

SHARP

The Taste of Home

FAST & EASY COOKBOOK

16道简易电锅食谱

SHARP

Be Original.

MODEL
KS-E185-WH
DIGITAL
RICE COOKER

MODEL
KS-C186-GL
DIGITAL
RICE COOKER





CHEF PROFILE

TK DONG师傅履历:

1983年出生在砂朥越诗巫,籍贯福州,从小濡染福州传统菜肴,为他进入厨艺界打下了基础。

他于2002年到Flamingo国际学院研读厨艺班,之后到KLCC的SHROOM法式餐厅任职,从此展开多姿多彩的厨师生涯。

他除了在不同的餐厅担任主厨,也同时出任多家厨具和家电公司的示范厨师,并经常在大马电视节目和印刷媒体充当表演嘉宾和教授烹饪。

目前他除了忙于在吉隆坡、东马、新加坡、香港及中国开设自己的I am 80's咖啡厅外,他还致力于研究厨房的制度化管理及厨余处理方案等工作。

BIOGRAPHY CHEF TK DONG,

Born in a Hook Chew family in Sibul, Sarawak in 1983. His culinary interest was built in his roots since he was a small kid.

Pursuit his culinary dream in Flamingo International college of Chef culinary in the year 2002. Then he builds up his colorful culinary life after joining SHROOM KLCC, a French fine dining restaurant.

Other than holding executive chef post in various F&B establishments, he also serves as demo chef for many kitchen equipment and home appliances company.

In the meantime, he also frequently appear in few of Malaysia TV food program and print media to demonstrate his culinary skills.

Presently, chef Dong is busy on setting up and manages his own "I am 80's" Café around Kuala Lumpur, east Malaysia, Singapore, Hong Kong and China.

He also involved himself to create kitchen S.O.P and introduce own format of food cost and wastage saving protocol.



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FRAGRANT SEAFOOD RICE

辛香海鲜饭



0:40

① Model: KS-C186-GL
Mode/功能: SWEET COOK
Time/时间: 40 min



0:35

② Model: KS-E185-WH
Mode/功能: QUICK COOK
Time/时间: 35 min

材料

- A) 香米300克
清水350毫升
- B) 黄姜粉2茶匙
咖喱粉3茶匙
蒜头5瓣
洋葱半粒(切碎)
红灯笼椒半粒(切粒)
青灯笼椒半粒(切粒)
黄灯笼椒半粒(切粒)
- C) 盐2茶匙
糖3茶匙
- D) 墨鱼1只(切圈)
鲜虾8只
青口8只
蛤蜊8只

INGREDIENTS

- A) 300g fragrant rice grain
350ml water
- B) 2 tsp turmeric powder
3 tsp curry powder
5 pips garlic
½ onion (diced)
½ each of red, green & yellow capsicum (diced)
- C) 2 tsp salt
3 tsp sugar
- D) 1 squid (cut rings)
8 prawns
8 mussels
8 clams

METHOD

- Place ingredients (A), (B) & (C) into inner pot. Close the top lid. (Pic 1-3)
- KS-C186-GL** : Press SWEET COOK button to begin cooking.
KS-E185-WH : Press MENU to select QUICK COOK function, press START button to begin cooking.
- At the last 10 minutes, spread all ingredients (D) into the steamer basket. (Pic 4)
- Close the lid to continue cooking.
- Mixes cooked seafood with rice and serve.

做法

- 将材料A、B及C混合均匀，放入 SHARP 电饭煲的内锅里，把锅盖盖好。(图1-3)
- KS-C186-GL** : 按 SWEET COOK 键即可启动烹调程序。
KS-E185-WH : 按 MENU，选择 QUICK COOK 烹调功能，然后按 START 键启动程序。
- 在最后10分钟时，把材料D放入电饭锅的蒸笼里摊平。(图4)
- 盖上锅盖继续烹煮。
- 将海鲜与饭拌匀，上桌享用。

STEP



BROWN RICE WITH FUNGUS & RED BEANS

菇菌红豆糙米饭



0:40

① Model: KS-C186-GL
Mode/功能: SWEET COOK
Time/时间: 40 min



0:55

② Model: KS-E185-WH
Mode/功能: MIX GRAINS
Time/时间: 55 min

材料

- A) 红豆50克
糙米300克
- B) 杏鲍菇1颗(切片)
白柳姬菇100克
鲍鱼菇5片(切丝)
蒜头5瓣
- C) 水400毫升
盐1茶匙

INGREDIENTS

- A) 50g red bean
300g brown rice grains
- B) 1 stalk king oyster mushroom (sliced)
100g white shimeiji mushroom
5 pcs abalone mushroom (shredded)
5 pips garlic
- C) 400ml water
1 tsp salt

