牛頭牌·IH萬能飯鍋

BUFFALO IH
Smart Cooker

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食譜 | RECIPE

Table of Content | 目錄

食譜 | RECIPE

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COCA-COLA **BRAISED PIG FEET**

可樂鹵豬脚 | 1

材料：

豬脚一隻切塊，姜片幾片，3條葱段，米酒2大匙，紅葱一粒,蒜頭3辦，可樂一罐.

醬料：

柱侯醬一小匙，磨豉醬一小匙，蠔油一小匙，老抽一小匙，生抽一小匙，腐乳一小塊，陳皮一辦，八角一粒，冰糖1匙，(一根葱花點綴)。

做法：

1. (豬脚切塊出水: 燒一鍋開水放入姜片幾片，2條葱段，米酒2大匙，豬脚。5分鐘后 撈出豬脚洗淨，沥干待用)
2. 蒸煮功能： 40分鐘
3. 爆香紅葱,蒜頭，姜片，豬脚后，將所有醬料和可樂倒入飯鍋后，蓋上鍋蓋。
4. 最後上碟灑上葱花點綴，即完成。

Ingredients :

Pig feet cut into pieces, slices of ginger, 3 green onions cut into big pieces, 2 big tablespoons of rice wine, 1 shallot, 3 cloves of garlic, 1 can of Coca Cola

Seasoning:

1 tablespoon of Chu Hao sauce, 1 tablespoon ground bean sauce, 1 tablespoon oyster sauce, 1 tablespoon dark soy sauce, 1 tablespoon light soy sauce, 1 cube of fermented bean curd, 1 piece dried tangerine peel, 1 piece star anise, 1 tablespoon sugar, chopped green onion for garnishment

Directions:

1. Boil pot of water, adding ginger, 2 pieces of green onion, two tablespoons of rice wine, and pig feet. After 5 minutes, take out pig feet and rinse with water.
2. Pan fry shallots, garlic, ginger.
3. Put pig feet, shallots, garlic, ginger, Coca Cola, and sauces into inner pot, use Steam function for 40 minutes.
4. Plate and garnish with chopped green onion.

BRAISED **MUSHROOM WITH MINCE PORK**

香菇肉燥 | 2

材料：

豬肉碎 500克, 乾香菇 6-8朵, 油蔥酥 3大匙
豆干丁 1碗, 蒜頭 2瓣, 雞高湯 300毫升

調味料：

麻油適量, 醬油2大匙, 蠔油1大匙, 冰糖 ½ 大匙,
白胡椒粉適量

做法：

1. 香菇浸泡之後切丁；蒜頭切碎, 備用。
2. 選擇 "Steam" 功能, 時間調至30分鐘, 啟動開始, 鍋熱將香菇丁倒入內鍋中拌炒 (不需放油), 待香菇微微出水後, 盛出。
3. 內鍋加入少許麻油及豬肉碎, 炒香, 倒入豆干丁、油蔥酥拌勻, 之後加入醬油、蠔油、冰糖、香菇丁拌勻後, 倒入雞高湯和香菇水, 蓋上鍋蓋燉煮。
4. 最後待醬汁收的差不多, 肉燥也有些黏稠狀, 加入白胡椒粉就能夠享用。

Ingredients :

500g ground pork, 6-8 dried mushroom (soaked in water), 3 tbsp fried shallots, 1 bowl of cubed fried firm tofu ("dou gan"), 2 cloves garlic, 300ml chicken broth

Seasoning :

Sesame oil to taste, 2 tbsp soy sauce, 1 tbsp oyster sauce, ½ tbsp rock sugar, White pepper powder to taste

Directions:

1. Dice mushroom, chop garlic and set aside.
2. Select "Steam" function and adjust timing to 30 minutes.
3. Heat pot, add in diced mushroom and stir fry until mushroom release some water. Remove from pot and set aside.
4. Add sesame oil into inner pot. Heat oil then add mince pork and stir fry until aroma.
5. Add firm tofu cubes and fried shallots to the mince pork and stir fry.
6. Then add soy sauce, oyster sauce, rock sugar and mushroom. Stir well and add chicken broth.
7. Close lid and cook until complete. Add pepper to taste and dish is ready to serve.

STEW **CHICKEN WITH MISO AND ONION**

洋蔥味噌燒雞鍋 | 3

材料：

菜園雞 ½ 只, 黃皮洋蔥1個, 鴻禧菇1包, 清水200毫升

調味料：

醬油1大匙, 味噌1大匙, 味霖1大匙, 米酒1大匙

做法：

1. 將所有調味料拌勻, 備用。
2. 將1大匙油倒入內鍋, 選擇 "蒸煮" 功能, 烹煮時間20 分鐘, 熱油,
3. 加入雞塊、洋蔥, 炒至雞塊表面金黃, 洋蔥變軟。
4. 再倒入調味料翻炒片刻, 加入清水拌勻, 蓋上鍋蓋。
5. 繼續燜煮至時間剩下3分鐘, 打開鍋蓋, 將鴻禧菇倒入, 續煮至完畢。

