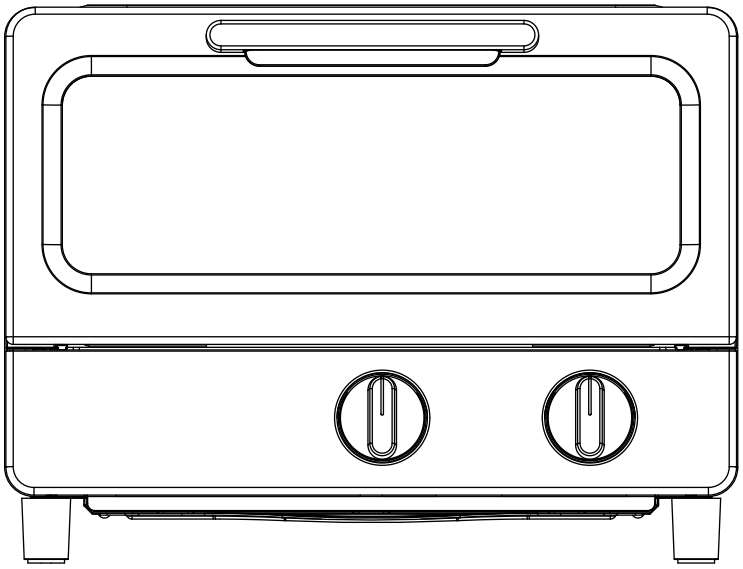
TOSHIBA

東芝多士焗爐說明書

ET-TD7080



使用前請仔細閱讀本說明書，並妥善保管

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安全注意事項

安全警告

使用方面注意事項

- **使用前，必須將包裝材料全部取下**

  如果不取下包裝，工作過程中會導致打火、火災、燒傷等。

- **應正確使用廠商提供的配套附件，不要使用非廠商提供的附件，避免人為的操作而造成火災或傷害。**
- **由於工作電流大，請使用專用插座**

  請不要與其他耗電量大的電器（特別是空調、取暖器等）共用插座，以免造成電路過載，引起火災。

- **插座不易插或太鬆**

  若電源線，電源插頭損傷請立即停止使用。鬆動的插座不要使用，否則將可能導致火災、觸電、受傷。

- **電源插頭從插座拔出時，應拿著電源插頭拔出，如果拿著電源線拔出，破損的電源線會引起漏電、火災的情況發生。**
- **長時間不使用的時候，應拔下電源插座上的插頭，避免因絕緣橡膠線老化而引起漏電、火災的情況發生 。**
- **在插入電源插頭前，請用乾布將插頭刀片上附著的灰塵擦掉。**
- **使用前請仔細閱讀「服務指南」並妥善保管以備日後參考之用。**
- **禁止將金屬或異物，如鐵絲、手指等伸入烤箱的吸氣口、排氣口、百葉窗**

  否則可能導致觸電，受傷。假如不慎有異物插入產品，請拔掉電源插頭，聯絡本公司維修客服中心。

- **禁止電源線從烤箱底部穿過。**
- **本產品器具不能在外接定時器或獨立遙控控制系統的方式下運行。**
- **請不要用作烹飪以外的目的。**
- **請勿放置在有陽光直射或對著空調、暖氣設備吹出暖風的場所，以免導致變形、變色、無法調節溫度。**
- **為避免可能出現的電擊，換燈前應確定器具已斷開電源。**
- **包裝用的大膠袋不要放到幼兒能接觸到的地方或廢棄**

  如果套在頭上，會使人窒息。

- **電源線、插頭，不要接近排氣口、外罩、溫度過高或潮濕的地方，以免電源線老化，造成危險。**
- **如發現有煙霧，應關掉器具開關或拔掉電源插頭，並保持爐門關閉，以抑制火焰蔓延**

  器具不能在外接定時器或獨立的遙控控制系統的方式下運行。

- **使用完畢後，請務必及時拔出電源插頭，不要將其靠近火源或浸入水中；不要將電源線和插頭直接放在外罩上面，以防外罩餘熱損壞電源線。**
- **嚴禁敲打此產品。**
- **本產品專為家庭加熱及解凍食物而設計，不適合其他用途。**
- **不要在外罩上放置物品**

  產品外罩不要盛放食物、物品 這樣做很危險。物品會因為受熱而變形、燒焦、著火。金屬物品，如刀、叉、勺和蓋可能會變熱。

- **嚴禁將密閉的容器放置在多士焗爐內加熱，可能會造成爆炸。**
- **多士焗爐不得浸入水中。**
- **烹調中不要拔掉插頭**

  如果拔掉插頭會產生火花、火災、觸電等。

安全注意事項

安全警告

使用方面注意事項

- **不能將任何異物塞入爐門聯鎖開關。**
- **多士焗爐在工作過程中或剛使用完成後，外表面溫度較高，切勿觸摸。**
- **小心開關門**

  警告如果產品爐門或門封已損壞，則不得再使用，直到經有資格的維修人員修好為止。
- **高溫表面，防止燙傷**

  產品在使用期間會發熱。注意避免接觸產品內的發熱單元。

  警告在使用時可觸及部分可能會發熱，兒童應遠離 ，器具運作期間，某些表面的溫度很高。貼有「高溫表面」標誌的表面在使用過程中會變燙。
- **端取食物請小心，器皿不要碰撞腔體、門體玻璃。**
- **不得用焗爐蒸煮食物。否則，蒸氣可能導致故障。**

  禁止用油炸食物。切勿使用一鍋油在爐內炸食物，以防發生火災。
- **在加熱液體食物時 ,容器內應預留足夠空間，以防液體沸騰溢出。**
- **移動或清潔多士焗爐時，應先拔掉電源線插頭，等多士焗爐冷卻後再進行。**
- **請定期清潔多士焗爐 ,以防殘留的油脂著火。**
- **擺放在小孩觸摸不到的地方**

  只有在已經提供充分的指導以致於兒童能夠採用安全的方法使用產品，並且明白不正確的使用會造成危險時，才能允許兒童在無人監控的情況下使用產品。當器具以組合模式工作，因溫度升高，兒童必須在成人的監督下使用。
- **不能使用蒸氣清潔器。**
- **嚴禁將紙質 (烹調紙、紙烤杯或紙盤等) 如或塑料等易燃物放置爐內，或在爐內儲藏其它物品可能會造成火災。**
- **烹調食物著火或冒煙時，切勿打關焗爐門。以免空氣進入令火焰變得更大。請關掉計時器並拔掉重源插頭。直到火焰逐漸消失再打開焗爐門。**

維修保養注意事項

- **內有高壓電源，切勿拆開外罩，進行修理和改造**

  警告 除有資格的維修人員外，其他人來執行檢修操作都是危險的。使用過程中遇到障礙，請聯絡本公司司維修客服中心。
- **嚴禁非專業人員拆修此產品，否則將可能導致危險發生**

警告 如門或門封已損壞則不得再使用，直到有資格的維修人員修好為止。

- **如果電源軟線損壞，為避免危險，必須由製造商、其維修部或類似部門的專業人員更換。**

安全注意事項

清潔保養注意事項

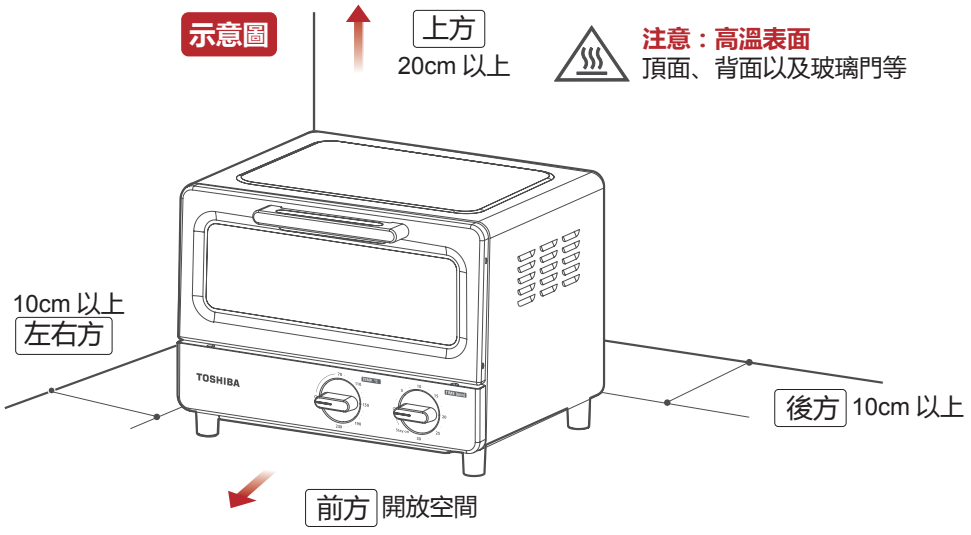
- **可用蘸有軟性洗滌劑（如洗潔精）的布擦拭外殼，再用濕布擦乾淨，最後用乾布擦乾，嚴禁使用鋼絲刷等硬物擦拭產品。請勿清潔爐門安全鎖系統**

  警告不要使用粗糙擦洗劑或鋒利的金屬刮刀清潔爐門玻璃，以免造成門玻璃表面刮傷，刮傷可能導致玻璃粉碎。

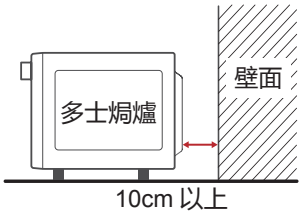
- **經常保持爐門與爐身接合處清潔。**
- **煮食過程中產生的油脂會腐蝕爐腔、影響加熱效果，從而改變食物的味道。因此使用後請及時清潔爐腔。**
- **常用溫水清洗配件。注意在長時間烹飪後，不要用冷水立即清潔。**
- **請勿使用不良清洗劑及帶有腐蝕性、揮發性的化學溶劑擦拭爐身，以免爐身受損。**

