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Note: Use the calorie with values in the recipes only as a guide.
各菜单中记载的卡路里数值仅供参考。
**How to use the cooking plate**

If you do not cook rice simultaneously, pour in water to the 1 level of scale for the 1.0L (5.5-cup) type cooker, and to the 2 level of scale for the 1.8L (10-cup) type cooker of the [Plain] scale of the inner pot. Then, use the “Slow Cook·Steam” menu to cook for 20 to 30 minutes.

Refer also to the instruction manual for details.

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**tacook ～ Example ～ Gyudon (beef rice bowl)**

1. Select the recipe you would like to cook. Prepare the ingredients and put them in the cooking plate.
2. Put the washed rice and water in the inner pot, and set in the rice cooker. (1 to 2 cups of rice is allowed for the 1.0L (5.5-cup) type cooker, and 2 to 4 cups for the 1.8L (10-cup) type cooker.) When measuring rice, use the measuring cup included with the rice cooker.
3. Set the cooking plate in the inner pot and close the lid.
4. Select the “Synchro-Cooking” menu and press the [Start] key.
5. When the Keep Warm lamp is lit, the cooking is completed!

---

**Recipe**

One teaspoon = 5mL  One tablespoon = 15mL  One cup = 180mL
### Steamed sea bream with doubanjiang (bean and chili paste)

#### Ingredients

**For 2 Servings**
- Sea bream: 2 slices (about 200g)
- Doubanjiang: 1 tablespoon (bean and chili paste)
- Soy sauce (laochou): 1 teaspoon
- Sake (rice wine): 1/2 teaspoon
- Sesame oil: 1 teaspoon
- Salt: A dash
- Pepper powder: A dash
- Chicken stock (powder): 20g
- Soy sauce (laochou): 1 teaspoon
- Sugar: 1 teaspoon
- Doubanjiang: 1/2 tablespoon (bean and chili paste)
- Seaweed: 1/2 tablespoon
- Red chili pepper: 1/2
- Shredded

#### Directions

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

#### Material 2 portions

**Mutton**
- Lamb meat: 150g
- Ginger: 2cm
- Spring onion: 10g
- Sugar: 1/2 teaspoon
- Soy sauce: 1/2 tablespoon
- Potato starch: 1/2 tablespoon

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- Lamb meat: 150g
- Ginger: 2cm
- Spring onion: 10g
- Sugar: 1/2 teaspoon
- Soy sauce: 1/2 tablespoon
- Potato starch: 1/2 tablespoon

- Bean-starch vermicelli (dried): 20g
- Rehydrate and cut into the proper length.
- Carrot: 20g
- Slice into thin half-moons.
- Dried shiitake: 1
- Soak in water and slice.
- Soy sauce (laochou): 1 teaspoon
- Chicken stock (powder): 1 teaspoon
- Water: 80mL

#### Method

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

#### Material 2 portions

**Meat**
- Lamb meat: 150g
- Ginger: 2cm
- Spring onion: 10g
- Sugar: 1/2 teaspoon
- Soy sauce: 1/2 tablespoon
- Potato starch: 1/2 tablespoon

**Mutton**
- Lamb meat: 150g
- Ginger: 2cm
- Spring onion: 10g
- Sugar: 1/2 teaspoon
- Soy sauce: 1/2 tablespoon
- Potato starch: 1/2 tablespoon

- Doubanjiang: 1 tablespoon
- Chicken stock (powder): 1/2 tablespoon
- Soy sauce (laochou): 1 teaspoon
- Sesame oil: 1 teaspoon
- Salt: A dash
- Pepper powder: A dash
- Chicken stock (powder): 20g
- Soy sauce (laochou): 1 teaspoon
- Sugar: 1 teaspoon
- Doubanjiang: 1/2 tablespoon
- Seaweed: 1/2 tablespoon
- Red chili pepper: 1/2
- Shredded

#### Method

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

#### Material 2 portions

**Meat**
- Lamb meat: 150g
- Ginger: 2cm
- Spring onion: 10g
- Sugar: 1/2 teaspoon
- Soy sauce: 1/2 tablespoon
- Potato starch: 1/2 tablespoon

