

CUCKOO
multi cooker
30 EASY COOKING RECIPES
— I COOK Q5 SERIES —



All the recipes in 30 Easy Cooking Recipes are proven by the manufacturer and Professional chefs.
You may select any other ingredients based on your preferences.

PRODUCT INFORMATION

Digital Programmed Steam Releaser (Solenoid Valve)

Keep the pressure weight horizontally.
It stabilizes steam inside. When the pressure
weight spins, it releases steam.

Automatic Steam Exhaust Outlet

When cooking is finished or
in warming mode, steam releases automatically

Soft Steam Cap

Lock & Unlock Handle

The handle has to be in
“ Lock” position to operate.

Clamp Knob

Turn handle to ‘Unlock’, and
then press clamp knob to open.

LED Display





- **Packing**
Dual Motion Packing clches symmetrically to hold pressure twofold. It is detachable from the lid which makes it easy to clean as well.
- **Drain Dish**
Pour out water from Drain Dish after cooking or during 'warming' mode. Otherwise, An odor(s) may occurs.
- **Inner Pot Handles**
- **Inner Pot**
- **Control Panel**

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SOUP



FRENCH ONION SOUP



INGREDIENTS

5 tbsp Butter
1.98 lb Onion (sliced)
1/2 cup Dry White Wine
6 cups Chicken Broth
2 sprigs Thyme
2-3 slices Bread
1 cup Grated Gruyere Cheese
Hint of Salt
Hint of Pepper
Hint of Sugar



DIRECTIONS

1. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat. Add butter.
2. Add sliced onions to a melted butter. Continually stir onions until translucent for about 15 minutes.
3. Season with salt, pepper, and sugar.
4. Stir onions until golden brown and translucent for about 10 minutes.
5. Add wine and simmer until the wine has evaporated.
Add chicken broth and thyme.
6. Close the lid.
Select [Multi cook] using [MENU] button
Level : 6
Cooking Time : 50 minutes
Press [COOK] button
7. Once the cooker has finished cooking, add grated cheese and boil for 5 minutes.
8. Ladle the soup into bowls, and top with slices of bread.

GINGER BUTTERNUT SQUASH SOUP



INGREDIENTS

- 2.20 lb Butternut Squash
(peeled and seeded)
- 1 Sage Leaf
- 1 Large Onion (chopped)
- 2 pieces Ginger
- 1/4 tsp Nutmeg
- 4 cups Vegetable Stock
- 1/3 cups Roasted Pumpkin Seeds
- Olive oil
- Hint of Salt
- Hint of Pepper



DIRECTIONS

1. Prepare butternut squash peeled and seeded, and cut it into small chunks.
2. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
3. Heat olive oil in a preheated inner pot. Cook onion, sage, salt, and pepper, stirring quickly.
4. Cook until onions are translucent, and set aside.
Cook half of the prepared squash chunks for 5 minutes, stirring lightly.
Press [CANCEL] button.
5. Mix in the rest of the squash chunks, ginger, nutmeg, and vegetable stock.
6. Close the lid.
Select [Multi cook] using [MENU] button
Level : 6
Cooking Time : 50 minutes
Press [COOK] button
7. Once the cooker has finished cooking, remove sage leaf from the mixture.
Place in a blender and puree.
8. Serve in a bowl. Garnish with roasted squash seeds.

BLACK BEAN SOUP



INGREDIENTS

- 1 ½ cups Black Beans
(soaked overnight)
- 1 tbsp Olive Oil
- 1 cup Chopped Onion
- 2 cloves Garlic (minced)
- 1 tbsp Cumin
- 1/4 tbsp Paprika Powder
- 6 cups Vegetable Stock
- 1 Bay Leaf
- 2 tbsp Oregano(dried)
- 2 ½ tsp Salt

Garnish:

- Spoonful of sour cream
- Hint of cilantro (minced)



DIRECTIONS

1. Drain black beans.
2. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
3. Heat olive oil in a preheated inner pot. Cook onion for 2 minutes.
4. Add garlic, cumin, and paprika powder.
5. Add beans, vegetable stock, bay leaf, and oregano. Stir well.
Press [CANCEL] button.
6. Close the lid.
Select [Multi cook] using [MENU] button
Level : 6
Cooking Time : 50 minutes
Press [COOK] button
7. Once the cooker has finished cooking, open the lid and remove bay leaf.
8. Mash beans using potato masher, or use blender to puree.
9. Season with salt. Garnish with soy sauce, sour cream, and minced cilantro.

CAULIFLOWER AND POTATO SOUP



INGREDIENTS

1 tbsp	Olive Oil
1	Onion (chopped)
3 cloves	Garlic (minced)
1	Cauliflower (head only)
0.99 lb	Potato (chopped)
4 cups	Chicken Broth
1 cup	Milk
1 cup	Grated Cheddar Cheese

Hint of Salt

Hint of Pepper



DIRECTIONS

1. Prepare onion, potatoes, and cauliflower.
2. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
3. Heat olive oil in a preheated inner pot. Cook onions for 3 minutes until tender.
4. Press [CANCEL] button.
Add cauliflower, potato, and broth. Season with salt and pepper.
5. Close the lid.
Select [Multi cook] using [MENU] button
Level : 6
Cooking Time : 50 minutes
Press [COOK] button
6. Once the cooker has finished cooking, mix in milk and ½ cup cheddar cheese.
7. Use blender to puree. For clearer soup, add more chicken broth.
8. Season with salt and pepper. Garnish with cheddar cheese.

NEW ENGLAND CLAM CHOWDER



INGREDIENTS

0.66 lb	Canned Clams
2 cups	Clam Juice
1 cup	Smoked Bacon (diced)
1 minced	Onion
1/2 cup	White Wine
2	Medium Potatoes (peeled and cut in squares)
1	Bay Leaf
1	Thyme
1 pinch	Cayenne Pepper
1 cup	Milk
1 cup	Heavy Cream
1 tbsp	Butter
1 tbsp	Wheat Flour



DIRECTIONS

1. Prepare smoked bacon and potatoes
2. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
3. Cook smoked bacon in a preheated inner pot. Stir in onions and salt.
Cook until onions are tender.
4. Add white wine and bring it to a boil. When most of it evaporates,
press [CANCEL] button.
5. Add potatoes, clam juice, bay leaf, thyme, and cayenne pepper.
Close the lid.
6. Select [Multi cook] using [MENU] button
Level : 7
Cooking Time : 15 minutes
Press [COOK] button
7. Once the cooker has finished cooking, add butter and flour.
Stir with wooden spatula and thicken.
8. Add canned clams, milk, and cream.
Select [Browning Fry] using [MENU] button
Press [COOK] button
Let it simmer to desired thickness.
9. Serve with cracker or bread.



GRAINS

RICE



INGREDIENTS

- 2 cups Long grain
(Jasmine rice)
(2 servings)
- 2.5 cups Water

- ※ Measurement is made with respect to a measuring cup included in the product.
- ※ 1 cup of polished rice serves one person.
- ※ You can cook up to 6 servings.
 - 1) Long grain rice(Jasmine rice) and water ratio is 1 cup : 1.25 cup
 - 2) Short grain rice(Normal Korean rice) and water ratio is 1 cup : 1 cup
- ※ The taste of rice can vary, depending on the variety of rice grains.



DIRECTIONS

1. Place rice and water. Close the lid.
2. Select [Rice] using [MENU] button
Set the steam time to 8 minutes
Press [COOK] button
3. When cooking is completed, warming will start. Mix well.
 - ※ Before you start cooking, rinse rice thoroughly until water runs clear.



TIPS

- Adjust cooking time and water according to personal taste.
1. For new-harvest rice, adjust your water level to be slightly below the specified graduated mark. For old rice, have it slightly above the specified graduated mark.
 2. For soaked rice, add less water than specified. With less water, you can cook fluffier rice.
 3. For undercooked rice, add more water - up to 10% of what was previously added.
 4. If you like sticky rice, adjust steam time to be longer.
 5. If you do not like sticky rice, adjust steam time to be shorter.

