



燒哥推介



HEALTH JET FRYER
RECIPE

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使用小Tips

1. 一般先預熱到180度3至4分鐘才放食材，食材先抹去多餘水份再放入鍋。
2. 一些食材本身油分不足，用噴壺或掃上小量食油，出來效果會更理想。
3. 如處理一些比較易焦或易黏底的食材，可先在炸籃底部放一片焗爐紙或錫紙。
4. 如用焗爐紙或錫紙可開數個小洞，把多餘的油分流走，另外時間上增加2-3分鐘。
5. 烹調過呈中，可以遙動數下炸籃，或把食材反轉，出來顏色會更均勻。

清洗小Tips

1. 如清洗易潔炸籃、煎魚板，切勿使用如鋼絲刷一類工具，防止磨損表面。

*本書所有食譜中材料份量只供參考，可因應個人口味不同以作調整，圖片只供參考。



Roasted Spring Chicken

香草燒春雞

INGREDIENTS

Frozen spring chicken 1pc
Honey little

Marinade

Rosemary 1 tsp
Black pepper 1 tsp
Salt 1 tsp

材料

急凍春雞.....一隻
蜜糖.....適量

醃料

迷迭香.....1茶匙
黑椒碎.....1茶匙
幼鹽.....1茶匙

METHOD 做法

1. Defrost spring chicken. Rinse thoroughly and drain till dry.
2. Mix marinade well, smear 1-2 teaspoons of marinade evenly on whole chicken. Marinade for 4-5 hours or overnight.
3. Preheat Health Jet Fryer with 200 Celsius.
4. Place chicken on tray with chicken breast facing upwards. Put tray into the Health Jet Fryer for 30 minutes. Take out and smear honey on chicken to taste. Cook for 5 minutes. Take out turn chicken over and smear honey. Cook for 5 minutes till done.

1. 春雞解凍後沖洗乾淨，瀝乾水份。
2. 將醃料攪勻，用1-2茶匙醃料放入雞胸內搽勻，然後將餘下的醃料搽勻春雞全身，醃4-5小時或一晚。
3. 熱流鍋用200度預熱15分鐘。
4. 將春雞雞胸向上，放入熱流鍋加熱30分鐘取出，掃上適量的蜜糖，放回熱流鍋加熱5分鐘。然後將雞反轉及掃上蜜糖再加熱5分鐘至熟。



Shrimp ball

蝦丸

INGREDIENTS

Frozen sea shrimp	300 g
Salt	1/2 tsp
Egg white	1 pc
Breadcrumb	little

材料	急凍海蝦.....	300克
	鹽.....	½茶匙
	蛋白.....	一個
	麵包糠.....	適量

METHOD 做法

1. Defrost frozen prawn meat. Rinse thoroughly and dry with a kitchen towel. Pat shrimp meat with a knife. Chop slightly. Add salt and mix well. Beat shrimp meat until shrimp meat becomes paste. Set aside in refrigerator for 15 minutes.
2. Dip a tablespoon in water. Spoon out 1 tablespoon of shrimp paste. Shape the shrimp paste into a ball. Smear breadcrumbs on surface.
3. Spray the oil on shrimp ball. Put in the Health Jet Fryer with 160 Celsius for 15 minutes.

1. 蝦膠做法：將急凍蝦肉解凍後清洗乾淨，用廚房紙吸乾水份，用刀面輕力將蝦拍扁，然後用刀將蝦肉剝幾下，勿剝太爛。再將鹽拌入蝦肉內，將蝦肉大力攪至起膠，放入雪櫃冷藏15分鐘備用。
2. 用湯匙沾上少許清水，盛起一湯匙蝦肉並搓成圓形，沾上麵包糠。
3. 將蝦丸噴上油，放入熱流鍋加熱15分鐘。



Barbecue Ribs

蜜糖燒烤骨

INGREDIENTS

Spare ribs 1 lbs

Marinade

Barbecue sauce 2 cups

Honey 1 cup

Corn starch 1/3 cup

Worcestershire Sauce 1/4 cup

Garlic salt Little

材 一字排骨.....約1磅

料

醃料

燒烤汁.....約2杯

蜜糖.....約1杯

粟粉.....約1/4杯

噫汁.....1/4杯

蒜鹽.....少許

METHOD

做法

1. Mix the ribs with the marinade at least 1 hour.
2. Preheat the Health Jet Fryer with 200 Celsius for about 10 minutes. Put the ribs in the Health Jet Fryer and cook for 30 minutes.
3. Take the ribs out and turn it over. Put the sauce and cook for 30 minutes until the sauce is dried.

