

Panasonic®

使用说明书

自动制面包机（家庭用）

Operating Instructions

Automatic Bread Maker(Household Use)

国家标准：

GB4706.1-2005

GB4706.14-2008

企业标准：

Q/XMJS010-2012

National standard:

GB4706.1-2005

GB4706.14-2008

Enterprise standards:

Q/XMJS010-2012

型号

SD-PM105

Model No.

非常感谢您购买Panasonic的产品

- 请仔细阅读本使用说明书，以确保正确安全使用本产品。
- 本产品只限于家庭使用。
- 使用前请务必仔细阅读“安全注意事项”（P.6~7）。
- 保修证请与本使用说明书一起妥善保管。

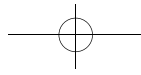
Thank you for purchasing Panasonic product.

- Please read these instructions carefully to use the product correctly and safely.
- This product is intended for household use only.
- Please carefully read the “Safety Precautions” (P.68~69) of this Manual before use.
- Please keep the Warranty Card and this Operating Instructions for future use.

保修证另附

The Warranty Card is attached.





简单方便地制作各种美味面包！

松软可口 面包 (干酵母)



表皮松脆味道可口的**吐司**
(P.18)



质感松软、细腻的**软式面包**
(P.23)



短时间完成！**快速面包**
(P.23)



加入米饭制成富有水分且绵软的**米饭面包** (P.24)



表皮松脆可口，呈现面粉自身风味的**法国面包** (P.25)



表皮稍硬、麦香四溢、营养丰富的**全麦面包** (P.26)



黄油奶香！富贵族风的**丹麦面包**
(P.27)



松软可口带有香酥菠萝皮的**菠萝面包**
(P.28)



绵软富有水分且有嚼劲的**米粉面包**
(P.30)

想要了解更多菜单！
登陆松下网站哦。
<http://home.panasonic.cn>



各种风味的 面包

用面包面团、
披萨面团制作



黄油卷 (P.36)



牛角面包 (P.37)



硬面包圈 (P.38)



披萨 (P.38)

其他



饺子皮面团 (P.39)



乌冬面、意大利面团 (P.40)



短时间轻松完成的**英式茶饼** (P.42)



蛋糕 (P.44)



巧克力点心 (P.46)



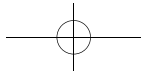
果酱 (P.48)



蜜糖水果 (P.50)



麻糬 (P.52)



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确认

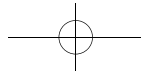
基本材料与准备

面包

面团

甜品

小帮手



Make various delicious breads manually in a simple and convenient way!

Soft and delicious
Bread
(Dry yeast)



With crispy crust and delicious taste **Bread** (P.80)



With soft and fine crust **Soft bread** (P.85)



Fasten the whole baking progress! **Rapid bread** (P.85)



Add in rice to make a high water content and soft **Rice bread** (P.86)



With crispy crust and original flour aroma **French bread** (P.87)



Slightly hard crust that are fragrant, healthy and nutritious **Whole wheat bread** (P.88)



Rich butter taste! **Danish bread** (P.89)



Two-layered bread with a crispy cookie crust **Pineapple bread** (P.90)



High water content, soft and chewy **Rice flour bread** (P.92)

For more fancy menu,
Please check
<http://home.panasonic.cn>



Various taste dedicated
Dough
dough, pizza dough making



Brioche (P.98)



Croissant (P.99)



Bagel (P.100)



Pizza (P.100)

Others



Dumpling skin dough (P.101)



Udon /Pasta dough (P.102)



Done in an easy and fast way **Scone** (P.104)



Cake (P.106)



Chocolate (P.108)



Jam (P.110)



Compote (P.112)



Mochi (P.114)

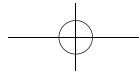


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Confirmation
Basic ingredients and preparations
Bread
Dough
Dessert
Tips

安全方面的注意事项 请务必遵守

为了避免危害使用者以及给他人造成财产损失，特此说明下列务必遵守的事项。


■采用了错误使用方法时产生的危害以及损失的程度，予以区分说明。

 **警告** 有可能导致死亡或重伤的事项。

 **注意** 有可能导致人身伤害或财产损失的事项。

■针对务必要遵守的事项，用以下符号予以区分说明。

 禁止事项。


 务必做到的事项。

警告




为了避免出现火灾、烫伤、触电等……

请不要用手触摸蒸气口

 ●请特别注意小孩。
(可能导致烫伤)



正确使用电源插头和电源线

 ●请勿超额使用插座和配线用具，以及使用交流电220V以外的电源。
(因多条配电线路超出额定功率时，会造成异常发热。)

●不要损坏电源线和电源插头。

请勿损坏、加工、将其放在热的用具附近、强行弯曲、扭转、拉伸、施加重力、捆扎

(否则会因触电或短路引起火灾)


●电源线损坏、插座松开时不要使用。

(否则会因触电或短路引起火灾)

▶如果电源线损坏，为了避免危险，必须由制造商、其维修部或类似部门的专业人员更换。

●请勿用潮湿的手插拔电源插头。

(否则可能导致触电)

 ●电源插头应插到底部为止。
(否则会造成触电、发热，引起火灾)


●请定期清除电源插头上的灰尘。

(特别要注意的是，若插头的插片积存了灰尘，则会因湿气等原因造成绝缘不良，引起火灾)

▶拔出电源插头，用干布擦拭。

请小心使用锂电池

(为了避免发热、着火、破裂)

 ●请勿充电、短路、加热、投入火中。

●请勿与其他金属、电池混用

 ●请放置在儿童触摸不到的地方。

▶不小心吞下时，请及时咨询医生。

●请用胶带等缠绕做好绝缘措施后废弃、保存。



发生异常、故障时立即停止使用，并拔出电源插头

 (否则可能导致冒烟、起火、触电、烫伤)

异常和故障事例

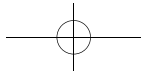
●电源插头和电源线异常发热。

●电源线破损、无法接通电源。

●本体变形、异常发热。

●使用过程中有异常的转动声。

▶请立即送往经销商检查、维修。



为了避免着火、
烫伤、受伤等
发生



⚠ 注意

面包机工作期间，某些表面的温度很高！



确认

为了避免事故发生， 请遵守以下事项

- 请放置于婴幼儿触摸不到的地方。
 - 请勿让身体、视觉、智能等较弱的人（包括儿童）以及缺乏使用经验和知识的人使用本产品。除非有人为他们的安全承担责任，对他们的使用给予监督和指导。请注意不要让儿童在本产品上玩耍。
- (可能导致烫伤、触电、受伤)



- 不要将水溅到或将水淋到本体上。
- (否则会因触电或短路造成着火)



- 绝对不要自行拆解、修理和改装。
- (可能导致火灾、触电、受伤)
- ▶ 请至经销商咨询维修事宜。



面包容器

手套

- 请不要触摸面包容器、本体、排气口、炉内、加热器、上盖内侧等高温部位。使用中表面会发热（否则可能造成烫伤）

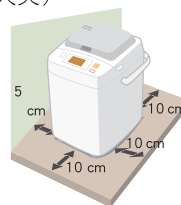
▶ 取出面包容器时务必戴上隔热手套。

※ 不要使用湿手套。（容易导热，可能造成烫伤）

- 待冷却后再进行使用后的清洁保养。（可能造成烫伤）

请不要在下列场所使用！

- 地毯等不耐热的物体上面。（可能导致火灾）
- 不平稳处和铺有桌布的桌面。（可能掉落或引起火灾）
※ 请注意发热的面容器的放置场所。（会造成本体滑落）
▶ 清除掉面粉等，距离桌子边缘10 cm以上。
- 墙壁或家具附近。
▶ 必须远离5 cm以上。（否则会造成变形变色）



正确使用电源插头

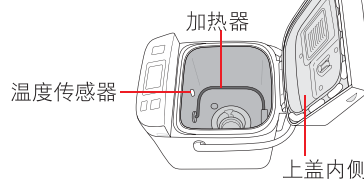
- 拔电源插头时必须用手持电源插头。（否则可能会因触电或短路引起着火）
- 不使用时请将电源插头拔离插座。（否则可能会因触电或漏电而引发火灾）

正确装入锂电池

- 请不要弄错电池的 \oplus \ominus 极方向。（可能导致发热、着火及破裂P.9）

使用方面的要求

- 请不要把小毛巾等放在盖上。（否则会造成故障或变形）
- 请不要对以下部位施加重力。（否则会引发故障或变形）
- 请不要放在潮湿处或火源附近。（否则会造成故障或变形）
- 有食物过敏患者请咨询医生后再使用。
- 本面包机不能以外接定时器或独立的遥控控制系统操作。



安全方面的注意事项 / 使用方面的要求

各部件的名称和配件

■初次使用时,请清洗面包容器、面包用叶片、配件等。(P.54)



- 面包用叶片 (P.18)
- 制作面条、麻糬用叶片 (P.40,52)
※与计量杯放在一起

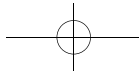
配件 (各1个)

不要用来称量面粉等!

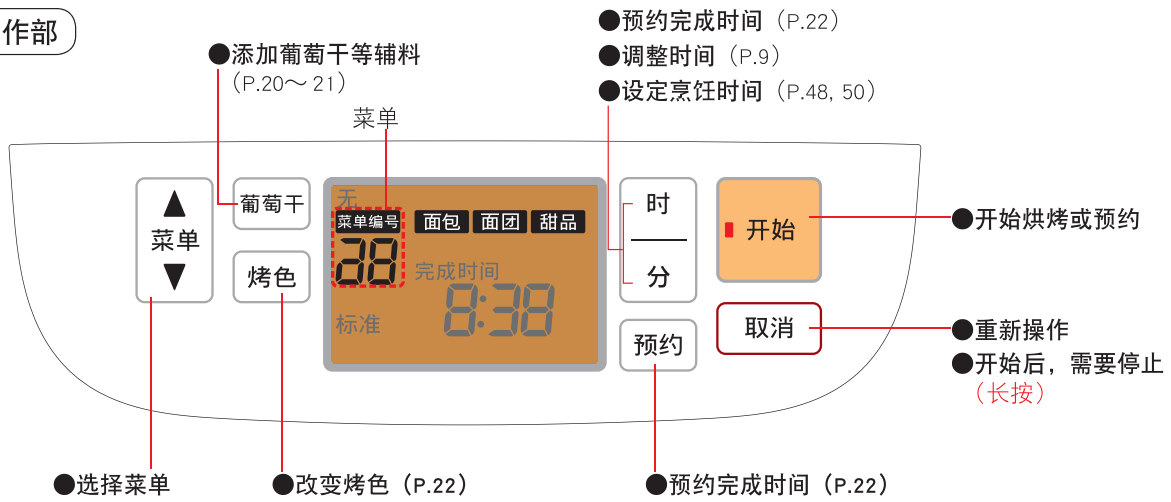
约 $\frac{3}{4}$ 量的线 (大计量匙)

约 $\frac{1}{2}$ 量的线 (小计量匙)

- 计量匙
本说明书中所述材料的“大1”是指“大计量匙1匙”的意思。
 (“大匙”、“小匙”指的是市售计量匙。)
- 计量杯 (液体专用 P.11)



操作部



确认

各部件的名称和配件

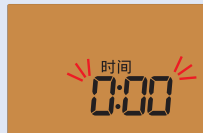
时间调整 (时钟显示)

- 事先拔出塑料隔板 (P.8)
- 时间显示为24小时制。

①插入电源插头

※如果不插电则无法调整时间。

②按“时”或“分” (时间显示闪烁)



- 听见哔的声音后请放开手指。

③调整时间

※时间显示闪烁时可以变更。

(例: 调整为下午3时30分)



(快进时
长按)



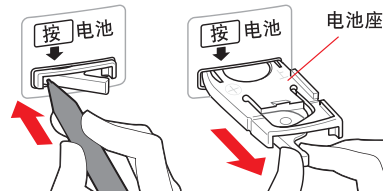
- 停止闪烁即完成。

④拔出电源插头

更换锂电池

※使用锂电池可使面包机记忆当前时间和上次使用过的设定等。

①取出电池座。



②左手固定电池, 将电池座取至跟前, 拿出电池。



③将电池座反转后放入电池, 再将电池座装入本体。



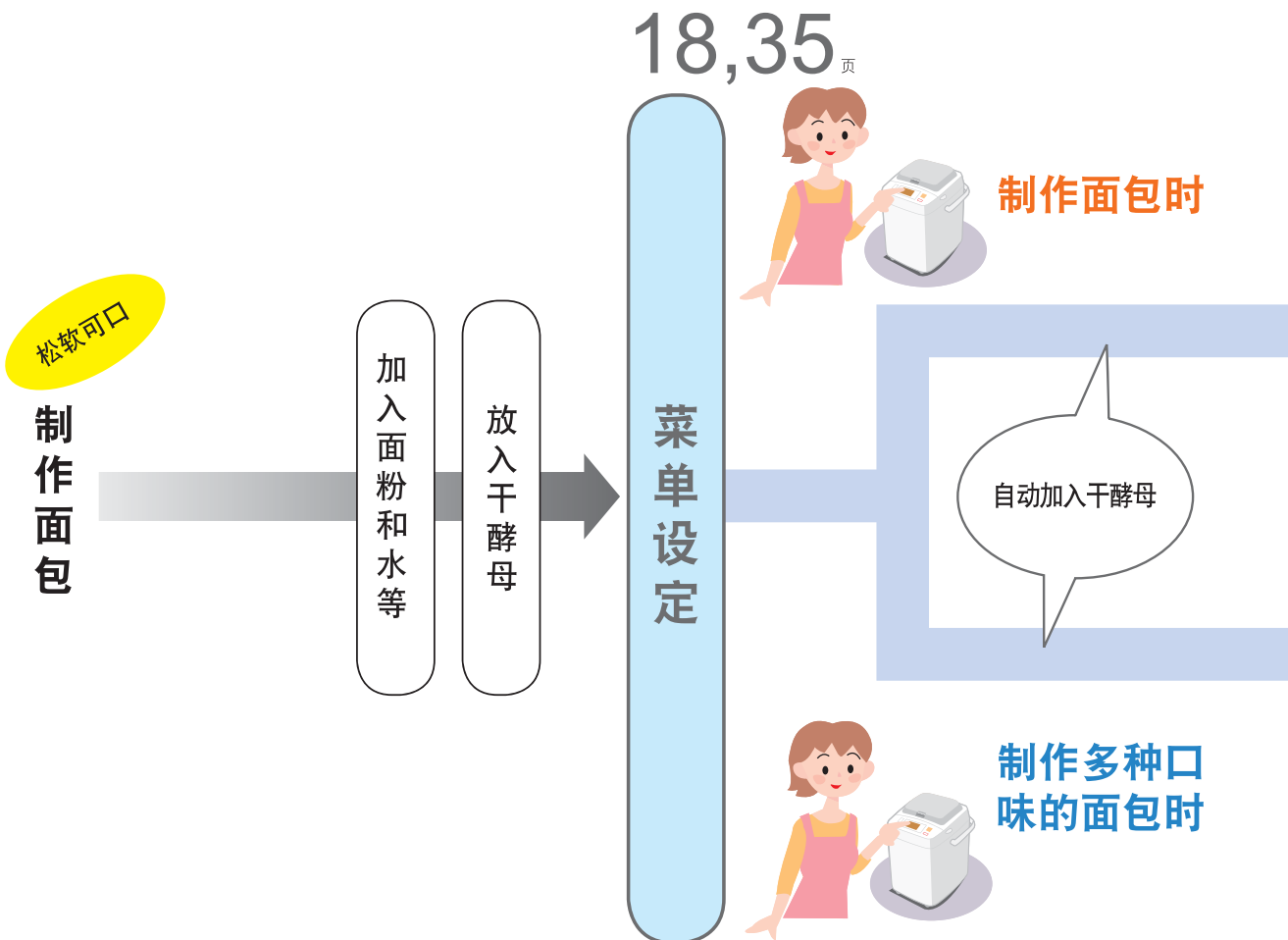
※请确认电池没有掉落。

※没有放入锂电池也可以烘烤面包。

制作面包的流程及要领

准备

面团制作



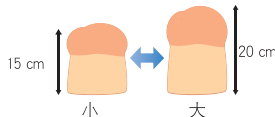
顺利制作面包的要领！



膨胀程度和形状每次都会变的自家制面包

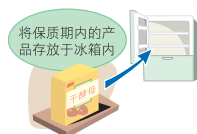
制作自家制面包容易受温度、湿度、材料及预约时间等因素的影响。即使一直都是以相同的做法去烘烤，条件稍微有点变化，膨胀程度和形状也会发生改变。

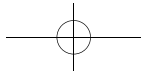
面包的大小标准



材料的新鲜程度影响很大！材料保存是否有问题？

使面包发酵和膨胀的酵母 (P.14) 是和鱼肉一样都是生鲜食品。干酵母必须放置冰箱内冷藏！开封后，干酵母要密封保存！





烘烤

取出面包

基本材料与准备

制作面包的流程及要领

取出面包

用烤箱烘烤

发酵

成形

取出面团

添加辅料(P.20)和黄油(P.27)时



36页



夏天或室温高的时候，请事先冷却水

水对面团的膨胀程度有很大影响。夏天或室温超过25℃时，材料的温度也会上升，因此在水中加入冰块，将其冷却至5℃左右。（将冰块取出后再使用）



炎热时冷却

（拿出冰块）

面粉以“重量”称量是基本！

面粉必须用秤以重量称量。（附属的计量杯是液体专用的，请不要使用！）请使用以1g为单位的秤正确称量。



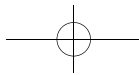
仅用于量水等液体！

请用电子秤！



菜单一览

菜单编号 (参照页)	菜单	可用功能 葡萄干 烤色 预约	所需时间 (大约)	面包机制作过程		
				揉面	醒面	
1 (P.18)	吐司面包	● ● ●	4 小时	揉面 ×1 醒面 ×2	醒面 揉面 发酵 烘烤	
2 (P.23)	软式面包	● ● ●	4 小时 20 分	醒面 ×2 揉面	醒面 揉面 醒面 揉面 发酵 烘烤	
3 (P.23)	快速面包	● ● —	2 小时	揉面 ×3 醒面 ×2	揉面 醒面 发酵 烘烤	
4 (P.24)	米饭面包	● ● ●	4 小时	揉面 ×1 醒面 ×2	醒面 揉面 发酵 烘烤	
5 (P.25)	法国面包	● — ●	5 小时	揉面 ×2 醒面 ×2	醒面 揉面 发酵 烘烤	
6 (P.26)	全麦面包	● — ●	5 小时	揉面 ×1 醒面 ×2	醒面 揉面 发酵 烘烤	
7 (P.27)	丹麦面包	— — —	3 小时	揉面 ×3 醒面 ×3	揉面 ×3 醒面 ×3 投入黄油 揉面 ×3 醒面 ×3 发酵 烘烤	● 在开始25分钟后手动加入黄油
8 (P.28)	菠萝面包	● — —	2 小时 15 分	揉面 ×2 醒面 ×2	揉面 ×2 醒面 ×2 揉面 铺上面皮 醒面 发酵 烘烤	● 在开始55分钟后手动放入曲奇面团
9 (P.30)	米粉面包	● ● ●	2 小时 30 分	醒面 ×2	醒面 揉面 发酵 烘烤	
10 (P.35)	面包面团	● — —	1 小时	揉面 ×4 醒面 ×4	揉面 ×4 醒面 ×4 发酵	
11 (P.35)	披萨面团	— — —	45 分	揉面 ×2 醒面 ×2	揉面 ×2 醒面 ×2 发酵	



▼ 干酵母落入面团的时间。(发出声音)

▼ 添加葡萄干等辅料的时间。(发出声音)

菜单编号 (参照页)	菜单	可用功能 葡萄干 烤色 预约	所需时间 (大约)	面包机制作过程	
12 (P.39)	饺子皮面团	- - -	15分	揉面	
13 (P.40)	乌冬面、意大利面面团	- - -	15分	揉面	
14 (P.42)	英式茶饼	- ● -	54分	清除面粉揉面 醒面 揉面 烘烤 追加烘烤	●在开始2分钟后手动清除面粉再1分钟后手动成形
15 (P.44)	蛋糕	- ● -	1小时30分	清除面粉揉面 醒面 揉面 烘烤 追加烘烤	●在开始12分钟后手动清除面粉
16 (P.46)	巧克力点心	- - -	17分	搅追加 拌搅拌	
17 (P.48)	果酱	- - -	1小时30分 ~ 2小时30分	加热 追加加热	●根据菜单手动设定时间
18 (P.50)	蜜糖水果	- - -	1~2小时	加热 追加加热	●根据菜单手动设定时间
19 (P.52)	麻糬	- - -	1小时	烹调 开揉盖面	●在开始50分钟后(或55分钟后)手动打开上盖

(所需时间及酵母添加时, 因室温、烤色、预约等条件而变化)

基本材料与准备

菜单一览

揉面

叶片旋转, 搅拌面团(发出声音)
※最长可达到12分钟不进行搅拌。

醒面

将面粉和水融合(基本不动作)

发酵

调控温度, 面团发酵(几乎不动作)

烘烤

烘烤面团

※1 预约设定时, 只有“揉面”在预约后立即进行, 搅拌后进入待机状态。

※2 预约设定时, 在下一个行程开始之前保持待机状态。最多可待机11小时。

※3 有时会省略该过程。

※4 有时会省略, 有时也会连续“揉面”。

面包的基本材料

除了基本材料之外，也可以添加自己喜欢的配料，制作各种口味的面包。
(根据制作面包的不同，使用不同的材料与份量)

面粉

(高筋面粉、低筋面粉)



作用

与水搅拌后，蛋白质会结合在一起生成面团。

要点

- 面粉无需过筛。
- 因蛋白质含量的关系，不同面粉的膨胀程度会有所差异。
- 尽量使用较新鲜的产品。
- 存放在干燥阴凉之处。
- 务必使用秤测量。**
(不能用计量杯测量)



为了制作面包

一般使用富含蛋白质(12~15%)的高筋面粉。非面包专用面粉的膨胀较小，做出的面包较硬。此外，自发粉做出的面包不膨胀。

※包装袋上附有成分表。

食盐



作用

除了调味，还能增加面包的嚼劲。而且还可以防止细菌繁殖。

鸡蛋

作用

改善面包的味道、香味、色泽。也具有增强面包弹性的作用。

油脂

(黄油、无盐黄油、人造黄油、起酥油)



作用

使面包细腻松软湿润。

要点

- 在固体形状下使用，无需融化。
※推荐使用无盐黄油。

面包酵母

作用

面包酵母以糖分为营养来源，产生二氧化碳使面包膨胀起来。



面包的组织

将产生的二氧化碳包起来而膨胀

要点

- 酵母是活的。新鲜程度不同，膨胀发酵程度也会出现差异，因此请使用保存期内的酵母，并务必密封后置于冰箱内保存。
- 干酵母在受潮后膨胀能力就会急剧下降。

为了制作面包

- 推荐使用安琪酵母公司的干酵母。(真空包装产品)
※糖分较多的配方(每100g面粉中，含有8g以上糖分)时，请使用安琪酵母公司的面包专用干酵母。非面包专用的干酵母膨胀较小，做出的面包较硬。

乳制品

(奶粉、牛奶)



作用

改善面包的味道以及香味，并使面包的色泽更佳。

而且还能防止面包硬化。

要点

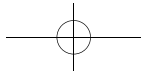
- 使用牛奶时，要扣除与添加量同量的水
- 请使用营养成分未经强化的脱脂奶粉或者全脂奶粉。

干酵母

为了制作松软可口的面包，通常使用无需提前发酵的干酵母。

※不可使用新鲜酵母或是泡打粉。





糖

(砂糖、红糖、蜂蜜)



作用

糖是面包酵母的营养来源，可加速发酵完成。而且还可改善口味、香味、面包表皮的烤色。

- 颗粒大的糖要研碎为细小颗粒。
- 不要使用冰糖等结晶状的糖。

要点

- 若增加糖的份量，则烤色会变深，减少用量则会稍稍变浅。
- 不可使用低卡路里的甜味剂。

泡打粉

在制作英式茶饼、蛋糕时使用。

※即使放入吐司或软式面包中也不会膨胀。

米粉

(含面粉)

要点

米粉中不含有面包在膨胀时需要的蛋白质，所以只使用米粉的话无法做成面包。根据选择菜单的不同，有必要区分使用不同的粉。



※面包用米粉含有小麦成分(面筋)，因此对小麦过敏的使用者不可食用。

※请一定要注意材料及清洁保养问题，并在咨询过医生后使用。

※所谓面筋…

是在面粉中加水搅拌，面粉中的蛋白质结合而成的物质。面筋包裹著面包酵母活动产生的二氧化碳而膨胀，从而产生面包组织。

水

作用

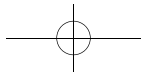
添加在面粉中，搅拌后生成面团。

要点

- 以下情况使用冷水(大约5℃: 类似冰水的温度)
 - 快速面包
 - 法国面包
 - 全麦面包
 - 丹麦面包
 - 菠萝面包
 - 室温在25℃以上
- 碱性水不适用。

为了制作面包

- 请使用饮水机的水。硬度为50~200的水最为合适。
 - ※水的硬度是从溶解于其中的钙、镁的量计算出来的。硬度适中的水具有提高面团弹性的效果，有助于面包膨胀。如果硬度过高，会使面包较硬。
- 蒸馏水(distilled water)不利于面包膨胀，不宜使用。



面包的基本材料 (续)

配件计量匙每1匙的重量基准

	大计量匙	小计量匙
砂糖	约12 g	约4 g
奶粉	约6 g	约2 g
食盐	—	约5 g
干酵母	—	约2.8 g

想改变材料配方和种类时

以下列份量为基准，根据个人口味调配。

材料	想增加时	想减少时
黄油	可增加至2.5倍 (丹麦面包除外)	可减少至 $\frac{1}{2}$
砂糖	可增加至2倍	可减少至 $\frac{1}{2}$
奶粉	可增加至2倍	可以不加
食盐	—	可以不加 (米粉面包可减少 至 $\frac{1}{2}$)

●若增加砂糖的份量，会使烤色变深。减少用量烤色会变浅，高度也会变低。

●如果不加盐，口感稍差。
如果没有加盐，酵素活动较少，导致面团不成形，无法做出松软的面包。

●也可以用人造黄油代替黄油，用蜂蜜代替砂糖，用牛奶代替奶粉。(P.14)

- 蜂蜜最多不超过25 g
- 奶粉大1相当于70 mL牛奶

想添加蛋或牛奶时

减少相当于蛋或牛奶份量的水。

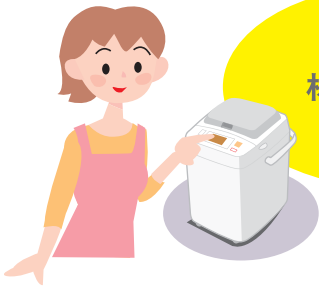
- 蛋 (最多1个)
- 牛奶 (最多添加水量的一半)

●把蛋等放入计量杯后再加水称量。

●不要使用预约。
(在夏季可能会变质)



相关材料的准备

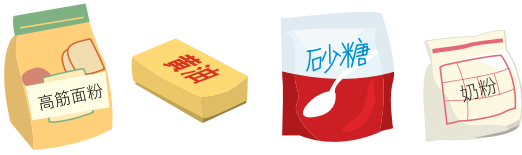


可用喜欢的材料制作多种口味的面包

以基本的吐司为基础 (P.18)，介绍搭配的材料和份量的基准。

除了基本材料之外，还可添加自己喜欢的配料，制作多种风味的面包。

在基本的材料基础上



添加喜欢的材料...



+ 喜欢的材料

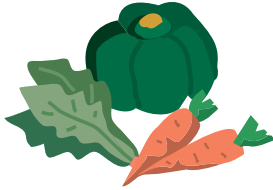
一开始就放入面包容器内！



基本材料与准备

面包的基本材料 / 相关材料的准备

蔬菜



：面粉重量的 15 ~ 20%
(标准：50 g)

- 例) 胡萝卜→研碎
 南瓜→煮熟后捣碎冷却
 菠菜→煮熟后切碎冷却

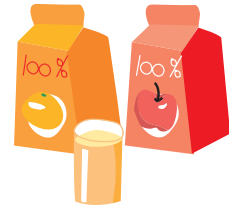
谷物类



：面粉重量的 10 ~ 20%
(标准：30 g)

- 例) 米粉 · 燕麦片
 糯米粉 · 黑麦 · 全麦粉
 黄豆粉 · 芝麻

果汁



：最多不超过水的份量

- 例) 橙汁 · 苹果汁
 番茄等 100% 果汁
 → 事先放在冰箱内充分冷藏

面粉的量



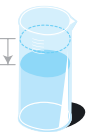
(保持原来的份量不变)

扣除谷物类的重量

例) 黑麦 30 g (250 g 的 12%)
 面粉 220 g

(保持原来的份量不变)

水的量



扣除蔬菜重量的
80% 的水份

例) 煮熟的南瓜 50 g
 水 140 mL
 (180 mL - 50 g 的 80%)

(保持原来的份量不变)

扣除果汁的份量

例) 橙汁 100 mL
 水 80 mL
 (180 mL - 100 mL)

●不要使用预约功能。

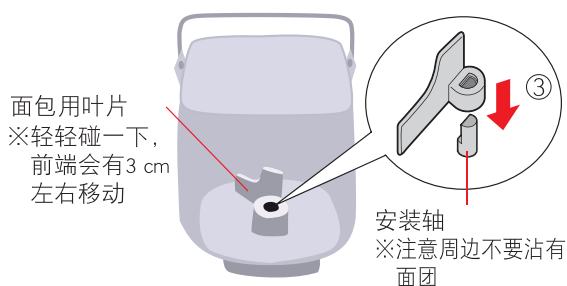
●不要使用预约功能。

制作基本的吐司

放入材料



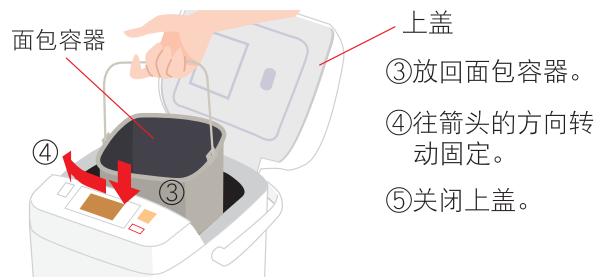
1 取出面包容器 安装面包用叶片



2 在面包容器内放入干酵母以外的高筋面粉和水等



- ①放入高筋面粉等材料（干酵母以外），并使中央部分高于周边。
- ②绕着容器的周边添加水。



※面包容器的把手中途会卡住。（为了方便取出面包容器）无需压到最下面。

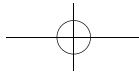
3 往酵母容器添加干酵母



吐司	1091 kcal(1个的量)
高筋面粉	250 g
黄油	10 g
砂糖	大 1½(18g)
奶粉	大 1(6 g)
食盐	小 1(5 g)
水※	190mL
干酵母	小 1(2.8g)

※室温超过25℃, 使用5℃的水并减少10 mL。

●软式面包、快速面包等的基本调配比例 ▶P.23 ~



所需时间：约4小时

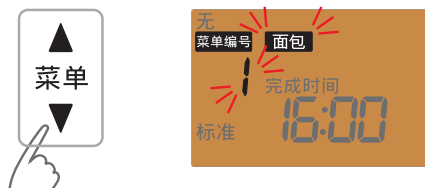
设定



取出



4 选择菜单“1”



■选择其他种类的面包 → 菜单 (P.23)

■添加葡萄干等辅料 → 葡萄干 (P.20)

■选择烤色 → 烤色 (P.22)

■预约完成时间 → 预约 (P.22)

5 开始



闪烁→灯亮

●大约完成的时间。

- 开始后，请不要打开上盖。否则干酵母会洒落出来。但是，在手动放入其他辅料时 (P.21)，因为干酵母已经放入完毕，所以可以打开上盖。
- 干酵母投入时会发出声音。

6 切断电源

- 取消**
- ①按下“取消”键
 - ②拔掉电源插头。

7 冷却 (2分钟左右)

※注意面包容器的放置地点。
(面包容器仍为高温状态)

※如果超出时间，面包会收缩下塌。

8 取出面包 静置等待温度下降

手套 (注意不要弄湿)
面包容器



抓住把手，用力晃动数次。
※不要使用小刀、叉子、筷子
(会划伤到氟素涂层)

- 取出后，确认面包容器内是否有面包用叶片。如果没有的话，就是粘附在面包内(底部)，请取出来。



(直接切下去的话，可能会损坏面包用叶片)

面包

制作基本的吐司

便利的功能

葡萄干

制作含有自己喜欢的辅料的面包“葡萄干”

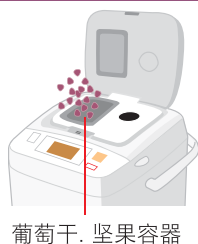
葡萄干和核桃等自己喜欢的辅料，可通过设定自动添加。
香蕉和巧克力等无法自动添加的辅料（P.21），请在发出哔哔声后手动放入。