GABA RICE



INGREDIENTS (3 to 4 servings)

2cups Brown Rice

2+3/4cups Water

- ※ The cups mentioned in the ingredients are the measuring cups that come with the rice cooker.
- ※ You can cook between 2 and 6 servings of the GABA RICE.
- ※ 1 cup (standard: 180 cc) corresponds to 1 serving.
- ※ When germinating at high temperatures for prolonged periods of time, rice may emit odor. In such cases, cook brown rice.
- ※ Depending on the seeds, storage duration and conditions, the germination state such as germination rate and shoot length of brown rice may vary.
- ※ Depending on the environment in which it is used, the rice sprouts may even not be visible.



DIRECTIONS

1. Weigh the desired amount of rice.
2. Rinse the rice thoroughly and pour the water into the inner pot. (Weigh the rice before washing it.)
3. After closing the lid, turn the lid handle to lock.
4. Select [GABA RICE] using [MENU] button
5. Press [COOK] button
6. When heat preservation begins, mix rice thoroughly.



TIPS

1. If the rice is half-cooked or chewy: This can occur depending on the differences between varieties of rice or the moisture level (old rice). In such cases, increase the amount by 1-10% compared to the initial amount.
2. When cereals are mixed with white rice, the phenomenon of melanoizing (small scale rice compression) may increase relative to cooking white rice alone.
3. The cooking time may slightly vary for each menu depending on the environment factors such as , voltage, quantity of ingredients and water temperature.
4. If the amounts of rice and water do not match, the rice may become crumbly, half-cooked, or too sticky.
5. The longer the reservation time, the more melanoizing (rice micro compression) may occur.
6. It is recommended to keep the rice warm for less than 12 hours as long periods of heating may cause it to change color and emit odor.

BREAKFAST PORRIDGE



INGREDIENTS

1/2 cup	Polished Rice (long grain - washed)
2 cups	Chicken Broth
2 cups	Water
1 tbsp	Sugar
1 tsp	Salt
2 tbsp	Olive Oil
2	Eggs
3 stalks	Chives (minced)
2 tsp	Soy Sauce (add more as needed)
	Pepper



DIRECTIONS

1. Combine rice, broth, water, sugar, and salt. Stir.
2. Close the lid.
Select [Porridge] using [MENU] button
Cooking Time : 70 minutes
Press [COOK] button
3. In the meantime, heat oil and cook eggs in a pan over medium heat. Cook for 3-5 minutes, or until whites are brown on the edges and yolks slightly runny. Season with salt and pepper.
4. Once the cooker has finished cooking, top with chives, soy sauce and eggs. (Season with additional salt and pepper as needed.)



TIPS

1. For a thicker soup,
2. Select [Browning Fry] using [MENU] button
3. Bring to a boil for up to 10 minutes.



YAM BARLEY PORRIDGE



INGREDIENTS

2 tbsp	Pearl Barley
2 tbsp	Pot Barley
2 tbsp	Buckwheat
2 tbsp	Glutinous Rice
2 tbsp	Black Glutinous Rice
2 tbsp	Adzuki Beans
2 tbsp	Mung Beans
2 tbsp	Romano Beans
2 tbsp	brown rice
0.55 lb	Purple Yam
1/6 tsp	Baking Soda
8.5 cups	Water



DIRECTIONS

1. Wash yam thoroughly and peel. Chop into 1-cm cubes.
2. Place barley, rice, and beans. Place yam and baking soda on top.
3. Pour 8.5 cups water and close the lid.
Select [Porridge] using [MENU] button a
Press [COOK] button
4. Once the cooker has finished cooking, open the lid and stir well.
Serve with honey or syrup.



MULTI-FLAVOR GLUTINUOS RICE



INGREDIENTS

3 cups	Glutinous Rice
2 cups	Water
0.13 lb	Raisin
15	chestnuts
10	Jujube
1 tbsp	Pine Nut
0.22 lb	Brown Sugar
1 tbsp	Jin-Gan-Jang (thick soy sauce)
3	tablespoon sesame oil
1 tbsp	Sesame Oil
1/2 tsp	Cinnamon Powder
	Hint of Salt



DIRECTIONS

1. Wash glutinous rice and place in a large bowl. Soak for 2 hours.
2. Peel and seed chestnut and jujube. Cut into quarters.
3. Drain glutinous rice and place in the inner pot.
4. Add brown sugar, sesame oil, cinnamon powder, pinch of salt, and water. Stir evenly.
5. Close the lid.
Select [Steam cook] using [MENU] button
Level : 4
Cooking time : 35 minutes
Press [COOK] button

KOREAN RIBS AND STICKY RICE



INGREDIENTS

- 1.32 lb Back Ribs (sliced)
- 1/2 cup Glutinous Rice (soaked 8 hours)
- 3 cups Water

marinade

- 1 Green Onion (chopped in large chunks)
- 1 Ginger (sliced)
- 1 tbsp Soy Sauce
- 1 tbsp Kikkoman Soy Sauce

sauce

- 1/4 tsp Chicken Stock
- 1/2 tsp Salt
- 1 tsp Sugar
- 1 tbsp Cornstarch



DIRECTIONS

1. In a self-sealing bag, place back ribs and marinade. Shake well and seal. Marinate in the refrigerator.
2. Wash rice. Soak in 2 cups water for 8 hours.
3. Drain rice. Coat marinated ribs with rice.
4. Neatly stack in a thin heat resistant bowl (stainless bowl).
5. Pour 3 cups water and set a steamer basket in the inner pot. Place the bowl in steamer basket.
6. Close the lid.
Select [Steam cook] using [MENU] button
Cooking time to 1 hour and 10 minutes
Press [COOK] button
7. Once the cooker has finished cooking, carefully remove the bowl using oven gloves. Serve on a plate.

* Be extra careful of the hot bowl.



**MEAT &
SEAFOOD**

BABY BACK RIBS



INGREDIENTS

2.20 lb	Baby Back Ribs
1 cup	Water
1 tbsp	Salt
1/2 tbsp	Brown Sugar
1/2 tbsp	Red Pepper Flakes
1/2 tbsp	Paprika Powder
1 tsp	Garlic Powder
1 tbsp	Cayenne Pepper
1/2 tsp	Pepper
	BBQ Sauce



DIRECTIONS

1. Combine salt, brown sugar, red pepper flakes, paprika powder, garlic powder, cayenne pepper, and pepper in a bowl.
2. Cut the racks of ribs into 4 pieces, and brush all sides with sauce.
3. Add a cup of water. Place the pieces to slightly overlap each other, in a shape of tipi. Close the lid.
4. Select [Meat] using [MENU] button
Cooking Time : 55 minutes
Press [COOK] button
5. Once the cooker has finished cooking, transfer the ribs to a pan. Brush with BBQ sauce and grill accordingly.
6. Slice the ribs and serve on a plate.

TERIYAKI PORK LOIN



INGREDIENTS

0.99 lb	Pork Tenderloin (thinly sliced)
½ cup	Low-sodium Soy Sauce
½ cup	Pineapple Juice
3 tbsp	Brown Sugar
2 tbsp	Minced Garlic
1 tsp	Ginger Powder
3 tbsp	Canola Oil
1	Red Onion (sliced 0.3cm thick)
1 tbsp	vinegar
2/3 cup	water



DIRECTIONS

1. Place pork tenderloin, soy sauce, pineapple juice, brown sugar, ginger powder, and 1 spoon of minced garlic in a self-sealing bag or a bowl. Marinate the pork in the refrigerator for 2 hours, or up to one day.
2. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
3. While preheating, remove the pork from the bag. Reserve the marinade.
4. Heat oil in a preheated inner pot. Place the pork inside and cook for 5 minutes. Set aside on a plate.
5. Cook and stir onions for 3 minutes. Add 1 spoon of minced garlic and cook for another minute. Press [CANCEL] button.
6. Place the pork and the reserved marinade. Pour 2/3 cup of water and close the lid.
7. Select [Meat] using [MENU] button
Cooking Time : 40 minutes
Press [COOK] button
8. Once the cooker has finished cooking, remove the pork.
Select [Browning Fry] using [MENU] button
Press [COOK] button to simmer the marinade for 5 minutes.
9. Slice the pork. Top with marinade and serve.