**Mutton**
- Lamb meat: 150g
- Ginger: 2cm
- Spring onion: 10g
- Sugar: 1/2 teaspoon
- Soy sauce: 1/2 tablespoon
- Potato starch: 1/2 tablespoon

- Doubanjiang: 1 tablespoon
- Chicken stock (powder): 1/2 tablespoon
- Soy sauce (laochou): 1 teaspoon
- Sesame oil: 1 teaspoon
- Salt: A dash
- Pepper powder: A dash
- Chicken stock (powder): 20g
- Soy sauce (laochou): 1 teaspoon
- Sugar: 1 teaspoon
- Doubanjiang: 1/2 tablespoon
- Seaweed: 1/2 tablespoon
- Red chili pepper: 1/2
- Shredded

#### Method

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

#### Material 2 portions

**Meat**
- Lamb meat: 150g
- Ginger: 2cm
- Spring onion: 10g
- Sugar: 1/2 teaspoon
- Soy sauce: 1/2 tablespoon
- Potato starch: 1/2 tablespoon

**Mutton**
- Lamb meat: 150g
- Ginger: 2cm
- Spring onion: 10g
- Sugar: 1/2 teaspoon
- Soy sauce: 1/2 tablespoon
- Potato starch: 1/2 tablespoon

- Doubanjiang: 1 tablespoon
- Chicken stock (powder): 1/2 tablespoon
- Soy sauce (laochou): 1 teaspoon
- Sesame oil: 1 teaspoon
- Salt: A dash
- Pepper powder: A dash
- Chicken stock (powder): 20g
- Soy sauce (laochou): 1 teaspoon
- Sugar: 1 teaspoon
- Doubanjiang: 1/2 tablespoon
- Seaweed: 1/2 tablespoon
- Red chili pepper: 1/2
- Shredded

#### Method

1. Place the sea bream pieces on the cooking plate.
2. Scatter the naganegi, lotus root, carrot, garlic, ginger, red chili pepper and sea bream over the cooking plate.
3. Pour well-mixed condiment evenly over the ingredients.
4. Place the washed rice and water in the inner pan, and set in the rice cooker.
5. Set the cooking plate in the inner pan. Select the “Synchro-Cooking” menu and press the [Start] key.
6. When cooking is completed, place on the serving plate.
Recipe 03

Creamed chicken and squash

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 pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
   Select the “Synchro-Cooking” menu and press the [Start] key.
4. When cooking is completed, place on the serving plate.

Recipe 04

Steamed tofu and yamaimo

Ingredients For 2 Servings
- Tofu ........................................ 200g
  Cut into bite-size pieces.
- Yamaimo (tropical yam) ....... 30g
- Chinese cabbage ..................... 30g
  Shredded
- 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.
   Pour the mixed condiment evenly over the ingredients.
3. Put the washed rice and water in the inner pan, and set in the rice cooker.
4. Set the cooking plate in the inner pan.
   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.
- Jey's ear .................. 2
  Rehydrated.
- Quail egg (boiled) .............. 2

- Ginger ...................... 1cm
  Chopped fin.
- Potato starch .............. 1 teaspoon
  (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, jey's ear, quail egg and ginger with the potato starch.
2. Place all ingredients on the cooking plate.
3. Pour the mixed condiment evenly over the ingredients.
4. Set the cooking plate in the inner pan. Select the “Synchro-Cooking” menu and press the [Start] key.
5. When cooking is completed, place on the serving plate.

**Materials For 2 Servings**

- Pork loin .......................... 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

**Method**

1. Dust the pork, shrimp, Chinese spinach, carrot, jey’s ear, quail egg, and ginger with potato starch.
2. Mix the doubanjiang and soy sauce with the pork and stir. Add the steam pork powder and mix it.
3. Place all ingredients on the cooking plate.
4. Set the cooking plate in the inner pan. Select the “Synchro-Cooking” menu and press the [Start] key.
5. When the cooking is completed, place it on the serving plate.

**Recipe**

**Steamed spicy pork**

辣蒸猪肉

**Chop suey**

八宝菜

**Kcal per serving**

06
**Recipe 07**

**Tougan and chicken soup**

**冬瓜鸡肉汤**

**Ingredients**

- **Chicken thigh** 100g
- **Cut into bite-size pieces.**
- **Salt** 1 tsp, To taste
- **Sake (rice wine)** 1/2 tsp
- **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.
3. Pour the mixed soup evenly over the ingredients.
4. Put the washed rice and water in the inner pan, and set in the rice cooker.
5. Set the cooking plate in the inner pan. Select the “Synchro-Cooking” menu and press the [Start] key.
6. When cooking is completed, place on the serving plate.

