

BE HEALTHY BE PURE

G553/G563
USER MANUAL

BUYDEEM



BUYDEEM

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G553/G563-98-A1

Please refer to the actual product if small changes are made.



Hi

I am G553/G563

Nice to meet you. We welcome any comments
and suggestions that you may have.
This is a manual for you to know me better.

Step 1

Please make sure what is the voltage before you use me.
The rated voltage for G553/563 is 110V

Step 2


If you live above 250-meter altitude, please do a boiling point test first before
you use.

Whisper

I have different single delicacies for your every turndown.
The satisfaction will be enlarged in every dish. My quiet accompany will
help you sense the power and the pleasure of cooking.

In future, welcome any comments and
advice that you may have.

Welcome to the great food journey



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BUYDEEM PHILOSOPHY

GOOD TASTE FOR TIME

Buydeem's life creeds

Everything only happens in the square inches of the kitchen, but it is the concept of BUYDEEM. We want to create a "neat, chill, lovely" new kitchen impression, which has nothing to do with the size of the kitchen space.

CLEAN

Cooking is not necessarily full of soot. Let's cook cleanly and beautifully.

EASY

Not useless "intelligence", but true "useful." The use is smooth and satisfying so that it can be used frequently, to make the product has its worth.

GOOD-LOOKING

Not only "valuable intrinsic", but also keep up with your aesthetic.

HEALTHY

Don't eat casually. Be healthy and planned. Keep yourself well and take care of your family.

SMART

Every item should have the scalability of "oh, it can still be used this way", and the cooking can be more efficient and fun.

USER-FRIENDLY

Free your hands and free up more time for yourself. You don't have to be panic at kitchen anymore. Delicious food will be ready without even using a knife.

Food stands for love. Make life shiny.
Please spend your time and mind on the small and trivial "food time". Please join us to unlock good times.

Precautions before use

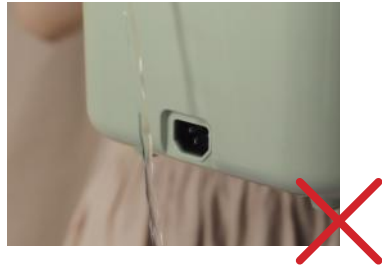
You have to know me better



Use the G553 \ G563 pot body and its corresponding power cord.



Do not mix power cords with other models or other appliances.



Do not allow water to enter the connector of the power cord



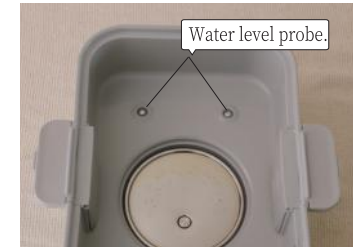
Please note that the water inlet cap is not a handle, so please don't straighten it with other accessories in the water tank.

Precautions before use

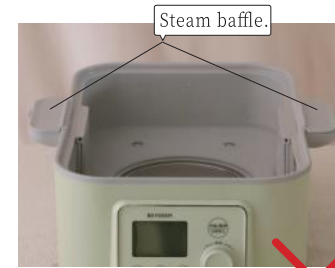
You have to know me better



The water inlet cover has a locking position design. Before you can add water, please clean the water level probe and make sure that the water inlet cover is opened with a "click".



Please pay attention to cleaning the water level probe and ensure that the water level probe is not covered before use.



Before use the steamer, make sure that the steam baffle is properly installed



Precautions before use

You have to know me better



Do not exceed the maximum water level when filling. When using the Slow cook function, such as using the BuydeemA500 stew pot and stand, you can add water to the "water level before putting the pot" before placing the stew pot. If you use your own stew pot, add water to the maximum level after placing it in the pot



Place the air holes on the lid toward the back of the steamer when closing the lid to prevent burns.



The surface of the steaming saucepan will reach a very high temperature during work. Be caution of getting burned.

Precautions before use

You have to know me better



Do not move the steamer while the steamer is working to avoid accidents



When arrive the boiling state, it is very easy to generate precipitate scale on the heating plate. Please be diligent in removing the scale according to the recommended method (see P86).

Exclusive accessories for the steamer

Steaming (steaming parts installation and removal)

steaming parts installation



1. Make sure there are no other accessories except the baffle in the steamer water tank



2. Insert the ring



3. Place the drip tray on the water tank



4. Place the steamer flat on the juice tray

Exclusive accessories for the steamer

Steaming (steaming parts installation and removal)

steaming parts removal



1. Make sure that the steam cooker has cooled to room temperature or wear heat insulation equipment. Remove the steam rack when there are no other items on the steam rack



2. Take out the juice tray by holding the handle of the juice tray. Please note that if the liquid in the juice tray is full, the liquid may overflow through the ventilation holes during the movement of the juice tray and drip under the juice tray. Therefore, Buydeem recommends you diligently pour and clean the juice tray, so as to avoid liquid overflow or deterioration of the liquid in the juice tray during handling.



3. Please wait for the water temperature in the water tank to drop to room temperature before taking the ring

After each use, avoid food deterioration, please wash it in time. Please use a sponge or a soft cloth to clean the baffle to avoid scratching.

Exclusive accessories for the steamer

Slow cook (use and installation of stew pot parts)

炖盅放置



1.Fill the water tank to the water level before putting the stew pot

2.Place the glass stew pot into the hole of the stand

3.Hold the stew pot horizontally and gently put it into the steamer

Take out the saucepan



1. Put on the heat insulation device, hold the stand, and remove the stand and the stew pot from the steamer

2. Be careful when handling the stew pot

Precautions

- 1.Do not heat the glass stew pot directly over an open flame.
- 2.Do not heat glass stew pot in an oven or microwave.
- 3.The maximum effective capacity of the stew pot is 500 ml (70% full); do not exceed this capacity to avoid spilling of ingredients.
- 4.The stew pot is made of glass. Please take care to avoid scratching or collision when cleaning. Even slight collisions can cause cracks that are hard to detect with the naked eye, and can cause the pot to break when heated.
- 5.After using the stew pot, the user can put the stew pot in the stand for storage.

When problem appear

Q What should I do if the lid of the glass lid does not open after stewing?

A Do not force open the small lid. This operation will easily damage the stew pot. You can soak the stew pot in hot water for several minutes, and open it when the glass lid is slightly loose.

Q What should I do if the glass breaks?

A Buydeem has a complete supply of accessories, such as accidentally breaking the glass stew pot or other accessories. You can contact us to buy accessories after sale.

CHAPTER 1

"Steam" words

Steamed vegetables can also
be delicious



Steam everything

Suitable ingredients



Enokimushroom
160g
8 minutes



Broccoli
10-15 minutes



Egg
Halfcooked 10 minutes
cooked 12 minutes



Pork Ribs
200g
15 minutes



Baby cabbage
150g
10-15 minutes



Eggplant
Half Cut
15 minutes



Tofu
on slice
10 minutes



Wax gourd
cut into slices
10 minutes



Chicken Wings
10-15 minutes



Minced pork
150g
15 minutes



Drumsticks 2
18 minutes



Luffa 2
18 minutes

Steam everything.

The above cooking time is for reference only. Actual time may be different.
Please adjust the cooking time according to the actual situation.

姜葱汁的高光时刻

Ginger onion juice

Scallion 15g, ground ginger 10g, raw soy sauce 35g, salad oil 15g

Step

- 1 Stir all ingredients in a bowl.
- 2 Dip the steamed ingredients or pour the ginger and onion juice over the steamed ingredients.

Tips

Ginger and spring onion juice is poured on top of the ingredients.

Ingredients to pair with ginger and onion juice

- 1 Seafood (see "Steamed Seafood" section for details).
- 2 Boiled eggs, chicken, tofu, patties.



Highlight moment of ginger
onion juice

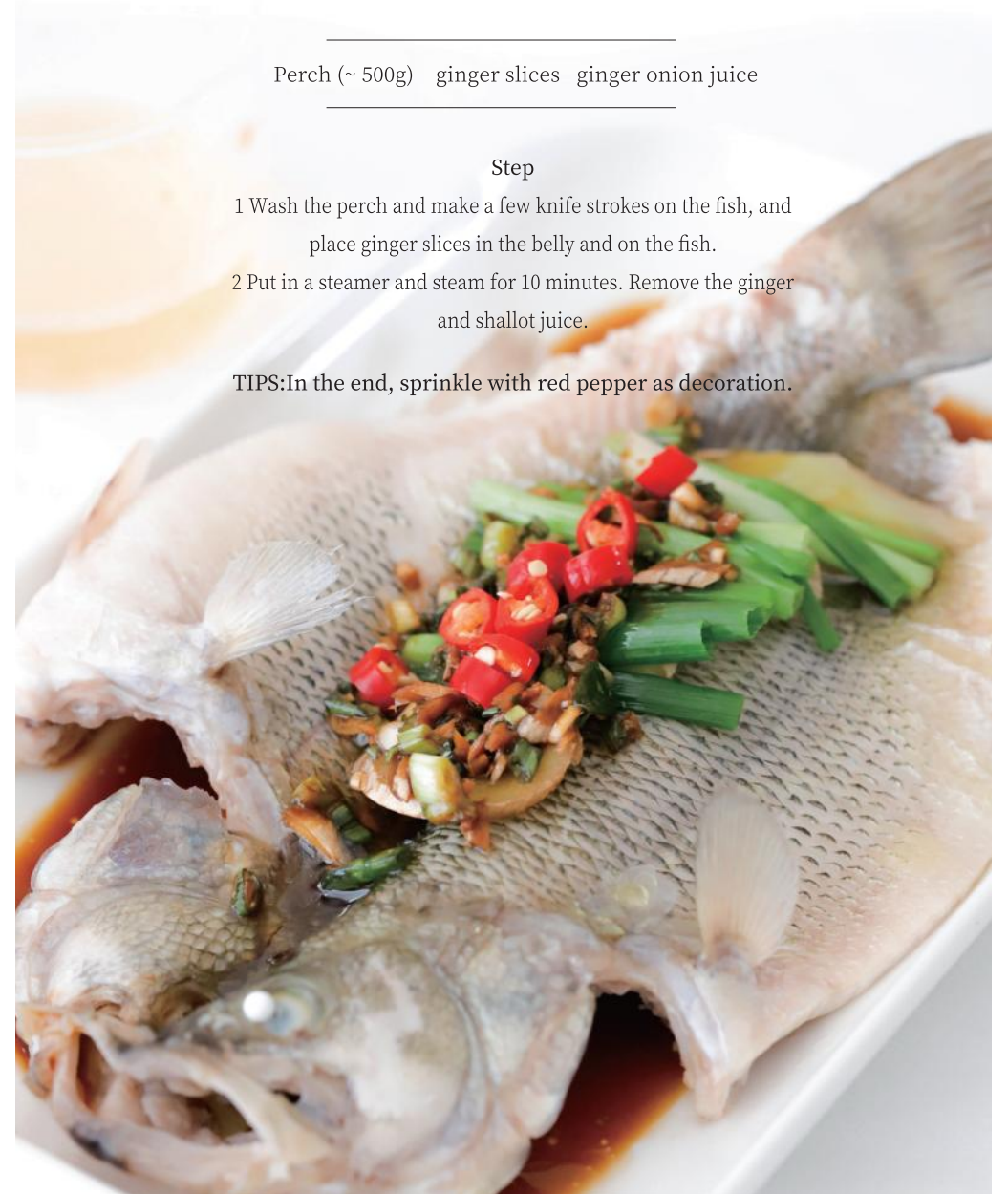
Steamed Perch

Perch (~ 500g) ginger slices ginger onion juice

Step

- 1 Wash the perch and make a few knife strokes on the fish, and place ginger slices in the belly and on the fish.
- 2 Put in a steamer and steam for 10 minutes. Remove the ginger and shallot juice.

