

# NÜTZEN

GERMAN PERFORMANCE

HEALTH, QUIET, HEATING PROTECT, SAFE, DURABLE

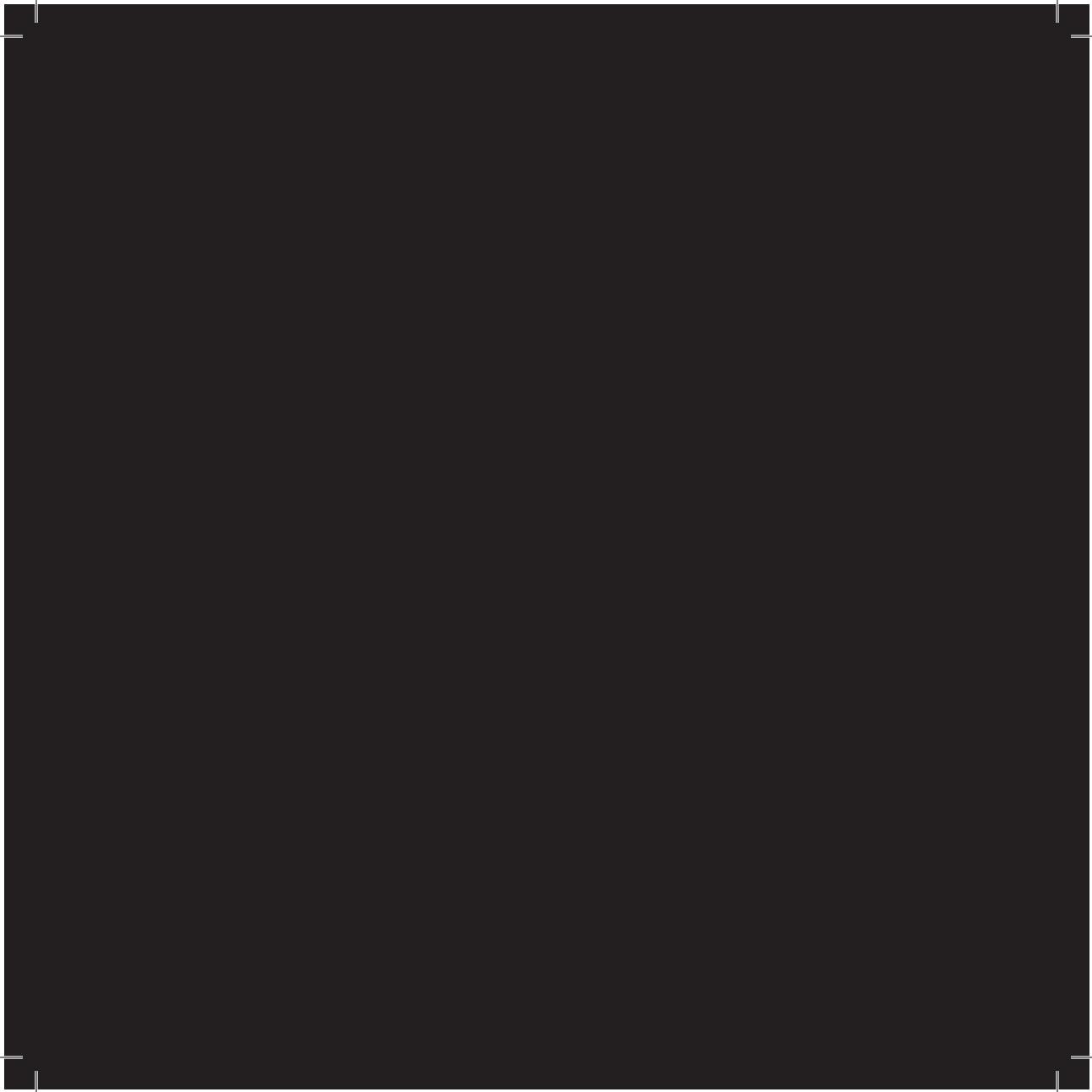
[www.nutzen.com.hk](http://www.nutzen.com.hk)





NÜTZEN  
GERMAN PERFORMANCE

# GRILL AND STOVE MIX RECIPE





NÜTZEN

GERMAN PERFORMANCE





# Grilled Vegetables

## 烤蔬菜

### INGREDIENTS

Vegetables

#### Sauces

Serve with all kinds of sauces, here are our recommendations: black pepper sauce, chili sauce, tomato sauce, bean sauce, sesame sauce.

