

ROBAM
Enjoy Cooking

How to be a Chef

Combi Oven Recipes

ROBAM
Enjoy Cooking



Menu



Beauty and Skin Care

- 03 Stewed Bird's Nest
- 07 Donkey-hide Gelatin

Health Preservation

- 13 Chicken Steamed with Caterpillar Fungus Flowers
- 17 Cantonese Style Steamed Chicken Feet
- 19 Steamed Eggs with Scallops
- 21 Low-calorie King Oyster Mushrooms

Desserts and Snacks

- 27 Hong Kong Style Steamed Milk Egg Pudding
- 31 Purple Sweet Potato Strawberry Daifuku
- 33 Low-calorie Potato Wedges
- 35 Colorful Toast Cakes with Roasted Eggs
- 37 Thin Bottom Cheese Pizza
- 39 Crispy Fried Milk
- 41 Mashed Potato Baked with Cheese

Seafood

- 47 Steamed Middle Eastern Abalone
- 51 Steamed Prawns with Black Pepper
- 53 Steamed Fish with Lime
- 55 Steamed Yangcheng Lake Hairy Crab
- 57 Oysters with Garlic Sauce
- 59 Grilled Baysalt Saury
- 61 Grilled Basa

Grand Banquet

- 67 Roasted Lamb Chops with Rosemary
- 71 Steamed Buns with Crab Meat
- 73 Pearl Meatballs
- 75 Steak with Plum Sauce
- 77 Roast Chicken Wings with Lemon
- 79 Slow Roasted Prime Ribs
- 81 Fruity Roasted Chicken
- 83 Healthy Baked Chicken Nuggets
- 85 Beef Kebabs with Capsicums
- 87 Slow Roasted Steak in Low Temperature



Beauty and Skin Care



Stewed Bird's Nest

Smart Recipe P02



Function type
Fresh Steam



Cooking length
30min



Difficulty level
★★★



I Ingredients I

1 Dry bird's nest	5g
Rock sugar	30g
Dried red jujubes	4

I Preparation I

1. Take one bird's nest 5g. Soak it in pure water for 4-6h. Change the water several times during the soaking process. (Add about 500g water each time. Pinch the bird's nest with hands. Tear it apart when it becomes soft, and the soaking is finished)
2. Clean the red jujubes and remove the cores, then soak for 30min.
3. Remove the feathers and impurities from the bird's nest with tweezers. In this process, change water several times.
4. Tear the bird's nest into small filaments.
5. Use the back of knife to pat the rock candy into small particles, so that it will melt rapidly in the steaming process.
6. Take two small stewing pots, in which put the processed bird's nest. In each of the small stewing pots, put two cored red jujubes, 15g rock candy, and about 120g pure water, which is about 1mm over the bird's nest. Cover the lids, and put the stewing pots on the fry & roast rack.

I Cooking Steps I

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, and set P02 Smart Program or Fresh Steam at 200°F for 30min. Close the door, and fill the tank with water. Press Start to cook.
2. When the cooking is done, take out the fry & roast rack, and enjoy your food.





Donkey-hide Gelatin

Smart Recipe P04



Function type
Fresh Steam



Cooking length
120min



Difficulty level
★★

Ingredients

Black sesames	250g	Raw walnut kernels	90g
Donkey-hide gelatin	120g	Rice wine	250g
Dried red jujubes	110g	Rock sugar	75g

Preparation

1. Tear the donkey-hide gelatin into big pieces by hand, then ground them into powder with a grinder, and put into a basin. Add 250g rice wine and stir evenly. Cover the plastic wrap, soak at room temperature for 48h, and set aside for use.
2. Crush the rock candy with the back of knife and set aside for use.
3. Stir-fry and mince the raw walnut kernels, and set aside for use.
4. Clean and drain the red jujubes. Remove the cores, and chop the red jujubes. Set aside for use.
5. Stir-fry the black sesames, ground them into powder with a grinder, and set aside for use.
6. Pour all ingredients into the soaked donkey-hide gelatin, stir evenly and put into a big bowl. Do cover the plastic wrap and put the big bowl on the fry & roast rack.

Cooking Steps

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, close the door, fill the tank with water, and set the P04 Smart Program or Fresh Steam at 200°F for 120min. Press Start to cook.
2. After cooking, take out the fry & roast rack, tear off the plastic wrap, and let it cool before enjoying your food.

Tips: An adult can take 2 scoops of it each time, and 1-2 times per day.

Chef's Notes

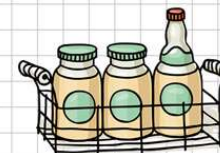
Name: Date: Temperature: Time:

Ingredients:

Cooking method:

Tips:

Notes:



Inspirations:



Recipes to be updated...



Health Preservation



Chicken Steamed with Caterpillar Fungus Flowers

Smart Recipe P13



Function type

Nutrition Steam



Cooking length

25min



Difficulty level

★★



| Ingredients |

Half a chicken, about	800g	Salt	3g
Dry caterpillar fungus flowers	10g	Pepper powder	1g
Bean curd sheet rolls	3 pieces	Cornflour	3g
Dry mushrooms	5	Ginger	10g
Soy sauce	25g	Green onion	5g
Oyster sauce	15g		

| Preparation |

1. Cut the bean curd sheet roll into 5cm sections, and put them into the bowl with the dry mushrooms. Put into clear water and soak for 30min in advance; soak the caterpillar fungus flowers alone for 10min.
2. Cut the soaked mushrooms into halves; clean and slice the ginger; clean the green onion, segment the green onion white, and chop the green onions.
3. Chop the chicken into small pieces, clean and drain them, and put into a basin. Put in 10g ginger slices, 25g soy sauce, 15g oyster sauce, 3g salt, 1g herb pepper, and 3g cornflour. Add the soaked caterpillar fungus flowers and mushrooms, stir evenly by hand, and pickle for 20min.
4. Drain the soaked bean curd sheet rolls, spread them on the plate bottom, and put the pickled ingredients on the bean curd sheet rolls.
5. Put the plate with chicken on the fry & roast rack.

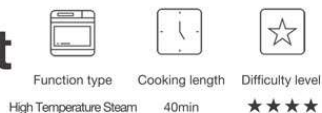
| Cooking Steps |

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, fill the tank with water, and close the door. Set P13 Smart Program or Nutrition Steam at 210°F for 25min. Press Start to cook.
2. After cooking, dust the chicken with chopped green onions before serving.



