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Note: Use the calorie with values in the recipes only as a guide. 各菜品中記載的熱量為大致數值。
**料理盘之使用方法**

若不同時炊煮米飯，則請將水加入內鍋中（1.0L型（5.5杯）加至[Plain]刻度1位置；1.8L型（10杯）加至[Plain]刻度2位置），並以“Slow Cook・Steam”選單，加熱20〜30分鐘。詳細請同時参照使用說明書。

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### tacook ～例～ 牛肉蓋飯

1. 請選擇您喜歡的菜餚，預先準備好材料，將材料放入料理盤中。
2. 沸煮後放入內鍋並加水，然後將內鍋放入電鍋中。（1.0L（5.5杯）型的用水量為1〜2杯、1.8L（10杯）型的用水量為2〜4杯）計量米時，請使用電鍋附屬的量杯。
3. 將料理盤放入內鍋中，蓋上鍋蓋。
4. 选择“Synchro-Cooking”菜餚，按下“Start”鍵。
5. 若發出嘟嘟的聲音，則表示飯已煮好！

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### tacook ～例～ 牛丼

1. 請選擇您喜歡的食譜。預先備好材料，並將材料放入料理盤中。
2. 將米洗淨後放入內鍋並加水，然後將內鍋放入電鍋中。（1.0L（5.5杯）型可煮1〜2合米、1.8L型（10杯）型可煮2〜4合米）計量米時，請使用炊飯電子鍋附屬的量杯。
3. 將料理盤置於內鍋中，蓋上鍋蓋。
4. 選擇“Synchro-Cooking”選單，按下“Start”鍵。
5. 若發出嘟嘟聲響，則表示飯已煮好！

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**料理盤之使用方法**

若不同時炊煮米飯，則請將水加入內鍋中（1.0L型（5.5杯）加至[Plain]刻度1位置；1.8L型（10杯）加至[Plain]刻度2位置），並以“Slow Cook・Steam”選單，加熱20〜30分鐘。有關細節，請同時參照使用說明書。

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### tacook ～例～ 牛丼

1. 請選擇您喜歡的食譜。預先備好材料，並將材料放入料理盤中。
2. 將米洗淨後放入內鍋並加水，然後將內鍋放入電鍋中。（1.0L（5.5杯）型可煮1〜2合米、1.8L型（10杯）型可煮2〜4合米）計量米時，請使用炊飯電子鍋附屬的量杯。
3. 將料理盤置於內鍋中，蓋上鍋蓋。
4. 選擇“Synchro-Cooking”選單，按下“Start”鍵。
5. 若發出嘟嘟聲響，則表示飯已煮好！

---

**料理盤之使用方法**

若不同時炊煮米飯，則請將水加入內鍋中（1.0L型（5.5杯）加至[Plain]刻度1位置；1.8L型（10杯）加至[Plain]刻度2位置），並以“Slow Cook・Steam”選單，加熱20〜30分鐘。有關細節，請同時參照使用說明書。
Simmered meatballs and bean-starch vermicelli with soy sauce
红烧狮子头烩粉条

**Ingredients**

For 2 Servings

(Meatballs)
- Ground pork 150g
- Ginger 2cm
- Spring onion 10g
- Sugar 1/2 teaspoon
- Salt
- Soy sauce (laochou) 1/2 teaspoon
- Sake (rice wine) 1 tablespoon
- Bean starch 1/2 tablespoon

(Sauce)
- Soy sauce (laochou) 1 teaspoon
- Chicken stock (powder) 1 teaspoon
- Water 80mL

**Directions**

1. Put all ingredients of the meatballs in a bowl and mix well. Shape into balls about 3 cm in diameter.
2. Place the meatballs leaving a space between them on the cooking plate, and add the bean-starch vermicelli, carrot and dried shiitake. Pour the mixed sauce on them.
3. Put the washed rice and water in the inner pot, and set in the rice cooker.
4. Set the cooking plate in the inner pot. Select the “Synchro-Cooking” menu and press the [Start] key.
5. When cooking is completed, place on the serving plate.

