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微波美食菜谱
COOK BOOK



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- 技术要求：
1. 烹调食谱规格为：145x210mm.
 2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸.
 3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象.
 4. 正式生产前必须封样确认.

					烹调食谱 SMA237A1B-P00C0C WP700					
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材料：铜版纸

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小提示

烹调食谱所提供的是烹调的大约时间,影响烹调时间的因素有:您所喜欢的煮熟程度、食物的初温、形状大小、份量和使用器皿的形状、大小以及食物的排列、遮盖、翻搅等.实际烹调过程中,请您根据不同因素适当调整烹调时间,以达到最佳效果.



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原料：猪排骨500克，凤梨150克，洋葱1/4个，彩椒1个
 调味：番茄酱40克，油10克，料酒10克，酱油8克，味精3克，
 洋葱、姜适量

做法：
 1. 洋葱、彩椒切片，将排骨用酱油、料酒、味精腌半小时沥干水分。
 2. 把排骨盛放在碟上，加入热油、洋葱、姜、放入番茄酱，用高火煮4分钟，取出。
 3. 将凤梨块倒入翻动一下排骨，再用中火煮4分钟，最后拌匀即可。

Material: spare rib 500g, pineapple 150g, one quarter onion and one color pimiento
 Flavorings: 40g ketchup, 10g oil, 10g wine, 8g soy source, 3g monosodium glutamate, a little shallot and ginger

Cooking process:
 1. Slice the onion and color sweet pimiento, cure the spare rib with sources, wine and monosodium glutamate for half an hour and then drip it.
 2. Put the spare rib onto the dish, put the hot oil, shallot, ginger and ketchup on it, and then cook it with high power for 4 minutes, and then get it out.
 3. Put in the pineapple and roll the spare rib, cook them with mid power for another 4 minutes. Then put them evenly.



1 凤梨焗排骨
 Spare rib braised with Pineapple

原料：红薯200克（切块）、排骨350克（斩成3cm长）、香菇1朵、小白菜6棵
 调味：葱段少许、海鲜酱、生抽、老抽、糖、酒各适量，姜片适量



2 红薯扣排骨
 Spare rib covered with sweet potato

做法：
 1. 排骨用海鲜酱、生抽、老抽、糖、酒入味片刻，香菇则切片。
 2. 取一只深碗，碗底铺上小白菜和香菇，排骨围在周边，红薯填内。
 3. 清水半杯倒入碗里，加上盖，入炉用中火烹调10分钟即可，取出倒出汁液，倒扣上碟，再把汁淋上即可。

Materials: 200g sweet potato (cut to piece), 350g spare rib (cut to length of 3cm), 1 piece mushroom, 6 pieces of Chinese cabbage
 Flavorings: a little shallot (cut to small pieces), some seafood soy sauce, light soy source, dark soy source, sugar and wine, each one spoon, a little bit ginger

Cooking process:
 1. Cure the spare rib with seafood soy source, light soy source, dark soy source, sugar and wine for a while. Cut up the mushroom.
 2. Put the Chinese cabbage and the mushroom at the bottom of a big bowl. Then put sweet potato in the center and put the spare rib around it.
 3. Put some water into the bowl and put on the cover. Put it into the microwave oven and cook with mid power for 10 minutes. Take it out and pour the juice to a small bowl. Then put the bowl up-side-down onto a dish. Pour the juice back from the top.

材料：地瓜1条，起司1片，白米1杯，红萝卜半个
 调味：盐1小匙，油1/3大匙

做法：
 1. 将米洗净，加入杯水，浸泡5分钟。
 2. 将地瓜去皮切丁备用。红萝卜、起司也切成小丁片备用。
 3. 将地瓜丁、红萝卜丁、油加入米中，稍微拌一下，加上盖用高火煮约6分钟，再用中火煮10分钟。
 4. 取出后立即放入起司片及盐拌匀后即可食用。

Materials: Sweet potato, cheese, a cup of rice, half of a carrot
 Flavorings: one small spoon of salt, one third big spoon of oil

Cooking process:
 1. Wash the rice, and soak it with one cup of water for 15 minutes.
 2. Peel the sweet potato and cut it up. Cut up the red carrot and cheese, too.
 3. Put the sweet potato, red carrot and oil into the rice, mix them and put on the cover. Cook it with high power for about 6 minutes, and then cook it with mid power for another 10 minutes.
 4. Take out the rice and put in the cheese pieces and salt. It's well finished.

3 地瓜起司饭
 Rice with sweet potato and cheese



4 京酱肉丝
 Beijing soy meat



3. Put the cured meat onto a dish and cook with high power for 4 minutes. Then put some shallot pieces, sweet pimiento pieces and onion pieces on the top of it. Cook it with high power for another 30 seconds.
 4. Take out the meat, put the square tofu pieces on around the meat. It's well done.

材料：瘦肉丝250克，豆腐皮2张，洋葱（切丝）1/4个，彩椒（切丝）半个
 调味：包拉油2汤匙，酱油汤匙，料酒汤匙，盐、白糖、味精各1茶匙，淀粉2茶匙，姜末1茶匙，葱丝适量

做法：
 1. 将豆腐皮洗净切成宽均为7-8厘米的方块，叠放在小盘中，罩上保鲜膜（留透气孔），用高火加热1分钟，放凉备用。
 2. 将瘦肉丝加入调料拌匀，腌5分钟。
 3. 将腌好的肉丝装盘，用高火煮4分钟，取出盘将葱丝、彩椒丝和洋葱丝撒在肉丝表面，再用高火煮30秒钟。
 4. 将盘子取出，把方形豆腐皮摆在盘子周围，即可食用。

Materials: 250g lean meat, 2 tofu pieces, a quarter of onion (cut to strips), half a color sweet pimiento (cut to strips)
 Flavorings: 2 soup-spoon of salad oil, one spoon of soy source, one soup-spoon of wine, salt, sugar and monosodium glutamate, each one tea-spoon, two tea-spoon of starch, one tea-spoon of ginger piece meal, and some shallot pieces
 Cooking process:
 1. Cut the tofu pieces into square (7cm to 8cm), pile up onto a dish and cover with film (leave a hole), cook it with high power for one minute then cool it by air.
 2. Mix the flavorings with the lean meat, cure it for 5 minutes.

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5 香菇蒸滑鸡
Steamed Chicken with mushroom

材料: 鸡肉300克, 冬菇5个, 葱段适量
调味: 盐1/2茶匙, 生抽1汤匙, 蚝油汤匙, 麻油汤匙, 料酒1茶匙, 一个鸡蛋清, 花椒, 干辣椒, 胡椒粉, 生粉少许

做法:
1. 鸡肉去骨切块, 调味腌20分钟。
2. 泡发的香菇拌入鸡块内。
3. 裹上保鲜膜(留透气孔), 放进微波炉内, 用高火煮6分钟。
4. 中间取出翻动一次并加入葱段, 继续加热完毕即成。

Materials: 300g chicken meat, 5 pieces of mushroom, some shallot pieces
Flavorings: half a tea-spoon salt, a soup spoon of light soy source, one soup-spoon of oyster source, one soup-spoon of sesame oil, one tea-spoon of wine, egg white, Chinese prickly ash, dry hot chili, pepper powder, some starch

Cooking process:
1. Take out the bone of the chicken, cure them for 20minutes.
2. Mix the immersed mushroom with the chicken pieces.
3. Cover chicken with film and leave an air hole, cook it with high power for 6 minutes.
4. Take out the chicken and roll them in the mid time. Put in some shallot pieces and finish the rest time.

材料: 豆腐二件, 火腿片, 鲜鱼片各100克, 青豆和玉米粒各三汤匙
调味: 老抽半汤匙, 生抽半汤匙, 糖一茶匙, 麻油、胡椒粉少许, 姜一片, 水1/3杯, 鸡粉半茶匙(或用上汤1/3杯取代水及鸡粉)。灸: 生粉1大茶匙, 水2汤匙



6 火腿炖豆腐
Ham with tofu

做法:
1. 青豆和玉米粒加入约半杯水, 盖上保鲜纸, 留一孔让蒸汽排出, 用高火煮4分钟。取出, 用清水浸冷, 捞起沥干水。
2. 豆腐洗净, 平均洒下1/3茶匙盐, 腌十五分钟。盖上保鲜纸, 留一孔让蒸汽排出, 用高火煮1分30秒, 取出。
3. 豆腐切件, 火腿片和鲜鱼片放于上面, 排在深碟上, 上面撒上青豆、玉米粒、姜末。
4. 把调味料放碟子中, 放入炉内, 用高火煮2分钟至滚。取出, 下菜拌匀, 加抽二汤匙再拌匀一下, 倒在豆腐上, 盖上保鲜纸, 留一孔让蒸汽排出, 用高火煮3分半钟, 取出即成。

Materials: two pieces of tofu, ham pieces and fresh fish pieces, each 100g, bean and corn, each 3 soup-spoon
Flavorings: 1/2 soup-spoon of dark soy sauce, 1/2 soup-spoon of light soy source, one tea-spoon of sugar, a little sesame oil and pepper, 1 slice of ginger, 1/3 cup water, 1/2 soup-spoon chicken powder (or use 1/3 cup good soup to replace water and chicken powder), Seed powder: 1 tea-spoon Starchy Flour, 2 soup-spoon water

Cooking process:
1. Put 1/2 cup of water on the lime-bean and corn. Cover preservative paper, leaving a hole for venting steam. Cook with HIGH power for 4 minutes. Take it out. Put lime-bean and corn into the water for cooling. Then drain it.

