece of dough from step 10 on baking papers and put on Baking trays. Set the knob to **10-12 min.** and press **START**.
After 5 minutes to the next step.

MANUAL COOK → **WATER OVEN 0** **ENTER**

*When only using 1 tray, put it on the **lower position** and set the cooking time for 8-10 minutes.

- 12 After cooking, sprinkle shredded parsley.

SHARP