1. 醬汁攪勻後放入排骨醃至少1個小時。
2. 將熱流鍋以200度預熱，放入排骨加熱30分鐘。
3. 將排骨取出後反轉，塗上醬汁後再加熱30分鐘至醬汁收乾。



Grill Chicken Wings

香茅雞翼

INGREDIENTS

Chicken wings	8 pcs
Honey	2 tbsp

Marinade

Fish sauce	2 tbsp
Sugar	1 tbsp
Chopped lemongrass	1 tbsp
Garlic powder	1 tbsp
Corn starch	1 tbsp

材料

雞中翼.....	8隻
蜜糖.....	2湯匙

醃料

魚露.....	2湯匙
糖.....	1湯匙
香茅碎.....	1湯匙
蒜粉.....	1湯匙
粟粉.....	1湯匙

METHOD 做法

1. Mix the wings with marinade for 10 minutes. Preheat the Health Jet Fryer with 180 Celsius.
2. Put the wings in the Health Jet Fryer, cook for 15 minutes and take it out.
3. Cook another for 15 minutes. Take it out and brush honey on each wings. Cook another 5 minutes.

1. 先將雞翼用醃料醃10分鐘備用，將熱流鍋以180度預熱。
2. 將雞翼放入熱流鍋加熱15分鐘後取出。
3. 反轉再加熱15分鐘，取出塗上蜜糖，再加熱5分鐘即成。



Cheese Pasta

芝士焗意粉

INGREDIENTS

Chopped garlic	1 tbsp
Chopped onion	1 cup
Cheese	1 cup
Tomato, cut into pieces	2 pc
Any pasta	100g
Ketchup	3 tbsp
Tomato paste	2 tbsp
Salt	1 tsp
Sugar	1 tsp

材料

蒜蓉.....	1湯匙
洋蔥碎.....	1杯
芝士碎.....	1杯
番茄.....	2個
意粉.....	100克(任何一類)
茄汁.....	3湯匙
茄膏.....	4湯匙
鹽.....	1茶匙
糖.....	1茶匙

METHOD 做法

1. Cook the pasta and mix 1 tbsp of olive oil. Put the pasta into the baking container.
 2. Stir fry the garlic, onion, sausages and tomato. Pour it over the pasta.
 3. Add cheese on the top. Cook it in the Health Jet Fryer with 200 Celsius until the cheese is golden.
1. 先將意粉煮熟，再加1湯匙橄欖油攪勻，放於焗盤中。
 2. 爆香蒜茸及洋蔥後加入番茄、茄汁、茄膏、鹽、糖並淋於意粉上。
 3. 灑上芝士後放入熱流鍋以200度加熱至芝士金黃色即可。



Fruit Tartlet

夏日生果撻

INGREDIENTS

Frozen tart shells	12 pcs
Any fruits	diced
Orange flavor jam	4 tbsp
Hot water	2 tbsp
Fruit flavor yogurt	about 4 cups

材料	急凍曲奇撻.....12隻
	生果.....(任何一類)
	橙味果醬.....4湯匙
	熱水.....2湯匙
	果味乳酪.....約4杯

METHOD

做法

1. Preheat the Health Jet Fryer with 200 Celsius. Lightly prick bottom of pastry crust with a fork.
 2. Reduce Health Jet Fryer temperature to 180 Celsius. Cook the crust for about 15 minutes or until golden. Remove it from the Health Jet Fryer.
 3. Mix the Orange flavor jam and hot water. Brush the baked tart shell.
 4. Then fill the tart with the yogurt and fruits.
1. 將熱流鍋以200度預熱，用叉輕輕在撻底刺滿小孔。
 2. 熱流鍋改用180度，將撻放入加熱15分鐘或至金黃色後取出待涼。
 3. 將橙味果醬及熱水混合，再塗滿每個撻內。
 4. 放入乳酪填滿，然後放上生果粒。



Chinese Roasted Pork

脆皮燒腩仔

INGREDIENTS

Pork belly	650 g
Sand ginger powder	2 tbsp
White Vinegar	3 tbsp

Marinade

Shao Xing wine	2 tsp
Sugar	1 tsp
Cold water	1 liter
Salt	2 tbsp
Light soy sauce	1/2 tsp
Five spices powder	1 tbsp

METHOD

做法

1. Put the pork into the pan (skin face to the pan) and blanches the skin for 30 seconds. Dry the pork well.
2. Use a meat tenderizer type of tool. Poke the pigskin until it is full of small holes. Coat the pigskin with a thin layer of vinegar.
3. Mix all the marinade and add until it covers the meat (don't let the marinade reach the skin area). Keep it in the fridge for at least 4 hours.
4. Remove the pig from marinade and dry it out. Coat it with the sand ginger powder.
5. Preheat the Health Jet Fryer with 200 Celsius. Put the pork in the Health Jet Fryer and cook for 30 minutes. Then cook for another 15 minutes.

