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**CELEBRITY CHEF
AMY BEH**



**CELEBRITY CHEF
DEBBIE TEOH**

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**SHARP
PRESSURE COOKER**
XXXXXXX

甘榜
咖哩鸡Ayam Basah
Kampung

INGREDIENTS:

- 750 g kampung chicken, cut into chunky pieces
- 200 ml thick coconut milk
- 100 ml water
- 3 tbsp oil

SPICE INGREDIENTS A : GROUND

- 3 tbsp chilli paste
- 10 shallots
- 4 cloves garlic
- 1 tbsp turmeric powder

SPICE INGREDIENTS B :

- 2 tbsp kerisik
- 1 turmeric leaf, knotted
- 5 cm ginger, smashed
- 2 green chillies, seeds removed
- 2 kaffir lime leaves
- 2 stalks lemon grass, smashed
- 4 cm galangal, smashed

SEASONING:

- Adequate salt to taste
- 1 tsp soya manis

METHOD:

1. Pour oil into **SHARP Pressure Cooker**. Select **Stir Fry** function, press **Start** button to saute ground spice ingredients A for 2 minutes until aromatic. (pic 1-2)
2. Add spice ingredients B, follow by chicken, coconut milk and water to mix. (pic 3-6)
3. Stir fry for another 3 minutes until fragrant.
4. Close the lid, select **Chicken** function, press **Start** button to cook until the pressure cooker beeps, release pressure and open the lid. (pic 7)
5. Adjust with seasoning to taste and serve. (pic 8)



步骤

STEP

Recipe by
Amy Beh

Cooking Time 烹调时间:

🕒 Stir Fry 拌炒: 5 minutes 分钟 🕒 Chicken 鸡肉: 20 minutes 分钟



材料:

- 菜园鸡750克 (斩大块)
- 浓椰浆200毫升
- 清水100毫升
- 食油3汤匙

香料A: 研磨

- 辣椒泥3汤匙
- 小葱头10粒

- 蒜头4瓣
- 黄姜粉1汤匙

香料B:

- 炒椰丝2汤匙
- 黄姜叶1片 (打结)
- 姜5公分 (拍烂)
- 青辣椒2条 (去籽)
- 疯柑叶2片
- 香茅2枝 (拍烂)
- 蓝姜4公分 (拍烂)

调味料:

- 盐适量
- 马来甜酱油1茶匙

做法:

- 1 在 **SHARP** 气压锅内加油, 选择炒 (Stir Fry) 功能, 按开始 (Start) 键, 把研磨香料A爆香2分钟。(图1-2)
- 2 加入香料B、鸡肉、椰浆及清水拌匀。(图3-6)
- 3 继续拌炒3分钟至香味溢出。
- 4 关上锅盖, 选择鸡肉 (Chicken) 功能, 按开始 (Start) 键煮至哔声响起, 释放气压。(图7)
- 5 打开盖, 加入调味料即可上桌。(图8)



皇家 仁当牛肉

Rendang Tok

INGREDIENTS:

- 700 g beef tenderloin, cut into chunky cubes
- 5 shallots, sliced
- 4 cloves garlic, sliced
- 30 g ginger, shredded
- 200 ml thick coconut milk
- 1 tsp salt
- 2 kaffir lime leaves
- ½ stalk turmeric leaves, knotted

SPICE INGREDIENTS A:

ADD WATER TO COMBINE

- 4 tbsp chili paste
- 2 tbsp coriander powder
- 1 tsp cumin powder
- 1 tsp fennel powder
- ½ tsp ground black pepper

SPICE INGREDIENTS B:

- 8 cardamoms
- 8 cloves
- 5 cm cinnamon stick
- 2 stalks lemon grass, smashed
- 2 star anise
- 2 pieces tamarind skin
- Adequate gula Melaka to taste

METHOD:

1. Marinate beef with sliced shallots, garlic, ginger, ground spice (A), salt and 100 ml thick coconut milk for at least 2 hours. (pic 1-4)
2. Put all marinated beef into **SHARP Pressure Cooker**. (pic 5)
3. Add in Spice (B) to combine followed by kaffir lime leaves and turmeric leaves. (pic 6-7)
4. Add remaining coconut milk, close the lid. Select **Soup/Stew** function, press **Start** button to begin cooking. (pic 8)
5. When pressure cooker beeps, release the pressure and serve.



步骤

STEP



Recipe by
Amy Beh

Cooking Time 烹调时间:

🔥 Stir Fry 拌炒: 5 minutes 分钟 🍲 Stew 炖: 35 minutes 分钟



材料:

- 牛肉700克(切大块)
- 小葱头5粒(切片)
- 蒜头4瓣(切片)
- 姜30克(切丝)
- 浓椰浆200毫升
- 盐1茶匙
- 疯柑叶2片
- 黄姜叶½片(打结)

香料A: 加水混合

- 辣椒泥4汤匙
- 芫荽粉2汤匙
- 小茴香粉1茶匙
- 大茴香粉1茶匙
- 黑胡椒粉½茶匙

香料B:

- 小豆蔻8粒
- 丁香8粒
- 桂皮5公分
- 香茅2枝(拍烂)
- 八角2粒
- 亚三皮2片
- 椰糖适量

做法:

- 1 牛肉先用葱头片、蒜头片、姜丝、香料A、盐及浓椰浆100毫升拌匀腌至少2小时。(图1-4)
- 2 把牛肉混合料放入**SHARP气压锅**内。(图5)
- 3 倒入香料B; 跟着放疯柑叶和黄姜叶。(图6-7)
- 4 倒入剩余椰浆, 盖上锅盖, 选择**汤/炖** (Soup/Stew) 功能, 按**开始** (Start) 键烹调。(图8)
- 5 当哔声响起, 旋转锅盖上的钮以释放气压, 即可上桌。



简易番茄饭

Quick & Easy Tomato Rice

INGREDIENTS:

- 500 g basmati rice, washed & drained in a colander
- 600 g chicken meat, cubed, marinated with 1 tsp salt & pepper
- 3 tbsp ghee

SPICES:

- 5 cm cinnamon stick
- 3 star anise
- 3 cardamoms
- 3 cloves
- 2 knotted pandan leaves

SUB-INGREDIENTS A:

- 2 big onions, sliced
- 2 cloves garlic, sliced
- 10g young ginger, sliced

SUB-INGREDIENTS B:

- 6 tbsp tomato paste
- 80 ml tomato ketchup
- 3 tsp chicken stock granules
- 500 ml water
- 100 ml milk
- Salt to taste

GARNISHING:

- Shallot crisps
- Coriander leaves, sliced

METHOD:

1. Using **SHARP Pressure Cooker**, select **Stir Fry** function; then press **Start** button to heat ghee, toss in the spices and sub-ingredients A, sautéing until onions are caramelized. (pic 1-2)
2. Add in chicken meat, washed basmati rice and sub-ingredients B. Stir thoroughly, close lid & select **Rice/Risotto** function, press **Start** button. The rice will cook automatically to its time. (pic 3-8)
3. Once the machine beeps to signal its done, release the steam button and open the lid.
4. Leave rice to stand for 10 minutes or more before serving.
5. Garnish hot tomato rice with shallot crisps and coriander leaves, serve immediately.



步骤

STEP

Recipe by
Debbie Teoh

Cooking Time 烹调时间:

Stir Fry 拌炒: 5 minutes 分钟 Rice 米饭: 18 minutes 分钟



材料:

- 印度糙米500克 (洗净滴干)
- 鸡肉600克 (以1茶匙盐和少许胡椒粉调味)
- 白油3汤匙

香料:

- 桂皮5公分
- 八角3粒

- 石古仔3粒
- 丁香3粒
- 班兰叶2片 (打结)

配料A:

- 大葱2粒 (切片)
- 蒜头2瓣 (切片)
- 嫩姜10克 (切片)

配料B:

- 番茄膏6汤匙
- 番茄酱80毫升
- 鸡粉3茶匙
- 清水500毫升
- 牛奶100毫升
- 盐适量

装饰:

- 油葱和芫荽叶各适量

做法:

- 1 启动**SHARP**气压锅, 选择炒 (Stir Fry) 功能, 按**开始 (Start)** 键, 放入白油、香料及配料A, 炒至大葱微黄。(图1-2)
- 2 加入鸡肉、洗净的印度糙米及配料B, 炒均后关上盖, 选择**米饭/意大利米 (Rice/Risotto)** 功能, 按**开始 (Start)** 键, 让它自动完成烹调。(图3-8)
- 3 一旦气压锅发出“哔”声时, 即可释放气压以打开锅盖。
- 4 让饭待10分钟后才盛出享用。
- 5 吃时撒入油葱和芫荽。



锅炖牛肉

Beef Chuck
Pot Roast

INGREDIENTS:

- 500 g beef chuck, cut into chunky pieces
- salt and pepper to taste
- 1 tbsp olive oil
- 2 onions, chopped
- 4 cloves garlic, crushed
- 2 bay leaves
- 1 carrot, cut into rounds
- 2 potatoes, cut into wedges
- 1 leek, cut into slices
- 300 ml water