TIPS: In the end, sprinkle with red pepper as decoration.





Garlic sauce

Garlic 20g Vegetable oil 15g Raw soy sauce 35g

Step

- 1 Peel the garlic and mince into garlic.
- 2 Put all ingredients in a bowl and stir well.

Tips

- 1 It is more convenient to peel the garlic grains after they are photographed with a Chinese kitchen knife.
- 2 The garlic sauce needs to be cooked with the ingredients.

Ingredients to go with garlic sauce

- 1 Shellfish (see the "Seafood Assortment" section), vegetables.
- 2 Melon, chicken, pork ribs, eggplant, patties



Garlic sauce that determines the fate
of steamed vegetables

Baby cabbage

Baby cabbage Garlic sauce

Steps

- 1 Wash the baby cabbage, cut them to the right size, place them on a plate and drizzle with garlic sauce.
- 2 Steam in a steamer for 10-15 minutes (depending on the amount and taste).

TIPS: In the end, sprinkle with red pepper as decoration.





Sesame Peanut Butter

Sesame Peanut Butter in supermarket Drinking water Right amount of sesame oil

Step

1 After digging out the finished hemp paste on the market, add room temperature drinking water in a 1: 1 ratio and stir vigorously.

2 Add sesame oil while stirring, and continue stirring until the texture is suitable as a sauce.

Ingredients for sesame peanut butter

Leafy greens bean



Spicy red oil

Vegetable Oil /Chili flakes
Sesame/Star Anise/ Cinnamon
Pepper/ Bay leaf and green onion
Garlic/ Ginger/ Salt
Berry Sugar/ White Vinegar



step

1 Mix chilli noodles, sesame, salt, and caster sugar to make chilli powder, put in a dry bowl and set aside.

2 Wash the green onions and cut into small pieces. Ginger is shredded, and the garlic is peeled and cut into thin slices.

3 After washing the anise, cinnamon and pepper, drain the water for later use.

4 Pour the vegetable oil into a wok and heat it. Pour the onion ginger garlic, pepper, cinnamon, star anise, and fragrant leaves and stir fry over low heat.

5 Fry until the aroma comes out and the onion, ginger, and garlic are browned. Turn off the heat and remove all the materials and discard.

6 Scoop out a spoonful of hot oil and pour into paprika and stir quickly.

7 Heat the remaining oil in the wok (no need to blanch, just heat it), pour into the stirred paprika, and stir again. 8 Add 20 ml of drinking water and a small amount of white vinegar to the paprika and stir well.

TIPS

1 Spicy red oil is mainly used to increase the spiciness and aroma of ingredients. The actual taste is relatively light, and it can be used with ginger and onion juice and garlic sauce.

2 You can also use a commercially available spicy red oil (oily hot pepper).



Breakfast, beginning of a day in life



Sleep lie-in and breakfast, you can have both

Suitable cooked ingredient.



Eggs
half cooked 10 minutes
cooked 12 minutes



Pumpkins
20 minutes



Sweet Potatoes big/
small- cut into pieces
30 minutes



Eddoes
30 minutes



Corn
30 minutes



Purple sweet potatoes
30 minutes



Chinese yam
30 minutes



Raw dough bun
45 minutes

New breakfast strategies for the lazy

Frozen food

- Quick-frozen food is generally the best choice for quick breakfast for white-collar workers!
- The cooking time of frozen food varies with different products. Please read the cooking time of the frozen food before cooking it!

Grains

- Whole grains and eggs stored at room temperature are the secret weapon of a healthy breakfast!
- Put the ingredients into the steamer before going to bed, set the appointment time, and wake up to have a hot healthy breakfast!



A pot of tea and two plates of delicate dim sum

Commercially-frozen Cantonese-style dim sum

Steps:

- 1 Select the proper quantity and variety of snacks and place them on a steaming dish or a stainless steel steamer with greased paper / steamer paper.
- 2 Read the instructions for quick-frozen foods, use one of the ingredients that takes the longest as a standard, adjust the cooking time and place the steaming plate on the steam rack to start the program.
- 3 After the program is finished, just remove the wobble plate.

TIPS

If the dim sum is mixed with shrimp dumplings, and the overall cooking time is longer, the shrimp dumplings' skin may be broken. Therefore, it is recommended to cook the shrimp dumplings together with foods that require similar time.

Here, please your stomach with appetizers



Steamed eggs

2 medium-sized eggs (approximately 100g) 1.1 times the weight of warm water at 40 °C

Steps:

- 1 After the eggs are broken, add warm water and stir well.
- 2 Add an appropriate amount of water to the steamer and place the bowl containing the egg mixture on the steam rack. Turn on steam mode for 13 minutes.
- 3 Add ginger and onion juice (see P14) to season after the program.

Tips

- 1 The ratio of water to eggs is about 1: 1.1, and the taste is more tender and smooth.
- 2 You can increase or decrease the amount of eggs and adjust the cooking time according to the actual container size.



Blueberry yam

Iron rod yam blueberry sauce milk



健脾益胃的小甜品

Steps:

- 1 Wash and peel yam and cut into small pieces.
- 2 Add an appropriate amount of water to the steamer and place the yam on the steam rack.
- 3 Turn on the steaming mode for 30 minutes. After the program is over, remove the yam and press it into mud.
- 4 Add milk to the yam mud and stir smoothly, choose your favorite mold to make the shape, and top with blueberry sauce.

Tips

- 1 It is best to wear gloves when handling yam to prevent itching from mucus.
- 2 If you don't have blueberry sauce, you can use honey instead.
- 3 Milk can also be omitted.



Broccoli Sausage Bread

Low-gluten flour 110g baking powder 3g salt 1g egg 1 milk 60g
 salad oil 13g broccoli (small flower) 30g 6 pudding models with a
 diameter of 6.5cm and a height of 3cm
 8g granulated sausage, 2 sausages



Steps:

- 1 Put broccoli in boiling salt water and blanch it until it is slightly hard, then cut into coarse shapes (leave a small amount as decoration).
- 2 Cut the sausage into 5 mm thick pieces of sausage (leave a small amount for decoration).
- 3 Put low-gluten flour and baking powder into a bowl and use an egg beater to mix the flour evenly.
- 4 Place the eggs and sugar in a separate bowl and stir with a whisk until thick.
- 5 Add milk to the egg mixture and mix, then add the ingredients from step 3 and stir well.
- 6 After stirring until there is no clump, add salad oil and salt and stir well.
- 7 Add the ingredients from steps 1 and 2 and stir slightly.
- 8 Pour the batter into a pudding models covered with greaseproof paper cups, and lightly press the broccoli and sausage left over on the batter.
- 9 Add an appropriate amount of water to the steamer and install the steamer.
- 10 Put the pudding models on the steamer rack and turn on the steam mode for 12 ~ 15 minutes.
- 11 Insert the bamboo stick into the centre of the batter. If the bamboo stick is not pasted, it is finished.

TIPS

If you want to feed your baby, you can replace sausage with children's fish sausage



Antique flavour steamed cake

3 eggs, 50 g sugar, vegetable oil, 15 g milk, 40 g low-gluten flour, 60 g white vinegar, several 6-inch round cake models, 1 cooling rack for baking

Cooking steps

1 egg white yolk separate, mix egg yolk, 10 grams of fine sugar, oil, milk and mix well;

2 After the egg yolk liquid is mixed well, sieve into low-gluten flour and stir into the yolk paste;

3 Add white vinegar to the protein, add 25 grams of granulated sugar 3 times, add the eggbeater to the wet foaming;

4 add the 1/3 of the beaten protein to the egg yolk paste, and mix well by turning.

Then pour it back into the dispensed 2/3 protein and mix well by turning it over;

5 Pour into themodels, cover with plastic wrap, pierce about 10 holes with a toothpick;

6 Add an appropriate amount of water to the steamer and put the models into the steamer and turn on the steamer mode for 30 minutes;

7 After the procedure is over, remove the models, first open the plastic wrap, and then shake the models a few times to help the cake release the heat, and then dry it upside down on a metal net to room temperature;

8 After drying, lightly press the cake around the models wall with your fingertips to release the models.



365 table entrees in a year



Seafood cooking schedule

Steaming is the best way of cooking seafood



Fish-depending
on the size of fish Shrimp Crab
10 -15minutes



Shrimp
10 minutes



Crab
20 minutes



Lobster -depending
on the size
10-15 minutes



Scallop
6minutes



Escargots
10 minutes



Oyster
10 minutes



Squid
8 minutes



Abalone
8 minutes

The above cooking time is for reference only. Actual time may be different. Please adjust the cooking time according to the actual situation.



Assorted seafood steps

Steps:

- 1 After washing the ingredients, put them in a container and put ginger slices on the surface of the ingredients.
- 2 In the saucepan, an evaporated amount of water was added, the container containing food on the steam tray, steamed open mode, adjusted to the appropriate time.
(Refer to P39 aquatic food cooking schedule)
- 3 You can take it out after the program ends.