Ingredients :

½ Local/ Organic Chicken (cut into small chunks and pat dry), 1 yellow onion (peel and diced onion), 1 packet shimeiji mushroom (remove mushroom roots), 200ml water

Seasoning :

1 tbsp soy sauce, 1 tbsp miso paste, 1 tbsp mirin, 1 tbsp rice wine

Directions :

1. Mix all seasoning and set aside.
2. Add oil into inner pot. Select "Steam" function and adjust timing to 20 minutes.
3. Add chicken and onion into pot. Saute chicken golden brown on the surface and saute onion until soft.
4. Add in seasoning and mix well. Add in water and close lid
5. 3 minutes before cooking time completes, add in mushroom and continue cooking
6. When cooking completes, dish is ready to serve.

COFFEE
SHORT RIBS

咖啡排骨 | 4

材料:

排骨1.5磅, 速溶咖啡一包, 姜片8片, 4條葱段, 紹興酒2大匙。

醬料:

1大匙蘋果醋 , 1 ½ 大匙糖 , 2大匙酱油, 1 大匙老抽, 胡椒粉½ 小匙, 玉米粉, 1大匙。

做法:

1. 排骨斬成3公分长的小段, 燒一鍋開水放入姜片4片, 2條葱段, 米酒2大匙。5分鐘后 撈出排骨洗淨, 沥干待用。
2. 速溶咖啡+40毫升水沖泡好待用。
3. 將排骨+醬料拌均放入冰箱腌一小時。
4. 内鍋加入适量食油, 選擇 "Steam" 功能25分鐘, 待油燒熱, 青蔥, 薑片, 將排骨煎至倆面金黃, 潛入紹興酒 , 蓋上鍋蓋, 直至排骨軟糯及醬汁濃稠, 即完成。

Ingredients:

1.5lbs of pork short ribs, 1 pouch of instant coffee, 8 slices of ginger, green onions cut into 4 pieces, 2 tablespoons Shaoxing cooking wine

Seasoning:

1 tablespoon apple cider vinegar, 1.5 tablespoon sugar, 2 tablespoons soy sauce, 1 tablespoon dark soy sauce, ½ teaspoon white pepper powder, 1 tablespoon corn starch

Directions:

1. Cut short ribs into 3cm pieces, boil a pot of water adding 4 pieces of ginger, 2 pieces of green onion, and 2 tablespoons of Shaoxing wine. After 5 minutes, take out short ribs and rinse. Put aside
2. Mix 1 pouch of instant coffee with 40 ml of water
3. Add short ribs and sauces together, marinate in refrigerator for 1 hour.
4. Add a bit of oil into the inner pot, select Steam Function for 25 minutes. Wait for oil to heat up, add rest of green onions and ginger. Sear all sides of the short ribs and add rest of Shaoxing wine. Close lid. Wait until meat is tender and mixed well with the sauces.

材料：

白米2 米杯，1 ½ 米杯鷄湯，1 杏鮑菇1個，海鮮菇1包，黃皮洋葱1/4個，蒜頭4瓣，食油适量。

调味料：

醬油2大匙。

做法：

1. 將白米洗净，沥干備用。杏鮑菇切丁，洋葱切丁和蒜末。
2. 內鍋加入适量食油，選擇"Steam"功能，將油燒热，放入洋葱切丁和蒜末，炒至洋葱變透明，放入處理好的菇類，翻炒均勻。
3. 放入處理好的白米與鷄湯。
4. 蓋好鍋蓋，取消"Steam"功能，改選"Rice"功能。
5. 米飯煮好，加入醬油，用勺子伴均就可以完成了。

Ingredients:

2 cups white rice, 1.5 cups chicken stock, 1 king oyster mushroom, 1 package of seafood mushrooms, ¼ yellow onion, 4 cloves of garlic, oil

Seasoning:

2 tablespoons soy sauce

Directions:

1. Wash rice. Cut all mushrooms into small pieces, dice onions and mince garlic
2. Add oil into inner pot. Select Steam function, wait for oil to heat up. Then add onion and garlic, cook until onions are transparent. Add in mushrooms and mix all ingredients together.
3. Add rice and chicken stock
4. Close lid. Cancel Steam function, select Rice function
5. After rice is done cooking, add soy sauce and mix well.