擺放注意事項

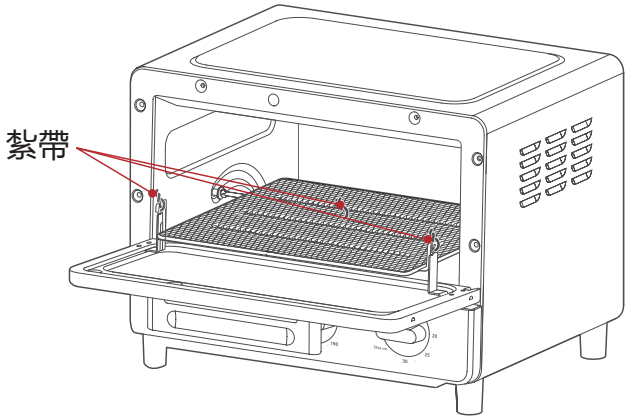
1. 將多士焗爐放置隔熱的平面上使用，並在多士焗爐周圍至少保持 10-15cm 的距離 。
2. 應將多士焗爐放置在乾燥的環境中，不可在室外使用本產品。
3. 為避免產品工作中油煙污染家具或發熱引起火災，產品要和牆壁、櫥櫃保留一定距離。
4. 嚴禁將多士焗爐放置在易燃物或熱源附近使用，應注意遠離窗簾等或類似物品，以防造成火災。



烤箱背面有安全阻隔部件，以防止烤箱與牆壁等物體接觸，以保持安全距離。



首次使用



拆除紮帶提示：請拆掉固定烤網的紮帶（共 3 處）

空燒提示：首次使用需空燒 15 分鐘，以去除發熱管和腔體內的防腐蝕保護塗層。

操作方法：❶ 在斷電狀態下用濕布將烤箱內擦拭一遍。

❷ 將烤盤、烤網放入烤箱內，插上電源。

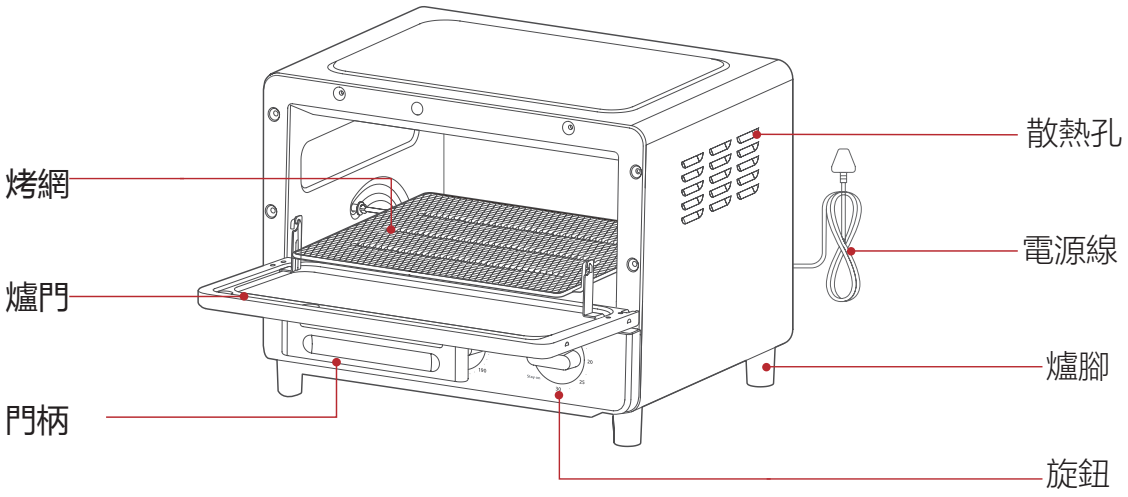
❸ 溫度調至最高檔空燒 15 分鐘。

註：空燒過程中會有異味或冒煙屬於正常現像。

空燒結束：拔掉電源，完全打開烤箱門以便快速散熱，待烤箱完全冷卻之後取出烤盤便可正常使用。

使用說明

結構說明



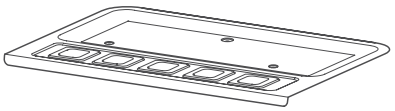
附件說明

> **注意** 因產品不斷更新，如實物與圖片不符請以實物為準。



烤盤

請放在烤網上使用



屑盤

用來接烤食物時的殘渣，請放置在發熱管下方使用

燒烤架

安裝方法

將燒烤架滑動至多士焗爐兩側的槽內 ,直至其鉤住焗爐門的掛鉤上。務必正確面朝上地插入燒烤架。

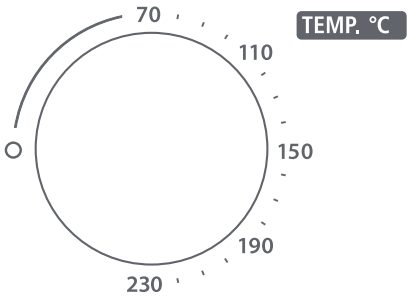
烤盤

可在烤盤上面舖上錫紙，防止弄髒

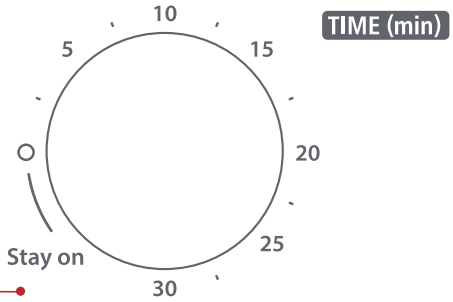
使用說明

控制面板介紹

溫度調節旋鈕
調節溫度
烹飪時請勿旋至小於 70℃範圍，本產品可調溫度範圍 70℃ -230℃。



時間調節旋鈕
調節烹飪時間
如烘烤時間少於 10 分鐘，將時間旋鈕轉至大於 10 分鐘的位置後，再將時間旋鈕至想設定時間的位置。



Stay On 調節旋鈕
選擇“Stay on”時，烤箱會處於連續烹調狀態；時間旋鈕將無法自動關閉。如需結束工作，需手動將時間旋鈕扭回“0”。否則烤箱將一直工作下去，時間過長，可能引起火災。

使用說明

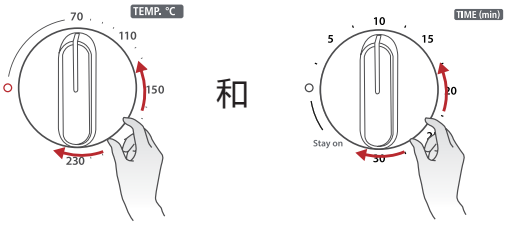
使用流程

注意

1. 烤箱採用間歇式加熱原理工作，工作過程中發熱管時亮時暗，這是正常現象。
2. 機器正在工作或工作結束後，機身、玻璃、烤網、烤盤溫度較高，請注意切勿直接觸摸。
3. 選擇“ Stay on ”檔位時，多士焗爐處於連續烹調狀態；如需結束工作，需手動將時間旋鈕擰回“ 0 ”檔，否則烤箱將一直工作下去，時間過長，可能引起火災。
4. 使用鋁箔時，請注意避免接觸加熱管，以免鋁箔溶解，粘附在加熱管上，引起故障。
5. 烘烤出油食材出汁、形狀容易塌掉、小於網眼的食材時，請將附帶的烤盤等放在烤網上。
6. 取出附件和食物時，請注意防燙

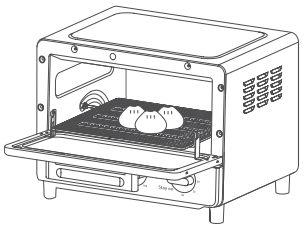
按照以下步驟開啟美食烹飪之旅 ~

1 爐腔預熱（可選）



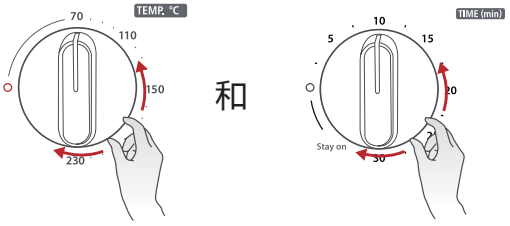
- 待機狀態時，依據食譜選擇預熱溫度和時間

2 放入食物



- 將食物放在烤盤或烤網上
  烹調肉類及加熱含油脂食物時，必需使用烤盤。不可直接在燒烤架上烹調肉類及加熱含油脂的食物。

3 調節烹飪溫度和時間



- 依據食材屬性、個人喜好設置或食譜選擇烹飪溫度和時間
- 設定完成後烤箱開始烹飪

烘烤標準

注意

1. 烘烤標準取決於食材種類、量、大小、烘烤前溫度等，因此請根據具體情況適當調整。
2. 若食材疊放，請在烘烤中途調換上下位置。
3. 若連續烘烤，請將烘烤時間設定為短於第一次烘烤的時間。
4. 爐內溫度升高，則溫控器開始運行，可能導致加熱管不亮燈，這是正常現象。
5. 請勿烘烤標注“可用微波爐”的冷凍食品，以免引起火災。本產品僅可烘烤市面上銷售的冷凍食品中有“可用烤箱”標誌的食材。
6. 請勿直接加熱罐裝或瓶裝食物（否則，可能導致爆炸，火災或受傷害）

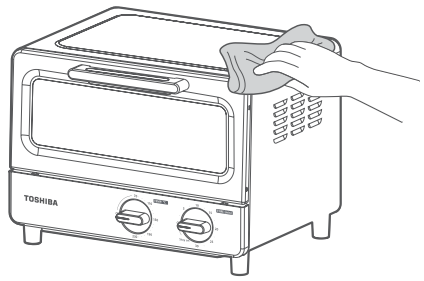
序號	食譜名稱	數量	預熱時間	預熱溫度	烘烤時間
1	焗彩椒雞肉串	4 串	5 分鐘	230℃	15 分鐘
2	海鮮Pizza	視烤盤大小而定	5 分鐘	230℃	18 分鐘
3	蜜汁烤金沙骨	6 條	/	/	15 分鐘
4	新奧爾良雞翼	8 隻	/	/	25 分鐘
5	煙肉金菇卷	視烤盤大小而定	5 分鐘	230℃	25 分鐘
6	香焗羊扒	4 塊	/	/	70 分鐘
7	日式鹽烤秋刀魚	1 條	/	/	10 分鐘
8	雞蛋芝士焗多士	1 塊	5 分鐘	230℃	10 分鐘
9	熔岩芝士多士	2 塊	5 分鐘	210℃	15 分鐘
10	蔓越莓曲奇	8 片	/	/	8 分鐘
11	葡撻	6 個	5 分鐘	230℃	29 分鐘
12	日式炸蝦天婦羅	8 隻	5 分鐘	230℃	15 分鐘