2. Clean bean curd. Sprinkle 1/3 tea-spoon salt equally on it for 15 minutes. Cover preservative paper, leaving a hole for venting steam. Cook by microwave with HIGH power for 1 minute and thirty seconds.
3. Cut the bean curd. Put Stead ham and fish on it. Range them on deep plate. Sprinkle lime-bean, corn and ginger.
4. Put the dressing on the plate, cook by Microwave with HIGH power for 2 minute, making it boiled. Take it out. Mix the dressing and Seed powder, then pour on the bean curd. Cover preservative paper, leaving a hole for venting steam. Cook by Microwave with HIGH power for 3 minutes.

7 五味鱿鱼
Sleeve-fish in Five Tastes



30 seconds until the sleeve-fish curled. Then put the sleeve-fish into cold water. At last drain the sleeve-fish, until dry.
4. Dip five tastes juice for eating.

材料: 荷兰豆200g, 鸡胸肉块(约150g)
调味: 剁辣椒2汤匙(30g), 蒜茸茶匙(5g), 香醋汤匙(15ml), 生抽汤匙(15ml)

做法:
1. 荷兰豆洗净, 撕去两头尖角及两侧的筋膜, 再斜刀切成细丝。

8 荷兰豆拌鸡丝
Garden Pea with Shredded Chicken



材料: 水发鱿鱼800克, 蒜5瓣, 姜2片, 葱小半根, 辣椒1支, 香菜棵
调味: 番茄酱2大匙, 酱油大匙, 醋半大匙, 糖1大匙, 香油少许

做法:
1. 将鱿鱼去皮洗净, 内面切花刀, 切小片。
2. 葱、姜、蒜、辣椒、香菜均切末。然后跟调味料混合一起拌匀, 用高火煮1分钟, 取出待用。
3. 用盛器注入清水, 用高火煮沸约5分钟, 将鱿鱼放入, 高火煮30秒使其卷起, 取出再入冷水中冲凉, 沥干水分摆于盘中。
4. 蘸五味酱食用即可。

Materials: 800g Waterlogged sleeve-fish, 5 garlic cloves, 2 sliced ginger, 2cm shallot, 1 chili, 1 caraway
Flavorings: 2 tbsp Ketchup, 1 tsp soy sauce, 1/2 tsp vinegar, 1 tsp sugar, a little sesame oil

Cooking process:
1. Peel off the sleeve-fish, cut it to small pieces.
2. Chopped the shallot, ginger, garlic cloves, chili, caraway roughly. Stir them with the dressing, and microwave on HIGH for 1 minute.
3. Fill in the vessel with water. Cook by Microwave with HIGH power for 5 minutes until the water is boiled. Put the sleeve-fish into the water, cook by microwave with HIGH power for

2. 用盛器注入清水, 用高火煮沸5分钟, 将荷兰豆放入沸水中再用高火煮1分钟, 取出沥干水分, 用冷水冲凉待用。
3. 鸡胸肉洗净, 沸水中用高火煮6分钟, 取出用冷水彻底浸凉。
4. 将鸡胸肉放在案板上, 把刀放平, 略微用力拍打鸡胸, 将鸡胸拍散, 再用手顺着鸡肉的纹理耐心地撕成细丝。
5. 取一只小碗, 在里面放入调味料, 搅拌均匀, 用高火煮1分钟, 制成调味汁。
6. 最后把鸡丝放入荷兰豆丝中, 再淋入调味汁混合均匀即可。

Materials: 200g garden pea, 150g fresh chicken breast
Flavorings: 2 tbsp Chopped chili(30g), 1 tsp Garlic Sauce(5g), 1 tsp vinegar(15ml), light soy sauce(15ml)

Cooking process:
1. Clean the Garden Pea. Peel it off, and chop it to pieces.
2. Fill water in the vessel and cook by Microwave on HIGH for 5 minutes until the water is boiled. Put the garden pea into the water, cook by microwave with HIGH power for 1 minute. Then take it out and drain the Garden Pea, until dry. At last, cool the Garden Pea by cold water.
3. Clean the fresh chicken breast, and cook by microwave on high for 6 minutes in boiled water, and then cool the meat in cold water.
4. Put the fresh chicken breast on chopping board, use the kitchen knife flap the meat. Rip the meat to small pieces with the texture when meat was over flaped.
5. Take a bowl, fill with dressing, stir equally, cook by microwave on HIGH for 1 minute for making juice.
6. At the end put Shredded Chicken on the Garden Pea, and pour the juice on them evenly.

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材料: 铜版纸

佛山市顺德区格兰仕微波炉电器有限公司

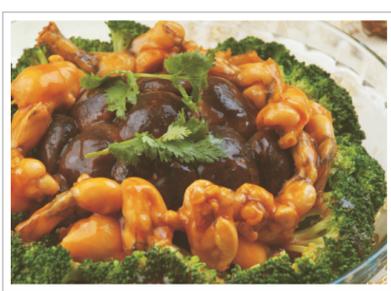
9 节瓜茸羹
Fine and Soft Zucchini



4. Stir with dressing, cook by microwave on HIGH for another 3 minutes.
5. Take it out, stir with egg white, sprinkle the shallot.

材料：节瓜600克，草菇50克，虾仁100克，蟹肉75克
调味：蛋白只，上汤400毫升，姜片，葱条，盐1茶匙，糖1/4茶匙，粟粉、酒各1茶匙，水1汤匙，胡椒粉少许
做法：
1. 节瓜洗净，去皮，磨茸。
2. 草菇洗净切粒。虾仁去肠洗净。
3. 葱切粒。把上汤、节瓜茸、草菇、虾仁、蟹肉、姜片同放入一深容器内，加上盖，用高火煮5分钟。
4. 加入调味料搅拌均匀，用高火再煮3分钟。
5. 取出搅入蛋白，撒上葱粒，即可供食。

Materials: 600g zucchini, 50g straw mushroom, 100g Shrimp, 75g crab meat
Flavorings: 1 egg white, 400ml good soup, 1 sliced ginger, 1 shallot, 1 tsp salt, 1/4 tsp sugar, 1 tsp millet powder, 1 tsp white wine, a little pepper
Cooking process:
1. Clean the zucchini, peel it off, mill it roughly.
2. Clean straw mushroom and cut to granule. Clean the Shrimp, take out the intestines.
3. Cut the shallot to granule. Put the good soup, soft zucchini, straw mushroom, Shrimp, crab meat, ginger on a deep vessel, get a cover, and cook by microwave on HIGH for 5 minutes.



10 花菇田鸡
Steamed Frog with Mushroom

材料：去皮田鸡腿400克，水发花菇150克，西兰花一个
调味：姜汁10克，味精1克，甜米酒、精盐、湿淀粉各5克，鸡汤250克，猪油少许

做法：
1. 用滚水注入清水，用高火煮4分钟至沸。将田鸡腿和西兰花分别放入煮开的水中略烫捞出洗净沥干。
2. 用姜汁、精盐、甜酒、味精腌渍入味。水发花菇去蒂洗净。
3. 取碗一只，将田鸡腿和西兰花排列在碗中，花菇放在田鸡腿上面，加入猪油、鸡汤，加上盖入炉用高火煮8分钟（中途翻动一下）取出，将田鸡腿和花菇翻扣在盘中即可。
Materials: 400g skinned Frog leg, 150g Waterlogged Mushroom, 1 Broccoli
Flavorings: 10g ginger juice, 1g monosodium glutamate, 5g sweet rice wine, 5g salt, 5g wet amyllum, 250 chicken soup, a little lard
Cooking process:
1. Fill in a vessel with water, microwave on HIGH for 4 minutes until it boiled. Put the Frog leg and Broccoli on the water for a few second, and then drain it.
2. Pickle the Frog leg and Broccoli with ginger juice, salt, sweet rice wine, monosodium glutamate. Clean the Mushroom, cut the pedicel.
3. Rank the Frog leg and Broccoli on a bowl. Put the Mushroom on the Frog leg, add lard, chicken soup. Cover the bowl, microwave on HIGH for 8 minutes, and stirring halfway during cooking. Take it out, cross the bowl on plate.