请遵照各菜单的调配比例与辅料用量。若不遵守，辅料可能会从面包容器中飞出，被加热器烤焦，发出异味或烟雾。

自动投料（由面包机完成）

准备 先把您喜欢的辅料放入葡萄干、坚果容器。

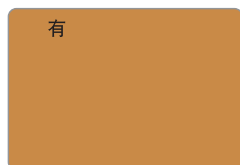
放入容器的总量不可超过100 g



① 按下“葡萄干”
选择“有”（使“有”闪烁）



② 开始



（自动投入辅料）

※“揉面”暂时停止。

- 有时在葡萄干、坚果容器内会沾有少量的辅料。
- 表面有砂糖的水果，在夏季或者预约烘烤时，可能会因砂糖融化粘在容器上而无法投放。

可自动投入的材料 干燥的辅料、不易融化的辅料

水果干类

（不超过100 g）

葡萄干、西梅、
陈皮等



▶ 切成5 mm以下的小块

坚果类

（不超过100 g）

腰果、核桃等



▶ 打碎为5 mm以下的小块

豌豆※

（不超过100 g）



▶ 将水份擦拭干净

橄榄※

（不超过100 g）



▶ 去核，切成1/4大小并将水份擦拭干净

火腿、培根、香肠※

（不超过100 g）



▶ 切成10 mm宽度

※预约烘烤面包时，请不要添加辅料。
（尤其夏季等可能会造成变质）

投放辅料时，请注意以下材料！

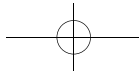


● 添加较硬的材料，可能会使面包容器等的氟素涂层剥落。
请注意使用。

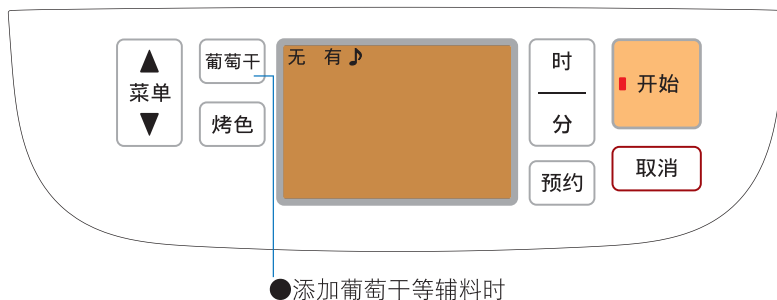
※误食剥落的氟素涂层，并不会对人体造成影响。

- 谷物
- 水果麦片
- 有糖衣的坚果糖
- 枫糖块
- 珍珠糖
- 冰糖

等



选择菜单功能后…



不可自动添加的辅料, 请手动放入。

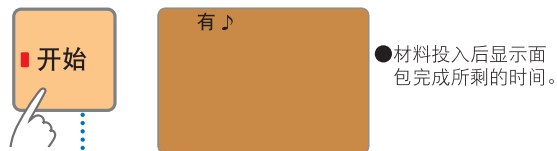
发出蜂鸣声 (♪) 后, 手动放入

不可自动添加的辅料 (会附着在容器上, 难以投放)
有水份、黏性的辅料、容易溶化的辅料

① 按下“葡萄干”, 选择“有♪” (使“有♪”闪烁)



② 开始



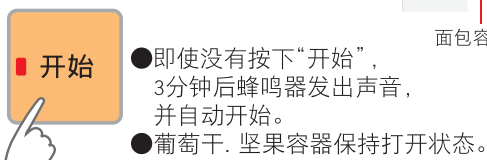
③ 发出哔哔声后 打开上盖



④ 在面包容器中 放入辅料, 关闭上盖



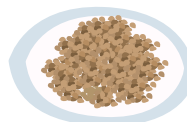
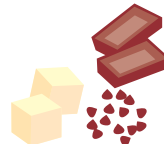
⑤ 重新开始



酒渍水果, 洋葱等切碎的蔬菜



乳酪、巧克力等



※芝麻等细小的材料可以一开始就放入面包容器内。
(最多添加面粉重量的20%左右)

- 材料放入越多, 面包的膨胀程度越差。
- 因材料的种类不同, 会有无法保持原来形状的情况。

制作含有辅料的面包时, 辅料投入的时间…

发出哔哔声的时间会因菜单及室温的变化而变化。

- 吐司面包: 约1小时5分钟~1小时35分钟后
- 软式面包: 约1小时55分钟~2小时15分钟后
- 快速面包: 约30~35分钟后
- 米饭面包: 约1小时5分钟~1小时35分钟后
- 法国面包: 约40分钟~1小时25分钟后
- 全麦面包: 约1小时35分钟~2小时50分钟后
- 菠萝面包: 约35~40分钟后
- 米粉面包: 约45分钟~1小时后
- 面包面团: 约20~35分钟后

●添加富含蛋白质分解酵素的鲜果时, 面包不会膨胀。

- 甜瓜
 - 奇异果、猕猴桃
 - 无花果
 - 芒果
 - 菠萝
 - 木瓜
- 等

面包

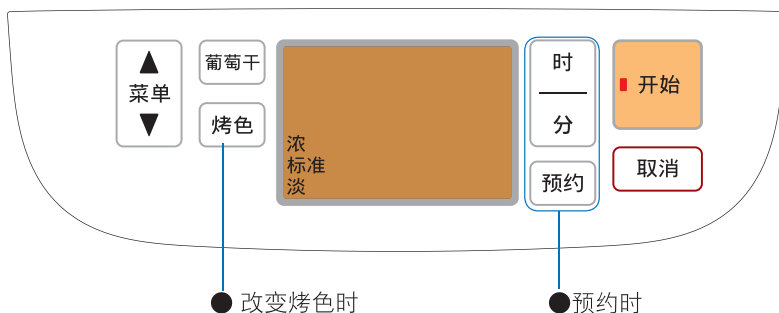
便利的功能

便利的功能

烤色

预约

选择菜单功能后…



调整自己喜欢的烤色时的“烤色”功能

烤色可设定为“淡”、“标准”、“浓”三种。

- ① 按下“烤色”键
选择自己喜欢的烤色



- 可以设定“烤色”的菜单 → (P.12 ~ 13)

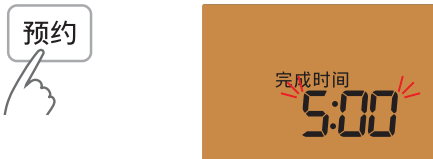
在指定时间完成烘烤的“预约”功能

为了方便早上能吃到刚刚烤好的面包。

- ① 确认是否与当前时间相符

● 不符合时, 调整至当前时间 (P.9)

- ② 按下“预约”键



- ③ 调至烘烤完成的预定时间



(快进时长按此键)

※仅显示可预约的时间。

(可预约的时间参照右侧所述)

- ④ 开始 (预约完成)



- 使用“葡萄干”和“烤色”功能时

- ① 设定“葡萄干”、“烤色”功能
- ② 设定“预约”功能

【可预约的时间标准】

*可以从现在时间开始预约

- 吐司面包：4小时10分钟～13小时后
- 软式面包：4小时30分钟～13小时后
- 米饭面包：4小时10分钟～13小时后
- 法国面包：5小时10分钟～13小时后
- 全麦面包：5小时10分钟～13小时后
- 米粉面包：2小时40分钟～13小时后

※超出上述预约时间则可能会腐坏或使面包品质变差, 因此无法预约。

※只能预约上述菜单。(P.12~13)

【可预约时间示例】

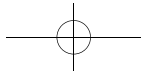
菜单：吐司面包

现在时间：晚上8点30分 (液晶显示“20:30”)

可预约时间：凌晨0点40分～9点30分

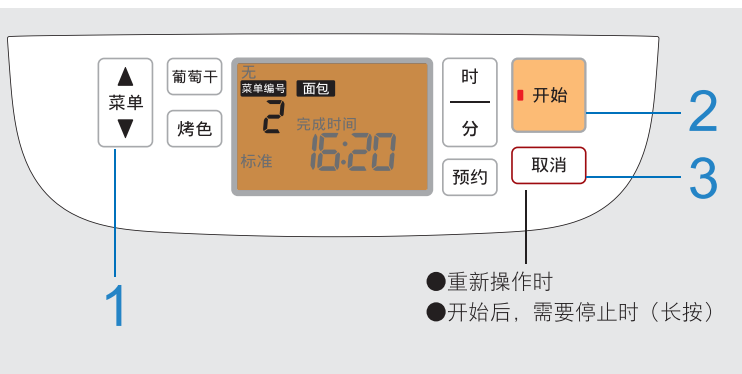
(“0:40”～“9:30”)

※只能在上述时间段设置。



软式面包/快速面包

所需时间：
 软式面包：约4小时20分
 快速面包：约2小时



- 准备**
- ①在面包容器内安装面包用叶片。
 (P.18) ②在面包容器内放入（除干酵母以外）面粉和水等。
 ③将面包容器装入本体内，并将干酵母放入酵母容器。

材料

软式面包	1129 kcal(1个的量)
高筋面粉	250 g
黄油	15 g
砂糖	大 1½(18g)
奶粉	大 1(6g)
食盐	小 1(5g)
水*	190 mL
干酵母	小 1(2.8g)

※室温超过25℃时，请用5℃的水并减少10 mL。

快速面包	1205 kcal(1个的量)
高筋面粉	280 g
黄油	10 g
砂糖	大 1½(18g)
奶粉	大 1(6g)
食盐	小 1(5g)
冷水(5℃)*	210 mL
干酵母	小 1½(4.2g)

※室温超过25℃时，请将水减少10 mL。



1 选择软式面包：“2” 快速面包：“3”



- 添加葡萄干等辅料 → 葡萄干 (P.20)
- 选择烤色 → 烤色 (P.22)
- 预约完成时间 → 预约 (P.22)

2 开始

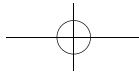


3 发出哔哔声后按下“取消”键， 取出面包容器，冷却2分钟左右后 取出面包

便利的功能

面包

软式面包 / 快速面包



米饭面包

所需时间：约4小时



- 准备**
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内放入（除干酵母以外）面粉和水等。
 - ③将面包容器装入本体内，并将干酵母放入酵母容器。

材料

米饭面包		1268 kcal (1个的量) (米饭为150g时)
高筋面粉	230g	
冷米饭(白米)	100 ~ 150g	
黄油	10g	
砂糖	大 1½(18g)	
奶粉	大 1(6g)	
食盐	小 1(5g)	
水※	160mL	
干酵母	小¾(2.1g)	

※室温超过25℃时，请用5℃的水并减少10mL。

- 还可用糙米或藏红花饭代替白米使用。
- 由于米饭量的不同，高度及口感也会有所不同。
- 米饭的量越多，烘烤出的面包越柔软。（米饭以外的辅料如上所示）
- 可以使用预约功能，但请勿使用煮熟后（或解冻后）超过1天的米饭。
- 室温超过30℃时，请将面粉放到冰箱内冷却。
- 有时候饭粒会保持原状。

1 选择菜单“4”



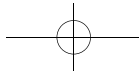
- 添加葡萄干等辅料 → 葡萄干 (P.20)
- 选择烤色 → 烤色 (P.22)
- 预约完成时间 → 预约 (P.22)

2 开始



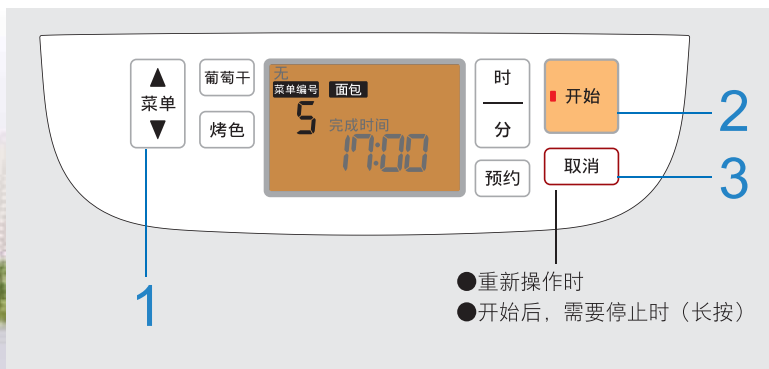
3 发出哔哔声后按下“取消”键，取出面包容器，冷却2分钟左右后取出面包

- 米饭面包含有较多水份，容易变质，因此请尽快食用。（夏季：当天，冬季：二天内）



法国面包

所需时间：约5小时



相比其他菜单烘烤出的面包，法国面包有时较难取出。请按照以下步骤3取出面包。

- 准备**
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内放入（除干酵母以外）面粉和水等。
 - ③将面包容器将入本体内，并将干酵母放入酵母容器。

材料

法国面包		919 kcal(1个的量)
高筋面粉	225 g	
低筋面粉	25 g	
食盐	小 1(5 g)	
冷水(5℃)※	190 mL	
干酵母	小 ½(1.4 g)	

※室温超过25℃时，请将水减少10 mL。

●室温超过30℃时做出的面包品质较差。

1 选择菜单“5”



■添加葡萄干等辅料 → 葡萄干 (P.20)

■预约完成时间 → 预约 (P.22)

2 开始



3 发出哔哔声后按下“取消”键，取出面包容器，冷却2分钟左右后取出面包

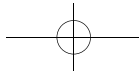
■取出法国面包…
在下面铺上毛巾等，用力向下甩，甩的同时应用手抵住台面。（参照右图）



米饭面包

面包

法国面包



全麦面包

所需时间：约5小时



- 准备**
- (P.18)
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内放入（除干酵母以外）面粉和水等。
 - ③将面包容器装入本体内，并将干酵母放入酵母容器。

材料

全麦面包 (全麦粉50%)	
	1044 kcal(1个的量)
全麦粉(面包专用)※1	125 g
高筋面粉	125 g
黄油	10 g
砂糖	大 1½(18g)
奶粉	大 1(6g)
食盐	小 1(5g)
冷水(5℃)※2	210 mL
干酵母	小 1(2.8g)

※1 不能使用点心专用（低筋面粉）或小麦以外的全麦面粉。

※2 室温超过25℃时，请将水减少10 mL。

●室温超过30℃时做出的面包品质较差。

■全麦粉占总面粉的比例为30~100%。
(全麦粗粉约30~40%)

▶未满足30%时，请用菜单“1”（吐司面包）进行烘烤。

※全麦粉的比例越高，面包的高度越低。

※全麦粉种类不同，面包的品质与膨胀程度也有所差别。

1 选择菜单“6”



■添加葡萄干等辅料

▶葡萄干 (P.20)

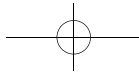
■预约完成时间

▶预约 (P.22)

2 开始

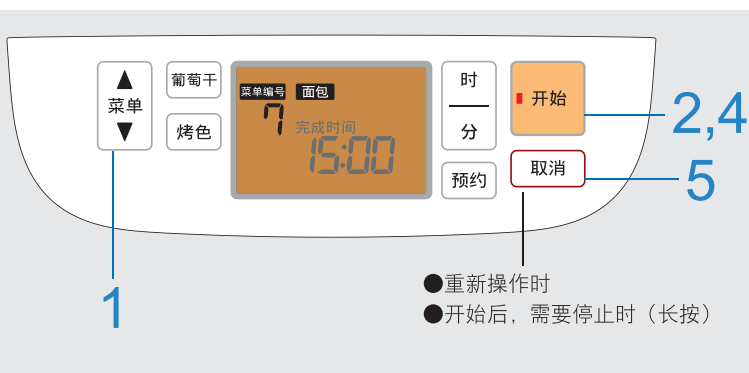


3 发出哔哔声后按下“取消”键，取出面包容器，并冷却2分钟左右后取出面包



丹麦面包

所需时间：约3小时



- 准备**
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内放入（除干酵母以及冷冻黄油以外）面粉和水等。
 - ③将面包容器装入本体内，并将干酵母放入酵母容器。

材料

丹麦面包	2140 kcal(1个的量)
高筋面粉	230 g
低筋面粉	50 g
黄油	15 g
砂糖	大2(24 g)
奶粉	大1(6 g)
食盐	小1(5 g)
鸡蛋(打匀)	25 g
冷水(5℃)	160 mL
干酵母	小1(2.8 g)
冷冻黄油(后放)	110 g
(推荐使用无盐黄油)	

●室温超过30℃时做出的面包品质较差。

- 在前一天准备好冷冻黄油！（后放）
 - ①将黄油（后放用）切成1 cm的块状。
 - ②将黄油块用保鲜膜包起来或放入密闭容器中，避免黄油块黏在一起。
 - ③冷冻至少一晚（10小时）的时间。
- 在步骤3误按了“取消”键时
在10分钟内按下“开始”即可恢复。
(仅限1次。按其他键无效)
- 在步骤3经过10分钟后
即使没有放入黄油，也会发出蜂鸣声，并自动重新启动。
(之后即使再放入黄油也不会搅拌，请勿放入。)
- 添加葡萄干等辅料时同时放入冰冻黄油。

- 1 选择菜单“7”**
- 2 开始**
- 3 发出哔哔声后，打开上盖**
拆开保鲜膜 **放入切好的冷冻黄油**
●不要按“取消”键
- 4 盖上下盖 再次开始**
- 5 发出哔哔声后按下“取消”键**
取出面包容器，冷却2分钟左右
取出面包
※取出用力过猛时会破坏面包形状。

全麦面包

面包

丹麦面包



烘焙
工序请参阅
P.12



菠萝面包



准备 ① 制作曲奇面团，并放入冰箱冷藏。 (P.29 ①~⑥)

- (P.18)
- ② 在面包容器内安装面包用叶片。
 - ③ 在面包容器内放入（除干酵母以外）面粉和水等。
 - ④ 将面包容器装入本体内，并将干酵母放入酵母容器。

材料

菠萝面包		1814 kcal(1个的量)
高筋面粉	150g	
黄油	15g	
砂糖	大 1½(18g)	
奶粉	大 1(6g)	
食盐	小 ½(2.5g)	
冷水(5℃)	100 mL	
干酵母	小 ¾(2.1g)	

曲奇面团（菠萝面包面皮）

黄油	60g
砂糖	30g
鸡蛋（打匀）	25g
低筋面粉	110g
泡打粉	5g
香草精	少量
粗砂糖	2~3小匙

● 请务必遵守上述份量规定。
若份量过多，会导致面团从面包容器中溢出，烤焦冒烟或散发焦味。

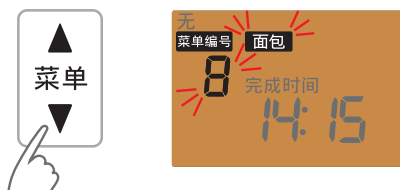
■ 在步骤3误按了“取消”键时
在10分钟内按下“开始”即可恢复。
(仅限1次。按其他键无效)

■ 在步骤3经过15分钟后，即使还未操作完，也会发出蜂鸣声，并重新开始。

■ 在进行步骤3时（15分钟）添加自己喜欢的辅料，则可以制作出多种风味的面包。

▶ P.33

1 选择菜单“8”

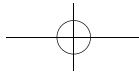


■ 添加葡萄干等辅料 ▶ 葡萄干 (P.20)

2 开始



加工作业 10分后 发酵
剩余10分钟时，擀平曲奇面团 (P.29 ⑦~⑧)



所需时间：约2小时15分



3 发出哔哔声后打开上盖 放入曲奇面团

15分钟内

- ①将面包面团放置在面包容器中央
- ②将涂有鸡蛋液的曲奇面团的一面朝下，放在面包面团上面
- ③轻轻按面团周围（不要太用力按下去）
- ④从上面撒上粗砂糖

●不要按“取消”键



4 关闭上盖 再次开始



5 发出哔哔声后按下“取消”键， 取出面包容器，冷却2分钟左右后 取出面包

※取出用力过猛时会破坏面包形状。

曲奇面团的制作方法

制作面团

- ①将低筋面粉与泡打粉混在一起筛。
- ②用木铲等工具将恢复至室温而软化的黄油搅拌成泥状。
- ③分次放入少量砂糖（分2~3次），一直搅拌到黄油泛白且光滑。



- ④分3~4次一点点加入蛋液后充分搅拌。最后添加香草精。
※蛋液预留1/2小匙

- ⑤将①的材料放入，搅拌至均匀成团。



- ⑥面团成形后，将面团揉成光滑的圆盘，包上保鲜膜放入冰箱醒面20分钟以上。



擀面

- ⑦用擀面棒擀成直径14~15cm的圆形。
※用保鲜膜将面团包在中间，便于擀平。
- ⑧将剩余的1/2小匙鸡蛋液涂在面团的表面。



制作菠萝面包的诀窍！

- 也可以在曲奇面团的表面做出格子图案。
用竹签等工具轻轻刻出深度不超过1mm的图案。
(刻得太深的话，则曲奇面团会裂开滑落下来。)
- 要做出好的曲奇面团，硬度最好控制在柔软并且能够弯曲的程度。



面包

菠萝面包

米粉面包

所需时间：约2小时30分



- 准备**
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内放入（除干酵母以外）米粉和水等。
 - ③将面包容器装入本体内，并将干酵母放入酵母容器。

材料

米粉面包		1170 kcal(1个的量)
米粉	50 g	
高筋面粉	200 g	
黄油	20 g	
砂糖	大 1½(18g)	
奶粉	大 1(6g)	
食盐	小 1(5g)	
水※	190 mL	
干酵母	小 1½(4.2g)	

※室温超过25℃时，请使用5℃的冷水。

- 室温超过25℃时，使用预约功能做出的面包品质不好。(P.62)
- 室温超过30℃时，请将米粉等材料放到冰箱内冷藏。

1 选择菜单“9”



- 添加葡萄干等辅料 → 葡萄干 (P.20)
- 选择烤色 → 烤色 (P.22)
- 预约完成时间 → 预约 (P.22)

2 开始



3 发出哔哔声后按下“取消”键，取出面包容器，冷却2分钟左右后取出面包

各种口味的面包

●热量标准表示 1个的量



含红椒、橄榄



意大利风味面包

菜单“5”

1170 kcal

高筋面粉	225 g
低筋面粉	25 g
食盐	小 1(5 g)
橄榄油	2大匙(24 g)
冷水(5℃)※	170 mL
干酵母	小 1/2(1.4 g)

※室温超过25℃时,水量减少10 mL。

根据个人喜好,也可放入切成5 mm小块的红辣椒(或番茄干)20 g及橄榄20 g(或干罗勒粉1小匙)
*使用“葡萄干”功能。(P.20)



法式乡村面包

菜单“5”

900 kcal

高筋面粉	200 g
全麦粉	50 g
食盐	小 1(5 g)
冷水(5℃)※	190 mL
干酵母	小 1/2(1.4 g)

※室温超过25℃时,水量减少10 mL。



小鱼干海带米粉面包

菜单“9”

1212 kcal

高筋面粉	200 g
米粉	50 g
黄油	20 g
*小鱼干(干炒)	20 g
奶粉	大 1(6 g)
食盐	小 1(5 g)
水※	200 mL
干酵母	小 1 1/2(4.2 g)
*海带干(水发后拧干)	4 g(干燥重量)

※室温超过25℃时,使用约5℃的冷水。

*使用“葡萄干”功能。 ➡ 手动放入(P.21)

桔香米粉面包

菜单“9”

1224 kcal

高筋面粉	200 g
米粉	50 g
*桔子果酱	20 g
黄油	20 g
奶粉	大 1(6 g)
食盐	小 1(5 g)
水※	170 mL
干酵母	小 1 1/2(4.2 g)

※室温超过25℃时,使用约5℃的冷水。

*最开始即放入面包容器。

米粉面包

面包

各种口味的面包

各种口味的面包

●热量标准 1个的量

橄榄面包

菜单“1”或“2”

1120 kcal

高筋面粉	250 g
黄油	10 g (软式面包为15g)
砂糖	大1½(18g)
奶粉	大1(6g)
食盐	小1(5g)
干香草	少许
水※	180mL
干酵母	小1(2.8g)
* 青橄榄	20g

※室温超过25℃时, 减少10 mL。(5℃的冷水)

* 使用“葡萄干”功能。(P.20)

葵花籽蜂蜜面包

菜单“1”或“2”

1313 kcal

高筋面粉	250g
黄油	15g
砂糖	大1½(18g)
奶粉	大1(6g)
食盐	小1(5g)
蜂蜜	1大匙(21g)
水※	180 mL
干酵母	小1(2.8g)
* 葵花籽	20g

※室温超过25℃时, 减少10 mL。(5℃的冷水)

* 使用“葡萄干”功能。(P.20)

果汁面包 菜单“3”

1317 kcal

高筋面粉	250 g
黄油	25 g
砂糖	小2(8g)
奶粉	大2(12g)
食盐	小¾(3.8g)
鸡蛋(打匀)	50 g
100%番茄果汁(放入冰箱冷藏)※	120 mL
干酵母	小1½(4.2g)
* 什锦蔬菜 (水煮后沥干水分, 冷却至室温)	70g

※室温超过25℃时, 减少10 mL。

* 使用“葡萄干”功能。(P.20)

红豆饭面包 菜单“4”

1223 kcal

高筋面粉	230 g
红豆饭(放凉)	100 g
酥油	10 g
砂糖	大1½(18g)
食盐	小1(5g)
黑芝麻	5 g
水※	160 mL
干酵母	小¾(2.1g)

※室温超过25℃时, 减少10 mL。

咖喱饭面包

菜单“4”

1347 kcal

高筋面粉	210 g
放凉的米饭(白米)	100 g
黄油	20 g
砂糖	大1½(18g)
奶粉	大1(6g)
食盐	小1(5g)
咖喱粉	5 g
精制干酪(切成小块)	30 g
黑胡椒粉	½小匙(3g)
水※	110 mL
干酵母	小¾(2.1g)
* 马铃薯(切成小块, 水煮但不煮烂)	20 g
* 胡萝卜(切成小块, 水煮但不煮烂)	20 g
* 培根	20 g

※室温超过25℃时, 减少10 mL。

* 使用“葡萄干”功能。(P.20)

海带面包

菜单“4” 烤色“淡”

1213 kcal

高筋面粉	230 g
放凉的米饭(白米)	100 g
酥油	10 g
砂糖	大1½(18g)
食盐	小1(5g)
白芝麻	5 g
水※	160 mL
干酵母	小¾(2.1g)
* 海带	10 g

※室温超过25℃时, 减少10 mL。

* 使用“葡萄干”功能。(P.20)

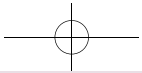
地瓜芝麻丹麦面包

菜单“7”

2264 kcal

高筋面粉	230 g
低筋面粉	50 g
黄油	15 g
砂糖	大2(24g)
奶粉	大1(6g)
食盐	小1(5g)
鸡蛋(打匀)	25 g
冷水(5℃)	160 mL
干酵母	小1(2.8g)
冷冻黄油	110 g
* 地瓜(切成1cm的小块)	50g
* 黑芝麻	1大匙(10g)

* 在添加“冷冻黄油”时加入。(P.27)



材料

1446 kcal

A	高筋面粉	200 g
	黄油	15 g
	砂糖	大2(24g)
	奶粉	大1(6 g)
	食盐	小 $\frac{3}{4}$ (3.8 g)
	鸡蛋(打匀)	25 g
	冷水(5℃)	110 mL
	干酵母	小1 $\frac{1}{4}$ (3.5 g)
辅料		
	干果(朗姆酒腌渍)	100 g
	牛奶	1小匙(5 mL)
	肉桂糖	适量
糖霜材料		
B	糖粉	25 g
	水	$\frac{1}{2}$ 小匙

面团太黏，难以擀平……
 在手上或擀面杖上沾些
 高筋面粉，则会变得
 比较容易。



用菜单“8”制作各种口味的面包时

面包面团和配料的总重量最多不能超过600 g！

※辅料太多则会出现面包不膨胀或烘烤不足等情况。

避免使用水份多的辅料！

(可事先将水份多的辅料水煮沥干，冷却至常温)

※会影响面包面团的发酵。

辅料要事先准备好！

※操作时间15分钟。

肉桂卷

选择菜单“8”制作面包面团

①将A放入已安装面包用叶片的面包容器内，再将面包容器放入本体内。

②在酵母容器内放入干酵母，选择菜单“8”，并按下  开始

操作要在15分钟以内完成！

取出面团

③发出哔哔声后打开上盖，从面包容器中取出面团，拆下叶片。

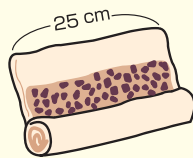
●不要按“取消”键

擀面

④擀成(宽)15 cm × (长)25 cm的面饼。

成形

⑤从靠近身体的一方开始，将 $\frac{3}{4}$ 的面饼涂上牛奶，撒上肉桂砂糖和干果。



⑥从靠近身体的一方这边开始将面饼卷起来。

⑦切成均等的4等分，放入面包容器内。



烘烤(再次按下 开始 键)

做糖霜

⑧将B放入金属碗里，用60℃的热水隔水加热同时搅拌制作成糖霜。

最后加工

⑨烘烤结束后，从面包容器中取出来，将糖霜浇上去。

各种口味的面包

面包

各种口味的面包



材料

1245 kcal

高筋面粉	200 g
黄油	15 g
砂糖	大 1½(18 g)
A 奶粉	大 1(6 g)
食盐	小 ¾(3.8 g)
抹茶	1小匙(2 g)
鸡蛋 (打匀)	25 g
冷水 (5℃)	110 mL
干酵母	小 1¼ (3.5 g)
辅料	
蜜黑豆	120 g



材料

1139 kcal(不含辅料)

高筋面粉	200 g
黄油	35 g
砂糖	大 1½(18 g)
A 奶粉	大 1(6 g)
食盐	小 ¾(3.8 g)
鸡蛋 (打匀)	25 g
冷水 (5℃)	100 mL
干酵母	小 1¼ (3.5 g)
馅料	12个 (15 g/个)

抹茶黑豆面包卷

选择菜单“8”制作面包面团

- ①将A放入已安装面包用叶片的面包容器内，再将面包容器放入本体内。
- ②在酵母容器内放入干酵母，选择菜单“8”，并按下 。

取出面团

- ③发出哔哔声后打开上盖，从面包容器中取出面团，拆掉叶片。
 - 不要按“取消”键

擀面

- ④将面团擀成细长的面饼，宽度略小于面包容器宽度。

放上辅料，成形

- ⑤将已被充分沥干的黑豆均匀地撒上去。
- ⑥从靠近身体的一方开始将面饼卷起来。
- ⑦放入面包容器内。

烘烤

- (再次按下 键)

还可用可可粉代替抹茶。
如果在面团里再加入巧克力片、杏仁片，就成了孩子们非常喜欢的巧克力杏仁面包卷。



馅料面包

选择菜单“8”制作面包面团

- ①将A放入已安装面包用叶片的面包容器内，再将面包容器放入本体内。
- ②在酵母容器内放入干酵母，选择菜单“8”，并按下 。

取出面团

- ③发出哔哔声后打开上盖，从面包容器中取出面团，拆掉叶片。
 - 不要按“取消”键

成形

- ④将面团分成均等的12份。

将辅料包起来

- ⑤将辅料放入一个个切开的面团中包好。
- ⑥放入面包容器内。

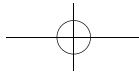
烘烤

- (再次按下 键)

选择自己喜欢的辅料
(严禁带有水份的材料！)

咖喱(熬煮收汁)、肉丸、马铃薯沙拉、香肠、金枪鱼(去掉水份)、奶酪(切成块状)等





制作面包面团 / 披萨面团

所需时间：
面包面团 约1小时
披萨面团 约45分



- 准备** (P.18)
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内放入（除干酵母以外）面粉和水等。
 - ③将面包容器装入本体内，并将干酵母放入酵母容器。

材料

面包面团

高筋面粉	280 g
黄油	50 g
砂糖	大 2(24 g)
奶粉	大 2(12 g)
食盐	小 1(5 g)
鸡蛋	25 g
水※	160 mL
干酵母	小 1(2.8 g)

※室温超过25℃时，请使用约5℃的冷水。

披萨面团

高筋面粉	280 g
黄油	15 g
砂糖	小 2(8 g)
奶粉	大 1(6 g)
食盐	小 1(5 g)
水※	190 mL
干酵母	小 1(2.8 g)

※室温超过25℃时，请使用约5℃的冷水。

1 选择面包面团：“10” 披萨面团：“11”



■添加葡萄干等辅料时 → 葡萄干 (P.20)

2 开始



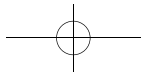
3 发出哔哔声后按下“取消”键 立即取出面团

- ※就这样放着，让面团进一步发酵。
※改变面团材料的配比，可能会造成发酵速度变慢。(P.57)

各种口味的面包

面包

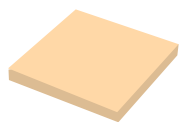
制作面包面团 / 披萨面团



各种口味的面包

使用面包面团

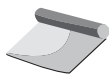
使用面团制作面包时使用的工具



● 揉面板



● 秤 (1 g单位)



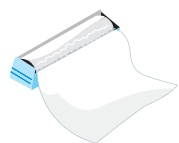
● 刮板



● 擀面杖



● 小毛巾
(浸湿后拧干)



● 烹饪纸



● 喷雾器



● 毛刷



● 烤箱

制作时可能使用的工具

- 厨房剪刀
- 面包模具
- 保鲜膜
- 温度计 等



奶油卷

成形

- ①用刮板将面团分割成约45 g的大小(12等分),搓成圆球状,盖上小毛巾后放置约15分钟。
- ②搓成椭圆形,再盖上小毛巾放置10~15分钟,静置。
- ③用手轻轻按压,再用擀面杖擀薄。
- ④抓住面团一端,向靠近身体的方向拉伸,同时紧紧的卷起来。