Cantonese Style Steamed Chicken Feet

Smart Recipe P07



I Ingredients I

Chicken feet	1,000g	Fermented black beans	40g	Oyster sauce	10g
Soy sauce	10g	Dark soy sauce	5g	Rice wine	20g
Chili sauce	10g	Char Siu sauce	10g	Cornflour	5g
Sesame oil	5g	White pepper powder	1g	Green onions	10g
Minced garlic	15g	Ginger	30g	Soybean oil	1,500g
Cooked white sesames	A few				

I Preparation I

1. Clean the chicken feet and cut off the nails with scissors.
2. Add the right amount of clear water in the wok and put the chicken in cold water. Add 20g ginger slices and 10g rice wine, and cook for 15min. In the process, skim the floating powder.
3. Take out and drain the chicken feet in case the hot oil splash when cooking in the pan.
4. Clean and dry the wok. Add 1,500g soybean oil and heat it to 70% hot. Add the chicken feet and fry until the surface is golden. Take them out of the water.
5. Put the fried chicken feet into a basin, add enough ice water and soak for 15min.
6. Mince the fermented black beans, segment the green onion white, and mince the green onion and ginger.
7. Heat oil in the wok, add green onion segments and stir fry them. Add fermented black bean mince and fry slowly in low heat. Add the minced garlic and ginger, stir fry them, remove from the wok and set aside for use.
8. Cut the soaked chicken feet into halves, drain the water and put into a big basin.
9. Add 5g cornflour and stir by hand. Add the fried fermented black beans. Add 10g oyster sauce, 10g soy sauce, 5g dark soy sauce, 10g Char Siu sauce, 10g Chili sauce, 10g rice wine, 1g white pepper powder, 5g sesame oil, and last 150g clear water. Mix well and marinate for 1h.

I Cooking Steps I

1. Put the marinated chicken feet into a big bowl, put the bowl on the fry & roast rack. Put the fry & roast rack on the first layer of multi-purpose steam oven, fill up the tank with water and close the door. Set P07 Smart Program or High Temperature Steam at 250°F for 40min. Press Start to cook.
2. After cooking, dust with chopped green onions and cooked white sesames before serving.

Tips:

1. The chicken feet must be fully dried with kitchen paper before putting into the oil wok, in case that the oil splash and cause burns.
2. The oil temperature should not be too high when frying the chicken feet. The oil should be controlled at 70% to 80%. You'd better put in a chicken foot and try the oil temperature. If dense bubbles appear immediately, the chicken feet can be fried in the oil.



Steamed Eggs with Scallops

Smart Recipe P06



Function type
Fresh Steam



Cooking length
22min



Difficulty level
★★

| Preparation |

1. Wash the dry scallops and put in a bowl. Soak them in 300g clear water, cover the plastic wrap, and refrigerate it overnight.
2. Take out the swelled scallops, tear them into filaments, put them in a bowl and set aside for use. The soaked water is saved.
3. Knock 3 eggs into a big bowl, add 5g rice wine and 2g salt, and whisk them.
4. After whisking the eggs, add the water soaking scallops, and mix them well. Filter through a fine mesh sieve, pour into another big bowl, and skim the floating powder with a spoon.
5. Put the bowl with scallop filaments and the big bowl with whisked eggs together on the fry & roast rack.

| Cooking Steps |

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, fill the tank with water, close the door, and set the P06 Smart Program or Fresh Steam at 200°F for 22min. Press Start to cook.
2. Press Pause when the cooking has 14min left. Take out the bowl containing shredded dried scallops and close the door. Continue cooking by pressing Start.
3. After the cooking, take out the fry & roast rack.
4. Place the shredded dried scallops on the steamed egg custard and sprinkle with 10g fresh soy sauce and 3g sesame oil. Put them on a dish and serve with the chopped green onions.



| Ingredients |

Dried scallop	15 pieces
Eggs	3
Clean water	300g
Soy sauce	10g
Rice wine	5g
Sesame oil	3g
Chopped green onions	3g
Salt	2g



Low-calorie King Oyster Mushrooms

Smart Recipe P24



Function type
Air Fry



Cooking length
30min



Difficulty level
★★



I Ingredients I

King oyster mushroom	700g
BBQ sauce	30g
Olive oil	20g
Salt	10g
Black pepper powder	2g
Chili powder	2g
Eggs	1

I Preparation I

1. Clean and wipe the king oyster mushrooms. Cut them into pieces, about 15 g/per piece in weight.
2. Mix evenly the salt, black pepper powder, chili powder, BBQ sauce, egg liquid and olive oil into a sauce and set aside for use.
3. Pour the sauce into the king oyster mushrooms and blend evenly. Place them on fry & roast rack.

I Cooking Steps I

1. Set P24 Smart Program or Air Fry at 355°F for 30min and then start the preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of multi-purpose steam oven to collect the debris. Place the fry & roast rack on the first layer and close the door. Press Start to cook.
3. Press Pause after 15min of cooking. Open the oven door, take out the fry & roast rack. Shake the king oyster mushrooms. Close the door and press Start to continue cooking.
4. Remove the mushrooms from the oven after fried thoroughly, and put them on a dish before serving.

Chef's Notes

Name:

Date:

Temperature:

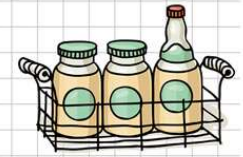
Time:

Ingredients:

Cooking method:

Tips:

Notes:



Inspirations:



Recipes to be updated...



Desserts and Snacks



Hong Kong Style Steamed Milk Egg Pudding

Smart Recipe P03



Function type
Fresh Steam



Cooking length
20min



Difficulty level



I Ingredients I

Pure milk	250ml
Eggs	2
Sweet red bean	Proper amount
Fine granulated sugar	20g
Lemon juice	3g

I Preparation I

1. Pour the pure milk into a pot and bring to a gentle simmer for about 3min. Mix it with silicon scraper while simmering to avoid sticking to the pot. Turn off the heat when tiny bubbles appear in the middle of milk.
2. Prepare two bowls and immediately pour the heated milk into two bowls, and rapidly remove the scum on the surface. (It must be quickly done because milk crust may easily form.)
3. Leave on until milk crust forms on the surface of milk. Cool it to a warm temperature and set aside for use.
4. Separate egg yolk from egg white. Add 20g fine granulated sugar and 3g lemon juice into egg white to eliminate egg smell. Stir it evenly.
5. Slowly pour the milk into egg white by flowing downward along the chopsticks. Be careful not to pour milk crust into the egg white. Do not pour out all milk. Leave a little amount of milk with milk crust floating on its surface.
6. Screen the egg mixture with fine mesh screen, and then pour the milk by flowing downward along the chopsticks which has its one side leaned against the bowl wall. Then pour the milk back into the bowl containing milk crust and the milk crust starts to float again. Finally, cover with plastic wrap and make several holes with toothpicks.