TIPS

- 1 For the garlic sauce, cook the garlic sauce with the ingredients.
- 2 Steamed Fisheries can also go directly dipped ginger and juice consumption.
- 3 If you like it spicy, you can add garlic sauce or spicy oil

Steamed Scallops with Garlic Vermicelli

Garlic sauce, vermicelli, moderate amount of cooking wine, 6 scallops



Steps:

1 Divide the scallops in half, remove the black viscera and sandbags, and wash them clean, leaving only the scallop flesh and the yellow scallop yellow. Carefully remove the shellfish with a knife and place it in a small bowl. Marinate it with cooking wine to remove the fishy smell. Brush the shells inside and out with a brush.

2 Soak the fans in hot water for 20 minutes, or until soft.

3 Roll the fans with chopsticks and spread on the bottom of the scallops.

4 After making the garlic sauce (see P16 for details), spread the garlic sauce on the shellfish.

5 Make the garlic sauce.

6 Spread the garlic sauce on the shellfish.

7 Add an appropriate amount of water to the steamer, place the scallops on the steam rack, and turn on the steam mode for 6 minutes.

8 Take out after the program is finished.

TIPS

1 After steaming, add hot oil for better flavor. You can also sprinkle onion, red pepper, etc. as decoration.

2 Scallops can also be replaced with other ingredients suitable for garlic sauce (see P16).





Steamed pork ribs with pumpkin

Babe squash 350g Ribs 390g Steamed meat powder 60g
Raw soy sauce 20g Watercress sauce 10g



Steps:

- 1 Wash and chop pork ribs, mix with other seasonings and marinate for 1 hour to season.
- 2 Spread the diced pumpkin on the bottom of the plate.
- 3 Place the cured ribs on top of the pumpkin.
- 4 Add water to the steamer to the maximum level, place the pan in the steamer and set the steamer mode for 60 minutes.
- 5 You can take it out after the program ends.

Beancurd sheet spinach rolls

2 beancurd sheet spinach 200g
Salt 1/2 teaspoon
1/2 teaspoon chicken powder
Proper amount of sesame Peanut Butter



Steps:

- 1 Soak the beancurd sheet with warm water for about 10 minutes, then soften
- 2 After the spinach is washed, the root is removed, and it is shredded with boiling water
- 3 Spinach and salt and mix well with chicken powder
- 4 Wrap the mixed spinach with beancurd sheet
- 5 Add an appropriate amount of water to the steamer, put the wrapped beancurd sheet rolls on the steam rack, and turn on the steam mode for 8 minutes
- 6 After the end of the program, take out a small roll with a knife and cut it into a plate of similar height
- 7 Pour sesame peanut butter (see P18) on spinach rolls or dip spinach rolls into sesame peanut butter and eat

Carbohydrate makes you happy





Little Pumpkin Hedgehog-shaped bun

200 g flour 105 g cooked pumpkin
puree 2 g yeast 2 g white sugar

Steps:

- 1 Prepare flour, add caster sugar, cooked pumpkin puree, and yeast. Stir into floc.
- 2 Knead the smooth dough, cover it with plastic wrap, put it into the steamer, cover it, and turn on the yogurt function until it is doubled in size.
- 3 If the finger does not retract, the first fermentation is complete.
- 4 After degassing, divide into 6 parts, each part is about 55g pumpkin.
- 5 Take out a small portion and knead with a small amount of flour. Knead until the dough is smooth and free of air holes.
- 6 Use small scissors for eyebrows (or ordinary small scissors) to cut out the hedgehog's thorns shape and cut across the rows from beginning to end.
- 7 After cutting the hedgehog's thorns shape, use one end of the chopsticks to dip a small amount of water on each side of the hedgehog's "eyes" and gently press the black sesame seeds use as eyes balls
- 8 After finishing the steps above, place them in the steamer for about 30 minutes.
- 9 Put the right amount of water in the water tank and turn on the steam function for 30 minutes.

Purple Sweet Potato Red Rice Multi-grain Rice

Purple Potato 30g Red Rice 15g Corn 20g Rice 50g Water 60g

Steps:

- 1 Wash the ingredients and put them in a bowl, add water;
- 2 Put the right amount of water in the steamer, put the bowl on the steam rack, and turn on the steam function for 40 minutes.



Multigrain Bowl

1 Corn. 3small purple potato 2small sweet potatoes
(or large sweet potato cuts) yam

Steps:

- 1 Wash the ingredients and cut into large pieces.
- 2 Add an appropriate amount of water to the steamer, place the ingredients directly on the steam rack, and turn on the steam mode for 30 minutes.
- 3 Just remove the rear swing plate.

CHAPTER 2

The consciousness of slow cook

Not only stew soup



After one pot of tea and two plates of dim sum,
it is time to have one
click and two plates of dim sum.

Increased capacity and doubled functionality

NO.1

Family can drink old fire stock

Two stew pots of Ginseng PoriacocosSoup



NO.2

After-meal desserts are ready

Baked Rice Stew with Rock Sugar



NO.3

24/7 skin supply station

Two stew pots of bird's nest



NO.4

Eat with baby

Korean Pumpkin Porridge + Multi-grain Rice



NO.5

Nutrition dinner for parents

Red Bean Ganoderma Soup + Brown

Sugar Millet Porridge



What kind of rice to cook.

Indica rice (recommended) Japonica rice sticky rice



籼米（推荐）

Oblong, and the rice grains are short, thick, sticky, and have a crispy texture and a soft texture. Thailand soft rice is one of the Indica rice. It contains high level of protein and suitable for making rice.



粳米

The rice grains are large and full and have a soft texture and have a crispy texture and a soft texture. It has spleen and stomach enhancement, higher quality than japonica rice, and is suitable for supplementing Qi. Suitable for porridge.



糯米

It is rich and full. And has sticky texture. Also enriched with B vitamins to warm the spleen and stomach. And high calcium content, has the role of bone and teeth. Suitable for Chinese dessert.

100ml water + 100ml rice is the golden formula of zero error for stewed rice after Buydeem's repeated tests

Tips

1. Soaking the rice for 30 minutes allows the rice grains to fully absorb moisture, which helps to heat more evenly during cooking.
2. Do not stop the fire during cooking, so as not to affect the taste.

Prepare a healthy and delicious meal for your family



Dessert is ready while you are cooking

Braised Rice

Ingredients: Rice 100g
Water 100g Half the
sausages Proper amount of
raw soy sauce Right amount
of chopped green onion

Steps:

- 1 Wash the rice and put it in a saucepan for later use, add sausage and salad oil.
- 2 In a saucepan, add water in a ratio of 1: 1 to rice.
- 3 Install the stew pot on the stand as shown in P18.
- 4 Add water to the steamer to the water level before placing the cup, put the bracket in the steamer and turn on the stew mode for 1 hour.
- 5 Remove after the program is finished, add a small amount of salt to season.

Pear stewed with rock sugar

One pear and right amount
of rock sugar

Steps:

- 1 Peel and core the Sydney and cut into pieces. Put the Sydney and rock sugar in the stew pot, add water to the stew pot to the bottom edge of the stew pot lid 1cm
- 2 Install the stew pot on the bracket as shown in P18
- 3 Add water to the steamer to the water level before placing the cup, put the bracket in the steamer and turn on the stew mode for 1 hour.
- 4 It can be taken out after the program ends.



Nutrition dinner for parents

Brown sugar millet porridge

Millet 50g Brown sugar 10g Jujube 22g (about 3 pieces) Small amount of peanut kernels

Steps:

- 1 Wash millet and the red dates out. Take out the red dates' pit, chop it and set aside.
- 2 Pour millet and red dates into the stew pot, add water to the bottom of the lid of the stew pot, and start the stew function for 2 hours.
- 3 After the program is over, add brown sugar and wait until the sugar has melted.

Red Bean Ganoderma Soup

Red Bean 15g Ganoderma Lucidum 1g Radix polygonatiofficinails4g Chicken 150g

Steps:

- 1 Wash and cut the chicken into cubes.
- 2 Wash the red adzuki bean, Radix polygonatiofficinails, and Ganoderma lucidum slices and place them in a saucepan.
- 3 Add water to the saucepan to the bottom edge of the lid of the saucepan.
- 4 Add water to the steamer to the water level before putting the cup, put the bracket in the steamer and turn on the stew mode for 2 hours.
- 5 Remove after the program is finished, add a small amount of salt to season.

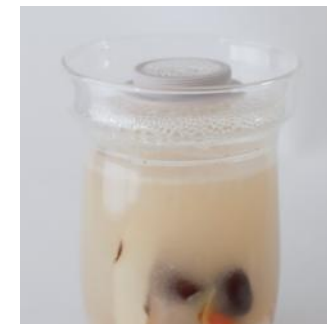
The whole family can drink slow-cooked broth

Ginseng Poria Stewed Keel

Ginseng 3g Radix polygonatiofficinails3g Jujube
8g Chinese Wolfberry 3g Chinese yam 6g Poria 5g
Salt 1.5g Keel 100g

Steps

- 1 Wash the ingredients and put them in a saucepan for later use.
- 2 Wash the keel, remove it, and place it in a saucepan.
- 3 Add water to the saucepan to the bottom edge of the lid of the saucepan.
- 4 Install the stew pot on the stand as shown in P10.
- 5 Add water to the steamer to the water level before placing the cup, put the bracket in the steamer and turn on the stew mode for 2 hours.
- 6 Remove after the program is finished, add a small amount of salt to season.





Having meal with your children

Korean pumpkin congee

Pumpkin 200g/sticky rice flour 35g/ rock candy 20g/mint leaves (for decoration)

Steps:

- 1 Wash and remove the pumpkin seeds, put them in the steamer, and start the steaming mode. After steaming, crush the pumpkin into mud, the finer the better.
- 2 Mix the glutinous rice flour with cold water and put it into the stew pot with pumpkin puree. Steam the saucepan and add water to the water level before placing the cup. Install the saucepan and bracket.
- 3 Start the stew mode and cook for 1 hour.
- 4 After the program is finished, you are ready to eat.

Multigrain rice

Thai Rice 50g/ Black Rice 15g /Purple Sweet Potato 25g/ Oat 15g /Black Rice 15g

Steps:

- 1 After washing all the ingredients, put them in a saucepan and add 100ml of water.
- 2 Add water to the steamer to the water level before placing the cup. Install the stew cup and bracket.
- 3 Activate the stew mode for 1 hour.
- 4 After the program is finished, just remove it.