(如果没有卷紧的话,发酵时容易横向胀起)

发酵

- ⑤把收口朝下放置,并喷洒水。
- ⑥在30~35℃温度条件下,使面团发酵40~60分钟(膨胀到大约2倍大小为止)涂上蛋液。

烘烤

- ⑦在预热到170~200℃的烤箱内烘烤大约15分钟。剩下的面团放在冰箱内避免过度发酵。



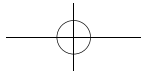
材料 (12个的量) 135 kcal (1个的量)

面包面团 (P.35)	1次的量
蛋液 (蛋汁)	25 g



豆沙面包

- ①(在奶油卷步骤①后)将面团擀成直径10 cm的面饼。
- ②用①制作好的面饼,将豆沙馅包起来,揉成团,将中间压得比周边低。
- ③排放好②,喷洒水,在30~35℃温度条件下,使面团发酵20~30分钟(膨胀到大约2倍大小止)。
- ④涂上蛋液(蛋汁),撒上白芝麻,在预热到170~190℃的烤箱内烘烤大约15分钟。



材料 (12个的量)

●使用干酵母

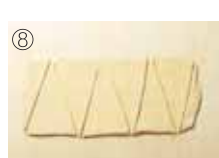
面包面团		200 kcal (1个的量)
高筋面粉		225 g
低筋面粉		55 g
黄油		15 g
砂糖		大2(24 g)
※ 奶粉		大1(6 g)
1 食盐		小1(5 g)
鸡蛋(打匀)		25 g
水		140 mL
干酵母		小1(2.8 g)
黄油 (切成1 cm厚)		140 g
蛋液(蛋汁)		25 g

※ 1 按照P.35的步骤制作。

牛角面包

加入黄油

- ①把面团放在碗中，用保鲜膜封住，放入冰箱冷藏30~60分钟。
(室温较高时，延长冷藏时间)
- ②在黄油上涂抹面粉，放在保鲜膜上，擀成20×20 cm的正方形，放入冰箱冷藏15~30分钟。
- ③用擀面杖敲打按压面团，擀成30×30 cm的正方形。
- ④用面饼包裹②做好的黄油，再包上保鲜膜，放入冰箱冷藏10~20分钟。
- ⑤用擀面杖敲打按压，让面团稍微变薄，并擀平。
- ⑥把面饼折三折，包上保鲜膜，放入冰箱冷藏10~20分钟。
- ⑦重复⑤和⑥两次，冷藏30~60分钟。



成形

- ⑧把面团2等分，分别擀成18×40 cm的长方形，平均分成6个等腰三角形。
- ⑨抓住面团的一端卷起来。
- ⑩把收口朝下放置。

发酵

- 喷洒水后用保鲜膜封住，在室温环境下发酵40~60分钟(膨胀到大约2倍大小为止)后，涂上蛋液。

烘烤

- 在预热到200~220℃的烤箱内烘烤大约10分钟。
剩下的面团放在冰箱内避免过度发酵。

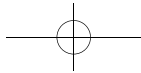
面团

各种口味的面包



甜甜圈

- ①把面团分成每个约35 g，揉成团，盖上小毛巾后放置10~20分钟。
- ②擀成薄薄的圆形，用甜甜圈模子压在面饼上。
- ③在30~35℃温度条件下，使面团发酵20~30分钟(膨胀到大约2倍大小为止)。
- ④用约170℃的油炸，最后撒上加了肉桂的精制白糖。



各种口味的面包

使用面包面团

使用披萨面团



材料 (8个的量) 151kcal (1个的量)

面包面团

高筋面粉	280 g
A 砂糖	大2 (24 g)
食盐	小1 (5 g)
色拉油	2小匙
水	180 mL
干酵母	小1 (2.8 g)



硬面包圈可直接食用，但如果把面包圈横切成两半，夹入生菜、火腿、起司、果酱等一起吃会更美味！

硬面包圈

制作面包面团

- ①按顺序将 A → 色拉油 → 水放入装有叶片的面包容器中，把干酵母放入酵母容器。
- ②按照“制作面包面团” (P.35) 的步骤制作面团。

成形

- ③把取出的面团分成约60 g (8等分)，揉成团，盖上小毛巾后放置10分钟。
- ④用手指按入面团中央，并转动使中间的洞变大，形成甜甜圈状。

发酵

- ⑤放在撒了面粉的烹饪纸上，在30~35 °C温度条件下，使面团发酵约40分钟（膨胀到大约2倍大小为止）。

水煮

- ⑥用开水将两面各煮30秒，沥干水分。

烘烤

- ⑦放在铺有烹饪纸的烤盘上，在预热到170~190 °C的烤箱内烘烤大约15~20分钟。



制作披萨



材料 (2个直径25 cm 的披萨的量) 1119 kcal (1个的量)

披萨面团 (P.35)	1次的量
披萨调味汁	4大匙(72 g)
披萨用起司	200 g
辅料 (例)	
洋葱 (切薄片)	1小个
香肠 (切薄片)	10片
培根	2片
蘑菇 (切薄片)	6个
青椒 (切薄片)	2个

披萨

成形

- ①用刮板将面团2等分，揉成团。（如果是薄披萨面团就分成3等分）
- ②盖上小毛巾后放置10~20分钟。
- ③放在烹饪纸上，擀成25 cm直径的大小。
- ④用叉子在面饼上戳洞。

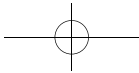
添加辅料

- ⑤涂上披萨调味汁，加调料，再放上披萨起司。

烘烤

- ⑥在预热到180~200 °C的烤箱内烘烤大约15分钟。剩下的面团放在冰箱内避免过度发酵。





制作饺子皮面团

所需时间：约15分钟



- 准备**
- ①在面包容器内安装面包用叶片。
 - ②将材料放入面包容器内。
 - ③把面包容器装入本体内。

材料

饺子皮面团

饺子粉	280 g
温水（35℃左右）	150 mL

或

高筋面粉	140 g
低筋面粉	140 g
温水（35℃左右）	170 mL

1 选择菜单“12”



2 开始



3 发出哔哔声后，按下“取消”，立即取出面团

各种口味的面包

面团

制作饺子皮面团



材料（30~40个的量） 54kcal（1个的量）

花生油	1大匙（15 g）
八角	5 g
韭菜	125 g
五花肉	250 g
食盐	2 g
味精	2 g
五香粉	6 g
酱油	1大匙（18 g）

（可根据需要，自行调整配方）

水饺

制作水饺馅

- ①用花生油炸八角，将油炸八角的油冷却后，与韭菜混合搅拌均匀（防止韭菜渗水），再与五花肉以及调味料混合搅拌均匀即可。

擀面

- ②取出面团后，搓成直径3 cm的长条，并切成2 cm宽。用擀面杖将制成的面团，擀成直径约8 cm的圆形。

※每个饺子皮大约重9 g，大约可制成30~40个饺子。

制作饺子

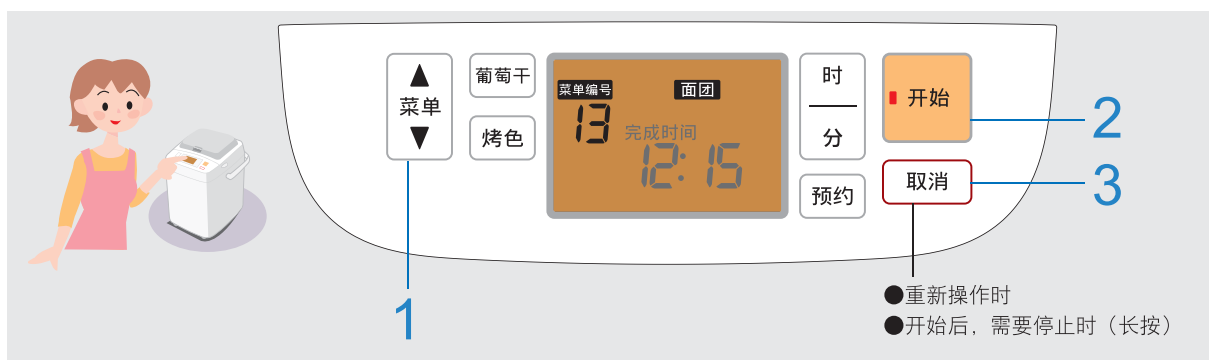
- ③将饺子馅置于饺子皮中，制成饺子。

※可根据个人喜好将饺子制成月牙形或三角形等。

制作水饺馅

- ④盛上半锅水烧开，然后将饺子置于沸水中，等再次沸腾后向锅中加入半碗冷水，依次重复3次。（此动作可以提高饺子皮的韧性、弹性）

制作乌冬面、意大利面面团



- 准备**
- ①在面包容器内安装制作面条、麻糬用叶片。
 - ②在金属碗等容器中搅拌A。
 - ③在另一个容器中搅拌B。
 - ④在面包容器内依次放入A → B。（最后，在意大利面面团里加入橄榄油）

材料（不能用于制作荞麦面和拉面面团）

乌冬面团（3~4人份）		284 kcal（1人的量）
A	高筋面粉	150 g
	低筋面粉	150 g
B	食盐	小 2(10 g)
	温水※1	160 mL
	手粉※2	适量

※1 温水的温度在35~40℃。
 ※2 手粉可使用淀粉或高筋面粉等代替。

意大利面面团（3~4人份）		302 kcal（1人的量）
A	高筋面粉	150 g
	低筋面粉	150 g
	食盐	小 1(5 g)
B	鸡蛋（打匀）	50 g
	水	120 mL
	橄榄油	1小匙
	手粉※1	适量

※1 手粉可使用淀粉或高筋面粉等代替。

■还可调配成色彩鲜艳的面食！

▶将蔬菜等材料汆烫过，再用食物处理机搅成糊状放入面包容器内。

▶减少添加材料对应的水分10~30 mL。（基本量110 mL）

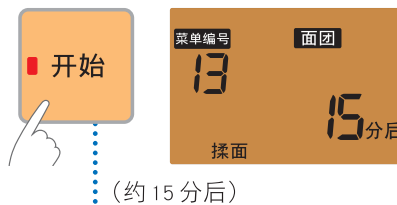


※黑芝麻粉 1大匙
 ……水量110 mL
 番茄泥 3大匙 ……水量80 mL
 菠菜糊 50 g ……水量80 mL

1 选择菜单“13”



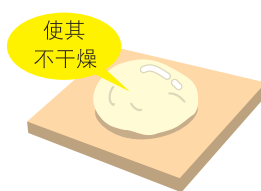
2 开始



3 发出哔哔声后按下“取消”键，立即取出面团

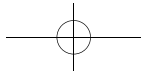
4 将光滑的一面朝上，揉成团，用保鲜膜等包起来放置

- 乌冬面…室温条件下放置约2小时（温度高时放入冰箱保存）
- 意大利面…放入冰箱冷藏约1小时



■保存时

- 冷藏室（保存时间2~3天）
 - ▶撒上高筋面粉后用保鲜膜包起来。
- 冷冻库（保存时间约1个月）
 - ▶切成面的宽度（P.41）后用保鲜膜包起来。



所需时间：约15分钟



乌冬面

擀面

- ① 用菜刀或刮刀切成2~4等分。
- ② 撒上高筋面粉后，用擀面杖从中心向周边擀成厚约3 mm的面饼。
(冷藏的面团要等其恢复到常温后再擀)



切面

- ③ 将面团折起来，从一端开始切成宽约3 mm的面条。
(不好切时，在面团上撒上高筋面粉)



煮面

- ④ 将大锅盛满水、烧开，拍掉面团上沾的高筋面粉放进锅里煮。
(煮面的时间基准为8~13分钟)
- ⑤ 用冷水冲掉黏液，沥干水份。



意大利面

擀面

- ① 用菜刀或刮刀切成4等分。
- ② 撒上高筋面粉后，用擀面杖从中心向周边擀成厚约1 mm的面饼。



切面

- ③ 在表面撒上高筋面粉，从一端开始卷起来，之后切成宽约5 mm的面条。
(煮后会稍稍变大，所以面切细些)
- ④ 抖开面条，撒上高筋面粉。



煮面

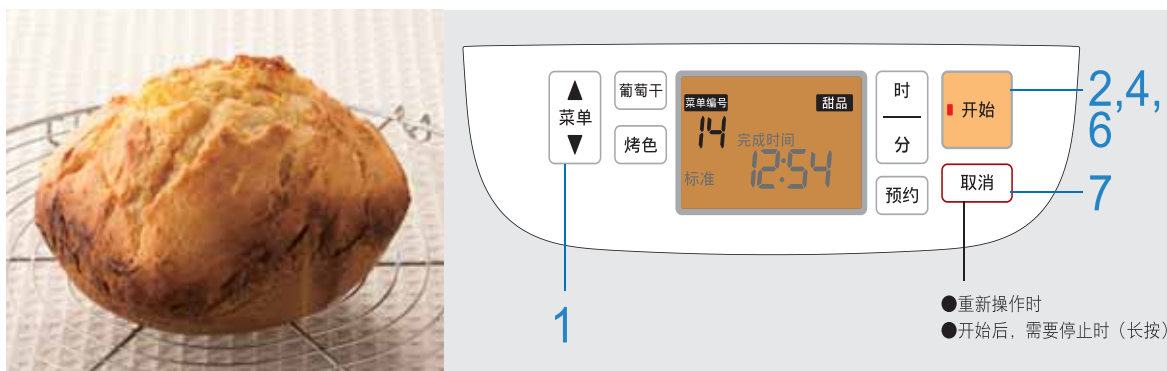
- ⑤ 将大锅盛满水、烧开，拍掉面团上沾的高筋面粉放进锅里煮。
(煮面的时间基准为3~5分钟)



- 与市场出售的意大利面相比，外观、面条柔软度、口感都不同。

- 步骤①~③也可使用制面机制作。
(在面团上撒上足够的高筋面粉)

制作英式茶饼



- 准备**
- ①在面包容器内安装面包用叶片，依次放入鸡蛋与牛奶的混合物，酸奶。
 - ②将材料放入面包容器内。
 - ③将面包容器装入本体内。

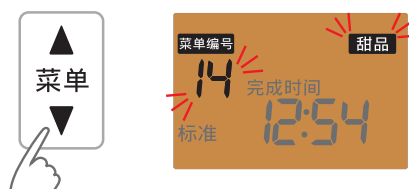
材料

英式茶饼		1154 kcal(1个的量)
鸡蛋1个，与牛奶的混合物	80 g	
酸奶	50 g	
低筋面粉	120 g	
高筋面粉	60 g	
泡打粉	5 g	
黄油（切成1cm块状）※	35 g	
砂糖	大2(24 g)	
食盐	小½(2.5 g)	

※若室温在15℃以下，切成5 mm块状。

- 在步骤3中误按“取消”键时
10分钟以内按下“开始”键，即可恢复（仅限1次，按其他键无效）
- 在步骤3经过3分钟后
蜂鸣器会响起，并自动开始“揉面”。
- 在步骤5中误按了“取消”键时
10分钟内按下“开始”键，即可恢复（仅限1次，按其他键无效）
- 在步骤5经过3分钟后
蜂鸣器响起，并自动开始“烘烤”。
（因为外型不易成形，烘烤出炉后）
（英式茶饼的表面凹凸不平）
- 英式茶饼与用干酵母制成的面包不同。

1 选择菜单“14”



■选择烤色时 → 烤色 (P.22)

2 开始



（约2分钟后）



3 发出哔哔声后， 打开上盖进行 手动去粉

在3分钟以内

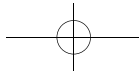
- 使用橡皮刮刀等工具刮除四周的粉。（使用金属铲容易刮伤氟素涂层）
- 不要按下“取消”键



4 盖上上盖，再次开始



（约1分钟后）



所需时间：约54分钟

5 发出哔哔声后打开上盖

3分钟内

整理面包面团的表面

- 用橡皮刮刀等整理周围的面团，整成山的形状。（参照右图）（使用金属铲容易刮伤氟素涂层）
- 不要按“取消”键



6 盖上上盖，再次开始



7 发出哔哔声后按下“取消”键，取出面包容器，冷却2分钟左右

取出英式茶饼

- 烘烤不足时，进行“追加烘烤”。（下述）
- 取出用力过猛时会破坏面包形状。

烘烤不足时“追加烘烤”

烘焙结束后，最多可进行2次追加烘烤。

※“追加烘烤”要在烘烤结束后的15分钟内进行。
库内温度一旦变低就无法追加烘烤。

① 选择菜单“14”



② 设定烘烤时间



（快进时长按）



- 可设定1~20分钟。

③ 开始



■取消追加烘烤时，▶ 长按“取消”键

■还可通过以下方法进行“追加烘烤”。

※在步骤7（上述）未按下“取消”键时

①按下 ，设定烘烤时间

②按下 ，开始



●热量标准表示 1个的量

法式咸味面包

菜单“14” 烤色“浓”

1170 kcal

鸡蛋1个与牛奶的混合物	60 g
低筋面粉	150 g
泡打粉	5 g
黄油（切成1 cm小块）※	20 g
砂糖	小2 (8 g)
食盐	小½ (2.5 g)
马铃薯（剥皮捣碎）	90 g
黑胡椒（粗粒）	少量
培根（切5 mm的块状）	30 g
乳酪（切5 mm的块状）	30 g
胡萝卜（切成5 mm小块，水煮但不煮烂）	20 g
玉米（粒）	20 g
毛豆（剥开的豆粒）	20 g

※室温低于15℃时，切成5 mm小块。

番茄与毛豆

菜单“14”

1302 kcal

鸡蛋1个与番茄汁的混合物	100 g
橄榄油	2大匙
低筋面粉	120 g
高筋面粉	60 g
泡打粉	5 g
砂糖	大1½ (18 g)
食盐	小½ (2.5 g)
黑胡椒（粗粒）	少量
您所喜欢的干香草（罗勒）	½小匙
番茄干（干燥）（等干硬后分成4等分）	10 g
毛豆（剥开的豆粒）	50 g
乳酪（切成1 cm的块状）	50 g

制作英式茶饼

甜品

制作蛋糕



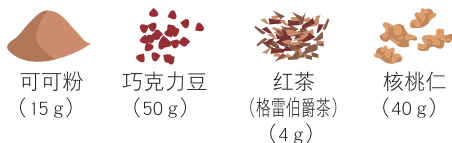
- 准备**
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内依次放入黄油、砂糖、牛奶、鸡蛋。
 - ③放入一起筛过的A，再将面包容器安装到本体内。

材料

蛋糕		2066 kcal (1次的量)
无盐黄油※	120 g	
砂糖	70 g	
牛奶	1大匙(15 mL)	
鸡蛋(打匀)	80 g	
A		
└ 低筋面粉	200 g	
└ 泡打粉	10 g	

※ 切成1 cm小块，恢复至常温。

- 可以添加自己喜欢的材料或辅料！
(固体形状的辅料可在清除面粉时均匀地放进去)



- 在步骤3误按了“取消”键时
在10分钟内按下“开始”即可恢复。
(仅限1次。按其他键无效)
- 在步骤3经过15分钟后，会发出蜂鸣，并自动开始“搅拌”功能。
(如果不清除掉面粉，烤好的蛋糕表面会残留面粉)
- 做出的蛋糕接近黄油蛋糕。
(但与市场销售的海绵蛋糕)并不完全相同

1 选择菜单“15”



- 选择烤色时 → 烤色 (P.22)

2 开始



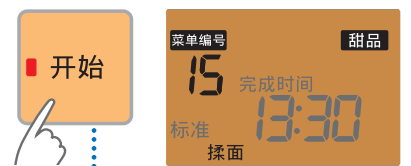
3 发出哔哔声后，打开上盖，清除面粉

- 使用橡皮刮刀等清除周围的面粉。
(使用金属铲容易刮伤氟素涂层)
- 不要按“取消”键

在15分钟以内

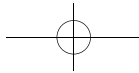


4 盖上上盖，再次开始



5 发出哔哔声后按下“取消”键，取出面包容器，冷却2分钟左右后取出蛋糕

- 烘焙不足时，进行“追加烘烤”。(P.45)
- 取出用力过猛时会破坏蛋糕形状。



所需时间：约1小时30分

●热量标准表示 1次的量



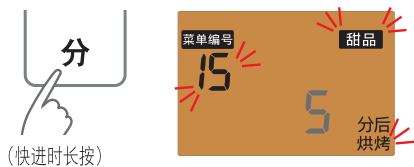
烘烤不足时，进行“追加烘烤”

烘烤结束后，最多可进行2次追加烘烤。
※“追加烘烤”要在烘烤结束后的15分钟内进行。
库内温度一旦变低就无法追加烘烤。

① 选择菜单“15”



② 设定烘烤时间



③ 开始



■取消追加烘烤时，➡ 长按“取消”键

■还可通过以下方法进行“追加烘烤”。
※在步骤5 (P.44) 没有按下“取消”键时

- ① 按下 ，设定烘烤时间
- ② 按下 ，开始



柠檬蛋糕 2095 kcal

无盐黄油 (切成1 cm小块)	110 g
砂糖	100 g
牛奶	1大匙(15 mL)
鸡蛋 (打匀)	100 g
朗姆酒 (或白兰地)	1大匙
A [低筋面粉	180 g
泡打粉	7 g
※柠檬皮 (捣碎)	1个份

※在清除面粉时放入

巧克力蛋糕 2384 kcal

无盐黄油 (切成1 cm小块)	100 g
砂糖	100 g
鸡蛋 (打匀)	100 g
可可粉	2½大匙 (15 g)
A [低筋面粉	180 g
泡打粉	7 g
※巧克力豆	50 g
※糖渍橘皮 (切成5 mm ~ 1 cm的块状)	40 g

※在清除面粉时放入

南瓜蛋糕 1960 kcal

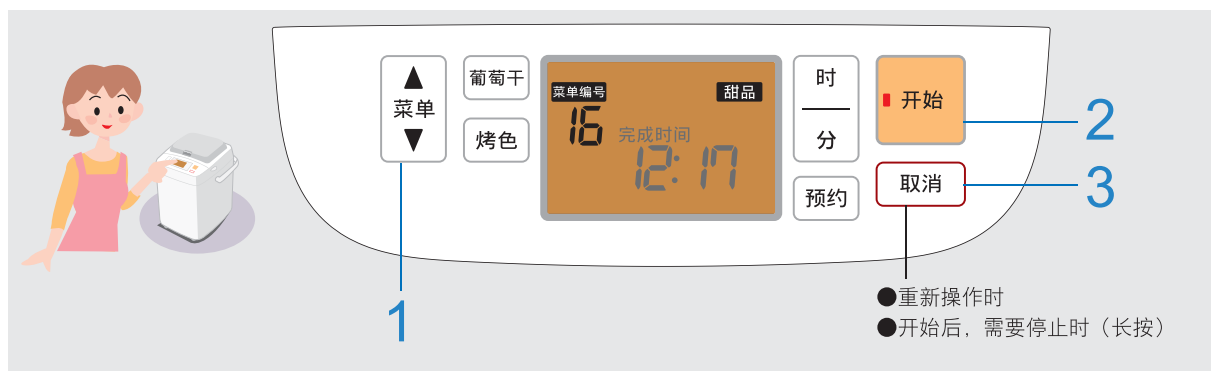
无盐黄油 (切成1 cm小块)	100 g
砂糖	80 g
牛奶	2大匙 (30 mL)
鸡蛋 (打匀)	100 g
南瓜 (切成2 cm小块、弄软)	50 g
A [低筋面粉	180 g
泡打粉	7 g

抹茶红豆蛋糕 2056 kcal

无盐黄油 (切成1 cm小块)	80 g
砂糖	100 g
鸡蛋 (打匀)	150 g
抹茶	1½小匙 (3 g)
A [低筋面粉	180 g
泡打粉	7 g
※红豆洗净煮熟并沥干 (切成大小5 mm左右)	50 g

※在清除面粉时放入

制作巧克力点心



- 准备**
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内放入掰开的巧克力块。
 - ③加入鲜奶油、蜂蜜，再将面包容器放入本体内。

材料 (约为宽13 cm×长13 cm×高1 cm的份量)

巧克力点心 (牛奶)		1303 kcal
牛奶巧克力 (市面销售的巧克力板)	3块 (165 ~ 174 g)	
鲜奶油 (乳脂肪含量35%)	50 mL	
蜂蜜	10 g	

巧克力点心 (白)		1186 kcal
白巧克力 (市面销售的巧克力板)	4块 (160 ~ 180 g)	
鲜奶油 (乳脂肪含量35%)	50 mL	
蜂蜜	10 g	

巧克力点心 (黑)		1416 kcal
黑巧克力 (市面销售的巧克力板)	3块 (165 ~ 174 g)	
鲜奶油 (乳脂肪含量35%)	70 mL	
蜂蜜	10 g	

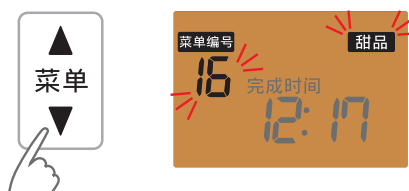
※鲜奶油使用乳脂肪含量在41%以上时，鲜奶油含量内的10 mL改为牛奶。

【例】黑巧克力时

鲜奶油：60 mL，牛奶：10 mL

- 请务必遵守上述份量规定。否则可能会造成油水分离或太软。

1 选择菜单“16”



2 开始



3 发出哔哔声后，按下“取消”键，取出面包容器，用橡皮刮刀清除黏在面包用叶片上的巧克力，再手动拆下面包用叶片

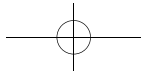
- 还有部分未溶化时，选择“追加搅拌”。(P.47)
- 使用金属等刮铲及夹具等时，可能会有损伤。

4 使用橡皮刮刀将巧克力装在铺有保鲜膜及烹饪纸的平底容器中

5 在冰箱内冷藏凝固 2小时以上

6 切成适当大小

- 切好的巧克力，上面可以撒上可可粉及糖粉等。



搅拌不足时，进行“追加搅拌”

搅拌结束后，最多可进行2次追加搅拌。

※“追加搅拌”要在搅拌结束后的5分钟内进行。

库内温度一旦变低就无法追加搅拌。

※“追加搅拌”前用橡皮刮刀铲下面包容器周围黏附的巧克力，再充分搅拌。

① 选择菜单“16”



② 设定搅拌时间



(快进时长按)



●可设定为1~5分钟。

③ 开始



■取消追加搅拌时，按“取消”键

■还可通过以下方法进行“追加搅拌”。

※在步骤3 (P.46) 没有按下“取消”键时

① 按下 设定搅拌时间

② 按下 开始

所需时间：约17分钟

● 热量标准表示 1次的量

草莓巧克力

1136 kcal

白巧克力(板)	4块(160g)
黄油	20g
蜂蜜	10g
草莓(捣碎/泥状)	40g



玉米脆片巧克力

(一口一个约20个的量)

1279 kcal

黑巧克力(板)	2块(116g)
A 鲜奶油	40mL
蜂蜜	10g
玉米脆片	100g

①使用A制作巧克力。(P.46)

②将①与玉米脆片混合在一起。

③用汤勺将巧克力分别放到烹饪纸上。大小可按个人喜好，放在冰箱，使其凝固。



慕斯巧克力

(约玻璃杯五杯的量)

1733 kcal

黑巧克力(板)	2块(116g)
A 鲜奶油(乳脂肪含量35%)	60mL
蜂蜜	10g
鲜奶油	180mL
您喜欢的水果(装饰用)	适量

①使用A制作生巧克力。(P.46)

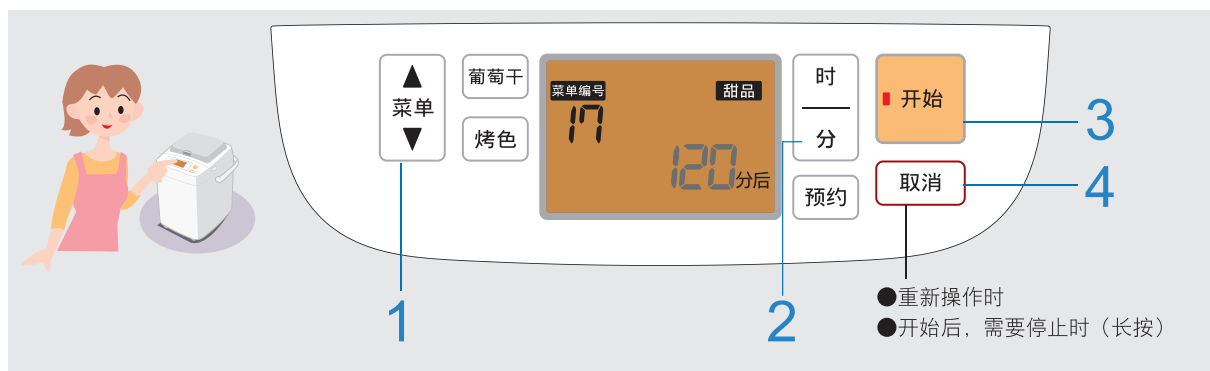
②将鲜奶油打至发泡。

③在②中加入温热的①搅拌。

④盛到玻璃杯中，冷却，根据个人喜好装饰水果。

●根据个人喜欢，还可将切碎的巧克力与坚果(10~20g)混合搅拌。

制作果酱



- 准备**
- ①在面包容器内安装面包用叶片。
 - ②在面包容器内依次放入砂糖、水果、柠檬汁。
 - ③再安装至本体内。

材料

草莓果酱		687 kcal (1次的量)
草莓 (洗净去蒂) (大的切成½)	净重400 g	
砂糖	140 g	
柠檬汁	2½大匙	

- 请务必遵守上述份量规定。否则可能导致辅料飞出及烧焦。

- 注意不要煮过头！果酱冷却后，会变浓稠。

- 通过控制砂糖的量，不使用添加物，可以制成稀软的果酱。无法长期保存！请放到冰箱保存，并尽快享用。
- 保存期间：约1星期

1 选择菜单“17”



2 设定烹饪时间 (草莓果酱120分钟)



3 开始

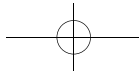


4 发出哔哔声后按下“取消”键，取出面包容器，冷却 (约10分钟)

- ※请注意不要放置在会倾倒的地方。
- 加热不足 (水分较多、不够黏稠) 时，进行“追加加热”。(P.49)

5 将面包容器倾倒的同时，用橡皮刮刀使之慢慢流入容器

- 使用金属等刮铲时，可能会造成损伤。



加热不足时，进行“追加加热”

加热结束后，最多可进行2次追加加热。
※“追加加热”要在加热结束后的5分钟内进行。
库内温度一旦变低就无法追加加热。

① 选择菜单“17”



② 设定烹饪时间



(快进时长按)

●可在10分钟 ~ 30分钟之间以1分钟为单位进行设定。

③ 开始



■取消追加加热时，➡ 长按“取消”键

■还可通过以下方法进行“追加加热”。

※在步骤4 (P.48) 没有按下“取消”键时

① 按下 设定烹饪时间

② 按下 开始

所需时间：约1小时30分~ 2小时30分

● 热量标准表示 1次的量



蓝莓果酱

747 kcal

冷冻蓝莓	400 g
砂糖	140 g
柠檬汁	2½大匙

■烹饪设定时间…150分钟
(使用新鲜蓝莓时)
110分钟

苹果果酱

767 kcal

苹果 (削皮切成8块,去芯, 切成1 cm宽)	净重400 g
砂糖	140 g
柠檬汁	2½大匙

■烹饪设定时间…100分钟

水蜜桃果酱

711 kcal

水蜜桃 (削皮去籽 切成2 cm小块)	净重400 g
砂糖	140 g
柠檬汁	2½大匙

■烹饪设定时间…120分钟

桔子果酱

701 kcal

桔子 (洗净后,将果瓣与果皮分开。 将果瓣再去白膜后,取出果 肉并分成2~3等分。而果 皮去掉白色部分后再切碎。)	400 g
砂糖	140 g

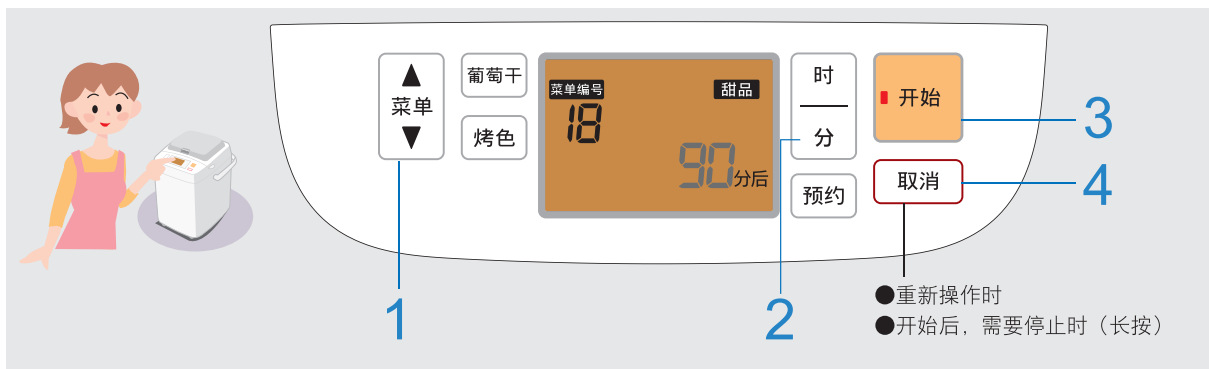
- ①在锅中放入皮,以及高过皮的水,水煮15分钟。
- ②将煮过的水沥出,再加水继续水煮。
- ③重复3次,沥干水分。
- ④在面包容器内依次放入果皮、砂糖、果肉。
- ⑤安装面包容器