I Cooking Steps I

1. Place a small bowl on the fry & roast rack, and put the fry & roast rack on the first layer of multi-purpose steam oven. Fill up water tank. Close the door. Set P03 Smart Program or Fresh Steam at 200°F for 20min. Press Start to cook.
2. After the cooking, take out the fry & roast rack. Tear off plastic wrap. Add a few sweet red beans before serving.

Tips:

Whole milk is preferred because it makes milk crust easier to form with rich milky fragrance.



Purple Sweet Potato Strawberry Daifuku

Smart Recipe P10



Function type

Nutrition Steam



Cooking length

25min



Difficulty level

★★

| Ingredients |

Purple sweet potato	500g
Strawberry	350g
Condensed milk	30g
Yogurt	30g
Shredded coconut stuffing	A few

| Preparation |

1. Clean, peel and cut sweet purple potatoes into small pieces and put them into a bowl.
2. Clean and remove the pedicles of strawberries.
3. Place the bowl containing sweet purple potatoes on the fry & roast rack.

| Cooking Steps |

1. Place the fry & roast rack on the first layer of multi-purpose steam oven, set P10 Smart Program or Nutrition Steam at 210°F for 25min. Press Start to cook.
2. After the cooking, take out the fry & roast rack.
3. Smash sweet purple potatoes with a spoon, and add 30g condensed milk and 30g yogurt. Stir evenly until it becomes fine and muddy.
4. Take a proper amount of sweet purple potatoes, weighing about 30g/per potato, shape them into balls and then pinch them into the shape of coarse bread.
5. Add the stuffing strawberry and close the edges.
6. Wrap the surface of sweet purple potatoes with shredded coconut stuffing. Put them on a dish before serving.



Low-calorie Potato Wedges

Smart Recipe P21



Function type
Air Fry



Cooking length
40min



Difficulty level
★★



I Ingredients I

Potato	600g
Oyster sauce	30g
Vegetable oil	15g
Chili powder	4g
Cumin powder	5g

I Preparation I

1. Clean, peel and cut potatoes into small pieces, about 20g/per piece.
2. Mix potato pieces with oyster sauce, vegetable oil, chili powder and cumin powder, stir evenly and cure for 10min.

I Cooking Steps I

1. Set P21 Smart Program or Air Fry at 340°F for 40min and then start the preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of multi-purpose steam oven to collect the oil. Place the fry & roast rack on the first layer and close the door. Press Start to cook.
3. Press Pause after 25min of cooking. Open the oven door, take out the fry & roast rack. Turn over potato pieces. Close the door and press Start to continue cooking.
4. Remove the mushrooms from the oven after fried thoroughly, and put them on a dish before serving.



Colorful Toast Cakes with Roasted Eggs

Smart Recipe P16



Function type
Wind Bake



Cooking length
17min



Difficulty level
★★

I Ingredients I

White toast	6 pieces	Egg yolk	6
Egg white	60g	Corn grain	60g
Ham sausage	60g	Butter	10g
Fine granulated sugar	12g		

I Preparation I

1. Evenly spread the butter inside 6-hole mold. Dice the ham sausage and set aside for use.
2. Cut off four edges of white toast, roll it into thin sheets with a rolling pin. Cut off 1.5 cm along the center line of four sides.
3. Put the preprocessed toast into 6-hole mold. Spread the rest butter on the edges of toast.
4. Add 1 egg yolk, 2g fine granulated sugar, 10 corn grains, 10g diced ham sausages, and 10g egg white into each toast cake.

I Cooking Steps I

1. Set P16 Smart Program or Wind Bake at 340°F for 17min and then start the preheating;
2. When a warning tone rings after the preheating completes, place the toast cake on the fry & roast rack. Place the fry & roast rack on the first layer of multi-purpose steam oven and close the door. Press Start to cook.
3. Remove it from the oven after baked, and put it on a dish with a few spices you like before serving.

Tips:

If the egg is small or the mold is big, you can put the whole egg without separating egg yolk from egg white.





Thin Bottom Cheese Pizza

Smart Recipe P20



Function type
Wind Bake



Cooking length
14min



Difficulty level
★★

I Ingredients I

8 inch frozen pizza	1 piece
Ketchup	15g
Mozzarella cheese	100g
Italian salami	5 pieces
Italian pizza spice	3g
Peeled prawns	20g
Mushroom	15g
Yellow capsicum	40g

I Preparation I

1. Clean and wipe peeled prawns and set aside for use. Clean and slice mushrooms. Clean and cut yellow peppers into strips and set aside for use.
2. Lay a piece of tin foil paper on the fry & roast rack, put frozen pizza on it and brush the ketchup on its surface.
3. Load the toppings such as 40g mozzarella cheese, 15g sliced mushrooms, 20g peeled prawns, 5 pieces of Italian salami and shredded 40g yellow capsicum.
4. Finally, sprinkle with the rest mozzarella cheese and Italian pizza spice.

I Cooking Steps I

1. Set P20 Smart Program or Wind Bake at 355°F for 14min and then start the preheating;
2. When a warning tone rings after the preheating completes, place the fry & roast rack on the first layer of multi-purpose steam oven and close the door. Press Start to cook.
3. Remove the pizza from the oven after baked. Put it on a dish and serve with a garnish.



Crispy Fried Milk

Smart Recipe P23



Function type
Air Fry



Cooking length
15min



Difficulty level
★★

I Ingredients I

Pure milk	500g	Condensed milk	30g
Corn starch	80g	Baking powder	1g
All-purpose flour	50g	Bread crumbs	80g
Fine granulated sugar	70g	Fresh water	80g

I Preparation I

1. Pour 500g pure milk, 70g fine granulated sugar, 30g condensed milk into a small milk pot. Stir evenly with a scraper. Then add 60g corn starch.
2. Heat it in a small pot on medium heat and keep stirring until it becomes a paste.
3. Pour the milk paste into a rectangle container laid with plastic wrap on the bottom. Flatten the surface, leave to cool and then chill for 1-2 h in the refrigerator until the milk paste is thoroughly frozen.
4. Mix 50g all-purpose flour, 20g corn starch and 1g baking powder together. Slowly add fresh water and stir until it becomes pasty without graininess.
5. Take out milk paste and cut it into 4cm×2cm×1.5cm (Length x Width x Height) milk cubes.
6. Wrap the milk cubes with prepared roux evenly. Then coat with bread crumbs and place them on the fry & roast rack.