材料：鱼一条（约400克）
调味：姜汁、蒜汁各10克，大蒜6克，大葱8克，酱油6克，盐10克，料酒8克，味精5克，胡椒粉5克，剁椒、豉油鸡汁和蜂蜜少许，香油10克，花生油10克



11 剁椒香味鱼
Steamed Fish with Salted Chili

做法：
1. 将鱼开膛洗净沥干水份，在两侧划上几刀，以便入味。
2. 用盐、料酒、姜汁、蒜汁、胡椒粉、香油抹在鱼身及内腔里腌制。
3. 将葱姜蒜放盛器内，加入花生油，用高火煮1分钟爆香。
4. 腌制好的鱼刷上豉油鸡汁和蜂蜜拌的水，蒜片插到鱼身上（划开的口子处），蒜粒和葱段塞进鱼肚子里，然后洒上剁椒。
5. 盖上保鲜膜，留一洞透气，放入微波炉中火煮6分钟即可。

Materials: fish(400g)
Flavorings: 10g ginger juice, 10g garlic juice, 6g garlic, 8g shallot, 6g soy sauce, 10g salt, 8g Cooking wine, 5g monosodium glutamate, 5g pepper powder, a little salted chili, soy chicken juice, and honey, 10g sesame oil, 10g peanut oil
Cooking process:
1. Wash and clean the fish, Make incisions (cuts) on either side.
2. Mix salt, table wine, ginger juice, garlic juice, pepper and sesame oil, brush them on the surface and into the lumen for marinating.
3. Put the shallot ginger into vessel, add groundnut oil and microwave at 100% power for 1min.
4. Brush the honey water and soy chicken juice onto marinated fish, put the garlic pieces into the incisions, and garlic and scallion inside, then splash some chopped chili.
5. Cover with preservative film, keep a hole, and put it into oven at 60% power for 6 min.

12 榨菜蒸肉饼
Steamed pork with hot pickled tuber mustard

材料：肉末半斤，榨菜两，红辣椒根
调味：熟油8克，生油少许
做法：
1. 将榨菜和红辣椒切碎，和肉末一起搅拌均匀，加入熟油和少许的生油调味。
2. 取碟子擦干，抹上一层油。
3. 将调味好的肉末倒入盘子里，压平，大约1cm的厚度，加上盖。
4. 放入微波炉里用中高档火煮4分钟即可。



Materials: Shredded pork: 250g Hot pickled tuber mustard: 50g Red chili: 1 pc
Flavorings : Cooked oil: 8g Soy: Optional
Cooking process:
1. Slice up the hot pickled tuber mustard and red chili. Mix in oil with Shredded pork, add some oil and soy and prepare the mixture.
2. Take the plate dry and clean, brush some oil evenly.
3. Place the mixture on the plate, planish them in 1cm of thickness, cover it.
4. Put it into the oven at 80% power for 4 min.

技术要求：
1. 烹调食谱规格为：145x210mm。
2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸。
3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象。
4. 正式生产前必须封样确认。

					烹调食谱 SMA237A1B-P00C0C WP700				
标记	处数	更改文件号	签名	日期					
设计	邱焯忠	标准化	谭银珠						
校对		审定	李志刚						
审核	江智畅								
工艺		日期	2011. 4. 30						
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					共14张		第 5 张		

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13 雪菜肉丝
Stir-fried Shredded pork with salted vegetable



材料: 雪菜80克, 肉丝300克
调味: 味精一小匙, 鸡蛋清、精盐各少许, 色拉油两大匙, 红辣椒丝、葱段、淀粉各一大匙

做法:

1. 将雪菜洗净切丝, 肉丝用味精、鸡蛋清、淀粉、精盐腌5分钟。
2. 将煎碟用高火加热2分钟, 加入色拉油加热, 放入红辣椒丝、葱段, 用高火煮1分钟。
3. 取出, 放入肉丝用高火煮2分钟后倒去些许色拉油, 放入雪菜拌匀, 再用高火煮2分钟即可。

Materials: Salted vegetable: 80g Shredded pork: 300g
Flavorings: Monosodium glutamate: 1 tsp a little Egg white and Salt Salad oil: 2 tbsp Red chili: 1 tbsp Shallot: 1 tbsp Amylum: 1 tbsp

Cooking process:

1. Wash the salted vegetable and cut into pieces, mix the shredded pork and monosodium, egg white, amyum and salt for 5min.
2. Heat the plate at 100% power for 2min, add salad oil, red chili and shallot, then cook 1min at 100% power.
3. Take it out, then mix the shredded pork at 100% power for 2min, drain a little salad oil, stir together with salted vegetable, 2 min more at 100% power.

14 卤水鸡翼
Spiced Chicken Wing



材料: 鸡翼400克
调味: (A)精盐一匙, 卤水一杯, 清水两杯, 酱油100克, 糖50克, 绍酒三大匙
(B)花椒、八角、陈皮、桂皮、丁香、甘草共25克, 葱、姜少许

做法:

1. 清水注入盛器皿, 用高火煮4分钟至开, 将鸡翼放进开水里烫一会, 捞出备用, 开水倒掉。
2. 将调料B用纱布袋装成一包放入器皿中, 加入拌匀的调味A。
3. 再放入鸡翼, 先用高火煮5分钟, 再用中火煮10分钟即可, 中途需翻动一下。

Materials: Chicken wing: 400g
Flavorings: (A)Salt: 1 tsp Spiced soup: 1 cup Water: 2 cups Soy: 100g Sugar: 50g Millet wine: 3 tbsp (B)Pepper, Aniseed, Tangerine pericarp, Cassia Clove, Licorice total: 25g Shallot & Ginger for optional

Cooking process:

1. Place water into the bowl, boiled at 100% power for 4min, take the wings into the water, then drain and keep the stock aside.
2. Wrap the ingredients B with gauze, and put it into a clean bowl, add the mixture of ingredients A, Stir well.

3. Place the chicken wing into the vessel at 100% power for 5min, then at 60% power for 10min. Stir in it during cooking.

15 茶酱牛肉
Barbeque sauce beef



材料: 牛里脊肉400克, 洋葱半个, 彩椒一个, 葱粒少许
调味: 色拉油两大匙, 芝麻少许 (A)沙茶酱、酱油各两大匙, 绍酒、干淀粉各一大匙, 白糖一小匙

做法:

1. 先将牛肉切片, 用调料 (A) 腌40分钟, 洋葱、彩椒切丝。
2. 将两大匙色拉油用高火煮2分钟后, 放入洋葱丝及彩椒丝用高火再煮2分钟。
3. 最后放入腌好的牛肉和葱粒拌匀, 用高火煮4分钟取出, 撒上少许芝麻即可。

Materials: Ridge beef: 400g onion: 1/2 pcs Colour pimiento: 1 pcs Particle-cut Scallion: a little

Flavorings: salad oil : 2 tbsp gingeli a little barbeque sauce and sauce: 2 tbsp Millet wine and drying starch: 1 tbsp sugar: tsp

Cooking process:

1. Slice up the beef, then pickle in the seasoning for 40min, cut the onion and the Colour pimento.
2. Place two big spoon of salad oil at 100% power for 2min, then put in the fresh-cut onion and Colour pimento, Fry 2 min.

3. At last, mix the beef and the Scallion, cooking at 100% power for 4min, Garnish with gingeli.



16 麻辣笋尖
Tingle and hot catsup with time bamboo shoot

材料: 嫩笋尖400克
调味: 细盐3克、辣椒酱10克、酱油10克、味精0.5克、芝麻油10克

做法:

1. 嫩笋尖去皮, 修整齐后, 在距端切成四瓣。
2. 清水注入盛器中, 入炉用高火煮5分钟取出, 再把嫩笋尖放入沸水内, 用高火煮4分钟后捞出。
3. 把辣椒酱、酱油、味精、芝麻油调成味汁, 用高火煮1分钟, 取出。
4. 在嫩笋尖上撒上少许细盐拌匀摊开, 整齐摆放于盘内, 淋上调成的味汁即成。

Materials: Tender time bamboo shoot 400g
Flavorings: Salt: 3g tingle and hot catsup: 10g, Sauce: 10g monosodium glutamate 0.5g, gingeli Oil: 10g

Cooking process:

1. Peel the bamboo shoot, nep it and break off it into 4 pieces from the big end.
2. Fill in a vessel with water, microwave on HIGH power for 5 minutes until it boiled. Put the bamboo shoot in the water, microwave on high power for 4 min, and then drain it.
3. Mix tingle and hot catsup, Sauce, monosodium glutamate and gingeli Oil, and then cook them by high power for 1 min.
4. Splash a little of salt on the bamboo shoot, drench the juice onto it.

技术要求:

1. 烹调食谱规格为: 145x210mm.
2. 烹调食谱材质要求: 封面、底为157g铜版纸 (表面覆膜) 内页为128g铜版纸.
3. 不允许印错内容, 印错别字、图案印花, 印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象.
4. 正式生产前必须封样确认.

标记	处数	更改文件号	签名	日期
设计	邱焯忠	标准化	谭银珠	
校对		审定	李志刚	
审核	江智畅			
工艺		日期	2011. 4. 30	

烹调食谱 SMA237A1B-P00C0C WP700					
图样标记		数量	质量	比例	
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佛山市顺德区格兰仕微波炉电器有限公司

材料: 冬菇80克, 猪肥膘肉50克, 鲜虾仁300克, 蟹黄40克, 鸡蛋2个, 南荠50克, 油菜芯4片
调味: 白糖10克, 盐10克, 味精3克, 鸡汤适量, 芡: 生粉1茶匙, 水2汤匙

做法:
1. 用开水把冬菇浸泡透后除梗, 将蟹黄切成细末。
2. 将适量鸡汤注入盛器中, 放入冬菇, 加上少许盐、糖, 用高火煮8分钟, 去汤后把冬菇擦净水分。
3. 将虾仁、肥膘肉、南荠分别剁成胶, 混合一起后加入盐、味精、鸡蛋清及少许水, 搅拌均匀成馅。
4. 把拌好的馅酿于冬菇内, 上面点缀蟹黄末, 放在碟子上, 再用油菜芯4片衬在四周。
5. 将冬菇放入炉内用中火煮8分钟左右, 取出。最后把芡拌匀用高火煮30秒, 淋在冬菇上即成。

Materials: Mushrooms 80g, Fat meat of pork 50g, Shrimp 300g, Crab spawn 40g, Egg 2 pieces, Shepherd's purse 50g, Cole 4 pieces
Flavorings: White sugar 10g, Salt 10g, Monosodium glutamate 3g, Thin soup a little, Powder 1 spoon, Water 2 spoons
Cooking process:
1. Dip mushrooms into hot water and take out its peduncle, chop crab spawn into pieces.
2. Put thin soup and mushrooms into bowl with salt and white sugar, cook them for 8 minutes, release the thin soup and dry the Mushrooms.