CRAB LEGS AND LEMON GARLIC BUTTER



INGREDIENTS

1.5 cups	Water
0.99lb	Crab Legs
1 tbsp	Olive Oil
1/2 tbsp	Minced Garlic
3 tbsp	Butter
1/2	Lemon



DIRECTIONS

1. Pour water and set a steamer basket in the inner pot. Place crab legs in steamer basket. Close the lid.
2. Select [Steam cook] using [MENU] button
Cooking Time : 20 minutes. (25 minutes for frozen crab legs.)
Press [COOK] button.
3. While crab legs are cooking, heat oil in a small pot over medium heat.
4. Cook and stir garlic for 1 minute. Melt butter. Turn off the heat and squeeze in lemon.
5. Once the cooker has finished cooking, serve crab legs on a plate with butter dipping sauce on the side.



INGREDIENTS

2.64 lb	Beef Ribs (or pork ribs)
3 tbsp	Jeong-jong (refined rice wine)
5 tbsp	Jin-gan-jang (thick soy sauce)
1 tbsp	Minced Garlic
1 tbsp	Sesame Oil
3 tbsp	Onion Juice
3 tbsp	Pear Juice
3 tbsp	Sugar
5 tbsp	Minced Green Onion
1 tbsp	Gomashio
1 tsp	Ground Pepper
1 tbsp	Ground Pine Nuts
1	Carrot
10	Chestnuts



DIRECTIONS

1. Cut ribs into chunks and remove tendon. Place in cold water to draw out the blood.
2. Drain and place in a large bowl. Marinate with Jeong-jong and gomashio to make it tender.
3. Peel chestnut. Cut any large ones in half. Chop carrots into size of a chestnut.
4. Combine ribs and all ingredients for sauce. Let it rest for 1 hour and place in the inner pot.
(Adding water is not necessary – it cooks with cooking water that is made from ribs and marinade while cooking.)
5. Close the lid.
Select [Steam cook] using [MENU] button
Level : 4
Cooking Time : 50 minutes
Press [COOK] button
6. Once the cooker has finished cooking, top with ground pine nuts. Serve.





KOREAN STEAMED RIBS

SAUSAGE CHEESE FRITTATA



INGREDIENTS

- 1.5 cups Water
- 1/2 tbsp Butter
- 4 Eggs
- 2 tbsp Sour Cream
- 1/2 cup Sausages
(finely chopped)
- 1/4 cup Grated Cheddar
Cheese
- Salt
- Pepper



DIRECTIONS

1. Pour water and set a steamer basket in the inner pot.
2. Prepare soufflé dish or baking pan (18-cm diameter) and grease with butter. (For dish or pan with no handles, make one with aluminum foil before placing it in the inner pot.)
3. In a medium bowl, mix together sour cream, sausage, and cheese. Season with salt and pepper.
4. Pour the mixture into a greased pan and cover with foil. Close the lid.
5. Select [Multi cook] using [MENU] button
Level : 7
Cooking Time : 25 minutes
Press [COOK] button
6. Once the cooker has finished cooking, carefully remove the dish.

※ Tip: You can replace sausage with bacon.



CHILE COLORADO BURRITOS



INGREDIENTS

- 1.76 lb Rump Steak
(cut in cubes)
- 1 cup Enchilada Sauce
- 2 Chicken Stock Cubes
- 1/2 cup Water
- 5 tortillas
(10~12 burrito size)
- 2 cups Colby-Jack Cheese
- Aluminum Foil



DIRECTIONS

1. Add steak, enchilada sauce, chicken stock and water.
2. Close the lid.
Select [Multi cook] using [MENU] button
Level : 7
Cooking time : 40 minutes
Press [COOK] button
3. Once the cooker has finished cooking, place tortilla on a sheet of aluminum foil and add ½ cup meat in the center. Fold over the ends of the tortilla, and then roll them up.
4. Repeat with the rest of the tortillas.
5. Drizzle the sauce over the burritos and sprinkle with cheese. Bake in the oven for 2-4 minutes until the cheese melts.

※ Be extra careful of the hot plates.



VEGETABLES

Classic Mashed Potatoes



INGREDIENTS

- 5 Potatoes
(peeled and cut in quarters)
- 1.5 cups Water
- 1 tsp Salt
- 0.24 lb Whipping Cream
- Hint of Salt
- Hint of Pepper



DIRECTIONS

1. Place potatoes, water, and 1 teaspoon salt. Close the lid.
2. Select [Multi cook] using [MENU] button
Level : 7
Cooking Time : 40 minutes
Press [COOK] button
3. Once the cooker has finished cooking, remove potatoes from the inner pot. Mash potatoes with potato masher, and add cream a little at a time until desired consistency is met.
4. Season with salt and pepper.



Wasabi Mashed Potatoes



INGREDIENTS

- 1.10 lb Potatoes
(peeled and cut in quarters)
- 1 1/2 cups Water
- 1/2 tsp Salt
- 3 tbsp Butter
- 1/4 cup Milk
- 1/2 cup Sour Cream
- 1-2 tsp Wasabi (to taste)
- Pepper



DIRECTIONS

1. Place water, potato, and salt. Close the lid.
2. Select [Vegetable] using [MENU] button
Cooking Time : 20 minutes
Press [COOK] button
3. In a small saucepan, heat milk over low heat.
4. Once the cooker has finished cooking, reserve ½ cup of the cooking liquid.
5. Mash until smooth with no potato chunks visible. Add warm milk, butter, sour cream, wasabi, and pepper. Mix well.
(If too dry, add reserved cooking liquid in small amounts.)

Roasted Fingerling Potatoes



INGREDIENTS

- 2 tbsp Butter
- 1.54 lb Fingerling Potatoes
(less than 1-inch thick)
- 1/2 cup Vegetable Stock or
Chicken Broth
- Hint of Salt
- Hint of Pepper
- Minced Rosemary Leaves



DIRECTIONS

1. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
2. Melt butter in a preheated inner pot. Add potato, washed thoroughly.
3. Cook until skin turns brown, for more than 10 minutes. Add stock or broth.
4. Close the lid.
Select [Vegetable] using [MENU] button
Cooking time to 25 minutes
Press [COOK] button.
5. Once the cooker has finished cooking, top with salt, pepper and minced rosemary. Serve.

Red Lentil Chili



INGREDIENTS

0.66lb	Red Lentils
4 cups	Water
0.13lb	Canned Tomatoes (whole, diced)
0.35lb	No Salt Tomato Paste
1	Onion (minced)
2	Red Pepper (seeded and diced)
8 cloves	Garlic (minced)
3 tbsp	Apple Cider Vinegar
1.5 tbsp	Parsley Powder
1.5 tbsp	Oregano
2 tbsp	Chili Powder
1/2 tsp	Smoked Paprika Chips
1/4 tsp	Red Pepper Powder
	Hint of of Salt



DIRECTIONS

1. Prepare red pepper.
2. Place tomatoes, tomato paste, garlic, red pepper in blender and puree.
3. Place all ingredients in the inner pot.
4. Close the lid.
5. Select [Multi cook] using [MENU] button
Level : 7
Cooking time: 35 minutes
Press [COOK] button
6. Once the cooker has finished cooking, sprinkle parmesan cheese over the top. Serve.



INGREDIENTS

6 tbsp	Olive Oil
6	Eggplant (peeled and cut in 1-inch chunks)
1.5 tbsp	Minced Garlic
1 cup	Water
1 tsp	Salt
3/4	Bell Pepper (finely chopped and baked)
2 tbsp	Lemon Juice
1 tbsp	Tahini
1 tsp	Cumin Powder
	Pepper

- Tahini:

Condiment made by finely grinding the hulled sesame seeds.

- Cumin:

Spice made from seeds cumin, a flowering plant in the family of Apiaceae.



DIRECTIONS

1. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
Add oil to a preheated inner pot.
2. Place half of the prepared eggplants. Cook and stir for 5 minutes.
Set aside.
3. Add 1 extra tablespoon of oil, and cook rest of the prepared eggplants with garlic for 1 minute.
Press [CANCEL] button.
4. Place the first half back in the pot and mix. Add water and salt.
5. Select [Vegetable] using [MENU] button
Cooking time : 20 minutes
Press [COOK] button
6. In the meantime, roast bell peppers in a pan until brown.
7. Once the cooker has finished cooking, add bell pepper and stir.
Let sit for 5 minutes.
8. Gently remove the liquid. Add 1 tablespoon oil, lemon juice, tahini, cumin powder and stir.
9. Place in a blender and puree. Taste for salt and pepper. Serve with bread or pita on the side.