**Materials 2 persons**

(Meatballs)
- Pork (ground) 150g
- Spring onion 2cm
- Ginger 10g
- Soy sauce (laochou) 1/2 teaspoon
- Sugar 1/2 teaspoon
- Salt
- Water

(Sauce)
- Soy sauce (laochou) 20g
- Chicken stock (powder) 20g
- Dried shiitake 1
- Carrot 20g
- Bean starch (dried) 80mL

**How to do it**

1. Wash the rice and water and put them in the inner pot.
2. Place the meatballs leaving a space between them on the cooking plate, and add the bean starch vermicelli, carrot and dried shiitake.
3. Pour the mixed sauce on them.
4. Set “Synchro-Cooking” menu and press the “Start” key.
5. Finish in the container.

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Note:

- Use 80-100mL of water for 2 servings.
- This is the number of people for each serving.
- Select the appropriate number of servings.
- The cooking time may vary depending on the rice cooker model and type of rice. Refer to the user's manual for details.
- It is recommended to adjust the amount of water and cooking time based on the rice cooker's specifications.
- Optional: If you prefer a more flavorful dish, you can add more soy sauce or other seasonings to taste.
Steamed sea bream with doubanjiang (bean and chili paste)

**Ingredients** For 2 Servings

- Sea bream – 2 slices (about 200g)
- Naganegi (white leek) – 10g
  Shredded
- Lotus root – 40g
  Slice into thin half-moons.
- Carrot – 20g
  Shredded
- Ginger – 2.5cm
  Shredded
- Garlic – 1 piece
  Sliced
- Red chili pepper – 1/2
  Sliced diagonally

**Directions**

1. Place the sea bream pieces on the cooking plate. Scatter the naganegi, lotus root, carrot, ginger, garlic and red chili pepper over the sea bream. Pour well-mixed condiment evenly over the ingredients.
2. Put the washed rice and water in the inner pot, and set in the rice cooker.
3. Set the cooking plate in the inner pot. Select the “Synchro-Cooking” menu and press the [Start] key.
4. When cooking is completed, place on the serving plate.
Recipe

Creamed chicken and squash
南瓜奶油燉雞肉

Ingredients  For 2 Servings

- Chicken thigh: 150g (cut into bite-size pieces)
- Salt: To taste
- Squash: 100g (sliced)
- Fresh cream: 50mL
- Garlic: 1 piece (chopped finely)
- Butter: 10g

Directions

1. Season the chicken with salt. Place the chicken and squash alternately on the cooking plate. Pour the fresh cream evenly over the ingredients. Scatter the garlic and butter.
2. Put the washed rice and water in the inner pot, and set in the rice cooker.
3. Set the cooking plate in the inner pot. Select the “Synchro-Cooking” menu and press the [Start] key.
4. When cooking is completed, place on the serving plate.
**Steamed tofu and yamaimo**

**Ingredients** For 2 Servings

- Soft tofu 200g
  - Cut into bite-size pieces.
- Yamaimo (tropical yam) 30g
  - Cut into bar rectangles.
- Chinese cabbage 30g
  - Shaved.
- Naganegi (white leek) 30g
  - Sliced diagonally.
- Carrot 10g
  - Cut into rectangles.

(Condiments)

- Salt 1/2 teaspoon
- Pepper powder A dash
- Soy sauce (shengchou) 1 teaspoon
- Chicken stock (powder) 1 teaspoon
- Sesame oil 1/2 teaspoon

**Directions**

1. Wrap the tofu with cooking papers and leave for 15 minutes to drain.
2. Place the tofu, yamaimo, Chinese cabbage, naganegi and carrot on the cooking plate.
3. Put the washed rice and water in the inner pot, and set in the rice cooker.
4. Set the cooking plate in the inner pot.
5. Select the “Synchro-Cooking” menu and press the [Start] key.
6. When cooking is completed, place on the serving plate.