17 海棠冬菇
Mushroom with Begonia



3. Spewn shrimp, fat meat, and shepherd's purse together, mix round with salt, monosodium glutamate, egg white and water, make them as stuffing.
4. Fill the stuffing into mushrooms, lay some crab spawn on the mushrooms, and place the cole around the mushrooms.
5. Cook mushrooms for 8 minutes, drench the hot juice on the mushrooms.



18 咸蛋蒸肉饼
Outlet Braised with Salted eggs

材料: 猪肉300克, 咸蛋2个
调味: 盐5克, 胡椒粉3克, 浅色酱油25克, 干淀粉25克, 花生油25克, 味精2克, 汤水适量

做法:
1. 将猪肉剁烂, 加盐、味精、咸蛋清、干淀粉搅至起胶, 再加少许花生油拌匀, 然后放盘中压扁。
2. 把其中一个咸蛋黄切碎, 均匀撒在肉饼上, 另一个咸蛋黄压扁, 放肉饼中央, 入炉用中火煮7分钟, 取出。取适量汤水、浅色酱油调匀, 用高火煮1分钟, 浇在肉饼上即成。

Materials: Pork 300g, Salted eggs 2 pieces
Flavorings: Salt 5g, Pepper 3g, Sauce 25g, Farina 25g, Peanut oil 25g, Monosodium glutamate 2g, Thin soup a little
Cooking process:
1. Chop the pork, mix it with salt, monosodium glutamate, salted egg white and farina, add a little peanut oil, and then stave the pork into outlet.
2. Cut up one yolk of the salted eggs, lay them on the outlet; stave on other yolk of the salted eggs, put it into the center of outlet. Cook at mid power for 7 minutes, and then drench the hot juice with thin soup and sauce on the outlet.

做法:
1. 鸡肉切成1.5-2厘米见方的鸡丁, 涂上姜汁和绍酒拌匀。
2. 将去蒂水发香菇、青椒和冬笋切成与鸡丁同样大小的丁块, 盛于一较深盘内, 注水一大匙, 加上盖, 入炉用高火煮2分钟。
3. 鸡丁单独放入另外的碟子内, 撒上淀粉拌匀, 加上盖, 用高火煮2分钟后除去溢出的汁液。
4. 将鸡丁和香菇等拌合在一起, 加入甜面酱拌匀, 入炉用高火煮2分30秒即可。

Materials: Chicken 400g, Mushrooms 6 pieces, Green pimiento 50g, Bamboo shoot 50g, Shallot 15 pieces
Flavorings: Ginger juice 2 spoons, Wine sauce 1 spoon, Farina 1 spoon, Sweet sauce 2 spoon
Cooking process:
1. Chop chicken into pieces, drench the ginger juice and wine sauce, and mix them together.
2. Chop mushrooms, green pimiento and bamboo shoot into pieces, put them into the dish, cook with water for 2 minutes.
3. Put chicken into another dish, mix it with farina, cook for 2 minutes, and release the water.
4. Mix the chick and mushrooms etc. together with sweet sauce and shallot, cook at high power for 2 and half minutes.

材料: 鸡肉400克, 香菇6个, 青椒和冬笋各50克, 葱15段
调味: 姜汁两大匙, 绍酒一大匙, 干淀粉一大匙, 甜面酱2大匙



19 酱爆鸡丁
Quick-Fried Chicken

20 鱼香炖蟹
Crab Braised with Flavor of Fish



2. Chop garlic into pieces and mix with ginger powder and seasoning b), cook with high power for 2 minutes, then drench on the crab, lay some shallot, cook with high power 2 minutes again.

材料: 蟹2只
调味: 葱两根, 蒜肉七粒, 姜末一匙;
(A)胡椒粉、盐、淀粉各少许
(B)辣豆瓣酱、熟色拉油各一匙, 米醋两匙, 白糖一匙半, 芝麻油少许, 淀粉半匙

做法:
1. 将蟹开肚洗净斩成大块, 用调料(A)拌匀, 排放碟中, 盖上半透明保鲜膜, 留一洞透气, 入炉用高火煮6分钟至蟹熟。
2. 将蒜肉剁碎与姜末、调料(B)一起拌匀, 用高火煮2分钟, 取出淋在蟹面上, 再撒上葱末, 用高火煮2分钟即可。

Materials: Crab 2 pieces
Flavorings: Shallot 2 pieces, Garlic 7 pieces, Ginger powder 1 spoon.
a) A little Pepper, Salt, and Farina
b) Bean Paste 1 spoon, Hot salad oil 1 spoon, Rice vinegar 2 spoons, White sugar 1.5 spoon, Farina 0.5 spoon, a little sesame oil
Cooking process:
1. Split the crab, cut into big pieces, mix with seasoning a), put in the plate, cover with preservative film which leaved one little hole, and cook with high power for 6 minutes.

技术要求:
1. 烹调食谱规格为: 145x210mm.
2. 烹调食谱材质要求: 封面、底为157g铜版纸 (表面覆膜) 内页为128g铜版纸.
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21 葱香炒蛤蜊
Clam Fried with Shallot

材料：蛤蜊1斤
调味：黄酒2汤匙、蒸鱼豉油2汤匙、盐少许、蒜末1汤匙、葱末2汤匙、胡椒粉1汤匙、热油2汤匙

做法：
1. 蛤蜊洗净，用黄酒腌一会儿，有助于贝壳肌的剥落。
2. 清水注入盛器内，放入蛤蜊，用大火煮6分钟，捞出排于盘内。
3. 把蒸鱼豉油、盐、胡椒粉和蒜末与少许蛤蜊汤调成汁。
4. 汁浇在蛤蜊上，裹上保鲜膜，留一洞疏气，放入微波炉用大火煮3分钟。
5. 取出，撒上葱花，淋上热油拌匀即成。
Materials: Clam 500g
Flavorings: Yellow wine 2 spoons, Lobster sauce oil 2 spoons, a little salt, Garlic powder 1 spoon, Shallot several pieces, Pepper 1 spoon, Hot oil 2 spoons
Cooking process:
1. Clean the clam, preserve it with yellow wine.
2. Fill water and clam into the dish, cook with high power for 6 minutes.
3. Mix the lobster sauce oil, salt, pepper, garlic powder, and juice of clam into sauce.
4. Drench the sauce on the clam, cover with preservative film which leaved one little hole, cook with high power for 3 minutes.
5. Lay some shallot pieces, and drench hot oil on clam and mix them.

22 胡椒小黄鱼
Yellow-Fin Tuna with Pepper



4. Oil heated, put the yellow-fin tuna one by one and cook with HIGH power for about 1 minute till they become brown and float on the oil.
5. Take out and Drain the oil. Line on the dish. And serve.

材料：小黄鱼300克
调味：色拉油约350克；(A)绍酒两大匙，精盐一匙，味精、胡椒粉各一小匙，鸡蛋清一个，面粉100克
做法：
1. 将小黄鱼洗净沥干。
2. 加适量水，与调料(A)拌和成面糊，涂于小黄鱼表面。
3. 加油入耐高温盛器中，放入炉内用大火加热10分钟。
4. 油加热后，将鱼逐一投入，用大火炸1分钟左右，鱼浮出油面呈金黄色即可。
5. 取出，滴去油，排放碟子上即可。
Materials: Yellow-fin tuna 300g
Flavorings: Salad oil 350g, a) Wine sauce 2 spoons, Refined salt 1 spoon, Monosodium glutamate 1 spoon, Pepper 1 spoon, Egg white 1 piece, Farina 100g
Cooking process:
1. Clean and drain the little yellow-fin tuna.
2. Stir the seasonings(A) with appropriate water, beating to blend well. Brush roasted ingredients on yellow-fin tuna.
3. Place oil in a microwave-proof bowl. Cook by Microwave with HIGH power for 10 minutes.

