



ELECTRIC MULTI-PURPOSE PAN

OPERATING INSTRUCTIONS

EP-RAQ30/EP-RAH30C

Always follow basic safety precautions when using electrical appliances.
Read all instructions carefully.
Please keep this instruction book at hand for easy reference.

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IMPORTANT SAFEGUARDS

Be sure to follow the instructions.


- These WARNINGS and CAUTIONS are intended to protect you and others from personal injury and household damage. To ensure safe operation, please follow carefully.


 **WARNINGS** Indicates risk of serious injury. ※1


 **CAUTIONS** Indicates risk of injury or property damage if mishandled. ※2 ※3

※1 Serious injury includes loss of eyesight, burns (high and low temperature), electric shock, bone fractures, toxic reactions as well as other injuries severe enough to require medical care or extended hospitalization.

※2 Injury indicates physical damage, burns or electric shock not severe enough to require medical care or extended hospitalization.

 **CAUTIONS** Indicates a warning or caution. A specific caution is indicated inside or near the triangle by sentences or illustrations.


 **PROHIBITED** Indicates a prohibited operation. A specific prohibited operation is indicated inside or near the circle by sentences or illustrations.

 **INSTRUCTIONS** Indicates a requirement or instruction that must be followed. A specific instruction is indicated inside or near the circle by sentences or illustrations.


※3 Property damage indicates material damage towards a home, furniture, or pets and animals.


*Keep this Operating Instructions readily available for users to easily refer to at any time.

WARNINGS


 **Do not modify the product. Only a repair technician may disassemble or repair this unit.**
Attempting to do so may cause fire, electric shock or injury. Make any repair inquiries to the store you purchased the product.


 **Do not immerse the product in water or splash it with water.**
Doing so may cause short circuit or electric shock.

 **Do not allow liquid to come in contact with the Plug Receptacle or Power Cord.**
Doing so may cause short circuit or electric shock.

 **Do not plug or unplug the Power Cord if your hands are wet.**
Doing so may cause electric shock or injury.


 **Use only an electrical outlet rated at 10 amperes minimum, and do not plug other devices into the same outlet.**
Plugging other devices into the same outlet may cause the electrical outlet to overheat, resulting in fire.


 **Insert the Power Plug completely and securely into the electrical outlet.**
A loosely inserted Power Plug may cause electric shock, short circuit, smoke or fire.


 **Stop using immediately if you notice any of the following symptoms indicating a malfunction or breakdown.**
Continued use of the product may cause smoke, fire, electric shock or injury.


- The Power Plug or Power Cord has become very hot.
- The Power Cord is deeply damaged or deformed.
- The electricity turns on and off when the Power Cord is touched or moved.
- There is a burning smell.
- You feel a tingle or slight electrical shock.
- The product does not operate even though the Control Lever is turned on.
- The Operation Light does not turn off even though the Control Lever is turned to OFF.

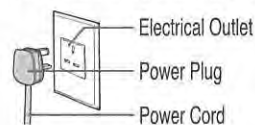
If you notice any of the above symptoms, unplug the product immediately and bring it to the store you purchased for check-ups and/or repairs.


 **This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.**


 **Do not use this product for deep frying.**
Doing so may cause fire.


 **Do not use a power source other than 220-230V (EP-RAQ30) or 220V (EP-RAH30C) AC.**
Use of any other power supply voltage may cause fire or electric shock.

 **Do not use the product if the Power Plug or Power Cord is damaged or if the Power Plug is loosely inserted into the electrical outlet.**
Doing so may cause electric shock, short circuit or fire.





 **Do not damage the Power Cord. Do not bend, pull, twist, fold, or attempt to modify the Power Cord. Do not place it on or near high temperature surfaces or appliances, under heavy items or between objects.**
A damaged Power Cord can cause fire or electric shock.


 **Do not allow children to use the product unsupervised. Keep it out of the reach of infants.**
Children are at risk of burns, electric shock or injury.


 **Do not allow infants or children to put the Appliance Plug in their mouth. Doing so may cause electric shock or injury.**
Take special precautions with children and infants.


CAUTIONS


 **Do not touch hot surfaces during or immediately after use.**
Touching hot surfaces may cause burns.


 **Unplug the Power Plug from the outlet when the product is not in use.**
Leaving the Power Plug in an outlet may cause the insulation to become damaged, resulting in electric shock, short circuit or fire.


 **Always unplug the product by holding the Power Plug, not by pulling the Power Cord.**
Pulling the Power Cord to unplug the product may cause electric shock, short circuit or fire.


 **Please allow the product to cool down before cleaning.**
The Flat Plate and Pan may cause burns when hot.

 **If the Power Cord is damaged, it must be replaced by an appropriate cord or assembly made available by the manufacturer or its service agent.**


 **During preheating or cooking, please open windows or operate a ventilating fan and move birds and small animals (pets) who are sensitive to smoke and smells to another room.**

 **Do not place or use the product on unstable surfaces or on surfaces that are vulnerable to heat.**
Doing so may cause fire.

 **Do not directly heat canned or bottled foods as the can or bottle may explode and cause burns or injury.**

 **Do not use the product near walls, furniture or beneath shelving.**
Steam or heat may damage, discolor or deform walls, furniture or shelving.

 **Do not use other Power Cords than the one provided. Do not use the Power Cord for other appliances.**
Doing so may cause malfunction or fire.

 **Do not use this product for other than intended purposes.**

 **Do not use the Multi-Purpose Pan connected to external timers or separate remote-control systems.**

IMPORTANT

- Do not use this product for other than stewing, grilling or steaming foods.
- Do not use the Pan to grill or sauté foods. The Pan is for cooking stew-type menus or for steaming only.
- Do not turn the power on without setting the Pan or Flat Plate in the Main Body. Doing so may cause fire.
- Do not leave the Heating Plate with foreign objects attached. It may become stuck to the plate and cause rust.

■ Handle the product gently; otherwise it may cause malfunction or breakdown.

■ Please follow these instructions to ensure extended use of the Pan and for the protection of the Flat Plate's nonstick coating:

- *Do not use metal spatulas. Doing so may damage the surface.
- *Do not scratch the Pan with sharp objects such as knives and forks.
- *Do not preheat the Pan for an extended period of time. Do not use the Flat Plate directly on the stovetop.
- *Do not use a thinner, benzene, abrasive cleaners and brushes (nylon/metal), bleach or anything that may damage the surface of the product. Doing so may cause deformation, discoloration or scarring of the product.
- *Always clean the surface and the bottom of the Pan and Flat Plate thoroughly after use. Acid (vinegar) or salt contents (sauce, soy sauce or salt) may cause corrosion or the product may not perform well.
- *Do not use detergents other than mild kitchen detergent such as chlorine based alkaline detergents or those containing acidic ingredients. Doing so may cause corrosion.
- *Do not leave cooked foods in the Pan and Flat Plate. Doing so may cause rust.

■ Please follow these instructions to avoid breakage of the glass Lid:

- *Do not cool it down too fast.
- *Do not drop or apply strong impact.
- *Do not place on direct fire.

■ Do not use the Flat Plate on a gas or electric stovetop burner.

Doing so may cause the nonstick coating to peel off, corrode, or cause the Flat Plate and Pan to deform or discolor.

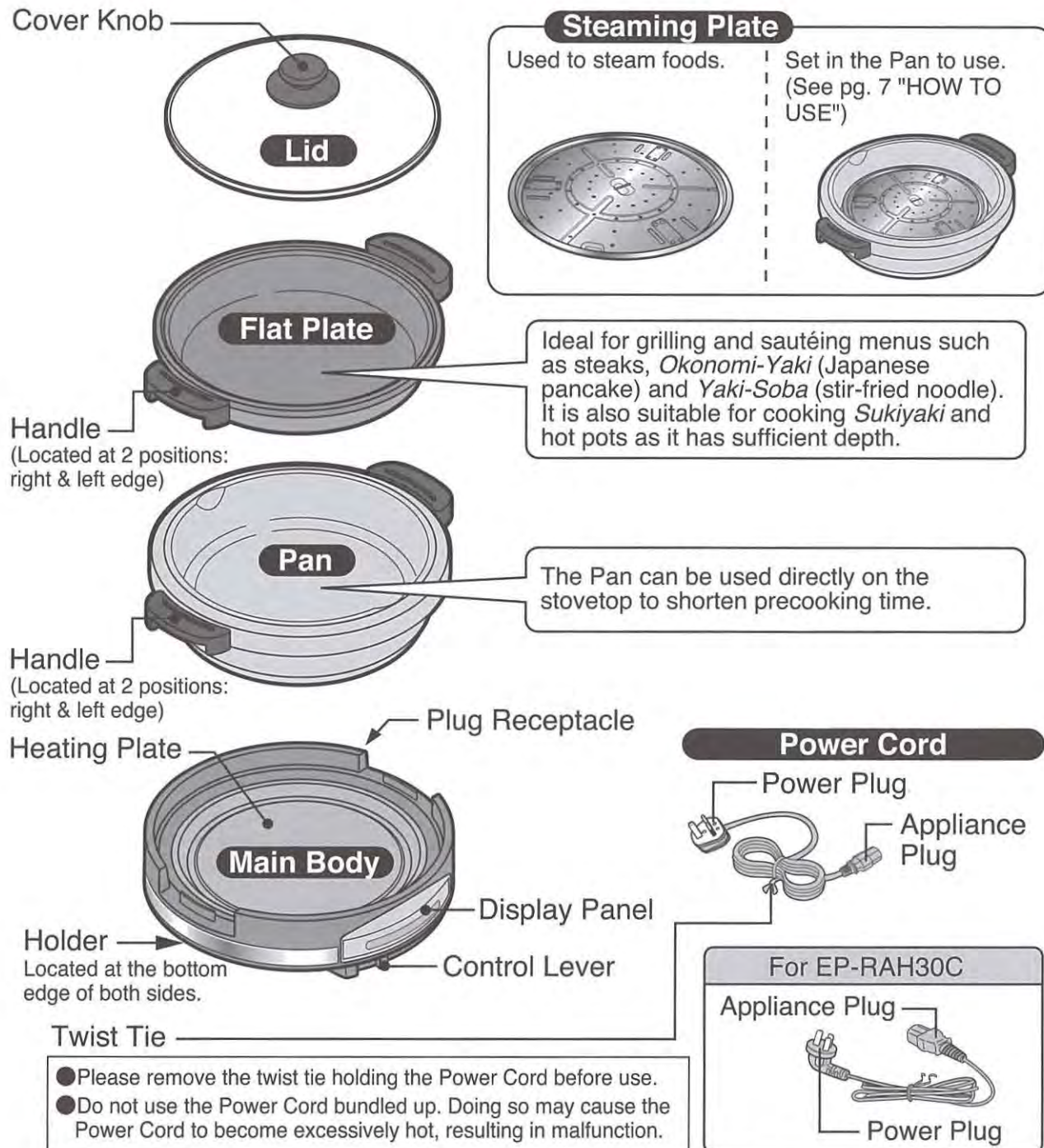
■ This appliance is intended for household use and similar applications listed below:

- Staff (employee) kitchen areas in shops, offices and other working environments.
- ※ This appliance is not intended for use by many unspecified people for a long period of time.