Ratatouille





INGREDIENTS

- 1 tbsp Olive Oil
- 1 Onion (finely chopped)
- 1 Red Bell Pepper (finely chopped)
- 1 tbsp Minced Garlic
- 3 Zucchini cut in quarters into 1.5-2cm pieces
- 2 tbsp White Wine
- 2 Tomatoes or 2 handfuls of Cherry
(tomatoes, seeded and finely chopped)
- 1 Bay Leaf
- 3 sprigs Thymes
- 2 tbsp Minced Basil
- Salt
- Pepper



DIRECTIONS

1. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
2. Heat oil in a preheated inner pot. Cook and stir onions, bell peppers, and garlic for 4 minutes.
3. Add zucchini and stir for 5 minutes. Add wine and mix well.
Press [CANCEL] button.
4. Add tomatoes, bay leaf, and thymes. Season with salt and pepper.
5. Close the lid.
Select [Vegetable] using [MENU] button
Cooking Time : 30 minutes
Press [COOK] button
6. To thicken the cooking liquid,
Select [Browning Fry] using [MENU] button and
Press [COOK] button.
Bring to a boil. (Boil longer for tenderer texture.)
7. Remove bay leaf and cool. Top with basil and olive oil. Serve.

Beans, Sausages and Greens



INGREDIENTS

- 2 tbsp Olive Oil
- 0.74 lb Sausages
- 1 Onion
(finely chopped)
- 1 tbsp Minced Garlic
- 1 bunch Kale
(stemmed and diced)
- 1 can Pinto beans
- 1/2 cup Chicken Broth or Water
- Salt
- Pepper



DIRECTIONS

1. Select [Browning Fry] using [MENU] button
Press [COOK] button to preheat.
2. Heat oil in a preheated inner pot. Cook and stir sausage using wooden spatula until brown. Set aside.
3. Cook and stir onions for 2 minutes. Add garlic and cook until translucent.
4. Add vegetables, beans, broth, sausage, salt and pepper. Mix well and close the lid.
5. Select [Meat] using [MENU] button
Cooking time : 25 minutes
Press [COOK] button
6. Once the cooker has finished cooking, season according to personal taste.



INGREDIENTS

500g	Turnips
1	Sausage
1/4 cup	Dried Prawns
2 tsp	Olive Oil
1 tsp	Minced Ginger
2 tbsp	Minced Green Onion
1.5 tsp	Salt
1/2 tsp	Sugar
1/4 tsp	Chicken Stock
200g	Rice Flour
1.5 cups	Water



DIRECTIONS

1. Peel and julienne turnips. Mince sausage and dried prawns.
2. Heat oil in a preheated medium pot. Cook and stir minced green onions and ginger for 30 seconds.
3. Add prepared turnips and chicken stock. Cook and stir for 1-2 minutes. Add salt and pepper.
4. Close the lid and simmer over low heat for 5 minutes. Let cool.
5. In a bowl, combine rice flour with 2 cups water. Pour over cooked turnips and mix well. Transfer the mixture to a glass container and fill 2/3.
6. Pour 2 cups water and set a steamer basket in the inner pot. Seal the glass container with plastic wrap and place in steamer basket.
7. Close the lid. Select [Steam cook] using [MENU] button
Cooking Time : 40 minutes
Press [COOK] button
8. Once the cooker has finished cooking, take out the container and refrigerate for 12 hours.
9. After turnip cake has cooled completely, remove from container and cut into 1-cm slices. Grill in a pan.



Steamed Artichokes with Zesty Sauce



INGREDIENTS

- 2 Artichokes
- 1 Lemon
- 1/2 cup Lemon Juice
- 1.5 cups Water
- 4 tbsp Mayonnaise
- 1/2 tbsp Mustard Seeds
- Hint of Smoked Paprika Powder



DIRECTIONS

1. Prepare artichoke. Remove any loose leaves.
2. Cut the tips of the artichoke petals and slice off the top. Rub the cut portion with lemon.
3. Pour water and set a steamer basket in the inner pot. Place artichokes in steamer basket, facing up.
4. Close the lid. Select [Steam cook] using [MENU] button
Cooking Time : 40 minutes
Press [COOK] button. (Cooking time depends on how large the artichoke is, the larger, the longer it takes to cook.)
5. Once the cooker has finished cooking, make sure artichoke is thoroughly cooked. If not tender enough, cook for few more minutes.
6. In a bowl, combine mustard seeds, mayo, smoked paprika powder, and lemon juice.
7. Serve steamed artichoke with sauce.

A top-down view of various baking ingredients and tools arranged on a solid blue background. The items include: a wooden spoon at the top; a metal whisk; a blue bowl with four brown eggs; two cinnamon sticks; a blue bowl with white sugar; a wooden-handled brush; a blue bowl with white flour; a small white bowl with a cracked egg; a blue measuring cup; a blue bowl with brown sugar; a white plate; a white lid; a rectangular metal tray; two round metal cutters; two decorative metal cutters (one with a scalloped edge, one with a cloud-like shape); two decorative metal cutters (one with a mustache shape, one with a swirl shape); and two more cinnamon sticks. The word 'DESSERT' is printed in white, serif capital letters in the center.

DESSERT



HEATING MILK



INGREDIENTS

33.81 oz Milk



DIRECTIONS

1. Pour milk into the inner pot and close the lid.
2. Select [Slow cook] using [MENU] button
Level : 4
Cooking Time : 7 hours
Press [COOK] button



YOGURT (1)



INGREDIENTS

- 33.81 oz Milk (do not use low-fat milk)
- 10.22 oz Plain Yogurt

• All ingredients should be at room temperature.



DIRECTIONS

1. Pour milk and plain yogurt. Mix well.
2. Close the lid.
Select [Slow cook] using [MENU] button
Level : 1
Cooking Time : 6 hours
Press [COOK] button
3. Once the cooker has finished cooking, refrigerate for 2 hours.
4. Serve.

YOGURT (II)



INGREDIENTS

- 33.81 oz Milk (do not use low-fat milk)
- 9.8 oz Plain Yogurt
- 0.22 lb Fruits

• All ingredients should be at room temperature.



DIRECTIONS

1. Pour milk and plain yogurt. Mix well.
2. Close the lid.
Select [Slow cook] using [MENU] button
Level : 1
Cooking Time : 6 hours
Press [COOK] button
3. Once the cooker has finished cooking, refrigerate for 2 hours.
4. Top with fruits. Serve.



SOUR CREAM



INGREDIENTS

- 33.81 oz Half & Half
- 2 tbsp Sour Cream or
- 1 pack Sour Cream Powder S



DIRECTIONS

1. Heat half & half in a small pot until warm.
2. Add sour cream or sour cream powder and stir until bubbles start to form.
3. Pour the mixture into the inner pot.
Select [Slow cook] using [MENU] button
Level : 1
Cooking time : 12 hours
Press [COOK] button



POMEGRANATE SAUCE



INGREDIENTS

- 16.09 oz Pomegranate Juice
- 1/2 Chili Pepper
- 0.66 lb Cilantro
- 2 tbsp Sugar



DIRECTIONS

1. Pour pomegranate juice into the inner pot.
Select [Slow cook] using [MENU] button
Level : 4
Cooking Time : 1 hour
Press [COOK] button
2. Once the cooker has finished cooking, add remaining ingredients according to personal taste. Leave under warming mode for another 20 minutes.



CREME BRULEE



INGREDIENTS

4-5	Ramekins or Espresso Cups
1.5 cups	Heavy Cream
4	Egg Yolks
3 tbsp	Sugar
1 tbsp	Vanilla Syrup
3 tbsp	Brown Sugar



DIRECTIONS

1. In a medium bowl, whisk together sugar and egg yolks until sugar melts. Stir cream and vanilla extract into the mixture.
2. Pour the mixture into ramekins or espresso cups and cover with foil.
3. Pour 2 cups water and set a steamer basket in the inner pot. Place ramekins or espresso cups evenly in steamer basket.
4. Close the lid.
Select [Multi cook] using [MENU] button
Level : 7
Cooking time : 20 minutes
Press [COOK] button
5. Once the cooker has finished cooking, make sure the mixture is firm enough. Tilt bowl to test. If still runny, cook for 5 more minutes. Cool at room temperature for 30 minutes and seal with plastic wrap. Refrigerate.
6. Before serving, sprinkle sugar evenly on the surface and caramelize using blow torch.