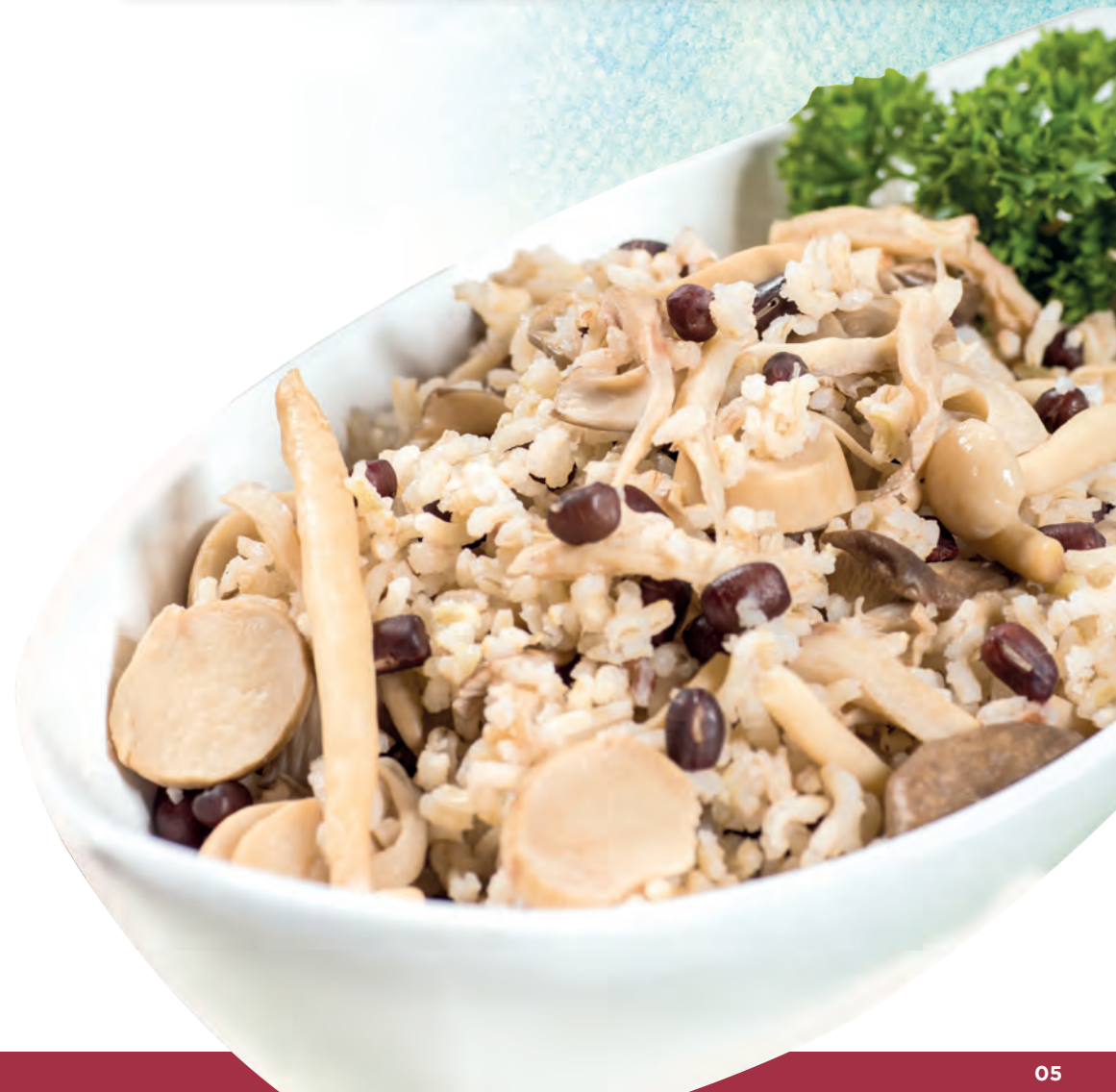
METHOD

1. Wash and soak ingredients A in water for 30 minutes, drain.
2. Place (A) and (B) ingredients into inner pot. Close the top lid. (Pic 1-3)
3. **KS-C186-GL** : Press SWEET COOK function to start cooking.
KS-E185-WH : Press MENU to select MIX GRAINS function, press START button to begin cooking.