This appliance must not be used in the following areas:

- Farm houses.
- By clients in hotels, motels and other residential type environments.
- Bed and breakfast type environments.

PARTS NAMES



REPLACEMENT PARTS

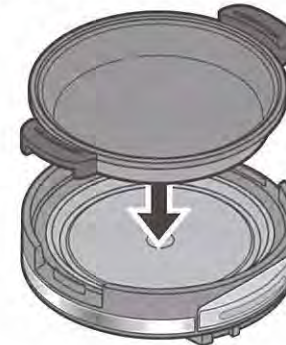
*Please replace damaged parts for optimum performance.

*When replacing parts, please check the model number and the parts name beforehand, then contact the store where you purchased the product.

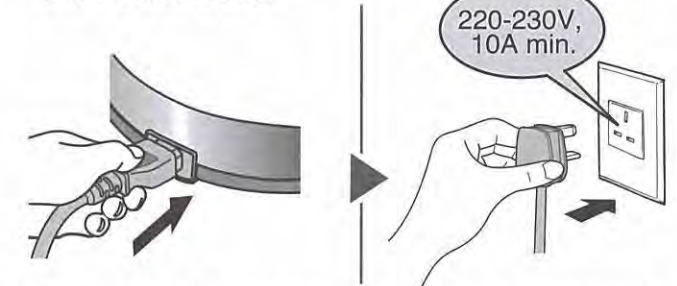
Parts Names	Parts Number
Lid	BG347801R-01
Flat Plate	BG347803G-01
Pan	BG347802G-01
Steaming Plate	7190660000-00

HOW TO USE HOW TO PREPARE

① Set the Pan or the Flat Plate on the Main Body.



② Turn the Control Lever to OFF and plug in the Power Cord.



*Be sure that the Appliance Plug is clean and free from any foreign objects.

*Be sure to wipe off all moisture on the Heating Plate and on the bottom of the Flat Plate or Pan. (Moisture or water may decrease the product's ability to heat or cause malfunction.)

*Set the Flat Plate or Pan securely. Make sure it is not slanted.

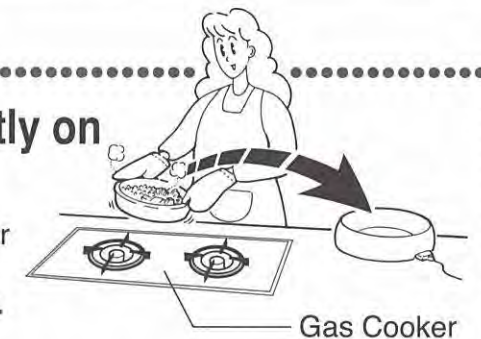
*Be sure to insert the Power Plug into the electrical outlet securely.

Cooking Tips

Precook stew-type menus directly on the stovetop burner in the Pan:

The Pan can be used directly on the stovetop burner for quicker heating and preparation.

Do not heat the Pan empty on the stovetop burner.
(Do not use the Pan on the induction heater.)



NOTE The Flat Plate CANNOT be used directly on the stovetop.

*Adjust the flame to the Pan size. The Handles may become burnt or deform if the flames are too strong.

*Do not use the Pan directly on the stovetop burner for other than preparing stew-type menus (such as sizzling, grilling or sautéing). Do not use the Flat Plate directly on the stovetop burner. Doing so may cause deformation or the nonstick coating to peel off or corrode.

*To prevent burns, always use oven mitts when holding the Handles as they may become hot.

Utilize the Lid:

The surface temperature of the Pan and Flat Plate can become 20-30°C higher when the Lid is covered.

*Sizzling and steaming menus (such as frying dumpling, hamburger, steak, fried egg, etc.) can be cooked faster and softer.

*Water or broth will boil faster.

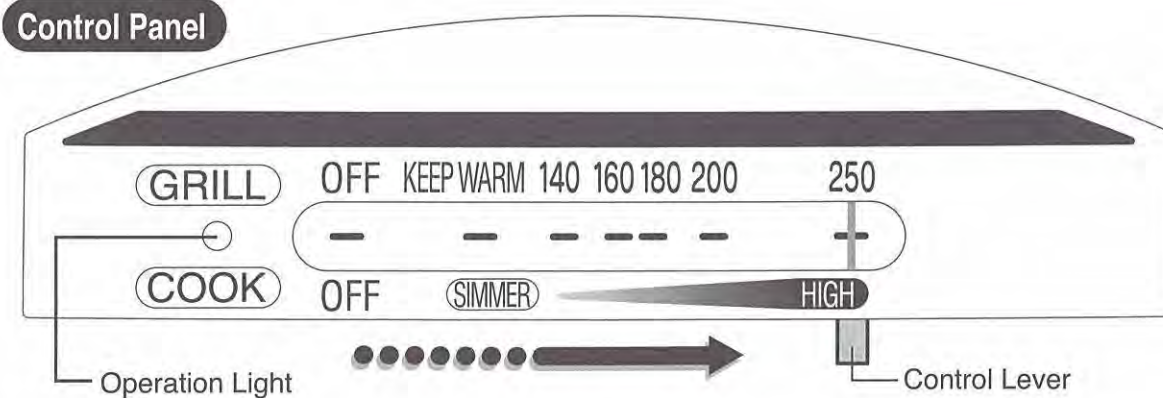
Be careful when removing the Lid:

*Steam may arise from the gap between the Lid and the Pan or Flat Plate.

*Hot oil may sputter from the gap between the Lid and the Flat Plate when grilling steaks.

HOW TO USE HOW TO COOK

Control Panel



- *Use hot water (not water) to steam and finish grilling Gyoza (grilled dumplings).
- *When keeping food warm, turn the Control Lever to KEEP WARM.
- *You may hear some noise or small clicking sounds during use but this is normal and not a malfunction.

- *You may notice that the Operation Light turns on and off during Keep Warm and Cooking. This is due to controlling the cooking temperature and so not a malfunction.
- *You may notice some smell or smoke coming out from the product at initial use, but this is a normal symptom.

Cooking in the Pan:

Ideal for cooking hot pots or stews

- 1) Pour water or soup stock in the Pan and cover the Lid.
 - 2) Adjust the Control Lever to HIGH. The Operation Light will turn on.
 - 3) When the water or soup stock reaches a boil, add ingredients and begin cooking.
- Do not use the Pan for grilling or sautéing foods.

Power guidelines for pot and stew menus:

Power	Menus
SIMMER	<i>Yose-nabe</i> (Seafood, chicken, tofu, noodles, and vegetables cooked in stock) <i>Chanko-nabe</i> <i>Shabu Shabu</i>
↑	
HIGH	<i>Yudofu</i> (Boiled <i>tofu</i> cooked in stock) <i>Oden</i> (Vegetables and fish cakes cooked in stock)

Cooking in the Flat Plate:

Ideal for grilling and sautéing

- 1) Adjust the Control Lever to the preferred temperature and preheat. The Operation Light will turn on.
- Do not preheat while the Lid is closed.
- 2) When the Operation Light turns off, begin cooking.

Estimated preheat time:

About 6 minutes

Temperature guidelines for grilling and sautéing:

Power	Menus
250	<i>Yaki-niku</i> (BBQ beef), Fried noodles, Steaks and <i>Sukiyaki</i> etc.
200	<i>Okonomi-yaki</i> (Japanese pancakes) etc.
180	<i>Gyoza</i> (grilled dumplings) etc.
160	Pancakes etc.
140	Crepes, Thin omelets etc.
KEEP WARM	Keeping foods warm at the optimum temperature

*The above temperatures are estimated surface temperatures of the Flat Plate when uncovered.

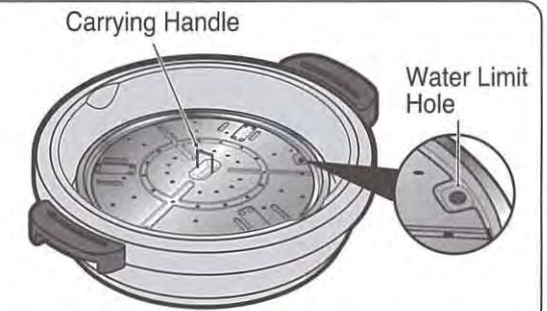
Steaming in the Pan with the Steaming Plate:

- 1) Pour water or hot water in the Pan.
 - Refer to the chart on the right for suggested amounts of water.
 - The time in the chart is the boiling time at the HIGH setting.
- 2) Set the Steaming Plate.
 - Adjust the height of the Steaming Plate's Legs (3 locations) depending on the amount of water.
- 3) Place foods on the Steaming Plate and cover the Lid.
- 4) Adjust the Control Lever to HIGH. The Operation Light will turn on.

Boiling Time:	max. 20 minutes	max. 40 minutes
Water Amount:	about 800mL	about 1,500mL
Height of the Steaming Plate:	Low	High
	 Connecting Part Leg (3 locations)	
Menu:	To steam seafood, chicken, steamed vegetables, dumplings, steamed cakes, etc.	To cook sweet rice, etc.