23 蒜蓉黄油拌虾
Garlic-Chopped Butter Shrimp



材料：新鲜中虾400克，芹菜数根
调味：黄油4汤匙，蒜末3汤匙，芥末1汤匙，柠檬汁1汤匙，胡椒粉、盐适量
做法：
1. 芹菜洗净，沥干，切碎；去掉虾头和虾壳，去足，洗净沥干水分。
2. 将虾与黄油，蒜蓉，芹菜，芥末糊，柠檬汁和胡椒粉放进碗中，均匀撒上盐腌15分钟。
3. 将虾排放碟子上，用大火煮3分钟即可。
Materials: 400g fresh medium shrimps, some celery
Flavorings: 4 tbsp butter, 3 tbsp chopped garlic, 1 tbsp mustard, 1 tbsp lemon juice, pepper, and salt
Cooking process:
1. Clean, drain and chop the celery. Peel and drain the shrimps.
2. Mix the butter, chopped-garlic, celery, mustard, lemon juice and pepper in the bowl. Add salt and leave to marinate for 15 minutes.
3. Line the shrimps on the dish. Cook by Microwave with HIGH power for 3 minutes.

24 番茄蛋卷
Tomato Egg Roll



原料：蛋个、番茄30克
调味：盐、胡椒粉各少许
做法：
1. 番茄切成1.5厘米的小丁。
2. 鸡蛋打匀，加入盐、胡椒粉和番茄混合均匀。
3. 盘上先铺上保鲜膜，放上混合后的蛋液，再盖上一层保鲜膜，入炉用大火煮40秒。取出后略搅拌一下，盖回保鲜膜用大火再煮40秒，取出后撕去上面的保鲜膜，拉住下面的保鲜膜将蛋对折并修整形状成蛋卷即成。
Materials: 1 egg, 30g potatoes
Flavorings: salt and pepper
Cooking process:
1. Cut the potatoes into 1.5cm*1.5cm in piece.
2. Mix the beaten egg, salt, pepper and tomatoes.
3. Place the preservative film at the bottom of the plate. Put the mixture on the preservative film. Cover another reservative film and cook by Microwave at HIGH power for 40 seconds. Take out and stir. Put back and cook by microwave at HIGH power for 40 seconds. Take out and remove the upper preservative film. Hold the bottom one and turn over the egg mixture. Wrap it into a roll.

技术要求：
1. 烹调食谱规格为：145x210mm。
2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸。
3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象。
4. 正式生产前必须封样确认。

标记	处数	更改文件号	签名	日期
设计	邱焯忠	标准化	谭银珠	
校对		审定	李志刚	
审核	江智畅			
工艺		日期	2011. 4. 30	

烹调食谱 SMA237A1B-P00C0C WP700			
图样标记	数量	质量	比例
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共14张		第 8 张	

JS1M0609-001-575
材料：铜版纸
佛山市顺德区格兰仕微波炉电器有限公司

材料：荷兰豆100g，冬菇(浸软)20g，西兰花(切成小花)100g，番茄(切成楔状)100g，小玉米笋(切开两边)70g，蘑菇50g
 调味：蒜茸少许，食油3汤匙，蚝油汤匙
 做法：
 1. 蒜茸和食油放入煎碟里，入炉用高火爆香约3分钟。
 2. 加进冬菇和蚝油用高火煮约1分30秒钟(无需加盖)。
 3. 拌入西兰花、番茄、小玉米笋、蘑菇，加上紧密的锅盖，用高火煮约3分钟。
 4. 最后加入荷兰豆，加上盖，用高火煮2分钟即可。

Materials:
 100g pea, 20g dried mushroom(soaked), 100g cauliflower(cut to flowerettes), 100g tomato(cut to wedges), 70g young corn (slice to half), 50g mushrooms
 Flavorings:
 chopped garlic, 3 tbsp oil, 1 tbsp oyster sauce
 Cooking process:
 1. Fry mashed garlic with oil in casserole at high power for 3 minutes.
 2. Add in dried mushrooms and oyster sauce and cook at high power for 1 1/2 minutes (without a lid on).
 3. Stir in cauliflower, tomato, young corn, mushroom and cover with tight fitting lid and cook by microwave at HIGH power for about 3 minutes.

25 罗汉斋
Vegetarian Mix Vegetable



4. Then add in peas and cook at high power for 2 minutes with a lid on.

26 椒油扁豆
Pepper Sauce Green Beans



2. Fry pepper with oil in casserole in high heat for 2 minutes. Mix the seasonings a. Stir well and microwave on HIGH for 1 minute. Pick out the pepper and pour the rest on the plate with beans. Mix well. Leave to stand for 1 hour before serving.

材料：扁豆250克，菜花200克，花椒大匙
 调味：a：酱油小匙，白醋，糖各2大匙，盐少许
 b：香油2大匙
 做法：
 1. 扁豆去筋切小段，菜花撕成小朵。以上材料与清水注入盛器中，入炉用高火煮7分钟后捞出盛盘。
 2. 花椒和食油放入煎碟里，用中火煮2分钟爆香，再倒入调味料a拌匀，用高火煮1分钟，挑去花椒粒后倒入装扁豆的盘中，混合均匀放置1小时后即可食用。
 Materials:
 250g green beans, 200g cauliflower, 1 tbsp pepper
 Flavorings:
 a: 1 tbsp soy sauce, 2 tbsp light vinegar, 2 tbsp sugar, some salt
 b: 2 tbsp sesame oil
 Cooking process:
 1. Skin and cut the beans into sections. Cut the cauliflower into flowerettes. Put them in a bowl with water. Microwave on HIGH for 7 minutes. Take out and reserve the water. Place the beans and cauliflower on a plate.

材料：百叶(即薄干层)50克，鱼肉末100克
 调味：精盐小匙，绍酒、葱姜末各中匙，味精、白糖各半小匙，汤汁半杯

做法：
 1. 将绍酒、葱、姜、白糖、精盐、味精加入肉末中，拌匀腌5分钟。
 2. 用百叶将肉末分别包裹，做成百叶包。
 3. 将百叶包整齐摆放在碟中，加入汤汁，用高火煮5分钟即可，期间翻转一次。

Materials:
 50g beancurd sheets, 100g chopped fish
 Flavorings:
 1 little tsp refined salt, 1 medium tsp rice wine, 1 medium tsp chopped shallot, 1 medium tsp chopped ginger, 1/2 little tsp monosodium glutamate, 1/2 little tsp sugar, 1/2 cup sauce
 Cooking process:
 1. Mix rice wine, shallot, ginger, sugar, refined salt, monosodium glutamate with chopped fish. Stir well and leave to marinate for 15 minutes.
 2. Wrap the ingredients with bean curd sheets.
 3. Place the bean curd sheet-packed fish rolls on the plate, add sauce and cook by microwave at HIGH power for 5 minutes, turning over once during cooking.



27 百叶卷肉
Beancurd Sheets-Packed Fish Roll

材料：土豆2个，葱一根，红辣椒一个，彩椒一个
 调味：料酒两大匙，味精一小匙，盐一匙，酱油少许，醋二两，白糖半小匙，胡椒粉一小匙，油2汤匙

做法：
 1. 将土豆、葱、红辣椒、彩椒切成丝。
 2. 将煎碟用高火加热3分钟，加入油，放入土豆丝，加入调味料，用高火煮约3分钟，取出。
 3. 放入葱丝、红辣椒丝、彩椒丝，翻动拌匀，再用高火煮2分钟即可。

Materials:
 2 potatoes, 1 piece of shallot, 1 red chili, 1 color pimento
 Flavorings:
 2 big spoon mirin, 1 small spoon monosodium glutamate, 1 spoon salt, a little sauce, 100g vinegar, a half spoon white sugar, 1 small spoon pepper, 2 spoon oil
 Cooking process:
 1. Potatoes, shallot, red pepper, various capsicum should be cut into piece.
 2. Heating the frying pan with high power for three minutes, adding oil, filar potatoes, and flavoring, then cook it with high power for about three minutes, and then take it out.



3. Add shallot filar, red chili filar, various pimento filar, churn them up, and then heat them with high fire for two minutes.

28 熘土豆丝
Fry potato slices

技术要求：
 1. 烹调食谱规格为：145x210mm。
 2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸。
 3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象。
 4. 正式生产前必须封样确认。

					烹调食谱 SMA237A1B-P00C0C WP700					JS1M0609-001-575	
标记	处数	更改文件号	签名	日期							
设计	邱焯忠		标准化	谭银珠		图样标记			数量	质量	比例
校对			审定	李志刚							
审核	江智畅				S	A		1		1: 1	佛山市顺德区格兰仕 微波炉电器有限公司
工艺			日期	2011. 4. 30		共14张		第 9 张			

原料：虾子80克、腐竹100克、冬笋60克
 调味：葱、姜各10克、料酒两大匙、酱油少许、盐一匙、糖半匙、香油适量、高汤少许

- 做法：
1. 将腐竹用开水浸泡20分钟，挤干水分切成段。
 2. 将虾子放在碗中用开水泡20分钟，冬笋洗净切成片，葱、姜洗净切成段和块。
 3. 葱、姜放入微波耐热器皿中，加入香油用高火煮2分钟爆香。
 4. 加入料酒、酱油、盐、糖、虾子和适量高汤，最后放入腐竹和冬笋用中火煮12分钟即可。

Materials: 80g shrimp, 100g bean curd sticks, 60g bamboo shoots
 Flavorings: 10g ginger, 10g shallot, 2 big spoon mirin, a little sauce, 1 spoon salt, half a spoon sugar, enough spicy oil, a little broth
 Cooking process:
 1. Soak bean curd sticks with boiling water for 20 minutes, squeeze the water and cut into pieces.
 2. Soak the shrimp with boiling water in the bowl for 20 minutes, wash the bamboo shoots completely and cut them into pieces; wash the shallot and ginger, and cut them into pieces.
 3. Add sesame oil in the shallot and ginger, then put them into the microwave heat-resistant containers to cook for 2 minutes.
 4. Add mirin, sauce, salt, sugar, shrimp and appropriate broth, then add bean curd sticks and bamboo shoots and cook them for 12 minutes with mid power.