■烹饪设定时间…120分钟

制作果酱

甜品

制作蜜糖水果



- 准备**
- ①在面包容器（无面包用叶片）中加入水、砂糖、柠檬汁，用橡皮刮刀充分搅拌。（直到砂糖完全融化）
 - ②将水果一个一个放进去，不要叠放。
 - ③将烘焙纸切成面包容器大小，且中心开一个1 cm左右的孔，当作盖子。
 - ④再安装至本体内。

材料

蜜糖水果		342 kcal (1次的量)
苹果※ (切成4等分, 去皮去芯)	中等大小1个 (约200 g)	
水	250 mL	
砂糖	60 g	
柠檬汁	2小匙	

※有的品种容易煮烂。
推荐使用果实比较结实的“富士”苹果等

- 请务必遵守上述份量规定。否则可能导致加热不均或烤焦。

●水果的摆放方法（准备②）



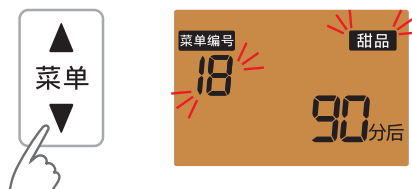
●用烹饪纸当盖子（准备③）



■食用时

应在完成后再放置半天左右再食用。
(为了让糖浆渗入水果内)

1 选择菜单“18”

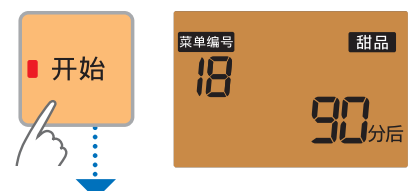


2 设定烹饪时间（蜜糖水果为90分钟）



※根据水果的种类改变设定时间。

3 开始



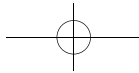
4 发出哔哔声后按下“取消”键，取出面包容器，冷却（约10分钟）

※请注意放置场所，以防倾倒。

- 加热不足（颜色偏白，用竹签插入时较硬）时，进行“追加加热”。（P.51）

5 慢慢移入容器，连汤汁一起冷却

- 使用金属等刮铲及夹具等时，可能会有损伤。
- 取出容器后，将水果上下翻转，含糖浆一起慢慢冷却。冷却时，糖浆会慢慢渗入水果。



所需时间：约1～2小时

●热量标准表示 1次的量 (含糖浆)



加热不足时，进行“追加加热”

加热结束后，最多可进行2次追加加热。
※“追加加热”要在加热结束后的5分钟内进行。
库内温度一旦变低就无法追加加热。

① 选择菜单“18”



② 设定烹饪时间



(快进时长按)

●可在10分钟～30分钟之间以1分钟为单位进行设定。

③ 开始



■取消追加加热时 → 长按“取消”键

■还可通过以下方法进行“追加加热”。
※在步骤4 (P.50) 没有按下“取消”键时

- ① 按下、设定烹饪时间
- ② 按下、开始



蜜糖番茄

292 kcal

小番茄 (水煮后剥皮，将蒂头除去)	3个 (1个约100g)
水	300 mL
砂糖	60g
生姜(切薄片)	10g

■烹饪设定时间…60分钟

蜜糖枇杷

295 kcal

枇杷 (去皮，切成2块去芯)	3个 (1个约50g)
水	250 mL
砂糖	60g
柠檬汁	2小匙

■烹饪设定时间…60分钟

蜜糖洋梨

332 kcal

洋梨 (去皮，切成4块去芯)	中等大小1个 (约180g)
水	250 mL
砂糖	60g
柠檬汁	2小匙

■烹饪设定时间…60分钟

蜜糖蜜枣

836 kcal

蜜枣(干燥)	250g
水	100 mL
红酒	125 mL
砂糖	40g
柠檬汁	2小匙
肉桂	适量

■烹饪设定时间…60分钟

制作麻糬

糯米无需用水泡。
(用水泡过则麻糬会太软)



- 准备**
- ①洗糯米。(洗到水变清为止)
※糯米不用泡水。(否则麻糬会变软)
 - ②用筛子将水沥干30分钟。
 - ③在面包容器内安装制作面条、麻糬用叶片。
 - ④放入糯米、水。

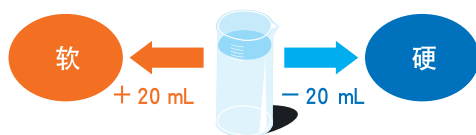
材料

麻糬		39 kcal (圆麻糬1个的量)	
(1个圆麻糬约35g)	约12个	约18个	
糯米	280 g	420 g	
水	长粒米 (190 mL)	长粒米 (270 mL)	短粒米 (280 mL)
手粉※	适量	适量	

※可使用淀粉、或玉米粉代替。

● 1杯糯米约140 g

■ 如果想做出自己喜欢的软硬程度, 就要调整水的份量!



■ 在步骤3误按了“取消”键时, 在10分钟内按下“开始”即可恢复。
(仅限1次。按其他键无效)

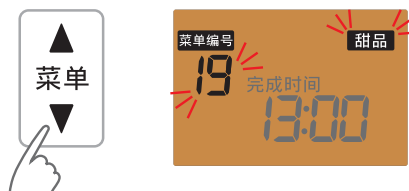
■ 步骤3经过30分钟后, 发出蜂鸣声, 自动开始下一步。
(上盖盖着的情况下)
※麻糬变软, 则难以取出。

■ 糯米若泡过水时, 请减去相应的糯米吸收的水量。

<减少基准>

【12个】80 mL 【18个】140 mL

1 选择菜单“19”



2 开始



● 叶片有时会转动。

3 发出哔哔声后, 打开上盖

● 不要按“取消”键

在30分钟以内

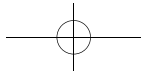


4 开著上盖的状态下 马上开始



※为了让多余的水分散出, 将上盖打开

可在开始制作麻糬时放入艾草和樱虾等。
※不要放豆类等坚硬的材料! (会使面包容器的氟素涂层脱落)



所需时间：约1小时

■在刚做好的麻糬上放上自己喜欢的材料…



红豆麻糬



花生麻糬



萝卜麻糬

黑芝麻麻糬

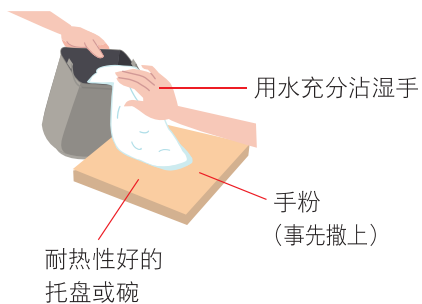
开始做麻糬后，一点点地放入2~3小匙黑芝麻和少量的盐。

柚香麻糬

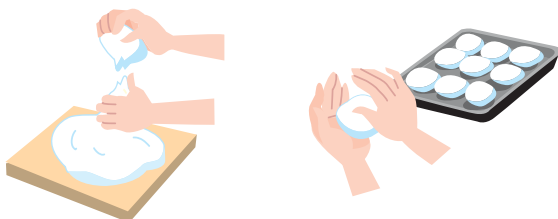
开始做麻糬后，一点点地放入捣碎的1/2个柚子皮和少量的盐。

5 发出哔哔声后，按下“取消”键，
迅速取出面包容器，并放置等到面包容器可以用手触摸的程度(5~10分钟)

6 取出麻糬
(从底部拿起来)



7 用手捏些麻糬，搓成团



- 马上食用时
- 保存时
- ➡事先用水沾湿手。
- ➡事先在手上撒些手粉。

●麻糬的口感会受到水的用量、糯米的用量及种类、用了新米还是旧米等因素，而有所不同。

●放置时间过长，麻糬表面会变硬。

■麻糬的妥善保存方法…

- ①麻糬冷却后，拍掉麻糬粉。
- ②“放在室内时”
放在湿度和温度较低的场所，可保存2天。
“放入冰箱时”
放入两层塑胶袋内，并封口，可保存1个月。

制作麻糬

甜品

从面包容器中直接取出放置在保鲜膜上包起来保存，做成日式麻糬更简单。



清洁保养

为了避免损伤
氟素涂层……

- 尽快洗干净擦干！
(不可在没洗干净或沾有水的情况下放置)
- 用柔软的海绵清洗！
(不要使用去污粉、金属刷、海绵的尼龙面、百洁布、不要使用洗碗机)清洗

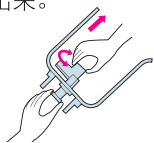


面包容器·叶片

清除剩余的面团，用水冲洗



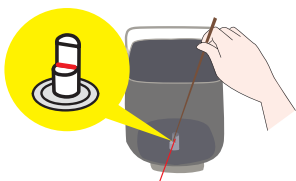
- ① 在面包容器内加入少量热水，放置一会。
- 叶片难以拆下时，左右转动一下再拔出来。



- ② 用水清洗面包容器和叶片。
- 安装轴周围不要残留面团等。面团等残留下来会损伤面包容器的氟素涂层。



- ③ 用竹签将粘在叶片处和安装轴上的面团清除干净。



- 面团若黏附在安装轴上，易造成叶片脱落，或残留于面包中。
- 若很脏时，请用厨房专用洗条剂（中性）清洗。

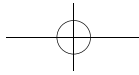
上盖

用拧干的湿抹布擦拭



- 用湿抹布将黏在酵母容器的干酵母擦掉，然后再确认投放干酵母的孔已关闭。

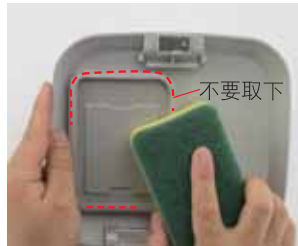




盖容器盖

取下，用水冲洗

【拆卸方法】



● 打开上盖容器盖至70度角后，再将右侧向上提拉。

酵母容器

用拧干的
湿抹布擦干净后，自然
晾干。



**酵母容器不能用
干布擦拭！**

产生的静电会导致
干酵母不易落下

葡萄干·坚果容器

拆下后，用厨房的专用洗条剂（中性）
清洗



● 向上拉。



● 用手指压，
打开开闭板。

● 不要留下油脂。



本体

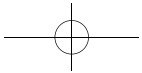
用拧干的
湿抹布擦拭

● 清除掉在库内散落的干
酵母以及辅料等。



清洁保养

小帮手



常见问题

可以用专用的面粉制作吗？

吐司面包

可以制作，但是需要调整水量。因为可能发生面包过度膨胀，或面包上方出现凹陷的情况。请减少5~10%的水量。

法国面包

可以制作，但是面包的品质与膨胀程度因专用面粉的种类而异。

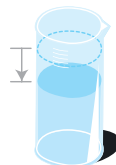
乌冬面团（中筋面粉）

面团太硬的话可加入10 mL的水，如面团太软的话可减少10 mL的水。

可以用其他材料代替黄油和奶粉吗？

可以。
请使用等量的人造黄油、起酥油等固体油脂来代替黄油。
（因油脂种类不同，烤色有浓淡差别）
奶粉（大1），相当于70 mL的牛奶。

● 使用牛奶时，请减少相当于牛奶份量的水份。



可以按照市面销售的烹饪书中份量制作吗？

本说明书中的份量是针对本型号制面包机的情况制订的，若按其他份量进行烘烤的话，可能会烘烤不佳。



可以制作半斤的面包吗？

虽然采用一半材料，但由于“揉面”和“排出空气”的力度都太难掌握，无法与自动制面包机的制作程序配合，因此不行。

可以用自己做的天然酵母吗？

因为发酵能力不稳定，不容易发酵成功。

如何保存干酵母？

请放入冰箱保存。（开封后必须密封，并尽快用完）

● 请在保存期间（未开封状态下，依保存方式进行保存的有效期限）使用。

● 请勿放入冷冻库内冷冻保存。
（干酵母会吸湿结块，无法从酵母容器中脱落）

可以使用一般的米粉制作米粉面包吗？

一般的米粉可以在其中混合20%的面粉，制作米粉混合面包。
（请用菜单“1”（吐司面包）进行烘烤）

是否可以使用指定以外的面包用米粉？

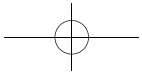
即使使用相同的配方也会因为粉的种类不同导致硬度有差异，无法顺利揉和，没办法制作。

可用什么样的米饭制作米饭面包？

放凉的米饭温度标准在30℃以下。
放入冰箱冷藏的米饭也可使用，但是变硬后难以软化时，要先加入水软化后再放入，这样比较容易搅拌。（P.61）
冷冻后的米饭，请在解冻后恢复至常温后再使用。
保温在12小时以内的米饭，请在冷却后再使用。

丹麦面包的“后放黄油”不冷冻可以吗？

若使用未冷冻的黄油，放进面包容器后的黄油会马上融化，就做不成丹麦面包。请将黄油切成1 cm的块状且冷冻一个晚上以上。



材料

冷冻过的菠萝面包的曲奇面团可以用吗？

可以使用。
请事先自然解冻，注意放在面包面团上时不能太硬。

撒手粉时使用什么面粉比较好？

面包成形时，建议使用高筋面粉。
制作麻糬时，建议使用淀粉。（还可以使用玉米粉及高筋面粉等。）

在水里泡了一晚的糯米还能用吗？

虽然可以使用，但做出来的麻糬会太软，因此一般不建议使用。
请减少糯米吸收的那部份水量（12个：80 mL，18个：140 mL）。

吐司面包可以烘烤成方形吗？

用家庭用制面包机烘烤出来的面包，在烘烤时面团会向上膨胀扩张，形成山形（“锅底”）状的面包。



如何切好面包？

烘烤结束后马上切会比较困难，建议待30分钟后再切。
●把面包放倒后，前后移动用面包刀切开面包。



面包是否不好取出？

取出面包容器后，冷却2分钟仍难以取出时，请再将面包容器放入本体内，放置5~10分钟后再取出。
●如果超出时间，面包会收缩下塌。
●请勿使用刀叉、筷子等取出面包。（会伤害到氟素涂层）

烘烤完成后相关事项

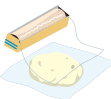
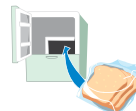
吐司与面团可以冷冻保存吗？

吐司面包
切成薄片，每片用保鲜膜包起来冷冻。

奶油卷
将成形、发酵好的面包摆放在托盘上，覆上保鲜膜放于冷冻室，冻好后放入塑胶袋中保存。

烘烤时，在30~35℃下解冻后，涂上蛋液（打匀的鸡蛋）烘烤。
●若急的话，直接在未解冻的状态下涂上蛋液，烘烤时间延长约5分钟。

披萨
将擀好的面团用保鲜膜包起来冷冻。
烘烤时，直接拿出来放上辅料烘烤。

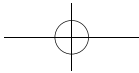


在面包或披萨面团的制作过程中，干酵母没有进行混合？

面团搅拌后，会在分割、成形及二次发酵中起到作用，所以没有问题。

面包面团菜单做出的面包面团很软？

请将水的用量减少5~10 mL。
若撒上高筋面粉的话，会比较容易处理。



常见问题

烘烤完成后相关事项

在面包或披萨面团的制作过程中，不怎么发酵

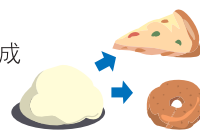
发酵的程度可能因比例不同而变慢。
若面包面团披萨面团制作结束后，不打开上盖，继续放置时，可以继续发酵。
(基准：20~30分钟)

失败的面团还可以再用吗？

① 仍为面团状态，未被烘烤时
...等

可以用来做甜甜圈或披萨等食品。
请确认是停止在以下的哪种状态后，再按照下述的做法进行操作。

- 干酵母残留在酵母容器内时
 - ▶调到菜单“11”（披萨面团）后重新开始制作面团，做成甜甜圈（P.37）或披萨（P.38）！
- 酵母容器内没有残留干酵母时
 - ▶取出面团，做成甜甜圈（P.37）或披萨（P.38）！



口感与市场出售的意大利面不同？

与干意大利面的制作方法不同，因此在外形、面团的柔软度、弹性上都有所差异。

怎么也切不好面条？

请正确称量，并在面团上撒上足够的高筋面粉。

面包形状异常！

手工制作面包真难把握
每次做出来的形状
都不一样…



出现以下情况时

请确认以下内容

膨胀不足



高度标准

(吐司面包、软式及
米饭面包的情况下)



(米粉面包的情况下)



(快速面包、全麦面包※1、
丹麦面包的情况下)



※1 使用50%的全麦面粉
(全麦面包※2的情况下)



※2 使用100%的全麦面粉

(法国面包、菠萝面包)
的情况下



过度膨胀



高度标准



吐司
(膨胀程度)

- 受温度、湿度、材料、预约时间等条件的影响，面包的形状和蓬松度都会发生变化。
- 是否放入太多葡萄干之类的辅料？
- 室温是否太高了呢？（室温过高，则形状会变差）
▶ 请将面粉等材料放入冰箱内冷藏。

面粉

- 是否用秤称重了？
(不可使用附带的计量杯)
- 是否使用了蛋白质含量超过12 ~ 15%之间的面粉？
- 是否使用了高筋面粉？
- 是否使用了过期的面粉？
<法国面包、丹麦面包…>
- 是否弄错了高筋面粉和低筋面粉的比例？

水

- 是否太少？
<快速面包、法国面包、全麦面包、
丹麦面包、菠萝面包…>
- 使用的是否都是约5℃的冷水？
<室温超过25℃时…>
- 是否使用约5℃的冷水？

砂糖

- 是否太少？

干酵母

- 使用的是不需提前发酵的干酵母吗？
- 是否放入酵母容器内？
- 是否太少？
- 是否在冰箱内保存？(P.10)
- 是否使用了过期的干酵母呢？

面粉

- 是否太多？
- 是否使用了面包的专用面粉？(P.56)

水

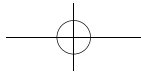
- 是否太多？

干酵母

- 是否太多？
▶ 按照指定份量操作却出现过度膨胀时，请尝试将干酵母或砂糖减少1/4 ~ 1/2的量。
- 在海拔超过1,000 m的地区，有时会出现过度膨胀的现象。

常见问题 / 面包形状异常！

小帮手



面包形状异常！

出现以下情况时

请确认以下内容

吐司
(形状)

完全不膨胀
(整体偏白，面团状)



干酵母

- 是否忘记放入干酵母了呢？
- 是否使用了保存不好、或过期的干酵母？

- 是否忘记安装面包叶片？
- 中途是否出现了停电情况？

每次做出的形状和膨胀程度都不同

● 手工制作的面包因以下条件，每次做出的形状和膨胀程度都会发生改变！

- | | |
|----------|---|
| 室 温 | <ul style="list-style-type: none"> ▪ 夏季等室温高时 ▪ 运转时室温发生变化（如中途关闭空调等） |
| 材料的种类、性质 | <ul style="list-style-type: none"> ▪ 使用了蛋白质含量较少的面粉烘烤时 ▪ 使用了保存不善、过期的干酵母时 |

底部发粘，
侧面收缩
下塌



- 是否将烘烤好的面包迅速从面包容器内取出，放在网架上散热呢？
- 室温高时，将水量减少10 mL会有效果。

上部凹陷
(外皮烤焦)
上部平坦，呈四
角形凹陷

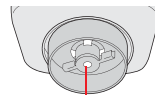


- 面粉是否太少呢？
 - 水是否太多呢？
- <全麦面包...>
- 当全麦面粉的比例过多或面粉的种类不同时易发生这种情况。

底部凹陷大
坑，直立不
起



- 留下了面包用叶片的形状。
- 取出面包时，是否碰到了面包容器的底部？
(有时因叶片转动会弄坏面包)



不要转动

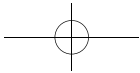
周围有多余的面粉

- 面粉是否太多呢？
- 水是否太少呢？

吐司
(其他)

不能烘烤出自己希望
的颜色，上部有部分
烤焦

- 请改变烤色 (P.22)，或者调整砂糖的用量。
减少砂糖的用量，则烤色会变淡，增加则烤色会变深。
- 面包溢出面包容器时，请减少干酵母与水量。
- 若面包上部超出面包容器太多，有可能造成剥离等现象。



出现以下情况时

请确认以下内容

吐司 (其他)

面包外皮太硬

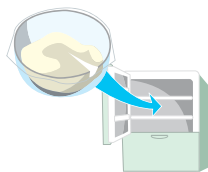
●等外皮冷却到人体肌肤温度后，放入保鲜袋，则面包外皮会变软。

成形、发酵后的面团有黏性

●发酵时间太长，会使面团松弛，就会变得有黏性。
虽然不同种类的面包的发酵时间不同，但一般的辨别方法是用手指轻轻按一下膨胀的面团侧面，如果慢慢弹起来，就说明发酵完成。

做不好牛角面包

●黄油如果融化，就难以包覆在面团中，将不能形成层次感。
请将面团放入冰箱充分冷却后再包入黄油。
※特别是在室温高时，黄油容易融化，需要延长冷却时间。



丹麦面包

底部及外层积油

●是否使用冷冻黄油，并切成1 cm的小块？
●冷冻黄油是否在蜂鸣器响起的10分钟之内放入？
●是否已将冷冻黄油掰开零散放入容器？

口感不够松脆

●将切好的面包再烘烤一次，会变得比较有松脆感。

米饭面包

发现有米粒残留

●请在另一个容器内放入米饭和水，将米饭充分软化后再放入面包容器内。

菠萝面包

菠萝面包的曲奇面团裂开

●是否充分搅拌了曲奇面团？
●是否将曲奇面团揉到光滑状态？
●是否将曲奇面团强行卷入面包面团呢？
※只需将曲奇面团放在面包面团上。
(轻轻按压使之贴紧后则形状会保持得更好。)
●格子图案是否刻太深了？

菠萝面包的曲奇面皮软绵绵的

●原因在于黄油在软化时出现了融化，使面团液体含量过多。
※若黄油融化的话，即使将面团冷藏后，还是会松软易碎。


菠萝面包的曲奇面团偏向一边

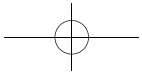
●是否将面包面团重新放到中央位置了呢？

面包形状异常！

小帮手

面包形状异常！

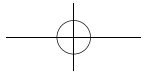
	出现以下情况时	请确认以下内容
菠萝面包	曲奇面团不在上面	<ul style="list-style-type: none"> ●曲奇面团是否冷却过度变硬？ ※根据“加工作业剩余10分钟后”的显示，将曲奇面团从冰箱中取出，用擀面棍擀薄。曲奇面团达到柔软且可以完全弯曲的程度时较好。
	曲奇面团从面包容器中溢出来	<ul style="list-style-type: none"> ●放曲奇面团时，是否轻轻按过周围？ ※如果按压面团太过用力，烘焙时曲奇面团的表面会裂开。
米粉面包	预约烘烤做出来的米粉面包，形状不好看	<ul style="list-style-type: none"> ●是否在室温超过25℃时进行了预约呢？ ※室温高时，材料的温度也会过高，因此做出来的面包形状会变差。请不要设置过长的预约时间。
英式茶饼	膨胀不足 	<ul style="list-style-type: none"> ●是否加入了泡打粉？ (即使放入干酵母也无法膨胀。) ●材料的份量是否正确？
	出现黄油斑 (色斑、空洞等)	<ul style="list-style-type: none"> ●是否将黄油切成1 cm的块状呢？ ●室温低于15℃时，是否将黄油切成5 mm的块状呢？
	周围残留有面粉	<ul style="list-style-type: none"> ●是否清除了面粉？ ●是否进行了成形步骤呢？
蛋糕	膨胀不足	<ul style="list-style-type: none"> ●材料的份量是否正确？ ●是否加入了泡打粉？ ●是否将低筋面粉与泡打粉筛过后再放入？
	上部残留了黄油	<ul style="list-style-type: none"> ●是否将黄油切成1 cm的块状呢？ ●黄油是否恢复常温？ ●是否按顺序放入材料？



	出现以下情况时	请确认以下内容
蛋糕	周围带有面粉	<ul style="list-style-type: none"> ●是否清除面粉了？ ●材料的投入次序是否正确？
	制作出的蛋糕与预想的不一樣	<ul style="list-style-type: none"> ●做出来的蛋糕类似于黄油蛋糕，但达不到市场出售的海绵蛋糕的烘焙程度。若将低筋面粉减至160 g，蛋糕会变得松软些。
巧克力点心	鲜奶油和巧克力无法融合	<ul style="list-style-type: none"> ●乳脂肪含量高（41%以上）的鲜奶油与可可含量多的巧克力一起使用，可能无法融合。增加10 mL的牛奶，有助于二者融合。
	太软	<ul style="list-style-type: none"> ●使用牛奶成分多的巧克力则会变软。请减少10 ~ 20 mL的鲜黄油。
	面包容器内周围沾有巧克力	<ul style="list-style-type: none"> ●请在5分钟内用橡皮刮刀将面包容器的巧克力刮下，再追加搅拌2 ~ 3分钟。
果酱	不凝固（不黏稠）	<p>由于砂糖量不够，而且没有使用添加物，因此制成的果酱较稀。</p> <ul style="list-style-type: none"> ●未成熟的水果、熟透了的水果、不新鲜的水果由于果胶含量较少，因此可能出现难以凝固的情况。 ●是否放入太多水果？ ●是否减少砂糖与柠檬汁的量？ <p>（果酱凝固需要适度的糖度、酸度、果胶量）</p>
蜜糖水果	没煮好	<ul style="list-style-type: none"> ●水果是否过于成熟？ ●因水果种类不同，有些品种容易煮烂。
	有些部分糖浆的渗透性不好	<ul style="list-style-type: none"> ●是否被烹饪纸盖住了？ ●从糖浆中取出后，将渗透性不好的部分朝下放置，使之浸在糖浆中，再冷却。 ●放置半天 ~ 1天即可食用。
麻糬	做好的麻糬上沾有米粒	<ul style="list-style-type: none"> ●糯米是否太多呢？ ●水是否太少呢？ ●沥干糯米水分时，糯米是否过分干燥？（比如直接正对冷气风口等） ●是否夹杂了粳米？ ●是否使用了旧米？

面包形状异常！

小帮手



面包形状异常！

乌冬面、意大利面团

出现以下情况时

请确认以下内容

面团中有面疙瘩

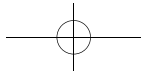
- 是否错将面包用叶片当成面条·麻糬用叶片安装上去？
- 面粉是否太少呢？
- 是否充分搅拌面粉后才放入面包容器内？
- 水是否太多呢？
- 做乌冬面时，是否使用了温水？

面团黏在手上，
无法成形

- 面粉是否太少呢？
- 撒高筋面粉了吗？
- 水是否太多呢？

面条粘在一起

- 切成面条状后放置的时间是否太长？
- 是否撒了足够多的高筋面粉？



“操作错误！”的补救措施

忘记放入材料就按了开始！

以下的材料可在下列时间内放入。
但是，由于最初在“揉面”时，材料没有充分搅拌，可能无法成功做出面包。

忘放的材料	放入的时间
黄油 砂糖 奶粉 食盐	<p>干酵母被投入之前，左列材料还可放入面包容器内。</p> <ul style="list-style-type: none"> ▪ 披萨面团 1分钟以内 ▪ 面包面团 10分钟以内 ▪ 丹麦面包 5分钟以内 ▪ 米粉面包 35分钟以内 ▪ 其他菜单 20分钟以内 <p>※尽可能以小的幅度打开上盖，避免干酵母洒落。</p>
干酵母	<p>投入干酵母前，将干酵母放入酵母容器内。</p> <ul style="list-style-type: none"> ▪ 披萨面团 1分钟以内 ▪ 面包面团 10分钟以内 ▪ 丹麦面包 5分钟以内 ▪ 米粉面包 35分钟以内 ▪ 其他菜单 20分钟以内

选错了菜单、葡萄干、烤色等功能就按了开始！

若是刚刚开始，可以重新操作。请长按“取消”键中止操作，选择正确的菜单※葡萄干功能烤色后重新开始。
※请勿变更为“米粉面包”。（因为最初的制作工序不同）

安装了错误的叶片并启动！

请长按“取消”键停止操作，重新安装正确的叶片后再开始。（不更换正确的叶片，则可能会停止转动。）

拔掉了电源插头！

即使拔掉电源插头，在10分钟内插回去，仍可以恢复。
※请勿按下“开始”键。

中途错按了“取消”键！

在10分钟内按下“开始”即可恢复。
※只有1次有效。请不要按其他键。

■失败的面团可以再做成披萨或甜甜圈。（P.37, 38, 58）

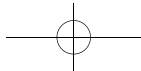
面包形状异常！ / 操作错误的补救措施

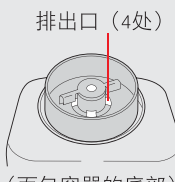
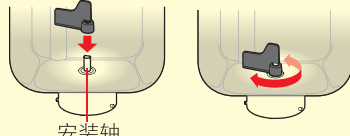
小帮手

故障诊断

请先确认以下事项
如果仍有异常，请立即联络Panasonic客户咨询服务中心

出现以下情况时	原因	修理方法
无法进行按键操作	●电源插头是否松脱？	插上电源插头。
按了开始键也不运转（不揉面）	●米粉面包的工序是从“醒面”开始的，一开始不运转。	
干酵母没有落下	●干酵母自动放入的时间因菜单和室温等条件不同而有差异。	
	●酵母容器潮湿或带有静电。	用拧干的湿抹布擦拭，自然风干。
	●干酵母是否受潮？	使用新的干酵母。
中途运转停止 (显示当前的时间)	●运转中，若出现10分钟以上的停电，则会停止运转。	若是在面团状态下停止，可以再利用。(P.58)
无法调整到想要预约的时间	<p>●想设置的时间是否为无法预约的时间？菜单不同，烘烤结束所需的时间也不同。</p> <p>【可设置的时间例】 菜单：吐司面包 当前时间：晚上8点30分 (液晶时刻显示“20:30”) 可设置时间：凌晨0点40分~上午9点30分 (“0:40”~“9:30”) ※只能在上述时间段设置。</p>	<p>请在下列范围内调整时间。</p> <ul style="list-style-type: none"> ●吐司面包 4小时10分钟~13小时后 ●软式面包 4小时30分钟~13小时后 ●米饭面包 4小时10分钟~13小时后 ●法国面包 5小时10分钟~13小时后 ●全麦面包 5小时10分钟~13小时后 ●米粉面包 2小时40分钟~13小时后
预约后马上就开始了揉面了	●使用面包菜单的吐司面包、米饭面包、法国面包、全麦面包，只有最开始的“揉面”程序是在预约后马上进行。(P.12)	
正在使用或预约时，发出声音	<p>发出以下声音并不是异常现象。</p> <ul style="list-style-type: none"> ●在做麻糬，或在面团“揉面”或“排气”时 <ul style="list-style-type: none"> ▪ “吱吱”“啪嗒啪嗒”……面团搅拌的声音 ▪ “嗡嗡”……马达运转的声音 ●干酵母或葡萄干容器的材料放入面包容器时 <ul style="list-style-type: none"> ▪ “噶恰噶恰”……开闭阀、开闭板的声音 	
中途运转停止 (叶片不转了)	<p>●材料过多，或叶片被坚硬材料卡住，造成马达负担过重，则保护装置开始运作，中途就会停止转动。 (即使操作完成，也是粉状，未烘烤好) ※请联系Panasonic客户咨询服务中心进行维修。</p>	



出现以下情况时	原因	修理方法
叶片咯哒咯哒响	●由于在叶片与主轴之间有缝隙。（前端活动3 cm左右）	
当前时间显示变淡、消失	●锂电池达到寿命期限（约2年）。 ※在更换电池前，插上电源还是可以使用。但要装上电池座。 （否则可能会有异物混入） ※使用定时功能时，就必须调整当前的时间。	拆下电池更换。（P.9）
仍然是粉状，无法烘烤	●是否忘记安装叶片了？ ●面包容器内部叶片的安装轴是否太紧无法转动？	安装好叶片。（P.18）
面包容器底部有面团漏出	●使用过程中，面包容器的排出口会排出少量面团。 （为了不妨碍转动，进入到转动部位的面团会被排出，这并不是异常。但请确认叶片安装轴是否处于转动状态。）  （面包容器的底部）	安装了叶片，但叶片的安装轴不转动时，要更换主轴的轴承。 （请与Panasonic客户咨询服务中心联系） 
面包容器的底部变黑	●面包容器底部可能会因搅拌摩擦而变黑。当变黑时，请用湿的厨房用纸擦拭。	

●开始使用时，会冒烟、散发出气味，随著继续使用会逐渐消失。这并不影响使用。

出现下列情况时…

停电发生 显示	●表示在使用中出现停电。 如果停电时间在10分钟以内，则来电后会自动进行运转。 （有时会做出不良面包） ●即使在使用中拔掉电源，重新插电启动后也会显示。	
U50 显示	●表示由于连续使用，机器内处于高温状态（40℃以上）。	打开上盖，让库内充分冷却。 （烘烤结束后冷却1小时左右）
H01 · H02 显示	●这是故障。 ※请联系Panasonic客户咨询服务中心进行维修。	

Safety precautions Please make sure to follow these instructions.