NOTES

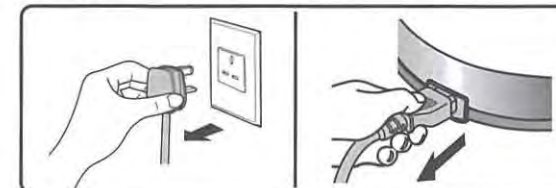
- *Be careful of hot steam when opening the Lid during cooking.
- *Do not pour water or hot water above the Water Limit Hole, indicated by the arrow imprinted on the Steaming Plate. Water filled above the Water Limit Hole may result in unsatisfactory cooking.
- *Allow the Steaming Plate to cool before removing it, and use the Carrying Handle.



- *If using a bowl or container to steam, limit the height to 5 cm when the Steaming Plate is set at "Low" and 4 cm when set at "High".
- *If the water evaporates during steaming, white or light brown colored powdery objects may be found on the Pan. This is due to the ingredients in the water and does not indicate discoloration or corrosion of the Pan. It is also harmless to your health, but always clean the Pan after use.

AFTER USE...

- 1) Turn the Control Lever to OFF.
- 2) Unplug the Power Plug and the Appliance Plug.



- *Be sure to unplug the product by holding the Power Plug, not by pulling the Power Cord.
- *Be sure to unplug the Power Cord after every use.
- *Please allow the product to cool down before cleaning (for about 40 minutes after cooking).

RECIPES

Recipes to Cook in the Pan

YOSE-NABE

HIGH ~ SIMMER



Ingredients (4 servings):

Small Crabs.....4
 Scallops.....8 pieces
 White fish fillets...2 slices
 Chicken.....200g
 Tofu (firm).....2 packs
 Green onions (or Welsh onions).....4 sticks
 Carrot.....1 stick
 Shungiku (garland chrysanthemum)...1 bunch
 Enokidake (winter mushroom).....1 pack
 Konnyaku.....1 block
 Harusame (vermicelli)...1/2 pack
 Ginnan (ginkgo nut) in a can.....8 pieces

Yaki-fu (baked Japanese dry wheat gluten).....8 pieces
 Water.....10 cups
 Konbu (kelp).....
 ...approx. 10cm x 10cm

Seasoning:
 Grated *Daikon* radish, green onions (sliced thinly and soaked in water) and red pepper.....To taste

Ponzu sauce:
 (Seasoned soy sauce with citrus juice, available in Asian markets.....To taste

How to cook:

- 1) Cut fish fillet and chicken into bite-size pieces. Cut tofu into large blocks. Thinly slice green onions diagonally, thinly slice carrots, cut *Shungiku* into 4-5 cm width and cut off the hard part at the bottom of *Enokidake*. Thinly slice *Konnyaku* and run it through boiling water. Soak *Harusame* and *Yaki-fu* in water to soften and drain.
- 2) Add water and *Konbu* in the Pan, cover the Lid and turn the Control Lever to **HIGH**.
- 3) Remove the *Konbu* from the Pan right before the water begins to boil, then add crabs. When it begins to boil again, add the remaining ingredients. Once the ingredients are cooked through, dip them in the seasoning and *Ponzu* sauce to enjoy.

*Adjust the Control Lever between **HIGH** and **SIMMER** to change the cooking temperature.

SHABU-SHABU

HIGH ~ SIMMER



Ingredients (4 servings):

Water.....5 cups
 Beef or Pork, thinly sliced.....400-600g
 Green onions (or welsh onion).....to taste
 Chinese cabbage.....to taste
 Fresh *Shiitake* mushrooms.....to taste
Shirataki (*Konnyaku* noodles).....to taste
Shabu-Shabu sauce

How to cook:

- 1) Thinly slice green onions diagonally and cut Chinese cabbage into 4-5 cm strips. Cut off the hard part at the bottom of the *Shiitake* mushrooms. Run *Shirataki* in boiling water and cut to suitable length.
- 2) Add water in the Pan, cover the Lid and turn the Control Lever to **HIGH**.
- 3) Once the water begins to boil, add some of the vegetables, and when it begins to boil again, take a slice of meat and run it through the boiling water to cook. Dip in the *Shabu-Shabu* sauce to enjoy.

*Adjust the power between **HIGH** and **SIMMER** to change the cooking temperature.

NOTE

The measurements used in these Recipes:

- 1 Cup = approx. 200mL
- 1 Tablespoon = 15mL
- 1 teaspoon = 5mL

Recipes to Cook in the Flat Plate

CORN RISOTTO

HIGH ~ SIMMER



Ingredients (2-3 servings):

Long grain rice.....150g
 Onion.....1/4 piece
 Corn (canned or frozen).....1 cup
 Soup stock (chicken broth, etc.).....4 cups
 Salt and pepper.....To taste
 Olive oil.....To taste
 Chopped parsley.....2 tsp.
 Grated parmesan cheese.....2-5 Tbsp.

How to cook:

- 1) Rinse rice and drain. Finely chop onion.
- 2) Turn the Control Lever to **HIGH**. When Operation Light turns off, add olive oil and stir-fry the onions from Step (1) above and then the rice.
- 3) When the rice turns translucent, add the soup stock and cover the Lid. Turn the Control Lever to **SIMMER** once it begins to boil.
- 4) After about 15 minutes, add corn and turn the Control Lever to **HIGH** again. When it reaches a boil, add salt and pepper to taste.
- 5) Serve in a bowl and garnish with parsley and grated cheese.

STEAK

250



Ingredients (4 servings):

Sirloin or Fillet steak.....4 cuts
 Salt and pepper.....To taste
 Vegetable oil.....To taste
 ◆Garlic slices (optional)

Garnish:

Carrots, potatoes, kidney beans.....To taste
 (Broccoli and cauliflower also make great garnishes)

How to cook:

- 1) Prepare the garnish first by boiling the carrots, potatoes and kidney beans.
- 2) Turn the Control Lever to **250**. When the Operation Light turns off, heat vegetable oil. Toast garlic slices until they turn golden brown and reserve. Flavor the steak with salt and pepper and place on the Flat Plate. Once the steak becomes golden brown, turn it over and cover the Lid.
- 3) Grill the meat until your preferred finish. Serve on a warmed plate along with the garnish. Garnish steak with roasted garlic.

*Be careful when uncovering the Lid during cooking as oil may sputter.

RECIPES Cont.

Recipes to Steam in the Pan using the Steaming Plate

STEAMED SEAFOOD

◇ This recipe is ideal to cook at-the-table for everyone to enjoy.

HIGH Steaming Plate:
Low

Ingredients (4 servings): ● This recipe uses a heat-resistant plate (approx. 25 cm in diameter and 4 cm in depth)

Clams (in the shell).....4 pieces
Scallops.....4 pieces
Prawns, peeled and deveined.....4
White fish fillet.....1 slice
Squid.....1 (approx. 100g)
Seaweed (soaked in water and softened).....70g
Chinese cabbage.....1 leaf
Wolfberry, soaked in warm water and softened.....
.....To taste

Dipping sauce:

Melted butter and lemon juice.....To taste



How to cook:

- 1) Cut fish, squid and seaweed into bite-size pieces. Boil Chinese cabbage and cut vertically into 4 strips. Roll the Chinese cabbage from one end and decorate with wolfberry on top.
- 2) Lay the seaweed on a heat-resistant plate and arrange the seafood and Chinese cabbage on top.
- 3) Add 3 cups of water in the Pan and place the Steaming Plate with its Legs at the **Low** position.
- 4) Place the heat-resistant plate from Step (2) on the Steaming Plate and cover the Lid.
- 5) Turn the Control Lever to **HIGH** and allow to steam for 8-10 minutes after it reaches a boil (when steam comes out from the gap between the Pan and the Lid).
- 6) Upon completion, turn the Control Lever to **OFF**. Dip in melted butter and lemon juice to enjoy.

STEAMED CHOP SUEY (with Chinese pork dumplings)

◇ This recipe is ideal to cook at-the-table for everyone to enjoy.

HIGH Steaming Plate:
Low

Ingredients (4 servings):

● This recipe uses a heat-resistant plate (approx. 25 cm in diameter and 4 cm in depth)

How to cook:

Chinese pork dumplings.....4 pieces
Prawns, peeled and deveined.....4
Squid...1 (approx. 100g)
Chinese cabbage...1 leaf
Shanghai pak choi (spinach-like vegetable).....4 leaves
Carrot.....1/4 stick
Bamboo shoot.....60g
Shimeji mushroom...50g

Sake.....1 Tbsp.
Soy sauce.....1 tsp.
Chicken bouillon...3 tsp.
Sugar.....1/2 Tbsp.
Sesame oil.....1 tsp.
Potato starch.....
.....1-1/2 Tbsp.
Water.....2 Tbsp.
Green onions (or welsh onions), thinly sliced.....
.....To taste

- 1) Cut squid into bite-size pieces. Cut Chinese cabbage and Shanghai pak choi into bite-size pieces, and carrot and bamboo shoot into rectangles. Cut off the hard part at the bottom of the *Shimeji* mushroom and separate the bunch.
- 2) In a separate bowl, mix ingredients from (B) well. Toss all ingredients from (A) on a heat-resistant plate, and pour the mixture (B) on top.
- 3) Add 4 cups of water in the Pan and place the Steaming Plate with its Legs at the **Low** position.
- 4) Place the heat-resistant plate from Step (2) on the Steaming Plate and cover the Lid.
- 5) Turn the Control Lever to **HIGH** and allow to steam for about 15 minutes after it reaches a boil (when steam comes out from the gap between the Pan and the Lid).
- 6) Upon completion, turn the Control Lever to **OFF**.
- 7) In a small bowl, mix ingredients from (C) well, and slowly mix into the plate from Step (5) to thicken. Garnish with green onions and serve.

STEAMED CHICKEN

◇ This recipe is ideal to cook at-the-table for everyone to enjoy.