做法

- ① 将材料A洗净，浸泡30分钟，沥干备用。
- ② 把材料A及B放入SHARP电饭煲的内锅中，盖上锅盖。(图1-3)
- ③ **KS-C186-GL** : 按 SWEET COOK 键启动烹调程序。
KS-E185-WH : 按 MENU, 选择 MIX GRAINS 功能, 再按 START 启动烹调程序。

STEP



CLAYPOT RICE WITH BEEF

姜葱牛肉煲仔饭



0:50

① KS-C186-GL

Function/功能: CLAYPOT
Cooking time/时间: 50 min

0:45

② Model: KS-E185-WH

Function/功能:
REFINED COOKING
Cooking time/时间: 45 min

材料

- A) 香米300克 (洗净)
清水350毫升
1茶匙盐
- B) 牛肉150克 (切条)
油4汤匙
清水4汤匙
粟米粉2茶匙
酱油1汤匙
麻油1茶匙
白胡椒粉少许
蚝油2茶匙
- C) 嫩姜1段 (切片)
葱50克 (切段)

INGREDIENTS

- A) 300g fragrant rice grains
(rinsed and drained)
350ml water
1 tsp salt
- B) 150g beef sirloin
(cut into strips)
4 tbsp cooking oil
4 tbsp water
2 tsp corn flour
- 1 tbsp soy sauce
1 tsp sesame oil
1 tsp white pepper
2 tsp oyster sauce
- C) 1 block young
ginger (sliced)
50g spring onion
(cut sections)

METHOD

1. Pour all ingredients (A) into inner pot. Close the top lid. (Pic 1-2)
2. **KS-C186-GL** : Press MENU to select CLAYPOT function, press START button to begin cooking.
KS-E185-WH : Press MENU to select REFINED COOKING function, press START button to begin cooking.
3. Just 10 minutes before completion, open the lid, spread pre mixed ingredients (B) and ingredients (C) over the rice. (Pic 3)
4. Cover the lid to resume the cooking process.
5. Stir well to serve.

做法

- ① 将材料A放入 SHARP 电饭煲的内锅，盖上锅盖。(图1-2)
- ② **KS-C186-GL** : 按 MENU, 选择 CLAYPOT 功能, 再按 START 键启动烹调程序。
KS-E185-WH : 按 MENU, 选择 REFINED COOKING 功能, 再按 START 启动烹调程序。
- ③ 煮剩最后10分钟时, 开盖, 铺上混合料B及材料C。(图3)
- ④ 盖上锅盖继续烹调。
- ⑤ 煮熟后搅拌均匀即可享用。

STEP



OKINAWA PILAF

冲绳杂烩饭



0:40

① Model: KS-C186-GL
Mode/功能: SWEET COOK
Time/时间: 40 min



0:35

② Model: KS-E185-WH
Mode/功能: QUICK COOK
Time/时间: 35 min

材料

- A) 日本珍珠米300克
(洗净沥干水)
300毫升清水
100毫升浸泡冬菇的水
- B) 海带 1片 (切丝)
冬菇 2颗 (泡水切丝)
红萝卜1条 (切丝)
鸡胸肉1片 (切丝)
- C) 酱油100毫升
味噌1大汤匙

INGREDIENTS

- A) 300g Japanese rice grains (rinsed and drained)
- B) 1 pc kelp (juliennes)
2 Chinese mushrooms (soaked and juliennes)
1 carrot (juliennes)
1 pc chicken breast (juliennes)
- C) 100ml soy sauce
1 heaped tbsp miso
2 tsp sugar

METHOD

1. Place all ingredients into inner pot. Close the lid. (Pic 1-4)
2. **KS-C186-GL**: Press SWEET COOK button to begin cooking.
KS-E185-WH: Press MENU to select QUICK COOK function. Press START button to begin cooking.
3. Sprinkle nori sheet over just before serve (optional).

