

SHARP

The Taste of Home

Fun COOKING
享受煮FUN

SHARP
Be Original.



SHARP IH DIGITAL
RICE COOKER
KS-X188-RD

MORE THAN JUST A RICE COOKER
岂止饭煲这么简单

CHEF PROFILE

厨师履历：



BIOGRAPHY
CHEF AMY BEH

Amy Beh, a renowned celebrity Chef, culinary consultant and author of the best selling series of At Home with Amy Beh sequels (1), (2) and (3), she also sit in numerous distinguished Judging Panel of Culinary competitions since 2001.

Amy Beh lives by the mantra that the art of cooking is to be able to use the common ingredients in easy ways that taste the same as in “grandma’s kitchen”.

Amy Beh 是大马知名厨师，也是美食顾问，她的《在家煮菜》At Home with Amy Beh 食谱，还连续出了3集。

此外，自2001年以来，她就不断受邀出任国内许多烹饪比赛的评审。

Amy Beh 深信，烹调的艺术，在于能把最常见的食材以简单的方式煮出婆婆的味道。



BIOGRAPHY
CHEF TK DONG

Born in a Sibuhock Chew family on 1983. TK Dong makes his culinary dream comes true in Flamingo International College of Chef Culinary at age of 19.

He continues his culinary journey by holding numerous key positions at various F&B establishment.

TK Dong also serves as demo chef for local media, TV stations and a few kitchen appliances companies.

Presently, TK Dong running his own cafe “I am 80’s” around Kuala Lumpur, east Malaysia, Singapore, Hong Kong and China.

原籍福州，1983年出生在砂拉越诗巫。TK Dong从小就对烹饪有浓厚兴趣，19岁在Flamingo国际学院攻读厨艺，毕业后在多家餐饮机构担任要职和主厨。

他也同时在本地媒体和电视台，以及担任家电公司的示范厨师。

目前他在吉隆坡、东马、新加坡、香港及中国开设自己的I am 80's咖啡厅。

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Asian Tasty Rice



Ingredients :

2 cups Basmathi long grain rice (rinsed and soaked for 30 minutes, drain)
100g chicken meat (cubed)
200g yam (cubed)
2 pieces mushrooms (soaked and diced)
70g carrot (diced)
1 tbsp sesame oil
1 tbsp cooking oil
1 tbsp chopped garlic
1 tbsp dried prawns
3 slices ginger
3 cups water

Seasoning (A) :

1 tsp pepper
½ tsp Chinese five spice powder
½ tsp salt
1 tsp sugar

Seasoning (B) :

1 piece chicken stock cube
1 tbsp light soy sauce

材料 :

印度糙米2杯 (洗净浸泡30分钟, 滴干)
鸡肉100克 (切丁)
芋头200克 (切丁)
香菇2朵 (浸泡切丁)
红萝卜70克 (切丁)

Method :

- 1 Mix drained long grain rice with seasoning (A). Put aside for 20 minutes.
- 2 Press QUICK button to preheat SHARP IH Digital Rice Cooker, pour oil and sesame oil into inner pot to sauté garlic and dried prawns for 2 minutes.
- 3 Add ginger, mushrooms and chicken meat. Sauté for another 2-3 minutes. (Pic 1)
- 4 Add in long grain rice to mix. Lastly add yam, carrot and seasoning (B), pour in water, mix well. (Pic 2-4)
- 5 Close the outer lid, press START button for 5 seconds to unlock, and then press CANCEL button to reset the cooking function.
- 6 Select QUICK function again to begin cooking. Once done, allow rice to stand for 10 minutes before serving.