I Cooking Steps I

1. Set P23 Smart Program or Air Fry at 285°F for 15min and then start the preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of multi-purpose steam oven to collect the debris. Place the fry & roast rack on the first layer and close the door. Press Start to cook.
3. Remove them from the oven after fried. Put them on a dish before serving.



Mashed Potato Baked with Cheese

Smart Recipe P29



Function type
Multistage Cooking



Cooking length
35min



Difficulty level

| Preparation |

1. Clean and slice potatoes into about 3mm pieces; dice the ham sausage; clean and dice onions.
2. Put potato pieces on a dish and then put on the fry & roast rack.

| Cooking Steps |

1. Set P29 Smart Program or High Temperature Steam in Multistage Mode at 250°F for 15min and Wind Bake at 355°F for 20min. Place the fry & roast rack on the first layer of multi-purpose steam oven. Close the door and fill up water tank. Start cooking by press Start.
2. Heat the oil in a wok and add meat trimmings, diced ham sausages, diced vegetables, diced onions and salt. Stir-fry for 2min and set aside for use.
3. The first stage cooking completes. Press Pause to take out the fry & roast rack and close the door.
4. Mash potatoes and add a half of cooked seasoning, black pepper sauce, salad dressing and milk, stir evenly.
5. Put mashed potatoes stirred evenly into a roasting bowl. Spread mozzarella cheese on its surface. Sprinkle with the rest cooked seasoning. Then place the roasting bowl on the fry & roast rack.
6. Place the fry & roast rack on the first layer of multi-purpose steam oven and close the door. Press Start to continue cooking.
7. Remove mashed potatoes from the oven after baked, and put them on a dish before serving.



| Ingredients |

Potato	550g
Pork mince	120g
Ham sausage	60g
Vegetables	60g
Onion	50g
Mozzarella cheese	150g
Edible oil	25g
Black pepper sauce	20g
Milk	15g
Salad dressing	10g
Salt	5g



Chef's Notes

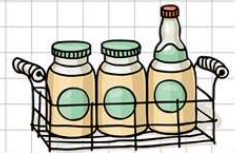
Name: Date: Temperature: Time:

Ingredients:

Cooking method:

Tips:

Notes:



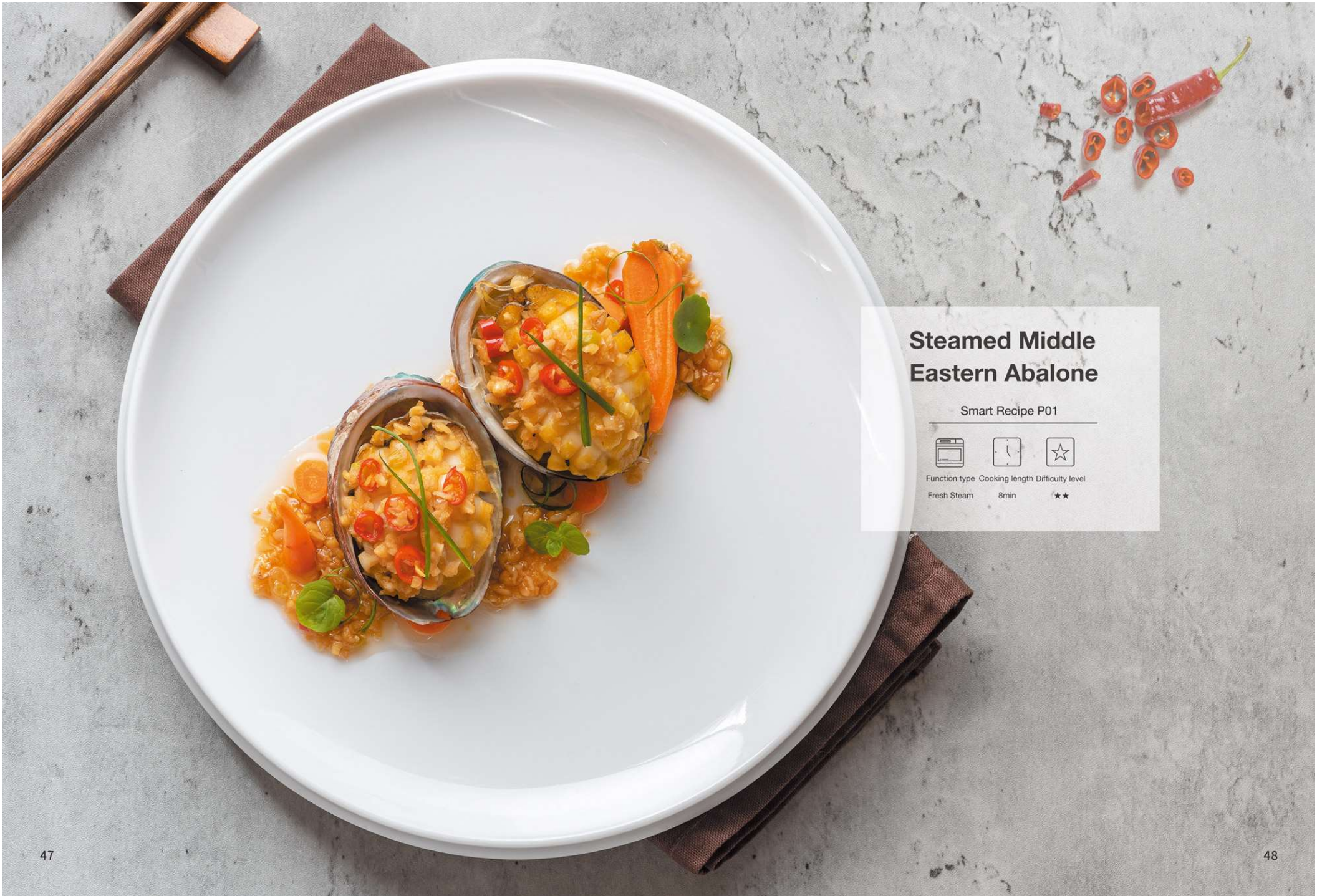
Inspirations:



Recipes to be updated...