1. 將豬肉(皮向鍋面)放入滾水，將豬皮煮30秒後盛起抹乾。
2. 用豬插類工具將豬皮刺滿小孔，再在豬皮塗上白醋。
3. 將醃料攪勻後倒至蓋過豬肉(勿接觸豬皮附近)，放入雪櫃雪至少4小時。
4. 加熱前將豬肉抹乾，再於肉部份塗上沙薑粉。
5. 將熱流鍋以200度預熱，將豬肉放入熱流鍋加熱30分鐘後再加熱多15分鐘。

材料	五花腩.....	650克
	沙薑粉.....	2湯匙
	白醋.....	3湯匙

醃料

紹興酒.....	2茶匙
糖.....	1茶匙
凍水.....	1公升
鹽.....	2湯匙
生抽.....	1/2茶匙
五香粉.....	1湯匙



Brownie

布朗尼蛋糕

INGREDIENTS

Dark chocolate, chopped	150 g
Butter	60 g
Eggs	75 g
Brown sugar	40 g
Honey	30 g
Plain flour	50 g
Vanilla extract	1/4 tbsp

材料	黑巧克力.....	150克
	牛油.....	60克
	蛋.....	75克
	黃糖.....	40克
	蜜糖.....	30克
	低筋麵粉.....	50克
	香草精.....	1/4 tbsp

METHOD

做法

1. Preheat the Health Jet Fryer with 180 Celsius.
2. Melt the chocolate and butter. Allow to cool slightly.
3. Whisk together the eggs, sugar, honey, instant coffee and vanilla.
4. Pour in the chocolate mixture and sift in the flour, stir gently and thoroughly until combined.
5. Put cake mixture into the cake mold. Put into the Health Jet Fryer with 180 Celsius for about 20-30 minutes until done.

1. 將熱流鍋以180度預熱。
2. 先將巧克力及牛油溶化，稍微放涼。
3. 將蛋、糖、蜜糖、香草精一起攪勻。
4. 將溶化的巧克力及牛油攪勻，再加入過篩的麵粉內攪勻。
5. 將麵糊倒入蛋糕模，並放入熱流鍋以180度加熱20-30分鐘至全熟。



Salmon with hollandaise sauce

荷蘭汁三文魚

INGREDIENTS

Salmon steak with skin	1pc
Butter	1tbsp
Marinade	
Sea salt	1/2 tsp
Lemon juice	1/2 tsp
Sugar	little
Black pepper	1/2 pepper

Ingredients for hollandaise sauce

Egg yolks	2pc
Salt	1/2 tsp
Lemon juice	1tbsp
Unsalted butter	250g
Pepper	little

材料

三文魚扒(連皮).....	1件
牛油.....	1湯匙
醃料	
海鹽.....	1/2茶匙
檸檬汁.....	1茶匙
糖.....	適量
黑胡椒.....	1茶匙

荷蘭汁材料

蛋黃.....	2個
幼鹽.....	1/2茶匙
檸檬汁.....	1湯匙
無鹽牛油.....	250克
胡椒.....	適量

METHOD 做法

1. Mix the marinade with the salmon and set aside.
 2. To make hollandaise sauce, put salt, lemon juice and pepper into egg yolks. Whisk together with mixer with medium speed.
 3. Warm the butter in a bowl over hot water, slowly add egg mixture in steady steam and whisk till thick and creamy.
 4. Put in the Health Jet Fryer cook with 160 Celsius for 20 minutes. Serve with hollandaise sauce.
1. 用醃料將三文魚調味備用。
 2. 製作荷蘭汁，將幼鹽、檸檬汁及胡椒加入蛋黃，用攪拌器以中速打勻。
 3. 以熱水座溶牛油，一邊慢慢加入已打勻的蛋漿，一邊繼續攪拌至濃稠。
 4. 將三文魚放入熱流鍋，以160度加熱20分鐘，伴以荷蘭汁即成。



Cheese Soufflé

芝士梳乎厘

INGREDIENTS

Butter	4tbsp
Flour	3tbsp
Hot milk	280ml
Grated parmesan cheese	50g
Grated cheddar cheese	75g
Sea salt	little
Egg yolk	4pc
Egg white	4pc

材料

牛油	4湯匙
麵粉	3湯匙
熱牛奶	280毫升
巴馬臣芝士碎	50克
車打芝士碎	75克
海鹽	適量
蛋黃	4隻
蛋白	4隻

METHOD 做法

1. Preheat the Health Jet Fryer with 180 Celsius, Grease melted butter and flour on ramekins and set aside.
 2. Melt butter in saucepan, add flour and stir to mix, slowly add milk and salt, keep on stirring till thickened. Stir in cheese till melted.
 3. Beat egg yolk lightly. Whisk egg white till stiff, add egg yolk into cheese mixture. then gently fold egg white into cheese mixture.
 4. Pour into prepared ramekins, put remekin to preheat Health Jet Fryer with 180 Celsius for 15-20 minutes.
1. 將熱流鍋以180度預熱，在梳乎厘杯內塗上一層牛油及麵粉備用。
 2. 煮溶牛油後加麵粉攪勻，再一邊加入熱牛奶及鹽一邊攪拌至濃稠。拌入芝士至溶化。
 3. 輕輕拂打蛋黃，另一邊將蛋白拂打至企身。將蛋黃加入芝士漿攪勻，然後拌入蛋白攪勻。
 4. 倒入梳乎厘杯，放進熱流鍋，以180度加熱15—20分鐘。