麻油1汤匙

食油1汤匙

蒜茸1汤匙

虾米1汤匙

姜3片

清水3杯

调味料A :

胡椒粉1茶匙

五香粉½茶匙

盐½茶匙

白糖1茶匙

调味料B :

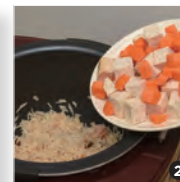
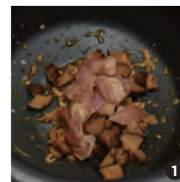
鸡精块1块

酱油1汤匙

做法 :

- 1 用调味料A腌浸泡后的米20分钟。
- 2 按 QUICK 键把SHARP IH电子电饭煲加热。在内锅倒入麻油与食油, 爆蒜茸和虾米2分钟至香。
- 3 加入姜片、香菇及鸡肉, 再炒2-3分钟至鸡肉变色。(图1)
- 4 加入白米、芋头、红萝卜及调味料B, 再倒入水搅拌均匀。(图2-4)
- 5 盖上锅盖, 按 START 键5秒钟解除安全锁, 然后按 CANCEL 键以重新设定烹调程序。
- 6 再按 QUICK 功能键开始烹调。灯熄后, 让米饭继续焖10分钟才享用。

STEP



Claypot

Waxed Duck And Chicken Rice



Ingredients :

2 cups white grain rice
(rinsed and well drained)
2¼ cups water
150g waxed duck
(deboned and cubed)
250g chicken (cut into bite
pieces)
50g capsicum (sliced)
90g green mustard (sliced)
1 tbsp cooking oil
1 tsp chopped garlic
1 tsp chopped ginger

Seasoning :

1 tbsp oyster sauce
1 tbsp dark soya sauce
1 tbsp light soya sauce
1 tsp sesame oil
½ tsp pepper to taste
½ tsp sugar
1 piece chicken stock cube

材料 :

白米2杯 (洗净滴干)
清水2¼杯
腊鸭150克 (去骨切丁)
鸡肉250克 (切小块)
红色灯笼椒50克 (切片)
芥菜90克 (切段)
食油1汤匙
蒜茸1茶匙
姜茸1茶匙

调味料 :

蚝油1汤匙
黑酱油1汤匙
酱油1汤匙
麻油1茶匙
胡椒粉½茶匙
白糖½茶匙
鸡精块1块

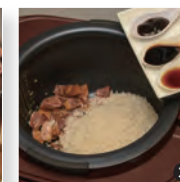
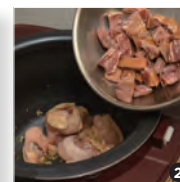
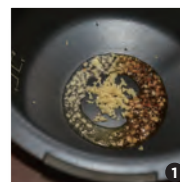
Method :

- 1 Press QUICK button to preheat SHARP IH Digital Rice Cooker. Add oil and garlic to the inner pot, sauté for 2 minutes.
- 2 Put in chopped ginger and chicken meat, stir fry for another 3 minutes. (Pic 1-2)
- 3 Add in rice, waxed duck, water and seasoning. Stir well to mix. (Pic 3)
- 4 Close the top lid. Press START key for 5 seconds to unlock, press CANCEL button to reset cooking function.
- 5 Press FUNCTION button to select CLAYPOT RICE function, next press RICE TYPE button to select SHORT GRAIN. Press START button to begin cooking.
- 6 30 minutes before end of cooking time, add in capsicum and green mustard. Stir to mix then close the lid to continue the cooking process. Allow rice to stand for 10 minutes before serving. (Pic 4)

做法 :

- 1 先按 QUICK 键将 SHARP IH 电子电饭煲加热。然后倒入油和蒜茸，爆香2分钟。
- 2 放入姜茸及鸡肉，炒3分钟至鸡肉变色。(图1-2)
- 3 加入白米、腊鸭、清水及调味料，搅拌均匀。(图3)
- 4 关上盖，选择START键，按5秒钟解除安全锁，然后按 CANCEL 键以重新设定烹调程序。
- 5 选择 FUNCTION 按键，按 CLAYPOT RICE 键，然后按 RICE TYPE 以选择SHORT GRAIN，再按 START 开始烹调。
- 6 30分钟结束前，加入灯笼椒和芥菜，搅拌均匀后关盖继续煮。熄灯后让米饭继续炖10分钟才上桌享用。(图4)

STEP



海味
五谷粥

Dried Shellfish And Multi-Grains Congee



Ingredients A :