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**Ingredients**

- **Chicken thigh** 100g
- **Gobo (burdock root)** 150g
- **Cut into cubes.**
- **Yamaimo (tropical yam)** 80g
- **Cut into cubes.**
- **Carrot** 60g
- **Cut into cubes.**
- **Pork spare rib** 200g
- **Salt** 2/3 teaspoon
- **Ginger** 3 pieces
- **Sliced**
- **Shengchou** 10g
- **Salt 1/2 teaspoon**
- **Soup**

**Directions**

1. Put all ingredients in the inner pan.
2. Select the “Slow Cook - Steam” menu and heat for 40 minutes.
3. When cooking is completed, place on the serving plate.

---

**Materials 2 persons**

- **Chicken thigh** 100g
- **Gobo** 150g
- **Cut into cubes.**
- **Yamaimo** 80g
- **Carrot** 60g
- **Pork** 200g
- **Salt** 2/3 teaspoon
- **Shengchou** 10g
- **Soup**

**Materials 4 persons**

- **Chicken thigh** 80g
- **Gobo** 150g
- **Yamaimo** 80g
- **Carrot** 60g
- **Pork** 200g
- **Salt** 2/3 teaspoon
- **Soup**
Recipe 09

Braised pork
红烧肉

Ingredients For 4 Servings

- Pork back rib 400g
- Bean curd skin 100g
- Ginger 4 slices
- Soy sauce (laochou) 1 1/2 tablespoons
- Water 300mL
- Salt A dash
- Sugar A dash
- Pork back rib 400g

Directions

1. Wash the pork and put it into boiled water (extra) in a pan together with ginger to let out the blood.
2. Wash the bean curd skin and boil in a pan beforehand to remove the smell of beans.
3. Put the pork, ginger and bean curd skin in the inner pan and add the sauce. Select the “Slow Cook · Steam” menu and heat for 60 minutes.
4. When cooking is completed, add salt and sugar to taste.
5. Turn over the pork pieces and add a further 10 minutes heating.
6. When the additional heating is finished, add spring onion and placethe dish on the serving plate.

Recipe 10

Rice Cooked with Salted Pork and Sausage
咸肉香肠饭

Ingredients For 4 Servings

- Rice 1 cup
- Salted pork 100g
- Sausage 50g
- 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. Select the “Sweet · Mixed” menu and press the [Start] key.
4. When the cooker switches to the Keep Warm mode, stir the contents well.

Recipe 10

Rice Cooked with Salted Pork and Sausage
咸肉香肠饭

Ingredients For 4 Servings

- Rice 1 cup
- Salted pork 100g
- Sausage 50g
- 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. Select the “Sweet · Mixed” menu and press the [Start] key.
4. When the cooker switches to the Keep Warm mode, stir the contents well.

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- Rice 1 cup
- Salted pork 100g
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- Vegetable oil To taste

Directions

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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. Select the “Sweet · Mixed” menu and press the [Start] key.
4. When the cooker switches to the Keep Warm mode, stir the contents well.

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- Sausage 50g
- Vegetable oil To taste

Directions

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3. Place the fried ingredients evenly on the rice. Select the “Sweet · Mixed” menu and press the [Start] key.
4. When the cooker switches to the Keep Warm mode, stir the contents well.

Recipe 10

Rice Cooked with Salted Pork and Sausage
咸肉香肠饭

Ingredients For 4 Servings

- Rice 1 cup
- Salted pork 100g
- Sausage 50g
- 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. Select the “Sweet · Mixed” menu and press the [Start] key.
4. When the cooker switches to the Keep Warm mode, stir the contents well.
Ingredients For 2 Servings

- Chicken thigh ........................................... 160g
  Cut into smaller bite-size pieces.
- Onion ......................................................... 80g
- Egg (M size) ............................................... 2
  Beaten*

(Sauce)
- Sugar ..................................................... 2 teaspoons
- Soy sauce .............................................. 1 1/2 tablespoons
- Mirin ..................................................... 2 teaspoons

(Toppings)
- Egg yolk .................................................. 2
- Mizuna (Japanese wild parsley) ......................... 4
  Cut into 3cm pieces.