In order to prevent accidents or injuries to the user, other people, and damage to property, please follow the instructions below.

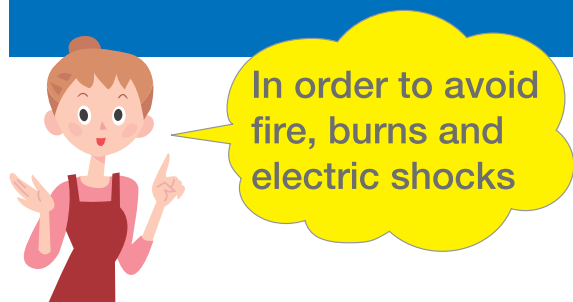
■ The following charts indicate the degree of damage caused by wrong operation.

 Warning	Indicates serious injury or death.	 Caution	Indicates risk of injury or property damage.
--	------------------------------------	--	--

■ The symbols are classified and explained as follows.

 This symbol indicates prohibition.	 This symbol indicates requirement that must be followed.
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Warning



Do not touch, block or cover the steam vent during use.

- Especially pay attention to children. (It may cause burns.)

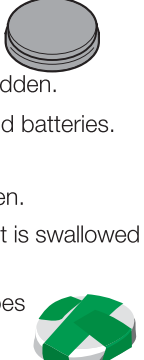


Properly use the power plug and the power cord.

- Do not use the sockets and wiring devices beyond their capacity. Do not use any power supply other than 220V AC. (Because overheating may happen if the rated power of multiple circuits is exceeded.)
- Do not damage the power cord and the power plug.
 - Do not damage, modify and approach hot devices. Do not bend, twist, stretch, load or bundle the cord in force.
 - (Otherwise it may cause fire due to electric shock or short circuit.)
- Do not use when the power cord is damaged and the socket is loosened. (Otherwise it may cause fire due to electric shock or short circuit.)
- ➔ If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.
 - Do not plug or unplug the power cord with wet hands. (It may cause an electric shock.)
- Insert the power plug firmly. (Otherwise it may cause electric shock, heating and fire.)
- Please clean away dusts on the power plug regularly. (Take special care to see if the pins have too many dusts on them. Poor insulations and fire will take place due to moistures if so.)
- ➔ Unplug the power plug, and wipe with the dry cloth.

Please use the lithium battery carefully.
(In order to avoid heating, fire and crack.)

- Charging, short circuit, heating and throwing it into fire are forbidden.
- Do not mix with other metals and batteries.
- Please keep it away from children.
 - ➔ Please consult your doctor if it is swallowed accidentally.
- Please wind it with adhesive tapes and keep it properly insulated before rejection or storage.



When abnormal incident or malfunction take place, stop using the appliance immediately and pull the plug out from the electrical outlet.

(Otherwise it may cause smoke, fire, electric shock or burns.)

Abnormal or breaking down

- The power plug and the power cord become abnormally hot.
- The power cord is damaged or power failure.
- The main body is deformed or is abnormally hot.
- The appliance makes abnormal turning noise during use.

➔ Unplug the appliance immediately and contact the service centre for the check or the repair.

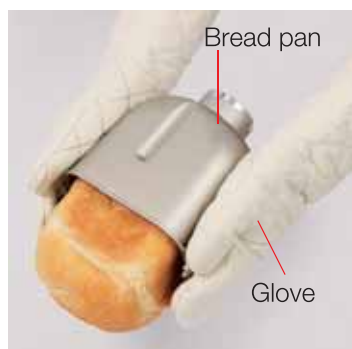


In order to avoid fire, burns and injury



Caution

The temperature of accessible surfaces may be high when the appliance is operating.



Bread pan

Glove



- Do not touch the bread pan, the main unit, the air vent, inner part of the appliance, the heater, the inner side of the lid and other high-temperature parts. (Otherwise it may cause burns.)

➔ Use gloves to take out the bread pan.
* Do not use wet gloves. (They are highly conductive and may cause burns.)



- Do not clean and maintain until bread pan cools down. (Burns may be caused.)

Please observe the following instructions to avoid any accident



- Please keep it away from infants and children.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

(May cause burns, electric shock) and injury.



- Do not splash or sprinkle water on the main unit.

(Otherwise it may cause electric shock or fire due to short circuit.)



- Do not disassemble, repair or modify this appliance by yourself. (It may cause fire, electric shock and injury.)

➔ Please consult service centre on repairs. *



Do not use the appliance on the following places!



- On carpets and other objects that are non-resistant to heat. (It may cause fire.)

- Unstable surfaces and desktops covered with a tablecloth. (It may cause falling or fire.)

* Be careful to find an appropriate place to accommodate the hot bread pan.

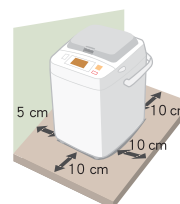
- Places that are contaminated with flour, greases, dusts and other easily-falling articles. (It may cause the appliance to slip and fall from the worktop.)

➔ Remove flour and keep away from the table edge by over 10 cm.

- Near walls and furniture.

➔ Must keep away from it by over 5 cm.

(It may cause deformation and discoloration.)



Properly use the power plug.



- Make sure to hold the power plug when unplugging the power plug. (Otherwise it may cause electric shock or fire due to short circuit.)

- Unplug the power plug when the appliance is not in use.

(Otherwise it may cause electric shock, or fire due to electric leakage.)

Install the lithium battery correctly.



- Do not reverse the anode and cathode of the battery.

(It may cause heating, fire and crack. See P.71)

Operating requirements

- Do not put any towel on the lid.

(It may cause a malfunction) or deformation.

- Do not put it near place that is wet or near fire source.

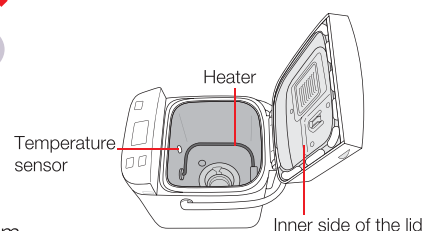
(It may cause a malfunction) or deformation.



- Please consult your doctor before use if you are allergic to any food.

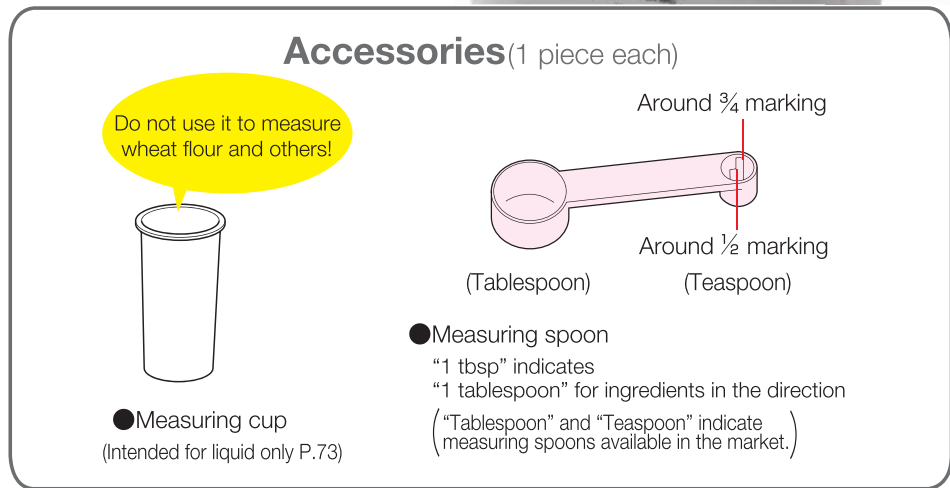
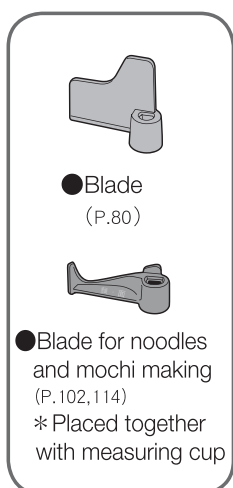
- The appliance is not intended to be operated by means of an external timer or separate remote control system.

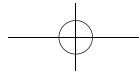
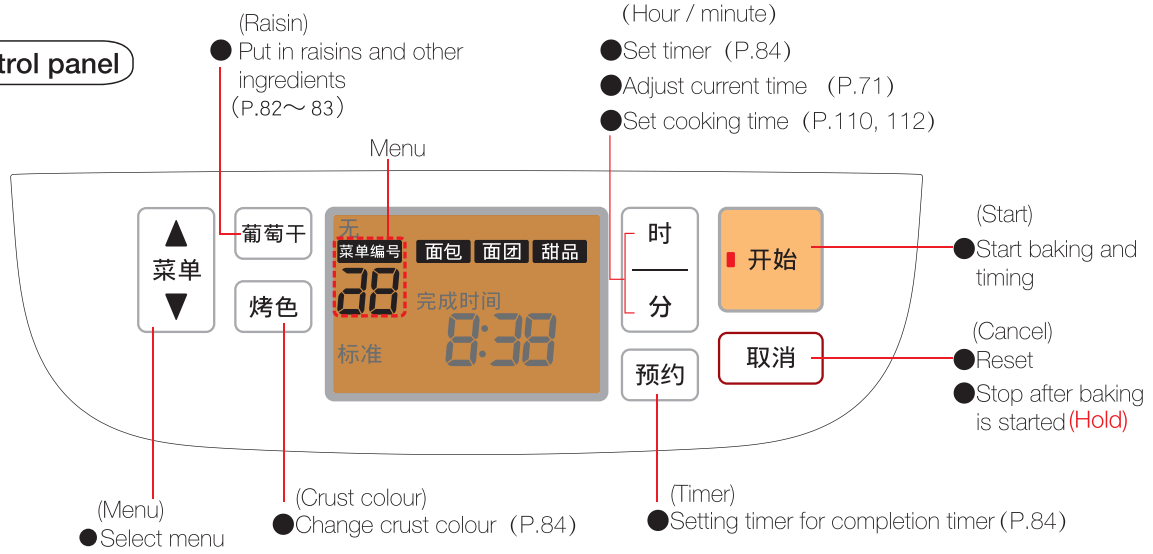
- Do not use excessive force on the parts illustrated below. (It may cause a malfunction or deformation.)



Parts names and accessories

■ Please clean the bread pan, blades and accessories before initial use (P.116)



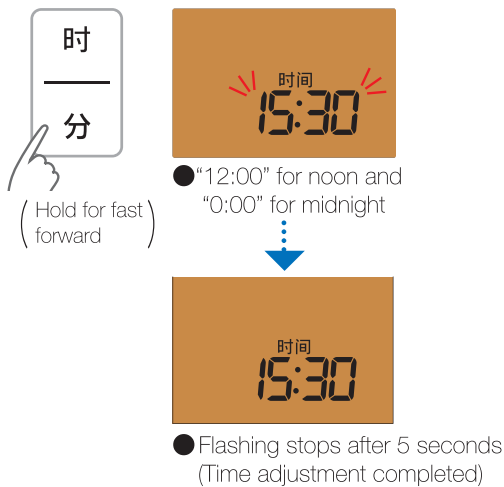
**Control panel****Current time (clock displays) adjustment**

- Pull out the insulating film in advance (P.70)
 - The time is displayed in the 24 hour system.
- ① Plug in
* You cannot adjust time if it is not plugged in.

- ② Press 时 (H) or 分 (M) (flashing time)



- ③ Adjust time
(E.g. adjust the time to 3:30 p.m.)

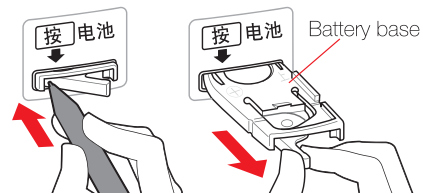


- ④ Pull out the plug

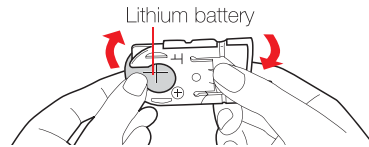
Replace lithium battery

* Use the lithium battery to enable the bread maker to memorize current time and previous settings.

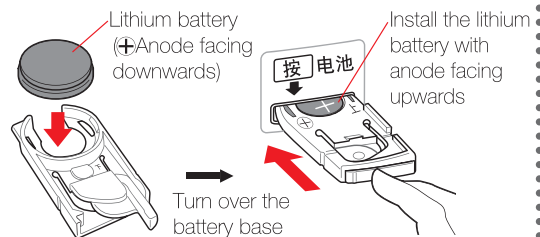
- ① Take out the battery base



- ② Secure the battery with left hand and remove the battery base.



- ③ Turn the battery base upside down and install the battery. Install the battery base back in the main unit.



* Please confirm that the battery does not drop down.

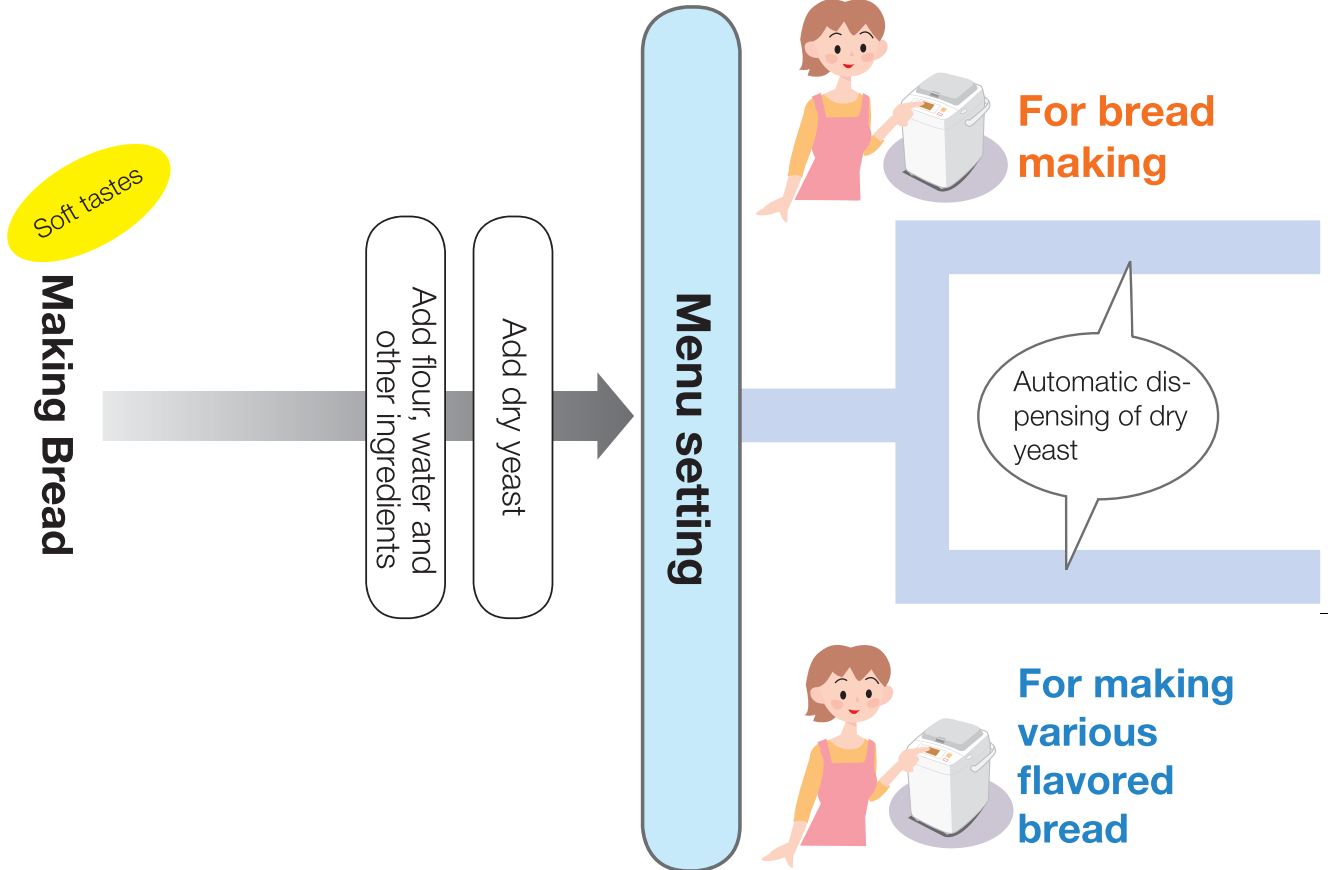
* Baking can be started even if the lithium battery is not installed.

Procedures and key points

Preparations

Making dough

P. 80, 97



Key points of making good bread!



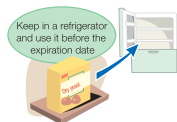
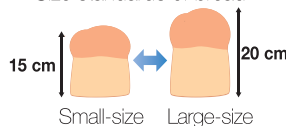
Home made bread changes swelling condition and shape every time

Bread-making process is highly vulnerable to temperature, humidity, ingredients and setting time. Conditions of shapes and swelling extents would change slightly even if the same baking method is applied.

The freshness of ingredients is critical! Is it properly kept?

Instant dry yeast that contribute to the fermentation and swelling of breads (P. 76) are fresh stuff like fish and meats. Instant dry yeast must be kept in a refrigerator! Remember to seal the instant dry yeast for storage after it is opened!

Size standards of bread

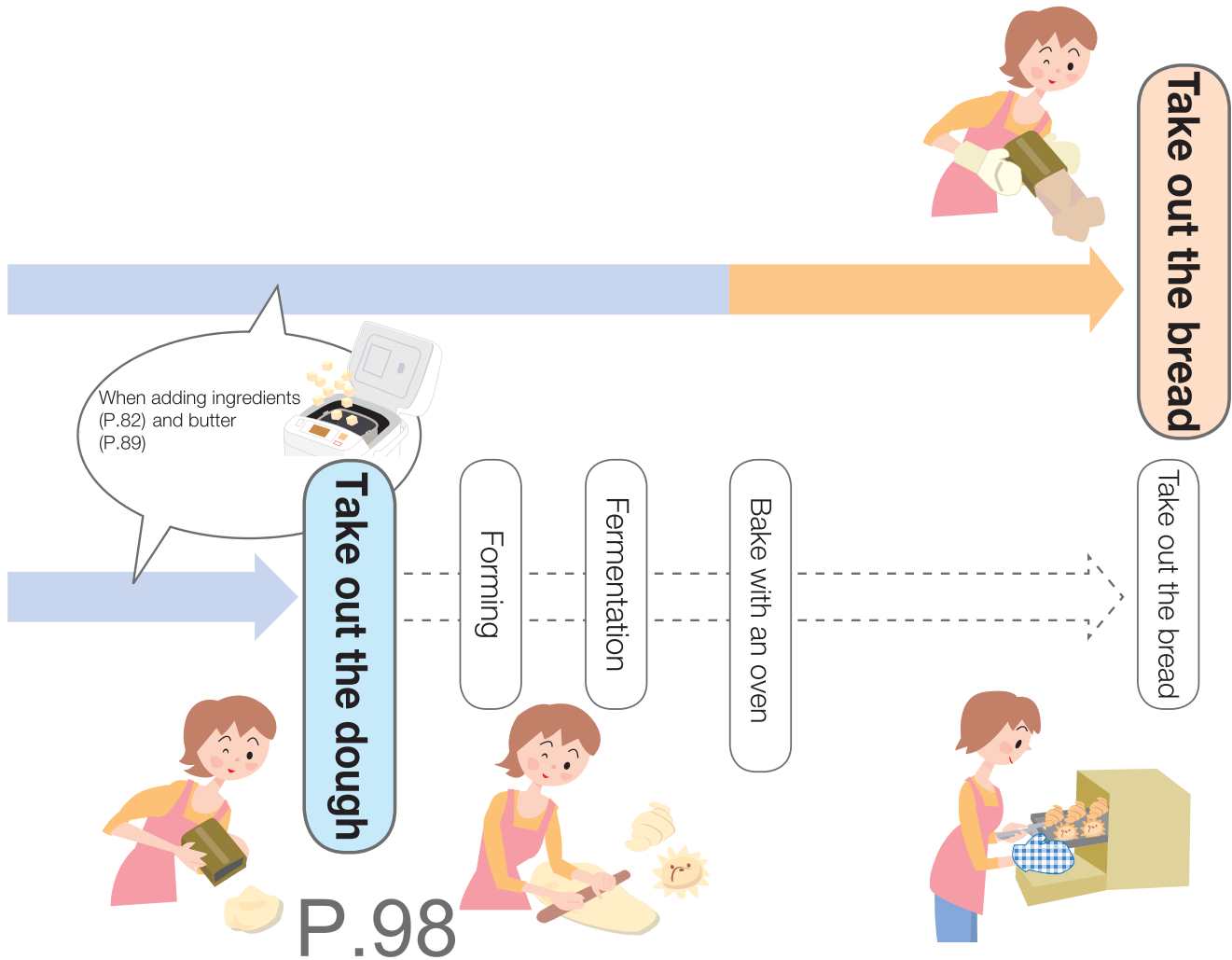


of bread-making

Baking

Basic ingredients and preparations

The sequence of adding ingredients is critical



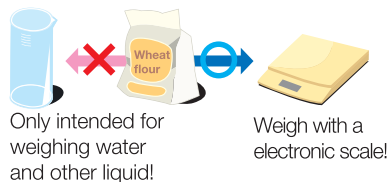
High room temperature.

Water substantially affects swelling conditions. The temperature of ingredients will rise when it is summer or the room temperature is over 25 °C. For that reason, please add ice cubes in water and bring temperature down to 5 °C. (Use it after the ice cubes are taken out.)



Measure flour in weight.

Flour must be measured in weight (The accessorized measuring cup is dedicated to liquid measurement. Do not use it!). Please correctly weigh the flour with a scale in an accuracy of 1 g .



List of bread types and baking options

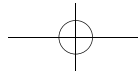
Menu number (Reference page)	Menu	Available functions Raisins Crust colour Timer	Time required (appr.)	Bread-making process of breadmaker
1 (P.80)	Bread	● ● ●	4h	
2 (P.85)	Soft bread	● ● ●	4h and 20 min	
3 (P.85)	Rapid bread	● ● —	2h	
4 (P.86)	Rice bread	● ● ●	4h	
5 (P.87)	French bread	● — ●	5h	
6 (P.88)	Whole wheat bread	● — ●	5h	
7 (P.89)	Danish bread	— — —	3h	● Manually add butter 25 min later
8 (P.90)	Pineapple bread	● — —	2h and 15 min	● Manually add cookie dough 55 min later
9 (P.92)	Rice flour bread	● ● ●	2h and 30 min	
10 (P.97)	Bread dough	● — —	1h	
11 (P.97)	Pizza dough	— — —	45 min	



* A Upon setting timer, "kneading" is preformed after setting timer and the unit will stay in standby mode after kneading.



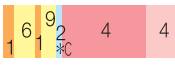





* B Upon setting timer, standby mode is always maintained before the next process is started.
Standby period of 11 hours at the maximum.

* C This process may be skipped sometimes.

* D May be omitted; continuous "kneading" may take place.


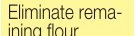

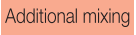

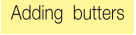

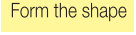
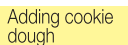
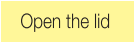


-  Time for adding yeast powder to the dough. (a beep sound)
-  Time for adding fruit and other ingredients (a beep sound)

Menu number (Reference page)	Menu	Available functions Raisins Crust colour Timer	Time required (appr.)	Bread-making process of breadmaker	
12 (P.101)	Dumpling skin dough	- - -	15min		
13 (P.102)	Udon / pasta dough	- - -	15min		
14 (P.104)	Scone	- ● -	54min		● Manually eliminate remaining flour 2 min after start up. Form the shape another minute later.
15 (P.106)	Cake	- ● -	1 h and 30 min		● Manually eliminate remaining flour 12 min after start up.
16 (P.108)	Chocolate	- - -	17min		
17 (P.110)	Jam	- - -	1 h and 30 min ~ 2 h and 30 min		● Set timer according to the menu
18 (P.112)	Compote	- - -	1 ~ 2 h		● Set timer according to the menu
19 (P.114)	Mochi	- - -	1 h		● Open the lid manually 50 min after start up (or 55 min later)

Basic ingredients and preparations

List of bread types and baking options

- | | |
|---|--|
| 1.  Kneading Blade rotation and dough mixing (audible)
* It may occurs that the mixing up function does not work for maximum 12 minutes. | 6.  Eliminate remaining flour |
| 2.  Soaking Mix flours with water (Basically in stand by mode) | 7.  Additional mixing |
| 3.  Fermentation Temperature adjustment and dough fermentation (Almost in stand by mode) | 8.  Adding butters |
| 4.  Baking Baking dough | 9.  Form the shape |
| 5.  Adding cookie dough | 10.  Open the lid |

Bread-making ingredients

In additions to the basic ingredients, you may add your favorite ingredients to make breads of various tastes.
(Ingredients and dosages may vary depending on the kinds of breads)

Flour

(High-gluten flour, Low-gluten flour)



Effects

Mixed with water, the protein will be combined to form glutens.

Key points

- Flour screening is not necessary.
- The swelling extenssion may vary due to the different protein contents.
- Use the ingredient which is produced recently.
- Keep in a cool and dry place.
- **Be sure to use a scale to measure it in "weight".**



For making bread

Generally, use high-gluten flour which has high protein content (12%~15%). Non bread flour has an unobvious swelling effect. It will result in harder bread. Furthermore, self-raising flour has no swelling effect.

* Please check the list of ingredients on the flour package in advance.

Salt



Effects

It can make the bread chewier while adjusting the tastes.
It can also avoid bacterial propagation.

Egg

Effects

Improve bread taste, smell and crust conditions.
It can also improve the elasticity of the bread.

Bread yeasts

Effects

Sugar is used as the source of nutrition to create carbon dioxide that makes the dough rises.



Bread textures

The dough rise with the carbon dioxides trapped inside.

Key points

- The yeast is alive.
Different degrees of freshness of the yeast will vary the expanding condition while the dough is swelling or fermenting. Therefore, please use yeast within the expiration date and be sure to seal it well and keep it in a refrigerator.
- If yeast powder get wet, its ability of fast fermentation will be reduced.

Fats and oils

(Butter, unsalted butter, margarine and shortening)



Effects

It makes the bread texture fine, soft and moist.

- Applicable to solid form, unnecessary to be softened.
* Saltless butter is recommended.

Dairy products

(Milk powder, milk)



Effects

Improve bread taste, smell and crust conditions.
Prevent hardening of bread.

Key points

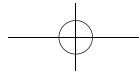
- Please reduce the same quantity of water if milk is used.
- Please use skim milk powder or whole milk powder with natural nutritional content.

Dry yeast

In order to make a soft and delicious bread, it is better to use dry yeast that don't require advance fermentation.

- * Do not use fresh yeast and baking powder.
- * Instant dry yeast rather than active dry yeast is recommended.





Sugar

(Granulated sugar, brown sugar) and honey



Effects

Sugar is the nutrition for bread yeast which can speed up the fermentation. It can also improve taste, smell and crust of breads.

- Big sugar particles shall be pulverized.
- Do not use rock sugar and other crystal sugar.

Key points

- Increase the amount of sugar to darken the crust; decrease the amount to lighten the crust.
- Do not use the low-calorie sugar substitute.

Rice flour bread

(include flour)

Key points

Rice flour does not contain the proteins necessary for dough swelling. Therefore, it is impossible to make breads if only rice flour are added.

It is important to use different flour according to the various menu.



- * As rice flour bread contains wheat (gluten), it is not recommended for people who are allergic to wheat.
- * Be sure to pay attention to the ingredients, cleaning methods, and maintenance. Use after consulting your doctor.

Baking powder

For making scones and cakes.

- * Even adding it into bread and soft bread would not make it swell.

* About gluten

The substances resulted from combinations of the proteins in flour and water.

Bread-making yeast generates carbon dioxides to inspire the extension of the dough, hence finally generates the textures of the bread.

Water

Effects

Gluten is produced by adding water in flour.

Key points

- Cold water is used for the following recipes (about 5 °C: almost the temperature of icy water)
 - Rapid bread
 - Whole wheat bread
 - Pineapple bread
 - French bread
 - Danish bread
 - Other menus while room temperature is above 25 °C
- Alkaline water is not applicable.

For making bread

- The water of which the hardness is within 50~200 should be the most appropriate in this case.
- * The hardness of the water is calculated from its calcium and magnesium content. Water of moderate hardness can improve the dough elasticity and the bread swelling effect. If the water is too hard, the bread will be harder.
- Distilled water is not applicable for bread swelling.

Bread-making ingredients (Continued)

Basic weight of each spoon (Supplied measuring spoon)

	Tablespoon	Teaspoon
Granulated sugar	Approx.12 g	Approx.4 g
Milk powder	Approx.6 g	Approx.2 g
Salt	—	Approx.5 g
Dry yeast	—	Approx.2.8 g

In case of changes of recipe and type of ingredients

Adjust according to personal preferences based on the following quantities.

Ingredients	To increase	To decrease
Butter	May be increased by 150%	May be decreased by 50%
Granulated sugar	May be increased by 100%	May be decreased by 50%
Milk powder	May be increased by 100%	May be exempted
Salt	—	May be exempted (May be reduced by 50% for rice flour bread)

- Increasing the amount of sugars will darken the crusts. Decreasing the amount will lighten the crusts and reduce the height.
- The breads will have less texture without salts. Without salts, ferment acts less frequently, glutens will not form and breads will not be soft.
- Margarine may be used to substitute butter, honey to substitute sugar and milk to substitute milk powder (P.76)
 - Honey shall not exceed 25 g
 - One tablespoon of milk powders is equivalent to 70 mL milk

In case of adding eggs or milk

Reduce the water in the same quantity of eggs or milk.

- Egg (1 at the most)
- Milk (half of water quantity at the most)

- Put egg and others into the measuring cup and add water for measurement.
- Do not use timer. (May deteriorate in summer)



Ingredients preparations



The ingredients (P.80) and the amount are introduced based on the basic bread.

You may also add your favorite ingredients in addition to the basic ingredients in order to make various flavored bread.

Put the ingredients in the bread pan at the beginning!

Among the basic ingredients



Add your favorite ingredients



Basic ingredients and preparations

Bread-making ingredients / Ingredients preparations

	Vegetable	Rice flour and other cereals	Fruit juice
	<p>: about 15~20% of flour weights (Standard: 50 g) E.g. • carrot → grated • Pumpkin → boil until softened, pound into pieces and cool down • Spinach → boil, cut into pieces and cool down</p>	<p>: about 10~20% of flour weights (Standard: 30 g) E.g. • Rice flour • Oat meal • Glutinous rice flour • Rye • Whole wheat flour • Bean powder • Sesame</p>	<p>: not to exceed the quantity of water E.g. orange, apple • Tomato and other 100% fruit juice → Fully cool in a refrigerator in advance</p>
Flour quantity	(Remain the same)	Decrease the weight of cereals E.g. Rye 30 g (12% of 250 g) Flour 220 g	(Remain the same)
Water quantity	Deduct 80% of vegetable weights E.g. Cooked pumpkins 50 g Water 140 mL (180 mL - 80% of 50 g)	(Remain the same)	Decrease fruit juice amount E.g. Orange juice 100 mL Water 80 mL (180 mL - 100 mL)

● Do not use timer function.

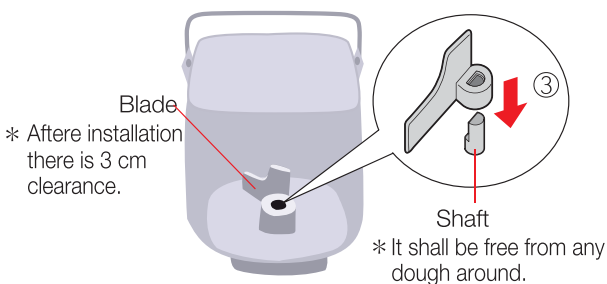
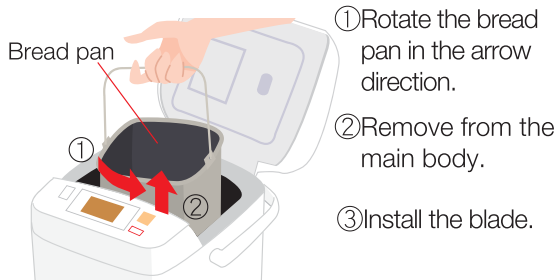
● Do not use timer function.

Baking basic bread

Add the ingredients



1 Remove the bread pan and Set the kneading blade



Bread		1091 kcal (for 1 loaf)
High-gluten flour	250 g	
Butter	10 g	
Granulated sugar	1.5 tbsp (18 g)	
Milk powder	1 tbsp (6 g)	
Salt	1 tsp (5 g)	
Water*	190 mL	
Instant dry yeast	1 tsp (2.8 g)	

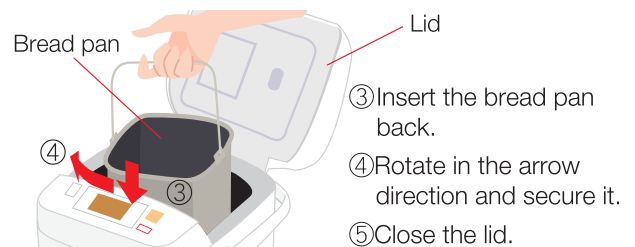
* You may reduce about 5 °C cold water by 10 mL when the room temperature is above 25 °C.

