

TOMYANG QUICK START

In four simple steps



1. Filling up the soup ring approx. 1 cm below the inner rim with water and some soy sauce.

Switch on the TomYang Grill and **set the thermostat control at level 2.**



2. Now enter your favorite vegetables in the soup ring. Here you see fresh cabbage, carrots, champions and corn.

In the soup, eggs and low-calorie Udon noodles taste fantastic.



3. After a few minutes, the TomYang Grill is already on operating temperature and you can start grilling - without added fat!

Try out different meat and fish, seafood or vegetarian grilled cheese!



4. Pour soup over the grill surface from the soup ring or pour water, so the roasted aromas from the barbecue area can flow in the soup.

The result is unparalleled-bare taste! After a few minutes, meat, fish and vegetables are dining ready. Bon appetite!

Shopping list

Of course, you can prepare all variations of fish, meat, vegetables, noodles or barbecue cheese on your TomYang. Getting started as easy as possible, we have created a shopping list for you, with which you surprise your guests with a delicious and successful BBQ. Here are the ingredients for 4-5 persons::

Fish & meat

Shrimp	250 g
Chicken	300 g
Pork or Beef	300 g

Vegetables

Thinly sliced fresh cabbage	1/2 kg
Chinese cabbage	1/2 kg
Mushrooms	1 Pack
Corn on the COB	1 piece
Zucchini	1 Piece
Bean sprouts	1 Pack
Coriander	1 Pack
Fresh chili	1 Pack

Lemon	4 Piece
Garlic	4-6 cloves

Noodles, eggs, grilled cheese

Eggs	4 Piece
barbecue cheese	1 Pack
Pasta (E.g. udon or instant)	1 Pack

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Oyster sauce	Small bottle
Fish sauce	Small bottle
Soy sauce	Small bottle
Palm sugar	Small Pack

Example: soup base

Simply mix water with soy sauce and fish sauce. The water should have a slightly salty taste.

Example: marinade

Pepper garlic marinade

This marinade is enough for 300 g meat or poultry:

- 4 TBSP oyster sauce
- 1 TBSP soy sauce
- 1 TSP of white pepper
- 1 medium clove garlic

Preparation:

Finely chop the garlic and then mix with the remaining ingredients.

Meat marinate at least one hour before you start with TomYang BBQ.

Example: dipping sauce

Nam Yam Sauce

This recommendation applies for 5 persons

- Fresh chilli to taste
- 4-6 medium-sized garlic cloves
- 5 Tablespoons lemon juice
- 5 Tablespoons fish sauce or soy sauce
- 1 Tablespoon Palm sugar
- Coriander or herbs to taste

Preparation:

Garlic and chili chop and addressed separately in small bowls.

Prepare the fish sauce, lemon juice, chopped coriander and Palm sugar in small bowl.

With the prepared ingredients in the bowls, each guest herself/himself puts together its own sauce. Those which are * hot and spicy * prefer, more of the chili to mix.

Important notes

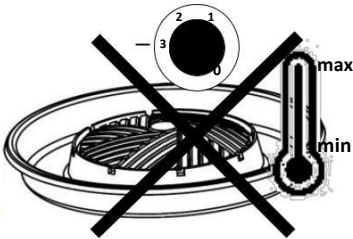
ATTENTION!



Do NOT use metal cutlery on the TomYang! Do NOT scratch on the pan surface with any kind of cutlery!



NEVER operate TomYang without liquid (water/soup)!
Fill liquid in the soup area before turning on the TomYang!



DO NOT operate the TomYang on Level 3 (III) -
without any foods on the grill pan