Spicy Chicken

椒麻雞

INGREDIENTS

Boneless chicken thighs 2 pc

MARINADE

Rice wine 1 tbsp

Ginger little

Salt little

SAUCE

Garlic 2 pc

Chill 1 pc

Coriander Little

Lemon ½ pc

Fish Sauce 2 tbsp

Sugar 1 tbsp

Fagara oil Little

Water Little

材料 去骨雞脾肉（切件）.....2隻

醃料

米酒1湯匙

薑蓉少許

鹽少許

醬料

蒜頭2粒

辣椒1隻

芫荽小量

檸檬半個

魚露2湯匙

糖1湯匙

花椒油適量

食水適量

METHOD

1. Marinade the boneless chicken thighs with season in fridge overnight. Fry with 200 °C for 10 minutes, turn over and fry for 10 minutes.
2. Add lemon juice and water with all sauce ingredients and mix it.
3. Place the sliced crispy chicken on the plate. Then pour the sauce on top. Ready to serve.

做法

1. 去骨雞脾加醃料冷藏一晚入味，以200度炸10分鐘翻面再10分鐘。
2. 椒麻雞醬製作，檸檬榨汁其餘切碎與冷水全部拌勻。
3. 淋上椒麻雞醬即可。



Ham And Cheese Roll

芝士火腿卷

INGREDIENTS

Bread	2 Slices
Ham	2 Slices
Cheese	2 Slices
Egg	1pc
Butter	10g

材料	方包	2片
	火腿	2片
	芝士	2片
	蛋	1隻
	牛油	10克

METHOD

做法

- 1 Use a rolling pin to flatten the bread.
 - 2 Mix the egg and herb.
 - 3 Put the bread on table, place the ham and cheese on bread.
 - 4 Fry with 100 °C for 8-10 minutes, or fry it until the bread change into yellow gold colour, Ready to serve.
1. 將麵包用木碌至薄身。
 2. 蛋加香草打勻。
 3. 方包平放，放上火腿及芝士卷起。
 4. 以100度炸8-10分鐘或轉成金黃色即成。



Beancurd Roll with Shrimp

香酥腐皮卷

INGREDIENTS

Shrimp	100g
Egg White	1pc
Salt Little	
Pepper Powder	Little
Mushroom	10g
Water Chestnuts	35g
Celery	13g
Beancurd	2 Sheets
Coriander	Little
Carrot	10g
Corn Flour	1 tsp

材料

蝦仁	100克
蛋白	1個
鹽	少許
胡椒粉	少許
香菇	10克
馬蹄	35克
芹菜	13克
腐皮	2張
芫荽	少許
紅蘿蔔	10克
粟粉	1茶匙

METHOD 做法

- 1 Chop the shrimp until sticky texture. Add corn flour, egg white, salt and set aside.
 - 2 Chop the celery, carrot, mushroom, water chestnuts and coriander.
 - 3 Mix Step1 and Step2.
 - 4 Wash the Beancurd, cut into suitable size. Add the ingredients on the beancurd. Roll it and use some corn flour at the end.
 - 5 Heat the Jet Fryer with 200 °C for 5 minutes. Fry the beancurd roll for 8 minutes. Ready to serve.
1. 蝦仁切粒後打成膠再加入粟粉，蛋白和鹽攪勻備用。
 2. 芹菜，紅蘿蔔，香菇，馬蹄，芫荽切末 (馬蹄切碎擠乾水分)。
 3. 混合步驟1和2材料成餡。
 4. 將腐皮洗淨抹乾，剪去硬邊，再剪成適當大小，慢慢卷起，加少許粟粉水封口。
 5. 熱流鍋預熱200度5分鐘平均放入腐皮卷炸大約8分鐘至黃酥脆即成。



Fry shrimp in pepper flavour

胡椒蝦

INGREDIENTS

Shrimp	10 pc
Pepper Powder	2 tsp
Five Spices Powder	2 tsp
Rice Wine	2 tbsps
Chopped Garlic	2 tsp
Salt	2 tsp
Coriander	Little
Spring Onion	Little

材料

中蝦	10隻
胡椒粉	2茶匙
五香粉	2茶匙
米酒	2湯匙
蒜蓉	2茶匙
鹽	2茶匙
芫荽	少許
蔥	少許

METHOD 做法

- 1 Mix all ingredients, except the spring onion and garlic.
 - 2 Put the shrimp into Jet Fryer.
 - 3 Fry the shrimp with 200 °C for 5-6 minutes.
 - 4 Dressing with chopped spring onion and coriander. Ready to serve.
1. 所有食材及調味料混勻 (除了蔥及蒜)。
 2. 將蝦子擺入熱流鍋內鍋中。
 3. 熱流鍋設200度炸5-6分鐘。
 4. 炸好後取出並灑上蔥花芫荽即可。