Seafood



Steamed Middle Eastern Abalone

Smart Recipe P01



Function type Cooking length Difficulty level

Fresh Steam

8min

★★



| Ingredients |

Abalone	12
Green bean vermicelli	30g
Edible oil	25g
Soy sauce	20g
Steamed fish soy sauce	10g
Rice wine	5g
Green onions	10g
Mashed garlic	30g
Bird eye chillies	3

| Preparation |

1. Clean small abalones and remove their internal organs. Brush their shells and set aside for use.
2. Leave cross-shaped cutting on abalones with a knife and set aside for use.
3. Dip green bean vermicelli into warm water for 10min and set aside for use.
4. Clean, slice the green part of green onions and put them in fresh water for further use. Chop the white part of green onions and set aside for use. Clean and cut bird eye chillies into circles and set aside for use.
5. Heat the oil and stir-fry mashed garlic into mashed garlic sauce by adding soy sauce, rice wine, chopped white green onions and bird eye chillies.
6. Roll some soaked vermicelli into circles and put them into each shell of abalone. Add abalone and drizzle with prepared sauce.

| Cooking Steps |

1. Place the dished abalone on the fry & roast rack and place the fry & roast rack on the first layer of multi-purpose steam oven.
2. Close the door and fill up water tank. Set P01 Smart Program or Fresh Steam at 200°F for 9min. Press Start to cook.
3. After the cooking, take out the fry & roast rack.
4. Drizzle over abalones with steamed fish soy sauce and sliced green onions before serving.



Steamed Prawns with Black Pepper



Function type: Fresh Steam Cooking length: 6min Difficulty level: ★★

Smart Recipe P09

I Ingredients I

Prawn	500g	Salted duck egg	6
Edible oil	20g	Rice wine	15g
Salt	3g	Chopped black pepper	3g
Garlic cloves	4	Fresh ginger	10g
Bird eye chillies	3		

I Preparation I

1. Clean, peel and shred fresh gingers. Clean and cut Xiaomi pepper into circles. Chop garlic cloves with their skins removed. Cut out the feelers and feet of prawns. Open their backs and devein. Clean thoroughly and drain the water.
2. Put the prepared prawns into a bowl. Add 3g chopped black pepper, 3g salt, shredded fresh gingers, 10g rice wine, mix evenly and cure for 15min.
3. Take out egg yolk from salted duck egg and set aside for use.
4. Wipe cured prawns with kitchen paper and put them on a dish.
5. Heat the edible oil in a wok, add salted duck egg yolk, chopped garlic, bird eye chillies, rice wine and fry over the minimal heat until the egg yolk becomes foamy and thick. Turn off the heat.
6. Spread the prawns with egg yolk sauce. Place the dish on the fry & roast rack.

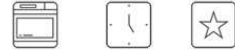
I Cooking Steps I

1. Place the fry & roast rack on the first layer of multi-purpose steam oven and close the door. Fill up water tank.
2. Set P09 Smart Program or Fresh Steam at 200°F for 8min. Press Start to cook.
3. After the cooking, take out the fry & roast rack.
4. Dust with chopped green onions before serving.



Steamed Fish with Lime

Smart Recipe P12



Function type Cooking length Difficulty level
 Fresh Steam 10min ★★★

| Preparation |

1. Kill, clean and wipe the bass with kitchen paper. Leave cross-shaped cutting on both sides of the bass.
2. Rub the salt all over the bass. Place 2 chopsticks horizontally in middle of fish plate. Place the bass on the chopsticks.
3. Clean and horizontally cut the lime in half; stuff one sliced piece from the half lime into the bass mouth.
4. Drizzle the remaining squeezed lime juice onto the bass; cut another half lime into pieces and set aside for use.
5. Chop garlic cloves and evenly spread them on the bass with chopped chilli and sugar.

| Cooking Steps |

1. Place the fish tray on the fry & roast rack, and put the rack on the first layer of the multi-purpose steam oven. Close the door and fill the water tank with water. Set P12 Smart Program or Fresh Steam at 200°F for 10min and press Start to cook.
2. When the cooking is done, take out the fry & roast rack and remove the chopstick.
3. Pour some seasoned soy sauce for seafood into the fish tray, dust with chopped green onion, sprinkle some hot oil, and garnish with lemon slices.



| Ingredients |

1 Bass	About 500g
Lime	1
Chopped chilli	10g
Garlic cloves	2
Chopped green onion	5g
Steamed fish soy sauce	30g
Sugar	3g
Salt	1g
Oil	20g





Steamed Yangcheng Lake Hairy Crab

Smart Recipe P14



Function type

Fresh Steam



Cooking length

22min



Difficulty level

★★

| Ingredients |

Hairy crab	10
Fresh ginger	5g
Soy sauce	15g
Spiced vinegar	10g

| Preparation |

1. Clean the crabs, especially their legs, with a brush.
2. Tie their legs with cotton rope, and prepare some ginger slices.
3. Pile them up in the tray, spread the ginger slices on them, and put the tray on the fry & roast rack.

| Cooking Steps |

1. Place the fry & roast rack on the first layer of the multi-purpose steam oven and close the oven door. Fill up the water tank.
2. Set P14 Smart Program or Fresh Steam at 200°F for 22min, and press Start to cook.
3. When the cooking is done, take out the fry & roast rack.
4. Take a saucer, pour some soy sauce and spiced vinegar in it, and transfer the crabs into a plate. Then it's ready.

Tips:

The crabs should be put on the fry & roast rack belly up. Put a steam & roast tray underneath to collect the oil and juice generated during the cooking, to avoid cleaning problems.



Oysters with Minced Garlic

Smart Recipe P15



Function type Cooking length Difficulty level

Fresh Steam

10min

★★

I Preparation I

1. Take out the meat of the oysters with a knife, clean their shells with a brush, and then put the meat back in the shells. Place them all in a tray.
2. Wash and chop the spicy millet. Crush, shell and mince the garlic. Wash and chop the green onion.
3. Heat the frying pan, pour 25g of cooking oil, put half of your minced garlic in the tray to fry, then the bird eye chilies, 20g of chilli sauce, 2g salt and 20g of oyster sauce. Stir them evenly. Put the rest minced garlic in and further stir. Then transfer them into a plate.
4. Take some garlic sauce with a spoon and spread it onto the oysters.
5. Place the tray on the fry & roast rack.

I Cooking Steps I

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, close the door, fill the water tank with water, and set P15 Smart Program or Fresh Steam at 200°F for 10minutes. Press Start to cook.
2. When the cooking is done, take out the fry & roast rack.
3. Dust with chopped green onion before serving.