● Basic recipes of soft bread and rapid bread
 ▶ P.85~

2 Add the ingredients other than the instant dry yeasts in the bread pan high-gluten flours, water and other ingredients

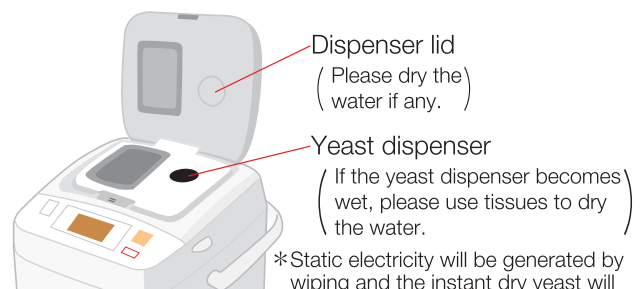


- Stack up high-gluten flours and other ingredients (except dry yeasts) and add them into the pan.
- Add water along the periphery.

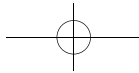


* The handle of bread pan will stop after push.
 (To make it convenient for extraction of the bread pan)
 There is no need to press it down to the bottom.

3 Add instant dry yeast into the yeast dispenser



* Static electricity will be generated by wiping and the instant dry yeast will adhere onto the dispenser walls.



Time required: about 4h

Setting



Take out



4 Select menu "1"



■ To select other types of bread → **菜单** (P.85)

■ To add raisin and other ingredients → **葡萄干** (P.82)

■ To select crust color → **烤色** (P.84)

■ Setting timer for completion time → **预约** (P.84)

5 Press 开始 (Start)



Flash → illuminated



● Approximate time of completion

● Do not open the lid after it is started. The instant dry yeast will spill out.

However, the instant dry yeasts have been added during manual addition of ingredients (P. 83). Therefore, you may open the lid.

● Sound will be heard while the dry yeast is putting in through the dispenser.

Please see P.74 for the baking procedure.

6 Turn off the power

取消

① Press 取消 (cancel)

② Pull out the plug.

7 Take out the bread pan and place it on a towel.

Cool down (about 2 min)

Remember to wear gloves to take out the bread pan.

* Pay attention to the rest place of the bread pan. (The bread pan gives out heats)

* The bread will cave in and shrink after a while.

8 Take out the bread for heat radiation

Gloves (Do not get wet)

Bread pan



Hold the handle and shake it forcefully several times

* Do not use a knife, a fork or chopsticks to take it out. (It will scratch the fluorine coating.)

● Make sure blade is in the bread pan after bread is taken out.

The kneading blade may stay inside of the bread (at the bottom). Please take it out.



Baking grille or others

Make sure that the blade is not stuck on it.

(The blade will be damaged if you cut the bread before the blade is taken out of it.)

Bread

Baking basic bread

Convenient functions

Raisin

“Raisin” for making bread that contains your favorite ingredients

You may set it to automatically add your favorite ingredients, E.g. raisins and nuts.

Please add bananas, chocolates and other ingredients (P.83) that cannot be automatically added by manually when you hear the beep sound.

Please follow the ratio and amount of ingredients of various recipes. Otherwise, the ingredients may fly out from the bread pan, become cooked by the heater and consequently give out odors or smokes.

Adding Automatically (completed by the automatic bread maker)

Preparations Put your favorite ingredients into the raisin and nut dispenser

The total weight in the dispenser shall not exceed 100 g



Raisin and nut dispenser

① Press 葡萄干 (Raisin) Select 有 (Yes) (make it flash)



② Press 开始 (Start)



(Automatic adding of ingredients)

* “Kneading” temporarily stopped.

- A small quantity of ingredients will cling to the walls of the raisin and nut dispenser sometimes.
- The fruits with sugar on the surface may not be add because the sugar melt down and stick to the dispenser in case of summer or timed baking.

Ingredients that can be automatically added Dry ingredients and ingredients that hardly melt

Dried fruits
(Not over 100 g)

Raisin, plum, orange peel, etc



➡ Cut into small pieces less than 5 mm

Nuts
(Not over 100 g)

Cashew, walnut and others



➡ Cut into small pieces less than 5 mm

Green bean *
(Not over 100 g)



➡ Wipe away water

Olive *
(Not over 100 g)



➡ Stoneless, cut it into 1/4 and wipe away the water.

Ham, bacon and sausage *
(Not over 100 g)



➡ Cut it into pieces of 10 mm wide

* Do not add ingredients if the timer function is on.
(In particular, deterioration may occur in summer)

Please pay attention to the following ingredients during adding!

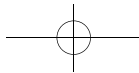


● Addition of hard ingredients may damage the fluorine coatings inside the bread pan.

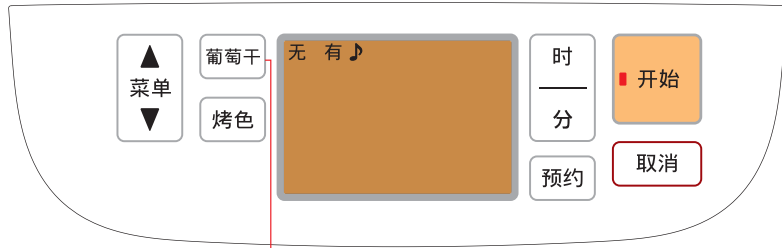
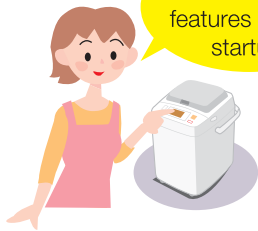
Please use it carefully.

* Accidentally eating the fluorine coating will not harm your health.

- Cereal
- Fruit oatmeal
- Sugar-coated nut
- Maple sugar cube
- Pearl sugar
- Sugar cubes and others



After selecting function and menu...



● To add raisin and other ingredients

■ Please manually add ingredients that cannot be added automatically

Manually add when you hear beep sounds (♪)

Ingredients that can't be automatically added (stuck onto walls of dispenser, hard to be add)
Ingredients that are sticky, easily melt or have a high content of water

① Press 葡萄干 (Raisin) and select 有♪ (Yes♪)(make it flash)



② Start



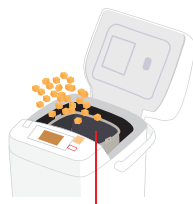
③ After hearing beep sounds Open the lid



④ Add ingredients into the bread pan, then close the lid

Within 3min

⑤ Restart



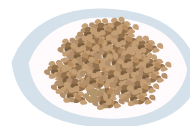
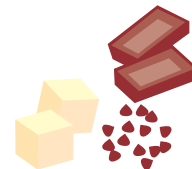
Bread pan

- Even without pressing 开始 (start) the beeper will sound after 3 min and the until will restart.
- Raisin and nut dispenser flap will always remain open.

Macerated fruits, onions and other chopped vegetables



Cheese, chocolate, etc



* Sesames and other small ingredients ought to be added in the bread pan before beginning (Not over about 20% of flour weights)

- The more ingredient added, the poorer swelling of bread.
- Some ingredients may not keep their original shapes.

■ Proper time for adding ingredients when making stuffed breads ...

The time when beep sounds are heard varies with recipe and room temperature.

- Bread: after about 1h and 5 min ~ 1h and 35 min
- Soft: after about 1h and 55min ~ 2h and 15 min
- Rapid: after about 30 min ~ 35 min
- Rice: after about 1h and 5 min ~ 1h and 35 min
- French: after about 40 min ~ 1h and 25 min
- Whole wheat: after about 1h and 35 min ~ 2h and 50min
- Pineapple: 35 min ~ 40 min
- Rice flour: after about 45 min ~ 1h
- Bread dough : after about 20 min ~ 35 min

● The dough won't rise if any fresh fruit that have a rich content of protein-degradation is added.

- Melon
- Kiwi fruit
- Fig
- Mango
- Pineapple
- Papaya
- Others

Bread

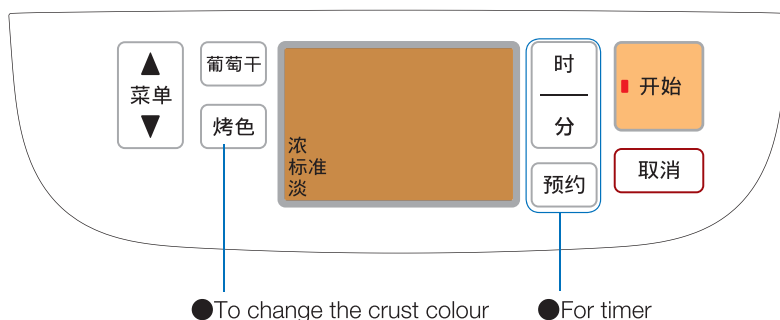
Convenient functions

Convenient functions

Crust colour

Timer

After selecting function and menu...



● To change the crust colour

● For timer

Bake your favorite "Crust colour"

You can set the crust colour as "Light", "Standard" or "Dark".

- ① Press **烤色 (Crust colour)** to select your favorite crust colour



- Available function for crust colour setting (P.74 ~ P.75)

Use "Timer" to complete baking on specified time

Use this feature if you want to enjoy freshly-baked bread in the morning.

- ① Confirm if the current time is correct
- ② Press **预约 (Timer)**



- ③ Set the time for completion of baking



(Hold it for fast forward)

- ④ Start (timer setting completed)



- For 葡萄干 (Raisin) and 烤色 (Crust colour)
 - ① Set 葡萄干 (Raisin) and 烤色 (Crust colour)
 - ② Set 预约 (Timer)
- Standards on timer

Functions of 面包 (Bread)

- Bread : after 4 h and 10 min ~ 13 h
- Soft : after 4 h and 30 min ~ 13 h
- Rice bread : after 4 h and 10 min ~ 13 h
- French : after 5 h and 10 min ~ 13 h
- Whole wheat : after 5 h and 10 min ~ 13 h
- Rice flour : after 2 h and 40 min ~ 13 h

* Timer is not available for some menu.

* You cannot set a time that is beyond the timer limit.

[Timer setting examples]

Menu: bread

Current time: 8:30 p.m.

(LCD screen displays 20:30)

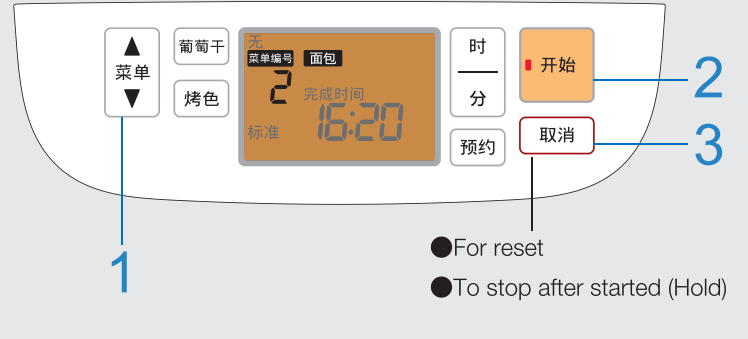
Scope of time settings: 0:40 a.m. to 9:30 a.m.

("0:40"~"9:30")

* It is impossible to set the time beyond the range above.

Soft bread / Rapid bread

Time required:
Soft bread: about 4 h and 20 min
Rapid bread: about 2 h



Convenient functions

- Preparations**
- ① Install blade in the bread pan.
 - (P.80) ② Add in flour, water and other ingredients (except instant dry yeast).
 - ③ Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.

Ingredients

Soft bread	1129 kcal (for 1 loaf)
High-gluten flour	250 g
Butter	15 g
Granulated sugar	1.5 tbsp (18 g)
Milk powder	1 tbsp (6 g)
Salt	1 tsp (5 g)
Water*	190 mL
Instant dry yeast	1 tsp (2.8 g)

* You may reduce about 5 °C cold water by 10 mL when the room temperature is above 25 °C.

Rapid bread	1205 kcal (for 1 loaf)
High-gluten flour	280 g
Butter	10 g
Granulated sugar	1.5 tbsp (18 g)
Milk powder	1 tbsp (6 g)
Salt	1 tsp (5 g)
Cold water (5 °C)*	210 mL
Instant dry yeast	1½ tsp (4.2 g)

* Reduce by 10mL when the room temperature is above 25 °C.



1 Select Soft bread: "2" Rapid bread: "3"



- To add raisins and other ingredients → 葡萄干 (P.82)
- To select crust colour → 烤色 (P.84)
- Setting timer for completion time → 预约 (P.84)

Please see P.74 for the baking procedure.

2 Start



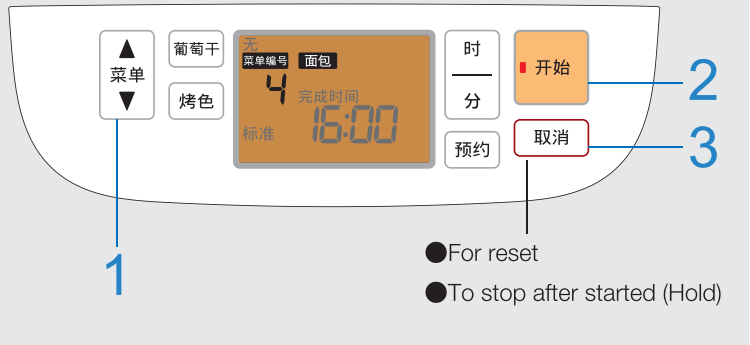
3 Press 取消 (Cancel) when you hear the beep sound. Take out the bread pan and cool it down for about 2 min. Then take out the bread

Bread

Soft bread / Rapid bread

Rice bread

Time required: about 4h



- Preparations**
- ① Install blade in the bread pan.
 - ② Add in flour, water and other ingredients (except instant dry yeast).
 - ③ Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.

Ingredients

Rice bread

1268 kcal (for 1 loaf)
(When rice is 150g in weight)

High-gluten flour	230 g
Cooled rice	100 ~ 150 g
Butter	10 g
Granulated sugar	1.5 tbsp (18 g)
Milk powder	1 tbsp (6 g)
Salt	1 tsp (5 g)
Water*	160 mL
Instant dry yeast	¼ tsp (2.1 g)

*Reduce about 5 °C cold water by 10 mL when the room temperature is above 25 °C.

- You may also use brown rice or saffron rice to substitute rice.
- The height and taste of bread may vary depending on rice quantity.
- The more the rice is, the softer the baked bread will be.
- The rice shall be cooled down in the refrigerator when the room temperature is over 30 °C.
- Keep flours in a refrigerator for cooling when room temperature is above 30 °C.
- You may use timer function. But do not use cooked rice that has been stored (or defrosted) for more than one day.

1 Select menu "4"



- To add raisins and other ingredients → 葡萄干 (P.82)
- To select crust colour → 烤色 (P.84)
- Setting timer for completion time → 预约 (P.84)

2 Start

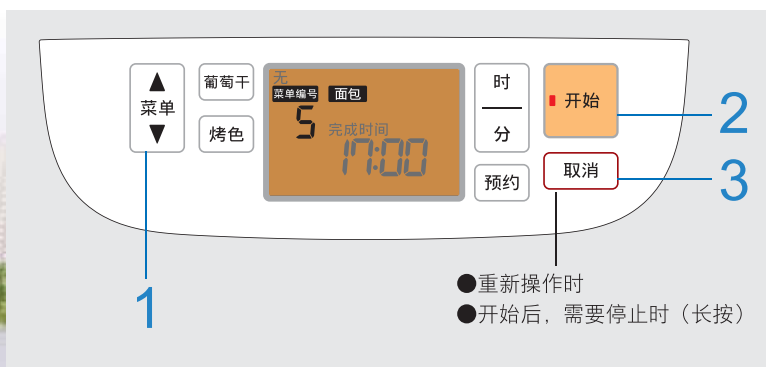


3 Press 取消 (Cancel) when you hear the beep sound. Take out the bread pan and cool it for about 2 min. Then take out the bread

- Rice bread has a high content of water and may deteriorate easily. Please eat it as soon as possible.
(Summer: on the same day Winter: within two days)

French bread

Time required: about 5h



Compared with other bread, French bread may be hard to be taken out from the bread pan. Please take out the bread according to the following Step 3.

Preparations

- ① Install blade in the bread pan.
- ② Add in flour, water and other ingredients (except instant dry yeast).
- ③ Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.

Ingredients

French bread		919 kcal (for 1 loaf)
High-gluten flour	225 g	
Low-gluten flour	25 g	
Salt	1 tsp (5 g)	
Cold water (5 °C)*	190 mL	
Instant dry yeast	½ tsp (1.4 g)	

* Reduce by 10 mL when the room temperature is above 25 °C.

- Bread has a relatively poor quality when the room temperature is above 30 °C.

1 Select menu "5"



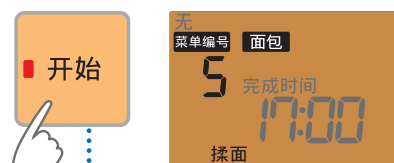
- To add raisins and other ingredients

➔ 葡萄干 (P.82)

- Setting timer for completion time

➔ 预约 (P.84)

2 Start



3 Press 取消 (Cancel) when you hear the beep sound. Take out the bread pan and cool it down for about 2 min. Then take out the bread

- Take out the French bread
Tap the bread pan on a towel.
(See the figure on the right)



Whole wheat bread

Time required: about 5h



- Preparations**
- ① Install blade in the bread pan.
 - ② Add in flour, water and other ingredients (except instant dry yeast).
 - ③ Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.

Ingredients

Whole wheat bread (whole wheat flour 50%) 1044 kcal (for 1 loaf)

Whole wheat flour (for breads)* 1	125 g
High-gluten flour	125 g
Butter	10 g
Granulated sugar	1.5 tbsp (18 g)
Milk powder	1 tbsp (6 g)
Salt	1 tsp (5 g)
Cold water (5 °C) * 2	210 mL
Instant dry yeast	1 tsp (2.8 g)

*1 Do not use the whole wheat flour which is exclusive for making dim sum bread (low-gluten flour).

*2 Reduce by 10 mL when the room temperature is above 25 °C.

● Bread has a relatively poor quality when the room temperature is above 30 °C.

■ Ratio of whole wheat flour is 30% ~ 100% of total flour quantity. (Bran accounts for about 30%~40%)

➡ Please use the menu "1" (Bread) feature if it is less than 30%.

* The higher the ratio of whole wheat flour, the lower the bread will rise.

* Bread shape and swelling degree vary according to the types of whole wheat flour.

1 Select menu "6"



■ To add raisins and other ingredients

➡ 葡萄干 (P.82)

■ Setting timer for completion time

➡ 预约 (P.84)

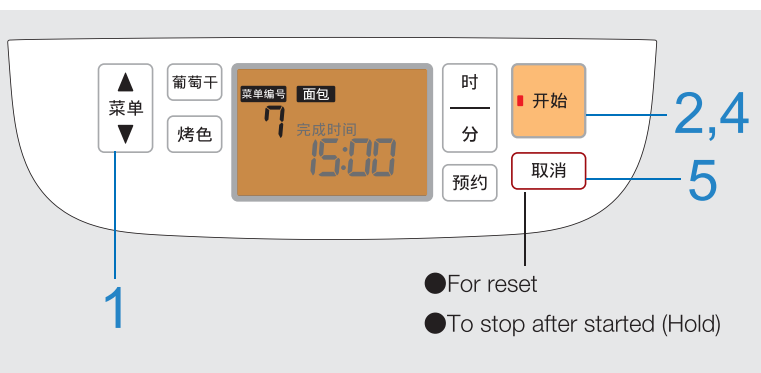
2 Start



3 Press 取消 (Cancel) when you hear the beep sound. Take out the bread pan and cool it down for about 2 min. Then take out the bread

Danish bread

Time required: about 3h



Whole wheat bread

- Preparations**
- ① Install bread blade in the bread pan.
 - ② Add in flour and water (except instant dry yeast and frozen butters).
 - ③ Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.

Ingredients

Danish bread		2140 kcal (for 1 loaf)
High-gluten flour	230 g	
Low-gluten flour	50 g	
Butter	15 g	
Granulated sugar	2 tbsp (24 g)	
Milk powder	1 tbsp(6 g)	
Salt	1 tsp(5 g)	
Eggs (evenly mixed)	25 g	
Cold water (5 °C)	160 mL	
Instant dry yeast	1 tsp(2.8 g)	
Frozen butter (for adding later)	110 g	

(Saltless butters are recommended.)

- Bread has a relatively poor quality when the room temperature is above 30 °C.
- Prepare the frozen butter on the previous day (for adding later)
 - ① Cut the butter (for adding later) into 1 cm pieces.
 - ② Wrap the butter with plastic wrap or put them in a closed container to avoid the butter stick together.
 - ③ Keep in a refrigerator at least one night (10 h).
- If "Cancel" button is erroneously pressed at Step 3 Press 开始 (Start) to recover within 10 min. (One time only. If other buttons are pressed, it will be invalid.)
- 10 min after Step 3 is started. Even without adding butter, the beeper will sound and the unit will restart. (And then even add more butter, it will not mix the ingredients anymore. Do not add butter.)
- Adding raisin or other ingredients when add frozen butter .

- 1 Select menu "7"**
- 2 Start**

Please see P.74 for the baking
- 3 Open the lid when you hear the beep sound. Within 10 min. Unwrap the plastic wrap and add in cut frozen butters.**
 - Do not press 取消 (Cancel)
- 4 Close the lid and Restart.**
- 5 Press 取消 (Cancel) when you hear beep sounds. Take out the bread pan and cool it down for about 2 min. Then take out the bread**
 - * The bread may become deformed upon overexertion.

Bread

Danish bread

Pineapple bread



Preparations ① Put cookie dough in the refrigerator after it is made. (P.91 ①~⑥)

- (P.80)
- ② Install blade in the bread pan.
 - ③ Add in flour, water and other ingredients (except instant dry yeast).
 - ④ Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.

Ingredients

Pineapple bread		1814 kcal (for 1 loaf)
High-gluten flour	150 g	
Butter	15 g	
Granulated sugar	1.5 tbsp (18 g)	
Milk powder	1 tbsp (6 g)	
Salt	½ tsp (2.5 g)	
Cold water (5 °C)	100 mL	
Instant dry yeast	¾ tsp (2.1 g)	

Cookie dough (crust of pineapple bread)

Butter	60 g
Granulated sugar	30 g
Egg (evenly mixed)	25 g
Low-gluten flour	110 g
Baking powder	5 g
Vanilla essence	Small quantity
Granulated sugar (for final processing)	2 ~ 3 teaspoons

● Be sure to observe the foregoing amount. Excessive amount may cause the bread to spill out of the bread pan, overcooked, smelly or cause smoking.

■ If 取消 (Cancel) is accidentally pressed in Step 3, press 开始 (Start) within 10 min to recover it. (Only for once; Invalid if any other button is pressed)

■ Beep sound will be heard and it will restarted 15 min later in Step 3 even if the operation is not yet completed.

■ Add different ingredients to make bread of different flavors at Step 3 (15 min).

➡ P.95

1 Select menu "8"



■ To add raisins and other ingredients

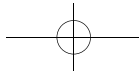
➡ 葡萄干 (P.82)

2 Start



加工作业 10 分钟后 发酵

Roll the cookie dough flat when only 10 min of process work are left. (P.91 ⑦~⑧)



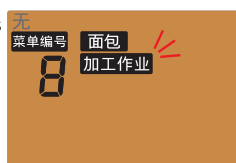
Time required: about 2 h and 15 min.



3 Add the cookie dough. Within 15 min

- ① Place the bread dough in the middle of the bread pan again.
- ② Place the cookie dough on the bread dough with the egg-coated side facing downward.
- ③ Slightly press the sides of the dough (do not press hard)
- ④ Granulated sugar from above.

● Do not press
取消 (Cancel)



4 Restart

Close the lid



5 take out the bread

When you hear any beep sound, press 取消 (Cancel) and take out the bread.

After the bread pan is cooled down for about 2 min,

* The bread will be deformed upon over exertion.

Method of cookie dough making

Making Dough

- ① Mix low-gluten flour and baking powder and sift them together.
- ② Use a wooden spatula to mix the butter at room temperature till they become creamy.
- ③ Add granulated sugar by small quantity in 2 ~ 3 times. Mix the butter after each addition till the butter become whitish and smooth.



- ④ Add eggs by small quantities in 3 ~ 4 times. Fully mix after each addition. Finally, add the vanilla essences.

* Reserve 1/2 teaspoon of egg liquids.

- ⑤ Add the powder mix in Step ① and evenly mix them till the granules of powder disappear.



- ⑥ Make the dough a round shape, cover with plastic wrap and put it in the refrigerator for over 20 min.



Rolling flat

- ⑦ Use a rolling pole to roll the dough into a flat circle with a diameter of 14 ~ 15 cm. * Cover the dough with a plastic wrap for the convenience of rolling.



- ⑧ Coat one side of the dough with the reserved egg liquids (1/2 teaspoon).

Tips for making pineapple bread!

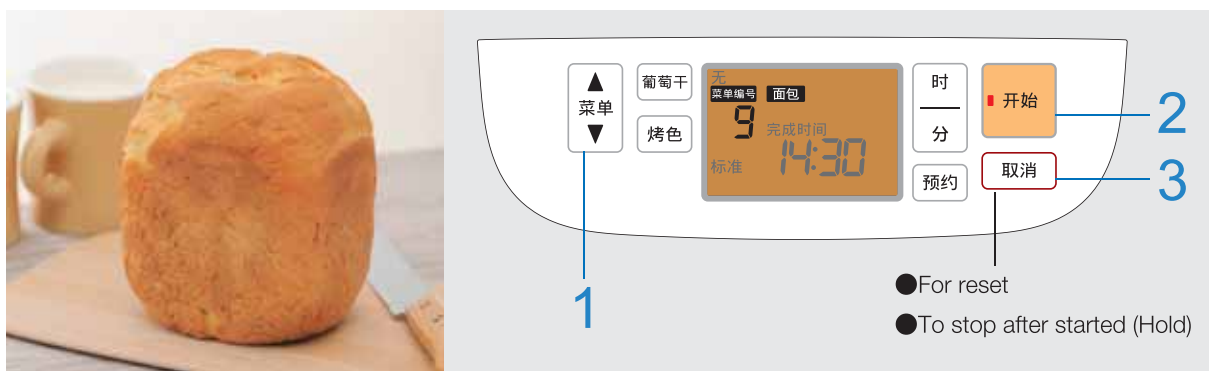
- You may also cut patterns on the surface of the cookie dough. Use a bamboo stick to cut patterns in a depth of not over 1 mm. (The cookie dough may crack and break down if the patterns are cut too deep.)

- Do not put in the cookie dough before it is flexible and bendable enough. That helps to make good-looking pineapple breads.



Rice flour bread

Time required: about 2 h and 30min



- Preparations**
- ① Install blade in the bread pan.
 - (P.80)
 - ② Add in flour, water and other ingredients (except instant dry yeast).
 - ③ Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.

Ingredients

Rice flour bread		1170 kcal (for 1loaf)
Rice flour	50 g	
High-gluten flour	200 g	
Butter	20 g	
Granulated sugar	1.5 tbsp(18 g)	
Milk powder	1 tbsp(6 g)	
Salt	1 tsp(5 g)	
Cold water *	190 mL	
Instant dry yeast	1½ tsp(4.2 g)	

*Use cold water at a temperature of about 5 C. when the room temperature is above 25 C.

- Using timer would deteriorate the bread quality when the room temperature is over 25 C.(P.124)
- Be sure to store flour and other ingredients in the refrigerator when the room temperature is over 30 C.

1 Select menu "9"



- To add raisins and other ingredients → 葡萄干 (P.82)
- To select crust colour → 烤色 (P.84)
- Setting timer for completion time → 预约 (P.84)

2 Start



- ## 3
- Press 取消 (Cancel) when you hear the beep sound. Take out the bread pan and cool it for about 2 min. Then
- ### take out the bread

Various flavored bread

● Calory standard for 1 loaf

Containing red pepper and olive



Italian bread	Menu "5"	1170 kcal
High-gluten flour	225 g	
Low-gluten flour	25 g	
Salt	1 tsp (5 g)	
Olive oil	2 tbsp (24 g)	
Cold water (5 °C)*	170 mL	
Instant dry yeast	½ tsp(1.4 g)	

* Reduce by 10 mL when the room temperature is above 25 °C.

French countryside bread	Menu "5"	900 kcal
High-gluten flour	200 g	
Whole wheat flour	50 g	
Salt	1 tsp (5 g)	
Cold water (5 °C)*	190 mL	
Dry yeast	½ tsp (1.4 g)	

* Reduce by 10 mL when the room temperature is above 25 °C.

You may add 20 g red peppers (or dried tomatoes) chopped into small pieces of 5 mm and 20 g olive (or 1 teaspoon of dried basil leaves) if you prefer.

Use →葡萄干 (Raisin) function (P.82)



Small dried fish and kelp rice bread	Menu "9"	1212 kcal
--------------------------------------	----------	-----------

High-gluten flour	200 g
Rice flour	50 g
Butter	20 g
* Small dried fish(stir-fried without oil)	20 g
Skim milk powder	1tbsp (6 g)
Salt	1tsp (5 g)
Water ※	200 mL
Dry yeast	1 ½ tsp (4.2 g)
* Dried kelp(dried through wringing after water soaking)	4 g (dry weight)

※ Use cold water at a temperature of about 5 °C. When the room temperature is over 25 °C.

Orange flavor rice flour bread	Menu "9"	1224 kcal
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High-gluten flour	200 g
Rice flour	50 g
* Orange sauces	20 g
Butter	20 g
Skim milk powder	1tbsp (6 g)
Salt	1tsp (5 g)
Water ※	170 mL
Dry yeast	1 ½ tsp (4.2 g)

※ Use cold water at a temperature of about 5 °C. When the room temperature is over 25 °C.

* Put it in the bread pan at the very beginning

* Use葡萄干(Raisin)feature ➡ Manual feeding (P.19)

Rice flour bread

Bread

Various flavored bread

Various flavored bread

● Calorie standard for 1 loaf

Olive bread Menu "1" or Menu "2" 1120 kcal

High-gluten flour	250 g
Butter	10 g (15g for soft bread)
Granulated sugar	1.5 tbsp (18 g)
Milk powder	1 tbsp (6 g)
Salt	1 tsp (5 g)
Dried vanilla	Small quantity
Water*	180 mL
Instant dry yeast	1 tsp (2.8 g)
* Green olive	20 g

* Reduce by 10 mL when the room temperature is above 25 °C. (Cold water at a temperature of 5 °C)

* Use葡萄干(Raisin) feature (P.82)

Sunflower seed honey bread

Menu "1" or Menu "2" 1313 kcal

High-gluten flour	250 g
Butter	15 g
Granulated sugar	1.5 tbsp (18 g)
Milk powder	1 tbsp (6 g)
Salt	1 tsp (5 g)
Honey	1 tablespoon (21 g)
Water*	180 mL
Instant dry yeast	1 tsp (2.8 g)
* Sunflower seed	20 g

* Reduce by 10 mL when the room temperature is above 25 °C. (Cold water at a temperature of 5 °C)

* Use葡萄干(Raisin) feature (P.82)

Fruit juice bread Menu "3" 1317 kcal

High-gluten flour	250 g
Butter	25 g
Granulated sugar	2 tbsp (8 g)
Milk powder	2 tbsp (12 g)
Salt	¾ tsp (3.8 g)
Egg (evenly mixed)	50 g
100% tomato fruit juice* (stored in a refrigerator)	120 mL
Instant dry yeast	1½ tsp (4.2 g)

* Assorted vegetables
(Dry it through trickling and cool down to room temperature)

* Reduce by 10 mL when the room temperature is above 25 °C.

* Use葡萄干(Raisin) feature (P.82)

Red bean rice bread Menu "4" 1223 kcal

High-gluten flour	230 g
Red bean rice (cooled)	100 g
Ghee	10 g
Granulated sugar	1.5 tbsp (18 g)
Salt	1 tsp (5 g)
Black sesame	5 g
Water*	160 mL
Instant dry yeast	¾ tsp (2.1 g)

* Reduce by 10 mL when the room temperature is above 25 °C.

Curry rice bread Menu "4" 1347 kcal

High-gluten flour	210 g
Cooled rice	100 g
Butter	20 g
Granulated sugar	1.5 tbsp (18 g)
Milk powder	1 tbsp (6 g)
Common salt	1 tsp (5 g)
Curry powder	5 g
Refined cheese (cut into small pieces)	30 g
Black pepper powder	½ teaspoon (3 g)
Water*	110 mL
Instant dry yeast	¾ tsp (2.1 g)
* Potato (cut into small pieces; boiled to a moderate degree)	20 g
* Carrot (cut into small pieces; boiled to a moderate degree)	20 g
* Bacon	20 g

* Reduce by 10 mL when the room temperature is above 25 °C.

* Use葡萄干(Raisin) feature (P.82)

Salted seaweed bread

Menu "4" crust colour 淡 (Light) 1213 kcal

High-gluten flour	230 g
Cooled rice	100 g
Ghee	10 g
Granulated sugar	1.5 tbsp (18 g)
Salt	1 tsp (5 g)
White sesame	5 g
Water*	160 mL
Instant dry yeast	¾ tsp (2.1 g)
* Salted seaweed	10 g

* Reduce by 10 mL when the room temperature is above 25 °C.