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 pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
   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 mizuna on top. Place an egg yolk in the center.

* Caution:
When you want to cook 4 servings using synchro-cooking with 1.8L (10-cup) type, please do not put in more than 3 eggs inside the cooker. Otherwise, undercooking may result.

Recipe

1. Put the chicken and onion in a bowl.
2. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
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.

Recipe

1. Put all ingredients and the condiments in a bowl and mix well.
2. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
   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 gyudon on top of the rice and pour the sauce evenly.

Materials For 2 Servings

- Beef ...................................................... 160g
  Thawed.
- Onion ..................................................... 50g
  Sliced
- Soy sauce ............................................. 1 tablespoon
- Mirin ..................................................... 1 tablespoon

(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.
   Transfer to the cooking plate.
2. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
   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 gyudon on top of the rice and pour the sauce evenly.

Materials For 2 Servings

- Beef ...................................................... 160g
  Thawed.
- Onion ..................................................... 50g
  Sliced
- Soy sauce ............................................. 1 tablespoon
- Mirin ..................................................... 1 tablespoon

(Sauce)
- Sugar ..................................................... 1/2 tablespoon
- Soy sauce ............................................. 1 tablespoon
- Mirin ..................................................... 1 tablespoon

Directions

1. Put the chicken and onion in a bowl.
2. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
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.

Materials For 2 Servings

- Beef ...................................................... 160g
  Thawed.
- Onion ..................................................... 50g
  Sliced
- Soy sauce ............................................. 1 tablespoon
- Mirin ..................................................... 1 tablespoon

(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. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
   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 gyudon on top of the rice and pour the sauce evenly.

Materials For 2 Servings

- Beef ...................................................... 160g
  Thawed.
- Onion ..................................................... 50g
  Sliced
- Soy sauce ............................................. 1 tablespoon
- Mirin ..................................................... 1 tablespoon

(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. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
   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 gyudon on top of the rice and pour the sauce evenly.

Materials For 2 Servings

- Beef ...................................................... 160g
  Thawed.
- Onion ..................................................... 50g
  Sliced
- Soy sauce ............................................. 1 tablespoon
- Mirin ..................................................... 1 tablespoon

(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. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
   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 gyudon on top of the rice and pour the sauce evenly.

Materials For 2 Servings

- Beef ...................................................... 160g
  Thawed.
- Onion ..................................................... 50g
  Sliced
- Soy sauce ............................................. 1 tablespoon
- Mirin ..................................................... 1 tablespoon

(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. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.
   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 gyudon on top of the rice and pour the sauce evenly.
Keema Curry with Chickpeas

**Ingredients For 2 Servings**

- Ground beef...50g
- Ground pork...50g
- Salt...Pinch
- Black pepper...Pinch
- Green onion...1/2 tablespoon
- Tomato ketchup...1 tablespoon
- Bouillon powder...1/2 teaspoon
- Nutmeg...Pinch
- Onion...20g
- Grated
- Chopped finely

**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 onion, carrot, and condiment and mix them well.
3. Transfer them to the cooking plate.
4. Set the cooking plate in the inner pan.
5. When cooking is completed, put the rice on a serving plate.

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Meatballs

**Ingredients For 2 Servings**

- Ground beef (lean)...120g
- Salt...Pinch
- Black pepper...Pinch
- Nutmeg...Pinch
- Onion...3 tablespoons
- Egg...3 tablespoons
- Bread crumbs...1/2
- Soaked in milk
- Grated
- Tomato ketchup...1 tablespoon

**Directions**

1. Put the ground beef and the seasonings (salt, pepper, and nutmeg) in a bowl, and mix well until the mixture becomes sticky.
2. Add onion, egg, and bread crumbs soaked in milk and mix all ingredients well.
3. Shape into balls about 3 cm in diameter.
4. Place the meatballs, leaving a space between them on the cooking plate, and pour well-mixed sauce over them.
5. Set the cooking plate in the inner pan.
7. When cooking is completed, place on the serving plate.
Recipe 15