5 pcs dried scallop
10 pcs dried oyster
10 pcs dried clams

Ingredients B :

50g each of barley, green bean, red bean, black eye bean & soya bean
250g fragrant rice grains

Ingredients C :

3 liters water
1 tsp salt
1 tsp sugar

材料 A :

干贝5颗
干蚝豉10颗
干蚬肉10颗

材料 B :

薏米50克
绿豆50克
红豆50克
眉豆50克
黄豆50克
香米250克

材料 C :

清水3公升
盐1茶匙
糖1茶匙

Method :

- 1 Soak ingredients (A) & (B) in water respectively for 30 minutes.
- 2 Place all ingredients into inner pot of SHARP IH Digital Rice Cooker. Close the outer lid.
- 3 Press CONGEE button to start cooking.

做法 :

- 1 材料A和B 分别浸泡30分钟待用。
- 2 把所有材料放入SHARP IH 电子饭煲的内锅, 盖好。
- 3 按 CONGEE 键即可启动烹调程序。

日式
海鲜粥

Japanese Seafood Porridge



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MODE/功能：
CONGEE

Ingredients A :

300g fragrant rice grains
2.5 liter water

Ingredients B :

50g kelp (julienned)
50g miso
Dash of salt & sugar

Ingredients C :

10 pcs clams
10 pcs mussel
1 squid (cut sections)
10 prawns

材料 A :

香米300克
清水2.5公升

材料 B :

海带丝50克
味噌50克
盐适量
糖适量

材料 C :

蛤蜊10颗
青口10颗
墨鱼1只(切段)
鲜虾10只

Method :

- 1 Place all ingredients (A) & (B) into inner pot of SHARP IH Digital Rice Cooker. Close the outer lid.
- 2 Press CONGEE button to start cooking.
- 3 Put all ingredients (C) into the steaming basket.
- 4 Just 10 minutes before completion, open the lid, insert the steaming basket into the rice cooker.
- 5 Close the lid to resume the cooking process.
- 6 Sprinkle some toasted black sesame seeds over seafood porridge when serving. (optional)

做法 :

- 1 将材料 A 和材料 B 一起放入 SHARP IH 电子饭煲的内锅, 盖好。
- 2 按 CONGEE 键开始烹调。
- 3 把材料 C 放入特备蒸篮中备用。
- 4 在煮至最后10分钟时, 开盖放入蒸篮。
- 5 盖上锅盖继续煮。
- 6 搅拌均匀, 上桌时随喜好洒入烤香黑芝麻。

菌菇红豆
糙米饭

Brown Rice With Fungus And Red Beans



Ingredients A :

50g red bean
300g brown rice grains

Ingredients B :

1 stalk king oyster mushroom (sliced)
100g white shimeji mushroom
5 pcs abalone mushroom (shredded)
5 pips garlic

Ingredients C :

400ml water
1 tsp salt

材料 A :

红豆50克
糙米300克

材料 B :

杏鲍菇1颗(切片)
白柳姬菇100克
鲍鱼菇5片(切丝)
蒜头5瓣

材料 C :

清水400毫升
盐1茶匙

Method :

- 1 Wash and soak ingredients (A) in water for 30 minutes, drain.
- 2 Place ingredients (A) and (B) into inner pot of SHARP IH Digital Rice Cooker, pour in ingredients C.
- 3 Close the outer lid, press FUNCTION button to select MIXED GRAINS function.
- 4 Press RICE TYPE button to select LONG GRAIN.
- 5 Press START button to begin cooking.