I Ingredients I

Oyster	10
Bird eye chilies	3
Edible oil	25g
Chilli sauce	20g
Oyster sauce	20g
Green onions	10g
Garlic	1.5
Salt	2g





Baysalt Saury



Function type Cooking length Difficulty level

Humidified Roast 20min

★★

Smart Recipe P27

I Ingredients I

Saury fish	4	White vinegar	20g
Olive oil	20g	Chinese Baijiu or Sake	5g
Light soy sauce	15g	Sea salt	5g
Cumin powder	5g	Salt and pepper powder	3g
Chili powder	3g	Lemon juice	5g

I Preparation I

1. Remove the internal organs of the sauries, add the white vinegar, Chinese Baijiu, light soy sauce, sea salt, olive oil and mix them well. Marinate them for 30min.
2. Mix the cumin powder, salt and pepper powder and chili powder for later use.
3. When the marinating is done, absorb liquid on the sauries with kitchen paper. Spread half of the seasonings onto them and leave the other half for later use.
4. Place the sauries on the fry & roast rack.

I Cooking Steps I

1. Set P27 Smart Program or Humidified Roast at 430°F for 20min. Fill the water tank with water and start preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven to collect the juice. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. Press Pause after 12min of cooking. Open the oven door, take out the fry & roast rack. Turn over the sauries and spread the remained seasonings onto them. Close the door and press Start to continue roasting.
4. When the roasting is done, transfer the sauries into a plate, and sprinkle some lemon juice onto them before serving.



Grilled Basa

Smart Recipe P28



Function type: Multistage Cooking
 Cooking length: 27min
 Difficulty level: ★★★

Ingredients

1 Basa	About 1200g	Cooking wine	20g
Rice cake	200g	White vinegar	10g
Potato	200g	Salt	10g
Buna shimeji	150g	Black pepper powder	2g
Onion	100g	Garlic	40g
Hotpot seasoning	200g	Fresh ginger	10g
Pixian spicy bean sauce	40g	Coriander	10g
Edible oil	20g	Green onions	5g

Preparation

1. Wash the basa, cut it through on the back from the neck leaving its belly intact. Score the fish body and absorb liquid on it.
2. Wash and peel the potato, slice the Rice cake, wash the buna shimeji, wash and slice the onion, peel and mince the garlic, peel and slice the ginger, and wash and section the green onion and coriander.
3. Marinate the basa with cooking wine, white vinegar, salt, black pepper powder, ginger slices and green onion sections for 30min.
4. When the marinating is done, remove the ginger slices and green onion sections and put the rest onto the steam & roast tray laid with a piece of tin foil paper.

Cooking Steps

1. Set P28 Smart Program or Wind Bake in Multistage Mode at 430°F for 12min + Nutrition Steam at 210°F for 15min. Fill the water tank with water and start preheating;
2. After the preheating completes, place the steam & roast tray on the first layer of the multi-purpose steam oven and close the oven door. Press Start to cook.
3. Heat the frying pan, pour the oil, and add the garlic, Pixian Spicy Bean Sauce and hotpot seasoning. Put the potato and onion in the pan and keep stir frying. Pour some water to cook for 5min.
4. The first stage of cooking is done. Press Pause and take out the steam & roast tray. Close the oven door.
5. Put the basa in the pan, spread the New Year rice cake slices and buna shimeji and pour the cooked seasoning on the basa.
6. Place the steam & roast tray on the first layer of the multi-purpose steam oven and close the oven door. Press Start to continue cooking.
7. When the steaming is done, transfer the basa into a plate, and spread some coriander before serving.

Chef's Notes

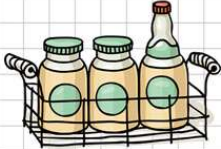
Name: Date: Temperature: Time:

Ingredients:

Cooking method:

Tips:

Notes:



Inspirations:



Recipes to be updated...



Grand Banquet



Roasted Lamb Chop with Rosemary

Smart Recipe P26



Function type
Humidified
Roast

Cooking length
15min

Difficulty level
★★



I Ingredients I

Lamb chop	6 pieces	Pepper	4g
Carrot	150g	Cumin powder	4g
Celery	80g	Salt and pepper powder	5g
Onion	80g	Red wine	80g
Salt	15g	Olive oil	25g
Rosemary	2g		

I Preparation I

1. Wash the lamb chop and absorb water on it with kitchen paper; wash and chop the carrot; wash and dice the onion; wash and section the celery.
2. Mix the lamb chop and carrot, celery and onion, and marinate them with salt, rosemary, pepper, cumin powder, salt and pepper powder, red wine and olive oil for 1 hour.
3. Take the fry & roast rack, spread the vegetables on the bottom and put the lamb chop on the top for later use.

I Cooking Steps I

1. Set P26 Smart Program or Humidified Roast at 390°F for 15min. Fill the water tank with water and start preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven to collect the oil. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. Remove it from the oven after it's done. Put it in a dish before serving.

Tips:

If the taste is too light for you, you could add some cumin powder and chili powder.





Steamed Buns with Crab Meat

Smart Recipe P05



Function type	Cooking length	Difficulty level
Nutrition steam	12min	★★★★

Ingredients

Low-gluten flour	250g	Oyster sauce	15g
Pork mince	500g	Soy sauce	25g
Hairy crab	6	Salt	2g
Warm water	130g	Fine granulated sugar	5g
Fresh ginger	10g	White pepper powder	1g
Green onions	15g	Edible oil	20g
Eggs	1	Corn starch	Small amount
Cooking wine	15g	Rice vinegar	Small amount

Preparation

1. Wash the hairy crabs and put them in the pan. Place the pan on the fry & roast rack, and put the rack on the first layer of the multi-purpose steam oven. Close the door and fill the water tank with water. Set the Fresh Steam at 203°F for 17min and press Start to cook.
2. Take the crabs out of the oven and cool them in the air. Take the crab roe and meat out.
3. Wash, peel and mince the ginger, wash and mince and chop the green onion, and separate the egg white from the yolk.
4. Mix the pork mince with the minced ginger, egg white, cooking wine, oyster sauce, soy sauce, salt, white pepper powder, corn starch and a little water, stir them for a little while, and then add the crab roe and meat.
5. Pour some oil into the frying pan and heat it to about 356°F (smoking). Pour the hot oil onto the minced meat and stir well for later use.
6. Take 250g of low-gluten flour, add some warm water and stir well. Knead it into a smooth dough and wrap it in food wrapper for 20min.
7. Make the dough into a shape like a rolling rod, divide it into small pieces of about 15g, and cover the pieces with food wrapper for later use.
8. Take a piece, roll it with a rolling rod into a thin, round wrapper, leaving its center a little thicker than the edge. Dust flour frequently to the chopping board and the rolling rod while rolling, to avoid adhesion.
9. Put a piece of cotton gauze or oil paper on the fry & roast rack and fill the wrapper with some meat stuffing. Hold the wrapper on your left palm, use your right thumb to resist at a point of the edge, use your right index and middle finger to get the rest of the edge to that point and pinch them into wrinkles. Close up the opening.