**Materials 2 people**

- Soft tofu 200g (ingredients)
  - Cut into bite-size pieces.
- Yamaimo 30g
  - Cut into bar rectangles.
- Chinese cabbage 30g
  - Shaved.
- Naganegi 30g
  - Sliced diagonally.
- Carrot 10g
  - Cut into rectangles.

(Condiments)

- Salt 1/2 teaspoon
- Pepper powder A dash
- Soy sauce 1 teaspoon
- Chicken stock 1 teaspoon
- Sesame oil 1/2 teaspoon

**Method**

1. Wrap the tofu with kitchen paper and leave for 15 minutes to drain.
2. Place the ingredients on the cooking plate, and pour the mixed condiment over them.
3. Pour the washed rice and water into the inner pot, and set in the rice cooker.
4. Set the plate in the inner pot.
5. Select the “Synchro-Cooking” menu and press the [Start] key.
6. When cooking is completed, place on the serving plate.
Recipe 05

Steamed spicy pork

Ingredients  For 2 Servings

- Pork back rib 300g
  Sliced into thicker bite-size pieces.
- Salt A dash
- Sake (rice wine) 1 tablespoon
- Sichuan pepper A dash
- Doubanjiang (bean and chili paste) 1 teaspoon
- Soy sauce (shengchou) 1 tablespoon
- Steam pork powder 1 tablespoon

Directions

1. Add the seasonings to the pork and dip it for 20 minutes.
2. Add the doubanjiang and soy sauce to the pork and mix. Add the steam pork powder and mix them. Place all ingredients on the cooking plate.
3. Put the washed rice and water in the inner pot, and set in the rice cooker.
4. Set the cooking plate in the inner pot. Select the “Synchro-Cooking” menu and press the [Start] key.
5. When cooking is completed, place on the serving plate.
Ingredients For 2 Servings

- Pork loin —— 100g
  Sliced into bite-size pieces.
- Shrimp —— 40g
  Peeled and deveined
- Chinese spinach —— 40g
  Cut into 5 cm pieces.
- Carrot —— 20g
  Slice into thin half-moons.
- Jew’s ear —— 2
  Rehydrated
- Quail egg (boiled) —— 2
- Ginger —— 1cm
  Chopped fin
- Potato starch —— 1 tablespoon
  (Condiments)
- Usukuchi soy sauce (shengchou) —— 1/2 teaspoon
- Oyster sauce —— 1/2 teaspoon
- Chicken stock (powder) —— 1/2 teaspoon
- Sesame oil —— 1/2 teaspoon
- Water —— 1 tablespoon

Directions

1. Dust the pork, shrimp, Chinese spinach, carrot, jew’s ear, quail egg and ginger with the potato starch.
2. Place all ingredients on the cooking plate. Pour the mixed condiment evenly over the ingredients.
3. Put the washed rice and water in the inner pot, and set in the rice cooker.
4. Select the “Synchro-Cooking” menu and press the [Start] key.
5. When cooking is completed, place on the serving plate.
Ingredients For 2 Servings

- Chicken thigh 100g (cut into bite-size pieces)
- Salt To taste
- Sake (rice wine) 1/2 teaspoon
- Tougan (winter melon) 80g (cut into 1 cm thick slices)
- Jew’s ear 2 (rehydrated)
- Chinese wolfberry fruit 1/2 tablespoon

Directions

1. Sprinkle the chicken with salt and sake, and leave for 10 minutes.
2. Place the chicken, tougan, jew’s ear, and Chinese wolfberry fruit on the cooking plate. Pour the mixed soup evenly over the ingredients.
3. Put the washed rice and water in the inner pot, and set in the rice cooker.
4. Set the cooking plate in the inner pot. Select the "Synchro-Cooking" menu and press the [Start] key.
5. When cooking is completed, place on the serving plate.
### Ingredients For 4 Servings