HIGH Steaming Plate:
Low

Ingredients (3-4 servings):

● This recipe uses a heat-resistant plate (approx. 25 cm in diameter and 4 cm in depth)

Chicken breasts.....2 (approx. 400g)
Sake.....1 Tbsp.
Cabbage.....1 leaf
Green onion (or welsh onion).....1/2 stalk
Ginger.....1 chunk
Sesame sauce.....To taste

How to cook:

- 1) Cut chicken breasts into 1 cm strips and sprinkle with sake. Cut the cabbage into 5 cm squares, thinly slice green onions diagonally and julienne ginger.
- 2) Lay the cabbage on a heat-resistant plate and place chicken, green onion and ginger from Step (1) on top.
- 3) Add 4 cups of water in the Pan and place the Steaming Plate with its Legs at the **Low** position.
- 4) Place the heat-resistant plate from Step (2) on the Steaming Plate then cover the Lid.
- 5) Turn the Control Lever to **HIGH** and steam for 15-20 minutes after it reaches a boil (when steam comes out from the gap between the Pan and the Lid).
- 6) Upon completion, turn the Control Lever to **OFF**. Dip in the sesame sauce to enjoy.



STEAMED VEGETABLES

◇ This recipe is ideal to cook at-the-table for everyone to enjoy.

HIGH Steaming Plate:
Low

Ingredients (4 servings):

● This recipe uses a heat-resistant plate (approx. 25 cm in diameter)

Broccoli.....1/2 bunch
Carrot.....1/4 stick
Pumpkin.....130g
Eggplant.....1 piece
Fresh *Shiitake* mushrooms.....2 pieces
Salt.....To taste

Yogurt sauce:
Plain yogurt...1 cup
Mustard.....2 tsp.
Sugar.....1 tsp.
Vinegar.....1 tsp.
Salt.....To taste

Steaming Plate with its Legs at the **Low** position and cover the Lid.

- 4) Turn the Control Lever to **HIGH** and once it reaches a boil (when steam comes out from the gap between the Pan and the Lid), place the heat-resistant plate from Step (2) on the Steaming Plate (be careful of the steam), and steam for about 10 minutes.
- 5) In a separate bowl, mix all ingredients for the yogurt sauce.
- 6) Upon completion, turn the Control Lever to **OFF** and serve with the yogurt sauce.

*This dish can also be served wrapped in prosciutto ham.



How to cook:

- 1) Wash vegetables well. Divide the broccoli into small bunches, cut eggplant into bite-size pieces and soak in lightly salted water. Thinly slice carrot and pumpkin and cut off the hard part at the bottom of the *Shiitake* mushrooms and cut in half.
- 2) Place the ingredients from (A) on a heat-resistant plate and sprinkle with salt to taste.
- 3) Add 3 cups of water in the Pan and place the

RECIPES Cont.

Recipes to Steam in the Pan using the Steaming Plate

CHAWAN-MUSHI (STEAMED EGG CUSTARD)

Ingredients (5 servings): **HIGH** ~ **GRILL 140** Steaming Plate: **Low**

● This recipe uses 5 heat-resistant bowls (approx. 9 cm in diameter and 5 cm in depth)

Eggs.....4 pieces	Prawns, peeled and deveined.....5
Stock.....3-1/3 cups	Chicken.....80g
Light soy sauce...1/2 tsp.	Kamaboko (boiled fish paste)....5 slices
(A) Mirin (sweet cooking sake).....2 Tbsp.	(B) Small fresh <i>Shiitake</i> mushrooms...5 sheets
Salt.....1/2 tsp.	Ginnan (ginkgo nut) in a can.....5 pieces
	Mitsuba (stone parsley)....1/4 bunch

How to cook:

- 1) Beat eggs but do not whip. Mix in ingredients from (A) and strain.
- 2) Cut chicken into bite-size pieces and cut off the hard part at the bottom of the *Shiitake* mushrooms.
- 3) Place ingredients from (B) in the heat-resistant bowls, pour egg mixture from Step (1) and cover with a plastic wrap.
- 4) Add 4 cups of water in the Pan and place the Steaming Plate with its Legs at the **Low** position.
- 5) Place the heat-resistant bowls from Step (3) on the Steaming Plate and cover the Lid.
- 6) Turn the Control Lever to **HIGH** and when it reaches a boil (when steam comes out from the gap between the Pan and the Lid), turn the Lever to **GRILL 140** and steam for 20-25 minutes.
- 7) Upon completion, turn the Control Lever to **OFF**.
*When removing the plate, please use oven mitts as it will become very hot.

STEAMED SOUP WITH CHINESE CABBAGE AND SCALLOPS

Ingredients (5 servings): **HIGH** Steaming Plate: **Low**

● This recipe uses 5 heat-resistant bowls (approx. 9 cm in diameter and 5 cm in depth)

Chinese cabbage.....1 leaf
Dried scallops.....3 pieces
Small dried <i>Shiitake</i> mushrooms (soaked in water and softened).....2 pieces
(A) Water (including water used to soften scallops and <i>Shiitake</i> mushrooms).....3-3/4 cups
(A) Chicken bouillon.....3 tsp.
Salt and pepper.....To taste
Wolfberry, soaked in warm water and softened....10 pieces

How to cook:

- 1) Cut Chinese cabbage into bite-size pieces. Soak scallops overnight in water to soften and shred. Reserve the water used to soften the dried scallops and *Shiitake* mushrooms.
- 2) Mix ingredients from (A) well.
- 3) Place Chinese cabbage, scallops and *Shiitake* mushrooms in the heat-resistant bowls, pour mixture from Step (2) and cover with a plastic wrap.
- 4) Add 4 cups of water in the Pan and place the Steaming Plate with its Legs at the **Low** position.
- 5) Place the heat-resistant bowls from Step (3) on the Steaming Plate and cover the Lid.
- 6) Turn the Control Lever to **HIGH** and steam for 20-25 minutes once it reaches a boil (when steam comes out from the gap between the Pan and the Lid).
- 7) Upon completion, turn the Control Lever to **OFF**. Add wolfberry in the soup and serve.
*When removing the plate, please use oven mitts as it will become very hot.

SWEET RICE COOKED WITH MOUNTAIN VEGETABLES

HIGH Steaming Plate: **High**



Ingredients (4 servings):

Sweet rice.....3 cups	Soup stock.....150mL
Boiled assorted mountain vegetables.....150g	Light soy sauce...1 Tbsp.
(A)	Sugar.....1 Tbsp.
	Mirin (sweet cooking sake).....1 Tbsp.
	Salt.....1/4 tsp.

How to cook:

- 1) Rinse sweet rice and soak in water over night. Allow to drain for 30 minutes before steaming.
- 2) Place (A) and the mountain vegetables in a saucepan and bring to a boil. Separate the mountain vegetable from the broth using a strainer. Reserve the broth.
- 3) Add 7-1/2 cups of water in the Pan and place the Steaming Plate with its Legs at the **High** position.
- 4) Place a steaming cloth (or cheesecloth) on the Steaming Plate. Place the drained sweet rice on the cloth in a doughnut shape and cover with another steaming cloth. Cover the Lid.
- 5) Turn the Control Lever to **HIGH** and allow to steam for 20-25 minutes after it reaches a boil (when steam comes out from the gap between the Pan and the Lid). Sprinkle some water on the rice about 15 minutes after it begins to boil.
- 6) Upon completion, turn the Control Lever to **OFF**. Mix the cooked sweet rice and the broth from Step (2) in a bowl.
- 7) Place the sweet rice back onto the steaming cloth on the Steaming Plate and place the mountain vegetable from Step (2) on top. Cover the Lid.
- 8) Turn the Control Lever to **HIGH** and allow to steam for about 10 minutes after it reaches a boil (when steam comes out from the gap between the Pan and the Lid).
- 9) Upon completion, turn the Control Lever to **OFF**. Place in a bowl and mix well before serving.

CHINESE PORK DUMPLINGS

Ingredients (30 pieces): **HIGH** Steaming Plate: **Low**

Ground pork.....250g
Small onion.....3/4 pieces
Green onion.....1 stalk
Dried <i>Shiitake</i> mushrooms (soaked in water and softened).....2 sheets
(A) Grated ginger.....1 tsp.
Potato starch.....1 Tbsp.
Sake.....2 tsp.
(A) Sugar.....1-1/2 tsp.
Soy sauce.....1-1/2 tsp.
Sesame oil.....1-1/2 tsp.
Salt.....1/2 tsp.
Wonton wrappers (available in Asian markets)...30 sheets
Chinese cabbage (cut into 5 cm wide strips)...120g
Ponzu sauce (seasoned soy sauce with citrus juice, available in Asian markets).....To taste

How to cook:

- 1) Finely chop onion, green onion and *Shiitake*.
- 2) Mix ground pork, vegetables from Step (1) and (A) and mix well.
- 3) Divide ingredients from Step (2) into 30 equal portions and wrap with the wonton wrappers. (Make a circle with your left thumb and index finger, place wonton wrappers and filling and wrap the filling.)
- 4) Add 4 cups of water in the Pan and place the Steaming Plate with its Legs at the **Low** position.
- 5) Place the Chinese cabbage on the Steaming Plate and place the dumplings from Step (3) on top, and cover the Lid.
- 6) Turn the Control Lever to **HIGH** and once it reaches a boil (when steam comes out from the gap between the Pan and the Lid), steam for about 15 minutes.
- 7) Upon completion, turn the Control Lever to **OFF** and serve with the *Ponzu* sauce.

*If steaming consecutively, add more water (about 500-600mL). Make sure not to add water above the Water Limit Hole.



MACCHA (GREEN TEA) STEAMED CAKE

Ingredients (10 pieces):

● This recipe uses approx. 8 cm size Madeleine pans

Pancake mix.....200g
Large egg.....1 piece
Milk.....3/4 cup
Sugar.....3 Tbsp.
Maccha (powdered green tea)...2 tsp.