SEASONING:

- 1 tsp salt
- 1 tsp coarse black pepper
- 1 beef cube

METHOD:

1. Rub beef chuck meat with salt and pepper.
2. Pour olive oil into **SHARP Pressure Cooker**, select **Stir Fry** function, press **Start** button to sear chopped onions, garlic, bay leaves and meat until turns brown on all sides. (pic 1-3)
3. Add in carrot, potatoes and leek. (pic 4-5)
4. Pour in water, add in all seasoning. (pic 6)
5. Close the lid, select **Soup/Stew** function, press **Start** to begin cooking until pressure cooker beeps, release the steam and ready to serve. (pic 7-8)



步骤

STEP

Recipe by
Amy Beh

Cooking Time 烹调时间:

Stir Fry 拌炒: 5 minutes 分钟 Soup/Stew 汤/炖: 35 minutes 分钟



材料:

- 牛肩肉500克 (切大块)
- 盐和胡椒粉适量
- 橄榄油1汤匙
- 大葱2粒 (切碎)
- 蒜头4瓣 (拍烂)
- 月桂叶2片

- 红萝卜1条 (切圈)
- 马铃薯2粒 (滚刀切)
- 蒜菜1棵 (切片)
- 清水300毫升

调味料:

- 盐1茶匙
- 粗磨黑胡椒粉1茶匙
- 牛肉精块1块

做法:

- ① 用盐和胡椒粉腌牛肉粒。
- ② 把橄榄油放入**SHARP气压锅**内加热, 选择**炒 (Stir Fry)** 功能, 按**开始 (Start)** 键, 放入洋葱、蒜头、月桂叶及牛肉, 炒至转黄及香。(图1-3)
- ③ 加入红萝卜、马铃薯及蒜菜。(图4-5)
- ④ 倒入清水并加入调味料。(图6)
- ⑤ 盖上锅盖, 选择**汤/炖 (Soup/Stew)** 功能, 按**开始 (Start)** 键, 煮至哔声响起, 释放气压后即可开盖享用。(图7-8)



鹰嘴豆 咖喱

Chana Masala

INGREDIENTS A:

- 2 tbsp Ghee
- 1 tsp cumin seeds
- 2 big onions, chopped
- 3 cloves garlic, chopped
- 3-4 large green chillies, chopped
- 25g ginger, finely chopped

INGREDIENTS B:

- 400 g tomatoes, chopped
- 2 Tbsp tomato paste
- 1 tsp turmeric powder
- 1 tsp chilly powder
- 1 tsp black pepper powder
- 2 tsps coriander powder
- 2 tsps salt
- 2 tsps brown sugar
- 1 tsp garam masala
- 200g chickpeas, washed
- 250 ml water

GARNISHING:

- 1 bunch coriander leaves, chopped
- 2 tsp lemon juice

METHOD:

1. Place ingredients A in **SHARP Pressure Cooker**, select **Stir Fry** function, press **Start** button to saute until onions are caramelized. (pic 1-3)
2. Add in ingredients B immediately; then select **Beans** function, adding more time by pressing **Time Cook** button & + sign to 45 minutes, then press **Start** button. (pic 4-8)
3. Once the machine beeps, release the steam by turning the knob above.
4. Open the lid, swirl some coriander leaves and juice over for a more tangy taste.



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:

🔪 Stir Fry 拌炒: 5 minutes 分钟 🍲 Beans 豆类: 45 minutes 分钟



材料 A:

- 白油2汤匙
- 小茴香1茶匙
- 大葱2粒(切碎)
- 蒜头3瓣(切碎)
- 青辣椒3-4条(切碎)
- 姜25克(切碎)

材料 B:

- 番茄400克(切碎)
- 番茄膏2汤匙
- 黄姜粉1茶匙

- 辣椒粉1茶匙
- 黑胡椒粉1茶匙
- 盐2茶匙
- 芫荽粉2茶匙
- 黄糖2茶匙
- 印度混合香料1茶匙
- 鹰嘴豆200克(洗净)
- 水250毫升

装饰:

- 芫荽1束(切碎)
- 柠檬汁2茶匙

做法:

- 1 把材料A放入**SHARP**气压锅,选择炒(Stir Fry)功能,按开始(Start)键,把大葱爆香至转黄。(图1-3)
- 2 迅速加入材料B;然后选择豆类(Beans)功能,再设定加时:按烹调时间(Time Cook)的+符号,调至45分钟,然后按开始(Start)键。(图4-8)
- 3 一旦自动烹调完成,会有“哔”声响起。
- 4 转动锅盖上的旋转扭,释放气压后才开盖。
- 5 加入芫荽和柠檬汁提味。



印度
扁豆饭

Dhal Rice

INGREDIENTS:

- 300 g Siamese rice
- 150 g lentils, soaked for 1 hour
- 1 tsp cooking oil
- 1 tsp ghee
- 1 onion, chopped
- 2 cm ginger, chopped
- 85 g evaporated milk
- 400 ml water
- 2 pandan leaves
- 2 bay leaves
- 1 tsp salt
- 1 tbsp shallot crisps

SPICES:

- 3 cloves
- 2 cm cinnamon stick
- 1 star anise
- 3 cardamoms

METHOD:

1. Wash rice and drain well.
2. Pour oil and ghee into **SHARP Pressure Cooker**. Select **Stir Fry** function, and then press **Start** button to saute chopped onion and ginger until lightly browned. (pic 1-2)
3. Add spices and fry for 1-2 minutes. (pic 3)
4. Add lentils and fry briefly. Mix in rice. (pic 4-5)
5. Pour in evaporated milk and water. Add pandan leaves, bay leaves and salt. (pic 6)
6. Close the lid. Select **Rice/Rissoto** function, press **Start** button to begin cooking. (pic 7)
7. Release pressure once it beeps, leave rice in the pot for 2-3 minutes before dishing out and top with shallot crisps to serve. (pic 8)



步骤

STEP

Recipe by
Amy Beh

Cooking Time 烹调时间:

🔥 Stir Fry 爆香: 5-8 minutes 分钟 🔥 Rice 米饭: 18 minutes 分钟



材料:

- 暹米300克
- 小扁豆150克 (浸泡1小时)
- 食油1茶匙
- 白油1茶匙
- 大葱1粒 (切碎)
- 姜2公分 (切碎)
- 淡奶85毫升
- 清水400毫升

- 班兰叶2片
- 月桂叶2片
- 盐1茶匙
- 油葱1汤匙

香料:

- 丁香3粒
- 桂皮2公分
- 八角1粒
- 小豆蔻3粒

做法:

- 1 白米洗净滴干备用。
- 2 启动**SHARP**气压锅的炒 (Stir Fry) 功能, 按开始 (Start) 键, 倒入食油和油, 把大葱及姜茸炒至微黄。(图1-2)
- 3 加入香料, 再炒1-2分钟。(图3)
- 4 加入小扁豆, 略炒一会后拌入白米。(图4-5)
- 5 倒入淡奶和清水, 加入班兰叶、月桂叶及盐调味。(图6)
- 6 盖上锅盖, 选择**米饭/意大利米 (Rice/Rissoto)** 功能, 按开始 (Start) 键。(图7)
- 7 一旦哔声响起, 释放气压, 让饭留在锅内继续焖2-3分钟才盛出, 撒上油葱即可享受。(图8)



印度
奶油鸡Indian Butter
Chicken

INGREDIENTS A:

- 1 tbsp butter
- 6 cloves garlic, chopped
- 20g ginger, finely chopped

INGREDIENTS B:

- 400g tomatoes (diced)
- 1 tsp turmeric powder
- 1 tsp cayenne pepper
- 1 tsp red chili powder
- 2 tsp garam masala
- 1 tsp salt or to taste
- 600g chicken meat, cut into 2cm sizes

GARNISHING:

- 125 ml thick cream, non sweetened
- ¼ cup chopped coriander leaves

METHOD:

1. Put ingredients A into **SHARP Pressure Cooker**, select **Stir Fry** function, press **Start** button to sauté until fragrant. (pic 1)
2. Add in ingredients B, stir to mix and then close the lid, select **Chicken** function. (pic 2-4)
3. Reduce the timing by pressing the **Time Cook** button then - [minus] bringing the time down to 10 minutes. (pic 5)
4. Press **Start** button to begin cooking.
5. Once its done, the pressure cooker will beep.
6. Release the steam by turning the pressure knob on top; then open the lid, stir in the cream and cilantro, serve immediately. (pic 6-7)



步骤

STEP

Recipe by
Debbie Teoh

Cooking Time 烹调时间:

Stir Fry 拌炒: 5 minutes 分钟 Chicken 鸡肉: 10 minutes 分钟



材料 A:

- 牛油1汤匙
- 蒜头6瓣 (剁碎)
- 姜20克 (剁碎)