29 虾子腐竹
shrimp with beancurd sticks



材料：活大海虾1000克、龙井新茶5克
 调味：鸡蛋1个、绍酒、5克、精盐3克、味精2.5克、淀粉40克、熟猪油1000克（约耗75克）

- 做法：
1. 将虾去头，去腿后用清水反复洗三次，再沥干水分（或用洁净干毛巾吸水）。



30 龙井虾仁
Longjing shrimp

2. 虾仁放入碗内，加盐、味精和蛋清，用筷子搅拌均匀至粘性时，放入干淀粉拌和成浆。
3. 取茶杯一个，放上茶叶，用沸水50克泡开（不要加盖），放1分钟，滤出40克茶汁，剩下的茶叶待用。
4. 熟猪油放入煎碟内，用高火加热5分钟，放入虾仁，并迅速用筷子打散，用高火煮2分钟，取出并用筷子打散，倒入茶叶和茶汁，绍酒，加盐和味精，翻动几下，用中火煮约30秒左右即可。

Materials : 1000g fresh shrimp, 5g longjing tea
 Flavorings: 1 egg, 15g shaoxing wine, 3g refined salt, 2.5g monosodium glutamate, 40g amyllum, 1000g lard (using about 75g)
 Cooking process:
 1. Remove the head and feel of the shrimps, wash for 3 times. Then stay for dry (or use dry clean towel to absorb the water).
 2. Put shrimp into the bowl, and add salt, monosodium glutamate and egg white, use chopsticks to stir a viscous, then add dry amyllum and mix them into pulp.
 3. Put some tea into a cup, add 50g boiling water (without cover) for 1 minute, filter out 40g tea and leave the remaining tea for another using.
 4. Add lard to frying pan, and heat it with high fire for 5 minutes; add shrimp, and quickly break them up with chopsticks, cook them with high fire for 2 minutes, take them out and break them up with chopsticks, then put the tea with leaves, shaoxing wine, salt and monosodium glutamate, chum them up, cook them with high fire for about 1 minute and 30 seconds.

材料：冬笋 200克
 调味：腐乳汁 10克、味精 2克、盐 2克、料酒、油少许

- 做法：
1. 冬笋切片。
 2. 油放入煎碟内，加热2分钟，倒入冬笋，腐乳汁，味精，盐，调料，用中火煮6分钟即成。

Material : 200g bamboo shoots
 Flavorings: 10g preserved bean curd extract, 2g monosodium glutamate, 2g salt, a little mirin and oil
 Cooking process:
 1. Cut bamboo shoots into pieces.
 2. Add oil in frying pan, and cook it for 2 minutes. Then put the bamboo shoots, preserved bean curd extract, monosodium glutamate, salt, spices, and cook with the mid power for six minutes.



31 腐乳冬笋
Bamboo shoots with preserved beancurd

材料：鲜大虾250克
 调味：干辣椒、花椒少许、酱油大匙、醋匙、白糖、味精各少许、色拉油2匙、姜、葱、蒜、红油、麻油、鸡汤等适量

- 做法：
1. 先将大虾洗净，剪去虾脚和须子，去掉虾线，干辣椒切成1厘米长的筒状。
 2. 油放入煎碟内，加热2分钟，将虾放入碟内，把辣椒和花椒下入，放入调味料，拌匀入味，用高火煮2分钟，勾入适量鸡汤再用高火煮1分钟，淋入红油、麻油即成。

Materials: 250g fresh prawn
 Flavorings: dry capsicum, pepper, 1big spoon sauce, 1spoon vinegar, a little monosodium glutamate and white sugar, 2 spoon seled oil, enough ginger, shallot, garlic, red oil, Sesame oil and chicken soup
 Cooking process:
 1. Firstly wash the prawn, cut the shrimp legs and palpus, remove the shrimp line, cut dry capsicum into 1cm-long cylinder-shape.
 2. Add oil to frying pan, and heat it for 2 minutes, put shrimp and pepper and capsicum into frying pan, then add flavorings and mix them evenly, and cook them with high fire for 2 minutes; put appropriate chicken soup and cook with high fire for 1 minute, at last, add red oil, sesame oil.

32 黔味大虾
Prawn with Guizhou cooking



技术要求：
 1. 烹调食谱规格为：145x210mm。
 2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸。
 3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象。
 4. 正式生产前必须封样确认。

					烹调食谱 SMA237A1B-P00C0C WP700				
标记	处数	更改文件号	签名	日期					
设计	邱焯忠		标准化	谭银珠					
校对			审定	李志刚					
审核	江智畅			S	A	1		1: 1	
工艺			日期	2011. 4. 30		共14张		第10张	

JS1M0609-001-575

材料：铜版纸

佛山市顺德区格兰仕微波炉电器有限公司

材料：白菜心300克，鸡脯肉200克，鸡汤适量
 调味：精盐3克，料酒大匙，香菜、胡椒粉、味精少许



33 白菜鸡泥汤
Cabbage chicken soup

- 做法：
1. 将白菜心洗净切成12厘米长、2厘米宽的条。
 2. 适量清水注入器皿中，用高火煮6分钟至开，把白菜心放在开水里焯烫，取出在凉水中冷却，沥去水分，摆在汤碗中待用。
 3. 用高火3分钟把鸡脯肉煮熟，将鸡脯肉砸成细泥，用温鸡汤把鸡泥解开。
 4. 容器内注入鸡汤，加入精盐、料酒、味精、胡椒粉，再把鸡泥放入，入炉用高火煮4分钟至开，捞出浮沫；将清汤灌在白菜碗中，撒上香菜，用高火煮3分钟，取出即可食用。

Materials: 300g cabbage, 200g chicken breast meat, enough chicken soup
 Flavorings: 3g refined salt, 1big spoon mirin, caraway, pepper, a little monosodium glutamate
 Cooking process:
 1. Wash the cabbage and cut them for length 12 cm and width 2 cm.
 2. Put enough water in the household utensil, and boil it with high fire for 6 minutes; Put the cabbage slightly into the boiling water, and cook it with cold water, drain water, and place it in bowl for use.
 3. Cook the chicken breast meat with high fire for 3 minutes, chop the chicken breast meat, use hot chicken soup to unbind chicken pieces.
 4. Put chicken soup into the household utensil, add salt, mirin, monosodium glutamate, pepper, then put the chicken mud into the soup, and boil it with high fire for 4 minutes, remove the floating bubble; fill cabbage broth/bowl with soup, sprinkle caraway, boil it with high fire for 3 minutes, and then it can be eaten.

34 虾米榨菜蒸豆腐
Shrimp and preserved Szechuan pickle braise bean curd



The surface of tofu ,put it into oven and boil them with high power for 3 minutes , then pour the water of plate, add prepared seasonings (A)to stir ,then add shallot and pepper granule, boil it with high power for 2 minutes!

材料：豆腐盒、虾米20克、榨菜20克
 调料：葱2根，彩椒粒少许，糖半匙、(A)酱油2汤匙、酒1汤匙、生粉水2汤匙

- 做法：
1. 葱洗净，切粒。虾米洗净，用清水浸软。
 2. 榨菜洗净，切片，用清水浸5分钟，取出挤干水，切粒，加糖拌匀。
 3. 将豆腐洗净，切原件盛碟上，虾米及榨菜放在豆腐面上，用高火煮3分钟，倒去碟中之水，加入拌好的调料A，放入葱和彩椒粒，用高火煮2分钟即成。

Materials: Tofu (box), shrimp(20g) , preserved szechuan pickle (20g)
 Flavorings : shallot (2 pcs), pepper granule(certain) sugar (half spoon)
 (A) Soy(2 spoon) wine(1 spoon) shengfenshui(2 spoon)
 Cooking process:
 1. clean the shallot and cut it into granule, clean the shrimp and put them into the water to make them soft.
 2. clean the preserved szechuan pickle and cut them into pieces, dip them in water for 3 minutes, take them out and dry them and add some sugar to stir evenly.
 3. clean the tofu and cut them into pieces, put some of them on the plate, add shrimp and preserved szechuan pickle on

35 啤酒鸭
Stewed Duck in Beer



材料：鸭只、香菜末、葱末、红辣椒少许
 调味：啤酒2瓶、酱油3大匙、冰糖2大匙
 做法：
 1. 鸭子杀好并去除内脏及头、脚、翅，洗净，先用开水烫一下再冲洗干净。
 2. 将调味料注入器皿内，用高火煮8分钟烧开，放入鸭，用中火煮30分钟。（中途多翻动鸭身，使其受热均匀且入味），待鸭酥软时捞出放凉，将汤汁倒出备用。
 3. 将鸭肉剁块，排入盘中，面上淋上汤汁，并撒上香菜末、葱末、红辣椒即成。
 Tips：放凉了再剁，鸭肉才不会散，煮的时候要不时地翻动鸭身，并将汤汁往鸭身上淋，入味才均匀。

Materials: duck(1set) , caraway powder , shallot powder , few chili
 Flavorings : beer(2 bottles) , soy(3 spoon) , rock candy (2 spoon)
 Cooking process:
 1. kill the duck , remove offal , heads , feet , wings and clean them , use boiled water boil them before washing and clean them.
 2. Pour the Seasonings into containers, put the duck into the pan ,using high power to boil it 8 minutes, Put duck in, using mid power to boil it 30 minutes, (Turn the duck body more on the halfway, make it heated evenly).Take the duck body out for cooling after it being heated softly , pour the soup out for reserve.
 3. Cut the duck into pieces ,put them on the plate ,sprinkle with the soup on them and sprinkle with caraway powder , shallot powder, few chili on them.
 Tips: Cut them after its being cooled so that the duck meat will not be scattered, turn them from time during the cooking and pour the soup on the duck meat , so that the flavor will be injected evenly into the duck meat.