材料 蔬菜

料

#### 調味醬料：

調味醬料每個人喜好不同,這裡推薦黑胡椒醬、辣椒醬、番茄醬、豆瓣醬、芝麻醬。

### METHOD

#### 做法

1. Wash and drain the vegetables.
  2. Preheat the Grill & Stove Mix for 1 minute and place the vegetables on it. Turn the vegetables a few times until they are fully cooked.
  3. Take out the vegetables and serve them with sauces of your personal preferences.
- 1.將蔬菜清洗乾淨瀝乾水份。
  - 2.烤盤預熱 1 分鐘,把蔬菜放入烤盤烤,中途翻幾次面直到烤熟為止。
  - 3.烤好出爐加入個人喜好的醬料即可享用。





# Grilled Hot Green Pepper

## 虎皮尖椒

### INGREDIENTS

Hot green peppers 2 pcs

#### Sauces

Serve with all kinds of sauces, here are our recommendations: tomato sauce, bean sauce, sesame sauce.

材料 尖椒.....二隻

#### 調味醬料：

調味醬料每個人喜好不同,這裡推薦番茄醬、豆瓣醬、芝麻醬。

### METHOD 做法

1. Wash and drain the hot green peppers.
  2. Preheat the Grill & Stove Mix for 1 minute and place the hot green peppers on it. Turn the peppers a few times until they are fully cooked.
  3. Take out the peppers and serve them with sauces of your personal preferences.
1. 將尖椒洗乾淨瀝乾
  2. 烤盤預熱1分鐘，把尖椒放入烤盤烤，中途翻幾次面直到烤熟為止
  3. 烤好出爐加入個人喜好的醬料即可享用





# Grilled Croaker

## 烤黃花魚

### INGREDIENTS

Croakers

2 pcs

#### Sauces

Lemon, mustard

材料 黃花魚.....2條

料 調味醬料：  
檸檬、芥末

### METHOD 做法

1. Wash and drain the croakers.
2. Preheat the Grill & Stove Mix for 1 minute and place the croakers on it. Turn the croakers a few times and grill them until they are fully cooked.
3. Take out the croakers and serve them with sauces of your personal preferences.

1. 黃花魚清洗乾淨瀝乾。
2. 烤盤預熱1分鐘，黃花魚放入烤盤烤，中途翻幾次面直到烤熟為止。
3. 烤好出爐加入個人喜好的醬料即可享用。





# Grilled Cod

## 烤鱈魚

### INGREDIENTS

Cods

optional

#### Sauces

Lemon, mustard

### 材料

鱈魚.....適量

#### 調味醬料：

檸檬、芥末。

### METHOD

### 做法

1. Wash and drain the cods.
  2. Preheat the Grill & Stove Mix for 1 minute and place the cods on it. Turn the cods a few times until they are fully cooked.
  3. Take out the cods and serve them with sauces of your personal preferences.
1. 將鱈魚清洗乾淨瀝乾水份。
  2. 烤盤預熱1分鐘，把鱈魚放入烤盤烤，中途翻幾次面直到烤熟為止。
  3. 烤好出爐加入個人喜好的醬料即可享用。





# Grilled Ham Slices

## 烤豬肉火腿片

### INGREDIENTS

Ham slices optional

#### Sauces

Serve with all kinds of sauces, here are our recommendations: black pepper sauce, chili sauce, tomato sauce, bean sauce, sesame sauce.

材料 火腿.....適量

#### 調味醬料：

調味醬料每個人喜好不同，這裡推薦黑胡椒醬、辣椒醬、番茄醬、豆瓣醬、芝麻醬。

### METHOD

1. Slice the defrosted ham slices.
2. Preheat the Grill & Stove Mix for 1 minute and place the ham slices on it. Turn the ham slices a few times until they are fully cooked.
3. Take out the ham slices and serve them with sauces of your personal preferences.

- 1.將火腿解凍切片；
- 2.烤盤預熱1分鐘，把火腿放入烤盤烤，中途翻幾次面直到烤熟為止。
- 3.烤好出爐加入個人喜好的醬料即可享用。





# Grilled Pork Belly

## 烤五花肉

### INGREDIENTS

Pork belly slices

optional

#### Sauces

Serve with all kinds of sauces, here are our recommendations: black pepper sauce, chili sauce, tomato sauce, bean sauce, sesame sauce.