Fried Tofu

炸豆腐

INGREDIENTS

Tofu	400g
Flour	Little
Egg	1 pc
Spices Salt	Little
Olive Oil	Little

材料	豆腐 或 玉子豆腐.....400克
	麵粉.....適量
	雞蛋.....一隻
	胡椒鹽.....適量
	橄欖油.....小量

METHOD

做法

- 1 Chop the tofu and dry it with kitchen paper. Mix the egg and ready the flour.
 - 2 Add some olive oil into mixed egg. Egg wash the tofu and put on the flour. Set aside for 3-4 minutes.
 - 3 Put tinfoil paper under the tofu.
 - 4 Fry the tofu with 180 °C for 20 minutes. Use a bag to mix the spices salt and fried tofu. Ready to serve.
1. 洗淨豆腐切粒抹乾水，雞蛋打勻預備沾麵粉。
 2. 在蛋漿加入少許的橄欖油再拿去沾粉後，等3-4分鐘。
 3. 在炸籃下放一張錫紙或焗爐紙，把適量豆腐放入。
 4. 以180度20分鐘時間，再找個紙袋或容器，把胡椒鹽跟炸好的豆腐拌勻，增加香氣即可。



Kimchi Rice Ball

泡菜燒飯團

INGREDIENTS

Kimchi	60g
Cooked Rice	150g
Cheese	60g
Corn Flour	Little
Egg	½ pc
Spring Onion	Little

材料

泡菜	60克
飯	150克
芝士	60克
粟粉	適量
雞蛋	半隻
蔥	適量

METHOD

做法

- 1 Chop the kimchi, spring onion and cheese. Mixed the egg.
 - 2 Put all ingredients in a bowl and mix it.
 - 3 Shape the rice into suitable size.
 - 4 Put tinfoil paper under the rice ball.
 - 5 Fry the rice ball with 180 °C for 8-10 minutes, or change to yellow gold colour. Ready to serve.
1. 泡菜、蔥、芝切粒，雞蛋打勻備用。
 2. 把所有材料放入大碗，攪勻。
 3. 用手壓成適量大小的飯團。
 4. 在炸籃下放一張錫紙或焗爐紙，把飯團放入。
 5. 以100度炸8-10分鐘或轉成金黃色即成。



Apple Tart with puff pastry

蘋果酥皮撻

INGREDIENTS

Apple	½ pc
Puff Pastry	1 sheet
Egg	1 pc
Sugar	2 tsp

材料

蘋果	半個
酥皮	1塊
雞蛋	1隻
糖	2茶匙

METHOD

- 1 Wash the apple and chop it.
- 2 Add ½ cup of water, 2tsp sugar and apple into cooker, stew until the colour changed like caramel.
- 3 Place the puff pastry in the cake pan. Add the cooked apple and egg wash it.
- 4 Fry the apple tart with 180 °C for 8 minutes. And fry with 100 °C for 3 minutes. Ready to serve.

做法

1. 先把蘋果洗乾淨後，切成自己喜歡的大小備用。
2. 在煲加入約半杯水，加入2茶匙的糖，再放入切好的蘋果粒，半炒半燉煮至焦糖色。
3. 拿出模型碗，將酥皮放入模型容器內再把炒好的焦糖蘋果粒裝入容器內，表面塗上蛋漿，放進熱流鍋內。
4. 先用180度烤8分鐘。時間到後再轉100度再烤 3 分鐘完成。



Roasted Pumpkin

烤南瓜

INGREDIENTS

Pumpkin	½ pc
olive oil	2 tbsp
Salt	Little
Rosemary	Little

材料	南瓜	半個
	橄欖油	2湯匙
	鹽	少許
	迷迭香	少許

METHOD

- 1 Soak the seeds and cut the pumpkin into pieces,
- 2 Place in the Jet Fryer. Fry with 160 °C for 5 mintues.
- 3 Turn over the pumpkin and add some olive oil, salt and rosemary.Fry with 180 °C for 8 minutes.Ready to serve.

1. 將南瓜挖去中間的籽切件。
2. 放入熱流鍋中塗上橄欖油，以160度烤5分鐘。
3. 反轉南瓜再塗一次橄欖油，然後再灑上鹽，迷迭香，以180度烤8分鐘即成。



French Toast

西多士

INGREDIENTS

Thick Bread (without crusts)	2 pc
Egg	1 pc
Milk	2 tbsp
Honey	1 tbsp

材料

厚方包 (去皮)	2片
雞蛋	1隻
牛奶	2湯匙
蜜糖	1湯匙

METHOD

- 1 Mix the egg, milk and honey.
- 2 Put the bread into egg mixture and set aside for 1 minute.
- 3 Put the baking paper into Jet Fryer. Fry the toast with 200 °C for 4 minutes. Turn over and fry 5 minutes.
- 4 Add some butter, fruits and honey on the toast. Ready to Serve.