- **Gobo (burdock root)**: 150g
  - Cut into cubes.
- **Yamaimo (tropical yam)**: 80g
  - Cut into cubes.
- **Carrot**: 60g
  - Cut into cubes.
- **Pork sparerib**: 200g
- **Ginger**: 3 pieces
  - Sliced
- **Salt**: 2/3 teaspoon
- **Dashi (Japanese soup stock)**: 900mL

### Directions

1. Put all ingredients in the inner pot.
2. Select the “Slow Cook·Steam” menu and heat for 40 minutes.
3. When cooking is completed, place on the serving plate.
Ingredients  For 4 Servings

• Pork back rib 400g  
  Cut into bite-size pieces.
• Bean curd skin 100g
• Ginger 4 slices  
  Sliced
(Sauce)
• Soy sauce (laochou) 1 1/2 tablespoons
• Sake (rice wine) 1 tablespoon
• Water 300mL
• Sugar A dash
• Salt A dash

Directions

1. Wash the pork and put it into boiled water (extra) in a pan together with ginger to let out the blood.
2. Put the pork, bean curd skin, ginger, and rice wine in the inner pot, and bring to a boil.
3. Add the sauce, and turn on the slow cooker for 60 minutes.
4. When done, add salt and sugar to taste.
5. Turn over the pork pieces and add 10 minutes heating.
6. When the additional heating is finished, add spring onion and place the dish on the serving plate.

* How to set additional heating: Press the [Hour] key to set the additional cooking time while the Keep Warm lamp is ON. Press the [Start] key to start the additional heating.
Material

For 4 Servings

- Rice ........................................ 3 cups
  Use the supplied measuring cup to measure rice
- Salted pork .......................... 100g
  Cut into bite-size pieces
- Sausage ............................. 50g
  Cut into bite-size pieces
- Cabbage ......................... 50g
  Cut into bar rectangles
- Vegetable oil ................ To taste

Directions

1. Heat the vegetable oil in a pan and fry ingredients until 70% cooked.
2. Wash rice in the inner pot, and add water up to level 3 of the [Plain] scale.
3. Place the fried ingredients evenly on the rice.
4. When the cooker switches to the Keep Warm mode, stir the contents well.

Recipe

Rice cooked with salted pork and sausage
臘味飯

Kcal per serving

628
**Recipe 11**

### Oyakodon (chicken and egg rice bowl)

**親子丼**

#### Ingredients

<table>
<thead>
<tr>
<th>For 2 Servings</th>
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</thead>
<tbody>
<tr>
<td>• Chicken thigh</td>
<td>160g</td>
</tr>
<tr>
<td>• Onions</td>
<td>80g</td>
</tr>
<tr>
<td>• Egg (M size)</td>
<td>2</td>
</tr>
<tr>
<td>• Soy sauce</td>
<td>1 1/2 tablespoons</td>
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<tr>
<td>• Mitsuba (Japanese wild parsley)</td>
<td>4</td>
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</tbody>
</table>

#### Directions

1. Put the chicken and onion in a bowl. Add the condiment and mix them well. Place on the cooking plate, and pour the beaten egg evenly over the ingredients.
2. Put the washed rice and water in the inner pot, and set in the rice cooker.
3. Set the cooking plate in the inner pot. Select the “Synchro-Cooking” menu and press the [Start] key.
4. When cooking is completed, put the rice in the serving bowl. Place the ingredients of oyakodon on top of the rice and pour the sauce evenly. Sprinkle with mitsuba on top. Place an egg yolk in the center.

#### Materials

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<tr>
<td>• Egg yolk</td>
<td>2</td>
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</tbody>
</table>

#### Notes

- Use 1.8L (10-cup) type, 4 servings. When using 10-cup type, please do not put in more than 3 eggs inside the cooker. Otherwise, undercooking may result.
Ingredients  For 2 Servings

• Beef 160g
  Thinly sliced.