How to cook:

- 1) Beat eggs in a bowl and whip together with milk and sugar with a whisk.
- 2) Add pancake mix and *Maccha* in (1) and mix.
- 3) Pour the mixture from Step (2) into Madeleine pans and fill up to 80%.
- 4) Add 4 cups of water in the Pan and place the Steaming Plate with its Legs at the **Low** position.
- 5) Place the Madeleine pans from Step (3) on the Steaming Plate then cover the Lid.
- 6) Turn the Control Lever to **HIGH** and allow to steam for about 15 minutes after it reaches a boil (when steam comes out from the gap between the Pan and the Lid).
- 7) Upon completion, turn the Control Lever to **OFF**.



HIGH Steaming Plate: **Low**

CLEANING AND MAINTENANCE

Be sure to clean thoroughly after every use. Leaving burnt foods on the Pan or the Flat Plate may cause scorching, and will become difficult to remove.

● Be sure to unplug the Power Plug and allow the Product to cool down before cleaning.

Lid Flat Plate Pan Steaming Plate	1) Wash with a soft sponge. To wash thoroughly, use a mild kitchen detergent. 2) Wipe clean with a dry cloth after rinsing. *Allow the plate, Pan and Cover to be cooled down before cleaning. *Soak the Pan in warm water if food becomes stuck, then wash with a soft sponge. *Rinse the Lid thoroughly to ensure that there is no kitchen detergent remaining. The Lid may discolor if alkaline-based detergent is used. *After cleaning the Flat Plate, wipe thoroughly with a dry cloth, set in the Main Body and turn the power on to allow it to dry completely. Be sure not to overheat the Flat Plate. After the surface of the Flat Plate is completely dry, apply a thin layer of vegetable oil to protect the surface. *Dry the Steaming Plate thoroughly with a dry cloth, especially at its Leg's Joint Parts to prevent rusting.
Heating Plate	Soak a cloth in hot water, wring out all excess moisture, and wipe clean. *If any objects are stuck to the Heating Plate, lightly polish them off with sand paper of about No.400 after dipping in water. *Do not splash it with water or soak in water. Doing so may cause breakdown.
Main Body	Clean and wipe with a cloth soaked in water and wrung well.
Power Cord (Appliance Plug · Power Plug)	Wipe it clean with a soft dry cloth.

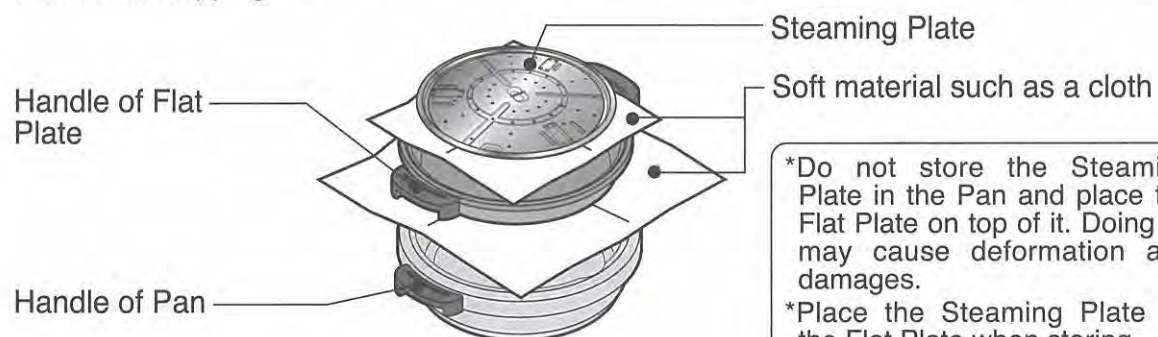
Do not use the following:

- *Dishwasher (Doing so may cause discoloration)
- *Abrasive cleaners, scouring powders, nylon or steel brushes (These may cause deformation, discoloration and scratches)
- *Detergents other than mild dish liquid such as chlorine based alkaline detergents or acidic detergents (They may cause corrosion)

Wipe thoroughly with a dry cloth after every cleaning.

How to Store the Product

Place the Flat Plate on the Pan, making sure that the Handles overlap, and place a soft material such as a cloth in between. The Flat Plate may become damaged if the Handles are not overlapping.



*Do not store the Steaming Plate in the Pan and place the Flat Plate on top of it. Doing so may cause deformation and damages.

*Place the Steaming Plate on the Flat Plate when storing.

TROUBLESHOOTING GUIDE

Please check the following points before calling for service.

Problems	● Cause (Points to check)
The Pan or Flat Plate does not get warm (power does not turn on).	*The Power Plug is not plugged in. → Connect the Power Plug.
	*The Appliance Plug is not connected properly. → Connect the Appliance Plug properly.
Does not cook well.	*Preheating was insufficient. → Preheat well before beginning to cook (approx. 6 minutes).
It takes too long to boil or it does not boil.	*Water or broth was boiled without covering the Lid. → Covering the Lid when cooking helps liquids come to a boil quicker.
	*The temperature of the water or broth was lowered by adding too much ingredients at one time. → Add ingredients gradually.
	*Heating the water or broth directly on a stovetop burner will take less time.
	*The Heating Plate is soiled, and heat is not conducting well to the Pan. → Clean the Heating Plate. (See pg. 14 "CLEANING AND MAINTENANCE")
Food scorches or burns too much.	*The Pan or Flat Plate is soiled (food is stuck on its surface). → Clean the Pan or Flat Plate. (See pg. 14 "CLEANING AND MAINTENANCE")

SPECIFICATIONS

Model No.	EP-RAQ30	EP-RAH30C
Rating	AC220-230V 50/60Hz	AC220V 50Hz
Electric Consumption	1,250-1,350W	1,250W
Length of the Power Cord	1.7m	
External Dimensions (approx. cm)	With the Pan : 44.5(W)×38(D)×20.5(H) With the Flat Plate: 42(W)×38(D)×17.5(H)	
Weight	approx. 6.0 kg	
Temperature Control	Keep Warm ~ 250°C	

WARNING - THIS APPLIANCE MUST BE EARTHED

(for EP-RAQ30 only)

IMPORTANT

The wires in this mains lead are coloured in accordance with the following code:

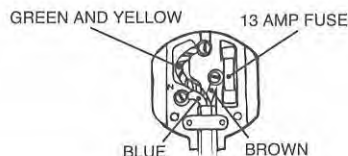
Green-and-yellow:Earth Brown:Live Blue:Neutral

If the colours of the wires in the mains lead of this appliance do not correspond with the coloured markings identifying the terminals in your plug, proceed as follows.

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol or coloured green or green-and-yellow. The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured BLACK.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured RED.

This appliance must be protected by a 13A fuse if a 13A (BS1363) plug is used or, if any other type of plug is used, by a 10A fuse either in the plug or adaptor or at the distribution board.





烧烤火锅两用电锅 使用说明书

EP-RAH30C/EP-RAQ30

●感谢您购买本产品。

●请在使用前详读使用说明书，以便正确使用，并请妥善保管本说明书。

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安全注意事项 务请遵守

- 以下所示注意事项分为“警告”和“注意”两项，以防止给使用者或他人带来危害或损害。
- 每个注意事项都涉及有关安全的重要内容，务请遵守。

警告 提示如果操作有误，可能会造成重伤※1的内容。

注意 提示如果操作有误，可能会受到伤害※2或物品损害※3的内容。

※1重伤是指失明、受伤、烫伤（高温·低温）、触电、骨折、中毒等，以及留有后遗症，或需住院、需长期通院治疗之伤。
※2伤害是指不需住院、不需长期通院治疗的受伤及烫伤、触电等之伤。

- 阅读后，请保管在使用者随时都可看到的地方。

警告	
 不得使用交流220V（EP-RAH30C），220-230V（EP-RAQ30）以外的电源 否则，会有引起火灾、触电的危险。	 电源线、插头损伤时或插座松动时，请勿使用 否则，会有造成触电、短路、起火危险。 
 不得改造。除修理技术人员外，不得拆卸或擅自修理 否则，会有造成火灾、触电、受伤的危险。需要修理时，请惠询经销店或本公司的服务站。	 不得损伤电源线 强行扭曲、拉扯、扭转、捆扎、或靠近高温处，电源线上放置重物、或挤压、加工、会造成电源线破损，而有引起火灾或触电的危险。
 不得浸泡于水中或淋水 否则，会有造成短路、触电的危险。	 不得让儿童单独使用，不得放在幼儿能触摸到的地方 否则，有造成烫伤、触电、受伤的危险。特别要注意因煎锅、煮锅边缘而造成的烫伤。
 请勿使本体插口、电源线浸泡于液体或溅湿 否则，会有造成短路、触电的危险。	 不得舔本体用插头及电源插头 特别应注意不要让婴幼儿舔到 否则，有导致触电、受伤的危险。
 不得用湿手插拔电源插头 否则，有可能触电、受伤。	 发生异常和故障时，请立即停止使用 如果持续使用会引起冒烟、着火、触电、受伤的危险。 (异常、故障举例) · 电源插头、电源线异常发热 · 电源线重度损伤或变形 · 移动电源线时会发生断续通电 · 有焦糊味 · 触碰时有麻电感 · 温度调节杆调节温度无效 · 温度调节杆调到“关”显示灯仍亮 发生以上现象时，请立即拔下电源插头，并洽询经销店进行检查、修理。
 应单独使用额定10A以上的电源插座 若与其他器具共同使用，分路插座部分会因异常发热而引起火花。	
 务必将电源插头完全插入插座 否则，会有造成火灾、触电的危险。	
 在没有安全责任人对本机器的使用给予指挥管理或指示的情况下，运动能力、感觉能力或是智力低下及缺乏经验和知识的人（包括儿童）严禁使用本机器。请确保儿童不使用及触碰本机器	
 不得烹调油炸食物 否则，会有造成火灾的危险。	