做法

1. 將雞蛋、牛奶和蜜糖攪勻。
2. 方包四面浸滿蛋汁，讓方包吸收蛋汁，約1分鐘
3. 在炸籃放一張牛油紙，以200度炸4分鐘，反轉，再炸5分鐘。
4. 將另一片也浸蛋汁，再炸（如有炸架便可以一次過炸兩片），兩片厚麵包，剛好把所有蛋汁吸光。
5. 吃時，加一小片牛油，生菜，隨口味再加糖漿。



Skewered Satay Pork

沙爹豬肉串燒

INGREDIENTS

Pork	1 lb
Satay Sauce LittleGinger	little

MARINADE

Ground Cumin	½ tsp
Ginger Powder	½ tsp
Curry Powder	1 tsp
Ground Coriander	1 tsp
Coconut Sugar	2 tbsp
Garlic	1 tbsp
Pepper Powder	1 tsp
Chill Powder	Little

材料

豬梅頭 (切粒)1 磅
沙爹醬適量

醃料

小茴香粉½ 茶匙
黃薑粉½ 茶匙
叻哩粉1 茶匙
芫茜粉1 茶匙
椰糖或黃糖2 湯匙
蒜蓉1 湯匙
甜椒粉1 茶匙
辣椒粉適量

METHOD 做法

- 1 Chop the pork and add all marinade. Season for at least 4 hours (overnight will be better).
 - 2 Place the pork into Jet Fryer. Fry with 160 °C for 10 minutes. Turn over and fry with 160 °C for 5 minutes.
 - 4 Dressing with Satay Sauce. Ready to serve.
1. 切粒豬肉，加入所有調味料，醃至少4小時（過夜更佳）。
 2. 將豬肉串豬肉串燒平均放在熱流鍋內，以160度烤10分鐘，反轉再以160度烤5分鐘。
 4. 最後淋上沙爹醬即成。



Baked Potato with Bacon and Cheese

煙肉芝士焗薯

INGREDIENTS

Potatoes	2 pc
Cheese	Little
Sour Cream	2 tbsp
Bacon	2 Slices
Butter	Little
Black Pepper	Little

材料

焗薯	2隻
芝士/碎芝士	適量
酸忌廉	2湯匙
煙肉	2片
牛油	適量
黑胡椒	小量

METHOD 做法

- 1 Wash the potatoes. Boil for 30 minutes until you can stick the chopstick in it easily.
- 2 Put bacon into Jey Fryer, fry with 200 °C for 6 minutes.
- 3 Cut the potatoes in half.
- 4 Spread the butter on the potatoes. Add some Cheese and fried bacon, Wrapt with tinpoil paper.
- 5 Heat the Jet Fryer with 200 °C for 15 minutes. Dressing with sour cream and black pepper. Ready to serve.

1. 先將薯仔洗乾淨，放入煲內，焗30分鐘，以筷子能輕易插入薯身，代表已經熟透。
2. 將煙肉切碎，以200度炸6分鐘。
3. 將薯仔中間切開，留意不要切到底。
4. 薯仔內塗上牛油，加入碎芝士和炸好的煙肉碎一起用錫紙包好。
5. 然後放進已預熱200度的熱流鍋，焗約15分鐘，最後加上酸忌廉和黑胡椒食用。



Beef Ribs With Spiced Salt

椒鹽牛仔骨

INGREDIENTS

Beef Ribs	5-6 pc
Garlic	6 pc
Chopped Red Pepper	1 pc
Black Pepper	Little
Spiced Salt	Little

MARINADE

Soy Sauce	½ tbsp
Wine	1 tbsp
Corn Flour	1 tsp

材料

牛仔骨.....	5-6條
蒜肉 (切片).....	6粒
紅椒 (切碎).....	1隻
黑椒粒	適量
椒鹽	適量

醃料

生抽	½湯匙
酒	1湯匙
粟粉	1茶匙

METHOD

做法

- 1 Cut the beef ribs in half and wash it. Add all marinade and season for 30 minutes.
 - 2 Heat the Jet Fryer with 200 °C for 3-5 minutes. Place the beef ribs, fry with 200 °C for 10 minutes.
 - 3 Turn over the beef ribs, dress the garlic and red pepper, fry with 200 °C for 8 minutes.
 - 4 Add some black pepper and spiced salt. Ready to serve.
1. 將牛仔骨每條斬成兩件，沖淨瀝乾，放入醃料醃製30分鐘。
 2. 熱流鍋預熱200度3-5分鐘，把牛仔骨放入，以200度炸10分鐘。
 3. 反轉牛仔骨加上蒜片和紅椒碎再以200度烤8分鐘。
 4. 最後加入適量黑椒粒和椒鹽即成。



Fried Squid

酥炸魷魚

INGREDIENTS

Squid	3 pc
Corn Flour	Little
Pepper Salt	Little

MARINADE

Ginger	2 tsp
Garlic	2 tsp
Rice Wine	Little
Vinegar	Little

材料

魷魚3隻
粟粉適量
胡椒鹽適量

醃料

薑蓉2茶匙
蒜蓉2茶匙
米酒少許
黑醋少許

METHOD

- 1 Wash the squid, dry it with kitchen paper and chop it. Add the marinade, season for 1 hour.
- 2 Heat the Jet Fryer with 200 °C for 5 minutes. Put the squid in corn flour, and fry with 200 °C for 10 minutes.
- 3 Dressing with Pepper salt. Ready to serve.