做法 :

- 1 将材料 A 洗净, 浸泡30分钟, 沥干备用。
- 2 把材料 A 及 B 放入 SHARP IH 电子饭煲的内锅中, 注入材料 C。
- 3 盖上锅盖, 按 FUNCTION 键以选择 MIXED GRAINS 功能。
- 4 接着按 RICE TYPE, 选择 LONG GRAIN。
- 5 最后按 START 键启动烹调程序。

辛香
海鲜饭

Fragrant Seafood Rice



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MODE/功能：
STANDARD

Ingredients A :

300g fragrant rice grain
350ml water

Ingredients B :

2 tsp turmeric powder
3 tsp curry powder
5 pips garlic
½ onion (diced)
½ each of red, green &
yellow capsicum (diced)

Ingredients C :

2 tsp salt
3 tsp sugar

Ingredients D :

1 squid (cut rings)
8 prawns
8 mussels
8 clams

材料 A :

香米300克
清水350毫升

材料 B :

黄姜粉2茶匙
咖喱粉3茶匙
蒜头5瓣
洋葱半粒 (切碎)
红灯笼椒半粒 (切粒)
青灯笼椒半粒 (切粒)
黄灯笼椒半粒 (切粒)

材料 C :

盐2茶匙
糖3茶匙

材料 D :

墨鱼1只 (切圈)
鲜虾8只
青口8只
蛤蜊8只

Method :

- 1 Place ingredients (A), (B) & (C) into inner pot of SHARP IH Digital Rice Cooker. Close the outer lid.
- 2 Press FUNCTION button to select STANDARD function.
- 3 Press RICE TYPE button to select LONG GRAIN, press START button to begin cooking.
- 4 Spread all ingredients (D) on the steamer basket.
- 5 At the last 10 minutes, open the lid, insert the steamer basket into the inner pot.
- 6 Close the lid to continue cooking.
- 7 Mixes cooked seafood with rice and serve.

做法 :

- 1 将材料A、B及C混合均匀,放入SHARP IH电子饭煲的内锅里,盖好。
- 2 按 FUNCTION 键以选择 STANDARD 功能。
- 3 接着,按 RICE TYPE 以选择 LONG GRAIN。最后按 START 键启动烹调程序。
- 4 把材料D放入电饭锅的特备蒸笼中,摊平待用。
- 5 在最后10分钟时,把电饭锅的特备蒸笼放入内锅中。
- 6 盖上锅盖继续烹煮。
- 7 将海鲜与饭拌匀,上桌享用。

Aromatic Chicken Soup



Ingredients :

600g chicken
(chopped into pieces)
120g carrot
(cut into rounds section)
1 stalk celery (sliced)
100g potatoes
(cut into wedges)
2 bay leaves
1.2 liters water

Seasoning :

2 tbsp soup powder
(store bought)
1 tsp pepper corns
(crushed)
1 piece chicken stock cube
Adequate salt & sugar to
taste

材料 :

鸡肉600克 (斩小块)
红萝卜120克 (切圆段)
西芹1枝 (切片)
马铃薯100克 (滚刀切)
月桂叶2片
清水1.2公升

调味料 :

现买汤料粉2汤匙
胡椒粒1茶匙 (捣烂)
鸡精块1块
适量盐和白糖

Method :

- 1 Put chicken into inner pot of SHARP IH Digital Rice Cooker. (Pic 1)
- 2 Add in all vegetables and bay leaves. (Pic 2)
- 3 Add seasoning ingredients and pour in water. Close the outer lid. (Pic 3-4)
- 4 Press FUNCTION button to select SOUP function, reduce cooking time to 1 hour.
- 5 Press START button to begin cooking.

做法 :

- 1 把鸡肉放入 SHARP IH 电子饭煲的内锅里。(图1)
- 2 加入所有蔬菜和月桂叶。(图2)
- 3 加入调味料并倒入清水。(图3-4)
- 4 按 FUNCTION 键以选择 SOUP 功能, 并把2小时的设定烹调时间改为1小时。
- 5 按 START 键即可开始烹调。

STEP



香料
卤鸡腿

Braised Spiced Chicken



Ingredients A :

10 chicken drumsticks

Ingredients B :

1 spices packet
10 slices old ginger
1 whole smoked garlic
½ onion (cut wedges)
1 canned champignons mushroom
3 pcs star anise
1 stick cinnamon

Ingredients C :

3 tbsp dark soy sauce
2 tbsp soy sauce
2 tbsp sesame oil
1 tbsp salt
2 tbsp sugar
2 liters water

材料 A :

鸡腿 10只

材料 B :

卤包 1个
老姜10片
大蒜头1粒
洋葱半粒 (切块)
蘑菇1罐
八角3朵
桂皮1支

材料 C :

黑酱油3汤匙
酱油2汤匙
麻油2汤匙
盐1汤匙
糖2汤匙
清水2公升

Method :

- 1 Place all ingredients into SHARP IH Digital Rice Cooker.
- 2 Close the outer lid, press QUICK button to begin cooking immediately.
- 3 May stir the dish after cooking 15 minutes to make the color more evenly.