CUCKOO

12:00

KEEP WARM / REPEAT

VOICE

PRESET

HEATING TIME (with power)

SELECTION +

LOCK

MADE IN KOREA

CONTENT

汤	41
42	法式洋葱浓汤
43	生姜冬南瓜浓汤
44	黑豆浓汤
45	花椰菜土豆浓汤
46	新英格兰蛤蜊杂烩
谷物	47
48	米饭
49	糙米
50	早餐粥
51	山药大麦粥
52	药饭
53	韩式糯米排骨
肉类料理 & 鲜料理	54
55	软猪排[猪小排]
56	照烧猪里脊肉
57	蟹腿配柠檬蒜香黄油
58	韩式炖牛排
60	香肠奶酪烘蛋饼
61	辣味墨西哥卷饼
蔬菜类料理	62
63	经典土豆泥
64	辣根土豆泥
65	烤小土豆
66	红扁豆配辣椒
67	茄子配柿子椒蘸酱
68	杂烩
70	大豆香肠蔬菜什锦烩
71	萝卜糕
72	蒸洋葱配风味蘸酱
点心	73
74	热牛奶
75	酸奶(1) & (2)
76	酸奶油
77	石榴汁
78	焦糖布丁

SOUP

汤



法式 洋葱浓汤



材料

黄油 5tbsp
洋葱 900g(切片)
干白葡萄酒½杯
鸡高汤6杯
百里香2棵
烤面包2~3块
用菜板磨碎的古老也奶酪1杯
少许食盐
少许胡椒粉
少许白糖



烹饪方法

1. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)], 再按 [COOK(确认)] 键, 为内胆预热。请放入黄油。
2. 待黄油融化, 加入切好的洋葱并翻炒。
搅拌翻炒15分钟左右, 直到洋葱呈半透明状。
3. 加入食盐、胡椒、白糖。
4. 频繁搅拌约10分钟, 直到洋葱呈黄褐色并变得透明。
5. 添加葡萄酒并使其蒸发, 随后加入鸡高汤和百里香, 盖上锅盖。
6. 利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)],
将档位和时间分别设定为6档、50分钟、按 [COOK(确认)] 键。
7. 在炖好的汤里加入打碎的奶酪, 并熬煮5分钟左右。
8. 在烹饪结束后装盘, 并在上面搭配烤面包。

生姜冬 南瓜浓汤



材料

冬南瓜1kg(去皮去籽)

鼠尾草1张

大洋葱1颗(搅碎)

生姜2粒

肉豆蔻1/4tsp

蔬菜高汤4杯

少许橄榄油

少许食盐

少许胡椒粉

烤南瓜籽1/3杯



烹饪方法

1. 将冬南瓜(Butternut Squash)去皮去籽，切成小薄片备用。
2. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)]，再按 [COOK(确认)] 键，为内胆预热。
3. 在预热结束后加橄榄油，再加入洋葱、鼠尾草、食盐、胡椒，快速翻炒。
4. 将洋葱炒至变软后堆到一侧，加入切好的一半南瓜，轻轻煸炒5分钟。随后按 [CANCEL(取消)] 键。
5. 加入剩下的南瓜、生姜、肉豆蔻、蔬菜高汤。
6. 利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)]，将档位和时间分别设定为6档、50分钟、按 [COOK(确认)] 键。
7. 待烹饪结束，捞出鼠尾草茎，将剩下的材料倒入搅拌机打碎。
8. 打碎后装盘，并在上面放烤南瓜籽。

黑豆浓汤



材料

浸泡一天的黑豆1+½ 杯

橄榄油 1tbsp

洋葱末1杯

蒜2粒

枯茗粉1 tbsp

灯笼椒粉¼ tsp

蔬菜高汤6杯

月桂叶1张

干牛至2 tsp

食盐2+1/2 tsp

装点：少许酸奶油、少许香菜末



烹饪方法

1. 将泡好的黑豆去水备用。
2. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)], 再按 [COOK(确认)] 键, 为内胆预热。
3. 在预热结束后加油, 再加入洋葱末, 翻炒2分钟。
4. 加入蒜、枯茗、红辣椒粉。
5. 加入黑豆、高汤、月桂叶、牛至, 并搅拌均匀。随后按[CANCEL(取消)]键。
6. 利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)], 将档位和时间分别设定为6档、50分钟、按 [COOK(确认)] 键。
7. 待汤炖好, 打开锅盖, 清除月桂叶。
8. 用工具将土豆碾成土豆泥, 或者用搅拌机打碎。
9. 加食盐提味, 用酱油、酸奶油、香菜末点缀。

花椰菜土豆浓汤



材料

橄榄油 1 tbsp
洋葱 1 颗
大蒜 3 粒
花椰菜 1 棵
土豆 450g
鸡高汤 4 杯
牛奶 1 杯
磨成细粉的切达奶酪 1 杯
食盐
少许胡椒粉

烹饪方法

1. 将洋葱和土豆剥皮后切成小方块，只取花椰菜的花冠部分备用。
2. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)]，再按 [COOK(确认)] 键，为内胆预热。
3. 在预热结束后加入橄榄油、洋葱、蒜末，翻炒3分钟左右，直至洋葱变软。
4. 按 [CANCEL(取消)] 键，放入花椰菜、土豆、鸡高汤，用食盐和胡椒调整咸淡。
5. 利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)]，将档位和时间分别设定为6档、50分钟、按 [COOK(确认)] 键。
6. 待汤炖好，倒入牛奶以及半杯磨成细粉的切达奶酪。
7. 用搅拌机均匀打碎，如果喜欢更清澈的汤，则加入鸡高汤。
8. 用食盐和胡椒调整咸淡，随后撒上剩余的切达奶酪。

新 英格兰蛤 蜊杂烩



材料

蛤蜊杂烩(罐头菜)300g
蛤蜊高汤2杯
切块的烟熏培根1杯
洋葱1颗
白葡萄酒1/2杯
土豆(中)2颗(切块)
月桂叶1张
百里香1个
南美红辣椒1个(辣椒碎末)
牛奶1杯
奶油1杯
黄油1 tbsp
面粉1 tbsp

烹饪方法

1. 将烟熏培根切成方块，将土豆去皮并切成正方体。
2. 利用 [MENU(菜单)] 键选择 [Browning Fry(锅巴)]，按 [COOK(确认)] 键，为内胆预热。
3. 在预热结束后加入烟熏培根，煎熟至发出滋滋响声，加入洋葱和食盐后翻炒。
4. 待洋葱变软后倒入白葡萄酒，炖煮至酒精几乎完全蒸发，随后按 [CANCEL(取消)] 键。
5. 加入土豆、蛤蜊高汤、月桂叶、百里香、南美红辣椒(Cayenne pepper)，盖上锅盖。
6. 利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)]，将档位和时间分别设定为7档、15分钟、按 [COOK(确认)] 键。
7. 在烹饪结束后打开锅盖，加入黄油和面粉，用木铲搅拌，使汤汁变得浓稠。
8. 加入蛤蜊杂烩(罐头菜)、牛奶、奶油，利用 [MENU(菜单)] 键选择 [Browning Fry(锅巴)]，按 [COOK(确认)] 键后开始炖煮，直到将汤汁收到理想浓度。
9. 用薄饼或面包搭配浓汤。



GRAINS

谷物

米饭



材料

2人份

长粒米(茉莉香米) 2杯

水2.5杯

※ 材料中所示的单文“杯”为产品自带的量杯。

※ 大米(长粒米) 1杯相当于1人份。

※ 最多可烹制6人份。

1) 长粒米(茉莉香米)和水的比例为
1杯:1.25杯

2) 短粒米(一般韩国米)和水的比例为
1杯:1杯

※ 根据米的品种不同,米饭的质量会有所差异。

烹饪方法

1. 在内胆中加入水和大米后盖好锅盖。
2. 利用 [MENU(菜单)] 键选择 [RICE(白米)], 将焖饭时间设定为8分钟后, 按 [COOK(确认)] 键进行烹饪。
3. 待转为保温状态后充分搅拌。