清潔保養

清潔注意事項

注意

1. 不要使用尖銳清潔工具、硬毛刷和帶腐蝕性清潔用品，以免損傷烤盤、烤網。
2. 嚴禁將多士焗爐浸入水或別的液體中，以防損壞烤箱。
3. 請務必等到本體冷卻後再清潔保養。
4. 平時請保持屑盤整潔，以免在污垢或碎屑殘留的狀態下使用時導致起火或火災。
5. 清潔保養後請勿忘記安裝屑盤，以免導致放置本品的位置受熱過度引起焦糊。
6. 爐內殘留有食材或污垢時，請勿放置不管，以免起火或引起火災
7. 請勿使用去污粉、刷子、天拿水或汽油等清潔本產品。
8. 焗爐仍未冷卻時，不得讓焗爐門上面沾水。否則，玻璃可能會破裂。
9. 請保持屑盤潔淨，禁止使用不乾淨的屑盤。否則，可能導致火災或麵包底面烤色較淡。



1. 清潔前，先拔掉插頭並等待多士焗爐完全冷卻後再進行。
2. 用中性清潔劑清洗包括烤架和烤盤在內的所有配件，配件清洗後請充分晾乾。
3. 用沾有中性清潔劑的軟濕布擦拭多士焗爐內部，再用擰乾的抹布等擦拭掉洗滌劑成分。

可用蘸有軟性洗滌劑（如洗潔精）的布擦拭外殼，再用濕布擦乾淨，最後用乾布擦乾，嚴禁使用鋼絲刷等硬物擦拭產品。請勿清潔爐門安全鎖系統。

警告 不要使用粗糙擦洗劑或鋒利的金屬刮刀清潔爐門玻璃，以免造成門玻璃表面刮傷，刮傷可能導致玻璃粉碎。經常保持爐門與爐身接合處清潔。

服務指南

規格

⚠ **注意**

1. 產品尺寸的順序是 闊 x 深 x 高，為約數，具體尺寸請參照實物。
2. 外形尺寸：深度值含門柄（若有門柄）、後板支架的長度、高度值含爐腳。
3. 由於我們的產品在不斷改進，實物規格可能與標注不同，具體尺寸請參照實物。

型號	ET-TD7080
容積	8L
外形尺寸	300×272×227mm
爐腔尺寸	258×215×190mm
定時器	30 minutes + Stay On （兼用作電源開關）
淨重	3kg
額定電壓 / 頻率	220V~50Hz
額定功率	1000W

故障處理

若使用過程中出現異常，請在送修前仔細閱讀本說明書，檢查是否是由於下述原因引起的異常。

常見故障	原因	解決方法
旋轉定時旋鈕後，加熱管也不亮燈	電源插頭未牢固插入插座	請將電源插頭牢固地插入插座。
	連續烘烤導致爐內溫度過高	爐內溫度升高，則溫控器開始運行，可能導致加熱管不亮燈。
出現黃斑或產品放置場所焦糊	黏附在屑盤上的碎屑或污垢燃燒	請清掃屑盤。
	屑盤未安裝好	請安裝好屑盤。
冒煙或散發異味	最開始使用時未空燒	初次使用時請務必空燒。有時會殘留異味，多次使用後則會消除。
	黏附在屑盤上的碎屑和污垢正在燃燒	請清掃屑盤。
中間無法烤透	烘烤時間過短	請延長烘烤時間。
	烘烤的是難以烤透中間部分的食材	烘烤時請想辦法切開口、切成小塊等。
烘烤時外側焦糊	烘烤時間過長	請縮短烘烤時間。
定時器有誤差	定時器為發條式，因此有時會產生誤差	無需處理。
定時器未正常運行	設為 10 分鐘以下時，定時器有時未正常運行	設為 10 以下時，請先轉至 11 以上再轉回。
烘烤途中加熱管燈不亮或時而亮時而滅	溫控器運行，正在調整烘烤溫度	無需處理。

警告 由非專業保修人員進行維修非常危險。使用時如遇到任何問題，請聯繫我們的客戶服務中心。

- 禁止非專業人士拆解本產品，這可能會造成危險。
- 如果電源線損壞，為避免危險，必須由廠商、其維修部或具有相同資格的人員進行更換。

您的焗爐助手

瞭解您的焗爐，使用自然更安心！

烘烤加熱原理和方法提醒

- 發熱管產生的熱量可使焗爐內溫度升高。
- 預熱完成後，儘量縮短中途開啟爐門的時間，以保持爐內溫度。
- 烹飪完成後，請立刻取出食物以免過度受熱，致食物表面顏色變深。

調整說明

烹調方法與食物的自身特性密切相關，本書所給出的食材份量、烹飪時間是經過驗證的合適配方，但您仍可以根據您所需的份量、個人口味和喜好，進行適當的調整。以肉類烤焗為例，增加時間，口感會更有韌性；減少時間，則口感更嫩。



焗彩椒雞肉串

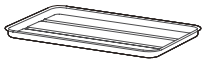
烹飪時間：約 15 分鐘　　難度指數：★★★



材料

雞胸肉.....200 克
青椒、紅椒、黃椒 共 1 個
黑胡椒粉 ..... 適量
紹興酒..... 少許
蜜汁烤肉醬.....8 克
鹽..... 適量
油..... 適量
水.....18 克

器皿參考



烤盤

做法

1 將雞胸肉洗淨後控乾水，切成 3cm*3cm 左右的大塊；
2 放入適量油、鹽、黑胡椒粉、紹興酒，再加入蜜汁烤肉醬和 10 克水抓拌均勻，蓋上保鮮膜，醃至少 4 小時以上，入味；
3 將三色彩椒切成 3cm*3cm 左右的塊狀；
4 將烤肉醬 8 克及水 8 克調成醬汁，同時焗爐預熱至 230 度，預熱時間為 5 分鐘；
5 取出醃好的雞肉塊、用長竹簽與彩椒塊交替穿成肉串，全部串完後，在肉串上刷上一層醃料，再放入烤盤內；
6 烤盤放入烤箱，焗約 15 分鐘；
7 焗至 10 分鐘時取出，再刷一層醬汁後放入焗爐，再烹調至程序結束；
8 享用前可以在表面撒點黑椒或辣椒粉，味道會更佳。

海鮮 Pizza

烹飪時間：約 18 分鐘　　難度指數：★★★★



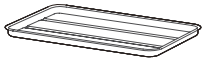
Pizza皮材料

高筋麵粉 .....60 克
低筋麵粉 .....25 克
鹽 .....1 克
幼砂糖.....5 克
水.....50 克
發酵粉.....2 克
牛油 .....5 克

餡材料

蝦仁 .....8 隻
紹興酒.....適量
海鮮腸.....1 根
蕃茄醬.....10 克
Mozzarella cheese 100 克

器皿參考



烤盤

做法

1 將披薩皮材料中除了牛油的材料全部混合搓成麵團，後加入牛油揉至麵團擴展開；
2 置於 28 度左右的溫度中，使其發酵到兩倍大；
3 等待發酵同時，準備食材，鮮蝦洗乾淨用鹽和紹興酒醃十分鐘；
4 然後把鮮蝦和海鮮腸切成小塊，小火煎一下，逼出油和水分；
5 麵團發酵完成後，搓揉排氣，並滾圓麵團鬆弛 15 分鐘；
6 將餅皮用麵粉棒滾開，滾成中間薄，四周略厚的方形；
7 移入烤盤並整理其形狀，用叉子在中間較薄處叉出氣孔，以免烘烤時麵團鼓起；披薩皮上先鋪上一層醬料，用刮刀抹平，同時預熱烤箱至 230 度，預熱時間為 5 分鐘；
8 在pizza皮上撒一層 Mozzarella cheese，放上餡料，再撒一層Mozzarella cheese；
9 放入焗爐，焗大約 18 分鐘，焗至披薩底四周上色，芝士融化。

蜜汁烤金沙骨

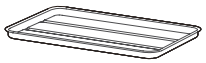
烹飪時間：約 15 分鐘　　難度指數：★★★



材料

金沙骨.....300 克
水.....500 克
生抽.....40 克
蜂蜜.....30 毫升
白糖.....15 克
薑.....25 克
蒜.....10 克
大蔥.....25 克
白胡椒.....少許

器皿參考



烤盤

做法

1 金沙骨飛水後洗乾淨，所有配料放入小煲裡煮；
2 配料煮至原來容量的一小半時，關火，放涼，把金沙骨浸泡入內一個晚上；
3 把金沙骨撈出，剩下的湯汁上火繼續收濃後放涼；
4 金沙骨均勻蘸上上一步驟收濃的醬汁，烤盤鋪上錫紙，放入金沙骨；
5 烤盤放入焗爐，溫度調至 230 度，焗 15 分鐘。

新奧爾良雞翼

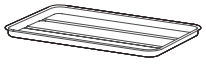
烹飪時間：約 25 分鐘　　難度指數：★★★



材料

雞中翼.....400 克
新奧爾良雞翼醃料...28 克
暖水 .....28 克
蜂蜜 .....1 勺
食用油..... 適量

器皿參考



烤盤

做法

1 雞中翼用清水清洗，浸泡半小時去血水；撈出控水，用廚房紙吸乾表面水分，分別在兩面用刀劃出兩道，便於入味；
2 新奧爾良雞翼醃料和溫開水混合，將處理好的雞翼放入其中沾滿醃料；
3 放入保鮮碗，將剩餘醃料全部倒入，密封冷藏 2 小時以上入味；
4 醃好的雞翼裡倒入適量的食用油，拌勻；
5 烤盤鋪上油紙後，將雞翅放入烤盤；
6 將烤盤放入焗爐，溫度調至 230 度，時間調至 20 分鐘；
7 一勺蜂蜜加少許暖水調開，在第 20 分鐘時取出烤盤，將調開的蜂蜜刷在雞翼的兩面，同時將雞翼翻面再焗 5-8 分鐘。