• Onion 50g
  Sliced

(Sauce)
• Sugar 1/2 tablespoon
• Soy sauce 1 tablespoon
• Mirin 1 tablespoon

Directions

1. Put all ingredients and the condiments in a bowl and mix well.

2. Transfer to the cooking plate.

3. Wash rice and add water to the inner pot and set in the rice cooker.

4. Place the ingredients of gyudon on top of the rice and pour the sauce evenly.

5. Press the [Start] key.

6. When cooking is completed, put the rice in the serving bowl.

7. Place the ingredients of gyudon on top of the rice and pour the sauce evenly.

Notes

1. Synchro-Cooking menu

2. Sliced thinly

3. 1 tablespoon of sugar is equivalent to 3 g.

4. 1 tablespoon of soy sauce is equivalent to 15 ml.

5. 1 tablespoon of Mirin is equivalent to 15 ml.

6. Gyudon is a Japanese dish that consists of sliced beef over a bed of steamed rice.
**Keema curry with chickpeas**

**材 料 2人份**
- 牛絞肉 50g
- 豬絞肉 50g
- 鹽 少許
- 胡椒 少許
- 太白粉 1/2大匙
- 雪蓮豆 (水煮) 60g
- 洋蔥 40g 切碎
- 紅蘿蔔 20g 切碎

**做 法**
1. 將牛絞肉、 豬絞肉裝入盆內, 以鹽及胡椒預先調味, 並加入太白粉, 輕輕攪拌。
2. 加入雪蓮豆、 洋蔥、 紅蘿蔔、 調味料, 充分攪拌後放入料理盤中。
3. 米洗淨後放入內鍋中加水, 再將內鍋放入電鍋中。
4. 將料理盤放入內鍋中, 並選擇 "Synchro-Cooking" 選單, 按下 "Start" 鍵。
5. 完成後, 將米飯裝在容器中, 肉末咖哩拌勻後淋在飯上。

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**Ingredients For 2 Servings**
- Ground beef ............... 50g
- Ground pork ............. 50g
- Salt ..................... Pinch
- Ground black pepper  Pinch
- Corn starch ............. 1/2 tablespoon
- Chickpeas (boiled) .... 60g
- Onion .................. 40g
- Chopped finely 
- Carrot .................. 20g

**(Sauce)**
- Salt ..................... Pinch
- Curry powder .......... 1 tablespoon
- Tomato ketchup ......... 2 tablespoons
- Bouillion powder ....... 1/2 teaspoon
- Ginger .................. 1cm

**Directions**
1. Put the ground beef and the ground pork in a bowl, and season with salt and pepper. Add the potato starch and mix lightly.
2. Add the chickpea, onion, carrot and condiment and mix them well. Transfer them to the cooking plate.
3. Put the washed rice and water in the inner pot and set in the rice cooker.
4. Set the cooking plate in the inner pot. Select the "Synchro-Cooking" menu and press the [Start] key.
5. When cooking is completed, put the rice on a serving plate. Mix the cooked keema curry well and pour over the rice.
## Ingredients

**For 2 Servings**

- Ground beef (lean) ........................................... 120g
- Salt ..................................................................... Pinch
- Ground black pepper ......................................... Pinch
- Nutmeg .................................................................. Pinch
- Onion ................................................................... 40g
- Chopped finely
- Egg ................................................................. 1/2
- Bread crumbs ..................................................... 3 tablespoons
- Soaked in milk
- Milk ................................................................. 1 tablespoon

(Sauce)
- Tomato ketchup ................................................ 1 tablespoon
- Demi-glace sauce (store-bought) ..................... 70g

## Directions

1. Put the ground beef and the seasonings (salt, pepper, and nutmeg) in a bowl, and mix well until the mixture becomes sticky.
   - Add onion, egg and bread crumbs soaked in milk and mix all ingredients well.
   - Shape into balls about 3 cm in diameter.
2. Place the meatballs, leaving a space between them on the cooking plate, and pour well-mixed sauce over them.
3. Put the ground beef and the seasonings (salt, pepper, and nutmeg) in a bowl, and mix well until the mixture becomes sticky.
4. Set the cooking plate in the inner pot.
5. When cooking is completed, place on the serving plate.
Steamed spicy chicken and mushrooms
辣味野菇雞