36 蚝油茭白
Oyster sauce with Zizania aquatica

材料：糖茭白400克
 调味：蚝油2汤匙、绍酒2汤匙、油适量、盐5克、糖、胡椒粉、水淀粉、鸡粉各适量

- 做法：
1. 将茭白削去外皮，切去老根，洗净后剖开，斜切成片。
 2. 将适量油注入耐热器皿中，用高火煮3分钟至半开，放入茭白过油片刻，捞出沥干油待用。
 3. 煎碟用高火热2分钟，放入蚝油、茭白拌匀，加入绍酒，大半杯水。并加入鸡粉、少量糖等调味料，加上盖，用高火煮3分钟左右，最后加入水淀粉勾芡，用高火煮1分钟，淋上香油即可。

Materials: Zizania aquatica(400g)
 Flavorings : oyster sauce (2 spoon), wine (2 spoon), salt (5g),oil, sugar,pepper, water starch, chicken powder
 Cooking process:
 1. Get rid of the skin and cut off the root of Zizania aquatica, clean it and cut it out, then cut it into pieces.
 2. Pour some oil into heat-resistant containers, use high power to boil it into half-boiled, put the Zizania aquatica into the container for a little while, then take it out.
 3. Use high power to boil it 2 minutes. Add oyster sauce, Zizania aquatica and stir them evenly , adding wine, half bottle of water, chicken powder, some sugar. Cover the container and cook it with high power for 3minutes, at last , add water starch and cook it with high power for 1 minite. At last, pour some sesame oil on them!

技术要求：
 1. 烹调食谱规格为：145x210mm。
 2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸。
 3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象。
 4. 正式生产前必须封样确认。

标记	处数	更改文件号	签名	日期
设计	邱焯忠	标准化	谭银珠	
校对		审定	李志刚	
审核	江智畅			
工艺		日期	2011. 4. 30	

烹调食谱 SMA237A1B-P00C0C WP700			
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JS1M0609-001-575

材料：铜版纸

佛山市顺德区格兰仕微波炉电器有限公司

甜点 37 蛋挞
Egg tarts



材料：鸡蛋5只，面粉500克
调 味：精盐适量，砂糖100克，熟猪油10克，黄油10克，米酒适量

做法：
1. 将鸡蛋磕入碗中，把其中3个蛋黄取出搅匀待用，其余的加少许米酒、精盐搅匀。
2. 将蛋液与面粉搅拌均匀，加入砂糖与米酒，拌匀后擀成圆饼状，将边缘捏成内卷花形，放入炉内用微波烧烤组合键10分钟左右。
3. 取出后，将打好的蛋黄液倒入，再入炉用烧烤烤4分钟即可。

Materials: egg(5pcs), flour(500g)
Flavorings : salt (certain), sugar(100g), lard(10g), butter(10g), rice wine(certain)
Cooking process:
1. Broke the egg into the bowl, take 3 of yolk out and stir them evenly, stir the other two with certain salt and rice wine.
2. Stir evenly the egg liquid and flour ,add sugar and rice wine , stir them evenly to make it look like a round biscuit ,then put it in the oven and boil it for about 10 minutes with combi function.
3. Take it out, pour the prepared yolk liquid in it and then put it in the oven and cook it for about 4 minutes with grill fuction.

材料：糯米粉50克、葡萄干9个、水酥、豆沙馅、食用淀粉少许
调味：砂糖90克

做法：
1. 先把水倒入糯米粉内，搅拌均匀后，再倒入砂糖，再次搅拌均匀后容器上裹上保鲜膜，放入微波炉用大火加热4分钟。
2. 把豆沙馅包住葡萄干，搓成圆球，成为馅儿心。
3. 取出加热后的糯米粉，用勺子把面粉用力搅拌均匀，再次放入微波炉用大火加热3分钟，看到面粉变成透明光洁的面团即可。
4. 取出糯米粉，稍稍放凉至手可以触摸的温度时，在面团整体均匀地撒上食用淀粉，切成8块，每块小面团都用手摊开，包入做好的馅儿心即可。



38 葡萄豆沙糯米团
Glutinous rice Mission

Materials: Glutinous rice flour (150g), ripe grape (8pcs) , water (1 glass) , bean paste(certain), Food starch(certain)
Flavorings : sugar(90g)
Cooking process:
1. Firstly put water into the glutinous rice flour, stirring evenly, then add sugar, stirring it again and cover the container with fresh film preservation, put it into oven to heat it for 4 minutes.
2. Surround the grape with Bean paste, roll it to make it into a ball.
3. Take out the heated glutinous rice flour, using spoon to batter, mix it evenly again, put it again into the oven ,heat it with high power for 3 minutes ,stop heating until you see the Dough turned into transparent one.
4. Removed glutinous rice powder, slightly cool it until the temperature that man can touch, evenly sprinkled the overall dough with Food starch, cut into 8 pieces, spread out each dough and then surround them on the stuffing.

39 煎土豆饼
Fried potato cakes



材料：土豆250克，面粉60克，鸡蛋1个，面包粉70克
调味：胡椒粉少许，奶油汤匙，精盐适量，白脱油汤匙，色拉油3汤匙

做法：
1. 土豆洗净用保鲜袋装好，入炉用大火煮8分钟，取出趁热剥皮捣成泥。鸡蛋磕入碗中搅打成蛋液。
2. 土豆泥中加入盐、胡椒粉、面粉和奶油，用手反复揉捏成面团，做成一个个圆形土豆饼生坯，再滚蘸上蛋液，两面蘸上面包粉。
3. 煎碟放入微波炉中，用大火加热2分钟，倒入色拉油和白脱油，分批放入土豆饼生坯，先用大火煎3分钟，翻面再煎3分钟至两面呈金黄色即成。

Materials: potato (250g), flour(60g) , egg(1 pc), bread flour (70g)
Flavorings: Pepper (certain) , butter (1 spoon), salt(certain) , White separating oil (spoon), Salad oil (3 spoon)
Cooking process:
1. Clean the potato and pack it with fresh-preservation bag, put it into oven and boil it for 8 minutes with high power, take it out and peel it and then mash them.
Broke the egg into the bowl and stir it to make it into egg liquid.
2. Put salt, pepper, flour and butter in the Mashed potatoes, knead it with hands repeatedly to make it form into a dough, put egg liquid and flour on them.
3. Put the Fried dish into microwave oven and heat it with high power for 2 minutes, Put salad oil and white oil in batches, add Green potato cakes one lot by one lot, fried them with high power for 3 minutes ,turn them over ,use high power to heat them for 3 minutes until the two sides of them turning golden yellow.

材料：白菜500克、白菜干250克、红萝卜100克、墨鱼干1只、猪蹄500克、陈皮块、生姜2片
调味：精盐8克

做法：
1. 白菜干洗净，切段，与陈皮、墨鱼干一起浸泡30分钟。
2. 白菜、猪蹄洗净。将所有材料一起放进耐热容器内，加入清水 1200毫升（约12碗水量），用大火煮15分钟至沸后，再用中火煮25分钟。
3. 取出，加入适量精盐便可。

40 金银菜墨鱼煲猪蹄
Cuttlefish with Hock Soup 汤类



Material:
500g of Cabbage, 250g of Dried cabbage, 100g of Carrot, 1 piece of Dried cuttlefish, 500g of Hock, 1 piece of tangerine, 2 pieces of ginger
Flavorings : 8g of Salt
Cooking process:
1. Wash and slice the dried cabbage then soak with tangerine and cuttlefish for half an hour.
2. Wash the cabbage and hock; Put them all into a heat-resistant utensil with 1200ml water (about 12 bowl of water), cook it in microwave oven with high power for 15min then 25min in mid power.
3. Add some salt and then finish.