煙肉金菇卷

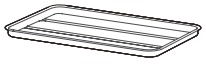
烹飪時間：約 25 分鐘　　難度指數：★★★



材料

煙肉 .....80 克
金針菇.....100 克
食用油.....15 克
孜然粉.....5 克
醬油 ..... 適量

器皿參考



烤盤

做法

1 金針菇飛水後，剪去根部，控淨水份備用；
2 少許食用油、醬油加孜然粉調好醬料備用；
3 煙肉解凍後，切成合適的長度，一般一條切成相等的兩段，同時預熱烤箱，溫度調至 230 度，時間調至 5 分鐘；
4 將金針菇放在培根一邊，包緊慢慢卷到另一邊，然後用兩支竹簽穿好；
5 把卷好的金針菇放入鋪了錫紙的烤盤上，每個卷之間稍留空間，避免焗的時候有不熟的地方；
6 烤盤放入預熱好的焗爐，焗約 18 分鐘取出（具體時間要根據卷的大小和厚度增減），刷上調好的醬料，同時翻面，再焗約7分鐘；

香焗羊扒

烹飪時間：約 70 分鐘　　難度指數：★★★



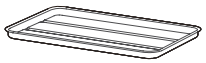
材料

小羊扒.....400 克
洋蔥 .....1 個
鹽 ..... 少許
植物油..... 少許
辣椒粉..... 適量
孜然粉..... 適量
紹興酒..... 10 毫升
蒜蓉醬.....500 克

做法

1 小羊扒清洗乾淨，抹上紹興酒、鹽，揉捏按摩 15 分鐘；
2 將洋蔥切成絲，再與蒜蓉醬和孜然粉混合在一起；
3 混合的醬料塗抹在羊排上，醃一小時左右；
4 兩面塗上植物油後包入錫紙，放入烤箱溫度調至 230 度，時間調至 “ Stay on ” 烤約 1 小時；
5 約 1 小時後取出，打開錫紙，撒上孜然粉、辣椒粉，肉厚的一面朝上，再烤 10 分鐘。

器皿參考



烤盤

小貼士

多包幾層錫紙，能防止汁液流乾而影響嫩嫩口感哦！

日式鹽焗秋刀魚

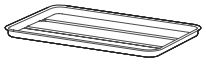
烹飪時間：約 10 分鐘　　難度指數：★★



材料

秋刀魚.....1 條
海鹽 .....少許
檸檬 .....1 個

器皿參考



烤盤

做法

1 將秋刀魚的內臟去掉，表皮洗淨，藍色的小點點是它的魚鱗，要打掉；
2 用海鹽輕輕地按摩魚身兩面，醃約 10 分鐘後用廚房紙吸掉魚皮的水分；
3 刨一點檸檬皮，塞入魚腹；
4 烤盤鋪上油紙，秋刀魚切半，並放在烤盤上；
5 烤盤放入焗爐，溫度調至 230 度，時間調至 10 分鐘；
6 焗好後取出，在魚上擠少許檸檬汁。

雞蛋芝士焗多士

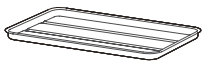
烹飪時間：約 10 分鐘　　難度指數：★



材料

多士 .....1 片
雞蛋 .....1 個
Mozzarella cheese... 適量

器皿參考



烤盤

做法

1 刀在多士上劃出 9 等分的正方形，不要切斷，適中大小；
2 預熱焗爐至 230 度，時間為 5 分鐘；
3 用匙羹背在多士的中間方框內吐司壓實；
4 吐司凹槽內打入一個雞蛋；
5 蛋清上撒上芝士碎（避開蛋黃）；
6 烤盤鋪上錫紙，放上多士，烤盤放入焗爐，焗約 10 分鐘；
7 出爐後，撒上個人喜歡的調料，胡椒粉，沙律醬，蕃茄醬均可；配上香腸，就係一餐快捷早餐！

熔岩芝士多士

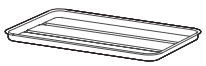
烹飪時間：約 15 分鐘　　難度指數：★★



材料（2 人份）

多士 .....2 片
芝士 .....2 片
牛油 .....15 克
牛奶 ..... 150 毫升
杏仁片..... 1 大勺
麵粉 ..... 1 大勺
糖..... 1~2 大勺

器皿參考



烤盤

做法

1 烤箱預熱至 210 度，時間約 5 分鐘；
2 開小火，牛油放入奶煲，待牛油稍稍融化後，加入麵粉；
3 小火炒麵粉，炒到麵粉冒起小泡泡，然後加入凍牛奶；
4 小火慢煮至醬汁粘稠、沒有麵粉結成小粒粒的狀態後，關火；
5 放入芝士片，利用醬汁的餘溫讓芝士片慢慢融化；
6 加入糖，攪拌至芝士片和糖完全融化，則芝士醬完成，放在旁邊待用；
7 烤盤鋪上錫紙，放上兩片厚片多士；
8 將芝士醬鋪均勻，撒上少許杏仁片；
9 將多士放入預熱好的烤箱，烤約 15 分鐘。

蔓越莓曲奇

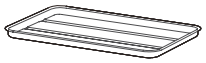
烹飪時間：約 8 分鐘　　難度指數：★★★



材料

低筋麵粉 .....350 克
糖粉 .....150 克
牛油 .....250 克
雞蛋 .....1 個
蔓越莓乾 .....125 克

器皿參考



烤盤

做法

1 準備好所有食材和配料，室溫軟化牛油直至能輕易按出一個洞，不能溶化成液體；
2 將糖粉過篩，倒入已軟化好的牛油中，用刮刀把它們混合均勻；
3 將蛋液打散，蛋液分兩次加入牛油糊中，用打蛋器攪拌均勻；
4 低筋麵粉過篩，加入牛油糊裡面攪拌均勻；
5 蔓越莓乾切碎，放入牛油糊中，攪拌均勻；
6 將攪拌好的麵糊放入模具塑形，然後放進冰箱冷藏最少 2 小時；
7 將冷凍好的食材取出，切成約 5mm 厚的片狀，平鋪在墊有油紙的烤盤裡，每塊曲奇之間一定要留有一塊曲奇的空間，否則曲奇烘烤膨脹就會粘連在一起；
8 烤盤放進焗爐，溫度調至 170 度，焗約 8分鐘。

小貼士

- 請分兩次放進焗爐烤！

葡撻

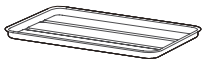
烹飪時間：約 29 分鐘　　難度指數：★★



材料（2 人份）

牛奶 66g
幼砂糖..... 24g
雞蛋 .....2 個
淡奶油..... 100g
急凍蛋撻皮6 個（20g/ 個）

器皿參考



烤盤

做法

1 幼砂糖加牛奶，用手動打蛋器攪打一分鐘至糖完全融化；
2 一個全蛋和一個蛋黃敲入乾淨的碗中，用打蛋器打散，但不能過度打花；
3 蛋液中加入牛奶，輕輕攪拌均勻形成撻水；
4 用篩網過濾撻水至少 3 次，過濾出蛋筋和氣泡，得到細膩的撻水；
5 烤箱預熱至 230 度，時間為 5 分鐘；
6 撻皮不需解凍，直接平鋪在烤盤上面；
7 撻水倒入撻皮中，9 分滿；
8 烤盤放入焗爐，焗約 29 分鐘，葡撻表面形成焦糖色黑點，撻皮變成金黃色，即可出爐。

日式炸蝦天婦羅

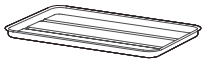
烹飪時間：約 15 分鐘　　難度指數：★★★



材料（2 人份）

蝦.....8 隻
鹽.....1 克
黑胡椒.....2 克
醬油.....適量
紹興酒.....適量
麵粉.....10 克
雞蛋.....1 個
麵包糠.....10 克
橄欖油.....5 克

器皿參考



烤盤

做法

1 小火把麵包糠倒入乾鑊中，加入適量橄欖油，不斷用鏟子翻炒至混合均勻；
2 把蝦洗淨之後剝掉皮，留最後一節和尾巴的殼不要去掉；
3 用牙籤從蝦的第二個關節插進去，帶著蝦線往外挑，把整個蝦線都帶出來；
4 把蝦肚子翻過來，用小刀斜著淺淺切兩三刀，再翻過來掰直，用手使勁壓一壓，把筋壓斷；
5 放到碗裡，加入黑胡椒、醬油、紹興酒，醃大概十分鐘；
6 把蛋液打散，把麵粉、蛋液、炒好的麵包糠分別放在不同的碗或盤子裡；
7 把蝦裹一層麵粉，再裹一層蛋液，最後裹一層麵包糠（蝦尾巴不要裹上麵包糠），同時烤箱預熱至 230 度，時間為 5 分鐘；
8 烤盤上鋪油紙，把蝦豎直放上去；
9 烤盤放入烤箱，焗約 15 分鐘；

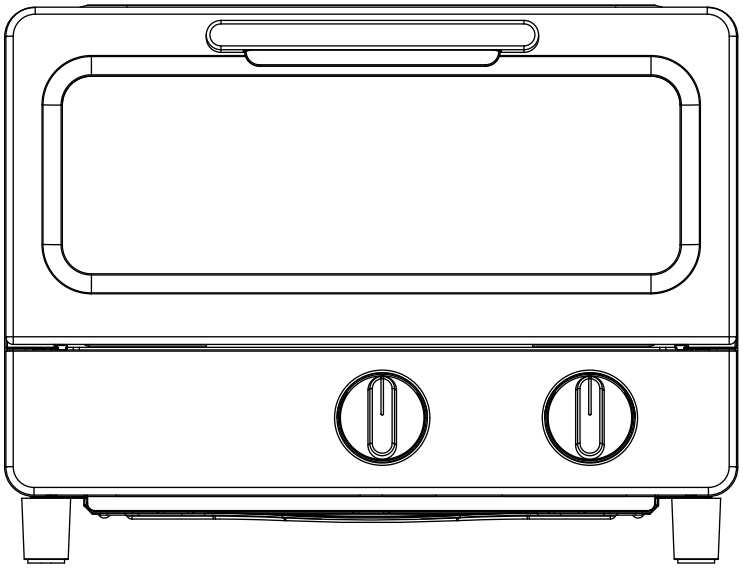
小貼士

如果蝦尾巴上有不小心裹上去的麵包糠，可以用手撥下來，順便把蝦尾巴展開，成品會更好看！

TOSHIBA

Instruction Manual of Toshiba Toaster Oven

ET-TD7080



Please read this manual thoroughly before use, and keep it handy for future reference.