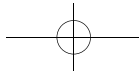
* Use葡萄干(Raisin) feature (P.82)

Sweet Potatoes Sesame Seeds Danish Bread

Menu "7" 2264 kcal

High-gluten flour	230 g
Low-gluten flour	50 g
Butter	15 g
Granulated sugar	2tbsp (24 g)
Milk powder	1tbsp (6 g)
Salt	1tsp (5 g)
Eggs (evenly mixed)	25 g
Cold water (5 °C)	160 mL
Instant dry yeast	1tsp (2.8 g)
Frozen butter	110 g
* Sweet potatoes (cut into 1 cm pieces)	50 g
* Black sesame seeds	1tbsp (10 g)

* Added when adding "Frozen butter"



Ingredients

1446 kcal

	High-gluten flour	200 g
	Butter	15 g
	Granulated sugar	2 tbsp (24 g)
A	Milk powder	1 tbsp (6 g)
	Salt	¾ tsp (3.8 g)
	Egg (evenly mixed)	25 g
	Cold water (5 °C)	110 mL
	Instant dry yeast	1 ¼ tsp (3.5 g)
Ingredients		
	Dried fruits (pickled with rums)	100 g
	Milk	1 teaspoon (5 mL)
	Cinnamon sugar	An appropriate quantity
Forcing		
B	Granulated sugar	25 g
	Water	½ teaspoon

If the dough is sticky and it is hard to roll it flat,

Sprinkle some high-gluten flours on hands and the rolling pole to make it easier for dough rolling.



To make various flavored bread

The total weight of the bread dough and the ingredients shall not exceed 600 g!

* The dough may not rise or the baking may not be sufficient if there are too many ingredients.

Avoid using ingredients with a high content of water!
(Dry the boiled ingredients through trickling and cool them down) to room temperature.

* Otherwise, the dough fermentation may be affected.

Prepare the ingredients in advance!

* The operation time is 15 min.

Cinnamon brioche

Select menu "8" to make bread dough

- Put A into the blade-installed bread pan and install the bread pan into the main body.
- Feed instant dry yeast into the yeast dispenser, select menu "8" and press (start).

The operation shall be completed within 15 min!

Take out the dough.

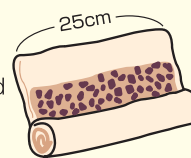
- When you hear beep sounds, open the lid and take out the dough from the bread pan.
 - Do not press (Cancel)

Rolling flat

- Roll the dough into a size of 15 cm x 25 cm (W x L).

Forming

- Coat milk on 3/4 of dough near to you and sprinkle cinnamon sugar and dried fruits on it.
- Start rolling from the side close to you.
- Cut it into four even pieces and place them in the bread pan.



- Start baking (press (Start) again).

Making icing

- Place B in a bowl and mix the bread. Place another bowl underneath with 60 °C hot water inside.

Final processing

- Upon completion of baking, take the bread out from the bread pan and coat the bread with the icing.

Bread

Various flavored bread

Various flavored bread



Ingredients

1245 kcal

A	High-gluten flour	200 g
	Butter	15 g
	Granulated sugar	1.5 tbsp (18g)
	Milk powder	1 tbsp (6 g)
	Salt	¾ tsp (3.8 g)
	Green tea	1 teaspoon (2 g)
	Egg (evenly mixed)	25 g
	Cold water (5 °C)	110 mL
Instant dry yeast	1¼ tsp (3.5 g)	

Contents

Black beans boiled with sugar	120 g
-------------------------------	-------

Matcha black bean roll

Select menu “8” to make bread dough

- Put A into the blade-installed bread pan and install it into the main body.
- Add instant dry yeast into the yeast dispenser, select menu “8” Press (start).

Take out the dough.

- When you hear beep sounds, open the lid, take out the dough from the bread pan and remove the blade.
 - Do not press取消 (Cancel)

Dough rolling

- Roll the dough into a slender shape that is slightly narrower than the bread pan.

Add the contents and form the bread.

- Sprinkle evenly the black beans with water fully trickled.
- Start rolling from the side close to you.
- Put it in the bread pan.

Baking

(Press)

Substitute green tea with coco powder. Add chocolate cubes and almond slices to make the chocolate almond bread rolls that are kids' favorites.



Ingredients

1139 kcal(Without stuffing)

A	High-gluten flour	200 g
	Butter	35 g
	Granulated sugar	1.5 tbsp (18 g)
	Milk powder	1 tbsp (6 g)
	Salt	¾ tsp (3.8 g)
	Egg (evenly mixed)	25 g
	Cold water (5 °C)	100 mL
	Instant dry yeast	1¼ tsp (3.5 g)
Stuffing ingredients	12 pieces (15 g/piece)	

Stuffed bread

Select menu “8” to make bread dough

- Put A into the blade-installed bread pan and install it into the main body.
- Add instant dry yeast into the yeast dispenser, select menu “8” Press (Start).

Take out the dough.

- When you hear beep sounds, open the lid, take out the dough from the bread pan and remove the blade.
 - Do not press取消 (Cancel)

Forming

- Divide the dough into 12 even pieces.

Fill in the stuffing

- Fill the ingredients into each dough.

- Put it in the bread pan.

Baking

(Press (Start) again)

Select your favorite ingredients. (Liquid is not allowed!)

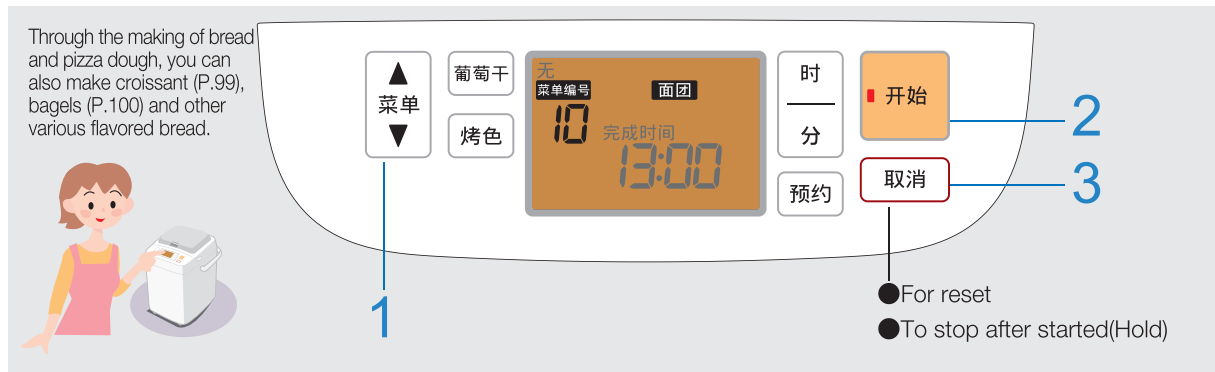
Curry (cook till the sauce becomes thick), meat ball, potato salad, sausage, tuna (with water fully trickled) and cheese (cut into small pieces)

and many more



Bread dough / Pizza dough making

Time required: Bread dough about 1h
Pizza dough about 45 min



- Preparations**
- ① Install blade in the bread pan. (P.80)
 - ② Add in flour, water and other ingredients (except dry yeast).
 - ③ Put the bread pan into the main body and place dry yeast in the yeast dispenser.

Ingredients

Bread dough

High-gluten flour	280 g
Butter	50 g
Granulated sugar	2 tbsp (24 g)
Milk powder	2 tbsp (12 g)
Salt	1 tsp (5 g)
Egg	25 g
Water *	160 mL
Instant dry yeast	1 tsp (2.8 g)

* Use cold water at a temperature of about 5 °C. when the room temperature is over 25 °C.

Pizza dough

High-gluten flour	280 g
Butter	15 g
Granulated sugar	2 tsp (8 g)
Milk powder	1 tbsp (6 g)
Salt	1 tsp (5 g)
Water *	190 mL
Instant dry yeast	1 tsp (2.8 g)

* Use cold water at a temperature of about 5 °C. when the room temperature is over 25 °C.

1 Select bread dough: "10" Select pizza dough: "11"



- To add raisins and other ingredients → 葡萄干 (P.82)
- (Only for bread dough)

2 Start



3 Press 取消 (Cancel) when you hear beep sounds. Take out the dough right away.

- * If you keep it left in the bread pan, fermentation will proceed further.
- * Changing the ratio of dough ingredients may slow down the fermentation process. (P.119)

Various flavored bread

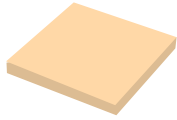
Dough

Bread dough / Pizza dough

Various flavored bread

Use bread dough

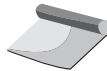
Tools used for bread-making with dough



● Dough rolling board



● Scale (Unit: 1g)



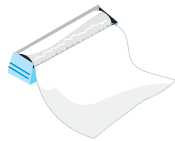
● Scraper



● Rolling pole



● Small towel
(Soaked and wrung dry)



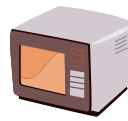
● Cooking paper



● Atomizer



● Brush



● Oven

Tools that may be used for making bread

- Kitchen scissors
- Bread mold
- Plastic wrap
- Thermometer and others



Ingredients 135 kcal (for 1 loaf)
(12 pieces)

Bread dough (P.97)	Quantity at a time
Egg (evenly mixed)	25 g

Rolls

Forming

- ① Use the scraper to divide the dough into 12 even pieces with 45 g each, shape them into balls, cover them with the small towel and place them still for about 15 min.
- ② Shape them into ovals, cover them with the small towel and place them still for about 10 ~ 15 min.
- ③ Press slightly with hands and use the rolling pole to roll the dough thin.
- ④ Catch one end of the dough, stretch it towards your body and roll it up tightly.
(The dough may rise horizontally upon fermentation if it is not rolled up tightly)



Fermentation

- ⑤ Place them on the table with the closure facing downwards. Spray water on it.
- ⑥ Allow the dough to ferment for 40 ~ 60 min (till it rises to double its original size) at a temperature of 30 ~ 35 °C and then apply egg liquids.



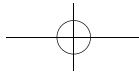
Baking

- ⑦ Bake them in an oven that is preheated to a temperature of 170 ~ 200 °C for about 15 min.



Stuffed bread with sweetened bean paste

- ① (Following Step ① of making rolls) roll the dough into a round plate with a diameter of 10 cm.
- ② Wrap sweetened bean pastes with the dough made from Step ①, shape it into balls and press the middle so that it caves in.
- ③ Properly arrange the ②, sprinkle water on it and allow it to ferment for 20 ~ 30 min (till it rises to double its original size) at a temperature of 30 ~ 35 °C.
- ④ Apply egg liquids, sprinkle poppy seeds and bake them in an oven that is preheated to a temperature of 170 ~ 190 °C for about 15 min.



Ingredients (for 12 pieces)

● Dry yeasts used

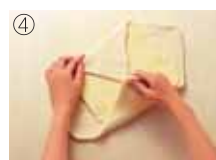
Bread dough		200 kcal (for 1 loaf)
High-gluten flour	225 g	
Low-gluten flour	55 g	
Butter	15 g	
Granulated sugar	2 tbsp (24 g)	
* Milk powder	1 tbsp (6 g)	
1 Salt	1 tsp (5 g)	
Egg liquid (evenly-mixed)	25 g	
Water	140 mL	
Instant dry yeast	1 tsp (2.8 g)	
Butter (Cut into pieces that are 1cm thick)	140 g	
Egg(evenly-mixed)	25 g	

* 1 Make according to the steps in P.97.

Croissant

Add in butter

- Put the dough in a bowl, cover it with a plastic wrap and place it in a refrigerator for 30 ~ 60 min.
(Prolong the refrigeration time when the room temperature is high)
- Apply flour on butter, place them on the plastic wrap, roll them into a 20 x 20 cm square shape and keep them in a refrigerator for 15 ~ 30 min.
- Use a rolling pole to strike and press the dough and roll it into a 30 x 30 cm square shape.
- Wrap the butter of Step ② with the dough cake, cover it with the plastic wrap and keep it in a refrigerator for 10 ~ 20 min.
- Strike and press it with the rolling pole till the dough is thinner and roll it flat.
- Fold up the dough three times, cover it with a plastic wrap and keep it in a refrigerator for 10 ~ 20 min.
- Repeat steps ⑤ and ⑥ twice and keep it in a refrigerator for 30 ~ 60 min.



Forming

- Divide the dough into two even pieces and roll them into a 18 x 40 cm rectangular shape. Divide them into 6 isosceles triangles.
- Hold one end of the dough and roll it up.
- Face the closure downwards.

Fermentation

- Sprinkle water on it and cover it with a plastic wrap. Allow it to ferment for 40 ~ 60 min (till it rises to double its original size) at the room temperature and apply egg liquids.

Baking

- Bake it in an oven that is preheated to a temperature of 200 ~ 220 °C for about 10 min. Keep the remaining dough in a refrigerator to avoid excessive fermentation.

Dough

Various flavored bread



Doughnut

- Divide the dough into small pieces that are 35 g each. Cover them with a small towel and place them still for 10 ~ 20 min.
- Roll them into thin round and press the dough with the doughnut mold.
- Allow the dough to ferment for 20 ~ 30 min (till it rises to double its original size) at a temperature of 30 ~ 35 °C.
- Deep-fry them at an oil temperature of 170 °C and spill cinnamon and refined white sugar on them finally.

Various flavored bread

Use bread dough

Use pizza dough



Ingredients (for 8 pieces) 151kcal (for 1 loaf)

Bread dough

A	High-gluten flour	280 g
	Granulated sugar	2 tbsp (24 g)
	Salt	1 tsp (5 g)
	Vegetable oil	2 teaspoon
	Water	180 mL
	Instant dry yeast	1 tsp (2.8 g)



Bagels are directly edible. But it would be more delicious to cut the bagel into half and add in fresh vegetables, hams, cheeses and jam.

Bagel

Making bread dough

- ① Place A → Vegetable oil → water into the bread pan that is installed with a blade in sequence and add dry yeast into the yeast dispenser.
- ② Make the dough according to the steps specified in "Making bread dough" (P.97).

Forming

- ③ Divide the dough into 8 small pieces that are 60 g each. Knead them into balls, cover them with a small towel and place them still for 10 min.
- ④ Press the middle of the dough with one finger and rotate the dough till the hole becomes bigger and form the shape of a bagel.

Fermentation

- ⑤ Place them onto a cooking paper sprinkled with flour and allow the dough to ferment for about 40 min (till it rises to double its original size) at a temperature of 30 ~ 35 °C.

Water boiling

- ⑥ Boil them in boiling water on both sides for 30 seconds each and fully trickle the water.

Baking

- ⑦ Put it on a baking pan covered with a cooking paper and bake it in an oven preheated to a temperature of 170 ~ 190 °C for 15 ~ 20 min.



Making pizza



Ingredients 1119 kcal (for 1 pizza)
(for 2 pizzas in a diameter of 25cm each)

Pizza dough (P.97)	Quantity at one time
Pizza seasoning	4 tablespoon (72 g)
Pizza cheeses	200 g

Ingredients (E.g.)

Onion (thin slices)	1 small
Sausage (thin slices)	10 pieces
Bacon	2 pieces
Mushroom (thin slices)	6 pieces
Green pepper (thin slices)	2 pieces

Pizza

Forming

- ① Use the scraper to divide the dough into 2 pieces and shape them into balls. (Divide it into 3 pieces for thin pizza dough)
- ② Cover them with towel and place it still for 10 ~ 20 min.
- ③ Put it on the cooking paper and roll it into a round plate with a diameter of 25 cm.



- ④ Make holes on the dough with a fork.

Put ingredients

- ⑤ Apply pizza sauces, add ingredients and cheeses for pizza.

Baking

- ⑥ Bake it in an oven that is preheated to a temperature of 180 ~ 200 °C for about 15 min.
Keep the remaining dough in a refrigerator to avoid excessive fermentation.

Dumpling skin dough making

Time required: about 15min.



- Preparations**
- ① Install the blade into the bread pan.
 - ② Add ingredients into the bread pan.
 - ③ Put the bread pan into the main unit.

Ingredients

Powder for dumpling	280 g
Warm water (about 35 °C)	150 mL

or

High-gluten flour	140 g
Low-gluten flour	140 g
Warm water (about 35 °C)	170 mL

1 Select menu "12"



2 Start



3 Press 取消 (Cancel) when you hear beep sounds. Take out the dough right away



Ingredients

54kcal (for 1 dumpling)
(for 30~40 pieces)

Peanut oil	1 tbsp (15 g)
Star aniseed	5 g
Leeks	125 g
Streaky pork	250 g
Salt	2 g
Gourner powder	2 g
Spice powder	6 g
Soy sauce	1tbsp (18 g)

(You can adjust the recipe based on your preference)

Dumpling

Making dumpling stuffing

① Fry star aniseeds with peanut oil. Allow the peanut oil to cool down and mix them with leeks (to prevent water from coming out from leeks). Then evenly mix them with streaky pork and seasonings.

Rolling dough

② Take out the dough, shape it into long strips with a diameter of 3 cm and cut into 2cm-wide small pieces. Use the rolling pole to roll the dough into a round plate with a diameter of about 9~10 cm.

* Each dumpling skin weighs about 9 g and 30~40 dumplings can be made in total.

Making dumpling

③ Fill stuffing into the skin to make a dumpling.

* You may make dumpling into a crescent or a triangle shape as you prefer.

Boiling dumpling

④ Boil half pot of water, pour the dumplings into the hot water. Wait till the water boils again before adding half bowl of cold water into the pot. Repeat this procedure 3 times. (This can improve the tenacity and elasticity of dumpling skins)

Various flavored bread

Dough

Dumpling skin making

Udon / Pasta dough making



- Preparations**
- ① Install blade for noodles and mochi making in the bread pan.
 - ② Mixing A in a metal bowl or the like.
 - ③ Mixing B in another container.
 - ④ Add A ➡ B in the bread pan sequentially. (add olive oil to pasta dough at last)

Ingredients (not for making Soba noodle and ramen dough)

Udon dough (3 ~ 4 servings)		284 kcal (for 1 serving)
A	High-gluten flour	150 g
	Low-gluten flour	150 g
B	Salt	2 tsp (10 g)
	Warm water *1	160 mL
	Kneading flour *2	An appropriate quantity

- * 1 Warm water about 35 ~ 40 C.
- * 2 You can use starch or high-gluten flour instead of Kneading flour.

Pasta dough (3 ~ 4 servings)		302 kcal (for 1 serving)
A	High-gluten flour	150 g
	Low-gluten flour	150 g
B	Salt	1 tsp (5 g)
	Eggs (evenly mixed)	50 g
	Water	120 mL
	Olive oil	1 tsp
	Kneading flour * 1	An appropriate quantity

- * 1 You can use starch or high-gluten flour instead of kneading flour.

- You can also make colorful pasta!
- ➡ Boil the vegetables in short time, use food processor to mash them into paste and then pour them into the bread pan.
- ➡ Reduce the same amount of water by 10 ~ 30 mL as that of additional ingredients. (basic amount is 110 mL)
- * Black sesame seed powder 1 tablespoon.....water quantity of 110 mL
- Tomato mush 3 tablespoonswater quantity of 80 mL
- Spinach mush 50 g... water quantity of 80 mL



1 Select menu "13"



2 Start



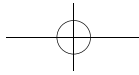
3 Press 取消 (Cancel) when you hear beep sounds., and Take out the dough immediately.

4 Let the smooth surface face up, knead it into a ball and then wrap it with cling film and place still.

- Udon noodles...It can be preserved about 2h in room temperature (keep in a refrigerator in hot weather)
- Pasta...keep in a refrigerator for about 1h



- When store it
 - Refrigerator (can be preserved for 2~3 days)
 - ➡ Sprinkle high-gluten flour and then wrap it with a cling film.
 - Freezer (can be preserved for a month)
 - ➡ Cut it in width of noodle, and wrap it with a cling film. (P.103)



Time required: about 15min



Udon

Dough rolling

- ① Cut it into 2 ~ 4 equal parts with a kitchen knife or a spatula.
- ② Sprinkle kneading flour, and use rolling pole to roll the dough into a 3 mm thick round plate.
(Refrigerated dough must rise to room temperature before rolling.)



Cut dough

- ③ Fold the dough, and cut it from one side into noodles of 3 mm width.
(When it is difficult to cut the dough, sprinkle some kneading flour on the dough.)



Cook noodle

- ④ Boil water in a big pot till bubbling, and then pat off the kneading flour on the noodle and put them in the pot for boiling.
(the time reference for boiling noodle) is 8 ~ 13 min.
- ⑤ Wash away mucus with cold water and trickle the water completely.



Udon / Pasta dough making



- The form, softness of dough and taste is different from those of the pasta available in the market.

Pasta

Dough rolling

- ① Cut it into 4 equal parts with a kitchen knife or a spatula.
- ② Sprinkle kneading flour, and use rolling pole to roll the dough into a 1 mm thick round plate.



Cut dough

- ③ Sprinkle kneading flour on the dough and roll it from one side. And then cut it into noodle of 5 mm width.
(the boiled noodle will grow slightly thicker, so it is better to cut the noodle more thinner.)



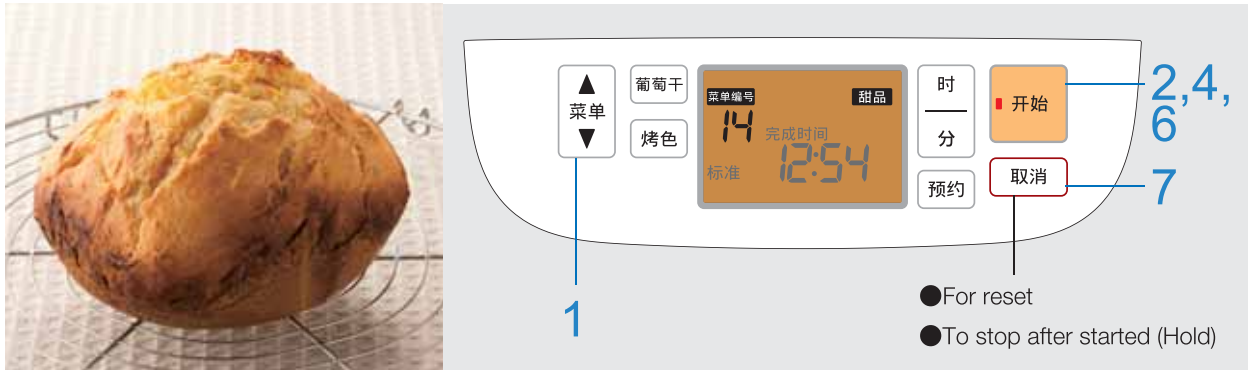
Cook noodle

- ④ Shake the noodle to separate them from each other, and sprinkle kneading flour on them.
- ⑤ Boil water in a big pot till bubbling, and then pat off the kneading flour on the noodle and put them in the pot for boiling.
(the time reference for boiling noodle) is 3~ 5 min.
- Step ① ~ ③ can be done by noodle machine.
(sprinkle enough kneading flour on the dough)



Dough

Scone making



- Preparations**
- ① Install bread blade in the bread pan and add the mixture of egg and milk and plain yogurt in sequence.
 - ② Add ingredients in the bread pan.
 - ③ Put the bread pan into the main unit.

Ingredients

Scone		1154 kcal (for 1 loaf)
Mixture of an egg and milk	80 g	
Plain yogurt (low fat)	50 g	
Low-gluten flour	120 g	
High-gluten flour	60 g	
Baking powder	5 g	
Butter (cut into 1 cm pieces) *	35 g	
Granulated sugar	2 tbsp (24 g)	
Salt	1/2 tsp (2.5 g)	

* Cut it into 5 mm pieces when room temperature is below 15 °C.

- If 取消 (Cancel) is erroneously pressed at Step 3. Press 开始 (Start) button to recover within 10 min.
(Only for once; Invalid if any other key is pressed)
- 3 min after Step 3 is started, the beeper will sound and the unit will start "kneading".
- If 取消 (Cancel) is erroneously pressed at Step 5. Press 开始 (Start) button to recover within 10 min.
(Only for once; Invalid if any other key is pressed)
- 5 min after Step 3 is started, the beeper sounds and the unit start "baking".
(The surface of finished scone may be uneven due to its difficulty of forming.)
- Scone is different form the bread that made with yeast powder

1 Select menu "14"



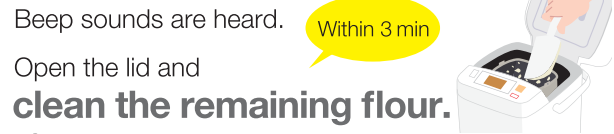
■ For select crust colour → 烤色 (P.84)

2 Start



(About 2 minutes later)

3 Beep sounds are heard. Open the lid and clean the remaining flour.



- Use a rubber spatula to eliminate the residual powder around.
(Using a metal spatula will damage the fluorine coating)
- Do not press 取消 (Cancel) button

4 Close the lid and Restart



(About 1 min later)

Time required: about 54 min

● Calory standard for 1 loaf

5 Finish the surface of the bread dough

Open the lid when you hear the beep sound. Within 3 min

- Use rubber spatula and the like to finish the round dough and make it into a mountain shape.
(See the Figure on the right)



6 Close the lid and Restart

- Do not press 取消 (Cancel) button



7 Press 取消 (Cancel) when you hear beep sounds and take out the bread pan for cooling for about 2min and then take out the scone

- "Additional baking" in case of insufficient baking. (see the following)
- The bread may become deformed upon overexertion.



"Additional baking" in case of insufficient baking

Additional baking is allowed for twice after baking is finished.

* "Additional baking" is allowed to be performed within 15 min after previous baking.

① Select menu "14"



② Set baking time



(Hold it for fast forward)

- It can be set to 1~ 20 min.

③ Start



- Press and hold the 取消 (Cancel) to cancel additional baking.

- You can perform "additional baking" as following.
* Without pressing 取消 (Cancel) at step 7

- ① Press to set baking time
- ② Press to start

French bread

Crust colour 浓 (dark) menu "14" 1170 kcal

Mixture of an egg and milk.	60 g
Low-gluten flour	150 g
Baking powder	5 g
Butter (cut into 1 cm pieces) *	20 g
Granulated sugar	2 tbsp (8 g)
Salt	½ tsp (2.5 g)
Potatoes (peeled and mashed)	90 g
Black pepper (coarse)	Small quantity
Bacon (cut into 5 mm pieces)	30 g
Cheese (cut into 5 mm pieces)	30 g
Carrots (cut into 5 mm pieces and boiled to a moderate degree)	20 g
Corn (grains)	20 g
Green soybeans (peeled beans)	20 g

* Cut into 5 mm pieces when the room temperature is below 15 C.

Tomatoes and green soybeans

menu "14" 1302 kcal

Mixture of an egg and tomato juice	100 g
Olive oil	2 tbsp
Low-gluten flour	120 g
High-gluten flour	60 g
Baking powder	5 g
Granulated sugar	1.5 tbsp (18 g)
Salt	½ tsp (2.5 g)
Black pepper (coarse)	Small quantity
Your favorite dry vanilla (basil, oregano and so on)	½ tsp
Dried tomatoes (dried) (Divided into four equal parts after dried)	10 g
Green soybeans (peeled beans)	50 g
Cheese (cut into 1 cm pieces)	50 g

Cake making

Time required: about 54 min



- Preparations**
- ① Install blade in the bread pan.
 - ② Add butter, granulated sugar, milk and eggs into the bread pan in sequence.
 - ③ Add in the sieved A.

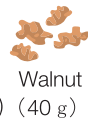
Ingredients

Cake		2066 kcal (for 1 time)
Unsalted butter*	120 g	
Granulated sugar	70 g	
Milk	1 tbsp (15 mL)	
Egg (evenly mixed)	80 g	
A		
Low-gluten flour	200 g	
Baking powder	10 g	

* Cool down to room temperature and cut it into small pieces of 1cm.

- You may add your favorite ingredients and stuffing!

(Solid ingredients must be added during cleaning of the residual flour)



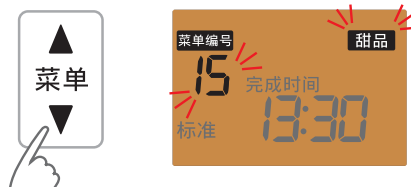
- If 取消 (Cancel) is erroneously pressed at Step 3 Press 开始 (Start) to recover within 10 min. (Only for once; Invalid if any other key is pressed)

- 15 min after Step 3 is started. Beep sounds are heard and kneading is started automatically.

(The baked cake will become polluted on the surface if the remaining flour are not cleared.)

- The finished cake is similar to butter cake. (But not totally the same as the sponge) cake available in the market.

1 Select menu "15"



To select crust colour → 烤色 (P.84)

2 Start



(About 12 min later)

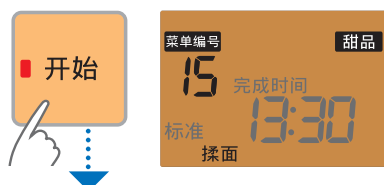
Please see P.75 for the baking procedure.

3 Beep sounds are heard.

Open the lid and **eliminate the remaining powder.**

- Use a rubber spatula to clean the residual flour around. (Using metal spatula and tools will damage the fluorine) coatings.
- Do not press 取消 (Cancel)

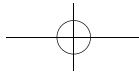
4 Close the lid and Restart.



5 Press 取消 (Cancel) when you hear beep sounds.

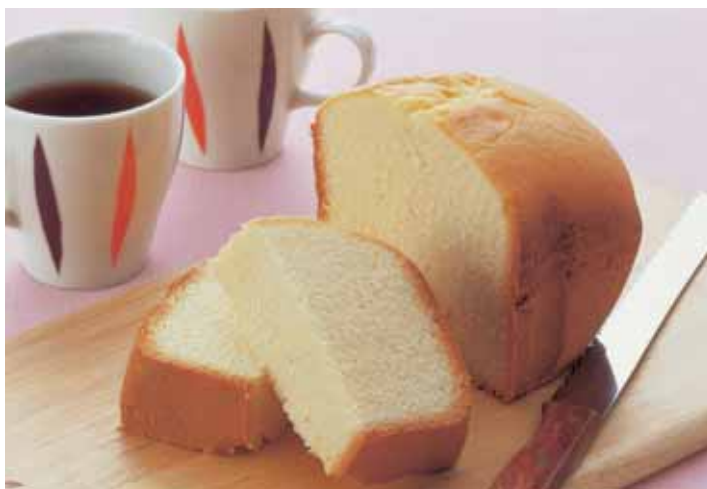
Take out the cake

- The cake may become deformed upon overexertion.



Time required: 1h and 30min

● Calory standard for 1 time



追加烘烤 (Additional baking) in case of insufficient baking

Additional baking is allowed for twice after baking is finished.

- * Start (additional baking) within 15 min after baking is finished
- Baking can't be continued if the temperature of inner part of the bread maker has dropped.

① Select menu "15"



② Set baking time



(Hold for fast forward)

● Can be set from 1 ~ 20 min

③ Start



■ To discontinue ➡ Hold 取消 (Cancel) baking

■ You can perform "additional baking" as following
* Without pressing 取消 (Cancel) at step 5 (P.106)

- ① Press to set baking time
- ② Press to start



Lemon cake		2095 kcal
Unsalted butter (cut into small pieces of 1cm)	110 g	
Granulated sugar	100 g	
Milk	1 tbsp (15 mL)	
Egg (evenly mixed)	100 g	
Rum (or Brandy)	1 tbsp	
A		
└ Low-gluten flour	180 g	
└ Baking powder	7 g	
* Lemon peel (grated)	For 1 piece	

* To add in during the residual flour is cleared.

Chocolate cake		2384 kcal
Unsalted butter (cut into small pieces of 1cm)	100 g	
Granulated sugar	100 g	
Egg (evenly mixed)	100 g	
A		
└ Coco powder	2½ tbsp (15 g)	
└ Low-gluten flour	180 g	
└ Baking powder	7 g	
* Chocolate cube	50 g	
* Citrus peel (cut into small pieces 5 mm~1cm)	40 g	

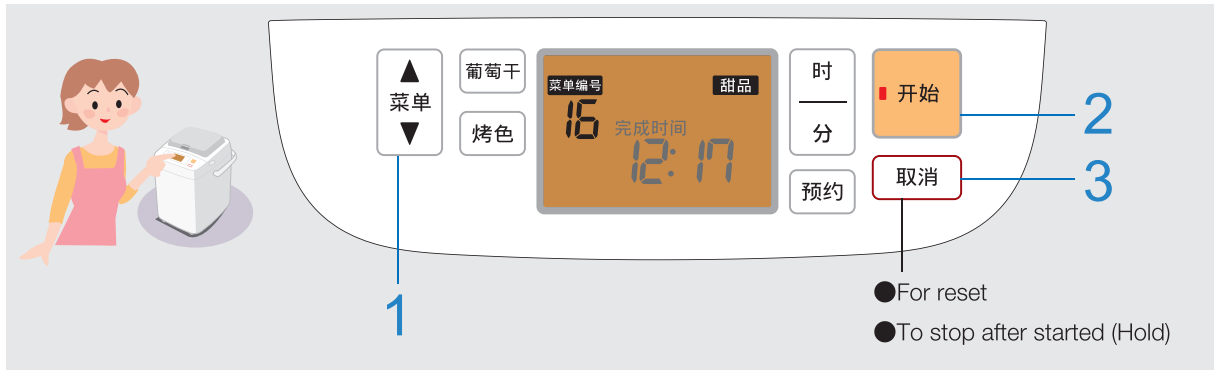
* To add in during the residual flour is cleared.