做法 :

- 1 将全部食材一起放入 SHARP IH 电子饭煲的内锅。
- 2 关上锅盖, 按 QUICK 键即可启动烹调程序。
- 3 在烹调15分钟后, 可开盖翻动鸡腿, 让色泽均匀。

Sambal Chicken



0:30
COOKING TIME
烹调时间



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MODE/功能：
QUICK

Ingredients :

600g chicken (chopped into bite-sized pieces)
2 tbsp tamarind paste (mixed with 50 ml water and strained)
150 ml plain yoghurt

Curry paste

(mixed with water) :
2 tbsp meat curry powder
1 tbsp turmeric powder
1 tbsp chili powder

Ground ingredients :

6 shallots
3 cloves garlic
2 thin slices galangal
Spice ingredients :
2 stalks lemon grass (smashed)
1 star anise
2 cm cinnamon stick
1 onion (sliced)

Seasoning :

salt and sugar to taste

材料 :

鸡肉600克 (斩小块)
亚叁膏2汤匙 (以50毫升清水洗出汁)
原味酸奶酪150毫升
咖哩料 : (加水混合)
肉类咖哩粉2汤匙

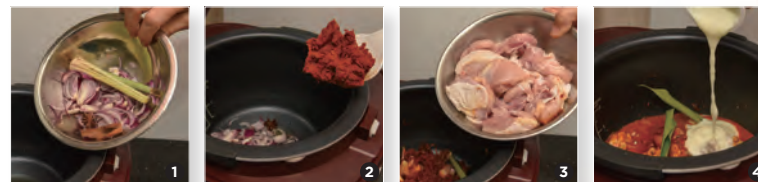
Method :

- 1 Pour 2 tablespoons oil into inner pot of SHARP IH Digital Rice Cooker, press QUICK function to preheat the oil. Add in ground and spices ingredients sauté for 2 minutes. Add in curry paste and sauté for another 2 minutes. (Pic 1-2)
- 2 Once fragrant, add in chicken, stir fry for another 3 minutes. Pour in tamarind juice and close the outer lid. (Pic 3)
- 3 Reset the cooking function by pressing START button for 5 seconds to unlock, then press CANCEL button to reset cooking function.
- 4 Select QUICK function again to begin cooking. Halfway through cooking add yoghurt and seasoning. Close the lid to continue cooking till end of cooking time. (Pic 4)

做法 :

- 1 按 QUICK 功能键把 SHARP IH 电子电饭煲加热。在内锅倒入 2 汤匙油，爆香研磨材料和香料 2 分钟，然后加入咖哩混合物爆香 2 分钟。(图 1-2)
- 2 一旦香味溢出，加入鸡肉翻炒 3 分钟，然后倒入亚叁汁。(图 3)
- 3 盖好，按 START 键 5 秒钟解除安全锁，接着按 CANCEL 键重新设定烹调程序。
- 4 再按 QUICK 键即可开始烹调；中途加入酸奶酪，并以盐和糖调味，然后盖紧，继续煮至完成。(图 4)

STEP



Mutton Curry



1:10
COOKING TIME
烹调时间

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MODE/功能：
MIXED
GRAIN

Ingredients :

550g mutton ribs
(removed fatty streaks
and chopped into
serving pieces)
2 onions (cut into
wedges)
2 stalks lemon glass
3 green chillies (seeded
and sliced)
170g carrot (cut into
wedges)
½ cup tamarind juice
250g tomatoes (diced)
150 ml yoghurt
1 sprig kunyit leaf
(shredded)