做法

- ① 将全部材料处理妥当，放入 SHARP 电饭煲的内锅，盖上锅盖。(图1-4)
- ② **KS-C186-GL**: 按 SWEET COOK 功能，即启动烹调程序。
KS-E185-WH: 按 MENU，选择 QUICK COOK 功能，再按 START 键启动烹调程序。
- ③ 把饭拌松，上桌时洒上紫菜丝(随意)。

STEP



JAPANESE SEAFOOD PORRIDGE

日式海鲜粥



1:30

① Model KS-C186-GL
Function/功能: PORRIDGE
Cooking time/
烹调时间: 1hr 30 min



1:30

② Model KS-E185-WH
Function/功能: PORRIDGE
Cooking time/
烹调时间: 1hr 30 min

材料

- A) 香米300克
水2.5公升
- B) 海带丝50克
味噌50克
盐适量
糖适量
- C) 蛤蜊10颗
青口10颗
墨鱼1只(切段)
虾10只

INGREDIENTS

- A) 300g fragrant rice grains
2.5 liter water
- B) 50g kelp (julienned)
50g miso
Dash of salt & sugar
- C) 10 pcs clams
10 pcs mussel
1 squid (cut sections)
10 prawns

METHOD

- Place all ingredients (A) & (B) into inner pot, stir to mix. Close the top lid. (Pic 1-3)
- KS-C186-GL** : Press PORRIDGE button to begin cooking.
KS-E185-WH : Press MENU to select PORRIDGE function. Press START button to begin cooking.
- Put all ingredients (C) into the steaming basket.
- Just 10 minutes before completion, open the lid, insert the steaming basket into the cooker. Close the lid to resume the cooking process. (Pic 4)
- Sprinkle some toasted black sesame seeds over seafood porridge. (optional)

做法

- 将材料A和材料B一起放入 SHARP 电饭煲的内锅，盖上锅盖。(图1-3)
- KS-C186-GL** : 按 PORRIDGE 键即启动烹调程序。
KS-E185-WH : 按 MENU, 选择 PORRIDGE 功能, 然后按 START 键开始烹调。
- 把材料C放入蒸盘中备用。
- 在煮剩最后10分钟时, 开盖放入一起煮。(图4)
- 搅拌均匀, 上桌时随喜好洒入烤香黑芝麻。

STEP



DRIED SHELLFISH & MULTI-GRAINS CONGEE

海味五谷粥



1:30

① Model KS-C186-GL
Function/功能: PORRIDGE
Cooking time/
烹调时间: 1hr 30 min



1:30

② Model KS-E185-WH
Function/功能: PORRIDGE
Cooking time/
烹调时间: 1hr 30 min

材料

- A) 干贝5颗
干蚝10颗
干鱿鱼10颗
- B) 意米50克
绿豆50克
红豆50克
眉豆50克
黄豆50克
香米250克
- C) 水3公升
盐1茶匙
糖1茶匙

INGREDIENTS

- A) 5 pcs dried scallop
10 pcs dried oyster
10 pcs dried clams
- B) 50g each of barley, green bean, red bean,
black eye bean & soya bean
250g fragrant rice grains
- C) 3 liters water
1 tsp salt
1 tsp sugar

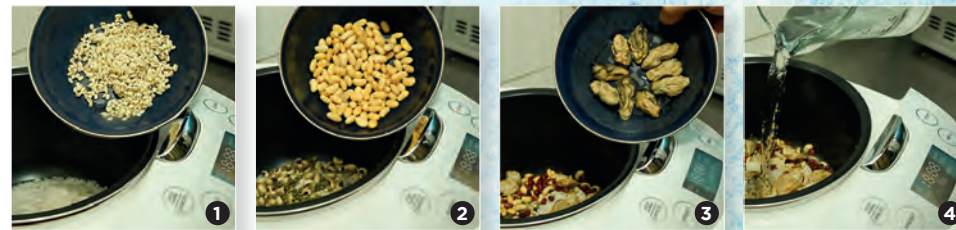
METHOD

1. Soak ingredients (A) & (B) in water respectively for 30 minutes.
2. Place all ingredients into inner pot. Close the top lid. (Pic 1-4).
3. **KS-C186-GL** : Press PORRIDGE button to begin cooking.
KS-E185-WH : Press MENU to select SOUP/PORRIDGE function, press START button to begin cooking.