All-weather skin supply station

Bird's nest Soup

One piece of bird's nest/ water 35 times
the dry weight of bird's nest/ 6 lotus
seeds 8 wolfberry

Steps

- 1 Soak the bird's nest in water for 2 hours, and pick the hair to remove impurities after soaking;
- 2 Coring of lotus seeds, washing wolfberry and lotus seeds for later use;
- 3 Tear the bird's nest after removing impurities into small strips, and soak it in water for another 2-3 hours, depending on the texture of the bird's nest;
- 4 Put the soaked bird's nest and ingredients into the stew pot, and add water to just pass the bird's nest ;
- 5 Add water to the steamer to the "water level before putting the cup", and install the stew cup and the bracket;
- 6 Start the stewing program for 30 minutes and serve immediately after the power is turned off.

TIPS:

The stewed bird's nest can be put in a dispensing cup and taken out of the street to supplement the skin at all times.



One stew, two flavors

Easy to satisfy everyone's
appetite

Ginseng Black Chicken Soup

Black Chicken 100g /Red
Dates /3 Salt 2g/American
Ginseng 2g /ginger 2
slices

Steps:

- 1 Wash and cut black chicken into large pieces and put in boiling water to boil water.
- 2 Put the American ginseng, red dates, ginger slices and black chicken 2 into the stew pot, add water to the bottom edge of the stew pot lid 1cm.
- 3 Add water to the steamer to the water level before putting it in the pot, set the pot to start the stewing function for 2 hours.
- 4 After the procedure is over, just take out the salt and add it.

Corn Ribs Soup

Corn Half Roast
Pork Ribs 70g
Carrot 50g

Steps:

- 1 Pork ribs simmered in water and put into a saucepan.
- 2 Peel and wash the carrots, put them in the stew pot with the washed corn, and add water to the bottom of the stew pot lid 1CM.
- 3 Put the saucepan into the stand.Add water to the water level in the steamer.
- 4 Put the stew pot with the stand into the steamer and cover it.
- 5 Turn on the stew function for 2 hours.

Yogurt mode

Default 8 hours, 8-9.5 hours adjustable, constant temperature 40 ° C fermentation

3 ways to make yogurt

NO.1 (Recommended)

BUYDEEM Yogurt Powder + Purified Water

Yogurt powder has a high success rate for making yogurt, has a good taste and taste, and has other flavor options such as fruit and honey. This method is the favorite of lazy people.



NO.2

Milk + lactic acid bacteria powder

At present, the most common method is to make the yogurt thicker and to control the proportion of bacterial powder, which may result in the yogurt being harder and astringent.



NO.3

Milk + yogurt

The flavored yogurt is used as a fermentation medium, the material is simple, the produced yogurt is thin in texture, and the taste is greatly affected by the added yogurt, and the taste is unstable.



You wouldn't expect to make it yourself: delicious and zero-added yogurt



Plain Yogurt

(2 Serves)

“Yogurt mode” recipe, stewed for 8 hours by default.

1 serving of Buydeem yogurt powder (100g) at room temperature,
pure water 400ml

Steps

- 1 Use boiling water to sterilize the stew pot and the lid of the stew pot.
- 2 Pour 1 packet of yogurt powder into the saucepan.
- 3 Add 400ml of purified water at room temperature, stir well (no particles), and cover the lid of the stew pot.
- 4 Add water to the steamer to the water level before placing it in the cup. Put the stew pot and stand into the steamer and cover.
- 5 Start the yogurt function, and the steamer will automatically power off after 8 hours.

Tips

- 1 The length of yogurt production will vary according to different yogurt powders. If you choose other brands of yogurt powder, Buydeem recommends that you refer to the operation steps of yogurt powder to make yogurt!
- 2 Adjust the yoghurt production time according to the local temperature. The best production time at 25 ° C is 8 hours.

Yogurt can also be made with the following ingredients



Cranberry



Oat



Honey

CHAPTER 3

Preset function usage

Make a delicious day come to you



Preset Guidelines

"Make a delicious day come to you"



STEP 1

On the night before (for example, at 10 pm), place the ingredients on the steam rack or into the stew pot, and turn on the machine. Touch the function key to select the corresponding function mode. Such as steam mode for 30 minutes.



STEP 2

Press the reservation button to enter the reservation interface, and turn the knob to adjust the reservation time (if the reservation time is set to 8 hours).



STEP 3

Press the start key to enter the appointment countdown. Note: The scheduled time does not include cooking time.

Note: When using the long-term reservation function, please be careful to use ingredients that can be stored at room temperature or will not spoil if soaked for a long time!



Tips

If the ingredients are soaked properly, the taste will be better. There is a risk of deterioration if it times out. The following is the limit soaking time of various ingredients

Soaking time	Ingredients
No more than 4 hours	Meats, fruits, peach gums etc.
No more than 8 hours	Longan, millet, black rice, glutinous rice etc.
No more than 12 hours	green beans, red beans, black beans, etc.
No more than 16 hours	Cordyceps, white fungus, lotus seeds, various types of dried herbal tea etc.
No more than 18 hours	ginseng, red dates, wolfberry, almond etc.

1 The contents of the table are based on a room temperature of 25 degrees. High temperatures are likely to increase the risk of food deterioration.
2 Due to the difference in water quality and food species, the deterioration time is slightly different. The above data is for reference only.

You can make an appointment for breakfast tomorrow before bedtime

Ding! Purple potato corn has been steamed to protect children's gastrointestinal health Use "Steam" + "Preset" mode.



Busy life your one-person food proposal

Two stew pots altogether, one rice and one soup, taste delicious-use "Slow cook" mode



Preparing dinner for kids even if not at home

Turn on the "Wake up service in the morning" at home with nutritious cereal rice and corn ribs soup.



CHAPTER 4

Encyclopedia

You can know more about me



Daily cleaning

Do you need to pay attention to daily cleanliness?

Take care of me in the days to come, please

Daily cleaning steps

- Step 1: After the steamer cooker cools, pour off the remaining water in the pot and the accessories.
- Step 2: Add clean water and use a wet sponge to clean the inside of the steamer and the accessories used.
- Step 3: If you cook more oily ingredients, add a small amount of detergent to help remove the oil.
- Step 4: Rinse thoroughly with water and drain.



Daily cleaning steps

1. Do not immerse the body, power cord or plug of the steamer pot, the power cord connector must not come into contact with water, please pay attention when cleaning the pot!
2. Do not use a hard object to clean the glass stew pot and the glass cover of the pot to avoid cracking. Buydeem recommends using a soft cloth or rag to wipe gently.

Scale cleaning

What is the yellow dot on the heating plate?

Because the water source contains a small amount of calcium and magnesium ions, it deposits on the heating parts after boiling and looks yellow spots. This is what we usually call scales, which is a normal phenomenon during use.



How to remove scale?

Here Buydeem provides two methods to remove scale. Pro test is effective!

1.Vinegar method.

Step 1: Add 100ml of white vinegar to the steamer.

Step 2: Add water to the 500ml mark in the steamer.

Step 3: Activate "Steam" mode for 1 minute.

Step 4: After the procedure, let it stand for 1 hour, and then wipe the heating plate with a clean cloth.

2.Citric acid method (see diagram on the right)



STEP 1

Add 500ml of water to the steamer



STEP 2

Add 5g citric acid (included with the product)



STEP 3

Turn on the "Steam" function for 1 minute



STEP 4

After automatic power off, let stand for 5-10 minutes (if there is more scale, you can extend the rest time)



STEP 5

Finally, use a clean cloth to clean the heating plate.

Common problem

Q & A

Q: Why are there some small scratches on the heating plate?

A: This is not a scratch generated after use, but a metal surface treatment process called "stainless steel wire drawing". This degree of wire drawing process can protect the oxide layer on stainless steel and play a better role in rust prevention. Please don't mind ~

Q: Why does the heating plate change color?

A: After cooking, if you pour all the water in the water tank immediately, the remaining heat of the heating plate will continue to dry the heating plate, causing the heating plate to change color. Reduce the situation that the remaining water in the water tank is poured after cooking, which can avoid this situation; when the steaming stewpot encounters the lack of water detection device, the dry burning protection device of the heating plate has a short burning time before starting, Discoloration of the heating plate. Pay attention to the amount of water before cooking to prevent this from happening.

Q: Why are there so many spots on the heating plate?

A: The spots on the heating plate are actually scale. The color of the scale is related to the water quality. If it contains iron ions, the scale will appear yellow when the iron ions are oxidized. However, if the iron content is high, the scale will appear red. Mineral water also produces scale, because it also contains minerals. You can also wipe with a soaked cloth and baking soda powder. And regularly descale according to the recommended method.

Q: Can the water tank be washed directly with water?

A: Although the water flow can be flushed directly into the water tank, it is easy for water to enter the control panel on the front of the steamer or the power cord connector on the back when the water tank is directly washed with water. Oh. So please avoid flushing the water tank directly with water.

Common problem

Q & A

Q: What are the two circles inside the water tank

A: Those two metal circles are water level probes. The water level probe is responsible for detecting the water level in the water tank. Once the water level drops to the point where dry burning is likely to occur, the water level detection system will suspend the cooking process. After the user fills the water tank above the minimum water level, the system will automatically resume the cooking process.

Q: What is the round shape on the heating plate?

A: The circle on the heating plate is a temperature sensor. The temperature sensor is an important component responsible for monitoring the water temperature and then feeding the data back to the control program, so that the control program can better control the firepower. Please keep it clean and avoid covering it when using it.

Boiling point detection

Why do we need boiling point detection?

At high altitudes, the water begins to boil before the temperature reaches 100 ° C, which causes the steamer to fail to break and stay in a continuous cooking state. For this reason, we prepare the boiling point detection function carefully. If your city is higher than 250m above sea level, please perform boiling point detection before using it!

How do you test boiling point? (See the guidelines at Page 91)



STEP 1

Make sure there are no other accessories in the water tank except the steam baffle. Add water to the maximum water level. If the water volume is insufficient or excessive, it will affect the test results.



STEP 2

After connecting the power cord to the steamer, plug the power cord into the power source to energize it. Within 30 seconds after power-on, press and hold the "Preset" and "Menu" keys at the same time without releasing until the screen displays "H1".