Cooking Steps

1. Place the fry & roast rack on the first layer of the multi-purpose steam oven, fill the water tank with water. Set P05 Smart Program or Nutrition Steam at 210°F for 12min. Press Start to cook.
2. Remove it from the oven after it's done. Put it in a dish before serving with vinegar.

Pearl Meatballs

Smart Recipe P08



Function

Cooking

Difficulty

type

length

level

Nutrition steam 20min

★★★

I Ingredients I

Pork belly	300g	Long sticky rice	150g
Carrot	150g	Fresh shiitake mushroom	50g
Fresh shrimp meat	50g	Eggs	1
Fresh soy sauce	20g	Cooking wine	20g
Green onions	15g	Fresh ginger	10g
Corn starch	5g	Sesame oil	5g
Salt	2g	White pepper powder	0.5g

I Preparation I

1. Soak the sticky rice for 3 hours in advance.
2. Wash the pork belly, remove the skin, and dice and then mince the meat. (You could also use a meat grinder)
3. Wash, clean and mince the ginger, wash and chop the green onion, wash, peel and dice the carrot and wash and dice the shiitake mushrooms.
4. Marinate the shrimp meat in a small bowl with 10g of cooking wine and 5g of minced ginger for 10min. Then chop the shrimp into paste.
5. Take the egg white out of the egg for later use.
6. Put some minced meat in a large bowl, and add some shrimp paste, the remained minced ginger, 10g of cooking wine, 20g of light soy sauce, 0.5g of white pepper, 5g of corn starch, the egg white, 2g of salt and 30g of water. Stir them and stir them well. Add the diced shiitake mushrooms and carrot (leave some diced carrot for later use), sprinkle 5g of sesame oil and dust some chopped green onion. Stir.
7. Drain the water off the sticky rice, and put it in a pot. Grab a handful of sticky rice and mix it with the minced meat.
8. Take about 40g of minced meat to make a meatball. Put the meatball in the rest sticky rice in the pot and wrap it with sticky rice.
9. Put a piece of oil paper on the fry & roast rack, place the meat balls on the rack in order, and decorate each ball with some diced carrot.

I Cooking Steps I

1. Place the fry & roast rack on the first layer of the multi-purpose steam oven, fill up the water tank, and close the door.
2. Set P08 Smart Program or Nutrition Steam at 210°F for 20min, and press Start to cook.
3. When the cooking is done, take out the fry & roast rack, transfer the meat balls into a plate and enjoy your food.



Steak with Plum Sauce

Smart Recipe P11



Function type

High Temperature Steam



Cooking length

25min



Difficulty level

★★

I Ingredients I

Pork Ribs	500g	Green onions	5g
Plum sauce	60g	Garlic cloves	3
Cooking wine	20g	Corn starch	5g
Soy sauce	15g	Salt	2g
Dark soy sauce	5g	Fine granulated sugar	3g
Fresh ginger	10g	Cooked white sesame	Proper amount

I Preparation I

1. Chop, wash and soak the ribs to remove the blood in it. Then drain the water.
2. Smash, peel and mince the garlic, wash and section the green onion, and then cut them into shreds.
3. Wash and slice the ginger.
4. Drain the water off the ribs and marinate them in a pot with all seasonings except the white sesames and chopped green onion for 30min.
5. Put the marinated ribs in a pan and place the pan on the fry & roast rack.

I Cooking Steps I

1. Put the fry & roast rack on the first layer of the multi-purpose steam oven, fill the water tank with water, close the door, and set P11 Smart Program or High Temperature Steam at 250°F for 25min. Press Start to cook.
2. After cooking, take out the fry & roast rack and dust with the chopped green onion and cooked white sesames before serving.

Roast Chicken Wings with Lemon

Smart Recipe P17



Function type
Wind Bake



Cooking length
15min



Difficulty level
★★



I Ingredients I

Chicken middle joint wing	15
Edible oil	15g
Cooking wine	10g
Soy sauce	15g
Dark soy sauce	8g
Salt	3g
Garlic	20g
Honey	20g
Lemon	1
White sesame	3g

I Preparation I

1. Wash the wings and make two cuts on both sides of the wings. Soak them in water for 30min. Peel and slice the garlic for later use. Wash and cut the lemon in two halves. Squeeze one half for lemon juice and slice the other half for later use.
2. Take out the chicken wings and absorb the liquid on them with kitchen paper. Marinate the chicken wings with salt, cooking wine, light and dark soy sauces, honey, cooking oil and sliced garlic for 4hours.
3. Place the chicken wings neatly on the fry & roast rack and put the lemon slices on them.

I Cooking Steps I

1. Set the multi-purpose steam oven on P17 Smart Program or Wind Bake at 375°F for 15min and then start the preheating; Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of multi-purpose steam oven to collect the oil. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. When the roasting is done, transfer the chicken wings into a plate, and sprinkle some lemon juice and dust sesames onto them before serving.





Slow Roasted Prime Ribs

Smart Recipe P18



Function type
Wind Bake



Cooking length
30min



Difficulty level
★★

| Ingredients |

Pork ribs	650g	Ketchup	20g
Rice wine	60g	Salt	5g
Spare rib sauce	50g	Garlic	20g
Char Siu sauce	50g	Fresh ginger	10g
BBQ sauce	30g		

| Preparation |

1. Wash the ribs and absorb water on them. Slice the ginger and peel and smash the garlic.
2. Mix the salt, rice wine, spare rib sauce, Char Siu sauce, barbecue sauce and ketchup.
3. Marinate the ribs with sliced ginger, garlic and the mixed sauce. Give them a massage. Put it in the fridge for 4-6 hours.
4. Remove the sliced ginger and garlic and put the ribs on the fry & roast rack.

| Cooking Steps |

1. Set P18 Smart Program or Wind Bake at 355°F for 30min and then start the preheating; lay a piece of tin foil paper on the steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. Press Pause after 15min of cooking. Take out the fry & roast rack. Turn over the ribs and press Start to continue cooking.
4. Remove it from the oven after it's done. Put it in a dish before serving.