※ 在内锅中放入大米之前请把米洗至水清为止。

贴士

根据各家庭的米饭嗜好调节水量和焖饭时间。

1. 以内胆中所标出的水量为准,若是新米需要减少水量,若为陈米则需增加水量。
2. 充分浸泡过得大米或喜欢硬饭时,请减少水量。
3. 由于大米品种或含水量的差距,而米饭没煮熟或过硬时,请比原水量多加1~10%。
4. 喜欢黏米饭时,请将焖饭时间加长。
5. 若不喜欢黏米饭,请将焖饭时间缩短。

糙米



材料 (3~4人份)

糙米 2cup
水 2+3/4cup

※ 材料上标明的杯子是饭锅里的计量杯标准。

※ 材料的情况,2~6人份的炊事。

※ 米:请参考水比例表取舍。

※ 1杯(180cc标准)相当于1人份。

烹饪方法

1. 计量大米。
2. 请把米洗干净,倒进我的锅里。
(米量以洗前重量测量。)
3. 请盖好盖子后将盖子手柄旋紧。
4. 盖上锅盖,利用[MENU(菜单)]键选择[GABA RICE(糙米)]。
5. 再按[COOK(确认)]键。
6. 如果保温的话,请把饭和好。

TIPS

1. 米饭不熟或生硬时:大米品种差异或含水率(陈米)差异。
这种情况下,现有的炊事量对比增加1~10%的量,请取舍。
2. 在白米中掺入谷类进行杂粮炊事时,仅用白米进行炊事时可能会比用白米进行炊事时增加黑色经济(玉米粉)现象。
3. 不同菜单的炊事时间根据电压,物量,水温等使用环境的不同,可能会有一些差异。
4. 大米的量和水的量不符的话,饭可能会泡制或生疏。
5. 预约设定时间越长,梅拉诺伊京(微饭)现象越有可能增加。
6. 长时间保温的话,饭会变色,产生异味,所以保温最好在12小时以内。

早餐粥



材料

大米1/2杯(长粒米)(洗净)
鸡高汤2杯
水2杯
白糖1tbsp
食盐1tsp
橄榄油2tbsp
鸡蛋2颗
小葱末(3根)
酱油2t(根据口味适当加减)
胡椒



烹饪方法

1. 在内胆中加入大米、高汤、水、白糖、食盐后搅匀。
2. 盖上锅盖，利用 [MENU(菜单)] 键选择 [Porridge(粥)]，将时间设定为70分钟后，随后按 [COOK(确认)] 键进行烹饪。
3. 在另一边，平底锅内加少许油，中火加热后煎荷包蛋。
(3~5分钟或蛋白煎至金黄色，蛋黄半熟，再用食盐和胡椒调味。)
4. 待烹饪结束后，配上葱末、酱油、鸡蛋。
(根据口味添加食盐和胡椒调味。)



贴士

喜欢稠粥则选择 [Brown Fry(锅巴)] 功能再煮最长10分钟。



山药大麦粥



材料

去壳大麦粒2 tbsp
珍珠麦2 tbsp
荞麦2 tbsp
糯米2 tbsp
黑糯米2 tbsp
绿豆2 tbsp
红豆2 tbsp
罗马豆2 tbsp
糙米2 tbsp
紫山药250g
小苏打粉1/6 tsp
水8.5杯



烹饪方法

1. 将山药洗净去皮，并切成1cm长的正方形。
2. 在内胆中加入洗好的大麦、米、豆，并加上切好的山药和小苏打粉。
3. 倒入8.5杯水，盖上锅盖，利用 [MENU(菜单)] 键选择 [Porridge(粥)]，再按 [COOK(确认)] 键。
4. 在烹饪结束后拌匀，配以白糖、蜂蜜、糖浆。



材料

糯米3杯
水2杯
葡萄干60g
栗子15颗
大枣10颗
松子1 tbsp
黑糖100g
浓酱油1 tbsp
香油3 tbsp
少许食盐
肉桂粉1/2 tsp



烹饪方法

1. 洗净糯米，放入大碗浸泡2个小时左右。
2. 栗子和大枣去皮去籽，四分切备用。
3. 糯米滤水后放入内胆。
4. 在内胆中放入糯米、黑糖、香油、肉桂粉、少许食盐和水后搅匀。
5. 盖好锅盖，利用 [MENU(菜单)] 键选择 [STEAM COOK(蒸煮)] 后，将档位和时间设定为4档、35分钟，随后按 [COOK(确认)] 键进行烹饪。



材料

猪排600 g
糯米1/2杯(浸泡8个小时)
水3杯

调料

大葱1棵(切成大块)
生姜1颗(切片)
酱油1 tbsp、龟甲万酱油1 tbsp

蘸酱

鸡精1/4 tsp、食盐1/2 tsp、
白糖1 tsp、水1 tbsp、
玉米淀粉1.5 tsp



烹饪方法

1. 将切好的猪排和调料一同放入保鲜袋摇匀后密封，放入冰箱待入味。
2. 洗好糯米后加2杯水，浸泡8个小时。
3. 糯米滤水。腌好的猪排过上糯米待用。
4. 在耐热薄盘(不锈钢器具)上整齐地摆放猪排。
5. 在内胆中加3杯水，放入蒸锅，再放入猪排。
6. 盖好锅盖，利用 [MENU(菜单)] 键选择 [STEAM COOK(蒸煮)]，将档位和时间分别设定为4档、1小时10分钟，按 [COOK(确认)] 键进行烹饪。
7. 待烹饪结束，带好烹饪手套取出后装盘。

※ 取出盘时请注意烫伤。



MEAT & SEAFOOD

肉类料理 & 鲜料理

软猪排 [猪小排]



材料

猪排 1kg
水 1杯
食盐 1 tbsp
黑糖 1/2 tbsp
辣椒粉 1/2 tbsp
灯笼椒粉 1/2 tbsp
大蒜粉 1 tsp
南美红辣椒粉 1 tbsp
胡椒 1/2 tsp
烧烤酱



烹饪方法

1. 在碗里加入食盐、黑糖、辣椒粉、灯笼椒(paprika)粉、大蒜粉、南美红辣椒(Cayenne Pepper)粉、胡椒并拌匀。
2. 将排骨切成4等份，给排骨的各面都涂上调料粉。
3. 往内胆中倒入1杯水，按照帐篷的形状放入排骨，随后盖上锅盖。
4. 利用 [MENU(菜单)] 键选择 [肉类]，再将时间设定为55分钟，再按 [COOK(确认)] 键。
5. 在烹饪结束后将排骨转移至平底锅中，抹上烧烤酱后适当煎烤。
6. 切好排骨后装盘上菜。

照烧猪里脊肉



材料

猪里脊肉450g(切成薄片)
低盐酱油1/2杯
菠萝汁1/2杯
黄糖 3 tbsp
蒜末1 tbsp
姜粉1 tsp
芥花籽油3 tbsp
红洋葱1颗(切成0.3cm的片状)
食醋1 tbsp
水2/3杯

烹饪方法

1. 用碗或保鲜袋装猪肉、酱油、菠萝汁、红糖、生姜粉以及1勺蒜末，放在冰箱里腌制2小时~1天。
2. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)]，再按 [COOK(确认)] 键，为内胆预热。
3. 在预热的同时，从腌汁中捞出猪肉，将腌汁另放备用。
4. 往预热好的内胆中倒油，加入猪肉，煎烤5分钟左右，随后取出放入盘中。
5. 加洋葱后翻炒3分钟，再加入剩下的1勺蒜末，翻炒1分钟之后按 [CANCEL(取消)]键。
6. 加入煎好的猪肉和分开放的腌汁，倒入2/3杯水后盖上锅盖。
7. 利用[MENU(菜单)]键选择[肉类]，再将时间设定为40分钟，随后进行烹饪。
8. 在烹饪结束后取出烤肉，利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)]，按 [确认键] 后焖制5分钟。
9. 用勺子给切好的猪肉淋上酱汁。



蟹腿配 柠檬蒜 香黄油

材料

水1.5杯

蟹脚450g

橄榄油1 tbsp

蒜末1/2 tbsp

黄油3 tbsp

柠檬1/2个

烹饪方法

1. 在内胆中加水后，放上蒸锅，再放入蟹脚后盖好锅盖。
2. 利用 [MENU(菜单)] 键选择 [STEAM COOK(蒸煮)]，将时间设定为20分钟后进行烹饪。(冷冻蟹脚设定为25分钟)
3. 在蒸蟹脚的同时，准备小锅，中火加热后放入适量油。
4. 加入蒜末翻炒1分钟，再放入黄油，等黄油融化关火，挤入柠檬汁。
5. 待烹饪结束，将蟹脚和黄油蘸酱装盘。