做法

- ① 将材料A和B分别浸泡30分钟待用。
- ② 把所有材料放入 SHARP 电饭煲内锅，盖上锅盖。(图1-4)
- ③ **KS-C186-GL** : 按 PORRIDGE 功能键启动烹调程序。
KS-E185-WH : 按 MENU, 选择 SOUP/PORRIDGE 功能, 接着按 START 键启动烹调程序。

STEP



BLACK CHICKEN WITH DURIAN & GINSENG SOUP

榴莲人参乌鸡汤



1:30

① Model KS-C186-GL
Function/功能: SOUP
Cooking time/
烹调时间: 1hr 30 min



1:30

② Model KS-E185-WH
Function/功能: SOUP
Cooking time/
烹调时间: 1hr 30 min

材料

- A) 乌鸡(600克) 2只
B) 榴莲壳1粒(去青色皮)
人参须20克
红枣10颗
枸杞5克
老姜5片
清水2.5公升
盐½汤匙
糖½汤匙

INGREDIENTS

- A) 2 black chicken(600g)

B) 1 nos durian skin (peel off the green layer)
20g Ginseng roots
10 pcs red dates
5g GouQi
5 slices old ginger
2.5 liters water
½ tbsp salt
½ tbsp sugar

METHOD

1. Clean and wash black chicken before put into inner pot. (Pic 1)
2. Add in all ingredients (B) and mixes well. Close the top lid. (Pic 2-4)
3. For both models, press MENU to select SOUP function, press START button to begin cooking.
4. Serve soup warm.

做法

- ① 将乌鸡先清洗干净，放入 SHARP 电饭煲内锅。(图1)
- ② 加入材料B拌匀，盖上锅盖。(图2-4)
- ③ 按 MENU，选择 SOUP 功能，然后按 START 键启动烹调程序。
- ④ 趁热享用。

STEP



JAPANESE CURRY WITH CHICKEN & APPLE

日式苹果鸡咖喱



0:40

- 1 Model: KS-C186-GL
Function/功能:
SWEET COOK
Cooking time/
烹调时间: 40 min



0:45

- 2 Model: KS-E185-WH
Function/功能:
REFINED COOKING
Cooking time/
烹调时间: 45 min

材料

- A) 鸡胸肉2块(切片)
B) 洋葱½粒(切块)
红萝卜1条(去皮切片)
西芹2条(去皮切段)
红灯笼椒½粒(切块)
青灯笼椒½粒(切块)
红苹果2粒(去皮切块)
C) 日式咖喱精块4小块
水200毫升
盐1茶匙
糖2茶匙

INGREDIENTS

- A) 4 blocks Japanese curry roux
B) ½ onion (cut wedges)
1 carrot (peel and sliced)
2 stalks celery
½ red capsicums (cut wedges)
½ green capsicum (cut wedges)
2 red apples (peel and cut wedges)
C) 4 blocks Japanese curry stock granules
200ml water
1 tsp salt
2 tsp sugar

METHOD

1. Place all ingredients (A) & (B) into inner pot. (Pic 1-2)
2. Pour in ingredients (C). Close the top lid. (Pic 2-4)
3. **KS-C186-GL**: Press SWEET COOK to begin cooking. **KS-E185-WH**: Press MENU to select REFINED COOKING function. Press START button to begin cooking.
4. Serve with white rice.

做法

- 1 将准备好的材料A和B放入SHARP电饭煲内锅。(图1-2)
- 2 加入材料C, 盖上锅盖。(图2-4)
- 3 **KS-C186-GL**: 按 SWEET COOK 功能键, 即可启动烹调程序。
KS-E185-WH: 按 MENU, 选择 REFINED COOKING 功能, 然后按 START 键启动烹调程序。
- 4 配白米饭享用。

STEP



BAKE FREE LASAGNA

免焗意式千层面



0:50

① Model: KS-C186-GL
Function/功能:
REFINED COOKING
Cooking time/
烹调时间: 50min



0:55

② Model: KS-E185-WH
Function/功能: MIX GRAINS
Cooking time/
烹调时间: 55 min

材料

- A) 免煮千层面10片
B) 纯番茄酱1瓶(400克)
蘑菇白酱1瓶(400克)
C) 香肠5条(切片)
葫芦瓜1条(切片)
莫萨里芝士300克

INGREDIENTS

- A) 10 pcs Lasagna pasta
B) 1 bottle tomato paste (400g)
1 jar mushroom white sauce (400g)
C) 5 sausages (sliced)
1 zucchini (sliced)
300g mozzarella cheese

