



MIXED RICE, SOUP, CONGEE, SLOW COOK, PORRIDGE, CASSEROLE RICE

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GOLDEN CERAMIC COOKER
RECIPE





Barley Risotto

意式田園燴飯

INGREDIENTS

Barley	1 cup
Butter	2 tbsp
Onion, chopped	1 pc
Zucchini, cut into piece	1 pc
Cherry tomatos	1 dozen
Chicken soup	2 cup

材料

大麥	1杯
牛油	2湯匙
洋蔥（切碎）	1個
青瓜（切件）	1條
車厘茄	1打
雞湯	2杯

METHOD 做法

Prepare the pan, heat the pan with butter over medium-high heat. Stir in onion, with barley rice. Cook for 5 minutes with ½ cup of chicken soup.
Place all ingredients into the inner pot. Select Programme "Rice". When the rice is cooked, put on a bowl and sprinkle on some fresh cherry tomato and cheese.

預備煎鑊，用中火落牛油起鑊，加入洋蔥及米，加入半杯雞湯炒5分鐘。將所有材料放入飯煲內膽內，選擇“煮飯”模式，煮成後放入碗中，加入車厘茄及芝士即可享用。



Ginseng Chicken Soup

人蔘雞湯

INGREDIENTS

Chicken	1 pc
Red dates	10 pc
Ginseng	1 pc
Sliced ginger	2 pc
Dried longan, soaked	10 pc
Dried medlar, soaked	2 tbsp
Water	appropriate

材料

雞.....	1隻
紅棗.....	10粒
人蔘（切半）.....	1條
生薑.....	2片
乾圓肉（浸軟）.....	10粒
杞子（浸軟）.....	2湯匙
水.....	適量

METHOD 做法

Blanch the chicken into boiling water for 5-10 minutes. Rinse and clean under cold water. Place all the ingredients into the inner pot. Fill the inner pot with water above the "Max" water level. Select programme "Soup", cook for 2 hours. Add salt to taste and serve it in hot.

先將雞放落滾水內，飛水5至10分鐘，用凍水洗淨備用，將所有材料放入飯煲內膽內，加入水並不過內膽內的最高水線，選擇“煲湯”模式，定時2小時，飲前落鹽調味即成。



Stewed Beef Brisket with Wine

紅酒燉牛腩

INGREDIENTS

Beef brisket, cut into pieces	300 g
Carrots, peeled, cut into pieces	1 pc
Potato, cut into pieces	1 pc
Onion, peeled, diced	1 pc
Wine	1 cup
Water	1 cup

材料

牛腩（切件）	30克
甘荀（去皮切件）	1條
薯仔（切件）	1個
洋蔥（去皮切粒）	1個
紅酒	1杯
水	1杯

METHOD 做法

Prepare the pan, heat the pan with 2 tbsp of oil over medium-high heat. Stir in onion, red carrot, potato and beef brisket. Cook for 5-10 minutes or until the color is lightly brown. Place all Ingredient into the inner pot. select program "Slow cook", cook for 2 hours. Serve it hot.

預備煎鑊，用中快火落油約1/2湯匙起鑊，將洋蔥、紅蘿蔔及牛腩炒5至10分鐘至微黃，將所有材料放入飯煲內膽內，選擇“燉燉”模式，燉兩小時。



Butter Mussels

牛油青口

INGREDIENTS

Mussels	600 g
Unsalted butter	10 g
Fried minced garlic	1/2 tbsp
Fried minced shallots	1/2 tbsp
Onion, chopped	1 pc
Dill	4 sprig
White wine	2 tbsp
Salt	little
Pepper	little

材料

青口	600克
無鹽牛油	10克
炸蒜茸	1/2湯匙
炸乾蔥粒	1/2湯匙
蔥（切細粒）	1條
莖蘿	4棵
白酒	2湯匙
鹽	適量
胡椒	適量

METHOD

做法

Place all the ingredients into the inner pot.
Select programme "Rice", cook for 20 minutes.
Serve it warm.

將所有材料放入飯煲內膽內。
選擇“煮飯”模式，煮20分鐘即成。



Braised Quail

燜乳鴿

INGREDIENTS

Quail	2 pc
Chinese light soya sauce	1 tbsp
Chinese dark soya sauce	6 tbsp
Brown sugar	4 tbsp
Sesame seed oil	1 tbsp
Fried minced shallots	4 pc
Chinese brown wine	1 cup

材料

乳鴿.....	2隻
豉油.....	1湯匙
老抽.....	6湯匙
黑糖.....	4湯匙
麻油.....	2湯匙
炸乾蔥.....	4粒
花雕酒.....	1杯

METHOD 做法

Place all the ingredients into the inner pot.
Select programme "Slow cook", cook for 60 mins.
Serve it warm.