注意 △ 符号表示警告、注意内容的标记。图中或附近标注有具体的注意内容。

禁止 ⊘ 符号表示禁止事项。图中或附近标注有具体的禁止内容。

指示 ● 符号表示强制或指示事项的内容，图中或附近标注有具体的指示内容。

※3物品损害是指对住房、家财以及家畜、宠物等之损害。

注意

 使用中和刚使用后不得触摸高温部分 否则，碰到高温部会造成烫伤。	 不得放在不稳定的位置或不耐热的垫子上使用 否则，有引起火灾的危险。
 不使用电时，应从电源插座上拔下插头 否则，可导致受伤、烫伤、或因绝缘劣化而引起触电、漏电、火灾。	 不得直接加热罐装和瓶装物食品等 否则，有可能因罐、瓶破裂或过热而引起烫伤、受伤。
 拔下插头时，务必手持插头，不得拉扯电源线 否则，有可能造成触电或短路而出现火花。	 不得在距离墙壁、家具过近之处使用 否则，蒸气或散热会造成墙壁或家具损伤、变形或变色。
 待冷却后再进行清理 否则，碰到高温部会造成烫伤。	 必须使用专用电源线 电源线不得使用于其他电器 否则，有可能引起故障或火灾的危险。
 如果电源软线损坏，必须用专用软线或从其制造厂或维修部买到的专用组件来更换	 请不要使用于火锅、烧烤、蒸煮以外的用途
 在预热和烹调中，请将对烟雾及气味敏感的小鸟等小动物移到其他房间，并开窗或打开换气扇	 不得将本产品与其他的定时或遥控装置连接

敬请注意

- 除火锅料理、烧烤料理、焖烤料理以外，不要用于其他的用途。
- 不要使用煮锅烹调烧烤料理。
- 不要取下煮锅、煎锅后通电。（造成火灾的原因）
- 不要将沾附在加热板上的污垢和异物置之不理。（造成焦垢或腐蚀的原因）
- 请小心使用。（造成故障或损坏的原因）
- 为使煮锅及煎锅的“陶钛涂层”长期不受损伤，务请遵守以下事项。
 - 不要使用金属铲子。（造成刮伤的原因）
 - 不要使用刀叉等锋利用具进行刮擦。
 - 不要长时间的空烧。也不要直接用火加热煎锅。
 - 煮锅及煎锅的表面污垢，不要放置不理。
 - 因为酸（醋）和盐分（调味汁、酱油、盐）等是造成腐蚀的原因。
 - 另外，沾附物会造成烧烤不均匀而影响烹饪口味。所以请务必清除干净。
 - 不要使用厨房用中性洗涤剂以外的洗涤剂（如碱性洗涤剂、酸性洗涤剂），以免造成腐蚀。
 - 不要使用含有研磨剂的洗涤剂、去污粉、尼龙刷及金属刷等。（造成变形、变色、损伤的原因）
 - 煮锅或煎锅中的料理，不要放置不理，以免造成腐蚀。
- 本器具不得使用木炭或类似燃料。
- 为防止玻璃盖的破裂，请注意以下事项。
 - 不要急剧冷却
 - 不要刮伤
 - 不要强烈碰撞
 - 不要直接用火烘烤
- 不要在煤气灶上空烧、烧烤和烹炒。（否则，会引起陶钛涂层的脱落、腐蚀及煮锅的变形和变色。）
- 本产品用于一般家庭以及以下类似用途。
 - 可用于商店、办公室或其他工作环境中的员工用厨房。
 - ※但是，不要用于因未指定人群造成的长时间使用。
 - 另外，也不要用于以下的类似用途。
 - 宾馆、汽车旅馆、其他住宿设施等。

各部分名称



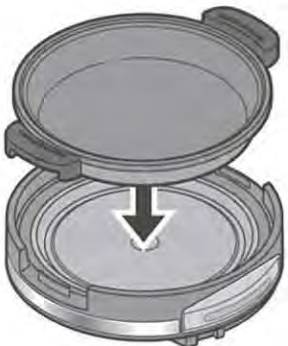
零部件、消耗品

- 右表为更换零件的名称。损坏时，请更换新的零件（收费）。
- 更换时，请确认好产品的型号及零件名称后，去经销店购买更换。

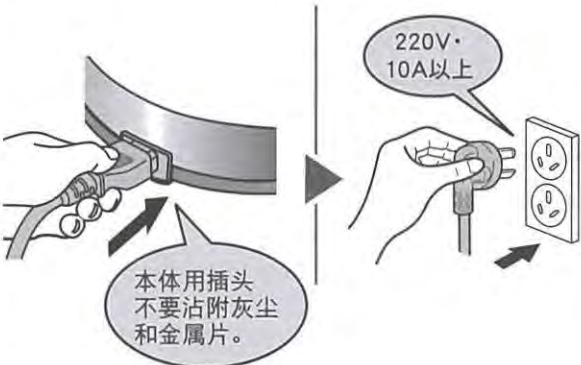
零件名称		零件号码
锅	盖	BG347801R-01
煎	锅	BG347803G-01
煮	锅	BG347802G-01
蒸	板	7190660000-00

使用方法 准备

①将煮锅或煎锅放入本体。



②将温度调节杆调到“关”，连接电源线。



- 请确认煮锅或煎锅与加热板之间没有水分。（否则，会引起性能下降和故障。）
- 煮锅或煎锅应平稳放入，不要倾斜。
- 请确认电源插头完全插入插座。

烹饪要点

煮锅可利用煤气灶事先烹调

煮锅可直接放在煤气灶上加热。赶时间或预热煮锅时非常方便。（请勿将煮锅放置于电磁炉上来进行加热。）

注意 请不要将煎锅放在煤气灶上使用。

- 煤气灶的火候，请配合煮锅的大小进行调节。（火力太强，会导致把手烧焦、变形。）
- 除烹调火锅之外（空烧、烤、炒），请绝对不要使用煤气灶。（否则，会造成锅的变形，陶钛涂层脱落和腐蚀。）
- 由于把手很烫，请不要用手直接握持，使用隔热手套。（否则，会有造成烫伤的危险。）

盖上锅盖时…

加盖比不加盖时煮锅及煎锅的表面温度约高摄氏20~30℃。

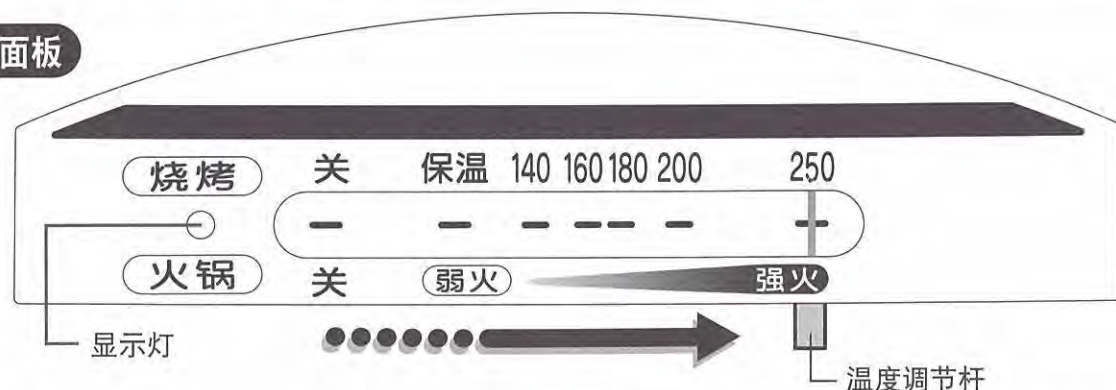
- 烹调锅贴、汉堡牛肉饼、牛排、煎蛋等煎的料理、以及煎烤后焖煮的料理时加盖的话，易熟并嫩。
- 可更快烧开火锅料理的高汤。

在掀盖时请格外注意

- 烹调煎烤后焖煮料理时，锅盖与煮锅或煎锅之间会有蒸气冒出。
- 烧烤牛排时，锅盖和煎锅之间可能会有热油溅出。

使用方法 烹调

操作面板



- 请使用热水进行烹调煎饺。
- 保温时，请将温度调节杆调到“保温”。
- 使用中有时会发出“嘎吱”的响声，并非故障。
- 在预热和烹调中，显示灯会忽亮忽灭，这是正在进行温度调节，并非故障。
- 初次使用时，可能会冒烟或有异味，并非异常。

使用煮锅

烹调火锅料理时

- ① 加入水或汤汁，盖上锅盖。
- ② 将温度调节杆调到“强火”。（显示灯亮灯）
- ③ 煮开后加入材料，开始烹调。

- 请不要烹调烧烤料理。

《烹调火锅的参考火候》

温度刻度	料理名称	
弱火	什锦火锅	涮涮锅
↑	涮羊肉	
↓	汤豆腐	黑轮
强火		

使用煎锅

烹调烧烤料理时

- ① 将温度调节杆调到所需的温度刻度，进行预热。（显示灯亮灯）
- 请勿盖上锅盖进行预热。
- ② 等显示灯灭灯后再开始烹调。

大致预热时间 约6分钟

《烹调烧烤的参考火候》

温度刻度	料理名称
250	烤肉、炒面、牛排、日式牛肉火锅等
200	日式煎馅饼等
180	饺子等
160	松饼等
140	奶味薄饼、煎薄蛋等
保温	料理的保温

- 温度刻度是表示未加锅盖时，煎锅表面的大致温度。

使用煮锅及蒸板

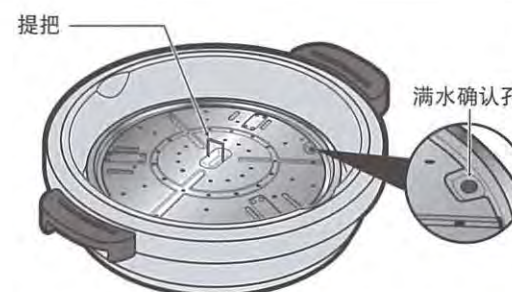
蒸制料理时

- ① 根据烹调时间加入水或热水。
 - 参考右表，调整加水量。
 - 右表的烹调时间为设定到“强火”，沸腾后的时间。
- ② 安装蒸板。
 - 根据水量调整蒸板的脚架（有3处）高度。
- ③ 把烹调物放置蒸板上，并盖上锅盖。
- ④ 将温度调节杆调到“强火”。（显示灯亮灯）

烹调时间	最长烹调约20分钟	最长烹调约40分钟
水量	约800mL	约1500mL
蒸板的高度	低	高
食谱例	蒸海鲜 蒸八宝菜 烧卖 蒸糕等	蒸鸡肉 糯米红豆饭等

注意

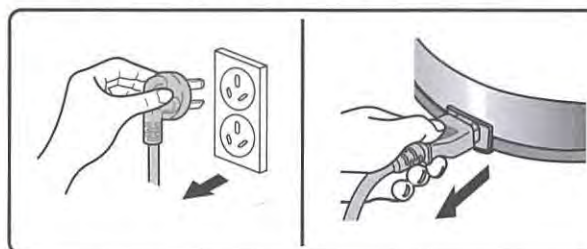
- 烹调中打开锅盖时，请小心蒸气。
- 请勿将水（热水）加至满水确认孔以上。若加水（热水）过多，可能会导致烹调效果不良。
- 取出蒸板时，请待冷却后再拎着提把取出。



- 蒸板高度低时请勿使用5cm、高时请勿使用4cm以上的容器。
- 蒸制中若水用尽时，煮锅可能会附着白色或浅茶色的粉末，这是水中所含的矿物质成份，并非煮锅变色及腐蚀。虽然对人体健康没有影响，但使用后请尽快清洗。

使用后...