Fruity Roasted Chicken

Smart Recipe P19



Function type
Wind Bake



Cooking length
50min



Difficulty level
★★★



I Ingredients I

1 chicken	About 1200g	Apple	1
Salt	15g	Potato	1
Soy sauce	20g	Carrot	1
Dark soy sauce	10g	Garlic	1
Cooking wine	15g	Char Siu sauce	30g

I Preparation I

1. Remove the head and feet of the chicken, wash it and absorb water on it. Daub it with salt and marinate for 20min.
2. Pour some dark and light soy sauces, cooking wine and Char Siu sauce into a small bowl, and stir to make a mixed sauce. When the marinating is done, daub the chicken with the mixed sauce, and put it in the fridge for 2 hours. Turn it over in the course to make it tastier.
3. When the marinating is done, peel the apple, cut it into 4 pieces and put them in the stomach of the chicken. Seal the bottom with toothpicks and wrap the feet and wings with tin foil paper.
4. Put the prepared chicken on the steam & roast tray laid with a piece of tin foil paper, back up.
5. Peel, wash and dice the potato and carrot. Peel and smash the garlic.
6. Put the prepared potato, carrot and garlic in a small bowl, and mix them with the remained sauce for marinating the chicken.

I Cooking Steps I

1. Set P19 Smart Program or Wind Bake at 320°F for 50min and then start the preheating.
2. When a warning tone rings after the preheating completes, place the steam & roast tray on the first layer of the multi-purpose steam oven and close the oven door. Press Start to cook.
3. Press Pause after 35min of cooking. Take out the steam & roast tray. Turn over the chicken, add the marinated vegetables and press Start to continue roasting.
4. Remove it from the oven after it's done. Put it in a dish before serving.



Healthy Chicken Nuggets

Smart Recipe P22



Function type
Air Fry



Cooking length
15min



Difficulty level
★★

I Preparation I

1. Wash the chicken tender and absorb water on it. Dice the chicken tender for later use; wash, peel and dice the potato; peel the garlic and separate the egg white and yolk.
2. Put chicken dices, potato dices, garlic and egg white into the meat grinder to make paste. Add some salt, black pepper, starch and light soy sauce to stir. Marinate for 30min.
3. Divide the marinated meat paste into 20 pieces, and make them into cubes of 5×3×2cm. Cover them with food wrapper and put in the fridge to freeze (for about 30min).
4. Mix 1 egg white and 2 yolks with the cornstarch to make paste.
5. Take out the frozen chicken cubes, and dip them in the mixed egg and starch paste and breadcrumbs. Place them neatly on the fry & roast rack.

I Cooking Steps I

1. Set P22 Smart Program or Air Fry at 390°F for 15min and then start the preheating. Lay a piece of tin foil paper on steam & roast tray.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven to collect the debris. Place the fry & roast rack on first layer and close the oven door. Press Start to cook.
3. When the frying is done. Transfer them into a plate. Thus it could be enjoyed with some ketchup.



I Ingredients I

2 Chicken tenders	480g
Potato	170g
Light soy sauce	10g
Corn flour	20g
Corn starch	10g
Bread crumbs	70g
Garlic	15g
Eggs	2
Salt	6g
Black pepper powder	1.5g
Ketchup	Several





Beef Kebabs with Capsicums

Smart Recipe P25



Function type
Humidified Roast



Cooking length
15min



Difficulty level
★★

I Ingredients I

Beef tenderloin	250g	King oyster mushroom	70g
Red capsicums	80g	Braising sauce	50g
Green capsicums	80g	Honey	15g
Yellow capsicums	80g	Eggs	1

I Preparation I

1. Wash the beef tenderloin and absorb water on it. Dice it into cubes of 2×2×2cm.
2. Wash and chop the red, yellow and green capsicums into pieces of 2×2cm.
3. Wash and dice the king oyster mushroom into cubes of 1.5× 1.5×1.5cm. Separate the egg white from yolk for later use.
4. Marinate the beef tenderloin and king oyster mushroom with braising sauce, honey and egg white for 2 hours.
5. String the beef tenderloin, king oyster mushroom and capsicums with bamboo sticks and put them on the fry & roast rack.

I Cooking Steps I

1. Set P25 Smart Program or Humidified Roast at 355°F for 15min and start preheating. Fill the water tank and lay the steam & roast tray with a piece of tin foil paper to collect the oil.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. When the roasting is done, transfer them into a plate before serving. Dust with some cumin powder and chili powder if you like it.





Slow Roasted Steak in Low Temperature

Smart Recipe P30



Function type



Cooking length



Difficulty level

Multistage Cooking

17min

★★

| Ingredients |

One filet steak	3cm in thickness	Black pepper sauce	Several
Wine	35g	Rosemary	Proper amount
Butter	20g	Carrot	30g
Sea salt	3g	Brussel sprout	3
Black pepper powder	0.5g	Macaroni	30g

| Preparation |

1. Dry the steak with kitchen paper and beat on both sides until it's soft. Melt the butter in a small bowl on warm water.
2. Add some red wine, sea salt and black pepper to the steak and give it a massage for 1min. Brush the butter onto the steak and marinate it for 30min.
3. Cook the macaroni for 7min and boil the carrot with other vegetables. Add salt, pepper and olive oil and stir for later use.
4. Put the marinated steak on the fry & roast rack.

| Cooking Steps |

1. Set P30 Smart Program or Wind Bake in Multistage Mode at 285°F for 10min + High Temperature Steam at 220°F for 7min. Fill the water tank with water and start preheating. Lay the steam & roast tray with a piece of tin foil paper.
2. When a warning tone rings after the preheating completes, place the steam & roast tray laid with a piece of tin foil paper on the bottom plate of the multi-purpose steam oven. Place the fry & roast rack on the first layer and close the oven door. Press Start to cook.
3. Remove them from the oven after the steaming is done. Put them on a dish and dice before serving with black pepper sauce.

Chef's Notes

Name:

Date:

Temperature:

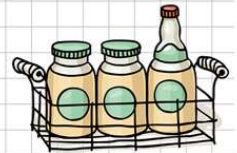
Time:

Ingredients:

Cooking method:

Tips:

Notes:



Inspirations:



Recipes to be updated...

ROBAM
Enjoy Cooking