材料 B:

- 番茄400克 (切丁)
- 黄姜粉1茶匙
- 红椒粉1茶匙
- 辣椒粉1茶匙
- 印度混合香料2茶匙
- 盐1茶匙

- 鸡肉600克 (切2公分方块)

装饰:

- 无糖发起奶油 125毫升
- 芫荽叶¼杯

做法:

- ① 把材料A放入**SHARP**气压锅里, 选择炒 (Stir Fry) 功能, 按开始 (Start) 键炒至香。(图1)
- ② 加入材料B, 搅拌均匀然后盖好。选择鸡肉 (Chicken) 功能。(图2-4)
- ③ 按烹调时间 (TimeCook) 按键的 [-] 符号, 把时间减至10分钟。(图5)
- ④ 然后按开始 (Start) 键。
- ⑤ 一旦完成烹调, 气压锅会发出“哔”声。
- ⑥ 转动锅盖上的旋转扭, 释放气压后才开盖, 放入发起奶油和芫荽叶即可。(图6-7)



印度
咖哩鸡肉Chicken
Vindaloo

INGREDIENTS:

- 800 g chicken, chopped
- 6 tbsp cooking oil
- 100 ml white vinegar
- 1 tsp salt or to taste
- 1500 ml water

SPICES INGREDIENTS A:

GROUND

- 12 shallots
- 8 cloves garlic
- 2 cm ginger

SPICES INGREDIENTS B:

- 3 tbsp chili paste
- 1 tbsp cumin powder
- 2 tsp mustard seeds
- 4 shallots, sliced
- 3 cloves garlic, sliced
- 2 cm ginger, sliced

METHOD:

1. Pour oil in **SHARP Pressure Cooker**. Select **Stir Fry** function, press **Start** button to saute ground spices A until aromatic. (pic 1-2)
2. Add spices B and continue to sauté until fragrant. (pic 3)
3. Add chicken followed by vinegar and salt. Stir to mix well. (pic 4-5)
4. Pour in water, close the lid, select **Chicken** function, press **Start** button to begin cooking. (pic 6-8)
5. Release the pressure once the pressure cooker beeps. Ready to serve.



步骤

STEP

Recipe by
Amy Beh

Cooking Time 烹调时间:

🕒 Stir Fry 拌炒: 5 minutes 分钟 🕒 Chicken 鸡肉: 20 minutes 分钟



材料:

- 鸡肉800克 (砍小块)
- 食油6汤匙
- 白醋100毫升
- 盐1茶匙
- 清水1500毫升

香料A: 研磨

- 小葱头12粒
- 蒜头8瓣
- 姜2公分

香料B:

- 辣椒泥3汤匙
- 小茴香粉1汤匙
- 菜籽2茶匙
- 小葱头4粒 (切片)
- 蒜头3瓣 (切片)
- 姜2公分 (切片)

做法:

- 1 在**SHARP气压锅**内倒入油, 选择炒 (Stir Fry) 功能, 按**开始** (Start) 键热油, 加入研磨香料A炒至香。(图1-2)
- 2 加入香料B, 继续炒至香。(图3)
- 3 依次加入鸡肉、醋及盐, 炒均。(图4-5)
- 4 倒入清水, 盖上锅盖, 选择**鸡肉** (Chicken) 功能, 按**开始** (Start) 键, 煮至哔声响起。(图6-8)
- 5 转动锅盖上的旋转钮以释放气压, 开盖即可享用。



烩辛辣羊肉

Stewed Spiced Mutton

INGREDIENTS:

- 700 g mutton, cut into thick slices
- 150 ml evaporated milk + ½ lime juice
- 2 tbsp cooking oil
- 2 shallots, sliced
- 2 cloves garlic, sliced
- 10 g ginger, shredded
- 5 potatoes, halved
- 1 tomato, halved
- 2 tbsp asam jawa + 100 ml water (juice extracted)

SPICE INGREDIENTS A: MIXED

- 3 tbsp chili paste
- 2 tbsp coriander powder
- ½ tsp fennel powder
- 1 tsp cumin powder

SPICE INGREDIENTS B:

- 3 cardamoms
- 3 cloves
- 2 cm cinnamon stick
- 1 tsp mustard seeds

SEASONING:

Adequate salt and sugar to taste

METHOD:

1. Prepare yoghurt by mixing evaporated milk with lime juice, set aside. (pic 1)
2. In **SHARP Pressure Cooker**, turn on **Stir Fry** function, press **Start** button to saute shallots, garlics, ginger and spice ingredients A with cooking oil for 1–2 minutes. (pic 2-4)
3. Add in mutton together with spice ingredients B. Stir for another 1–2 minutes until fragrant. (pic 5)
4. Put in potatoes and tomatoes, pour in asam jawa juice followed by the prepared yoghurt. (pic 6)
5. Close the lid, select **Stew** function, press **Start** button to begin cooking until pressure cooker beeps, release pressure, open the lid and adjust with seasoning to taste. (pic 7-8)



步骤

STEP



Recipe by
Amy Beh

Cooking Time 烹调时间:

🔥 Stir Fry 爆香: 5 minutes 分钟 🔥 Stew 炖: 35 minutes 分钟



材料:

- 羊肉700克 (切厚片)
- 淡奶150毫升 + 酸柑 ½ 粒
- 食油2汤匙
- 小葱头2粒 (切片)
- 蒜头2瓣 (切片)
- 姜10克 (切丝)
- 马铃薯5粒 (切半)
- 番茄1粒 (切半)

- 亚三膏2汤匙 (加100毫升清水稀释, 过滤)

香料A: 混合

- 辣椒泥3汤匙
- 芫荽粉2汤匙
- 小茴香粉 ½ 茶匙
- 大茴香粉1茶匙

香料B:

- 小豆蔻3粒
- 丁香3粒
- 桂皮2公分
- 菜籽1茶匙

调味料:

- 盐与糖 各适量

做法:

- ① 把淡奶和酸柑汁混合, 放置一旁待成优葛。(图1)
- ② 把香料A和油放入**SHARP**气压锅内, 选择炒 (Stir Fry) 功能, 按**开始** (Start) 键炒1-2分钟。(图2-4)
- ③ 加入羊肉及香料B, 再炒1-2分钟至香味溢出。(图5)
- ④ 加入番茄和马铃薯, 倒入亚三汁和之前准备的优葛, 盖好。(图6)
- ⑤ 选择**汤/炖** (Soup/Stew) 功能, 按**开始** (Start) 键, 煮至哔声响起, 释放气压, 开盖, 加盐和糖调味即可。(图7-8)



白胡椒 羊骨茶

White Pepper Lamb Kut Teh

INGREDIENTS:

- 1 packet premixed bah kut teh stock bag (store-bought)
- 1 sachet of premixed white pepper stock bag (store-bought)
- 700 g meaty lamb ribs, cut into 5 cm lengths
- 5 dried Chinese mushrooms, soaked to soften
- 2 whole smoked garlic bulbs
- 1.2 litres water

ADDITIONAL SPICES ~ (TIED IN A MUSLIN BAG):

- 1 whole star anise
- 4 cm cinnamon stick
- 5 cloves
- 15 g tong kwai

SUB-INGREDIENTS:

- 3 bean curd puffs (cut into halves)
- 4 fresh shiitake mushrooms
- 1 packet fresh enoki mushrooms

SEASONING:

- 4 tbsp light soy sauce
- Adequate salt to taste
- 10 g rock sugar

METHOD:

1. Place all premixed stock bags into **SHARP Pressure Cooker**. (pic 1)
2. Put in additional spices bag, lamb ribs and all remaining ingredients. (pic 2-3)
3. Pour in water and close the lid. (pic 4)
4. Select **Soup/Stew** function, press **Start** button to begin cooking. Once the pressure cooker beeps, release its pressure to open the lid. (pic 5)
5. Add in sub-ingredients and seasoning, adjust taste. (pic 6)
6. Select **Soup/Stew** function, press **Start** button again to cook for 5 minutes with lid open. Ready to serve. (pic 7)



步骤

STEP

Recipe by
Amy Beh

Cooking Time 烹调时间:

Stir Fry 拌炒: 5 minutes 分钟
 Soup/Stew 汤/炖: 35+5 minutes 分钟



材料:

- 现买肉骨茶汤包1包
- 现买胡椒汤料½包
- 羊肉排700克 (斩5公分长)
- 香菇5朵 (浸泡至软)
- 大蒜2大粒
- 清水1.2公升

额外香料: 放入纱布袋

- 八角1粒
- 桂皮4公分
- 丁香5粒
- 当归15克

配料:

- 萝卜3粒 (切半)
- 鲜香菇4粒
- 松菇1包

调味料:

- 酱油4汤匙
- 盐适量
- 冰糖10克

做法:

- 1 在 **SHARP气压锅** 内放入肉骨茶及胡椒汤包。(图1)
- 2 加入额外香料包、羊排骨和剩余材料。(图2-3)
- 3 倒入清水, 盖好锅盖。(图4)
- 4 选择**汤/炖** (Soup/Stew) 功能, 按**开始** (Start) 键煮至哔声响起, 转动锅盖上的旋转钮以释放气压。(图5)
- 5 打开锅盖, 加入配料和调味料。(图6)
- 6 开着锅盖, 再选择**汤/炖** (Soup/Stew) 功能, 按**开始** (Start) 键继续煮5分钟即可上桌。(图7)



开胃 黑醋鸡

Chicken In Tasty Black Vinegar Sauce

INGREDIENTS:

- 800 g chicken, cut into chunky pieces
- 1 tbsp sesame oil
- 1 tbsp soya bean paste
- 155 g old ginger (bruised)
- 5 unpeeled shallots
- 3 stalk dried chilies
- 150 ml Chinese black vinegar
- 500 ml water

SEASONING:

- 1 tsp thick soy sauce
- 3 tbsp brown sugar
- Salt to taste
- 1 tbsp chicken stock granules

METHOD:

1. Put ginger and shallots followed by sesame oil into **SHARP Pressure Cooker**. Select **Stir Fry** function, press **Start** to saute for 1-2 minutes until fragrant. (pic1-3)
2. Add in soya bean paste. (pic 4)
3. Put in chicken and dried red chilies. (pic 5)
4. Pour in black vinegar, water and all seasoning. (pic 6-7)
5. Close the lid, select **Soup/Stew** function, press **Start** button to begin cooking. (pic 8)
6. Release the pressure once it beeps. Ready to serve.



步骤

STEP



Recipe by
Amy Beh

Cooking Time 烹调时间:

🔥 Stir Fry 拌炒: 5 minutes 分钟 🔥 Stew 炖: 35 minutes 分钟



材料:

- 鸡肉800克(砍小块)
- 麻油1汤匙
- 豆酱1汤匙
- 老姜155克(拍碎)
- 小葱头5粒(保留原粒)
- 辣椒干3条
- 黑醋150毫升
- 清水500毫升

调味料:

- 黑酱油1茶匙
- 黄糖3汤匙
- 盐适量
- 鸡精粉1汤匙

做法:

- 1 把姜、葱头及麻油放入 **SHARP** 气压锅内, 选择炒 (Stir Fry) 功能, 按 **开始 (Start)** 键炒1-2分钟至香。(图1-3)
- 2 加入豆酱继续爆香。(图4)
- 3 放入鸡块和辣椒干, 再炒2分钟。(图5)
- 4 倒入黑醋和清水, 然后加入全部调味料。(图6-7)
- 5 盖上锅盖, 选择 **汤/炖 (Soup/Stew)** 功能, 按 **开始 (Start)** 键煮至哔声响起。
- 6 旋转锅盖上的钮, 释放完气压即可上桌。(图8)



中式牛尾蔬菜汤

Oriental Oxtail & Vegetable Stew

INGREDIENTS:

- 1 set oxtail (approx. 1kg, cut into 6 cm pieces)
- 2 tbsp plain flour
- 800 ml water

SPICES:

- 20 g galangal
- 20 g ginger
- 5 cm cinnamon stick
- 1 tbsp black peppercorns
- Small piece dried mandarin peel
- 2 bay leaf
- 4 cloves
- 1 sprig Chinese parsley

VEGETABLES:

- 2 onions, cut into wedges
- 2 cloves garlic, crushed
- 120 g carrot, roll cut into wedges
- 60 g leek (white part only), sliced
- 300 g white raddish, roll cut into wedges
- 2 tomatoes, quartered
- 1 stalk celery, cut sections

SEASONING:

- 1 tsp salt
- 1 tbsp light soy sauce
- ¼ tsp dark soy sauce
- 1 tbsp rock sugar
- 1 beef stock cube

METHOD:

1. Blanch oxtail briefly in boiling water. Rinse and drain in running tap water until clean. (pic 1)
2. Season oxtail with plain flour. Put aside. (pic 2)
3. Place butter in **SHARP Pressure Cooker**, select **Stir Fry** function, press **Start** button to melt the butter. Once hot enough add in seasoned oxtail, fry for 1-2 minutes. (pic 3-4)
4. Add in all spices and all vegetables. (pic 5-6)
5. Pour in water and add seasoning to taste. (pic 7)
6. Close the Lid. Select **Soup/Stew** function. Press **Start** to begin cooking. (pic 8)
7. Once the pressure cooker beeps, release the steam to open the lid, serve whilst hot.



步骤

STEP

Recipe by
Amy Beh

Cooking Time 烹调时间:

🔥 Stir Fry 拌炒: 5 minutes 分钟 🍲 Stew 炖: 35 minutes 分钟



材料:

- 牛尾1条 (约1公斤, 切6公分长)
- 普通面粉2汤匙
- 清水800毫升

香料:

- 蓝姜20克
- 姜20克
- 桂皮5公分
- 黑胡椒粒1茶匙
- 陈皮1小片
- 月桂叶2片
- 丁香4粒
- 芫荽1束

蔬菜:

- 大葱2粒 (切块)
- 蒜头2瓣 (拍烂)
- 红萝卜120克 (滚刀切)
- 蒜菜60克 (白色部分, 切片)
- 白萝卜300克 (滚刀切)
- 番茄2粒 (一开四)
- 西芹1枝 (切段)

调味料:

- 盐1茶匙
- 酱油1汤匙
- 黑酱油¼茶匙
- 冰糖1汤匙
- 牛精粉1方块

做法:

- ① 以滚水川烫牛尾, 然后在水龙头下洗净滤干。(图1)
- ② 将牛尾撒上面粉, 拌匀。(图2)
- ③ 把牛油放入 **SHARP气压锅** 内, 选择炒 (Stir Fry) 功能, 按 **开始 (Start)** 键, 锅热时加入牛尾, 拌炒1-2分钟。(图3-4)
- ④ 加入所有香料和蔬菜。(图5-6)
- ⑤ 倒入清水和调味料。(图7)
- ⑥ 把气压锅盖盖好, 选择汤/炖 (Soup / Stew) 功能, 按 **开始 (Start)** 键, 煮至哔声响起。(图8)
- ⑦ 待气压释放完毕, 即可开盖, 趁热上桌。



子姜鸭

Braised Yong
Ginger Duck

INGREDIENTS:

- 1 kg duck, clean and cut into big chunky pieces
- 150 g young ginger, sliced thinly
- 5 cloves garlic, sliced
- 1 tbsp sesame oil
- 2 tbsp Chinese cooking wine (optional)
- 2 tbsp soya beanpaste (tau cheong)
- 1 ½ tbsp oyster sauce
- 2 tbsp crystal rock sugar or to taste
- ½ tsp thick soy sauce
- 250 ml water

THICKENING:

- 2 tsp corn flour mixed with 2 tbsp water

METHOD:

1. In **SHARP Pressure Cooker**, turn on **Stir Fry** function, press **Start** button to sauté ginger and garlic for a while. (pic 1-2)
2. Add sesame oil and soy bean paste. Stir fry until aromatic for 1-2 minutes. (pic 3)
3. Add in duckmeat, oyster sauce, rock sugar and thick soy sauce, follow with Chinese cooking wine, stir fry to mix for 2 minutes. (pic 4-5)
4. Pour in water and close the lid. (pic 6)
5. Select **Chicken** function, press **Start** button to begin cooking. (pic 7)
6. Once the pressure cooker beeps, release its steam, open the lid and adjust with thickening to the gravy. (pic 8)



步骤

STEP

Recipe by
Amy Beh

Cooking Time 烹调时间:

Stir Fry 拌炒: 5 minutes 分钟 Chicken 鸡肉: 20 minutes 分钟



材料:

- 鸭肉1公斤 (洗净斩大块)
- 嫩姜150克 (切薄片)
- 蒜头5瓣 (切片)
- 麻油1汤匙
- 豆酱2汤匙
- 蚝油1½汤匙
- 花雕酒2汤匙 (随意)
- 黑酱油½汤匙

- 水晶冰糖2汤匙
- 清水250毫升

勾芡:

- 生粉2茶匙 + 清水2汤匙 (混合)

做法:

1. 把姜片和蒜头放入 **SHARP** 气压锅内; 选择炒 (Stir Fry) 功能, 按开始 (Start) 键炒片刻至香。(图1-2)
2. 加入麻油及豆酱炒1-2分钟。(图3)
3. 加入鸭肉、蚝油、冰糖和黑酱油, 跟着下花雕酒, 再炒1-2分钟。(图4-5)
4. 倒入清水, 盖上锅盖。(图6)
5. 选择**鸡肉** (Chicken) 功能, 按开始 (Start) 键启动烹调程序。(图7)
6. 一旦气压锅发出“哔”声, 即可释放气压, 开盖, 加入生粉水勾芡。(图8)



特色糯米鸡

Chicken Glutinous Rice (Lor Mai Kai)

INGREDIENTS :