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Safety precautions

Safety Warnings

Precautions for use

- **All packing materials must be removed before use.**
  If the package is not removed, it will cause ignition, fire and burn.
- **The supporting accessories provided by the manufacturer shall be used correctly. The accessories not provided by the manufacturer shall not be used to avoid fire or injury caused by artificial operation.**
- **Please use a special socket due to high operating current.**
  Please do not share the socket with other electrical appliances consuming a lot of electricity (especially air conditioners, heaters, etc.), to avoid fire resulted from circuit overload.
- **The socket is not easy to plug in or is too loose.**
  If the power cord and plug are damaged, please stop using them immediately. Do not use loose socket; otherwise, it may lead to fire, electric shock, and injury.
- **When the power plug is pulled out of the socket, the power plug shall be held. If the power cord is held during the pulling out, the damaged power cord will cause electric leakage and fire.**
- **When the oven is not in use for a long time, the plug on the power socket shall be pulled out to avoid electric leakage and fire caused by the aging of insulated rubber wire.**
- **Before inserting the power plug, wipe off the dust attached to the plug blade with a dry cloth.**
- **Please read the Service Guide carefully before use and keep it properly for future reference.**
- **It is forbidden to put metal or foreign matter, such as iron wire and fingers, into the air suction port, air vent, and louver of the oven.**
  Otherwise, electric shock and injury may result. If foreign matters are accidentally inserted into the product, please pull out the power plug and contact our maintenance customer service center.
- **Do not pass the power cord through the bottom of the oven.**
- **The appliance of the product shall not run under the condition of external timer or independent remote control system.**
- **Please do not use it for any purpose other than cooking.**
- **Do not place it directly in sunlight or warm air from air conditioning and heating equipment, so as not to cause deformation, discoloration, and failure to adjust the temperature.**
- **To avoid possible electric shock, make sure that the appliance has been disconnected before changing the lamp.**
- **Large plastic bags for packaging shall not be placed in a location accessible to children or shall be discarded.**
  Putting the bag on the head may cause suffocation.
- **Keep the power cord and plug away from the air vent, enclosure, and high-temperature or damp place, so as to avoid danger caused by the aging of the power cord.**
- **If there is smoke, turn off the appliance switch or pull out the power plug, and keep the oven door closed to suppress the flame spread.**
  The appliance shall not run under the condition of external timer or independent remote control system.
- **After the use, please pull out the power plug in time. Do not put it near the fire source or immerse it in water or do not put the power cord and plug directly on the enclosure to prevent the waste heat of the enclosure from damaging the power cord.**
- **Never knock on the product.**
- **The product is designed for heating and defrosting food at home instead of other purposes.**
- **Do not put articles on the enclosure.**
  Do not put food and articles on the product enclosure, which is dangerous. The articles may deform, scorch, or catch fire due to heat. Metal objects such as knives, forks, spoons, and covers may be heated.
- **It is prohibited to heat an airtight container in the toaster oven, which may cause explosion.**
- **The toaster oven shall not be immersed in water.**
- **Do not pull out the plug during cooking.**
  Pulling out the plug may give rise to sparks, fire, and electric shock.

Safety precautions

Safety Warnings

Precautions for use

- **Do not insert any foreign matter into the interlock switch of the oven door.**
- **Do not touch the toaster oven during operation or just after the use due to high surface temperature.**
- **Open and close the door carefully.**
  Warning: If the oven door or door seal of the product is damaged, it shall not be used again until it is repaired by qualified maintenance personnel.
- **Be careful of the hot surface to prevent scald.**
  The product will generate heat during use. Care shall be taken to avoid contact with heating unit of the product.
  Warning: The accessible parts may heat up during use, so children shall stay away from it. During the operation, the appliance may have a high temperature in some surfaces. The surface marked with "high temperature surface" will become hot during use.
- **Please be careful when carrying food. The utensil shall not collide with the chamber or the glass of the door.**
- **Do not cook food in the toaster oven. Otherwise, steam may cause failure.**
  Fried food is forbidden. Do not fry food with a pot of oil in the oven to prevent fire.
- **For heating liquid food, enough space shall be reserved in the container to prevent the liquid from boiling and overflowing.**
- **Before moving or cleaning the toaster oven, pull out the power cord plug first and wait until the oven cools down.**
- **Please clean the toaster oven regularly to prevent residual grease from catching fire.**
- **Put it out of the reach of children.**
  Children shall only be allowed to use the product without supervision when sufficient guidance has been provided so that children can use the product in a safe manner and when they understand the risks associated with improper use. When the appliance works in combination mode, children must use it under the supervision of adults due to the rising temperature.
- **Do not use steam cleaners.**
- **It is forbidden to put flammable materials such as paper (cooking paper, paper baking cup or paper tray, etc.) or plastic in the oven, or store other articles in the oven, which may cause fire.**
- **Do not open the oven door when cooking food is on fire or smoking, to keep the air from getting in and making the flame even broader. Please turn off the timer and pull out the power plug. Do not open the oven door until the flame gradually disappears.**

Precautions for repair and maintenance

- **There is a high-voltage power supply inside. Do not remove the enclosure for repair and transformation.**
  Warning: It is dangerous for anyone other than qualified maintenance personnel to repair the oven. If you encounter obstacles during use, please contact our maintenance customer service center.
- **It is forbidden for non-professionals to disassemble and repair this product; otherwise, it may lead to danger.**
- **Warning:** If the door or door seal is damaged, it shall not be used again until it is repaired by qualified maintenance personnel.
- **In case the power cord is damaged, it must be replaced by a professional from the manufacturer, its maintenance department or a similar department, in order to avoid danger.**

Safety precautions

Precautions for cleaning and maintenance

- **Wipe the shell with a cloth dipped in a soft detergent (such as detergent), then wipe it with a wet cloth, and finally dry it with a dry cloth. It is forbidden to wipe the product with hard objects such as wire brushes. Do not clean the safety lock system of the door.**

  Warning: Do not clean the door glass with coarse scrubbing agents or sharp metal scrapers, so as to avoid scratching the surface of the door glass, which may result in glass smashing.

- **Always keep the joint between door and oven body clean.**

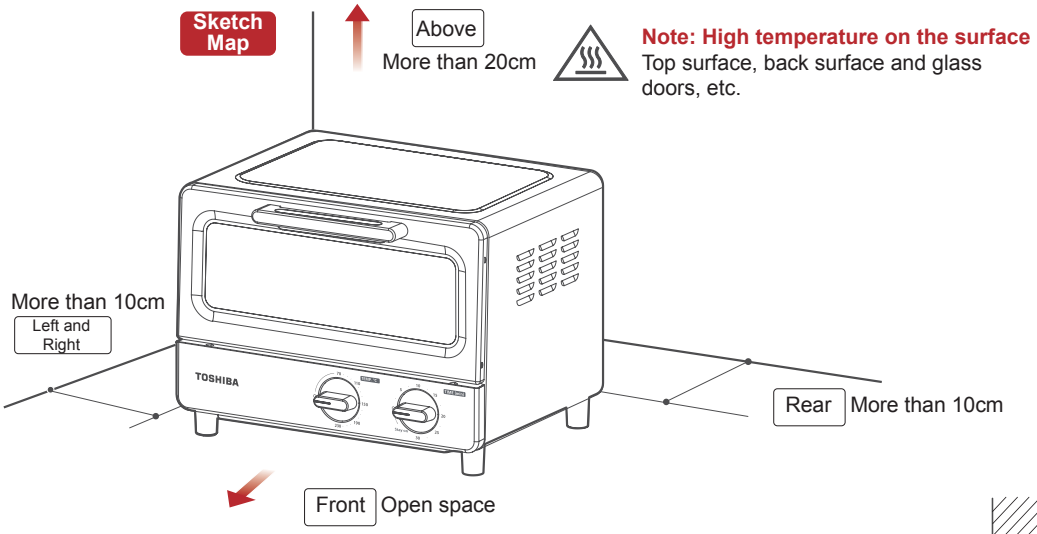
- **The grease produced during cooking will corrode the oven chamber and affect the heating effect, thus changing the taste of the food. Therefore, please clean the oven chamber in time after use.**

- **Clean accessories with warm water frequently. Be careful not to clean the oven with cold water immediately after cooking for a long time.**

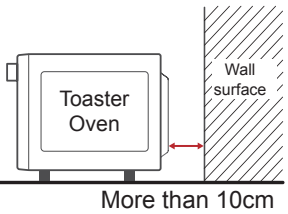
- **Do not wipe the oven body with bad cleaning agents and corrosive and volatile chemical solvents to avoid damage to the oven body.**

Precautions for placement

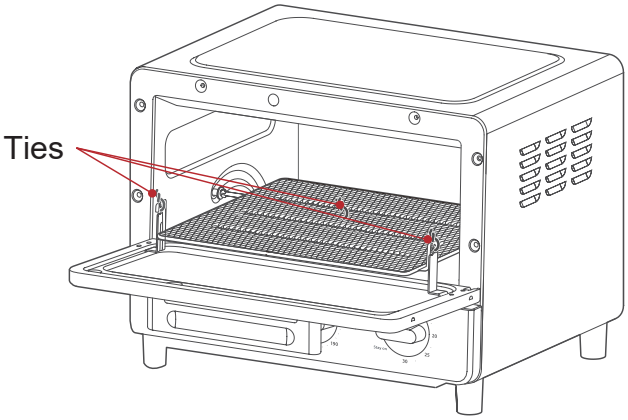
1. Place the toaster oven on an insulated plane and keep a distance of at least 10-15 cm around the toaster oven.
2. The toaster oven shall be placed in a dry environment and shall not be used outdoors.
3. The product shall be kept a certain distance from walls and cabinets to avoid furniture pollu tion caused by oil fume or prevent heat from causing fire during operation.
4. It is forbidden to place the toaster oven near combustible materials or heat sources. Pay attention to keep away from curtains and other similar items to prevent fire.