Seasoning :

Salt and sugar to taste
1 piece beef stock cube

Spice (A)

(grind into paste) :
1 tbsp turmeric powder
1 tbsp grated ginger
4 shallots
4 pips garlic
2 tbsp chilli powder
2 tbsp coriander powder
1 tsp masala powder

Spice (B) :

1 tsp cumin seeds
2 bay leaves
1 piece mace
1 star anise
4 cloves
4 cardamom pods
1 piece cinnamon stick

Method :

- 1 Press QUICK button to preheat SHARP IH Digital Rice Cooker. Pour 3-4 tbsp oil into inner pot, sauté spice ingredients (A) and (B) for 3 minutes until fragrant.
- 2 Add lemon glass, onion and green chillies, follow by the lamb ribs and carrot, saute for another 3-4 minutes.
- 3 Pour in tamarind juice and add tomatoes. (Pic1- 3)
- 4 Close the outer lid, press START key for 5 seconds to unlock, press CANCEL to reset cooking function.
- 5 Press FUNCTION button to select MIXED GRAIN, press START button to begin cooking.
- 6 Halfway through cooking, add yoghurt, kunyit leaves and seasoning, close lid to continue the cooking process. (Pic 4)

材料 :

羊排550克
(去脂肪斩小块)
大葱2粒 (切瓣)
香茅2棵
青辣椒3条
(去籽切片)
红萝卜170克
(滚刀切)

亚叁汁½杯
番茄250克
(切片)
小葱头4粒
酸奶酪
150毫升
黄姜叶1片
(切丝)

香料A (研磨) :

黄姜粉1汤匙
姜茸1汤匙
小葱头4粒
蒜头4瓣
辣椒粉2汤匙
芫荽粉2汤匙
印度玛莎拉混
合香料粉1茶匙

香料B :

小茴香籽1茶匙
月桂叶2片
肉豆蔻1粒
八角1粒
丁香4粒
柚籽4粒
桂皮1段
调味料 :
细糖和盐适量
牛肉精块1块

做法 :

- 1 按 QUICK 功能键把 SHARP IH 电子饭煲加热。倒入3-4汤匙油,把香料 (A) 和香料 (B) 爆香3分钟。
- 2 加入 香茅、大葱、青辣椒、红萝卜及羊肉,继续爆香3-4分钟。
- 3 注入亚叁汁和番茄,盖好。(图1-3)
- 4 按 START 键5秒钟开启安全锁,然后按 CANCEL 键以重新设定烹调程序。
- 5 按 FUNCTION 功能键,选择 MIXED GRAIN,按 START 钮开始烹调。
- 6 中途加入酸奶酪、黄姜叶及调味料,然后盖紧,继续煮至完成。(图4)

STEP



亚洲
阿叁鱼

Asian Asam Fish




0:30
COOKING TIME
烹调时间


SHARP IH DIGITAL
RICE COOKER
KS-X188-RD


MODE/功能：
QUICK

Ingredients A :

4 pcs mackerel

Ingredients B :

8 lady's fingers

½ onion (cut wedges)

200g long bean

(cut sections)

300g eggplant

(cut wedges)

2 tomatoes (cut wedges)

Ingredients C :

400ml Asam curry paste

2 tsp salt

½ tbsp sugar

100ml water

材料 A :

马鲛鱼4片

材料 B :

羊角豆8条

洋葱半粒 (切块)

长豆200克 (切段)

矮瓜300克 (切块)

番茄2粒 (切块)

材料 C :

阿叁咖喱酱料 400克庄

盐2茶匙

糖½汤匙

清水100毫升

Method :

- 1 Prepare all ingredients and place into inner pot of SHARP IH Digital Rice Cooker accordingly.
- 2 Close the outer lid. Press QUICK button to begin cooking.
- 3 Arrange the dish on serving plate, serve with rice.