**Ingredients** For 2 Servings

- Chicken thigh 140g
  - Cut into 2cm wide pieces.
- Mushrooms 70g
  - (shimeji, maitake, shiitake, etc.)
- Naganegi (white leek) 20g
  - Sliced diagonally

(Sauce)
- Sugar 1 teaspoon
- Vinegar 1 teaspoon
- Soy sauce 1 tablespoon
- Doubanjiang (chili bean sauce) 1 teaspoon
- Sesame oil 1 teaspoon

**Directions**

1. Put the chicken, mushroom, naganegi and sauce in a bowl and mix well.
2. Transfer to the cooking plate.
3. Put the washed rice and water in the inner pot and set in the rice cooker.
4. Set the cooking plate in the inner pot.
5. Select the “Synchro-Cooking” menu and press the [Start] key.
6. When cooking is completed, place on the serving plate.

**材 料 2人份**

- 雞腿肉 140g
  - 切成2cm寬
- 菇類 (鴻喜菇、舞茸、香菇等) 70g
- 青蒜 20g
  - 斜切成薄片

(調味料)
  - 砂糖 1小匙
  - 醋 1小匙
  - 醬油 1大匙
  - 豆瓣醬 1小匙
  - 麻油 1小匙

**做 法**

1. 將鸡肉、蘑菇、青蔥放入盅內,
加上調味料拌勻後放入料理盤中。
2. 洗米後放入內鍋內加水。
再將內鍋放入電鍋中。
3. 將料理盤放入內鍋中,
選擇“Synchro-Cooking”選單，
按下“Start”鍵。
4. 完成後裝盛在容器中。
**Recipe 16**

**Tougan and scallops**

冬瓜扇貝羹

**Ingredients For 2 Servings**

- **Tougan** (winter melon), if not available, lettuce or Chinese spinach 100g
  - Cut into quarter-rounds.
- **Scallops (canned)** 80g
- **Ginger** Shredded 1cm

(Sauce)

- **Sugar** Pinch
- **Salt** To taste
- **White pepper** Pinch
- **Cooking sake** 1/2 tablespoon
- **Corn starch** 1/2 tablespoon
- **Chicken stock** 30mL
- **Sesame oil** 1/2 teaspoon

**Directions**

1. Mix the scallops and the sauce.
2. Place the tougan on the cooking plate, and pour the chicken stock over it. Put the scallops and ginger on top.
3. Put the washed rice and water in the inner pot and set in the rice cooker.
4. Set the cooking plate in the inner pot. Select the “Synchro-Cooking” menu and press the [Start] key.
5. When cooking is completed, sprinkle with the sesame oil and place on the serving plate.

**料 2人份**

- 冬瓜(若無,可使用萵苣、青江菜) 100g
- 扇貝 (罐頭扇貝) 80g
- 生薑 1cm 細絲

(調味料)

・ 砂糖 少許
・ 鹽 適量
・ 胡椒 少許
・ 米酒 1/2大匙
・ 太白粉 1/2大匙
・ 雞汁高湯 30mL
・ 芝麻油 1/2小匙

**做 法**

1. 將扇貝與調料混合。
2. 將冬瓜放入料理盤中,淋上雞湯,鋪上扇貝及生薑。
3. 洗米後放入內鍋中加水,再將內鍋放入電鍋備用。
4. 將料理盤放入內鍋中,並選擇“Synchro-Cooking”菜單,按下“Start”鍵。
5. 熟好後,淋上芝麻油,並盛在器皿中。
## Ingredients For 2 Servings

- **Sea bream** 2 slices (about 200g)
- **Ginger** 1cm
- **Sugar** 1 1/2 tablespoons
- **Soy sauce** 1 1/2 tablespoons
- **Mirin** 1 1/2 tablespoons
- **Water** 50mL