The back of the oven has safety barrier components to prevent the oven from coming into contact with objects such as walls and to maintain a safe distance.



First use



Prompt for removing ties: Please remove the ties fixing the baking net (3 places in total).

Prompt for empty cooking: Empty cooking is required for 15 minutes for the first time to remove the anti-corrosion protective coating in the heating pipe and chamber.

Operating methods:

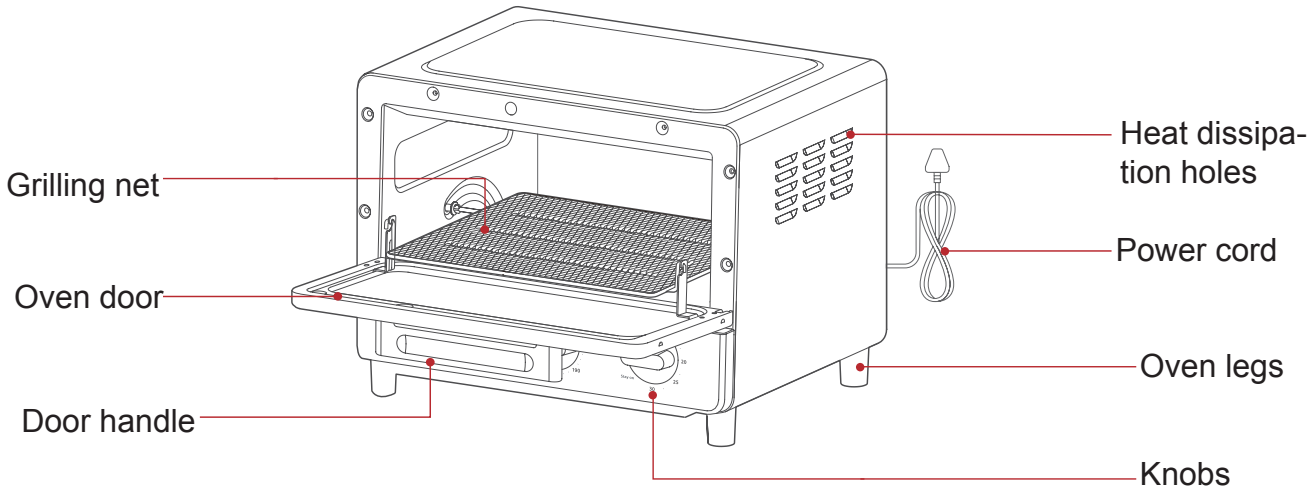
1. Wipe the inside of the oven with a damp cloth when the power is off.
2. Put the baking tray and baking net into the oven and plug in.
3. Cook for 15 minutes with the temperature adjusted to the top gear.

Note: It is normal that there is a peculiar smell or smoke during empty cooking.

End of empty cooking: Unplug the power supply, open the oven door completely to dissipate heat quickly, and take out the baking tray after the oven is completely cooled, and then use it normally.

Instructions

Structure description



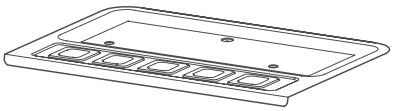
Accessory description

> **Caution** As the product is constantly updated, if the actual product does not match the picture, please refer to the actual product.



Baking tray

Please put it on the baking net for use.



Crumb tray

It is used under the heating pipe to catch the residue from baking food.

Grill

Method of erection

Slide the grill into the slots on both sides of the toaster oven until it attaches to the hooks of the oven door. Be sure to insert the grill face up correctly.

Baking tray

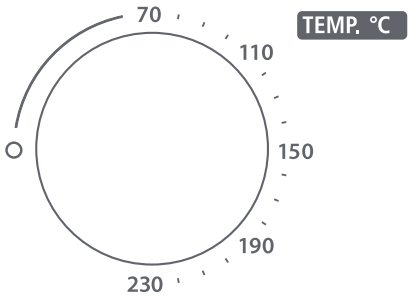
A tin foil can be coated on the baking tray to prevent soiling.

Instructions

Introduction to control panel

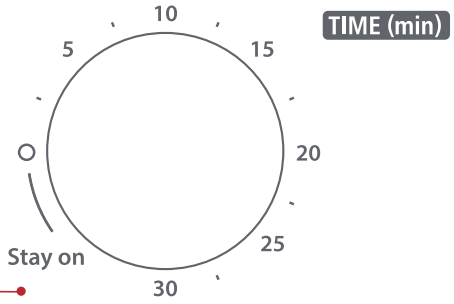
Temperature-
control knob

Temperature control
Do not rotate to less than 70 ℃ range when cooking, adjustable temperature range 70℃ -230℃ .



Time
control knob

Adjusting cooking time.
If the cooking time is less than 10 minutes, please rotate the control knob to any time longger than 10 minutes, then rotate back to the desired time.



Stay On
control knob

When 'Stay On' is selected, the oven is in a continuous cooking state; the Time control knob will not return to '0' automatically. if you want to end the work, you need to manually turn the timer back to “0”, otherwise the oven will continue to work for too long and may cause a fire.

Instructions

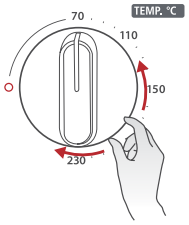
Use flow

Caution

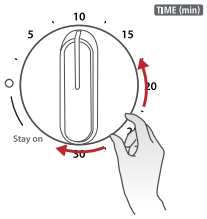
1. The oven uses the intermittent heating principle to work, so the heat pipe may light up and off during the working process, which is a normal phenomenon.
2. In the machine working or after working, the temperature of the machine body, glass, baking net and baking tray is high, please note that do not touch directly.
3. The toast oven is on 'Saty on' state when the "Stay On" position is selected. If you want to end the work, you need to manually turn the timer back to '0' or the oven will keep working for too long and may cause a fire.
4. When using tinfoil, please take care to avoid touching the heating tube so that the tinfoil will not dissolve and adhere to the heating tube, causing malfunction.
5. When baking ingredients that are oily, juicy, easily collapsed, or smaller than the mesh, please place the included baking tray on the grilling net.
6. When taking out accessories and food, please take care to prevent scalding.

Follow these steps to start a gourmet cooking trip ~

1 Preheat the oven(optional)

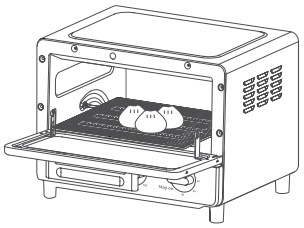


and



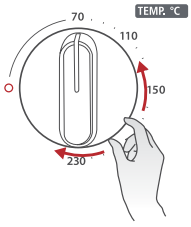
→ ● In standby mode, select the preheating temperature and time according to the recipe.

2 Put in the food

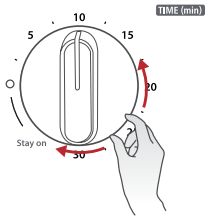


→ ● Place food on a baking tray or grilling net. When cooking meat and heating fatty foods, it is necessary to use a baking tray. Do not cook meat or heat fatty foods directly on the grill.

3 Adjust cooking temperature and time



and



→ ● Select cooking temperature and time-based on ingredient properties, personal preference settings or recipes
● Oven starts cooking after setting

Baking standard

Caution

1. The baking standard depends on the type of ingredients, amount, size, and temperature before baking, so please adjust appropriately according to the specific situation.
2. If the ingredients are stacked, please switch their positions during the baking.
3. If baking continuously, set the baking time to be shorter than the first baking time.
4. When the temperature inside the oven rises, the thermostat starts to run. This may cause the heating tube not to light up, which is a normal phenomenon.
5. Please do not bake frozen food marked "microwaveable" to avoid fire. This product can only be used to bake commercially available frozen foods with the "ovenable" label.
6. Do not heat canned or bottled food directly (otherwise, it may cause an explosion, fire or injury)

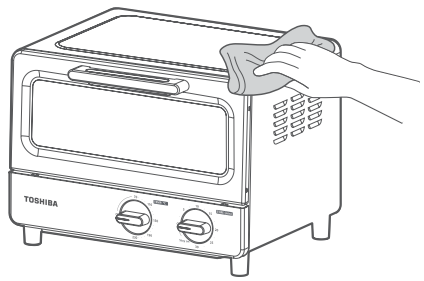
S/N	Menu name	Quantity	Preheating time	Preheating temperature	Baking time
1	Roasted Chicken Skewer with Color Pep-per	4 strings	5 minutes	230℃	15 minutes
2	Seafood Pizza	It depends on the size of the baking tray.	5 minutes	230℃	18 minutes
3	Grilled Ribs in Honey Sauce	6 pcs.	/	/	15 minutes
4	New Orleans Style Chicken Wings	8 Nr.	/	/	25 minutes
5	Bacon wrapped enoki	It depends on the size of the baking tray.	5 minutes	230℃	25 minutes
6	Roasted lamb chop	4 pcs.	/	/	70 minutes
7	Japanese salt baked saury	1 Nr.	/	/	10 minutes
8	Toast with Egg and Cheese	1 pcs.	5 minutes	230℃	10 minutes
9	Lava cheese toast	2 pcs.	5 minutes	210℃	15 minutes
10	Cranberry cookies	8 pcs.	/	/	8 minutes
11	Portuguese egg tart	6 Nr.	5 minutes	230℃	29 minutes
12	Japanese-style Fried Shrimp Tempura	8 Nr.	5 minutes	230℃	15 minutes

Cleaning and maintenance

Precautions for cleaning

Caution

1. Do not use sharp cleaning tools, scrub brushes or corrosive cleaning products to avoid damage to baking tray and baking net.
2. Never immerse the toaster oven in water or other liquids to prevent damage to the oven.
3. Be sure to wait until the body has cooled down to clean and maintain it.
4. Please keep the crumb tray neat and tidy to avoid fire caused by using it when dirt or debris remains.
5. After cleaning and maintenance, please do not forget to install the crumb tray to avoid scorching the place where this product is placed.
6. Do not leave the oven unattended when there are ingredients or dirt left inside to avoid fire or fire.
7. Do not use stain removing powder, brushes, banana oil or gasoline to clean this product.
8. Do not allow the oven door get wet while the oven is still hot. Otherwise, the glass may break.
9. Please keep the crumb tray clean and do not use unclean crumb tray. Failure to do so may result in a fire or a lighter baking color on the bottom of the bread.