- 2 cups glutinous rice, rinsed
- 1 tbsp chopped garlic
- 1 tbsp chopped shallots
- 150 g deboned chicken thigh, cubed
- 4 dried Chinese mushrooms, soaked until soften
- 1 tbsp oil
- 1 tbsp sesame oil

SEASONING (A) :

- ¼ tsp thick soy sauce
- ¼ tsp five spice powder
- ½ tsp salt
- 1 tsp sesame oil
- 1 tbsp Chinese rice wine
- 1 tbsp ginger juice
- 1 tbsp oyster sauce
- ¼ tsp pepper
- 1 tbsp corn flour

SEASONING (B) :

- 2 tbsp light soy sauce
- 1 tsp dark soy sauce
- ½ tsp Chinese Five Spice powder
- 1 tbsp chicken stock powder
- 1 cup water
- 4 stainless steel bowls

METHOD :

1. Marinate chicken and mushrooms with seasoning (A) for 10 minutes. (pic 1)
2. Heat sesame oil in **SHARP Pressure Cooker** by pressing **Stir Fry** function follow by **Start** button to saute chopped garlic and shallots until fragrant and lightly golden.
3. Add in marinated chicken and mushroom, fry for 1-2 minutes, dish out and put aside. (pic 2-3)
4. Heat cooking oil in the same inner pot, put in glutinous rice followed by seasoning (B), stir to mix. (pic 4)
5. Close the lid, select **Risotto/Rice** function, press **Start** button to begin cooking until pressure cooker beeps, release the pressure. (pic 5)
6. Put a piece of mushroom and a piece of chicken on the base of each stainless steel bowl and spoon in some gravy, fill up cooked glutinous rice to the brim. (pic 6-7)
7. Put a rack in the inner pot of **SHARP Pressure Cooker**. Pour in water, make sure water level is below the rack. Arrange the 4 bowls of Lor Mai Kai sitting on the rack. (pic 8)
8. Select **Steam** function, press **Start** button to begin steaming process.



步骤

STEP



Recipe by
Amy Beh

Cooking Time 烹调时间 :

- Stir Fry 拌炒 : 5 minutes 分钟
- Rice 米饭 : 15 minutes 分钟
- Steam 蒸 : 8 minutes 分钟



材料 :

- 糯米2杯 (洗净滤干)
- 蒜茸1汤匙
- 小葱头茸1汤匙
- 去骨鸡腿肉150克 (切块)
- 香菇4朵 (浸泡至软)
- 食油1汤匙
- 麻油1汤匙
- 清水1杯

调味料A :

- 黑酱油¼茶匙
- 五香粉¼茶匙

- 盐½茶匙
- 麻油1茶匙
- 米酒1汤匙
- 姜汁1汤匙
- 胡椒粉¼茶匙
- 生粉1汤匙

调味料B :

- 酱油2汤匙
- 黑酱油1茶匙
- 五香粉½茶匙
- 鸡粉1汤匙

* 钢碗4个

做法 :

- 1 用调味料A腌鸡肉及香菇10分钟。(图1)
- 2 在**SHARP气压锅**内放麻油, 然后选择**炒 (Stir Fry)** 功能, 按**开始 (Start)** 键, 把蒜头和葱头炒至香和微黄。(图2)
- 3 加入腌鸡肉及香菇, 炒1-2分钟, 然后盛出置放一旁。(图3)
- 4 用同一个内锅热食油, 倒入糯米和调味料B, 炒匀。(图4)
- 5 选择**米饭 (Rice / Risotto)** 功能, 按**开始 (Start)** 键烹调。(图5)
- 6 准备四个小钢碗, 底层放一朵香菇和一块鸡肉, 然后淋上少许汁, 铺上糯米饭。(图6-7)
- 7 在**SHARP气压锅**内加清水, 放入蒸架, 确保水位低于蒸架, 然后把四碗糯米鸡排在蒸架上。(图8)
- 8 选择**蒸 (Steam)** 功能, 按**开始 (Start)** 键蒸8分钟。



韩国参鸡汤

Samgyetang (Korean Ginseng Chicken Soup)

INGREDIENTS :

- 2 ~ 2.5 kg whole chicken, trim and clean
- ¼ cup risotto rice, rinsed
- 2 stalks spring onion, knotted
- 3 cloves garlic, keep whole
- 2 cloves garlic, smashed
- 5 red dates
- 2 stalks spring onion, cut into 4 cm sections
- 1 med-sized dried ginseng, soaked for 1 hour
- 1 packet store-bought sangyetang ingredients
- 6 cups chicken stock

SEASONING :

- Adequate salt to taste
- Ginseng wine to taste (optional)

METHOD :

1. Stuff risotto rice, knotted spring onion, garlic cloves and dates into cavity of chicken, secure with satay skewer. (pic 1-3)
2. Place the stuffed chicken into the **SHARP Pressure Cooker** with the breast side up. (pic 4)
3. Put in cut spring onions, sangyetang ingredients and dried ginseng. (pic 5)
4. Pour chicken broth into the pot. Close the lid. (pic 6)
5. Select **Soup/Steam** function, press **Start** button and cook until pressure cooker beeps, release pressure by turning the knob on the lid. (pic 7)
6. Season with salt and Ginseng wine to taste before serving. (pic 8)



步骤

STEP



Recipe by
Amy Beh

Cooking Time 烹调时间:

🕒 Soup 汤: 35 minutes 分钟



材料:

- 全鸡1只 (约2-2.5公斤处理干净)
- 意大利米¼杯 (洗净)
- 青葱2棵 (打结)
- 蒜头3瓣 (保留原粒)
- 蒜头2瓣 (拍烂)
- 红枣5粒
- 青葱2棵 (切4公分长段)

- 中型干人参1棵 (浸泡1小时)
- 现买韩国鸡汤料1包
- 鸡高汤6杯

调味料:

- 盐适量
- 人参酒适量 (随意)

做法:

- 1 把洗净的米、青葱结、蒜头及红枣塞入鸡腹内, 用竹枝固定好。(图1-3)
- 2 把处理好的鸡, 鸡腹朝上放入**SHARP气压锅**内。(图4)
- 3 加入青葱段、韩国鸡汤料包及人参。(图5)
- 4 倒入鸡高汤, 关上锅盖。(图6)
- 5 选择**汤/炖 (Soup/Stew)** 功能, 按**开始 (Start)** 键, 煮至哔声响起, 转动钮轮释放气压。(图7)
- 6 加适量盐、人参酒调味即可上桌。(图8)



台湾牛肉面

Taiwanese Beef Noodles

INGREDIENTS A:

- 1 kg beef shank, cut into 2.5cm cubes
- 1.8 litres water

INGREDIENTS B:

- 5cm ginger, skinned & smashed
- 5 cloves garlic
- 3 stalks scallions, cut sections
- 1 big onion, wedged
- 1 tomato, wedged
- 4 stalks dried chillies, cut sections

SPICES: TIED IN SPICE BAG

- 1 star anise
- 2 bay leaves
- 1 tsp coriander seeds
- 3 Tbsp Sichuan peppercorns
- ½ tsp Chinese 5 spice powder
- ¼ tsp black pepper

SEASONING:

- 1 tbsp tomato paste
- 3 tbsp spicy soy bean paste
- 2 tsps sugar
- 125 ml light soya sauce
- salt to taste

SUB-INGREDIENTS: SCALDED ALL

- Egg noodles
- Green vege

GARNISHING:

- Coriander leaves
- Spring onions, shredded

METHOD:

1. Sauté ingredients B and spices in **SHARP Pressure Cooker** using the **Stir Fry** functions until fragrant. (pic 1-4)
2. Add in ingredients A and seasoning. Cover lid and select **Soup / Stew** function, press **Start** to begin cooking. (pic 5-7)
3. Once the pressure cooker beeps; release the steam by turning the knob above to open lid.
4. Ladle hot broth over noodles and vege, garnish with coriander leaves and spring onions. (pic 8)



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:

🔥 Stir Fry 拌炒: 5 minutes 分钟 🍲 Soup/Stew 汤/炖: 35 minutes 分钟



材料 A:

- 牛腿肉1公斤 (切2.5公分方块)
- 清水1.8公升

材料 B:

- 姜5公分 (去皮拍烂)
- 蒜头5瓣
- 青葱3棵 (切段)
- 大葱1粒 (切瓣)
- 番茄1粒 (切瓣)
- 辣椒干4条 (剪段)

香料包: (放入砂布袋)

- 八角1粒
- 月桂叶2片
- 芫荽籽1茶匙
- 花椒3汤匙
- 五香粉½茶匙
- 黑胡椒粉¼茶匙

调味料:

- 番茄膏1汤匙
- 辣豆瓣酱3汤匙
- 白糖2茶匙

- 酱油125毫升
- 盐适量

配料: (全烫熟)

- 蛋面
- 小白菜

装饰:

- 芫荽
- 青葱丝

做法:

- 1 在**SHARP**气压锅放入材料B及香料包, 选择炒 (Stir Fry)功能, 按**开始 (Start)** 键炒至香味溢出。(图1-4)
- 2 加入材料A及调味料, 选择**汤/炖 (Soup/Stew)** 功能, 按**开始 (Start)** 键。(图5-7)
- 3 一旦气压锅发出“咩”声时, 即可转动锅盖上的旋转扭, 释放气压。
- 4 开盖, 把汤淋在面条及青菜上, 再以芫荽及青葱装饰即可。(图8)



泰式 柠檬蒸鱼

Thai-Style Steam Lemon Fish

INGREDIENTS:

- 1 whole Garoupa fish, about 600 g, gutted and cleaned

SAUCE INGREDIENTS:

- 2 tbsp fine palm sugar
- 8 tbsp lime juice
- 4 tbsp fish sauce
- ½ tsp chicken stock granules
- 8 cloves of garlic, chopped
- 6 bird's eye chillies, finely chopped
- 6 sprigs coriander roots, chopped
- 1 stalk lemon grass, finely pounded

GARNISHING:

- Extra coriander leaves

METHOD:

1. Combine the sauce ingredients in a bowl, adjusting salt & sugar to taste. (pic 1-3)
2. Place cleaned fish on a plate.
3. Using **SHARP Pressure Cooker**, pour some water into the pressure cooker pot & place the rack over making sure the water is not covering the rack. (pic 4-6)
4. Place fish with its plate on the rack.
5. Close lid, select **Fish Steam** function and press **Start** button. (pic 7-8)
6. Cook until the machine beeps; release the steam by turning the knob above to open lid and take out the fish.
7. Combine the drippings of the fish with the sauce ingredients and pour over the fish.
8. Garnish with freshly chopped coriander leaves and serve immediately.



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:

Fish Steam 蒸鱼: 10 minutes 分钟



材料:

- 石斑鱼1条 (约600克, 处理干净)

酱汁材料:

- 细黄糖2汤匙
- 酸柑汁8汤匙
- 鱼露4汤匙
- 鸡精粉½茶匙
- 蒜头8瓣 (剁碎)

- 指天椒6条 (剁碎)
- 芫荽根部6棵 (剁碎)
- 香茅1枝 (棒烂)

装饰:

- 额外芫荽叶 (剁碎)

做法:

- 1 把所有酱汁材料混合, 以盐和糖调味。(图1-3)
- 2 将鱼摆入耐热蒸盘里。
- 3 在**SHARP气压锅**里倒入一些水, 然后放入铁架, 并确保水不会淹没铁架。(图4-6)
- 4 把鱼连碟子放在铁架上。
- 5 关上盖, 选择**蒸鱼 (Fish Steam)**功能, 然后按**开始 (Start)**键。(图7-8)
- 6 一旦气压锅发出“哔”声时, 即可转动锅盖上的旋转扭, 释放气压以打开锅盖, 取出鱼。
- 7 把蒸鱼汁和酱汁混合, 淋在鱼身上。
- 8 撒上芫荽叶装饰, 趁热上桌。



印尼烤鸡

Indonesian Ayam Percik

INGREDIENTS:

- 3 large chicken whole legs

SPICE PASTE INGREDIENTS:

- 10 dried chillies, washed, soaked & cut sections
- 12 stalks bird's eye chillies
- 100g shallots
- 1 whole garlic
- 20 g fresh turmeric, skinned
- 1 tsp shrimp paste "belachan"

SUB-INGREDIENTS:

- 250 ml thick coconut milk
- 1 piece tamarind peel "assam keping"
- 6 biji halba (fenugreek)
- 1 tsp salt
- 2-3 Tbsp sugar

DIPPING SAUCE: (MIXED)

- 10 chili padi, pounded
- 60 ml dark soya sauce
- 60 ml water
- juice of 4 calamansi

METHOD:

1. Marinate chicken whole legs with some salt & set aside.
2. Using an electric blender, finely grind spice paste ingredients. (pic 1)
3. Pour spice paste into **SHARP Pressure Cooker** pot, select **Stir Fry** function, press **Start** button to sauté spice paste until fragrant, then add in all sub-ingredients. (pic 2-4)
4. Put in chicken & select **Chicken** function, press **Start** button and let it cook until pressure cooker beeps. Release the steam, then open the lid. (pic 5-6)
5. Select **Chicken** function again, press **Start** button to let the gravy reduce down leaving the lid open.
6. Once gravy is thick, serve ayam percik with dipping sauce.



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:

🔥 Stir Fry 拌炒: 5 minutes分钟 🐔 Chicken 鸡肉: 20+10 minutes分钟



材料:

- 鸡全腿3个

香料:

- 辣椒干10条 (浸泡剪段)
- 指天椒12条
- 小葱头100克
- 蒜头1整粒
- 黄姜20克 (去皮)
- 峇拉煎1茶匙

配料:

- 椰浆头250毫升
- 亚答皮1片
- 葫芦巴籽6粒
- 盐1茶匙
- 白糖2-3汤匙

蘸酱:

- 指天椒10条 (椿烂)
- 黑酱油60毫升
- 清水60毫升
- 桔子汁4粒

做法:

- 1 鸡腿以少许盐腌好备用。
- 2 用电动搅拌器把香料研磨至细。(图1)
- 3 把香料放入**SHARP气压锅**里, 选择炒(Stir Fry)功能, 按开始(Start)键, 把香料炒至香; 然后加入所有配料。(图2-4)
- 4 放入鸡腿, 选择**鸡肉**(Chicken)功能, 按开始(Start)键煮至气压锅发出“哔”声。释放气压, 打开锅盖。(图5-6)
- 5 这时再选择**鸡肉**(Chicken)功能, 按开始(Start)键, 开着盖煮至汤汁浓稠, 即可取出鸡肉享用。



印尼 苏多米粉

Indonesian Soto Meehoon

INGREDIENTS A:

- 5-6 Tbsp cooking oil
- 300 g vermicelli, scalded
- 1 cup beansprouts, scalded

INGREDIENTS B:

- 1.5 liters water
- 600g chicken breast meat
- 1 tsp salt or to taste
- 1 tsp chicken stock granules

GROUND INGREDIENTS:

- 10 shallots
- 5 cloves garlic
- 15 g ginger
- 2 candlenuts
- 10g turmeric

SPICE INGREDIENTS:

- 20 g "rempah sup powder"
- 2 stalks lemon grass, bruised
- 2.5 cm cinnamon stick
- 3 star anise

TOPPING INGREDIENTS:

- 1 bunch coriander leaves, sliced
- 1 bunch spring onions, sliced
- Shallot crisps
- Hardboiled egg

DIPPING SAUCE: (MIXED)

- 10 chili padi (pounded)
- 60 ml dark soya sauce
- 60 ml water
- juice of 4 calamansi

METHOD:

1. Add oil in **SHARP Pressure Cooker**, select **Stir Fry** function, press **Start** button to sauté ground ingredients until aromatic before adding spice ingredients. (pic 1-5)
2. Add in ingredients B and cover lid. Select **Chicken** function, reduce the cooking time to 10 minutes by pressing the **Time Cook** button and minus [-]. Press **Start** button to begin cooking. (pic 6-8)
3. Once the machine beeps, release the Steam, open the lid, remove chicken and set aside to cool, before shredding chicken meat.

To serve:

Ladle hot soup in bowl over vermicelli noodles and bean sprouts; top with shallot crisps, coriander leaves & spring onions; serve with accompanying sauce.



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:

Stir Fry 拌炒: 5 minutes 分钟 Chicken 鸡肉: 10 minutes 分钟



材料 A:

- 食油5-6汤匙
- 米粉300克, 烫熟
- 豆芽1杯, 烫熟

材料 B:

- 清水1.5公升
- 鸡胸肉600克
- 盐1茶匙或适量
- 鸡精粉1茶匙

研磨材料:

- 小葱头10粒
- 蒜头5瓣
- 姜15克
- 石古仔2粒
- 黄姜10克

香料:

- 马来混合香料粉 20克
- 香茅2枝(拍烂)
- 桂皮2.5公分
- 八角3粒

装饰:

- 芫荽1束(切细)
- 青葱1束(切细)
- 炸油葱适量
- 水煮蛋

蘸酱: 混合

- 指天椒10条(椿烂)
- 黑酱油60毫升
- 清水60毫升
- 桔子汁(4粒)

做法:

- 1 把油放入**SHARP**气压锅里, 选择炒(Stir Fry)功能, 按**开始**(Start)键, 爆香研磨材料后加入香料炒香。(图1-5)
- 2 跟着加入材料 B, 盖好, 选择**鸡肉**(Chicken)功能, 再选择**烹调时间**(Time Cook)按键的[-]符号, 把烹调时间减至10分钟。然后按**开始**(Start)键。(图6-8)
- 3 一旦气压锅发出“哔”声, 转动锅盖上的旋转钮, 释放气压后才开盖, 取出鸡肉, 待凉后切丝。