將所有材料放入飯煲內膽內。
選擇“燜燉”模式，煮60分鐘即成。



Japanese pork 日式豬肉

INGREDIENTS

Pork brisket	500-600 g
Sliced ginger	2 pc
Sake	1/2 cup
Soy sauce	1/2 cup
Water	1 cup
Sugar	3 tbsp

材料

豬腩肉	500-600克
薑	2片
清酒	半杯
醬油	半杯
水	1杯
糖	3湯匙

METHOD 做法

Place all the ingredients into the inner pot.
Select programme "Slow cook", cook for one hour.
Serve it warm.

將所有材料放入內膽內。
選擇“燜燉”模式，煮1小時即成。



Sushi Rice

壽司米

INGREDIENTS

White rice	3 cup
Water	3 cup
Vinegar mixture :	
Vinegar	5 tbsp
Sugar	1 tbsp
Salt	1/2 tsp

材料

白米.....	3杯
水.....	3杯
醋汁	
醋.....	5湯匙
糖.....	1湯匙
鹽.....	1/2茶匙

METHOD 做法

Wash the rice and place it in the inner pot, add water. Select programme "Mixed rice", and then press the start button. When the rice is cooked, sprinkle the vinegar mixture evenly over all of the rice and stir by turning over the rice. After stirring, fan the rice with a hand fan until it cools to body temperature and then place a damp cloth on top of the rice to keep it damp.

將米洗淨，放入內膽後加水，選擇“十穀米”模式，然後按下開始按鈕。待煮成後，將醋汁均勻澆在飯上，以翻推的方式攪拌米飯。攪拌後，用撥扇撥涼米飯至體溫水平，然後在飯上蓋上濕布以保持濕潤。



Papaya Sweet Soup

木瓜雪耳糖水

INGREDIENTS

Dried white fungus, soaked	3 pc
Lily bulb, cleaned	2 pc
Red dates	8 pc
Sweet" apricot kernel	20 pc
Bitter" apricot kernel	8 pc
Papaya, peeled, cut into dices	1 pc
Rock sugar	appropriate
Water	appropriate

材料

雪耳（浸軟）	3朵
鮮百合（洗淨）	2個
紅棗	8粒
南杏	20粒
北杏	8粒
木瓜（去皮切件）	1個
冰糖	適量
水	適量

METHOD

Remove the nutlet of the dates, tear off the lily, and remove the hard part of the fungus. Cut the fungus into small pieces. Clean and drain well all the ingredients. Place all the ingredients into the inner pot. Fill the inner pot with water above the "Max" water level. Select programme "Soup", cook for 1 ½ hour. Add bit by bit the rock sugar accordingly to your taste. Serve hot.

做法

紅棗先去核；鮮百合拆開一片片；雪耳去硬塊及切件；將所有材料洗淨，隔好水備用。將所有材料放入飯煲內膽內，加入水並不超過內膽內的最高水線，選擇“煲湯”模式，定時1小時煲，逐少加入冰糖直到你覺得夠甜即可。



Steam Chicken

薑蔥焗雞

INGREDIENTS

Chicken	1 pc
Sliced ginger	4 pc
Spring onion	4 pc
Salt	2 tbsp

材料

雞.....	1隻
薑.....	4片
蔥.....	4棵
鹽.....	2湯匙

METHOD

做法

Mix chicken with salt for 30 minutes.

Place all ingredients into the inner pot. Select programme "Rice", cook until done. Serve hot.

雞隻用鹽醃30分鐘。將所有材料放入飯煲內膽內，選擇“煮飯”模式，煮至全熟，趁熱進食。



Spare Ribs Casserole Rice

冬菇排骨煲仔飯

INGREDIENTS

Spare ribs (cut into pieces)	250 g
Chinese mushroom (soaked, squeezed)	4 pc
Bean curd puff	3 pc
Rice	2 cup
Water	2-3 cup

MARINADE

Soy sauce	2 tbsp
Sesame oil	1/2 tsp
Cornstarch	1/2 tsp
Sugar	1/2 tsp

材料

排骨（切塊）	250克
冬菇（浸軟、搾乾）	4隻
豆腐卜	3個
米	2量杯
水	2-3量杯

醃料

豉油	2湯匙
芝麻油	1/2茶匙
粟粉	1/2茶匙
糖	1/2茶匙

METHOD 做法

Mix spare ribs, mushrooms and ginger with marinade for 30 minutes. Wash rice and drain. Place rice and water into the inner pot. Select programme "Casserole Rice". After 15 minutes, put spare ribs, mushrooms and bean curd puff on top of rice, cook until done. Serve hot.

Note: The water amount is for reference. Adjust the amount to your personal taste.

排骨、冬菇及豆腐卜用醃料醃30分鐘。將米洗淨，瀝乾。將米及水放入飯煲內膽內，選擇“煲仔飯”模式，15分鐘後，將排骨、冬菇及豆腐卜放飯面，煮至全熟，趁熱進食。

註：可按個人喜歡飯的軟硬增減水份。

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