材料

牛排(猪排)1.2kg

清酒3 tbsp

浓酱油5 tbsp

蒜末1 tbsp

香油1 tbsp

洋葱汁3 tbsp

梨汁3 tbsp

白糖3 tbsp

葱末5 tbsp

芝麻末1 tbsp

胡椒粉1 tsp

松子粉1 tbsp

胡萝卜1棵


栗子10颗



烹饪方法

1. 将牛排骨剁成块，去除牛筋，用冷水漂洗，去除血水。
2. 将去水的排骨放进大碗，抹上清酒和梨汁，使肉质软嫩。
3. 将栗子去壳，将个大的栗子一分为二，再把胡萝卜切至栗子大小。
4. 加入排骨和所有调料后拌匀，腌制1小时左右，使调料入味，随后放进内胆。
(利用从排骨和腌料中流出的水分进行烹饪，无需另外加水。)
5. 盖上锅盖，利用[MENU(菜单)]键选择[蒸煮]，将档位和时间分别设定为4档、50分钟，按[COOK(确认)]键后开始烹饪。
6. 待菜品炖熟，在炖牛排上撒上松子粉。





韩式炖牛排

香肠奶 酪烘蛋饼



材料

水1.5杯

黄油1/2 tbsp

鸡蛋4颗

酸奶油2 tbsp

香肠 1/2杯(切碎)

切达奶酪1/4杯(用菜板磨碎)

食盐

胡椒



烹饪方法

1. 往内胆中加水，架上蒸屉。
2. 在蛋奶酥盘或烘盘(直径约18cm)中涂上黄油。
(若盘子没有把手，则在放进汤锅之前先用锡箔纸制作把手。)
3. 在碗里加入鸡蛋、酸奶油、香肠、奶酪后搅匀，再用食盐和胡椒调整咸淡。
4. 将混合物倒进涂好黄油的烘盘，用锡箔纸蒙上烘盘，盖上锅盖。
5. 利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)]，将档位和时间分别设定为7档、25分钟，按 [COOK(确认)] 键后开始烹饪。
6. 在烹饪结束后小心取出烘盘。

※ 应用贴士：也可以加培根，也可以去掉香肠。



辣味墨西哥卷饼



材料

牛臀肉800g(切成小块)

墨西哥辣味卷酱1杯

鸡精块2颗

水1/2杯

10~12卷饼大小的多提亚饼5张

科尔比杰克奶酪末2杯

铝箔



烹饪方法

1. 在内胆中加入牛肉、墨西哥辣味卷(enchilada)酱、鸡精块和水。
2. 盖好锅盖，利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)]，将档位和时间分别设定为7档、40分钟，按 [COOK(确认)] 键进行烹饪。
3. 待烹饪结束后，铺好铝箔，放好多提亚饼，在中间放1/2杯牛肉叠上边缘卷成卷饼。
4. 反复制作剩下的多提亚饼。
5. 将酱料和奶酪末铺在卷饼上，在烤箱中烤2~4分钟，直至奶酪融化。

※ 请注意烫伤。



VEGETABLES

蔬菜类料理

经典土豆泥



材料

土豆5颗(去皮后四分切)

水1.5杯

食盐1 tsp

鲜奶油110g

少许食盐

少许胡椒粉



烹饪方法

1. 在内胆中加入备好的土豆、水、食盐1t后盖好锅盖。
2. 利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)], 将档位和时间分别设定为7档、40分钟, 按 [COOK(确认)] 键。
3. 待烹饪结束后, 捞出土豆, 用捣碎器压成泥, 随后添加鲜奶油调适当浓度。
4. 最后用食盐和胡椒调味。

辣根土豆泥



材料

土豆 1kg(去皮四分切)
水 3杯
食盐 1 tsp
黄油 6 tbsp
牛奶 1/2杯
酸奶油 1杯
辣根 1/4杯
胡椒



烹饪方法

1. 在内胆中加土豆、水、食盐，盖上锅盖。
2. 利用 [MENU(菜单)] 键选择 [VEGETABLE(蔬菜)]，再将时间设定为30分钟，按 [COOK(确认)] 键后开始烹饪。
3. 准备一只小汤锅，以文火加热牛奶。
4. 烹饪结束后只留下半杯菜汁，另放备用。
5. 将土豆碾碎，直至不见小块，加入热牛奶、黄油、酸奶油、辣根、胡椒后拌匀。
(在土豆过硬时加入1大勺另放备用的菜汁，进行调节)

烤小土豆



材料

黄油2 tbsp

小土豆700g(直径2.5cm以下)

蔬菜或鸡高汤1/2杯

少许食盐

少许胡椒粉

迷迭香末



烹饪方法

1. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)], 再按 [COOK(确认)] 键, 为内胆预热。
2. 待预热结束, 往内胆中加入黄油, 在黄油融化后加入洗净的土豆。
3. 煎烤10分钟以上, 直至土豆外表变成褐色, 随后加入鸡汤。
4. 盖上锅盖, 利用 [MENU(菜单)] 键选择 [VEGETABLE(蔬菜)], 再将时间设定为25分钟, 按 [COOK(确认)] 键后。
5. 在烹饪结束后撒上食盐、胡椒、迷迭香末。

红扁豆配辣椒



材料

红扁豆300g

水4杯

整番茄罐头(切块备用) 60g

无盐番茄酱160g

洋葱1颗

红灯笼椒2颗

大蒜8粒

苹果醋3 tbsp

荷兰芹粉1.5 tbsp

牛至粉1.5 tbsp

辣椒粉2 tsp

香薰灯笼椒脆片1/2 tsp

红椒粉1/4 tsp

少许食盐



烹饪方法

1. 将红辣椒一分为二，取出辣椒籽，切成适当大小。
2. 将整番茄、番茄酱、蒜末、柿子椒加入搅拌机，打碎至变软。
3. 将所有材料倒入内胆。
4. 盖上锅盖，利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)]，将档位和时间分别设定为7档、35分钟，按 [COOK(确认)] 键。
5. 待烹饪结束，在扁豆上撒少许帕玛森奶酪。

茄子配柿子椒蘸酱



材料

橄榄油6 tbsp
茄子6个(去皮切半后切成2.5cm的小块)
蒜末1.5 tbsp
水1杯
食盐1 tsp
红柿子椒3/4颗(切碎后烘烤)
柠檬汁2 tbsp
中东芝麻酱1 tbsp
枯茗粉1 tsp
胡椒

※ 中东芝麻酱：磨碎去皮芝麻而成的酱汁
※ 枯茗：利用大星芹科植物枯茗籽制作的香辛料



烹饪方法

1. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)], 再按 [COOK(确认)] 键, 为内胆预热。在预热结束后放入3大勺油。
2. 倒入一半的茄子, 翻炒5分钟。
3. 取出茄子, 在内胆里加1大勺油, 随后加入蒜末和剩余的茄子, 翻炒1分钟后按 [CANCEL(取消)] 键。
4. 将第一次炒好的茄子倒入锅中混合, 再加入水和食盐。
5. 盖上锅盖, 利用 [MENU(菜单)] 键选择 [蔬菜], 再将时间设定为20分钟, 按 [COOK(确认)] 键后开始烹饪。
6. 同时, 准备平底锅, 翻炒柿子椒。(直至稍微出现褐色)
7. 烹饪结束后倒入柿子椒后拌匀, 静置5分钟。
8. 小心清除菜汁, 加入1大勺油、柠檬汁、中东芝麻酱(Tahini)、枯茗粉后搅拌。
9. 用搅拌机轻轻制作, 随后调整咸淡。
请提供面包或皮塔饼(扁平面包), 以便搭配食用

杂烩



 材料

橄榄油1 tbsp
洋葱1颗(切碎)
红柿子椒1颗(切碎)
蒜末1 tbsp
小南瓜3个(以1.5~2cm四分切)
白葡萄酒2 tbsp
番茄2个或小番茄2把(去籽切碎)
月桂树叶1张
百里香3棵
罗勒2 tbsp(碎末)
食盐
胡椒