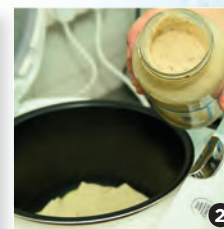
METHOD

1. Divide tomato paste and white sauce into 3 portions.
2. Pour one portion of tomato paste to the basement of inner pot. Top with 2 sheets lasagna pasta. (Pic 1)
3. Pour one portion of white sauce over the lasagna pasta, top with sausages and cheese, cover with another 2 sheets of lasagna pasta again.
4. Pour in tomato paste and layer with zucchini slices, cover with lasagna pasta Repeat steps until all Ingredients used up. Close the top lid. (Pic 2-4)
5. **KS-C186-GL** : Press MENU to select REFINED COOKING function, press START button to begin cooking.
KS-E-185-WH : Press MENU to select MIXED GRAINS function, press START to begin cooking.
6. Dislodge lasagna from inner pot once cool, slice and serve.

做法

- ① 纯番茄酱及蘑菇白酱各分成三等份备用。
- ② 将一份番茄酱倒入SHARP电饭煲内锅，铺上两片千层面。(图1)
- ③ 注入一份蘑菇白酱，叠上香肠、芝士及两片千层面。
- ④ 再倒入一份番茄酱，铺上葫芦瓜、千层面及白酱。重复做法至材料用完，盖上锅盖。(图2-4)
- ⑤ **KS-C186-GL** : 按 MENU, 选择 REFINED COOKING 功能, 然后按 START 键启动烹饪程序。
KS-E-185-WH : 按 MENU, 选择 MIX GRAINS 功能, 然后按 START 键启动烹调程序。
- ⑥ 待冷却后从内锅扣出，切块上桌。

STEP



BRAISED SPICED CHICKEN

香料卤鸡腿



0:50

- 1 Model KS-C186-GL
Function/功能:
REFINED COOKING
Cooking time/
烹调时间: 50 min



0:45

- 2 Model KS-E185-WH
Function/功能:
REFINED COOKING
Cooking time/
烹调时间: 45 min

材料

- A) 鸡腿 10只
B) 卤包 1个
老姜10片
大蒜1粒
洋葱 1/2粒(切滚刀块)
蘑菇1罐
肉桂1支
C) 黑酱油3汤匙
酱油2汤匙
麻油2汤匙
盐1汤匙
糖2汤匙
清水2公升

INGREDIENTS

- A) 10 chicken drumsticks
B) 1 spices packet
10 slices old ginger
1 whole smoked garlic
1/2 onion(cut wedges)
1 canned champignons
mushroom
1 stick cinnamon
C) 3 tbsp dark soy sauce
2 tbsp soy sauce
2 tbsp sesame oil
1 tbsp salt
2 tbsp sugar
2 liters water

METHOD

1. Place all ingredients into inner pot. Close the top lid. (Pic 1-4)
2. For both cooker, press MENU to select REFINED COOKING function, press START button to begin cooking.
3. You may open the lid and stir the dish after 15 minutes cooking, to ensure the color is even.

做法

- 1 将全部食材一起放入 SHARP 电饭煲内锅，盖上锅盖。(图1-4)
- 2 按 MENU，选择 REFINED COOKING 功能，然后按 START 键启动烹调程序。
- 3 烹煮15分钟后，即可打开锅盖，翻转鸡腿，让色泽均匀。

STEP



MALAY RED CURRY CHICKEN

马来红咖喱鸡



0:50

- 1 Model KS-C186-GL
Function/功能:
REFINED COOKING
Cooking time/
烹调时间: 50 min



0:45

- 2 Model KS-E185-WH
Function/功能:
REFINED COOKING
Cooking time/
烹调时间: 45 min

材料

- A) 肉鸡1.6公斤(斩件)
B) 马铃薯 3颗(去皮切块)
长豆200克(切段)
羊角豆200克(切段)
红萝卜1条(切块)
红辣椒 2条(切段)
洋葱半粒(切块)
C) 红咖喱酱料500克
清水1公升
红辣椒粉1汤匙
咖喱粉1汤匙

INGREDIENTS

- A) 1.6kg chicken (chop into pieces)
B) 3 potatoes (peels and cut into wedges)
200g Long bean (cut sections)
200g Lady's fingers (cut sections)
1 carrot (cut wedges)
2 red chillies (cut sections)
½ onion (cut wedges)
C) 500g red curry paste
1 liter water
1 tbsp chili powder
1 tbsp curry powder

METHOD

1. Place all ingredients into inner pot. Close the top lid. (Pic 1-4)
2. For both model, press MENU to select REFINED COOKING function. Press START button to begin cooking.
3. May serve the dish with Biryani rice or white rice.