### 材料

五花肉適量, 厚度根據個人喜好

#### 調味醬料:

調味醬料每個人喜好不同, 這裡推薦黑胡椒醬、辣椒醬、番茄醬、豆瓣醬、芝麻醬。

### METHOD 做法

1. Wash and drain the pork belly slices.
2. Preheat the Grill & Stove Mix for 1 minute and place the pork belly slices on it. Turn the pork belly slices a few times until they are fully cooked.
3. Take out the pork belly slices and serve them with sauces of your personal preferences.

1. 將切片好的五花肉洗乾淨瀝乾。
2. 烤盤預熱 1 分鐘, 把五花肉平放入烤盤烤, 中途翻幾次面直到烤熟為止。
3. 烤好出爐加入個人喜好的醬料即可享用。





# Grilled Steaks

## 烤牛扒

### INGREDIENTS

Steaks 2 pcs

#### Sauces

Serve with any kinds of sauces, here are our recommendations: black pepper sauce, chili sauce, tomato sauce.

材料 牛扒.....2 塊

#### 料

#### 調味醬料

調味醬料每個人喜好不同,這裡推薦黑胡椒醬、辣椒醬、番茄醬。

### METHOD

#### 做法

1. Wash and drain the steaks.
2. Preheat the Grill & Stove Mix for 1 minute and place the steaks on it. Turn the steaks a few times until the steaks are fully cooked or according to your preference.
3. Take out the steaks and serve them with sauces of your personal preferences.

1. 牛排清洗乾淨瀝乾。
2. 烤盤預熱 1 分鐘,把牛排放入烤盤烤,中途翻幾次面,牛肉幾成熟根據個人喜好烹調。
3. 烤好出爐加入個人喜好的醬料即可享用。





# Grilled Prime Beef Slices

## 烤雪花牛肉

### INGREDIENTS

Prime beef slices 2 pcs

#### Sauces

Serve with all kinds of sauces, here are our recommendations: black pepper sauce, chili sauce, tomato sauce, bean sauce, sesame sauce.

材料 雪花牛肉.....適量

#### 調味醬料

調味醬料每個人喜好不同,這裡推薦黑胡椒醬、辣椒醬、番茄醬、豆瓣醬、芝麻醬。

### METHOD 做法

1. Wash and drain prime beef slices, gently slice on the top of the beef slices.
2. Preheat the Grill & Stove Mix for 1 minute and place the prime beef slices on it. Turn the prime beef slices a few times until they are fully cooked.
3. Take out the prime beef slices and serve them with sauces of your personal preferences.

1. 將雪花牛肉清洗乾淨瀝乾,用刀在表面劃幾刀便於烤;
- 2 烤盤預熱 1 分鐘,把牛肉放入烤盤烤,中途翻幾次面直到烤熟為止。
- 3 烤好出爐加入個人喜好的醬料即可享用。





# Grilled Pork Chops

## 烤豬扒

### INGREDIENTS

Pork chops 2 pcs  
Onion slices adequate

#### Sauces

Serve with all kinds of sauces, here are our recommendations: black pepper sauce, chili sauce, tomato sauce, bean sauce, sesame sauce.

### 材料

豬扒.....2塊  
切片洋蔥.....適量

#### 調味醬料

調味醬料每個人喜好不同,這裡推薦黑胡椒醬、辣椒醬、番茄醬、豆瓣醬、芝麻醬。

### METHOD 做法

1. Wash and drain the pork chops.
2. Preheat the Grill & Stove Mix for 1 minute, place the pork chops and the onion slices on the Grill & Stove Mix. Turn the ingredients a few times until they are fully cooked.
3. Take out the pork chops and onions, serve them with sauces of your personal preferences.

1. 將豬扒洗乾淨瀝乾;
2. 烤盤預熱 1 分鐘,把豬扒、洋蔥放入烤盤烤,中途翻幾次面直到烤熟為止。
3. 烤好出爐加入個人喜好的醬料即可享用。





# Hot Pot

## 火鍋

### INGREDIENTS

Dried tofu, frozen tofu, rape, crown daisy, cabbage, parsley, kelp, enokitake, fish balls, chicken balls, fish tofu, etc.

### 材料

干豆腐,凍豆腐,油菜,茼蒿,白菜,香菜,海帶,金針菇,魚丸,雞肉丸,魚豆腐等。

### METHOD

### 做法

1. Wash all the ingredients.
  2. Take off the grilling plate and place the pot on the stove, start cooking the ingredients by putting them into boiling water.
- 1.把食材清洗乾淨。
  - 2.首先把烤盤取下放好,接著把鍋放上電烤爐上加熱,待火鍋底沸騰就可以開始打火鍋了。