1. Before cleaning, pull out the plug and wait until the toaster oven cools down completely.
2. Clean all accessories, including grill and baking tray, with a neutral cleaner. Let them dry thoroughly after cleaning.
3. Wipe the inside of the toaster oven with a soft damp cloth stained with a neutral detergent, and then wipe the detergent ingredients off with a wrenched rag.

Wipe the shell with a cloth dipped in a soft detergent (such as detergent), then wipe it with a wet cloth, and finally dry it with a dry cloth. It is forbidden to wipe the product with hard objects such as wire brushes. Do not clean the safety lock system of the door.

Warning Do not clean the door glass with coarse scrubbing agents or sharp metal scrapers, so as to avoid scratching the surface of the door glass, which may result in glass smashing. Always keep the joint between door and oven body clean.

Service Guide

Product parameters

Caution

1. The order of product size is length x depth x height, which is approximate. Please refer to the specific size in kind.
2. External dimensions: overall depth value includes the length of door handle (if there is a handle) and the back plate bracket; overall height value includes the height of oven legs.
3. Due to the continuous improvement of our products, the physical parameters may be different from the label, please refer to the specific size in kind.

Model	ET-TD7080	
Volume	8L	
Outline dimension	300×272×227mm	
Chamber size	258×215×190mm	
Timer	30 minutes + Stay On	(also used as power switch)
Net weight	3kg	
Rated voltage/frequency	220V~50Hz	
Rated power	1000W	

Troubleshooting

In case of any abnormality during use, please read the Manual carefully before sending it for repair, and check whether it is caused by the following conditions.

Common faults	Cause	Solution
The heating pipe does not light up after the timing knob is rotated.	The power plug is not firmly inserted into the socket.	Please insert the power plug firmly into the socket.
	Continuous baking leads to high temperature in the oven.	When the temperature in the oven rises, the temperature controller starts to run, which may cause the heating pipe not to light up.
There are yellow spots or the product place is burnt.	The debris or dirt adhered to the residue crumb tray burns.	Please clean the chip tray.
	The crumb tray is not installed properly.	Please install the chip tray.
There is smoke or peculiar smell.	Empty cooking is not performed when the oven is used first.	Be sure to perform empty cooking when using it for the first time. Sometimes the peculiar smell remains, which will be eliminated after repeated use.
	Chips and dirt adhered to the crumb tray are burn-ing.	Please clean the chip tray.
The food cannot be toasted thoroughly in the middle.	The baking time is too short.	Please extend the baking time.
	The middle part of the food is difficult to be baked thoroughly.	During baking, please try to cut it open or cut it into small pieces.
The outside is burnt during baking.	The baking time is too long.	Please shorten the baking time.
There is an error in the timer.	The timer is of clockwork type, so an error sometimes occurs.	No processing is required.
The timer does not run properly.	When it is set to less than 10 minutes, the timer sometimes does not run normally.	When it is to set below 10 minutes, please turn it over 11 before turning it back.
During baking, the heating pipe lamp does not light up or turns on and off.	The thermostat is running with the baking temperature being adjusted.	No processing is required.

Warning It is very dangerous to repair by non-professional service personnel. If you encounter any problems during use, please contact our customer service center.

- Non-professionals are prohibited from disassembling this product, which may cause danger.
- If the power cord is damaged, it must be replaced by the manufacturer, its maintenance department or personnel with the same qualifications to avoid danger.

Know Your Oven

The knowledge of oven helps you use it more comfortably!

Baking and heating principle and method reminder

- The heating pipe produces heat to raise the temperature of the oven.
- After preheating, try to shorten the opening time to maintain the temperature inside the oven.
- Remove the food immediately after cooking to avoid overheating and darkening the food.

Parameter adjustment instructions

The method of cooking is closely related to the characteristics of the food. The number of ingredients and cooking time given in this book are proven to be suitable matching. You can make appropriate adjustments according to the amount required, personal taste, and preference. Take meat roasting as an example, its taste is more tenacious when the cooking time is increased, while its taste is tender when the cooking time is reduced.



Roasted Chicken Skewer with Color Pepper

Cooking time: about 15 minutes Difficulty index: ★★★



Ingredients

Chicken breast ..... 200 g

Color pepper ..... 1 pcs.

Black pepper powder ..... of appropriate amount

Cooking wine ..... A little

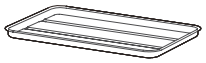
Honey-flavored barbecue sauce ..... 8 g

Salt .of appropriate amount

Oil ...of appropriate amount

Water ..... 18 g

Vessel for Reference



Baking tray

Steps

1 Wash the chicken breast and let it dry, and cut it into about 3cm chunks;

2 Add the proper amount of oil, salt, black pepper powder, cooking wine, then add honey-flavored barbecue sauce and 10 grams of water to mix evenly, then cover with plastic film, and marinate for more than 4 hours;

3 Cut the three-color pepper into about 3cm chunks;

4 Mix 8 grams of barbecue sauce and 8 grams of water into the sauce. Preheat the oven to 230 ℃ for 5 minutes;

5 Remove the marinated chicken pieces, wear them alternately with color pepper pieces on long bamboo skewers. After all the skewers are finished, brush the sauce on the meat skewers again, and then put them into the baking tray;

6 Place the baking tray in the oven and bake for about 15 minutes;

7 Brush the sauce again in the 10th minute and put it into the oven. Bake until the end of the process;

8 Sprinkle a little black pepper or chili powder on top before serving for an even better taste.

Seafood Pizza

Cooking time: about 18 minutes Difficulty index: ★★★★



Ingredients of pie crust

Strong flour ..... 60 g

Weak flour ..... 25 g

Salt ..... 1 g

Berry sugar ..... 5 g

Water ..... 50 g

Dried yeast ..... 2 g

Beef tallow ..... 5 g

Ingredients of stuffing

Shelled shrimp ..... 8 pcs.

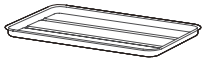
Cooking wine of appropriate amount

Seafood sausage ..... 1 pcs.

Tomato sauce ..... 10 g

Mozzarella ..... 100 g

Vessel for Reference



Baking tray

Steps

1 Knead the ingredients of pie crust until smooth, add oil, and then knead until extended;

2 Ferment at about 28 ℃ until it doubles in size;

3 Prepare the ingredients during the fermentation. Wash the fresh shrimp and marinate with salt and cooking wine for 10 minutes;

4 Cut the shrimp and seafood sausage into small pieces and fry them on a low fire to force out the oil and water;

5 After the fermentation, the dough was rolled and relaxed for 15 minutes;

6 Roll out the crust into a square that is thin in the middle and slightly thick on the sides;

7 Transfer the dough to the baking tray and arrange the shape, poke holes on it with a fork, so as not to puff up when baking; squeeze a layer of sauce on the crust and smooth it with a spatula. Preheat the oven to 230 ℃ for 5 minutes;

8 Sprinkle a layer of mozzarella cheese over the crust, top with filling, and sprinkle another layer of mozzarella;

9 Put it into the oven, bake until the crust is colored and the cheese is melted for about 18 minutes.

Grilled Ribs in Honey Sauce

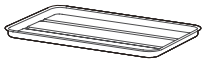
Cooking time: about 15 minutes Difficulty index: ★★★



Ingredients

Pork ribs ..... 300 g
Water ..... 500 g
Light soy sauce ..... 40 g
Honey ..... 30 ml
White sugar ..... 15 g
Ginger ..... 25 g
Garlic ..... 10 g
Green Chinese onion .. 25 g
White pepper ..... A little

Vessel for Reference



Baking tray

Steps

1 Blanch pork ribs and wash them clean. Put it with all the ingredients into a small pot and cook;
2 Boil the ingredients until the water evaporates to a little half, turn off the heat and soak the pork ribs in it for one night;
3 Take out the pork ribs and continue to cook the rest of the soup;
4 Evenly dip the pork ribs in the sauce collected in the previous step, spread tin tray on the baking pan, and put the ribs on it;
5 Put the baking tray into the oven, adjust the temperature to 230 ℃ and bake for 15 minutes.

New Orleans Style Chicken Wings

Cooking time: about 25 minutes Difficulty index: ★★★



Ingredients

chicken middle joint wing. 400 g

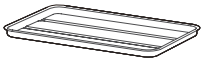
New-Orleans-style chicken wings marinade ..... 28 g

Warm water ..... 28 g

Honey ..... 1 spoon

Edible oil of appropriate amount

Vessel for Reference



Baking tray

Steps

1 Wash the wings with clean water and soak for half an hour to remove blood; Take out and dry the surface with kitchen paper, and make two cuts on both sides to make it easy to taste;

2 Combine the marinade with warm water and whisk the chicken wings in a roll;

3 Put in the fresh-keeping bowl, pour in all the remaining marinade, and refrigerate for more than 2 hours;

4 Pour the right amount of cooking oil into the marinated chicken wings, mix well;

5 Put the chicken wings into the baking tray after the baking paper is covered;

6 Put the baking tray into the oven, adjust the temperature to 230 ℃ and bake for 20 minutes;

7 Stir in a spoonful of honey with a little warm water. Take out the baking tray in the 20th minute. Brush the honey on both sides of the chicken wings. Turn the chicken wings over and bake for another 5-8 minutes.