做法

1. 將魷魚洗淨抹乾水切件，放入醃料醃製1小時備用。
2. 熱流鍋預熱200度5分鐘，魷魚沾粉以200度炸10分鐘。
3. 最後灑上胡椒鹽完成。



French Fries With Bacon And Cheese

芝士煙肉薯條

INGREDIENTS

Potato	2 pc
Chopped Bacon	Little
Cherder Cheese	100g
Salt	Little
Black pepper	Little
Oil	2 tbsp

材料

薯仔.....	2個
煙肉(切粒)	適量
車打芝士絲	100克
鹽	適量
黑胡椒	適量
油	1湯匙

METHOD 做法

- 1 Peel the potatoes. Wash and slice into strips. Put into water which added salt for 10 minutes. Dry it with kitchen paper.
 - 2 Chop the bacon , fry with 200 °C for 6 minutes.
 - 3 Place the potatoes in Jet Fryer. Fry with 200 °C for 20 minutes.Shake the bucket during cooking time.
 - 4 Add cherder cheese, fry with 100 °C for 3 minutes.
 - 5 Add some black pepper and salt.Ready to serve.
1. 將薯仔去皮，洗淨後切條，再浸於鹽水10分鐘，抹乾水備用。
 2. 將煙肉切碎，以200度炸6分鐘。
 3. 再把薯條加入炸藍以 200度炸20分鐘，中途可以搖動炸籃另受熱更平均。
 4. 最後加入車打芝士絲，100度再炸3分鐘。
 5. 最後灑上適量黑胡椒及鹽完成。



Fried Fish With Beer

炸啤酒魚

INGREDIENTS

Grass Carp	1 pc
Flour	Little
MARINADE	
Beer	½ cup
Ginger	Little
Pepper Powder	Little
Cumin Powder	Little
Salt	Little
Oil	Little

材 料	鯪魚	1條
	麵粉	適量

醃 料	啤酒	半杯
	薑	適量
	胡椒粉	適量
	孜然粉	適量
	鹽	少許
	油	適量

METHOD 做法

- 1 Wash the grass carp, uniform plan in the fish.
 - 2 Mix with marinade and season for 1 hour. Dry with kitchen paper and dress some flour.
 - 3 Heat the Jet Fryer with 200 °C for 5 minutes. Fry the fish for 15 minutes.
 - 4 Turn over the fish , and fry with 200 °C for 10 minutes. Ready to serve.
1. 將鯪魚內外清洗乾淨，在魚身兩側各劃4刀，深至骨頭處但不切斷。
 2. 用腌料醃1小時，抹乾水沾上麵粉。
 3. 熱流鍋預熱200度5分鐘，在炸籃掃或魚板掃油，把魚放再在魚身掃油炸15分鐘。
 3. 反轉魚再掃油以200度烤10分鐘，即成。



German Pork Knuckle

德國咸豬手

INGREDIENTS

Pork Knuckle	1 pc
Wheat Beer	330ml
Bay leaves	5 pc
White Pepper	Little
Vinegar	2 tbsp

材料

急凍咸豬手	1隻
德國麥啤	1罐
月桂葉(乾)	5片
白胡椒粒	適量
白醋	2湯匙

METHOD 做法

- 1 Leave the frozen pork knuckle to thaw. Place into boiling water and add some bay leaves, white pepper and vinegar. Boil for 50 minutes in small heat.
- 2 Take out the pork knuckle, and prick with forks. Put the pork knuckle in the bag, add some wheat beer till cover the pork knuckle for 20 minutes.
- 3 Put the pork knuckle in fridge for few hours.
- 4 Heat the Jet Fryer with 200 °C for 5 minutes. Fry the pork knuckle with 200 °C for 25 minutes. Turn over and fry for 20 minutes. Ready to serve.

1. 咸豬手解凍，放入一鍋滾水內(水要蓋過豬手)，加入月桂葉、白胡椒粒及白醋，用中慢火煮 50分鐘。
2. 取出後抹乾水，用叉在表皮均勻刺出小孔。放入膠袋內，倒入適量麥啤，覆蓋豬手表皮，浸 20分鐘抹乾水。
3. 再放雪櫃下層幾小時小便把水份抽乾。
4. 熱流鍋預熱200度5分鐘，以200度炸25分鐘，反轉再炸20分鐘即成。



Banana Chips

香蕉脆片

INGREDIENTS

Banana
Lemon Juice

2 pc
Little

材 料

香蕉2條
檸檬汁適量

METHOD

- 1 Peel the banana and slice into pieces for around 2mm.
- 2 Spread the lemon juice in every banana.
- 3 Heat the Jet Fryer with 100 °C for 5 minutes.
- 4 Fry the banana with 100 °C for 2 hours.
- 5 Take out the banana chips from butter paper and it will be crispy when it cool down. Ready to serve.