技术要求：
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2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸。
3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象。
4. 正式生产前必须封样确认。

					烹调食谱 SMA237A1B-P00C0C WP700				
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设计	邱焯忠		标准化	谭银珠					
校对			审定	李志刚		图样标记	数量	质量	比例
审核	江智畅				S	A	1		1: 1
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材料：铜版纸

佛山市顺德区格兰仕微波炉电器有限公司

材料：海带50克，白萝卜红萝卜各1条，海蜇皮50克，红枣4颗
 调味：精盐适量

做法：
 1. 海带洗净切段，白萝卜红萝卜去皮切块。
 2. 海蜇皮洗净切丝，加入盐调味。
 3. 耐热容器内放入4碗清水，把材料放入，用高火煮15分钟，再用中火煮20分钟至萝卜变软即可。

Material:
 50g of seaweed, 1 piece of carrot and 1 piece of daikon, 50g of Jellyfish paper, 4 pieces of red Chinese-date
 Flavorings: Salt
 Cooking process:
 1. Wash and slice the seaweed, peel and dice the daikon and carrot.
 2. Wash and shred the jellyfish paper, add some salt.
 3. Put them all into a heat-resistant utensil with 4 bowl of water, cook with high power for 15min then 20min in mid power till the daikon and carrot become soft, and then finish.

41 降压清热海带汤
Seaweed Soup



42 土豆骨头汤
Pork Chop Soup with Potato



3. Give up the pork chops, carrot, potato and add some salt, sesame oil and pepper, then finish.

材料：胡萝卜100克，土豆200克，猪腩骨100克，红枣4颗
 调味：精盐、香油、胡椒粉、高汤各适量

做法：
 1. 将猪腩骨洗净敲断，胡萝卜、土豆洗净去皮，切成块。
 2. 将高汤放入耐热容器内，放入腩骨，用高火加热2分钟左右，待煮开后，放入胡萝卜、土豆、红枣再用高火煮8分钟后改用中火煮10分钟。
 3. 取出，将骨头、胡萝卜、土豆捞出，加入适量精盐、香油、胡椒粉即可。

Material:
 100g of carrot, 200g of potato, 100g of pork chop, 4 pieces of red Chinese-date
 Flavorings:
 Salt, sesame oil, pepper powder, soup-stock
 Cooking process:
 1. Wash and cut down the pork chops, wash and peel the carrot and potato then dice them into a few dollops.
 2. Mix the soup-stock and pork chops in a heat-resistant utensil, cook with high power for about 12min. Add the carrot, potato and red Chinese-date when it boiling, cook with high power for 8min then 10min in mid power.

材料：鱼肉500克，熟火腿5克，水发冬菇5克，胡萝卜15克，鲜笋25克，鸡蛋清25克，熟青豆10克，猪皮50克，鸡清汤适量
 调味：盐2.5克，绍酒1茶匙，葱姜汁1汤匙，淀粉、味精少许，熟猪油2汤匙

做法：
 1. 将火腿肉、冬菇、笋、胡萝卜各取少许切成片，其余的切成细丁。细丁加入去皮青豆、盐、味精，同熟猪油进行搅拌，做成若干个直径约3厘米的五丁丸子。
 2. 将鱼肉用刀拍松，去除鱼刺，切成块状，用清水漂净，沥干后放在猪皮上面，斩成茸状。
 3. 将鱼茸放入容器内，加入鸡蛋清、绍酒、葱姜汁、水淀粉，随即顺着一个方向搅拌，边搅边加清水，同时加入少许精盐。用左手抓鱼茸，使鱼茸从大拇指和食指中间挤出，随即掐入一只五丁小丸，将鱼茸搓圆，勾入冷水中，做好后入炉用高火煮7分钟，至鱼丸成白玉色，捞起鱼丸放于汤碗内。
 4. 用盛器注入鸡汤，入炉用高火煮3分钟，放入火腿片、笋片、冬菇片和胡萝卜片，加入精盐、味精再煮2分钟，最后倒入盛鱼丸汤碗内，淋上少许熟油即成。

Material:
 500g of fish, 15g of ham, 15g of black mushroom, 15g of carrot, 25g of fresh bamboo shoot, 25g of egg white, 10g of lima bean, 50g of pigskin, light chicken soup
 Flavorings:
 2.5g of salt, 1 spoon of Shaoxing wine, 1 spoon of shallot and ginger juice, a little flour and monosodium glutamate, 2 spoon of boiled oil
 Cooking process:
 1. Slice some of carrot, mushroom, ham, bamboo shoot, dice the rest. Mix these granules with peeled bean, salt, monosodium glutamate and boiled oil, make the mixture into many ball of about 3cm dia.

43 五丁鱼丸汤
Fish Ball Soup



2. Pat the fish looser, get rid of the fishbone and slice and wash it, chop it into fritter on the pigskin.
 3. Put the fish fritter in container and churn up with egg white, Shaoxing wine, shallot and ginger juice and wet flour in single direction, smoothly add water and salt when mix round. Use your left hand to hold the fritter and pinch it from the gap between thumb and forefinger, twist it with ball. Dip it in cold water then cook it with high power for 7mins till the ball turn white. Put the fish ball into a bowl.
 4. Put light chicken soup into a bowl, cook with high power for 3mins, add sliced ham, bamboo shoot, mushroom and carrot, add some seasoning for further 2mins cooking with high power. Finally, pour it into the bowl of fish ball. At last, sprinkle some boiled oil.

烧烤 44 椒盐牛仔骨
Salt-pepper Short Ribs with Chop



材料：美国带骨牛仔骨(含嫩肋骨)450克
 调味：胡椒粉、椒盐各1小匙，盐2茶匙，柠檬汁2汤匙，彩椒粒少许

做法：
 1. 将牛仔骨用盐、胡椒粉、彩椒粒腌30分钟。
 2. 将牛仔骨放在烤架上，用微波烧烤组合2档8分钟取出，翻转另一面，再用微波烧烤组合2档5分钟，食用时撒上椒盐及柠檬汁即可。

Material:
 450g of American short ribs with chop
 Flavorings:
 1 spoon of pepper powder & salt-pepper, 2 spoons of salt, 2 spoons of lemon juice, granulated bell-pepper
 Cooking process:
 1. Pickle the ribs with salt, pepper, bell-pepper for half an hour.
 2. Put the pickled ribs on the metal rack, cook with combi 2 function for 8mins, overturn it to another side for another 5 min with combi 2 function. Pour salt-pepper and lemon juice before enjoy it.

技术要求：
 1. 烹调食谱规格为：145x210mm。
 2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸。
 3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象。
 4. 正式生产前必须封样确认。

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校对		审定	李志刚	
审核	江智畅			
工艺		日期	2011. 4. 30	

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图样标记	数量	质量	比例
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材料：铜版纸

佛山市顺德区格兰仕微波炉电器有限公司

材料：大青虾 750克
 调味：精盐 2克，料酒 2.5克，葱、姜汁各 3.0克，花椒盐 5克

- 做法：
1. 将大青虾去壳留尾，用精盐、料酒、葱、姜汁、花椒盐腌30分钟入味。
 2. 用竹签每4只串为一排，制成虾排。
 3. 将虾排放在烤架上，用微波烧烤组合烤10分钟左右，烤至金黄色酥脆时即可。

Material: 750g of king-prawns
 Flavorings:
 2g of salt, 2.5g of rice wine, 30g of shallot juice and 30g of ginger juice, 5g of zanthoxylum Spice

- Cooking process:
1. Peel the shell of king-prawns but keep the tail, pickle it with salt, rice wine, shallot and ginger juice, zanthoxylum Spice for half an hour.
 2. Bunch 4 prawns with 1 stick.
 3. Put the prawn steak on a grill rack then cook it with combi 1 function for 10mins or so, till the prawn steak turn to be crisp and golden.



46 葡萄酒鸡翅
 Chicken Wing with Red-wine



材料：鸡翅300克
 调味：盐适量，酱油1汤匙，绍酒1茶匙，醋1茶匙，鸡粉1茶匙，葡萄酒半杯（约100克）

- 做法：
1. 鸡翅洗净，沥干水分。
 2. 鸡翅用调味料调味腌30分钟。
 3. 把鸡翅块放在烤架上，用微波烧烤组合2烤7分钟左右，翻转另一面，再用微波烧烤组合2烤5分钟，烤至金黄色时即可。

Material:
 300g of chicken wing
 Flavorings:
 Salt, 1 spoon of soy sauce, 1 spoon of Shaoxing wine, 1 spoon of sugar, 1 spoon of chicken powder, half glass of red-wine

- Cooking process:
1. Wash the chicken wings and dry it.
 2. Pickle the wings with seasoning for 30min.
 3. Put the wings onto the grill rack and cook with combi 2 function for 7mins, over turn to other side and cook another 5mins till the wings turn golden.



本美食菜谱所列烹饪方法仅供参考，烹饪效果会因为饮食习惯、地域、烹饪时间等因素而有偏差。

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1. 烹调食谱规格为：145x210mm.
 2. 烹调食谱材质要求：封面、底为157g铜版纸（表面覆膜）内页为128g铜版纸.
 3. 不允许印错内容，印错别字、图案印花，印漏、印刷模糊、颜色不符、不均匀、不清晰、套色不准等印刷不良现象.
 4. 正式生产前必须封样确认.

					烹调食谱 SMA237A1B-P00C0C WP700					JS1M0609-001-575	
标记	处数	更改文件号	签名	日期							
设计	邱焯忠		标准化	谭银珠		S	A	1		1: 1	
校对			审定	李志刚		共14张		第14张		佛山市顺德区格兰仕 微波炉电器有限公司	
审核	江智畅		日期	2011. 4. 30							
工艺			日期	2011. 4. 30							