## Directions

1. Place the sea bream and ginger on the cooking plate.
2. Pour well-mixed sauce evenly over the ingredients.
3. Put the washed rice and water in the inner pot, and set in the rice cooker.
4. Set the cooking plate in the inner pot.
5. Select the “Synchro-Cooking” menu and press the [Start] key.
6. When cooking is completed, place on the serving plate.
Steamed white fish
清蒸白肉魚
什錦清蒸白肉魚

**Ingredients For 2 Servings**

- White fish 150g
  Cut into bite-size pieces.
- Salt Splash
- Cooking sake Splash
- Dashi kombu 1 piece 5cm square
- Tofu 100g
  Cut into bite-size pieces.
- Chinese cabbage 20g
  Shaved
- Shironegi (white leek) 10g
  Sliced diagonally
- Shimeji 10g
  Divide into small amounts
- Carrot 10g
  Sliced
  (Dipping sauce)
- Ponzu sauce
  (if not available, soy sauce and vinegar)

**Directions**

1. Sprinkle the white fish with salt and cooking sake for seasoning.
2. Line the cooking plate with the dashi kombu, and place all ingredients on it.
3. Put the washed rice and water in the inner pot and set in the rice cooker.
4. Set the cooking plate in the inner pot. Select the "Synchro-Cooking" menu and press the [Start] key.
5. When cooking is completed, place on the serving plate. Serve with ponzu for dipping.
**Simmered vegetables**

**Recipe 19**

**純蔬菜**

**Ingredients**

For **2 Servings**

- **Japanese or small eggplant** 100g
  Cut into two vertical pieces, and then slice incisions in a lattice pattern.
- **Green bell pepper** 1
  Chopped
- **Shiitake mushroom** 2
  Cut off the stem and cut into 2 pieces.
- **Myoga** 1
  Cut into two vertical pieces.

(Sauce)

- **Salt** 1/4 teaspoon
- **Soy sauce** 1/2 teaspoon
- **Mirin** 1 teaspoon
- **Dashi** (Japanese soup stock) 100mL

**Directions**

1. Place the eggplant, green bell pepper, shiitake and myoga on the cooking plate. Pour the mixed sauce evenly over the ingredients.
2. Put the washed rice and water in the inner pot, and set in the rice cooker.
3. Set the cooking plate in the inner pot. Select the “Synchro-Cooking” menu and press the [Start] key.
4. When cooking is completed, place on the serving plate.

**做 法**

1. 將茄子、青椒、香菇、薑片放入料理盤中，淋上調味汁。
2. 米淘洗乾淨後放入電鍋中，加入米飯。
3. 將料理盤放入電鍋中，並選擇“Synchro-Cooking”菜單，按下“Start”鍵。
4. 完成後裝盛在容器中。
**Ingredients** For 2 Servings

- **Squash** 150g
  - Remove seeds and partially peel so that the flavor can easily soak into the squash. Cut into bite-size pieces.

- **Sauce**
  - Sugar 1 teaspoon
  - Usukuchi soy sauce 1 teaspoon
  - Mirin 1/2 teaspoon
  - Dashi (Japanese soup stock) 80mL

**Directions**

1. Place the squash in the cooking plate. Pour the mixed sauce evenly.
2. Put the washed rice and water in the inner pot and set in the rice cooker.
3. Set the cooking plate in the inner pot. Select the “Synchro-Cooking” menu and press the [Start] key.
4. When cooking is completed, place on the serving bowl.
Ingredients For 4 Servings

- Beef 200g
- Onion 250g
- Carrot 50g
- Potatoes 500g
- Snow peas 12

(Sauce)

- Soy sauce 3 tablespoons
- Mirin 2 tablespoons
- Dashi (Japanese soup stock) 400mL

Directions

1. Heat the salad oil in a frying pan, and sauté the beef over medium heat, adding the onion, carrot and potatoes.
2. Mix well the ingredients of sauce in the inner pot. Add the beef, onion, carrot and potatoes to the sauce.
3. Select the “Slow Cook • Steam” menu and heat for 60 minutes.
4. When cooking is completed, put the snow peas in and close the lid and leave for 3 minutes. Place the dish on the serving plate.
Ingredients For 4 Servings