STEP 3

The screen flashes "H1". Touch the "Start / Pause" key. The "H1" on the screen turns on and the progress bar starts to scroll. The machine has now entered the detection state.



STEP 4

After the test is completed, the machine beeps three times to end the work and enters the standby state.

BUYDEEM R&D story

Buydeem's story about a group of "Fools"

Since the establishment of Buydeem in 2009, we have grown from a team of more than a dozen people to large-scale teams. We have also changed from making a product to perfecting the kitchen lifestyle of our customers. The categories range from Beverage makers to water dispensers and ovens, to ingredients soup packages and kitchen supplies in the back, and now there are steaming stews. Because of our persistence, we have also received more and more user support, every praise, every thank you letter, watching everyone use Buydeem 's products to make every gourmet ... No doubt, we are all grateful.

We have always believed that what is eaten into the mouth must be delicious and safe and healthy. Nowadays, more and more people pay more and more attention to food safety and health issues. This is a civilized progress. It takes a little more time to make this progress, and we feel it is worth it.

Therefore, we are committed to creating a fume-free kitchen, with hands and time freed, so that more people are willing to cook, and can cook elegantly, so we started the "steaming cooker" project.

A steaming cooker project that started more than 700 days ago and has undergone dozens of iterations, with over 1,500 hours of R & D and testing time.

Regarding "steaming", most people still think that it is better to just use an open flame to steam things. It is not possible to use a rice cooker. However, as everyone's requirements for food are getting higher and higher, from morning to home cooking, "steaming" is one of the most commonly used functions in our daily life. 2 years ago, we started the development of "steaming stew pot".

From the prototype to the circle, we updated iteratively for ten generations. With less space, it has more functions.

BUYDEEM R&D story

The choice of material is based on safety. From the health and original flavor advocated by steamed vegetables, choose high-quality 304 stainless steel and tempered glass as materials for food, and choose PP plastic without BPA in the parts that may come in contact with water. , And in order to take into account the needs of the whole family, we also added 2 stew pots and capacity.

We also considered the diversity of its accessories in the early stages of the design, including expansion accessories and fun accessories for cooking special foods.

In the coming days, we will continue to do these right but not easy things, and always improve the product and the complete user experience. To provide more and better products for you who love life, because we have always believed in "food has love, life has light".

Hi

我是 G553/G563

初次见面，往后的日子请多指教！
这一本手册，是你全面了解我的开始。

Step 1

请在使用前确认当地电压，
G553/G563 额定电压为 120V~60Hz。

Step 2

所在地海拔高于 250m 的用户，在使用前不妨先做个沸点检测程序。
(详细步骤参考本食谱 P188，或产品说明书)

悄悄话

你的每一次小情绪，我都有一道美食能让你治愈。

在一蔬一饭，一菜一汤，一箸食一瓢饮中，获得的满足感也能被无限放大，
希望我的无声陪伴，能让你感受烹饪本身的力量和乐趣。

未来，请多多指教。

Welcome to the great food journey



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BUYDEEM PHILOSOPHY

GOOD TASTE FOR TIME

北鼎の生活信条

一切只是在厨房的方寸之间，却是北鼎 BUYDEEM 的理想所在。
我们希望打造一个“干净、轻松、好看”的新厨房体态，无关乎
厨房空间的大与小，它都应该是——

优雅不污 CLEAN

下厨，不一定是满头油烟。干净且姿态美好地去料理吧。

得心应手 EASY

不是无谓的「智能」，而是真正的「好用」。
用的顺手且称心，可以被频繁使用，物品才有它的意义。

以美服人 GOOD-LOOKING

不只是“很有内在”，还要符合你审美的好看。

食序健康 HEALTHY

不要吃得随便，要健康与秩序，管理好自己，照料好家人。

聪明有趣 SMART

每一件用品都该有“原来还可以这样使用”的延展性，
料理可以更高效且有趣。

游刃有余 USER-FRIENDLY

解放你的双手，为你释放更多属于自己的时间。
不必手忙脚乱，无需提刀动气，也可以吃到好吃的一汤、一饮、一餐。

美食有爱，生活有光。

把心思花在微小琐碎的“食”刻上，和我们一起，解锁美好时光。

使用前注意事项

你需要更了解我



配套使用 G55\G56 锅身及其对应的电源线，不要与其他型号或其他电器混用电源线



电源线的连接器千万不要进水



请注意，注水口盖子不是提手，请勿在水箱中有其他配件的情况下直接提起注水口盖子

使用前注意事项

你需要更了解我



注水口盖子有卡位设计，加水时可将注水口盖子打开至“咔哒”一声的卡位，无需用手扶着盖子



使用前，请注意清洁水位探头并确保水位探头未被覆盖



在每次使用蒸炖锅前，请确保蒸汽挡板已正确安装



使用前注意事项

你需要更了解我



加水时请勿超过最大水位线。使用炖功能时，如使用北鼎 A500 炖盅及支架，可在放置炖盅之前加水至“放置炖盅水位”。若使用自备的炖盅，请在放盅后加水至最大水位



盖上锅盖时，请将锅盖上的气孔朝向蒸炖锅的后方，以免烫伤



蒸炖锅在工作时各处表面会达到非常高的温度，请注意不要被烫伤

使用前注意事项

你需要更了解我



蒸炖锅工作时，请不要移动蒸炖锅，以免发生意外



由于蒸炖锅的发热盘周围的水体长时间处于沸腾状态，非常容易在发热盘上析出水垢，请勤于按照推荐的方法（见 P86）去除水垢

专属蒸炖锅的小配件

蒸（蒸部件安装与拆卸）

蒸部件安装



1 确认蒸炖锅水箱内除了挡板无其他配件



2 放入聚能环



3 将积汁盘放在水箱上



4 将蒸架平整地放在积汁盘上

专属蒸炖锅的小配件

蒸（蒸部件安装与拆卸）

蒸部件拆卸



1 确认蒸炖锅已经冷却至室温或者穿戴隔热设备，在蒸架上无其他物品的情况下，取出蒸架



2 手握积汁盘的把手位取出积汁盘请注意，若积汁盘中的液体已存满，移动积汁盘的过程中液体可能会通过透气孔溢出，滴溅在积汁盘下方。因此北鼎建议您勤于倾倒以及清洗积汁盘，以免拿取时液体溢出或者积汁盘内的液体变质



3 请注意等待水箱内水温降至室温后再拿取聚能环

- 每次使用后，为避免食物变质，请及时清洗。
- 请使用海绵或者柔软的抹布对挡板进行清洗，以避免刮花

专属蒸炖锅的小配件

炖（炖部件使用与安装）

炖盅放置



1 水箱内加水至放盅前水位



2 将玻璃炖盅放入支架的炖盅孔中



3 水平握紧炖盅支架，轻放入蒸炖锅内

炖盅取出



1 佩戴好隔热设备，握住支架将支架连同炖盅一并从蒸炖锅取出



2 在拿取炖盅时请小心防烫

注意事项

- 1 请勿将玻璃炖盅直接明火加热。
- 2 请勿将玻璃炖盅放入烤箱或微波炉内加热。
- 3 炖盅的最大有效容量为 500 毫升（7 成满）；请勿超出此容量，以免食材溢出。
- 4 炖盅为玻璃制品，清洗时请注意避免刮伤或者碰撞。即使是轻微的碰撞也有可能产生肉眼难以察觉的裂痕，并导致炖盅在受热时破裂。
- 5 用户可在使用完炖盅后将炖盅置于支架中收纳。

出现问题

Q 炖煮后玻璃盅盖打不开怎么办？

A 请勿强行撬开小盖，此操作容易造成炖盅被破坏。

可将炖盅浸泡在热水中数分钟，待玻璃小盖略有松动时打开。

Q 玻璃摔坏了怎么办？

A 北鼎有完整的配件供应，如不小心将玻璃炖盅或者其他的配件弄坏了，

可以联系我们售后购买配件。

北鼎全国服务热线 4008-815-820

CHAPTER 1

“蒸”言

蒸菜也可以有滋有味



清蒸一切

适煮食材



金针菇
160克
8分钟



西兰花
10分钟



鸡蛋
溏心蛋 10分钟
全熟 12分钟



排骨
200g
15分钟



娃娃菜
150g
10-15分钟



茄子
对半切开
15分钟



豆腐
一大块
10分钟



冬瓜
切片
10分钟



鸡翅
10-15分钟



肉饼
150g
15分钟



鸡腿
2根
18分钟



丝瓜
2根
18分钟

一切皆可蒸

以上食物烹煮时间仅供参考，实际需时或有出入，
请以实际情况调整食物蒸煮时间。

姜葱汁

葱花 15g 姜末 10g 生抽 35g 色拉油 15g

步骤

- 1 将所有食材放在碗内搅拌均匀即可。
- 2 清蒸好的食材蘸取食用或者将姜葱汁淋在蒸煮好的食材上。

小贴士

姜葱汁淋在食材上面之后如果浇上热油风味更佳哦。

适合与姜葱汁搭配的食材

- 1 水产类（详见“清蒸海鲜”部分）。
- 2 水蛋、鸡肉、豆腐、肉饼。



清蒸鲈鱼

鲈鱼 一条（~500g） 姜片 姜葱汁

步骤

- 1 将鲈鱼洗净并在鱼身上划几刀，在鱼肚子中以及鱼身上放姜片。
- 2 放入蒸炖锅中蒸 10 分钟，取出后淋上姜葱汁。

TIPS: 最后可撒上红椒作为装饰



蒜蓉娃娃菜

娃娃菜 蒜蓉酱

步骤

- 1 将娃娃菜洗净，竖切至合适大小，放入盘中，淋上蒜蓉酱。
- 2 放入蒸炖锅内蒸 10~15 分钟（视分量以及口感而定）即可。

TIPS: 最后可撒上红椒作为装饰



蒜蓉酱

大蒜 20g 植物油 15g 生抽 35g

步骤

- 1 将大蒜剥皮后剁碎成蒜蓉。
- 2 将所有材料放在碗里搅拌均匀即可。

小贴士

- 1 蒜粒用中式菜刀拍过之后剥皮更方便哦。
- 2 蒜蓉酱需要与食材一起蒸煮哦。

适合与蒜蓉酱搭配的食材

- 1 贝壳类（详见“海鲜什锦”部分）、蔬菜。
- 2 瓜类、鸡肉、排骨、茄子、肉饼。





芝麻花生酱

市售芝麻花生酱 饮用水 香油适量

步骤

- 1 将市面上的成品麻酱挖出后按照 1:1 的比例加入室温饮用水并用力搅拌。
- 2 搅拌时加入香油，继续搅拌至质感适合作为浇汁即可。

适合与芝麻花生酱搭配的食材

绿叶蔬菜 豆制品



麻辣红油

植物油 辣椒面 芝麻 八角
桂皮 花椒 香叶大葱 大蒜
生姜 盐 细砂糖 白醋

步骤

- 1 将辣椒面、芝麻、盐和细砂糖拌匀，做成辣椒粉，放入干燥的碗内备用。
- 2 大葱洗净后切成小段，生姜切丝，大蒜剥皮切成薄片。
- 3 八角、桂皮、花椒洗净后沥干水分备用。
- 4 将植物油倒入炒锅中烧热，倒入葱姜蒜、花椒、桂皮、八角、香叶后转小火翻炒。
- 5 炒至香味出来而葱姜蒜焦黄后，关火并捞出所有材料弃用。
- 6 舀出一勺热油，倒入辣椒粉中迅速搅拌均匀。
- 7 将炒锅中的剩余的油加热(无需滚烫, 加热即可)后, 倒入搅拌过的辣椒粉中, 再次搅匀。
- 8 在辣椒粉中加入 20 毫升饮用水以及少量白醋，搅拌均匀即可。