吃法:

把米粉及豆芽放入碗里, 淋上热汤, 再撒入油葱、芫荽及青葱, 配蘸酱吃。



芝士通心粉

Macaroni & Cheese

INGREDIENTS A :

- 250 g macaroni, washed & drained

INGREDIENTS B :

- 100 ml water
- 180 ml fresh milk
- ½ tsp salt or to taste
- ¼ tsp black pepper
- ½ tsp yellow mustard

INGREDIENTS C :

- 100 g cheddar cheese, grated
- 20 g parmesan
- 20 g butter

METHOD :

1. Place macaroni into **SHARP Pressure Cooker**. (pic 1)
2. Add Ingredients B and close the lid, select **Rice/Risotto** function and press **Start** button to begin cooking. (pic 2-3)
3. Once the machine beeps, release the steam by turning the knob above, then open the lid.
4. Add in ingredients C, stir and adjust salt to taste. (pic 4-6)



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:

🍲 Rice/Risotto 米饭/意大利米: 18 minutes 分钟



材料A:

- 通心粉250克 (洗净滴干)

材料B:

- 清水100毫升
- 鲜奶180毫升
- 盐½茶匙或适量
- 黑胡椒粉¼茶匙
- 芥末酱½茶匙

材料C:

- Cheddar芝士茸100克
- Parmesan芝士20克
- 牛油20克

做法:

- ① 把通心粉放入SHARP气压锅里。(图1)
- ② 加入材料B, 关上盖, 选择米饭/意大利米 (Rice/Risotto) 功能, 然后按开始 (Start) 键。(图2-3)
- ③ 一旦气压锅发出“哔”声时, 即可转动锅盖上的旋转扭, 释放气压以打开锅盖。
- ④ 把材料C加入, 搅拌均匀, 可加盐调味。(图4-6)



美式小点

American Chilly

INGREDIENTS A:

- 100 g kidney beans, washed
- 100 g black eye beans, washed
- 250 ml water

INGREDIENTS B:

- 2 tbsp butter
- 150 g beef bacon, chopped

INGREDIENTS C:

- 1 big onion, chopped
- 1 tbsp chopped garlic
- 1 red capsicum, chopped

INGREDIENTS D:

- 500 g minced chicken meat
- 600g red tomatoes, chopped
- 6 tbsp tomato paste

SPICES:

- 1 Tbsp dried oregano
- 2 tsps ground cumin
- 1 tsp ground black pepper
- 1 tsp smoked paprika
- 2 tbsp chili powder

SEASONING:

- 1 tbsp L&P sauce
- 250 ml Chicken broth
- 2 tsp salt

GARNISHING:

- Chopped coriander leaves
- Grated cheese - cheddar

* Nachos - to serve with on the sides

METHOD:

1. Add all ingredients A into **SHARP Pressure Cooker**, cover lid and select **Beans** function, press **Start** button to begin cooking. (pic 1-2)
2. Once the machine beeps, release steam, open lid and remove the beans from pot. (pic 3)
3. Place ingredients B into **SHARP Pressure Cooker**, select **Stir Fry** function, press **Start** button and sauté beef bacon until fragrant; remove half of the bacon for topping. (pic 4-6)
4. Add in ingredients C and sauté until caramelized.
5. Then add in all ingredients D, spices, seasoning and cooked beans, close the lid, select **Soup/Stew** function, press **Start** button. (pic 7-8)
6. When the machine beeps, release the steam to open lid, adjust salt to taste.
7. Top with garnishing and the remaining bacon; serve with nachos.



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:

Beans/豆类: 35minutes 分钟 Soup/Stew 炖/汤: 35minutes 分钟



材料 A:

- 腰豆100克 (洗净)
- 扁豆100克 (洗净)
- 清水250毫升

材料 B:

- 牛油2汤匙
- 牛肉培根150克 (切碎)

材料 C:

- 大葱1粒 (切碎)
- 蒜茸1汤匙
- 红灯笼椒1粒 (切碎)

材料 D:

- 鸡肉碎500克
- 红番茄60 (切碎)
- 番茄膏6汤匙

香料:

- 干牛至草1汤匙
- 小茴香粉2茶匙
- 黑胡椒粉1茶匙
- 红椒粉1茶匙
- 辣椒粉2汤匙

调味料:

- L&P酱1汤匙
- 鸡高汤250毫升
- 盐2茶匙

装饰:

- 芫荽 (切碎)
- Cheddar 芝士茸

* 脆薄饼

做法:

- ① 把所有材料A放入**SHARP**气压锅里, 关上盖, 选择豆类 (Beans) 功能, 然后按**开始 (Start)** 键。(图1-2)
- ② 一旦气压锅发出“哔”声, 即可转动锅盖上的旋钮, 释放气压以打开锅盖, 取出豆类待用。(图3)
- ③ 把材料B放入**SHARP**气压锅里, 选择炒 (Stir Fry) 功能, 按**开始 (Start)**键爆香培根牛肉, 盛出一半备用。(图4-6)
- ④ 加入材料C, 继续爆香, 炒至透明透。
- ⑤ 然后加入所有材料D、香料、调味料及煮熟的豆类混合料; 关上盖, 选择**汤/炖 (Soup/Stew)** 功能, 然后按**开始 (Start)**键。(图7-8)
- ⑥ 一旦气压锅发出“哔”声时, 即可转动锅盖上的旋钮, 释放气压以打开锅盖。
- ⑦ 铺上装饰料和牛肉培根, 配薄脆饼吃。



番茄酱汁肉丸

Meatballs in Tomato Sauce

INGREDIENTS : (Meat Balls)

- 600g minced chicken meat
- 1 tbsp corn flour
- 1 big onion, chopped
- ½ cup breadcrumbs
- 40 g grated parmesan cheese
- 2 large eggs
- 2 cloves garlic, chopped finely
- 2 tbsp milk
- 1 tsp dried oregano
- salt & black pepper to taste

TOMATO SAUCE :

- 2 pcs bay leaf
- 600 g red tomatoes, chopped
- 1 big onion, chopped
- 2 cloves garlic, chopped
- 1 red capsicum, chopped
- 5-6 tbsp tomato paste
- 30ml L&P sauce
- 100g brown sugar
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tbsp lemon juice
- 250 ml chicken broth

METHOD :

1. In a bowl, combine all meatball ingredients together, adjusting salt & pepper to taste. Roll the balls into the size of lime and set aside in the refrigerator until needed. (pic 1-3)
2. Place all the tomato sauce ingredients into **SHARP Pressure Cooker**, select **Soup/Stew** function, close the lid & press **Start** button. (pic 4-7)
3. Cook until beep sound is heard, release the steam.
4. Open the lid and add in meatballs. Press the **Soup/Stew** function again, press **Start** button, toss in all meat balls and cook with the lid open for 5 minutes, done. (pic8)



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间 :

🕒 Soup/Stew 汤/炖 : 35+5 minutes 分钟



肉丸材料 :

- 鸡肉碎600克
- 生粉1汤匙
- 大葱1粒 (剁碎)
- 面包糠½杯
- 帕美森芝士茸40克
- A蛋2粒
- 蒜头2瓣 (剁碎)
- 牛奶2汤匙
- 干牛至草1茶匙
- 黑胡椒粉和盐适量

番茄酱汁 :

- 月桂叶2片
- 红番茄600克 (剁碎)
- 大葱1粒 (剁碎)
- 蒜头2瓣 (剁碎)
- 红灯笼椒1粒 (剁碎)
- 番茄膏5-6汤匙
- L&P酱30毫升
- 黄糖100克
- 干牛至草1茶匙
- 干九层塔1茶匙
- 柠檬汁1汤匙
- 鸡高汤250毫升

做法 :

- 1 把所有肉丸材料混合, 搓成酸柑般大小圆球, 收入冰箱待用。(图1-3)
- 2 把所有番茄酱汁材料放入**SHARP**气压锅里, 关上盖, 选择**汤/炖 (Soup/Stew)** 功能, 然后按**开始 (Start)** 键。(图4-7)
- 3 一旦气压锅发出“哔”声时, 即可转动锅盖上的旋转扭, 释放气压。
- 4 打开锅盖, 把肉丸加入。再选择**汤/炖 (Soup/Stew)** 功能, 按**开始 (Start)** 键, 开着锅盖煮5分钟至肉丸熟即可。(图8)



酱烧牛排

BBQ Ribs

INGREDIENTS:

- 1.5kg beef ribs, whole rack

MARINADES:

- 1 tsp salt
- 1 Tbsp black pepper
- 2 Tbsp yellow mustard
- 2 tsp chili flakes

SAUCE:

- 120 g brown sugar
- 110 ml sweet chili sauce
- 30 ml L&P sauce
- 30 ml apple cider vinegar

METHOD:

1. Combine marinades ingredients, rub over the beef rack and leave aside for a minimum of 30 minutes. (pic 1-2)
2. Place marinated beef rack into **SHARP Pressure Cooker**, pour sauce mixture over the beef. (pic 3-6)
3. Close the lid. Select **Steak/Meat** function and press **Start** button. Let it cook until beep is heard. (pic 7)
4. Release the steam by turning the knob above, open the lid, the liquid will be very runny; you need to select the **Steak/Meat** function again, press **Start** button to cook until gravy thicken with lid open. Spoon gravy over ribs as it is reducing. (pic 8)



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:

🔪Steak/Meat 牛扒/肉类: 30+10 minutes 分钟



材料:

- 排骨1.5公斤 (整排用)

腌料:

- 盐1茶匙
- 黑胡椒粉1汤匙
- 芥末酱2汤匙
- 辣椒粉2茶匙

酱汁:

- 黄糖120克
- 甜辣椒酱110毫升
- L&P 酱30毫升
- 苹果醋30毫升

做法:

- ① 把腌料混合后涂抹在牛排上, 腌至少30分钟。(图1-2)
- ② 将排骨放入**SHARP**气压锅里, 然后把酱汁淋在排骨上。(图3-6)
- ③ 关上锅盖, 选择**牛排/肉类** (Steak/Meat) 功能, 然后按**开始** (Start) 键, 煮至哔声响起。(图7)
- ④ 转动锅盖上的旋转扭, 释放气压后才开盖, 这时的酱汁很稀, 必须再选择**牛排/肉类** (Steak/Meat) 功能, 按**开始** (Start) 键, 开着盖让它继续煮至收汁, 期间把汁不断淋在排骨上。(图8)



巧克力
布朗尼Chocolate
Brownie

INGREDIENTS:

- 100 g dark chocolate, melted
- 200 g castor sugar
- 80 ml condensed milk
- 175 ml sunflower oil
- 6 eggs
- ½ tsp baking powder
- 130 g plain flour, sifted
- 60 g cocoa powder, sifted

CHEESE TOPPING:

- 250 g cream cheese
- 3 Tbsp icing sugar
- 1 Tbsp plain flour

* 8" round loose bottom cake pan, greased & wrapped with foil over

METHOD:

1. Using hand whisk, combine sugar with the melted chocolate and condensed milk until sugar dissolves. (pic 1)
2. Fold in sunflower oil, eggs and all dry ingredients. (pic 2-3)
3. Pour batter into **SHARP Pressure Cooker** pot, follow by the cheese topping, swirling to create a marble effect. (pic 4-5)
4. Pour some water into **SHARP Pressure Cooker** pot, place the rack over. Make sure the water does not cover the rack. Wrap the cake with foil to avoid water from going in. (pic 6)
5. Close lid, select **Cake** function, press **Start** button, cook until machine beeps. (pic 7)
6. Release steam by moving the knob above. Open lid, remove cake from pot, slice and serve warm. (pic 8)



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间:
🕒 Cake 蛋糕: 40 minutes 分钟



材料:

- 黑巧克力100克 (溶解)
- 幼糖200克
- 炼奶80毫升
- 太阳花油175毫升
- 鸡蛋6粒
- 发粉½茶匙
- 普通面粉130克 (筛过)
- 可可粉60克 (筛过)

芝士顶料:

- 芝士奶油250克
- 糖粉3汤匙
- 普通面粉1汤匙

* 可拆卸8寸圆形蛋糕盘 (涂油铺铝箔)

做法:

- ① 用手打器把白糖、溶解巧克力及炼奶搅拌至糖溶解。(图1)
- ② 加入太阳花油、鸡蛋及所有筛过的粉料。(图2-3)
- ③ 把混合料倒入**SHARP气压锅**里, 倒入芝士顶料, 旋转成云石效果。(图4-5)
- ④ 在**SHARP气压锅**里倒入一些水, 然后放入铁架, 并确保水不会淹没铁架。把蛋糕用铝箔覆盖才放入气压锅里以防进水。(图6)
- ⑤ 关上锅盖, 选择**蛋糕 (Cake)** 功能, 然后按**开始 (Start)** 键, 让它煮至哔声响起。(图7)
- ⑥ 转动锅盖上的旋转扭, 释放气压后才开盖, 切块, 趁热吃。(图8)



烤芝士蛋糕

Baked Cheese Cake

INGREDIENTS:

- 180 g graham crackers, crushed
- 2 Tbsp brown sugar
- 100 g melted butter

CAKE INGREDIENTS:

- 500 g philadelphia cream cheese, at room temperature
- ½ tsp salt
- 90 g sugar
- 1 Tbsp corn flour
- 10 g plain flour
- 2 "Grade A" eggs
- 125 ml dairy non sweetened cream

* 8" round loose bottom cake pan, greased & wrapped with foil over

METHOD:

To Prepare Base:

1. In a mixing bowl, combine crushed crackers with the melted butter until well mixed and press onto the greased cake pan. (pic 1)
2. Refrigerate until needed.

To Prepare Cake:

1. Pour some water into **SHARP Pressure Cooker** pot, place the rack over. Make sure the water does not cover the rack. (pic 2)
2. Using a food processor, beat cream cheese with salt, sugar until cheese is creamy. (pic 3)
3. Beat in corn flour and plain flour until well mixed.
4. Beat in eggs and non sweetened cream until just mixed.
5. Pour the cheese mixture over chilled base. And cover cake with foil to make sure the water do not get into the cake. (pic 4-5)
6. Close the lid of the pressure cooker.
7. Select **Cake** function and press **Start** button to start baking. (pic 6)
8. Once pressure cooker beeps, release the steam, then open the lid to remove the cheese cake, leaving to cool and refrigerate. (pic 7-8)
9. Serve chilled cheese cake with chocolate & strawberries if wished.



步骤

STEP

Recipe by
Debbie Teoh

Cooking Time 烹调时间:

🕒 Cake 蛋糕: 40 minutes



材料:

- 苏打饼干180克 (压碎)
- 黄糖2汤匙
- 溶解牛油100克

蛋糕材料:

- 费城奶油芝士500克 (室温)

- 盐½茶匙
- 白糖90克
- 粟米粉1汤匙
- 普通面粉10克
- A蛋2粒
- 无糖奶油125毫升

* 可拆卸8寸圆形蛋糕盘 (涂油铺铝箔)

底层做法:

- 1 把压碎的苏打饼和溶解牛油混合后铺在蛋糕盆里, 压紧。
- 2 收入冰箱待用。(图1)

蛋糕做法:

- 1 在**SHARP**气压锅里倒入一些水, 然后放入铁架, 并确保水不会淹没铁架。(图2)
- 2 用电动搅拌器, 把芝士奶油、盐及糖, 搅拌至发起。(图3)
- 3 加入粟米粉和面粉, 搅拌均匀。
- 4 拌入鸡蛋和奶油, 搅拌均匀。

- 5 把芝士混合料倒在蛋糕底层上, 然后以铝箔覆盖以防进水。(图4-5)
- 6 把气压锅的锅盖关紧。
- 7 选择**蛋糕** (Cake) 功能, 然后按**开始** (Start) 键。(图6)
- 8 一旦气压锅发出“哔”声时, 即可释放气压以打开锅盖, 取出芝士蛋糕, 待凉后收入冰箱。(图7-8)
- 9 以巧克力和草莓装饰。



龙眼黑糯米汤

Black Glutinous Rice With Dried Longan

INGREDIENTS A :

- 350 g black glutinous rice, washed & drained
- 50 g sago
- 2 knotted pandan leaves
- 2 liters water

INGREDIENTS B :

- 200 - 250 g sugar
- 100 g dried longan

INGREDIENTS C :

- 250 ml thick coconut milk + 1/4 tsp salt

METHOD :

1. Add ingredients A into **SHARP pressure cooker**, select **Beans** function, close lid & press **Start** button to begin cooking. (pic 1-6)
2. When it beeps, release the steam by turning the knob above; open lid and add in Ingredients B.
3. Let the dried longan sit for about 10 minutes to plump up. (pic 7)

To serve :

Ladle hot sweet broth into a bowl and top with the slightly salted coconut milk. Serve immediately.



步骤

STEP



Recipe by
Debbie Teoh

Cooking Time 烹调时间 :
Beans 豆类 : 35minutes分钟



材料A :

- 黑糯米350克 (洗净滴干)
- 沙谷米50克
- 班兰叶2片 (打结)
- 清水2公升

材料B :

- 白糖200-250克
- 龙眼干100克

材料C :

- 椰浆250毫升 + 1/4茶匙盐

做法 :

- ① 把材料A放入**SHARP气压锅**里, 选择**豆类 (BEANS)**功能, 然后关盖, 按**开始 (Start)** 键。(图1-6)
- ② 一旦气压锅发出“哔”声, 转动锅盖上的旋转扭, 释放气压后才开盖, 然后放入材料B。
- ③ 让龙眼干浸泡约10分钟至涨发。(图7)

吃法 :

把黑糯米汤舀入碗里, 倒入适量加盐的椰浆即可享用。



SHARP

Be Original.