Steamed Spicy Chicken and Mushrooms

蘑菇辣蒸鸡

Ingredients For 2 Servings

- Chicken thigh ........................................... 140g
- Mushrooms ............................................... 70g
- Naganegi (white leek) ................................... 20g
- Scallops (canned) ....................................... 80g
- Ginger ..................................................... 1cm
- Corn starch .............................................. 1/2 tablespoon
- Cooking sake ........................................... 1/2 tablespoon
- Soy sauce ................................................ 1 tablespoon
- Vinegar ................................................... 1 teaspoon
- Soy sauce ................................................ 1 teaspoon
- Soy sauce ................................................ 1 tablespoon
- Sesame oil ............................................... 1/2 teaspoon
- Doubanjiang (chili bean sauce)
- White pepper
- Salt
- Sugar

Directions

1. Put the chicken, mushroom, naganegi and sauce in a bowl and mix well. Transfer to the cooking plate.
2. Put the washed rice and water in the inner pot and set in the rice cooker.
3. Cut 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.

Materials 2 Servings

- Scallops (canned) ....................................... 80g
- Ginger ..................................................... 1 cm
- 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.

Recipe 16

Tougan and Scallops

冬瓜扇贝羹

Ingredients For 2 Servings

- Tougan (winter melon), if not available, lettuce or Chinese spinach ........................................... 100g
- Scallops (canned) ....................................... 80g
- Ginger ..................................................... 1 cm
- Soy sauce ................................................ 1 tablespoon
- Vinegar ................................................... 1 teaspoon
- Sesame oil ............................................... 1/2 teaspoon
- Sugar ...................................................... To taste
- Salt ......................................................... To taste
- White pepper
- Com starch

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. 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.

Materials 2 Servings

- Tougan ................................................... 100g
- Scallops (canned) ....................................... 80g
- Ginger ..................................................... 1 cm
- Soy sauce ................................................ 1 tablespoon
- Vinegar ................................................... 1 teaspoon
- Sesame oil ............................................... 1/2 teaspoon
- Sugar ...................................................... To taste
- Salt ......................................................... To taste
- White pepper
- Com starch

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. 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 17**  
Simmered Sea Bream  
干烧加吉鱼

### Ingredients For 2 Servings
- **Sea bream** 2 slices (about 200g)
- **Ginger** 1cm
- **Soy sauce** 1 1/2 tablespoons
- **Sugar** 1 1/2 tablespoons
- **Mirin** 1 1/2 tablespoons
- **Water** 50mL
- **Chinese cabbage** 20g
- **Tofu** 100g
- **Dashi kombu** 1 piece
- **Cooking sake** Splash
- **Salt** Splash
- **White fish** 150g
- **Carrot** 10g
- **Ponzu sauce** 20g
- **Shimeji** 10g
- **Shironegi (white leek)** 10g
- **Cooking sake** Splash
- **Salt** Splash
- **Ginger** 1cm

### Directions
1. Place the sea bream and ginger on the cooking plate.  
2. Pour well-mixed sauce evenly over the ingredients.  
3. When cooking is completed, place on serving plate. Serve with ponzu for dipping.

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**Recipe 18**  
Steamed White Fish  
清蒸白肉鱼

### Ingredients For 2 Servings
- **White fish** 150g  
  Cut into bite-size pieces.  
- **Shimeji (white leek)** 10g  
  Sliced diagonally.  
- **Salt** Splash  
- **Cooking sake** Splash  
- **Ponzu sauce** 20g  
  (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. Pour 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 serving plate. Serve with ponzu for dipping.
**Simmered Vegetables**

**Recipe 19**

**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 pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan. Select the "Synchro-Cooking" menu and press the [Start] key.
4. When cooking is completed, place on the serving plate.

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**Simmered Squash**

**Recipe 20**

**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 pan. Select the "Synchro-Cooking" menu and press the [Start] key.
4. When cooking is completed, place on the serving plate.
**Nikujaga (Simmered Meat and Potatoes)**

**Ingredients For 4 Servings**
- Beef: 200g
- Slice into bite-size pieces
- Onion: 250g
- Cut evenly into 8 wedges.
- Carrot: 50g
- Chopped
- Potatoes: 500g
- Peel and cut into 4 pieces.
- Snow peas: 12
- Remove the string and cut into bite-sized pieces.
- Salad oil: 1 tablespoon
- (Sauce)
  - Sugar: 2 tablespoons
  - Soy sauce: 3 tablespoons
  - Cooking sake: 1 tablespoon
  - 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 pan.
3. Add the beef, onion, carrot and potatoes to the sauce.
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.