TIPS

- 1 麻辣红油主要用于增加食材的辣味以及香味，实际口味比较淡，可以搭配姜葱汁以及蒜蓉酱一起使用。
- 2 亦可直接使用市售的麻辣红油（油泼辣子）。



早餐，一天生活的开场白



懒觉和早餐，可以兼得

适煮食材



鸡蛋
溏心蛋 10 分钟
全熟 12 分钟



南瓜
20 分钟



小红薯 /
大红薯切块
30 分钟



小芋头
30 分钟



玉米
30 分钟



紫薯
30 分钟



山药
30 分钟



生面馒头
45 分钟

懒人早餐计划新养成

1. 速冻食物

- 速冻食物一般是白领们快手早餐的不二之选!
- 速冻食物烹煮时间因不同的产品而异，蒸煮速冻食物之前请阅读该食物的烹煮时间说明哦!

2. 五谷杂粮

- 室温下储存的五谷杂粮以及鸡蛋是健康早餐的秘密武器!
- 睡前将食材放入蒸炖锅，设定好预约时间，睡醒就有热腾腾的健康早餐!



叹下一盅两件

市售速冻广式点心

例：鲜虾烧卖、虾饺、糯米鸡、流沙包、叉烧包

步骤

1 选用合适数量以及不同款式的点心并放在蒸盘

或者垫了油纸 / 蒸笼纸的不锈钢蒸架上。

2 阅读速冻食物的说明书，以需时最长的一种食材作为标准，

调节蒸煮时间并将蒸盘放在蒸架上，开始程序。

3 程序结束后取出摆盘即可。

TIPS

如果点心中混有虾饺，而总体蒸煮时间较长的话虾饺有可能会破皮，

因此建议虾饺与需时相近的食物一起蒸煮。

来，用前菜打开你的胃



蒸水蛋

中等尺寸鸡蛋 2 颗 (约 100g) 40°C温水 1.1 倍鸡蛋重量

步骤

- 1 将鸡蛋打散后加入温水搅拌均匀。
- 2 蒸炖锅中加入适量水，将盛有蛋液的碗放上蒸架。开启蒸模式 13 分钟。
- 3 程序结束后可加上姜葱汁（见 P14）调味。

小贴士

- 1 水与鸡蛋比例约为 1:1.1，口感更嫩滑。
- 2 可根据实际容器大小增加或减少鸡蛋份量，并调整蒸煮时间。



蓝莓山药

铁棍山药 蓝莓酱 牛奶



健脾益胃的小甜品

步骤

- 1 将山药洗净去皮，切成小段。
- 2 蒸炖锅内加入适量水，将山药放在蒸架上。
- 3 开启蒸模式 30 分钟，程序结束后趁热取出将山药压成泥。
- 4 在山药泥中加入牛奶搅拌顺滑，选择自己喜欢的模具做造型，淋上蓝莓酱即可。

小贴士

- 1 处理山药时最好戴上手套，以防粘液引起手痒。
- 2 若没有蓝莓酱，可以用蜂蜜代替。
- 3 牛奶也可省略。



西兰花香肠小面包

低筋面粉 110g 泡打粉 3g 盐 1g 鸡蛋 1个 砂糖 8g
 牛奶 60g 色拉油 13g 西兰花 (小朵) 30g 香肠 2根
 直径 6.5cm、高 3cm 的布丁模 6个



步骤

- 1 将西兰花放入沸腾盐水中焯烫至稍硬后，再切成粗末状（留少量作为装饰）。
- 2 将香肠切成 5 毫米厚的香肠片（留少量作为装饰）。
- 3 将低筋面粉和泡打粉放入碗中，用打蛋器将面粉搅拌均匀。
- 4 将鸡蛋和砂糖放入另外的碗中，并用打蛋器搅拌到浓稠。
- 5 在蛋液中加入牛奶混合，然后再加入步骤 3 中的材料并搅拌均匀。
- 6 搅拌到完全没有结块之后，加入色拉油和盐搅拌均匀。
- 7 加入步骤 1 和步骤 2 中的材料，略微搅拌。
- 8 将面糊倒入铺了防油纸杯的布丁模中，再将先前留下的西兰花和香肠轻按在面糊上。
- 9 在蒸炖锅中加入适量水，安装好蒸部件。
- 10 将布丁模放上蒸架，开启蒸模式 12~15 分钟。
- 11 将竹签插入面糊中央，如果竹签没有黏上面糊即完成。

TIPS

如果给宝宝食用的话可以将香肠替换为儿童鱼肉肠哦~



古早味蒸蛋糕

鸡蛋 3 个 白砂糖 50g 植物油 15g 牛奶 40g 低筋面粉 60g
白醋 数滴 6 寸圆形蛋糕模 1 个 烘焙用放凉架 1 个

烹煮步骤

- 1 蛋白蛋黄分开，将蛋黄，10 克细砂糖，油，牛奶混合搅匀；
- 2 蛋黄液搅匀后，筛入低筋面粉，搅成蛋黄糊；
- 3 蛋白加入白醋，25 克细砂糖分 3 次加入蛋白，电动打蛋器打至湿性发泡；
- 4 将打发好的 1/3 蛋白加入蛋黄糊，用翻拌手法拌匀。
然后再倒回打发好的 2/3 蛋白中，用翻拌手法拌匀；
- 5 倒入模具，盖上保鲜膜，用牙签扎出大约 10 个孔；
- 6 在蒸炖锅中加入适量水，并将模具放入蒸炖锅中，开启蒸模式 30 分钟；
- 7 程序结束后，取出模具，先揭开保鲜膜，再震模具几次，
帮助蛋糕释放热气，随后倒扣在金属网上晾至室温；
- 8 晾凉后，用指尖沿模具壁轻按蛋糕一圈脱模即可。



1 年，365 道餐桌主菜



水产食材蒸煮时间表

清蒸是海鲜最美好的模样



鱼类
视乎大小
10~15分钟



虾
10分钟



膏蟹
20分钟



龙虾
视乎大小
10~15分钟



扇贝
6分钟



田螺
10分钟



生蚝
10分钟



鱿鱼
8分钟



鲍鱼
8分钟

以上食物烹煮时间仅供参考，实际需时或有出入，
请以实际情况调整食物蒸煮时间。



海鲜什锦

步骤

- 1 将食材洗净后，放入容器，在食材表面放上姜片辟腥。
- 2 在蒸炖锅中加入适量水，将装有食材的容器放在蒸架上，开启蒸模式，调节至适当时间。
(可参考 P39 水产食材蒸煮时间表)
- 3 程序结束后取出即可。

TIPS

- 1 搭配蒜蓉酱的话请将蒜蓉酱与食材一起蒸煮哦。
- 2 蒸好的水产也可以直接蘸取姜葱汁食用。
- 3 如果喜欢辣口的话，可在蒜蓉酱或者姜葱汁中加入麻辣红油。

蒜蓉粉丝蒸扇贝

蒜蓉酱	粉丝 适量
料酒 少量	扇贝 6 个



步骤

1 将扇贝一分为二，去掉黑色内脏和沙包，清洗干净，只留贝肉和黄色的扇贝黄儿。小心将贝肉用刀取下，放入小碗中，加入料酒腌制一下去除腥味。再将贝壳里外用刷子刷干净。

2 将粉丝放入热水中泡 20 分钟，或至软。

3 将粉丝用筷子卷起来铺在扇贝底部，并在粉丝上面摆上贝肉。

4 制作蒜蓉酱（做法见 P16）后，将蒜蓉酱铺在贝肉上面。

5 制作蒜蓉酱。

6 将蒜蓉酱铺在贝肉上面。

7 蒸炖锅中加入适量水，将扇贝放上蒸架，开启蒸模式 6 分钟。

8 程序结束后取出即可食用。

TIPS

1 蒸完之后浇上热油风味更佳哦，还可以撒上葱花、红椒等作为装饰。

2 扇贝也可以换成其他适合与蒜蓉酱搭配的食材（见 P16）。



南瓜粉蒸排骨

贝贝南瓜 350g 排骨 390g 蒸肉粉 60g
生抽 20g 豆瓣酱 10g



步骤

- 1 将排骨切块洗净，与其他调味料混合后腌制 1 小时调味。
- 2 将南瓜切块铺在盘底。
- 3 将腌制好的排骨放在南瓜上面。
- 4 在蒸炖锅中加水至最大水位，将盘放入蒸炖锅中，设置蒸模式 60 分钟。
- 5 程序结束后取出即可。



腐皮菠菜卷

腐皮 2 张 菠菜 200g 盐 1/2 茶匙
 鸡精 1/2 茶匙 芝麻花生酱 适量



步骤

- 1 腐皮用温水浸泡 10 分钟左右，变软即可；
- 2 菠菜洗净后切除根部，用沸水灼熟之后切丝；
- 3 菠菜撒盐及鸡精拌匀；
- 4 用腐皮将拌好的菠菜裹紧；
- 5 蒸炖锅中加入适量水，将裹好的腐皮卷放上蒸架，开启蒸模式 8 分钟；
- 6 程序结束后，取出用刀切成高度相若的小卷并摆盘；
- 7 将芝麻花生酱（见 P18）淋在菠菜卷上或者用菠菜卷蘸取芝麻花生酱食用。