- ① 将温度调节杆调到“关”。
- ② 拔下电源插头，取下本体用插头。



- 务必手持电源插头拔下。
- 烹调结束后务必拔掉电源线。
- 待本体冷却后（使用后约40分钟）再清洗。

使用煮锅

什锦火锅

强火~弱火



材料 (4人份)

螃蟹.....小4只
扇贝.....8个
白肉鱼.....2块
鸡肉.....200g
木棉豆腐.....2块
大葱.....4根
胡萝卜.....1根
茼蒿.....1把
金针菇.....1包
魔芋.....1块
粉丝.....1/2包
素肉块.....8个
银杏(罐头).....8个

水.....10杯
海带(打上花刀).....10cm大小1片

佐料
白萝卜泥.....适量
葱末.....适量
辣椒粉.....适量

柚子醋
海带汤.....1/2杯
酱油.....1/2杯
柚子(或酸橘)榨汁.....1/2杯

作法

- ①白肉鱼切成一口大小，鸡肉切成适当大小。豆腐切块，大葱斜切，胡萝卜则切成圆片。茼蒿切成约4~5cm宽，金针菇切除根部，魔芋切成薄片后用热水烫过。粉丝和素肉块用水泡软。
 - ②将水、海带放入煮锅中，盖上锅盖后将火力调至强火。
 - ③即将煮开前将海带取出，放入螃蟹暂煮一会，然后依次放入鱼贝类、肉、蔬菜、豆腐等，边煮边沾着佐料和柚子醋食用。
- ◇请边看煮食情况边调节火候的大小(强火~弱火)

涮涮锅

强火~弱火



材料 (4人份)

水.....5杯
牛肉或猪肉(薄片).....400~600g
大葱.....适量
白菜.....适量
鲜香菇.....适量
魔芋丝.....适量
商店卖的涮涮锅用佐料

作法

- ①如肉片很长就对半切开，大葱斜切，白菜切成4~5cm的大块，鲜香菇去除根部，魔芋丝用水煮过后切成适当长度。
 - ②在煮锅中加入5杯水，盖上锅盖后将火力调至强火。
 - ③煮开后放入少量蔬菜，等再次煮开后用筷子夹住肉片放入煮锅开水中涮熟蘸上佐料食用，随涮随吃。
- ◇请边看煮食情况边调节火候的大小(强火~弱火)

使用煎锅

玉米粥

强火~弱火



材料 (2~3人份)

白米.....1杯(150g)
洋葱.....1/4个
玉米(罐头或冷冻).....1杯
① { 汤块(剁碎).....1块
水.....4杯
盐、胡椒.....少许
橄榄油.....适量
荷兰芹(剁碎).....2小匙
奶酪粉(或粉末状帕马森乳酪).....2~5大匙

☆该食谱也适合糙米(长粒品种米)

作法

- ①白米洗净后放入沥筐备用，洋葱剁碎。
- ②将火力调至强火，显示灯灭后，倒入少许橄榄油推匀，然后依次放入①中的洋葱、白米进行翻炒。
- ③等米粒变透明后倒入①盖上锅盖，煮沸后将火力调至弱火。
- ④约煮15分钟后加入玉米并再次将火力调至强火，煮沸后放入盐和胡椒调味。
- ⑤盛入容器，可依个人喜好洒上荷兰芹、奶酪粉食用。

牛排

250



材料 (4人份)

牛腰肉(或里脊肉).....4块
盐、胡椒.....少许
色拉油.....适量

◆请将大蒜切成薄片，依个人喜好备用。

配菜

胡萝卜、土豆、刀豆.....适量
(依个人喜好也可用西兰花、花菜等)

作法

- ①将配菜的胡萝卜、土豆、刀豆烫熟备用。
 - ②将火力调至250，显示灯灭后，倒入少许色拉油推匀(可依个人喜好将大蒜片爆香后取出。)牛肉下锅前洒上盐、胡椒，将单面煎黄并翻面后盖上锅盖。
 - ③煎至您喜爱的熟度、起锅盛到预先加热过的盘中，并以配菜的胡萝卜、土豆、刀豆装饰。肉上则放上爆香过的大蒜片。
- ◇烹调中如打开锅盖，有可能导致色拉油四溅，请格外小心。

使用煮锅+蒸板

蒸海鲜

◇可在桌上蒸制，大家围坐一起，边吃边享受美食乐趣。

强火 蒸板 低

材料 (4人份) ●使用直径约25cm、高约4cm的耐热盘子

蛤蜊.....4个
扇贝.....4个
虾子.....4只
白肉鱼.....1块
墨鱼.....1条(约100g)
裙带菜(泡开).....70g
白菜.....1片
枸杞子(用温水泡开).....适量
佐料 { 溶化的黄油.....适量
柠檬.....适量



作法

- ①剥去虾壳并挑除泥肠。白肉鱼、墨鱼、裙带菜切成一口大小。白菜烫煮后纵切成4长条，将其卷起并在上面放上枸杞子点缀。
- ②在盘中铺上裙带菜，然后放入鱼贝类和白菜。
- ③在锅中加入3杯水，将蒸板高度调整为低后放入煮锅。
- ④把②放在蒸板上盖上锅盖。

- ⑤将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再蒸8~10分钟。
- ⑥蒸好后将火关掉，沾着溶化的黄油、柠檬食用。

蒸八宝菜(加烧卖)

◇可在桌上蒸制，大家围坐一起，边吃边享受美食乐趣。

强火 蒸板 低

材料 (1盘份) ●使用直径约25cm、高约4cm的耐热盘子

烧卖.....4个
去壳虾.....4只
墨鱼.....1条(约100g)
白菜.....1片
青菜.....4片
胡萝卜.....1/4根
笋.....60g
真姬菇.....50g
酒.....1大匙
酱油.....1小匙
鸡精.....3小匙
砂糖.....1/2大匙
麻油.....1小匙
淀粉.....1 1/2大匙
水.....2大匙
大葱(葱丝).....适量

作法

- ①虾挑除泥肠，墨鱼表面打上花刀切成一口大小。白菜和青菜切成一口大小，胡萝卜和笋切成长方块，真姬菇切除根部后分开。
- ②将①混合后放入盘中，再将②充分搅拌均匀倒入。
- ③在锅中加入4杯水，将蒸板高度调整为低后放入煮锅。
- ④把②放在蒸板上盖上锅盖。
- ⑤将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再蒸约15分钟。
- ⑥蒸好后将火关掉。
- ⑦加入调好的③，并将全体充分拌匀勾芡，最后洒上葱丝。

蒸鸡肉

◇可在桌上蒸制，大家围坐一起，边吃边享受美食乐趣。

强火 蒸板 低

材料 (3~4人份)

●使用直径约25cm、高约4cm的耐热盘子

鸡胸脯肉.....2块(约400g)
酒.....1大匙
卷心菜.....1片
大葱.....1/2根
生姜.....1小块
芝麻佐料.....适量

作法

- ①鸡肉切成1cm宽，洒上酒备用。卷心菜切成5cm的方形，大葱斜切为宽度1cm的切片，生姜切丝。
- ②将卷心菜铺在盘中，上面放上鸡肉，然后洒上葱片和姜丝。
- ③在锅中加入4杯水，将蒸板高度调整为低后放入煮锅。
- ④把②放在蒸板上盖上锅盖。
- ⑤将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再蒸约15~20分钟。
- ⑥蒸好后将火关掉，沾着芝麻佐料食用。



健康的蒸蔬菜

◇可在桌上蒸制，大家围坐一起，边吃边享受美食乐趣。

强火 蒸板 低

材料 (4人份)

●使用直径约25cm浅盘

西兰花.....1/2颗
胡萝卜.....1/4根
南瓜.....130g
茄子.....1根
鲜香菇.....2朵
盐.....适量

酸奶调味汁(混合调料)

酸奶(普通).....1杯
芥末.....2小匙
砂糖.....1小匙
醋.....1小匙
盐.....少许

作法

- ①蔬菜洗净，西兰花切成小朵，茄子切成一口大小用盐水浸泡，胡萝卜和南瓜切成薄片，鲜香菇去除根部切成两半。

- ②将①排在盘中并洒上盐。
 - ③在锅中加入3杯水，将蒸板高度调整为低后放入煮锅盖上锅盖。
 - ④将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）将②放入蒸板（请小心蒸气），盖上锅盖蒸10分钟。
 - ⑤蒸好后将火关掉，浇上酸奶调味汁食用。
- ◇用生火腿片等包卷着吃也很美味。



使用煮锅+蒸板

鸡蛋羹

材料 (5人份) 强火~ 烧烤 140 蒸板 低

鸡蛋.....4个
 高汤.....3 1/3 杯
 浅色酱油.....1/2 小匙
 甜料酒.....2大匙
 盐.....1/2 小匙
 虾子.....5只
 鸡肉.....80g
 鱼糕.....5小片
 鲜香菇.....5朵
 银杏(罐头).....5个
 鸭儿芹.....1/4 把