做 法

1. 香蕉去皮切片，每片大概2毫米厚。
2. 香蕉片兩面沾上檸檬汁。
3. 炸籃鋪上焗爐紙預熱100度5分鐘。
3. 把香蕉片放入以100度炸2小時。
4. 剛炸好的香蕉片會比夠柔軟，出爐後把香蕉與焗爐紙分離，冷卻後香蕉片就變得非常鬆脆。



Roasted Chestnuts

烤栗子

INGREDIENTS

Chestnuts	500g
Oil	Little
Honey	1 tbsp
Water	2 tbsp

材料

栗子.....	500克
油.....	少許
蜜糖.....	1湯匙
水.....	2湯匙

METHOD 做法

- 1 Wash and dry the chestnuts. Use knife to uniform the chestnuts.
 - 2 Fry the chestnuts with 200 °C for 10 minutes.
 - 3 Add honey and water in 1:2 proportion. Spread on chestnuts and fry for 20 minutes. Ready to serve.
1. 栗子洗淨抹乾，用剪刀在表面一個開口。
 2. 放入栗子掃油以200度烤10分鐘。
 3. 1比2蜜糖加上水製成蜜糖水，在栗子平均掃上，再烤20分鐘即成。



Deep Fried Oyster

吉列炸蠔

INGREDIENTS

Oyster	10 pc
Corn Flour	Little
Salt	Little
Egg	Little
Flour	1 tbsp
Breadcrumbs	30g
Pepper	Little
Oil	Little

材料

蠔	10隻
粟粉	適量
鹽	適量
雞蛋	2隻
麵粉	1湯匙
麵包糠	30克
胡椒粉	少許
油	少許

METHOD

- 1 Wash the oysters with corn flour,salt and water for 3-4 times, till the oysters are not thick.
- 2 Put the Oysters into boiling water for 15-20 seconds, dry with kitchen paper.
- 3 Coat the oysters with flour,egg and breadcrumbs.
- 4 Heat the Jet Fryer with 180 °C for 3 minutes, coat some oil on oysters and fry for 4 minutes.
Ready to serve.

做法

1. 用粟粉、鹽及水洗蠔3-4次直至蠔不再黏糊。
2. 煲一鍋滾水，放蠔汆水15-20秒，用廚紙將水份抹乾備用。
3. 蠔拍上麵粉，蘸蛋漿，鋪滿麵包糠。
3. 熱流鍋以180度預熱3分鐘，再放蠔掃小許油炸4分鐘即成。



Deep Fried Milk

脆皮炸鮮奶

INGREDIENTS

MILK CUSTARD

Milk	500g
Sugar	50g
Corn Flour	100g
Water	100g
Egg White	1 pc

COATING

Egg	1pc
Corn Flour	Little
Breadcrumbs	Little

材料

奶凍材料

牛奶	500克
糖	50克
粟粉	100克
水	100克
蛋白	1個

粉漿材料

雞蛋	一隻
粟粉	少許
麵包糠	少許

METHOD 做法

- 1 Mix the milk and sugar, heat with middle heat till the sugar melted. Add the corn flour and water in 1:1 proportion, and mix in the same way with middle heat.
 - 2 It will be sticky after 5 minutes and leave it away from the heat.
 - 3 Add egg white into milk custard and mix it quickly.
 - 4 Pour the mixture in ungreased dish and cool down. Cover with wrapping paper and put in the fridge for 2-3 hours.
 - 5 Chop the milk custard into pieces. Coat with corn flour, egg and breadcrumbs.
 - 6 Heat the Jet Fryer with 200 °C for 6 minutes, and fry for 15 minutes. Ready to serve.
1. 牛奶、糖混合，中火加熱，待糖融化後，邊加入1比1粟粉水邊向一個方向攪拌，繼續中火加熱攪拌。
 2. 大約5分鐘，開始出現面糊狀，這時候要小心，以免焦底，產生大量面糊的時候要離火。
 3. 將蛋白加入離火熱的面糊中，快速攪勻，面糊可以緩慢地流動（較厚的不易流動面糊，炸鮮奶的口感會厚些，較稀口感會滑些）。
 4. 面糊倒入容器等待完全冷卻後，蓋上保鮮紙冷藏2-3個小時定型，冷藏過夜亦可。
 5. 定型好的奶凍切成小塊，裹上生粉、蛋液、麵包糠。
 6. 熱流鍋預熱200度6分鐘，炸15分鐘，炸鮮奶就做好啦！

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