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**Stuffed Cabbage**

**Ingredients For 4 Servings**
- Cabbage: 8 leaves
- Chopped finely
- Sliced bacon: 8 slices
- Bouillon: 720mL
- Salt: Pinch
- Pepper powder: Pinch
- Bay leaf: 1
- Butter: 10g
- Flour: To taste
- Tomato ketchup: A dash
- (Stuffing)
  - Ground beef: 100g
  - Ground pork: 100g
  - Bacon: 2 slices
  - Chopped finely
  - Salt: Pinch
  - Pepper powder: Pinch
  - Nutmeg: Pinch
  - Onion: 1/2
  - Chopped finely
  - Bread crumbs: 3 tablespoons
  - Soaked in milk
  - Milk: 2 tablespoons
  - Egg: 1/2
  - Botten

**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. Wrap each with a slice of bacon and attach with a toothpick.
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

**Ingredients For 4 Servings**
- Post-filleted yellowtail fish scraps: 600g
- Salt: To taste
- Japanese radish: 400g
- Ginger: 20g
- Strips
- Green onion: 4 tablespoons
- Chopped
- (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 about 30 minutes.
5. When cooking is completed, place the dish on a serving plate. Garnish with chopped green onion.

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**Gomoku Rice (Five Ingredients Rice)**

**Ingredients For 4 Servings**
- Rice: 3 cups
- Kombu: 1 piece
- Chicken thigh: 60g
- Konjac: 25g
- Gobo (burdock root): 35g
- Carrot: 40g
- Soy sauce: 2 tablespoons
- Sake (rice wine): 2 tablespoons
- Sake (rice wine): A dash
- Soy sauce: A dash
- Vinegar: 1/2 teaspoon
- Water: 180ml
- Carrot: 4-5cm T
- Sake: 1/2 teaspoon
- Vinegar: 1/2 teaspoon
- Water: 180ml
- Kombu: 1 piece
- Chicken thigh: 60g
- Konjac: 25g
- Gobo (burdock root): 35g
- Carrot: 40g
- Soy sauce: 2 tablespoons
- Sake (rice wine): 2 tablespoons
- Salt: 8

**Directions**
1. Wash rice in the inner pan and add the condiments. Add water to the 3 level of the [Plain] scale and mix well.
3. When cooking is completed, remove the kombu and add the snow peas. Mix all ingredients in the inner pan, and place on the serving plate.

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**Materials 4 Servings**
- 魚卵
- 蔥
- 条
- 根
- 豆皮
- 蔥
- 条
- 使
- 香料
- 水

**Directions**
2. When cooking is completed, remove the kombu and add the snow peas. Mix all ingredients in the inner pan, and place on the serving plate.

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**Materials 4 Servings**
- 米
- 蔥
- 塔
- 豆皮
- 香料
- 水

**Directions**
1. Wash rice in the inner pan and add the condiments. Add water to the 3 level of the [Plain] scale and mix well.
3. When cooking is completed, remove the kombu and add the snow peas. Mix all ingredients in the inner pan, and place on the serving plate.
Recipe

Sekihan (red bean rice)

Ingredients
For 4 Servings
• Glutinous rice 3 cups
Use the supplied measuring cup to measure rice
• 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. Add another five times the amount of water to the pan over high heat until the beans are boiled hard.
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 pan. 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.

材 料 4人份
• 糯米 3杯
• 小豆 80g
• 芝麻盐 少量

做 法
1. 小豆洗净后放入锅中，加入5倍的水煮，煮开后倒掉热水。重新放入5倍于小豆的水，以大火将小豆煮到偏硬。
2. 小豆与汤分开，小豆清汤盛起，并反复用汤勺炒起后倒下。
3. 将煮好的糯米放入内锅中，加入小豆汤并至[Sweet]的刻度3（若水量不足，可再加水），并充分搅拌。
4. 倒上小豆。选择“Sweet Mixed”菜单，按下“Start”键。
5. 完成后，将米饭翻松散在容器中，然后撒上芝麻盐。