做法

- 1 将全部材料放入 SHARP 电饭煲内锅, 盖上锅盖。(图1-4)
- 2 按 MENU, 选择 REFINED COOKING 功能, 按 START 键启动烹调程序。
- 3 配 Biryani 饭或白饭享用。

STEP



CREAMED MUSSELS

奶油青口



0:30

① Model KS-C186-GL
Function/功能: QUICK COOK
Cooking time/
烹调时间: 30 min



0:35

② Model KS-E185-WH
Function/功能: QUICK COOK
Cooking time/
烹调时间: 35 min

材料

- A) 洋葱½粒(切丁)
蒜头5瓣(切片)
罗勒叶5片(切条)
- B) 青口20只
冷冻三色豆100克
- C) 鲜奶油300毫升
牛油1汤匙
盐1茶匙
糖2茶匙
黑胡椒粉适量
清水50毫升

INGREDIENTS

- A) ½ onion (cut cubes)
5 pips garlic (sliced)
5 sprigs basil leaves (cut strips)
- B) 20 pcs mussels
100g frozen mixed vegetables
- C) 300ml fresh cream
1 tbsp butter
1 tsp salt
2 tsp sugar
Dash of black pepper
50ml water

METHOD

1. Prepare all ingredients and place into inner pot. Close the top lid. (Pic 1-4)
2. **KS-C186-GL**: Press QUICK COOK button to begin cooking.
KS-E185-WH: Press MENU to select QUICK COOK function, press START button to begin cooking.
3. May serve these dish with toast or pasta.

做法

- ① 将全部材料准备妥当, 一起放入 SHARP 电饭煲内锅, 並盖上锅盖。(图1-4)
- ② **KS-C186-GL**: 按 QUICK COOK 键, 即可启动烹调程序。
KS-E185-WH: 按 MENU, 选择 QUICK COOK 功能, 再按 START 键启动烹调程序。
- ③ 可配意大利面或烤面包享用。

STEP



ASIAN ASSAM FISH

亚洲阿叁鱼



0:40

① Model: KS-C186-GL
Mode/功能: SWEET COOK
Time/时间: 40 min



0:35

② Model: KS-E185-WH
Mode/功能: QUICK COOK
Time/时间: 35 min

材料

- A) 马鲛鱼4片
B) 羊角豆8条
洋葱半粒(切块)
长豆200克(切段)
矮瓜300克(切块)
番茄2粒(切块)
C) 阿叁咖喱酱料
(400克庄)
盐2茶匙
糖½汤匙
清水100毫升

INGREDIENTS

- A) 4 pcs mackerel
B) 8 lady's fingers
½ onion (cut wedges)
200g long bean (cut sections)
300g eggplant (cut wedges)
2 tomatoes (cut wedges)
C) 400ml Assam curry paste
2 tsp salt
½ tbsp sugar
100ml water

METHOD

1. Prepare all ingredients and place into inner pot. Close the top lid. (Pic 1-4)
2. **KS-C186-GL** : Press SWEET COOK button to begin cooking.
KS-E185-WH : Press MENU, select QUICK COOK function, press START button to begin cooking.
3. Arrange the dish on serving plate, serve with rice.

做法

- ① 将所有材料按照秩序放入 SHARP 电饭煲内锅, 盖紧。(图1-4)
- ② **KS-C186-GL**: 按 SWEET COOK 键即可启动烹调程序。
KS-E185-WH: 按 MENU, 选择 QUICK COOK 功能, 然后按 START 键启动烹调程序。
- ③ 将煮好的鱼摆盘上桌, 配白饭享用。

STEP



STEWED PEAR IN ROSE SYRUP

玫瑰露炖雪梨



0:50

- ① Model KS-C186-GL
Function/功能:
REFINED COOKING
Cooking time/
烹调时间: 50 min



0:45

- ② Model KS-E185-WH
Function/功能:
REFINED COOKING
Cooking time/
烹调时间: 45 min

材料

- A) 雪梨10颗
B) 玫瑰糖浆100毫升
肉桂1条(10克)
白糖5汤匙
清水2公升
C) 冰淇淋适量

INGREDIENTS

- A) 10 Pears
B) 100ml rose syrup
1 stick cinnamon (10g)
5 tbsp sugar
2 liters water
C) Vanilla ice cream

METHOD

1. Peel pears and soak in salted water to prevent oxidation. (Pic 1)
2. Place all ingredients into inner pot. Close the top lid. (Pic 2-4)
3. For both cooker, press MENU, select REFINED COOKING function, and then press START button to begin cooking.
4. Chill stewed pears in fridge, serve with ice cream.