- Cabbage: 8 leaves
- Bouillon: 720mL
- Salt: Pinch
- Pepper powder: Pinch
- Nutmeg: Pinch
- Onion: 1/2
- Chopped finely:
- Bread crumbs: 3 tablespoons
- Milk: 2 tablespoons
- Egg: 1/2

(Stuffing)

- Ground beef: 100g
- Ground pork: 100g
- Sliced bacon: 2 slices
- Pinch
- Pinch
- Pinch
- 1/2
- 1/2


Directions

1. Put the ground beef, ground pork and finely chopped bacon in a bowl.
Add salt, pepper and nutmeg, and mix well until the mixture becomes sticky.

2. Shave off the stem of the cabbage leaf and dust its inside with flour. Wrap the stuffing in the leaf.
Repeat until eight stuffed cabbages are made.

3. Place the stuffed cabbages in the inner pot. Pour in the bouillon and put in the bay leaf and butter.
Select the “Slow Cook · Steam” menu and heat it for 45 minutes.

4. When cooking is completed, add salt and pepper to taste and serve the dish with some ketchup on it.
Simmered yellowtail with radish

Materials 4 Servings

- Post-filleted yellowtail fish scraps  600g
- Salt  To taste
- Japanese radish  400g
- Ginger strips  20g
- Green onion chopped  4 tablespoons

(Condiment)
- Water  400mL
- Sake (rice wine)  4 tablespoons
- Mirin  4 tablespoons
- Soy sauce  6 tablespoons
- Sugar  4 teaspoons

Directions

1. Cut the post-filleted yellowtail fish scraps into large chunks, and season them with salt. Leave them for a while.
2. Pour hot water over 1, and then rinse it in cold water.
3. Peel off the thick outer layer of the radish, and cut the inside part into large bite-size pieces.
4. Mix condiment in the inner pot, and add 2, 3, and some strips of ginger. Select the “Slow Cook • Steam” menu and heat for 50 minutes.
5. When cooking is completed, place the dish on a serving plate. Garnish with chopped green onion.
Gomoku rice (five ingredients rice)

Ingredients
For 4 Servings
- Rice 3 cups
- Sake (rice wine) 1/2 tablespoon
- Chicken thigh 60g
- Gobo (burdock root) 35g
- Carrot 40g
- Abura-age (deep-fried tofu) 15g
- Kombu 1 piece
- Rice 3 cups

Directions
1. Wash rice in the inner pot and add the condiments. Add water to the 3 level of the [Plain] scale and mix well.
2. Put all ingredients (except snow peas) on the rice. Select the “Sweet ・ Mixed” menu and press the [Start] key.
3. When cooking is completed, remove the kombu and add the snow peas. Mix all ingredients in the inner pot, and place on the serving plate.

Materials
- Rice 3 cups
- Sake (rice wine) 1/2 tablespoon
- Chicken thigh 60g
- Gobo (burdock root) 35g
- Carrot 40g
- Abura-age (deep-fried tofu) 15g
- Kombu 1 piece
- Rice 3 cups
**Ingredients**
*For 4 Servings*
- Glutinous rice: 3 cups
- Azuki (red) bean: 80g
- Sesame and salt: A dash

**Directions**
1. Wash azuki beans. Put them with five times the amount of water in a pan over heat. When brought to a boil, drain the water.
2. Separate the beans from the boiled water. Take the boiled water in a bowl, and repeat scooping and pouring with a ladle so that the boiled water comes in contact with the air and is cooled quickly.
3. Wash the glutinous rice in the inner pot. Add the water (used for boiling azuki beans) to the 3 level of the [Sweet] scale and mix well. If the water does not reach this level, add more water.
4. Put the azuki beans on top of the rice. Select the “Sweet・Mixed” menu and press the [Start] key.
5. When cooking is completed, mix all ingredients with soft strokes. Place on the serving bowl and sprinkle with the sesame and salt.