●使用直径约9cm、高约5cm的耐热容器

作法

- ①将蛋液打至未起泡，与(A)混合后过滤。
 - ②剥去虾壳并挑除泥肠，鸡肉切成一口大小。鲜香菇去除根部。
 - ③将(B)放入耐热容器，倒入①后盖上保鲜膜。
 - ④在锅中加入4杯水，将蒸板高度调整为低后放入煮锅。
 - ⑤把③放在蒸板上盖上锅盖。
 - ⑥将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再将火力调至140，蒸20~25分钟。
 - ⑦蒸好后将火关掉。
- ◇取出时因容器很烫，故请使用隔热手套等取出。

白菜干贝蒸汤

材料 (5人份) 强火 蒸板 低

白菜.....1片
 干贝.....3个
 干香菇(泡开).....2朵
 水(包括浸泡干贝和香菇的水).....3 3/4 杯
 鸡精.....3小匙
 盐.....少许
 胡椒.....少许
 枸杞子(用温水泡开).....10颗

●使用直径约9cm、高约5cm的耐热容器

作法

- ①白菜切成一口大小，干贝用水浸泡一整夜后用手撕开。浸泡干贝和香菇的水不要倒掉留着备用。
 - ②将(A)充分调拌备用。
 - ③将白菜、干贝、香菇放入耐热容器，倒入②后盖上保鲜膜。
 - ④在锅中加入4杯水，将蒸板高度调整为低后放入煮锅。
 - ⑤把③放在蒸板上盖上锅盖。
 - ⑥将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再蒸20~25分钟。
 - ⑦蒸好后将火关掉，在汤中加入枸杞子。
- ◇取出时因容器很烫，故请使用隔热手套等取出。

山菜红豆饭

强火 蒸板 高



材料 (4人份)

糯米.....3杯
 水煮山菜.....150g
 高汤.....150ml
 浅色酱油.....1大匙
 砂糖.....1大匙
 甜料酒.....1大匙
 盐.....1/4 小匙

作法

- ①糯米洗净后浸泡一整晚。
- ②蒸前30分钟，将糯米放入沥筐沥干水分。
- ③将(A)和山菜放入别的锅中煮开，然后将煮汁和山菜分开。
- ④在锅中加入7杯半水，将蒸板高度调整为高后放入煮锅。
- ⑤在蒸板上铺上蒸巾，放入沥干水分的糯米并将其堆成甜甜圈的形状，然后盖上蒸巾。
- ⑥盖上锅盖，将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再蒸20~25分钟。（中途约15分钟后需洒些水）
- ⑦蒸好后将火关掉，将糯米和③的煮汁放入大碗中并充分搅拌均匀。
- ⑧再将糯米放置蒸巾上，然后在糯米上面放上山菜。
- ⑨盖上锅盖，将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再蒸约10分钟。
- ⑩蒸好后将火关掉，将其移至大碗搅拌均匀。

烧卖

材料 (30个份) 强火 蒸板 低

猪肉糜.....250g
 洋葱.....中3/4 个
 青葱.....1根
 干香菇(泡开).....2朵
 姜(磨成泥).....1小块
 淀粉.....1大匙
 酒.....2小匙
 砂糖.....1 1/2 小匙
 酱油.....1 1/2 小匙
 麻油.....1 1/2 小匙
 盐.....1/2 小匙
 烧卖皮(市售).....30张
 白菜(切成约5cm宽).....120g
 柚子醋(依个人喜好).....适量

作法

- ①洋葱、青葱、香菇切碎。
 - ②在大碗中放入猪肉糜，加入①和(A)，用手充分拌匀。
 - ③将②分为30等分，用烧卖皮包好。（用左手大拇指和食指构成一个圆圈，将烧卖皮放置在上，包入肉馅成形。）
 - ④在锅中加入4杯水，将蒸板高度调整为低后放入煮锅。
 - ⑤在蒸板上铺上白菜，把③排放在蒸板上盖上锅盖。
 - ⑥将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再蒸约15分钟。
 - ⑦蒸好后将火关掉，可依个人喜好沾着柚子醋食用。
- ◇继续蒸制时，请添加500~600ml的水。请注意不要让水超过满水确认孔。



抹茶蒸糕

材料 (10人份)

薄饼粉.....200g
 鸡蛋(L).....1个
 牛奶.....3/4 杯
 砂糖.....3大匙
 抹茶.....2小匙

●使用直径约8cm的马德琳蛋糕模型



作法

- ①将蛋打入大碗中，加入牛奶和砂糖后用打蛋器搅拌。
- ②在①中加入薄饼粉和抹茶并搅拌均匀。
- ③将②倒入马德琳蛋糕模型中约8分满。
- ④在锅中加入4杯水，将蒸板高度调整为低后放入煮锅。
- ⑤把③排放在蒸板上盖上锅盖。
- ⑥将火力调至强火，沸腾后（从煮锅与锅盖之间冒出蒸气）再蒸约15分钟。
- ⑦蒸好后将火关掉。

强火 蒸板 低

清理保养

每次使用后请务必清洗干净。若对沾附物放置不理，会留下焦垢而不易清除。

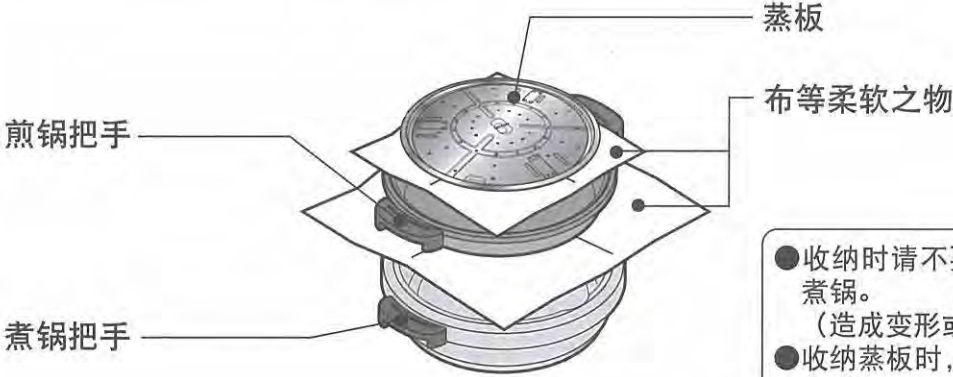
●清洗时，请拔下电源插头，待本体充分冷却后再进行。

锅盖 煎锅 煮锅 蒸板	①用海绵块沾上厨房用中性洗涤剂擦洗。 ②清水冲洗后用干抹布擦净。 ●请待煎锅、煮锅、锅盖冷却后再进行清洗。 ●沾附的污垢，用温水稍浸泡后再用海绵块清洗。 ●清洗锅盖时，请充分冲洗以免残留洗涤剂。 （洗涤剂中含有的碱性成份若残留，锅盖有时会失去光泽。） ●煎锅洗净后，用干软布将水分充分擦净，并通电加热使锅干燥之后，在煎锅的表面薄薄涂抹一层食用油。（保养煎锅的方法） ●蒸板洗净后请擦干水分，尤其是脚架安装处要充分擦净。
加热板	用抹布浸热水拧干后擦去污垢 ●有焦斑沾附时，请用砂纸（400号左右）磨擦。 ●请不要淋浇到水或整个冲洗。（造成故障的原因）
本体	用软布浸水拧干后擦拭
电源线 （本体用插头、电源插头）	用干软布擦拭

- 请勿使用以下物品。
- 餐具洗涤干燥机（造成变色的原因）
 - 含有研磨剂的洗涤剂、去污粉、尼龙刷及金属刷等。（造成变形、变色、损伤的原因）
 - 厨房用中性洗涤剂以外的洗涤剂（如碱性洗涤剂、酸性洗涤剂）。（造成腐蚀的原因）
- 清洗结束后，请用干布彻底擦净水分。

收纳注意事项

重叠煎锅及煮锅时，请在其之间夹放布等柔软之物，并将煎锅把手与煮锅把手重叠。
（如把手没有重叠放置时，可能会刮伤煎锅。）



煎锅把手

煮锅把手

蒸板

布等柔软之物

- 收纳时请不要将蒸板直接放入煮锅。
（造成变形或损伤的原因）
- 收纳蒸板时，请将其放置在煎锅上面。

认为故障时

在致电要求服务前请检查以下列出的几点。

现 象	原 因
煮锅、煎锅不热（不通电）	●电源插头是否拔下→请确认。 ●本体用插头是否完全插入→请确认。
烹调食品不易烤熟	●预热不够→请充分将煮锅预热后再进行烹调。（约6分钟）
至烧开为止需要很长时间或不烧开	●没有盖上锅盖→盖上锅盖可以使蓄热加快。 ●一次放入食材过量，会使温度下降→请逐渐适量添加食材。 ●烹调火锅时，先使用煤气灶烧开后，再进行烹调的话非常方便。 ●加热板沾附污垢时，会影响对煮锅的加热→请进行清理。（参阅P.14）
料理严重焦糊	●煮锅、煎锅沾附污垢→请进行清理。（参阅P.14）

规格

型 号	EP-RAH30C	EP-RAQ30
电 源	交流 220V 50Hz	交流 220-230V 50/60Hz
消 耗 功 率	1250W	1250-1350W
电 源 线	1.7m	
外形尺寸(约cm)	使用煮锅时：宽44.5×深38×高20.5 使用煎锅时：宽42×深38×高17.5	
重 量	约6.0kg	
温度调节范围	保温~250℃	

产品中有害物质的名称及含量

部件名称	有害物质					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
外装构成品	○	○	○	○	○	○
内部构成品	○	○	○	○	○	○
电气零件	×	○	×	○	○	○

本表格依据 SJ/T 11364 的规定编制。
 ○：表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572 规定的限量要求以下。
 ×：表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572 规定的限量要求。

EP-RAH30C

执行标准：GB4706.1-2005 GB4706.14-2008 GB4706.19-2008

生产厂：德奥通用航空股份有限公司

广东省佛山市南海区松岗松夏工业园工业大道西