 烹饪方法

1. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)], 再按 [COOK(确认)] 键, 为内胆预热。
2. 预热结束后加油, 放入洋葱、柿子椒、蒜末, 翻炒4分钟。
3. 再加入南瓜, 搅拌5分钟左右, 再倒入白葡萄酒, 混合后按 [CANCEL(取消)] 键。
4. 加入番茄、月桂树叶、百里香, 用食盐和胡椒调整咸淡。
5. 盖上锅盖, 利用 [MENU(菜单)] 键选择 [VEGETABLE(蔬菜)], 再将时间设定为30分钟, 按 [COOK(确认)] 键后开始烹饪。
6. 在烹饪结束后, 为了将菜汁熬得更浓稠, 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)], 再按 [COOK(确认)] 键, 炖煮5分钟。(若想要更为软烂的口感, 则继续炖煮。)
7. 清除月桂树叶, 并在放凉后撒上罗勒和橄榄油。

大豆香肠蔬菜什锦烩



材料

橄榄油2 tbsp

香肠340g

洋葱1颗(切碎)

蒜末1 tbsp

羽衣甘蓝1捆(去茎切块)

食盐

斑豆1罐

水1/2杯

鸡高汤或水

胡椒



烹饪方法

1. 利用 [MENU(菜单)] 键选择 [Brown Fry(锅巴)], 再按 [COOK(确认)] 键, 为内胆预热。
2. 在预热结束后倒油, 加入香肠。用木勺或木铲翻炒, 直至香肠变成褐色, 随后取出放在一旁。
3. 在内胆中加入洋葱, 翻炒2分钟。加入蒜末, 炒至洋葱呈半透明状。
4. 加入蔬菜、斑豆、鸡汤、香肠、食盐、胡椒后拌匀, 盖上锅盖。
5. 利用 [MENU(菜单)] 键选择 [MEAT(肉类)], 再将时间设定为25分钟, 按 [COOK(确认)]键后开始烹饪。
6. 在烹饪结束后品尝味道, 调整咸淡。



材料

白萝卜 500 g
 香肠 1 根
 干虾 1/4 杯
 橄榄油 2 tbsp
 姜末 1 tsp
 葱末 2 tbsp
 食盐 1.5 tsp
 白糖 1/2 tsp
 鸡精 1/4 tsp
 米粉 200g
 水 1.5 杯

烹饪方法

1. 萝卜去皮切丝，香肠和干虾切碎备用。
2. 将锅预热后，加入橄榄油煸炒葱末和蒜末约30秒。随后再放入切碎香肠和干虾炒约1分钟。
3. 放入切丝的萝卜和鸡精再炒1~2分钟后添加食盐、白糖。
4. 将火调小，盖上锅盖加热5分钟后放凉。
5. 在碗中放入米粉和水，以及炒好的萝卜拌匀，随后导入玻璃保鲜盒至2/3处。
6. 往内胆加入2杯水，放上蒸锅，再放入用保鲜膜密封的玻璃保鲜盒容器。
7. 盖好锅盖，利用 [MENU(菜单)] 键选择 [STEAM COOK(蒸煮)]，按 [COOK(确认)] 键。
8. 待烹饪结束，取出萝卜糕，放入冰箱半天左右。
9. 待萝卜糕充分晾凉，从容器中取出萝卜糕，分切成1cm厚的小块，油煎即可。

蒸洋蓍配风味蘸酱



材料

洋蓍2棵
柠檬 1颗
柠檬汁1/2杯
水1.5杯
蛋黄酱4 tbs
芥菜子1/2 tbs
少许香薰灯笼椒粉

烹饪方法

1. 整理和清洗洋蓍。(去除损叶)
2. 切除叶尖，涂抹柠檬汁。
3. 在内胆中加水，放入蒸锅，再其上面放入洋蓍。(花向上)
4. 盖好锅盖，利用 [MENU(菜单)] 键选择 [STEAM COOK(蒸煮)]，将时间设定为40分钟后，按 [COOK(确认)] 键进行烹饪。(洋蓍越大需要增加时间)
5. 待烹饪结束后确认洋蓍，如果不够柔软，需要再煮几分钟。
6. 在碗中加入芥菜子、蛋黄酱、香薰灯笼椒粉、柠檬汁1/2杯后搅匀。
7. 将蘸酱和蒸洋蓍一起装盘。

DESSERT

点心





热牛奶



材料

牛奶1kg



烹饪方法

1. 将牛奶放入内胆，盖好锅盖，利用 [MENU(菜单)] 键选择 [SLOW COOK (慢煮)]，将档位和时间设定为4档、1个小时，随后按 [COOK(确认)] 键进行烹饪。



酸奶(1)



材料

牛奶1kg(除低脂牛奶)

原味酸奶290g

※ 材料的温度应与室内温度相同。



烹饪方法

1. 在内胆中放入牛奶和原味酸奶后摇匀。
2. 盖好锅盖，按 [MENU(菜单)] 键选择 [SLOW COOK (慢煮)] 后，将档位和时间分别设定为1档、6个小时，随后按 [COOK(确认)] 键进行烹饪。
3. 待烹饪结束后，将完成的酸奶放入冰箱保管2个小时左右。
4. 美味酸奶完成。

酸奶(2)



材料

牛奶1kg(除低脂牛奶)

原味酸奶330g、水果100g

※ 材料的温度应与室内温度相同。



烹饪方法

1. 在内胆中放入牛奶和原味酸奶后摇匀。
2. 盖好锅盖，按 [MENU(菜单)] 键选择 [SLOW COOK (慢煮)] 后，将档位和时间分别设定为1档、6个小时，随后按 [COOK(确认)] 键进行烹饪。
3. 待烹饪结束后，将完成的酸奶放入冰箱保管2个小时左右。
4. 食用时，在酸奶配上水果。



酸奶油

材料

10%液体奶油1kg

酸奶油2 tbsp 或酸奶油粉1包

烹饪方法

1. 将奶油倒入锅中加热。
2. 待奶油变暖，放入酸奶油搅拌，直至起泡。
3. 将档位和时间设定为1档、12个小时，随后按 [COOK(确认)] 键进行烹饪。



石榴汁



材料

石榴果汁500g

辣椒半块

香菜30g

白糖2 tbsp



烹饪方法

1. 在内胆中加入石榴果汁，利用 [MENU(菜单)] 键选择 [SLOW COOK (慢煮)]，将档位和时间设定为4档、1个小时，随后按 [COOK(确认)] 键进行烹饪。
2. 待烹饪结束，根据口味适量添加其他材料，保温20分钟左右。



焦糖布丁



材料

小蛋糕杯或浓缩咖啡杯4~5个
奶油1.5杯
蛋黄4颗
白糖3 tbsp
香草糖浆1 tbsp
黄糖3 tbsp



烹饪方法

1. 在搅拌碗中加入鸡蛋黄和白糖，搅拌至白糖融化，加入奶油和香草糖浆后搅匀。
2. 将混合物倒进小蛋糕杯或浓缩咖啡杯，蒙上锡箔纸。
3. 往内胆里加2杯水，将混合物放在蒸屉上，保持适当间距。
4. 盖上锅盖，利用 [MENU(菜单)] 键选择 [Multi cook(万能炖)]，将档位和时间分别设定为7档、20分钟后按 [COOK(确认)] 键。
5. 在烹饪结束后确认是否变硬(若倾斜时还是液体，则再蒸煮5分钟)，在室外自然降温30分钟，再蒙上保鲜膜，放进冰箱冷藏。
6. 从冰箱中取出，均匀撒上白糖，再用喷枪使其融化，制成褐色焦糖。

CUCKOO



Cuckoo Electronics

A Living & Home Appliance brand and organization have in its capacity to carry out all procedures from product development, manufacturing, sales & marketing and down to customer service on its own. Cuckoo ventured into the Healthcare Appliance field with a variety of products to lead the entire living appliance market. With over 40 years of experiences and 20 years as the OEM supplier of LG, Philips, and Panasonic, it has now become the No.1 Pressure Rice Cooker Manufacturer in Korea for the last 17 consecutive years with a market share of over 73% (Manufacturing over 3.2 Million pcs/ year).



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