

牛頭牌

安康飯鍋

經典型



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安康飯鍋 經典食譜 RECIPES

www.pacifichoods.com

香滷排骨飯

► Homemade Pork Rib Rice



材料

排骨200g、市售蒜蓉豆豉醬2大匙、香油1茶匙、酒1大匙、米2杯、水(參考內鍋指示線)

作法

- 1 將排骨及所有調味料充分拌勻醃30分鐘。
- 2 將米倒入內鍋中洗淨後參考內鍋指示水位加水，按下“白米”鍵，待飯鍋冒出水蒸氣後(約10-15分鐘)，在飯上均勻鋪上醃好的排骨，關蓋繼續煮至完成，保溫10分鐘後即可享用。

Ingredients

7.1oz. Pork rib, 2tbsp black bean garlic sauce, 1 tsp sesame oil, 1 tbsp wine, 2 cups rice, water (according to the water level marker)

Method

- 1 Seasons pork rib for 30 minutes.
- 2 Add rice into inner pot, wash and drain. Add water (please see the water level marker on the inner pot). Press “WHITE RICE”. Add pork ribs to the rice when there is steam (about 10-15 mins). Let it keeps warm for 10 minutes, stir well and ready to serve.

使用安康飯鍋，不需擔心骨頭刮花內鍋而食入有毒塗層，或酸鹼調味料起化學變化。

No more worry about eating chemicals coating because there is no scratching or negative chemical reaction with Buffalo stainless steel inner pot.

咖喱蔬菜椰漿飯 ▶ Curry Coconut Rice with Vegetable



材料

胡蘿蔔60g、洋蔥100g、玉米粒50g、咖喱粉1大匙、鹽½小匙、米2杯、椰漿1½杯、青豆½杯、葡萄乾1大匙、橄欖油1大匙

作法

- 1 將白米洗淨後，放入所有材料(切小丁)。
- 2 按下“白米”鍵，煮好後多燜10-15分鐘，攪拌均勻即可享用。

Ingredients

2.4 oz. carrot, 3.5 oz. onion, 1.7 oz. sweet corn, 1tbsp curry power, ½ tsp salt, 2 cups rice, 1 ½ cups coconut milk, ½ cup green peas, 1tbsp raisin, 1 tbsp olive oil

Method

- 1 Put the rice into inner pot, wash and drain. Dice carrot and onion, add all ingredients into inner pot.
- 2 Press "WHITE RICE" button. Let it keeps warm for 10-15 minutes after the Classic Rice Cooker switches to "WARM". Mix well and ready to serve.

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北菇雞煲飯

► Chicken and Mushrooms with Rice



材料

泡發香菇100g、雞腿肉250g、
白米2杯、水2杯、薑末1大匙、
鹽½茶匙

作法

- 1 將雞腿剁小塊洗淨瀝乾，香菇切絲，米倒入內鍋中洗淨瀝乾後備用，放入香菇、雞腿、鹽、水、薑末。
- 2 按“白米”鍵，跳至保溫後再多燜約10-15分鐘，開蓋拌勻即可享用。

Ingredients

3.5 oz. mushroom (soaked in water), 8.8 oz. chicken thigh (boneless), 2 cups rice, 2 cups water, 1 tbsp ginger (chopped), ½ tsp salt

Method

- 1 Cut the chicken thigh into serving pieces, clean and dry. Slice the mushroom. Add rice into inner pot, wash and drain. Add mushrooms, chicken, salt, water, and ginger.
- 2 Press the "WHITE RICE" button. Let it keeps warm for 10-15 minutes after the Classic Rice Cooker switches to "WARM". Mix well and ready to serve.

用牛頭鋼內鍋，不擔心骨頭刮花鍋壁，均溫傳熱，跟煲仔飯一樣美味。

Buffalo Classic Rice Cooker distributes heat evenly. It can cook like claypot.

芋頭西米露

► Sweet Taro and Sago Soup



材料

芋頭丁300g、西谷米25g、澱粉條30g、水1500ml、奶水180ml、糖160g

Ingredients

10.6 oz. taro (diced), 0.9 oz. sago, 1.2oz. tapioca sticks, 1500ml water, 180ml milk, 5.6 oz. granulated sugar

作法

將芋頭丁、水、澱粉條放入內鍋，按下“煮粥”鍵，20分鐘後開鍋蓋，放入西谷米蓋上鍋蓋續煮。完成後加入糖及奶水拌勻即可享用。

Method

Add taro, water and tapioca sticks into inner pot. Press “PORRIDGE” button. Add sago after 20 minutes. Mix well with sugar and milk before serve.

牛頭鋼安康飯鍋也輕鬆燉出甜品，不需攪拌不會焦底。

Buffalo Classic Rice Cooker helps you to cook sweet soup easily. It will not stick and no need to keep an eye on the soup.

海鮮粥

▶ Seafood Porridge



材料

魷魚100g、魚片50g、淡菜肉90g、蝦5隻、鹽½茶匙、白米1杯、水6杯、蟹肉50g、蟹黃50g

Ingredients

4 oz. Squid, 2 oz. fish fillet, 3.6 oz. mussel, 5 prawn, ½ tsp salt, 1 cup rice, 6 cup water, 2 oz. crab meat,

作法

將所有材料放入內鍋中，按下“煮粥”鍵，完成後即可享用。

Method

Add all ingredients into inner pot, press “PORRIDGE” button. Ready to serve when the cooker switches to “WARM”.

牛頭鋼安康飯鍋熬粥不必顧火、不噴水。

Buffalo Classic Rice cooker “PORRIDGE” function allows you to prepare porridge easily. No more spilling and sticking.

美白養生飯

► Healthy Brown Rice with Beans



材料

黃豆 ½ 杯、糙米 1 杯、薏仁 ½ 杯、水 ½ 杯

作法

將所有材料洗淨後，放入內鍋再加入 2½ 杯的水，按下“糙米”鍵，完成後多燜 10-15 分鐘即可享用。

Ingredients

½ cup soy bean, 1 cup brown rice, ½ cup pearl barley, 2 ½ cups water

Method

Add all ingredients into inner pot, wash and drain. Add water and press “BROWN RICE” button. Let it keeps warm for 10-15 minutes after the Classic Rice Cooker switches to “WARM”. Mix well and ready to serve.

牛頭鋼安康飯鍋煮糙米、黃豆，不需事前浸泡，一樣美味飽滿。

Cooking with Buffalo Classic Rice Cooker, you don't need to soak soy beans and brown rice. Save your preparation time!

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