Bacon Wrapped Enoki

Cooking time: about 25 minutes Difficulty index: ★★★



Ingredients

Bacon ..... 80 g

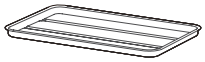
Needle mushroom .... 100 g

Edible oil ..... 15 g

Cumin powder ..... 5 g

Soy sauce .... of appropriate amount

Vessel for Reference



Baking tray

Steps

1 Blanch the needle mushroom, cut off the roots, and drain the water;

2 Add a little vegetable oil, soy sauce, and cumin powder to prepare the sauce;

3 After thawing, cut the bacon into the appropriate length. Generally, cut a long strip into two equal sections. Preheat the oven at the same time. Adjust the temperature to 230 ℃ and the time to 5 minutes;

4 Put the needle mushroom on one end of bacon, wrap tightly and roll it to the other end, then wear it with two bamboo sticks;

5 Put the rolled needle mushroom on the baking tray covered with tin foil, and leave a little space between each roll to avoid the unripe place when baking;

6 Put the baking tray into the preheated oven, bake for about 18 minutes, take it out (the specific time should be increased or decreased according to the size and thickness of the roll), brush up the sauce, turn it over, and bake for about another 7 minutes;

Roasted Lamb Chop

Cooking time: about 70 minutes Difficulty index: ★★★



Ingredients

Lamb chops ..... 400 g

Onion ..... 1 pcs.

Salt ..... A little

Vegetable oil ..... A little

Pepper powder ..... of appropriate amount

Cumin powder ..... of appropriate amount

Yellow rice wine ..... 10 ml

Chili garlic sauce ..... 500 g

Steps

1 Clean lamb chops, apply yellow rice wine and salt, knead and massage for 15 minutes;

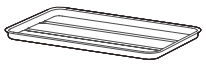
2 Shred the onion and mix with the garlic sauce and cumin powder;

3 Apply the mixed sauce on the lamb chops and marinate for about one hour;

4 After coating vegetable oil on both sides of the lamb chops, wrap them in tinfoil and put them in the oven. Adjust the temperature to 230 ℃ and the time to "continuous heating" for about 1 hour;

5 Take it out after about 1 hour, open the tin foil, sprinkle cumin powder and chili powder, put the thick side of the meat upward, and bake for another 10 minutes.

Vessel for Reference



Baking tray

Tips

Wrap several layers of tinfoil to prevent the juice from running dry affecting the tender taste!

Japanese Salt Roast Saury

Cooking time: about 10 minutes Difficulty index: ★★



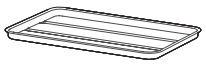
Ingredients

Saury ..... 1 pcs.

Sea salt ..... A little

Lemon ..... 1 pcs.

Vessel for Reference



Baking tray

Steps

1 Remove the internal organs of the saury and wash the skin. The small blue spots are its scales and should be washed away;

2 Gently massage both sides of the saury with sea salt, marinate for about 10 minutes, and then absorb the water from the skin with kitchen paper;

3 Scrape a little lemon peel into the belly of the saury;

4 Lay baking paper on the baking tray, cut the saury in half, and put it on the baking tray;

5 Put the baking tray into the oven, adjust the temperature to 230 ℃ and bake for 10 minutes;

6 After baking, take it out and squeeze lemon juice on the saury.

Toast with Egg and Cheese

Cooking time: about 10 minutes Difficulty index: ★



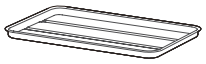
Ingredients

Toast ..... 1 pcs.

Egg ..... 1 pcs.

Mozzarella cheese ..... of appropriate amount

Vessel for Reference



Baking tray

Steps

1 Draw a square on the toast with a knife. Don't cut it to the end. It should be of moderate size;

2 Preheat the oven to 230 ℃ for 5 minutes;

3 Press the square part in the middle of the toast with the back of the spoon;

4 Beat an egg into the groove of the toast;

5 Sprinkle grated cheese on egg white (avoid the yolk);

6 Spread tin foil on the baking pan, put toast on it, put the baking tray into the oven, and bake for about 10 minutes;

7 Take the toast out of the oven and sprinkle with your favorite seasoning (pepper, salad dressing, tomato sauce); Add sausage to it and you'll have a quick and hearty breakfast!

Lava Cheese Toast

Cooking time: about 15 minutes Difficulty index: ★★



Ingredients (for 2 persons)

Toast ..... 2 pcs.

Cheese ..... 2 pcs.

Beef tallow ..... 15 g

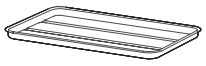
Milk ..... 150 ml

Almond tablet ..... 1 spoon

Flour ..... 1 spoon

Sugar ..... 1-2 spoons

Vessel for Reference



Baking tray

Steps

1 Preheat the oven to 210 ℃ for about 5 minutes;

2 Put the butter into the pot, fry the butter over low heat until slightly melted, then add the flour;

3 Fry the flour with low heat until the flour bubbles, then add the cold milk;

4 Slowly cook the sauce with low heat until it is thick and has no pimples, and then turn off the heat;

5 Add the cheese slices into the sauce, and use the temperature of the sauce to melt the cheese slices slowly;

6 Add sugar, stir until cheese slices and sugar melt completely, then the cream sauce is finished and put it aside for use;

7 Spread tin foil on the baking tray and put two thick square slices of bread on it;

8 Spread the cream sauce evenly on the bread slices and sprinkle with a little almond tablets;

9 Put the toast in the preheated oven and bake for about 15 minutes.

Cranberry Cookies

Cooking time: about 8 minutes Difficulty index: ★★★



Ingredients

Weak flour ..... 350 g

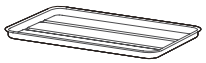
Powdered sugar ..... 150 g

Beef tallow ..... 250 g

Egg ..... 1 pcs.

Dried cranberries ..... 125 g

Vessel for Reference



Baking tray

Steps

1 Prepare all the materials and ingredients, soften the butter at room temperature until you can easily rub a hole but it can't melt into liquid;

2 Sift the powdered sugar into the softened butter and mix them with a scraper;

3 Beat the eggs and add the egg mixture to the butter batter in two batches, mixing well with a whisk;

4 Sift the low gluten flour and add it into the butter paste and mix well;

5 Add the chopped dried cranberries to the butter paste and mix well;

6 Shape the blended ingredients into molds and refrigerate for at least 2 hours;

7 Remove the frozen ingredients, cut them into slices with the about thickness of 5mm and lay them flat in a baking tray lined with grease-proof paper, making sure to leave a gap between each piece of cookie, otherwise, the cookies will swell and stick together in the baking;

8 Put the baking tray into the oven, adjust the temperature to 170 ℃ and bake for about 8 minutes.

Tips

- Please bake it in two batches!

Portuguese Egg Tarts

Cooking time: about 29 minutes Difficulty index: ★★



Ingredients (for 2 persons)

Milk 66g

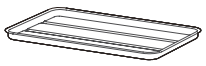
Berry sugar 24g

Egg ..... 2 pcs

Fresh Cream 100g

Instant frozen tart shell .... 6 pcs (20g/pcs)

Vessel for Reference



Baking tray

Steps

1 Add the berry sugar to the milk and beat with a hand whisk for one minute until the sugar is completely melted;

2 Add one whole egg and one yolk into a clean bowl and beat with a whisk, but not overly beaten;

3 Add the milk to the egg mixture and gently stir well to form the tart mixture;

4 Strain the tart mixture through a sieve at least 3 times to filter out the egg ribbons and bubbles to obtain a fine tart mixture;

5 Preheat the oven to 230 ℃ for 5 minutes;

6 Without thawing, spread the tart shells directly on top of the baking tray;

7 Pour the tart mixture into the tart shells, with 90% full.

8 Bake the tart in the oven for about 29 minutes, until the top of the tart forms caramelized black spots and the shell turns golden brown.

Japanese-style Fried Shrimp Tempura

Cooking time: about 15 minutes Difficulty index: ★★★



Ingredients (for 2 persons)

Shrimp ..... 8 pcs

Salt ..... 1 g

Black pepper ..... 2 g

Soy sauce .... of appropriate amount

Cooking wine of appropriate amount

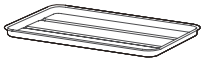
Flour ..... 10 g

Egg ..... 1 pcs.

Bread crumbs ..... 10 g

Olive oil ..... 5 g

Vessel for Reference



Baking tray

Steps

1 Under low heat, pour the bread crumbs into the pan, add the right amount of olive oil and keep turning it over frequently with a spatula until it is well mixed;

2 Wash the shrimp and peel off the skin, leaving the last section and the shell of the tail unremoved;

3 Insert a toothpick through the second joint of the shrimp and pick it outward with the shrimp line, bringing out the entire shrimp line;

4 Turn the shrimp belly over and make two or three shallow cuts diagonally with a knife, then turn it over and break it straight and press it hard with your hands to break the veins;

5 Put the shrimp in a bowl, add black pepper, soy sauce and cooking wine and marinate for about ten minutes;

6 Beat the egg into mixture and place the flour, egg mixture and fried bread crumbs in separate bowls or plates;

7 Cover the shrimp with a layer of flour, then with a layer of egg mixture, and finally with a layer of bread crumbs (do not cover the shrimp tails with bread crumbs) while the oven is preheated to 230 degrees for 5 minutes;

8 Lay the baking tray with greaseproof paper and place the shrimp vertically on it;

9 Place the baking tray in the oven and bake for about 15 minutes.

Tips

If the shrimp tail has accidentally wrapped on the bread crumbs, you can use your hands to take them off and unfold the shrimp tail to get finished products with a better looking!

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