做法 :

- 1 将所有材料按照秩序放入 SHARP IH 电子饭煲的内锅，盖紧。
- 2 按 QUICK 功能键，即可启动烹调程序。
- 3 将煮好的阿叁鱼摆盘上桌，配白饭享用。

西式番茄
海鲜汤

Tomato Seafood Soup




0:30
COOKING TIME
烹调时间


SHARP IH DIGITAL
RICE COOKER
KS-X188-RD


MODE/功能：
QUICK

Ingredients A :

½ onion (diced)
2 tomatoes (diced)
5 pips garlic
1 tbsp tomato paste
1 canned tomato puree
(430g)

Ingredients B :

1 tsp black pepper (crushed)
½ tbsp salt
2 tbsp sugar
2 tsp dried oregano
2 tsp chili powder
2 liters water

Ingredients C :

10 pcs prawns
10 pcs clams
10 pcs mussels
1 squid (cut sections)

材料 A :

洋葱½粒 (切丁)
番茄2粒 (切丁)
蒜头5瓣
番茄膏1汤匙
罐头番茄泥 430克

材料 B :

黑胡椒碎1茶匙
盐½汤匙
糖2汤匙
干牛至叶2茶匙
干辣椒粉2茶匙
清水2公升

材料 C :

鲜虾10只
蛤蜊10只
青口10只
墨鱼1只 (切段)

Method :

- 1 Place all ingredients (A) and (B) into inner pot of SHARP IH Digital Rice Cooker. Close the outer lid.
- 2 Press QUICK button to begin cooking.
- 3 Rinse and trim ingredients (C), arrange on the steaming basket.
- 4 Just 8 minutes before completion, open the lid, put in the seafood basket, close the outer lid to continue cooking.
- 5 Stir the seafood and soup well before serving.

做法 :

- 1 将全部材料A和材料B放入 SHARP 电子电饭煲内锅。盖上锅盖。
- 2 按 QUICK 功能键启动烹调程序。
- 3 材料C洗净,放入特备蒸笼中备用。
- 4 当烹调时间剩下8分钟时,打开锅盖,放入海鲜蒸笼,盖上锅盖继续烹煮。
- 5 把海鲜拌入汤中,搅拌均匀即可上桌。

免焗意式
千层面

Bake Free Lasagna



Ingredients A :

10 pcs Lasagna pasta

Ingredients B :

1 jar tomato paste (400g)

1 jar mushroom white sauce (400g)

Ingredients C :

5 sausages (sliced)

1 zucchini (sliced)

300g mozzarella cheese

Method :

- 1 Divide tomato paste and white sauce into 3 portions.
- 2 Pour one portion of tomato paste into basement of SHARP IH Digital Rice Cooker inner pot. Top with 2 sheets lasagna pasta.
- 3 Pour one portion of white sauce over the lasagna pasta, top with sausages and cheese, cover with another 2 sheets of lasagna pasta again
- 4 Pour in tomato paste and layered with zucchini slices, cover with lasagna pasta and white sauce. Repeat steps until all Ingredients used up. Close the outer lid.
- 5 Press FUNCTION button to select STANDARD function, press START button to begin cooking.
- 6 Dislodge lasagna from inner pot once cool, slice and serve.

材料 A :

免煮千层面10片

材料 B :

番茄膏1罐 (400克)

蘑菇白酱1罐 (400克)

材料 C :

香肠5条 (切片)

葫芦瓜1条 (切片)

莫萨里拉芝士300克

做法 :

- 1 番茄膏及蘑菇白酱各分成三等份备用。
- 2 将一份番茄膏倒入 SHARP IH 电子饭煲的内锅, 铺上 两片千层面。
- 3 注入一份蘑菇白酱, 叠上香肠、芝士及两片千层面。
- 4 再倒入一份番茄膏, 铺上葫芦瓜、千层面及白酱。重复做法至材料用完, 盖上锅盖。
- 5 按 FUNCTION 键以选择 STANDARD 功能, 接着按 START 键启动烹调程序。
- 6 待冷却后从内锅扣出意式千层面, 切块上桌。

Stewed Pear In Rose Syrup



Ingredients A :

10 Pears

Ingredients B :

100ml rose syrup
1 stick cinnamon (10g)
5 tbsp sugar
2 liters water

Ingredients C :

Vanilla ice cream

Method :

- 1 Peel pears and soak in salted water to prevent oxidation.
- 2 Place ingredients (A) and (B) into inner pot of SHARP IH Digital Rice Cooker .
- 3 Close the outer lid. Press FUNCTION button to select STANDARD function, next press START button to begin cooking.
- 4 Chill stewed pears in fridge overnight, serve with ice cream.