淀粉，令人快乐





南瓜刺猬小馒头

面粉 200 克 熟南瓜泥 105 克
酵母 2 克 白砂糖 5 克

步骤

- 1 准备好面粉分别加入白砂糖、熟南瓜泥、酵母。搅拌成絮状。
- 2 揉成光滑的面团，盖上保鲜膜，放入蒸炖锅内，盖上盖子，开启酸奶功能直至发酵至两倍大小。
- 3 如果手指戳入不回缩，初次发酵完成。
- 4 进行排气后平均分成 6 份，每份约 55 克左右南瓜。
- 5 取出一小份边加少量的面粉边揉，揉至面团光滑内无气孔，整形成水滴状。
- 6 用修眉毛的小剪刀（或者普通的小剪刀亦可）剪出刺猬的刺，从头至尾一排排交叉剪。
- 7 刺猬的刺剪好后用筷子一端沾少量水在刺猬眼睛两侧各点一下轻轻按上黑芝麻做眼睛。
- 8 依次全部做好，放入蒸炖锅内二次发酵（开启酸奶模式）30 分钟左右。
- 9 水箱内放入适量水后开启蒸功能 30 分钟即可。

紫薯红米杂粮饭

紫薯 30g 红米 15g 玉米 20g 大米 50g 水 60g

步骤

- 1 将食材洗净后放入碗中，加入水；
- 2 蒸炖锅中放入适量水，将碗放上蒸架，开启蒸功能 40 分钟即可。



五彩杂粮碗

玉米 1 根 小紫薯 3 个 小地瓜（或大地瓜切块） 2 个 山药

步骤

- 1 将食材洗净，并切成大块。
- 2 蒸炖锅中加入适量水，将食材直接放在蒸架上，开启蒸模式 30 分钟。
- 3 取出后摆盘即可。

CHAPTER 2

“炖”悟

不止可以炖汤



叹完一盅两件 是时候来个一“键”两盅

容量加大，功能双倍

NO.1

一家人都能喝上老火高汤

两盅人参茯苓汤



NO.2

餐后甜品已经 ready 完毕

腊味炖饭 + 冰糖雪梨



NO.3

全天候的肌肤补给站

两盅燕窝



NO.4

和宝宝一起吃饭

韩式南瓜粥 + 杂粮饭



NO.5

爸妈的营养晚餐

赤小豆灵芝汤 + 红糖小米粥



炖饭讲堂

用什么米做白米饭



灿米（推荐）

米粒呈长椭圆形，米质较脆，口感松软。泰国香米就属于灿米。蛋白质含量较粳米更高，适合做白米饭。



粳米

米粒短粗，粘性较大，口感软绵。有东北米，珍珠米，水晶米等品种。有健脾养胃，补中气的功效。适合煲粥。



糯米

米粒大且饱满，颗粒均匀。粘性大。富含B族维生素，能温暖脾胃。且钙含量高，有补骨健齿的作用。适合做糕点。

100ml 水 +100ml 大米是小北反复试验后的炖饭零差错黄金公式

小贴士

1. 大米浸泡 30 分钟可以让米粒充分吸收水分，有助于在烹煮中受热更均匀。
2. 烹煮中途请勿停火，以免影响口感。

为家人备好一份对胃的饭



煮饭的同时，
餐后甜品已经 ready

腊味炖饭

大米 100g 水 100g
腊肠半根 生抽适量
葱花适量

步骤

- 1 将米洗净后放入炖盅备用，加入腊肠和色拉油。
- 2 在炖盅中加入与米 1:1 比例的水。
- 3 按照 P18 所示安装炖盅在支架上。
- 4 蒸炖锅内加水至放盅前水位，将支架放入蒸炖锅内，开启炖模式 1 小时。
- 5 程序结束后取出，加入少量食盐调味即可。

冰糖雪梨

雪梨 1 个
冰糖（可酌量减少甚至不加）

步骤

- 1 将雪梨去皮去核切成块。将雪梨和冰糖放入炖盅，在炖盅中加水至炖盅盅盖下沿 1cm 处
- 2 按照 P18 所示安装炖盅在支架上
- 3 蒸炖锅内加水至放盅前水位，将支架放入蒸炖锅内，开启炖模式 1 小时。
- 4 程序结束后取出即可。



不同口味，自由搭配

爸妈们的营养晚餐

红糖小米粥

小米 50g 红糖 10g
小枣 22g (约 3 颗)
花生仁 少许

步骤

- 1 小米淘洗干净。红枣洗净，去核，红枣肉切碎备用。
- 2 将小米和红枣倒入炖盅内，加水至炖盅盖下沿 1cm 处，启动炖功能 2 小时。
- 3 程序结束后，加入红糖，待糖融化后即可食用。

赤小豆灵芝汤

赤小豆 15g 玉竹 4g
灵芝片 1g 鸡肉 150g

步骤

- 1 将家鸡洗净切块后放入炖盅。
- 2 将赤小豆、玉竹、灵芝片洗净后放入炖盅。
- 3 炖盅内加水至炖盅盖下沿 1cm 处。
- 4 蒸炖锅内加水至放盅前水位，将支架放入蒸炖锅内，开启炖模式 2 小时。
- 5 程序结束后取出，加入少量食盐调味即可。

全家都能喝上老火高汤

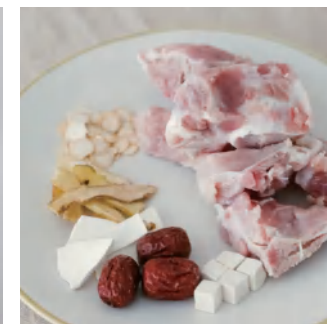
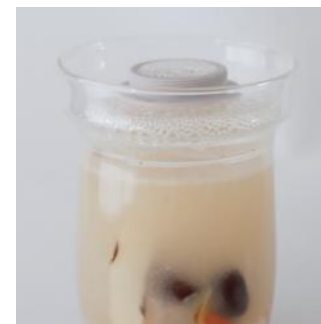
人参茯苓炖龙骨

也可使用北鼎料包

人参 3g 玉竹 3g 红枣 8g 枸杞 3g
淮山 6g 茯苓 5g 盐 1.5g 龙骨 100g

烹煮步骤

- 1 将配料洗净后放入炖盅备用。
- 2 将龙骨洗净余水后捞出，放入炖盅。
- 3 在炖盅中加水至炖盅盅盖下沿 1cm 处。
- 4 按照 P10 所示安装炖盅在支架上。
- 5 蒸炖锅内加水至放盅前水位，将支架放入蒸炖锅内，开启炖模式 2 小时。
- 6 程序结束后取出，加入少量食盐调味即可。





和宝宝一起吃饭

韩式南瓜粥

南瓜 200g 糯米粉 35g
冰糖 20g
薄荷叶（装饰用）

步骤

- 1 南瓜洗净取籽，放上蒸炖锅蒸架，启动蒸模式。蒸好后将南瓜碾成泥，越细越好。
- 2 糯米粉用凉水兑开，与南瓜泥一同放入炖盅内。蒸炖锅加水至放盅前水位，将炖盅及支架安装好。
- 3 启动炖模式烹煮 1 小时。
- 4 待程序结束后，即可食用。

杂粮饭

泰国米 50g 燕麦 15g
黑米 15g 红米 15g
紫薯丁 25g

步骤

- 1 所有食材洗净后放入炖盅，加入 100ml 水。
- 2 蒸炖锅加水至放盅前水位，将炖盅及支架安装好。
- 3 启动炖模式 1 小时。
- 4 程序结束后，取出即可。

全天候的肌肤补给站

枸杞炖燕窝

燕窝 1 盏 水 燕窝干重的 35 倍
莲子 6 颗 枸杞 8 颗

烹煮步骤

- 1 将燕窝在清水内泡发 2 小时，燕窝泡发后挑毛去杂质；
- 2 莲子取芯，枸杞与莲子洗净待用；
- 3 将去完杂质的燕窝撕成小条，用清水再浸泡 2-3 小时，视燕窝质地而定；
- 4 泡发好的燕窝与食材放入炖盅内，加入清水至刚好没过燕窝即可；
- 5 蒸炖锅中加水至“放盅前水位”，将炖盅以及支架安装好；
- 6 启动炖程序 30 分钟，待自动断电后即可食用。

TIPS:

炖好的燕窝可以放入分装杯中外出街，时刻为肌肤补充营养~





众口不再难调

花旗参乌鸡汤

乌鸡 100g 花旗参 2g
红枣 3颗 生姜 2片
盐 2g

步骤

- 1 乌鸡洗净切成大块先放进锅内开水焯水。
- 2 将花旗参、红枣、姜片 and 乌鸡 2 放入炖盅内，加水至炖盅盖下沿 1cm 处。
- 3 蒸炖锅内加水至放盅前水位，放好炖盅启动炖功能 2 小时。
- 4 程序结束后，取出加入食盐即可。

玉米排骨汤

玉米半根 排骨 70g
胡萝卜 50g

步骤

- 1 排骨焯水后捞出，放入炖盅内。
- 2 胡萝卜去皮洗净，与洗净的玉米一同放入炖盅内加水至炖盅盖以下 1CM 处。
- 3 将炖盅放入支架，在蒸炖锅中加水至放盅前水位。
- 4 将炖盅连同支架一并放入蒸炖锅内，盖上盖子。
- 5 开启炖功能 2 小时即可。

酸奶模式

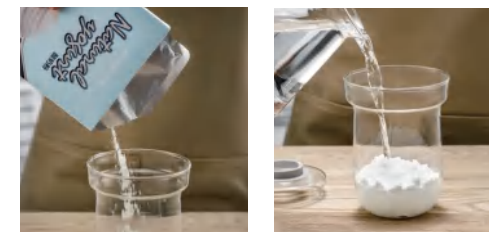
默认 8 小时，8-9.5 小时可调，恒温 40°C 发酵

酸奶制作 3 大招

NO.1 (推荐)