CHICKEN
SOUP AND
MUSHROOM
STEWED RICE

雞湯菌菇燜飯

5

PUMPKIN, **CORN, AND MINCED PORK QUINOA PORRIDGE**

金瓜玉米肉碎黎麥粥 | 6

材料：

豬肉碎8oz,黎麥1/3米杯,珍珠米半杯,小金瓜1/4 個,玉米半根,7米杯的清水,鹽1小匙。

肉碎腌料：

醬油2大匙,玉米粉2小匙,姜汁1大匙,紹興酒2大匙

做法：

1. 用所有的腌料腌制好豬肉碎待用。
2. 金瓜去皮切成粒狀,切出玉米粒,备用。
3. 洗淨珍珠米及藜麦,沥干備用。
4. 放入內鍋,加入洗淨珍珠米及藜麦,7米杯的清水,蓋上锅蓋
5. 选择"Porridge/Soup"烹煮40分鐘。,煮至大约5分钟或大滚,然后加入金瓜及玉米粒,蓋上锅蓋。
6. 最后5分打开锅盖,搅拌米粒至开花、变得很稠和很绵。(這步驟很重要)
7. 加入肉碎攪拌煮熟,加入鹽,即可食用。

Ingredients:

8oz of minced pork, 1/3 cup quinoa, ½ cup rice, ¼ pumpkin, ½ corn on the cob, 7 cups of water, 1 teaspoon salt for taste

Seasoning:

2 tablespoons soy sauce, 2 teaspoon corn starch, 1 tablespoon ginger juice, 2 tablespoons Shaoxing cooking wine

Directions:

1. Marinate minced pork with soy sauce, corn starch, ginger juice, and Shaoxing wine
2. Peel pumpkin and cut into small pieces. Cut corn off the cob. Set aside.
3. Wash rice and quinoa. Set aside.
4. Add rice and quinoa into inner pot. Close lid.
5. Select Porridge/Soup function for 40 minutes. Cook until boiling, around 5 minutes. Add pumpkin and corn. Close lid.
6. During the last 5 minutes of cooking time, mix ingredients well until quinoa expands, becoming thick.
7. Add minced pork and salt, mix well until meat is fully cooked. Serve.

材料:

甘榜雞1.2公斤(去皮, 砍4塊), 蟲草花10克, 干貝 30克, 紅棗 10粒, 杞子 15克, 乾龍眼10克 老薑 20克(拍偏)*充分洗淨, 水1500毫升

醃料:

鹽 1/2小匙, 胡椒粉 1/2小匙, 雞精粉 1小匙, 麻油 1大匙

裝飾用:

蔥絲 適量

做法:

1. 將雞肉洗淨, 去皮, 砍成4塊。加入醃料充分抹均勻。醃製2小時。
2. 將雞肉、材料B和材料C放進內鍋, 然後選擇 "Porridge/Soup"功能, 設定時間2小時, 按開始烹煮。
3 烹煮時間完畢, 即可打開, 盛起撒上蔥絲就可以享用這一道非常好喝的補湯。

Ingredients :

1.2kg kampung chicken (wash and remove skin then cut into 4 portions), 10gm cordycep flower, 30gm dried scallop, 10 red dates, 15gm goji berries, 10gm dried longan, 20gm old ginger (smashed), 1500ml water

Marinade for chicken :

½tsp salt, ½tsp pepper, 1 tsp chicken stock, 1 tbsp sesame oil

Decoration:

Spring onions

Directions:

1. Place chicken in a large bowl and add marinades for chicken. Mix well and set aside for 2 hours.
2. Add chicken, ingredient B & C into inner pot. Select "Porridge/Soup" function and cook with preset timing.
3. Serve soup with some spring onions.

CHICKEN
**SOUP WITH
DRIED SCALLOP
AND CORDYCEP
FLOWER**

蟲草干貝滋補湯

7

SOYBEAN
OXTAIL
SOUP

黃豆牛尾湯 | 8

材料：

牛尾一條切塊，陳皮一辦，黃豆12OZ

做法：

1. 燒一鍋開水放入姜片幾片，2條葱段，米酒2大匙，牛尾。5分鐘后 撈出牛尾洗淨，沥干待用)
2. 所有材料洗乾净后放入飯鍋加清水2000ml
3. 燉湯功能：2個半小時

Ingredients:

1 oxtail cut into pieces, 2 tablespoons rice wine, slices of ginger, green onion, 1 piece dried tangerine peel, 12oz soybeans

Directions:

1. Boil pot of water, adding ginger, 2 pieces of green onion, 2 tablespoons of rice wine, and oxtail. After 5 minutes, take out oxtail and rinse with water.
2. Put all ingredients into inner pot, add 2000ml of water.
3. Select Soup Function: 2.5 hours

VEGETABLE AND PORK PAN FRIED BUNS

菜肉生煎包

9

材料：

6個急凍生煎包，
玉米粉1茶匙+清水4大匙混合一起，
油2大匙待用

做法：

1. 蒸煮功能：25分鐘
2. 在內鍋加入2大匙油。
3. 熱油後，將包子排入鍋內。
4. 煎一分鐘。
5. 將已混合一起的玉米粉和水倒入。
6. 蓋上鍋蓋。

Ingredients:

6 frozen pan fried buns, 1 teaspoon cornstarch mixed with 4 tablespoons of water, 2 tablespoons of oil

Directions:

1. Use Steam function: 25 minutes
2. Inside inner pot, add 2 tablespoons of oil.
3. After oil heats up, place in buns.
4. Pan fry 1 minute
5. Add cornstarch water mixture
6. Close lid.

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