材料 A :

雪梨10顆

材料 B :

玫瑰糖漿100毫升
桂皮1條 (10克)
白糖5湯匙
清水2公升

材料 C :

冰淇淋適量

做法 :

- 1 將雪梨去皮，浸泡鹽水以防止氧化。
- 2 把材料A及B放入 SHARP IH 電子飯煲的內鍋中，蓋緊。
- 3 按 FUNCTION，選擇 STANDARD 功能，然後按 START 鍵啟動烹調程序。
- 4 炖好的雪梨最好放入雪櫃冷凍隔夜，搭配冰淇淋享用。

绿茶红豆
蛋糕

Green Tea With Red Bean Cake



Ingredients :

150g butter
125g sugar
5 eggs
200g self-raising flour
1½ tbsp green tea powder
2 tbsp fresh milk
70g Japanese cooked red beans

材料：

牛油150克
白糖125克
鸡蛋5粒
自发面粉200克
绿茶粉1½汤匙
鲜奶2汤匙
罐头日本红豆70克

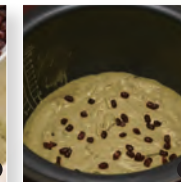
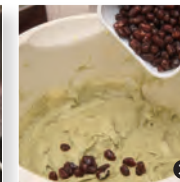
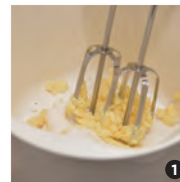
Method :

- 1 Whisk butter with sugar in a mixer until light and fluffy. (Pic 1)
- 2 Add in eggs, 2 at a time. Beating well after each addition.
- 3 Fold in sifted self-raising flour and green tea powder in batches followed by fresh milk. Beat into a smooth batter. (Pic 2)
- 4 Lastly stir in the red beans. (Pic 3)
- 5 Transfer batter into inner pot of SHARP IH Digital Rice Cooker, close the outer lid. (Pic 4)
- 6 Press FUNCTION button to select CAKE function. Press START button to begin baking.

做法：

- 1 用电动搅拌器把牛油和白糖搅拌至松软。(图1)
- 2 分批加入鸡蛋，每次2粒，搅拌均匀。
- 3 分批拌入筛过的自发面粉和绿茶粉，跟着加入鲜奶，搅拌成滑面糊。(图2)
- 4 最后把红豆拌入面糊中。(图3)
- 5 将面糊倒入 SHARP IH 电子饭煲的内锅，盖好。(图4)
- 6 按 FUNCTION 键以选择CAKE 功能，然后按 START键开始烘焙。

STEP



南瓜白果
薏仁糖水

Pumpkin Gingko & Barley Soup



Ingredients :

1kg pumpkin
50g barley
200g fresh ginkgo
3 liters water
400g rock sugar

材料：

南瓜1公斤
薏仁50克
新鲜白果 200克
清水3公升
冰糖400克

Method :

- 1 Wash and soak barley for 15 minutes.
- 2 Peel pumpkin and cut into wedges.
- 3 Place all ingredients into inner pot of SHARP IH Digital Rice Cooker.
- 4 Close the outer lid. Press CONGEE button to start cooking.
- 5 May serve warm or chilled.

做法：

- 1 薏仁洗净，浸泡15分钟。
- 2 南瓜去皮切块。
- 3 将所有材料放入 SHARP IH 电子饭煲的内锅，盖紧。
- 4 按 CONGEE 功能键即可启动烹调程序。
- 5 冷热食用皆宜。