北鼎酸奶粉 + 纯净水

用酸奶粉制作酸奶成功率较高，口感与味道较好，同时有水果、蜂蜜等其他风味选择，这种方法懒人最爱。



NO.2

牛奶 + 乳酸菌粉

目前最常见的做法，制作出的酸奶较浓稠，菌粉比例控制不好，容易导致制作出的酸奶较硬，口感涩酸。



NO.3

牛奶 + 酸奶

以已调味的酸奶作为发酵媒介，材料简单，制作出的酸奶质地较稀，且味道受所加酸奶的影响很大，口感不稳定。



没想到自己也能做出：好喝且零添加的酸奶

原味酸奶

(2人份)

「酸奶」模式食谱，默认精炖8小时

北鼎酸奶粉 1份 (100g) 常温纯净水 400ml

烹煮步骤

- 1 炖盅及炖盅盖用开水冲烫消毒备用。
- 2 往炖盅倒入1包酸奶粉。
- 3 加上400ml的常温纯净水，搅拌均匀（无颗粒），盖上炖盅盖。
- 4 在蒸炖锅中加水至放盅前水位。将炖盅以及支架放入蒸炖锅中，盖上盖子。
- 5 启动酸奶功能，8小时后蒸炖锅自动断电。

小贴士

1 酸奶制作时长会根据不同酸奶粉有所差异，如果您选择其他品牌的酸奶粉，

小北建议您参考酸奶粉的操作步骤制作酸奶哦！

2 视当地气温调整酸奶制作时间，常温25°C最佳制作时间为8小时。



酸奶还可以与以下食材搭配哦



蔓越莓



燕麦



蜂蜜

CHAPTER 3

预约功能使用

让美味的一天如约而至



预约指引

“让美味的一天如约而至”



STEP 1

前一天晚上（例如晚上 10 点）将食材放上蒸架或者放入炖盅内，并开启机器，轻触功能键选择对应功能模式。如蒸模式，30 分钟。



STEP 2

按下预约键进入预约界面，旋转旋钮调节预约时间（如预约时间设定为 8 小时）。



STEP 3

按下开始键进入预约倒计时。注意：预约时间不包含烹煮时间。

注意：使用长时间的预约功能时请注意使用能够室温保存或者长时间浸泡也不会腐败的食材！



小贴士

食材浸泡时间若得当，口感更佳。若超时则有变质风险。
以下为各类食材极限浸泡时间

浸泡时间	食材种类
不超过 4 小时	肉类、水果、桃胶等
不超过 8 小时	桂圆、小米、黑米、糯米等
不超过 12 小时	绿豆、红豆、黑豆等
不超过 16 小时	虫草、银耳、莲子、各类干花草茶等
不超过 18 小时	人参、红枣、枸杞、杏仁等

1 表格内容以 25 度室温为基准，高温容易提高食材变质风险。

2 由于水质和食材品种不同，变质时间稍有误差，以上数据仅供参考。

睡前就可以把明天早餐预约好

在家开启“晨间叫醒服务”
叮！紫薯玉米已经蒸好了
使用「蒸」+「预约」模式



忙碌生活你的一人食提案

两个炖盅双管齐下
一饭一汤，吃的有滋有味
使用「炖」模式



即使不在家也能提前为小朋友准备晚餐

营养杂粮饭搭配玉米排骨汤
呵护小朋友的肠胃健康
使用「炖」+「预约」模式



CHAPTER 4

百科 全集

你可以更了解我



往后的日子要好好照顾我噢，拜托啦～

日常清洁

日常清洁需要注意什么

日常清洁步骤

- Step 1：待蒸炖锅冷却后，将锅内以及配件内剩余的水倒掉。
- Step 2：加入清水，用湿海绵清洗蒸炖锅内部以及使用的配件。
- Step 3：如蒸煮了油份较多的食材，可加入少量洗洁精，以助去油。
- Step 4：最后用清水冲洗干净，沥干即可。



注意事项

1. 请勿将蒸炖锅锅身、电源线或插头浸泡水中，电源线连接器不可接触水，在清洗锅身时请注意哦！
2. 不可使用硬物清洗玻璃炖盅以及锅盖玻璃窗哦，避免破裂，小北更推荐使用柔软的百洁布或抹布轻轻擦拭。

水垢清洁

发热盘上的黄色点点，是什么？

因为水源中含有微量的钙、镁离子，在沸腾后沉积在发热部件上，看上去呈黄色斑点，这就是我们平常说的水垢，属于使用过程中的正常现象。



如何去除水垢呢？

这里小北提供两种去除水垢的方法，亲测有效哦！

1 白醋法

Step 1: 往蒸炖锅内加入 100ml 白醋。

Step 2: 往蒸炖锅内加水至 500ml 刻度线。

Step 3: 启动「蒸」模式 1 分钟。

Step 4: 程序结束后，静置 1 小时，然后用百洁布将发热盘擦净即可。

2 柠檬酸法（见右侧图解）



STEP 1

往蒸炖锅内加入 500ml 清水



STEP 2

加入 5g 柠檬酸（产品附赠）



STEP 3

开启蒸功能 1 分钟



STEP 4

待自动断电后，静置 5-10 分钟
（若水垢较多，可延长静置时间）



STEP 5

最后用百洁布将发热盘擦净即可

常见问题

Q & A

Q: 发热盘为什么会有一些小的划痕?

A: 这并不是使用后产生的划痕, 而是一种叫做“不锈钢拉丝”的金属表面处理工艺, 这个程度的拉丝工艺恰好能保护不锈钢上的氧化层, 起到更好的防锈作用。还请您不要介意~

Q: 发热盘为什么变色了?

A: 烹煮完毕之后, 如果立即把水箱中的水全部倒完, 发热盘的余热就会继续干烧发热盘, 导致发热盘变色。减少煮完就倒完水箱内余水的情况, 可以避免此情况发生; 当蒸炖锅遇到缺水检测装置失灵的情况, 发热盘的干烧保护装置在启动前有短时间的干烧, 导致发热盘变色。在烹煮前注意水量, 防止发生干烧情况可以避免此情况发生。

Q: 发热盘上面为什么会有那么多斑点?

A: 发热盘上的斑点其实是水垢, 水垢的颜色和水质有关, 如含有铁离子, 当铁离子被氧化水垢就会呈现黄色。但铁含量较高的话, 水垢就会呈现红色。矿泉水也是会产生水垢的, 因为里面同样含有矿物质。您也可以使用百洁布蘸小苏打粉进行擦拭。并且定期按推荐方法除垢。

Q: 水箱可以直接拿去用水冲洗吗?

A: 虽然水流是可以直接冲在水箱内的, 但由于直接用水冲洗水箱的时候容易有水流进入蒸炖锅正面的控制面板或者背面的电源线连接器, 而这两个地方都是怕水的哦。所以请避免直接用水冲洗水箱。

常见问题

Q & A

Q: 水箱里面的两个圆圈是什么

A: 那两个金属圆圈是水位探头。水位探头是负责检测水箱内的水位的。一旦水位下降到有可能引起干烧的程度, 水位检测系统就会暂停烹煮程序。用户给水箱加水到最低水位以上之后系统会自动恢复烹煮程序。

Q: 发热盘上的圆圈的是什么?

A: 发热盘上的圆圈是感温探头。感温探头是负责监测水温然后将数据反馈给控制程序, 从而让控制程序可以更好地控制火力的重要元器件。使用的时候请保持它的清洁以及避免它被覆盖。

沸点检测

为什么要进行沸点检测呢？

在高海拔地区，水的温度还未到达 100°C 就开始沸腾，这导致蒸炖锅无法正常跳断从而处于持续烹煮的状态。为此，我们贴心准备沸点检测功能，若您所在的城市海拔高于 250m，请进行沸点检测后再使用哦！

如何进行沸点检测呢？（见右侧图解）



STEP 1

确保水箱内无除了蒸汽档板以外的其他配件，加水至最大水位线处，水量不足或过多时，会影响检测结果。



STEP 2

将电源线连接至蒸炖锅后，将电源线插入电源通电。通电后的 30 秒内，同时按住“预约”和“功能”键不松开，直至屏幕显示“H1”。



STEP 3

屏幕闪烁显示“H1”，轻触“开始/暂停”键，屏幕上的“H1”变为常亮，进度条开始滚动显示。此时机器已进入检测状态。



STEP 4

检测完成后机器长鸣三声结束工作，并进入待机状态。

北鼎 研发故事

关于一群“笨蛋”的故事

从2009年北鼎成立至今，我们从开始十几个人的团队，壮大到有规模的几百人整体。我们也从做一个产品，变成完善用户的厨房生活方式，品类从养生壶到饮水机、烤箱，再到后面的食材汤料包及餐厨用品，到现在还有蒸炖锅。因为我们的坚持，也得到了越来越多的用户支持，每一条好评，每一封感谢信，看着大家用着北鼎的产品做出每一道美食……毫无疑问，我们都心怀感恩。

我们一直认为，吃进嘴里的东西，要保证好吃，也要保证安全健康，而如今国人对于食品安全及健康问题越来越重视，这是一种文明的进步，而北鼎可以为这种进步多花一点时间，我们觉得很值得。

所以，我们致力于打造一个无油烟厨房，双手和时间被解放，让更多人愿意下厨，而且可以优雅下厨，因此我们开始了“蒸炖锅”项目。

一个始于700多天前，设计经过数十次迭代，研发测试时间达1500多个小时的蒸炖锅项目。

对于“蒸”，大多数人还是认为蒸东西随便用明火灶头蒸就好，实在不行用电饭煲。但是随着大家对于吃的要求越来越高，从早晨到家常菜，“蒸”是我们日常用到最多的功能之一，于是2年前，我们开始了“蒸炖锅”的研发。

光是原型，从圆形到长方形，我们就更新迭代了十代，在占更少位置的情况下，拥有更多功能。

北鼎 研发故事

蒸炖锅材料的选择以安全为前提。从蒸菜崇尚的健康以及原味出发，选择优质的304不锈钢以及钢化玻璃作为食品间的材料，在可能与水接触的部分选择不含BPA的PP塑料，而且为了考虑到全家人的需求，我们还增加了2个炖盅位以及炖盅容量。

我们也在设计初期就已经有考虑它日后的配件的多样性，包括扩容配件以及烹煮特殊食物的趣味配件。

接下来的日子，我们会继续坚持做好这些正确但不容易的事情，一直改进产品以及全套的用户体验。为热爱生活的你们提供更多更好的产品，因为我们一直坚信“美食有爱，生活有光”。