做法

- ① 将雪梨去皮，浸泡盐水以防止氧化。(图1)
- ② 把所有材料放入 SHARP 电饭煲内锅中，盖紧。(图2-4)
- ③ 按MENU，选择 REFINED COOKING 功能，然后按 START 键启动烹调程序。
- ④ 炖好的雪梨最好放入雪柜冷冻，搭配冰淇淋享用。

STEP



BLUE BERRY & HONEY CAKE

蓝莓蜂蜜蛋糕



1:30

① Model KS-C186-GL
Function/功能: CAKE
Cooking time/
烹调时间: 1 hr 30 min



1:30

② Model KS-E185-WH
Function/功能: CAKE
Cooking time/
烹调时间: 1 hr 30 min

材料

- A) 牛油250
菜油100
糖250
B) 鸡蛋5颗
C) 自发面粉300克
牛奶50毫升
蜂蜜2汤匙
D) 葵花籽10克

INGREDIENTS

- A) 250g butter
100g margarine
250g sugar
B) 5 eggs
C) 300g self-raising flour
50ml milk
2 tbsp honey
D) 10g sunflower seeds

METHOD

1. Whisk ingredients (A) in cake mixer for 5-10 minutes until fluffy. (Pic 1-2)
2. Add in eggs one at a time with 1 minute interval.
3. Fold in ingredients (C) and blend into smooth batter.
4. Grease the inner pot with butter, pour in cake batter, sprinkle ingredients (D) on top. (Pic 3-4)
5. Cover lid, press MENU to select CAKE function.
6. Once time up, press CAKE function again to bake for another 40 minutes.
7. Garnish with blue berries.

Cooking tips:

In order to check the cake is fully cook, poke the cake with a bamboo stick, if the stick has no batter stain sticking on it, means it is done.

做法

- ① 用搅拌机搅拌材料A 5-10分钟至松软。(图1-2)
- ② 加入材料B, 每加入一颗鸡蛋需拌打1分钟。
- ③ 接着加入材料C, 轻轻拌成细滑面糊。
- ④ 在 SHARP 电饭煲内锅涂上一层牛油, 接着倒入面糊, 再撒上材料D。(图3-4)
- ⑤ 关上锅盖, 按 MENU, 选择 CAKE 功能, 然后按 START 启动烹调程序。
- ⑥ 程序完成后, 再按一次 CAKE 功能, 再烤40分钟。
- ⑦ 待蛋糕冷却后撒上蓝莓点缀。

小贴示:

要测试蛋糕熟度, 可插入竹签, 若没粘物即表示蛋糕已熟透。

STEP



SWEET GREEN BEAN & KELP SOUP

海带绿豆糖水



1:30

① Model KS-C186-GL
Function/功能: SOUP
Cooking time/
烹调时间: 1hr 30 min



1:30

② Model KS-E185-WH
Function/功能: SOUP
Cooking time/
烹调时间: 1hr 30 min

材料

绿豆 200克
干海带1片
清水2.5公升
冰糖400克

INGREDIENTS

200g green beans
1 pc dried kelp
2.5 liter water
400g rock sugar

METHOD

1. Soak green bean in water for 30 minutes.
2. Soak kelp in water for 25 minutes, and then wash, drain and juliennes.
3. Place all ingredients into inner pot. Close the top lid. (Pic 1-4)
4. For both cooker, press MENU to select SOUP function, press START button to begin cooking.
5. May serve warm or chilled.

做法

- ① 绿豆浸泡30分钟备用。
- ② 将海带浸水25分钟，清洗干净，切成丝备用。
- ③ 把所有材料放入 SHARP 电饭煲的内锅，盖上锅盖。(图1-4)
- ④ 按 MENU，选择 SOUP 功能，然后按 START 键启动烹调程序。
- ⑤ 趁热食用或放入冰箱冷藏后才吃都十分美味。

STEP