Pumpkin cake		1960 kcal
Unsalted butter (cut into small pieces of 1cm)	100 g	
Granulated sugar	80 g	
Milk	2 tbsp (30 mL)	
Egg (evenly mixed)	100 g	
Pumpkin (cut into small pieces of 2cm and make it softer)	50 g	
A		
└ Low-gluten flour	180 g	
└ Baking powder	7 g	

Green tea red beans cake		2056 kcal
Saltless butter (cut into small pieces of 1cm)	80 g	
Granulated sugar	100 g	
Egg (evenly mixed)	150 g	
A		
└ Green tea	1½ tsp (3 g)	
└ Low-gluten flour	180 g	
└ Baking powder	7 g	
* Red beans (cut into pieces of about 5 mm)	50 g	

* To add in during the residual flour is cleared.

Chocolate making



- Preparations**
- ① Install blade in the bread pan.
 - ② Break the chocolate and put them into the bread pan.
 - ③ Add in cream and honey.

Ingredients (for about 13 cm x 13 cm x 1 cm (L x W x H))

Chocolate (milk chocolate) 1303 kcal	
Milk chocolate (Chocolate plate available in the market)	3pieces 165 ~ 174 g
Whipping cream (a butterfat content of about 35%)	50 mL
Honey	10 g

Chocolate (white chocolate) 1186 kcal	
White chocolate (Chocolate plate available in the market)	4pieces 160 ~ 180 g
Whipping cream (a butterfat content of about 35%)	50 mL
Honey	10 g

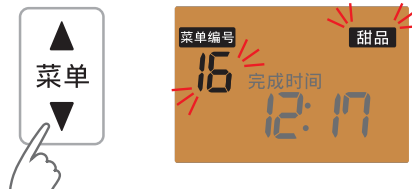
Chocolate (black chocolate) 1416 kcal	
Black chocolate (Chocolate plate available in the market)	3pieces 165 ~ 174 g
Whipping cream (a butterfat content of about 35%)	70 mL
Honey	10 g

* When cream with a butterfat content of over 41% is used, please substitute 10mL of cream with milk.

(E.g.) Black chocolate
Whipping cream: 60 mL Milk: 10 mL

- Be sure to use the amount described in the above.
Otherwise, the grease may become separated or the chocolate will become too soft.

1 Select menu "16"



2 Start



3 When you hear beep sounds, press 取消 (Cancel), take out the bread pan and use a rubber spatula to eliminate the chocolates stuck on the blade.

Manually remove the blade.

- Perform Additional Mixing if the chocolate is not fully melted (P.109).
- Using a metal spatula or tong etc may damage the surface of blade.

4 Pour it with a rubber spatula into a pan placed with a plastic wrap or a cooking paper.

5 Keep them in a refrigerator for more than 2 hours for cooling until it sets

6 Cut into appropriate sizes

- Sprinkle coco powder or sugar powder on the cut chocolates.

Time required: about 17min

● Calory standard for 1 time



Perform additional mixing when the mixing is not sufficient

Additional mixing is allowed for twice after mixing is finished.

* Start additional mixing within 5 min after mixing is finished.

Additional mixing cannot be continued if the temperature of inner part of automatic bread maker has dropped.

* Use a rubber spatula to eliminate the chocolates stuck in the bread pan before additional mixing for successful mixing.

① Select menu "16"



② Set mixing time



(Hold for fast forward)

● It can be set from 1 ~ 5 min

③ Start



■ To discontinue mixing → Hold 取消 (Cancel) .

■ You can perform "additional mixing" as following

* Without pressing 取消 (Cancel) at step 3 (P.108)

① Press to set baking time

② Press to start

Strawberry chocolate

1136 kcal

White chocolate (plate)	4pieces (160 g)
Butter	20 g
Honey	10 g
Strawberry (pounded into jams)	40 g



Corn chips chocolate

(1 piece at each bite, about 20 pieces in total)
1279 kcal

A	Black chocolate (plate)	2pieces (116 g)
	Whipping cream	40 mL
	Honey	10 g
	Corn chips	100 g

① Use A for making chocolate. (P.108)

② Mix ① and corn chips.

③ Use a spoon to discharge the chocolate onto a cooking paper for cooling in the refrigerator. You may freely decide the size.



Mousse chocolate

(For about 5 glasses)

1733 kcal

A	Black chocolate (plate)	2pieces (116 g)
	Whipping cream (a butterfat content of about 35%)	60 mL
	Honey	10 g
Whipping cream	180 mL	
Your favorite fruits (for decoration)	An appropriate quantity	

① Use A for making chocolate. (P.108)

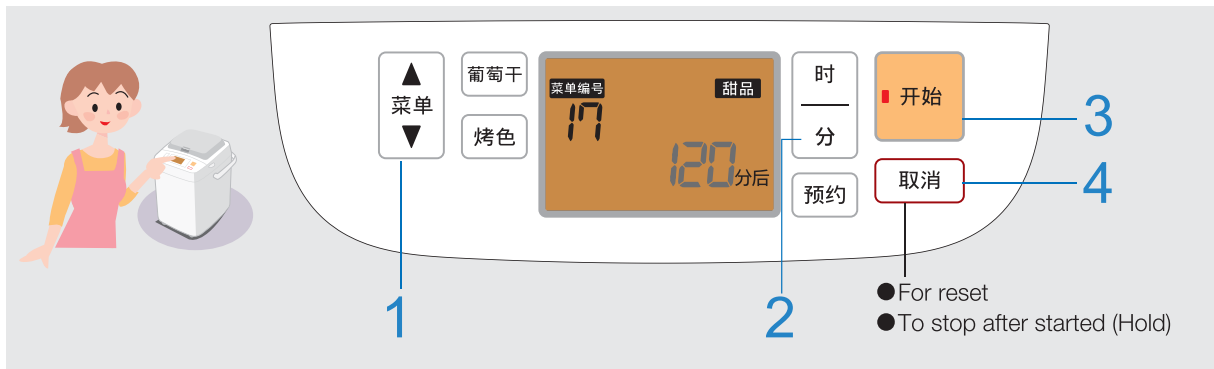
② Whip the cream.

③ Mix hot ① with ②.

④ Pour it into a glass or other container for cooling and decorate it with your favorite fruits.

● You may also add grated chocolates and nuts if you prefer (10 ~ 20 g).

Jam making



- Preparations**
- ① Install bread blade in the bread pan.
 - ② Add granulated sugar, fruit, lemon juice in the bread pan sequentially.
 - ③ And then install the bread pan into the main unit.

Ingredients

Strawberry jam 687 kcal (for 1 time)

Strawberry (Washed and remove the stalks) (Cut into 2 parts which is big)	Net weight 400 g
Granulated sugar	140 g
Lemon juice	2½ tablespoons

- Be sure to use the amount described in the above. Otherwise, the ingredients may boil out and be overcooked.

- Be careful not to over cook !
After cooling, jam become thick.

- Jam become more dilute due to less granulated sugar quantity and no additives. It could not be stored for a long time! Please keep it in a refrigerator and eat it soon.
- Storage period: about 1 week

1 Select menu "17"



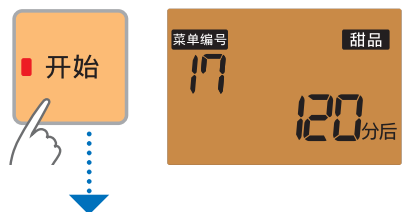
2 Set cooking time (120 min for strawberry jam)



* Set time according to the types of fruits.

- It can be set to 90 ~ 150 min by a step of 10 min.

3 Start



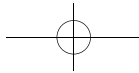
4 Press 取消 (Cancel) when you hear the beep sound and take out the bread pan for cooling for about 10 min

* Do not place on an uneven surface.

- If heating is insufficient (too much water and less sticky), perform "additional heating". (P.111)

5 Use a rubber spatula to allow a slow flow of jam into a container slowly

- Using metal spatula and the like will damage the coating.



Time required: about 1h and 30 min ~ 2 h and 30 min

● Calory standard for 1 time



“Additional heating” in case of insufficient heating

Additional heating is allowed for twice after first heating
 * “Additional heating” is allowed to be performed within 5 min after previous heating.
 Additional heating can't be continued if the temperature of inner part of automatic breadmaker is dropped.

① Select Menu “17”



② Set cooking time



(Hold it for fast forward)

● It can be set to 10 ~ 30 min by a step of 1 min.

③ Start



■ Press and hold the 取消 (Cancel) to cancel additional heating.

■ You can perform “additional heating” as following.

* Without pressing 取消 (Cancel) at step 4 (P.110)

① Press to set cooking time

② Press to start

Blueberry jam

747 kcal

Refrigerated blueberries	400 g
Granulated sugar	140 g
Lemon juice	2½ tablespoons

■ Set cooking time to 150 min
 (Set to 110 min for using fresh blueberries)

Apple jam

767 kcal

Apples (peeled, cored and cut into 8 pieces of 1 cm width)	Net weight 400 g
Granulated sugar	140 g
Lemon juice	2½ tablespoons

■ Set cooking time to 100 min

Peach jam

711 kcal

Peaches (peeled, cored and cut into 2 cm pieces)	Net weight 400 g
Granulated sugar	140 g
Lemon juice	2½ tablespoons

■ Set cooking time to 120 min

Orange jam

701 kcal

Oranges (After washing, separate the fruit flesh and peel. Remove the flesh film, take out and divide the inner flesh into 2-3 equal parts. Remove the white substance of peel and then shred the peel.)	400 g
Granulated sugar	140 g

① Add peels and the water used for processing peels in the boiler and boiling for 15 min.

② Trickle the boiled water and add water for boiling again.

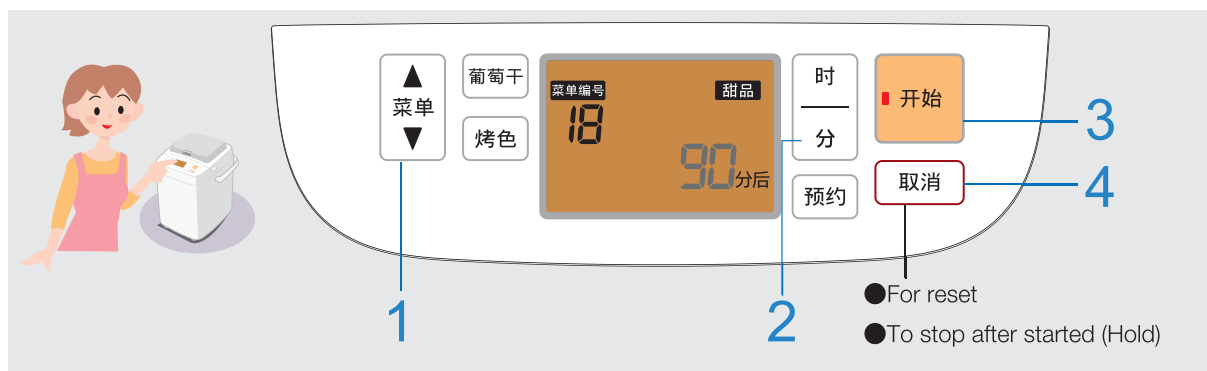
③ Repeat 3 times and fully trickle the water.

④ Add peels, granulated sugar, fruit flesh in the bread pan sequentially.

⑤ Install the bread pan

■ Set cooking time to 120 min

Compote making



- Preparations**
- ① Add water, granulated sugar, lemon juice in the bread pan (without bread blade), and use a rubber spatula to mix the ingredients sufficiently. (till the granulated sugar melt completely)
 - ② Add the fruits one by one and do not stack them.
 - ③ Cut a baking paper in the size of the bread pan with a 1 cm hole in the center as lid.
 - ④ And then install the bread pan into the main unit.

Ingredients

Apple compote 342 kcal (for 1 time)

Apples * (peels, cored, and divided into 4 equal parts)	A medium sized (about 200 g)
Water	250 mL
Granulated sugar	60 g
Lemon juice	2 teaspoons

* Some kind of fruits may be easily cooked.
"Fuji" apple is recommended for its relatively strong flesh.

- Be sure to observe the foregoing dosages. Failure to do so may result in uneven heating or scorch.
- Fruits placement (preparation ②)



- Use a cooking paper as lid (preparation ③)



■ Edible time

It is edible for placed still for half a day after finished. (to make the syrup penetrate into the fruits)

1 Select menu "18"



2 Set cooking time (90 min for candied apple)



(Hold it for fast forward)

* Set timer according to the types of fruits.

- It can be set to 60 ~ 120 min by a step of 10 min.

3 Start



4 Take out the bread pan for cooling (about 10 min)

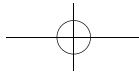
Press 取消 (Cancel) when you hear beep sounds

* Do not place in an uneven surface.

- If heating is insufficient (the color is too white and it is too hard when insert a bamboo stick), perform "additional heating". (P.113)

5 Moved slowly into the container, and cooling with the juice.

- Using metal spatula and the like will damage the coating.
- Take out the container, and flip the fruits up and down to cool it down with the syrup. During cooling, the syrup will penetrate into the fruits.



Time required: about 1h ~ 2h

● Calory standard for 1 time (include syrup)



“Additional heating” in case of insufficient heating

Additional heating is allowed for twice after first heating.
* “Additional heating” is allowed to be performed within 5 min after previous heating. Additional heating can't be continued if the temperature of inner part of automatic breadmaker is dropped.

① Select menu “18”



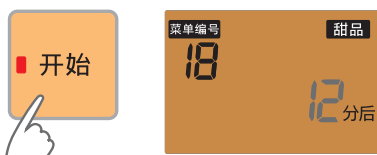
② Set cooking time



(Hold it for fast forward)

● It can be set to 10 ~ 30 min by a step of 1min.

③ Start



■ Press and hold the 取消 (Cancel) to cancel additional heating.

■ You can perform “additional heating” as following.
* Without pressing 取消 (Cancel) at step 4 (P.112)

- ① Press  to set cooking time
- ② Press  to start

Tomato compote

292 kcal

Tomatoes (peeled after boiled and remove the stalks)	3 small ones (about 100g each)
Water	300 mL
Granulated sugar	60 g
Ginger (thin slices)	10 g

■ Set cooking time to 60 min

Loquat compote

295 kcal

Loquats (peeled, cored and cut into 2 parts)	3 ones (about 50g each)
Water	250 mL
Granulated sugar	60 g
Lemon juice	2 teaspoons

■ Set cooking time to 60 min

Pear compote

332 kcal

Pear (peeled, cored and cut into 4 parts)	A medium sized (about 180g)
Water	250 mL
Granulated sugar	60 g
Lemon juice	2 teaspoons

■ Set cooking time to 60 min

Date compote

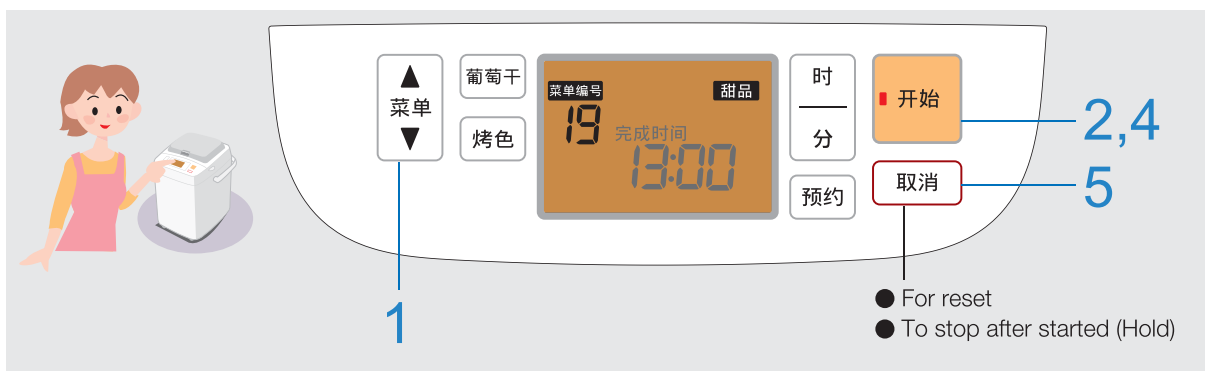
836 kcal

Date (dried)	250 g
Water	100 mL
Red Wine	125 mL
Granulated sugar	40 g
Lemon juice	2 teaspoons
Cinnamon	An appropriate quantity

■ Set cooking time to 60 min

Mochi making

Soaking sticky rice is not recommended. (soaked in water will make the mochi too soft)



- Preparations**
- ① Wash the sticky rice. (wash till the water is clear)
 - * Do not soak the sticky rice in water. (otherwise the mochi will become soft)
 - ② Use a screen to trickle the water for 30 min.
 - ③ Install blade for noodles and mochi making in the bread pan.
 - ④ Add sticky rice and water.

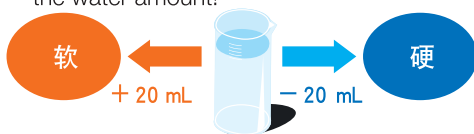
Ingredients

Mochi	39 kcal (round mochi 1 serving)	
(each round mochi is about 35 g)	About 12 pieces	About 18 pieces
Sticky rice	280 g	420 g
Water	Long grain rice(190ml) Short grain rice(200ml)	Long grain rice(270ml) Short grain rice(280ml)
kneading flour *	An appropriate quantity	An appropriate quantity

* Starch, or corn starch may be used as substitutes.

● 1 cup of sticky rice is about 140 g.

■ If you want to make a mochi of your favorite hardness, you need to adjust the water amount!



■ If 取消 (Cancel) is erroneously pressed in Step 3, press 开始 (Start) within 10 min to recover it. (One time only. Other buttons are invalid.)

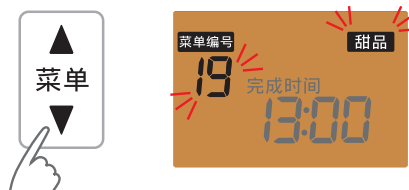
■ 30 min after step 3, a beep sound will be heard, and then the unit starts the next process automatically. (in case that the lid is closed) Mochi become soft and is difficult to take out.

■ If the sticky rice has been soaked in water, deduct the water amount that the sticky rice has absorbed.

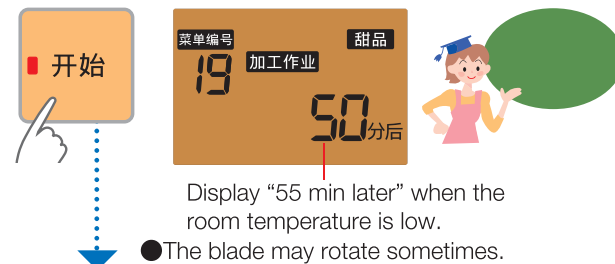
< Reduce quantity reference >

[12 pieces] 80 mL [18 pieces] 140 mL

1 Select menu "19"



2 Start



3 Open the lid

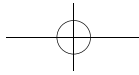
● Do not press 取消 (Cancel)

4 Start immediately



* For the extra water to dissipate, open the lid.

You can add wormwoods and red cherry shrimps when you begin to make mochi. Do not add hard ingredients such as beans! (may damage the fluorine coating of the bread pan)



Time required: about 1h

■ Add your favorite ingredients on your fresh mochi...



Red bean mochi



Peanut mochi



Radish mochi

Black sesame seed mochi

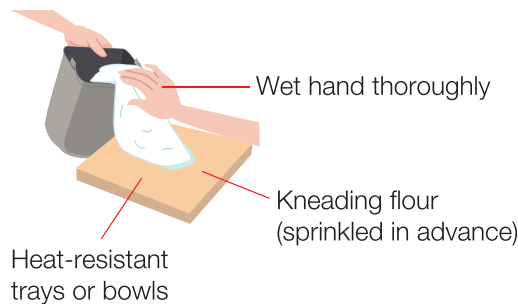
When making mochi, add 2 ~ 3 teaspoons of black sesame seeds and small amount of salt slowly.

Shad dock mochi

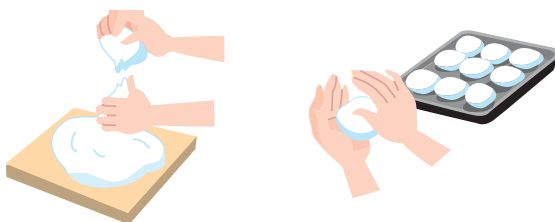
When making mochi, add 1/2 mashed shad dock peels and small amount of salt slowly.

5 When you hear the beep sounds, press 取消 (Cancel), **Take out the bread pan quickly and place it still till it can be touched by hand (5 ~ 10 min).**

6 **Take out the mochi**
(from the bottom)



7 **Take some mochi and knead it into to a ball**



- Consume immediately ➡ wet hand with water in advance
- When store it ➡ sprinkle some kneading flour on hands in advance

- The taste of mochi may vary due to the amount of water, amount and type of sticky rice, new or old rice used, etc.
- The skin of mochi would become hard if it is placed still for a long time.

■ The proper preservation method of mochi.

- ① When it is cooled down, dust off the kneading flour.
- ② "When it is placed indoor"
It can be preserved for 2 days when placed in a place of low humid and temperature.
"When it is kept in a refrigerator"
It can be preserved for a month when packed in the well-sealed double bags.

Take out the bread from bread pan directly and wrap it with cling film. It is easier to make Japanese mochi.



Cleaning

In order to avoid damaging the fluorine coating of the bread pan ...

- Please clean and dry as quickly as possible!
(Do not put an unclean or wet bread pan back into the body.)
- Clean with a soft sponge!
(Do not use cleansers or metal brushes to clean the bread pan. And do not use the nylon face of a sponge, sponges wrapped in nylon net or dish dryer as well)

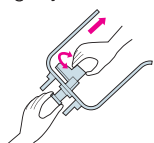


Bread pan, blade

Wash with water after the residual dough is cleared.



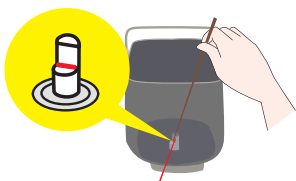
- ① Add a small amount of hot water into the bread pan and keep it still for a while.
- If it is hard to remove, rotate the blade slightly to remove it.



- ② Clean the bread pan and the blade with water.
- Do not leave any residual dough around the shaft or it may damage the fluorine coating.



- ③ Use a bamboo stick to remove the dough stuck on the blade and the shaft.



- Any residual dough on the shaft would cause the blade to be easily detached and left in the bread.
- Use kitchen detergents (neutral) for cleaning if it is very dirty.

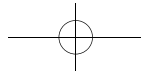
Lid

Wipe with a well-wrung cloth.



- Use a well-wrung cloth to clean away the dry yeast on the flap valve and make sure that the vent of yeast dispenser is closed.





Dispenser lid

Remove and wash with water

[Removal method]



70 degrees



Do not remove

- Raise the dispenser lid to an angle of approximately 70 degrees and pull it upwards on the right.

Yeast dispenser

Wipe with

a well-wrung cloth and air dry.



Do not wipe the yeast dispenser with dry cloth!

Otherwise, it would be difficult to remove the instant dry yeastes due to the influences caused by the static electricity.

Raisin and nut dispenser

After removal, use kitchen detergents (neutral)

And wash with water



- Pull it upwards



- Press and open the dispenser flap.
- No residual grease is allowed.

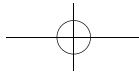
Main body

Wipe with

a well-wrung cloth

- Clean away the flour, instant dry yeast and ingredients left in the main body.





FAQ

Can I use dedicated bread flours?

Bread

You can make bread but need to adjust the quantity of water. If cave-in appears on the top of bread because of excessive swelling, reduce water quantity by 5 ~ 10%.

French bread

You can make French bread, but the quality and swelling extent of bread may vary.

Udon dough (all-purpose flour)

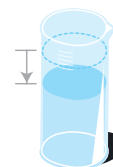
Add water by 10 mL when dough is too hard and reduce water by 10 mL when dough is too soft.

Is it possible to use other ingredients to substitute butter and milk powder?

Yes. Please use the same quantity of margarine, shortening and other solid grease to substitute butter.

Milk powder (1 tablespoon) is equivalent to 70 mL milk.

● Please reduce the same quantity of water if milk is used.



Can I use the amount specified in the recipe books available in the market?

The amount specified herein is applicable to this breadmaker. The cooking effects may be affected if any other amount is used.



May I make half size of loaf?

No. When half ingredients are used, the making procedures of the bread maker can't be matched because it is very hard to control the conditions of "kneading" and "air discharges".

Can I use self-made natural yeast?

The fermentation conditions are instable and the bread may not be baked successfully.

How to store instant dry yeast?

Store them in a refrigerator. (Be sure to properly seal it and use it up as soon as possible after unpacking.)

● Please use them before expiry date (the expiry date of unpacked products which are stored according to instructions).

● Do not store them in a refrigerator. (Dry yeast may condensate and won't fall down from the yeast dispenser)

Can I use all-purpose rice flour to make rice flour bread?

Plain rice flour can be mixed with 20% flour to make rice flour mixed bread. (Use menu "1" (bread) for baking)

Can I use dedicated bread rice flour that is not specified in this manual?

It is impossible to knead the dough. The bread may have different hardness because of different kinds of rice flour, even though the rice bread have the same ingredients.

What rice can be used to make rice bread?

Cool rice at a temperature below 30°C.

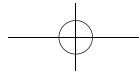
The rice kept in a refrigerator shall also be applicable. Where the rice becomes hard which is not easily softened, use a certain amount of water to soften it before adding for the ease of mixing. (P.123)

Frozen rice shall be thawed and recovered to room temperature before use.

The rice kept warm for less than 12 hours shall be cooled down before use.

Can I use unfrozen "butter for adding later" when making Danish bread?

If you put unfrozen butter into bread pan it will melt too fast. Cut butter into 1 cm pieces and keep them in a refrigerator overnight.



Ingredients

Is the cookie dough of pineapple bread usable after refrigerated?

Yes.
Please allow the cookie dough to thaw naturally in advance so that it is not so hard when it is placed on the bread dough.

Which kind of flour is better for kneading flour?

High-gluten flour is recommended for bread forming.
Starch is recommended for mochi making.
(Corn starch and high-gluten flour are also applicable.)

Can I use the sticky rice soaked in water overnight?

It is applicable too, but the mochi made from it will be too soft, so it is not recommended. You'd better deduct the water quantity that the sticky rice has absorbed.
(12 pieces: 80 mL; 18 pieces: 140 mL).

Can a bread be baked in a square shape?

In the automatic bread maker, the dough rises to become hill-shaped (shape of the bottom of the bread pan) bread during baking.



How to cut bread properly?

It is not easy to cut the bread when it is freshly baked. It is recommended to wait for at least 30 min for easier cutting and better taste.
● Lay the bread horizontally, move the bread knife forward and backward.



Is it hard to take out the bread smoothly?

If the bread can hardly be taken out when the bread pan has been cooled down for about 2 min, please place the bread pan into the main unit, keep it there for 5~10 min and then take it out again.
● The bread will shrink and cave in if it is kept there for too long.
● Do not use a knife, a fork or chopstick etc. to take out the bread. (Otherwise, the fluorine coating may be damaged.)

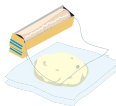
Upon completion of baking

Can bread and dough be kept in a freezing condition?

Bread
Cut it into thin pieces, wrap them with a plastic wrap one by one and keep them in a freezing condition.

Brioche
Place formed and fermented dough in a tray, cover it with a plastic wrap and keep it in a freezing condition. After freezing, place it into a plastic bag for storage.
Thaw at a temperature of 30 ~ 35 °C and apply egg liquids before baking.
● If time is limited, apply egg liquid when it is still frozen and prolong the baking time by about 5 min.

Pizza
Wrap the rolled dough with a plastic wrap and freeze it.
Add ingredients when the dough is still frozen before baking.



Is instant dry yeast not mixed during execution of bread dough menu?

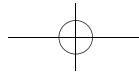
The instant dry yeast will work during separation, forming and secondary fermentation as long as it is mixed into the dough. No problem.

The bread dough is too soft.

Please reduce water amount by 5~10 mL.
Spill flour for the convenience of operations.

FAQ

Tips



FAQ

Upon completion of baking

The dough does not ferment thoroughly during execution of bread dough menu.

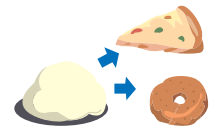
Fermentation process may slow down due to different ratio of ingredients. Do not open the lid after process of bread dough is over. Keep it there for further fermentation. (Standard: 20~30min)

Can failed dough be used again?

(E.g) The dough is not baked. ...etc.

It can be used to make doughnut, pizza and other foods. Please confirm at which status baking is stopped and resume the subsequent operations.

- When there is still instant dry yeast in the yeast dispenser
 - ➡ Start making dough again in the procedure of pizza dough to make doughnut (P.99) and pizza (P.100).
- When there is no instant dry yeast in the yeast dispenser
 - ➡ Take out the dough and make doughnut (P.99) and pizza (P.100)!



Is the taste of the pasta made by this bread maker different from that of the dry pasta available in the market?

Its form, softness of dough and elasticity is different from those of the dry pasta due to the different making methods.

Is it difficult to cut the noodles?

Weighing properly and sprinkle the dough with enough kneading flour.

Abnormal shape of bread

It is hard to control the bread-making process. No bread has the same shape ...



When the following conditions happen

Please confirm the following

Bread (swelling)

Insufficient swelling



Height standards
(Bread, soft and rice bread)



(Rice flour bread)



(Rapid, whole wheat *1 and Danish)



* 1 Contain 50% whole wheat flour
(Whole wheat bread *2)



* 2 Contain 100% whole wheat flour

(French bread, pineapple bread)



Excessive swelling



Height standards



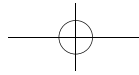
- Shape and swelling conditions vary according to temperature, humidity, ingredient and timer conditions.
- Are too many raisins and other ingredients added?
- Is the room temperature too high? (the shape will change if the room temperature is too high)
➔ Please store flour and other ingredients in the refrigerator.

Flour	<ul style="list-style-type: none"> ● Do you measure the weight with a scale? (Do not use the measuring cup supplied) ● Have you used flour with a protein content of over 12~15%? ● Have you used high-gluten flour? ● Have you used expired flour? <p><French bread...></p> <ul style="list-style-type: none"> ● Is the ratio of high-gluten flour and low-gluten flour wrong?
Water	<ul style="list-style-type: none"> ● Not enough? <p><Rapid, French bread, Whole wheat, Danish, Pineapple bread ...></p> <ul style="list-style-type: none"> ● Have you used cold water at a temperature of 5 °C? <p><When room temperature exceeds 25 °C ></p> <ul style="list-style-type: none"> ● Have you used cold water at a temperature of 5 °C?
Granulated sugar	<ul style="list-style-type: none"> ● Not enough?
Instant dry yeast	<ul style="list-style-type: none"> ● Have you used the instant dry yeast that do not require advanced fermentation? ● Is it placed in the yeast dispenser? ● Not enough? ● Is it kept in the refrigerator? (P.72) ● Have you used expired instant dry yeast?

Flour	<ul style="list-style-type: none"> ● Too much? ● Do you use the dedicated bread flour? (P.118)
Water	<ul style="list-style-type: none"> ● Too much?
Instant dry yeast	<ul style="list-style-type: none"> ● Too much? ➔ If excessive swelling happens upon stated amount, please try reducing the quantities of instant dry yeast or granulated sugars by 1/4~1/2. ● Excessive swelling may happen sometimes at the places of which the altitude is over 1,000 metres high.

FAQ / Abnormal shape of bread

Tips



Abnormal shape of bread

When the following conditions happen

Please confirm the following

Bread (shape)

No swelling at all
(Whole bread is whitish and look like a ball.)



Instant dry yeast

- Have you forgotten to add the instant dry yeast?
- Have you used any improperly stored yeast or expired yeast?

- Have you forgotten to install the blade?
- Has any power failure occurred during operation?

The bread always has a different shape and swelling condition.

- Home made bread always has a different shape and swelling condition due to the following conditions!

Room temperature

- The room temperature is high in summer.
- The room temperature has changed during operations. (the air-conditioner is shut down during operation etc.)

Types and properties of ingredients

- Flour with low protein content are used for baking.
- Improperly kept or overdue instant dry yeast are used.

Sticky bottom and distinct collapses on the sides



- Have you rapidly taken the well-baked bread from the bread pan and put it on the griller for heat radiation?
- Reduce water quantity by 10 mL for better baking effects if the room temperature is high.

Cave-in on the top surface
(Coked crusts)
Flat and square top surface

Cave-in



- Not enough flour?
- Too much water?

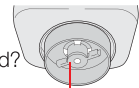
<Whole wheat ...>

- A high ratio of wholewheat flour or different types of flours will easily lead to such situations.

Bottom caves in so that the bread cannot stand upright.



- Blade shape is visible.
- Have you touched the bottom of bread pan when you take out the bread?
(Bread is damaged sometimes due to blade rotations)



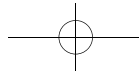
Do not rotate

Are there remaining flour around?

- Too many flour?
- Not enough water?

Expected crust color is not achieved.

- Please change crust color (P.84) or adjust the amount of granulated sugar.
Crust color becomes lighter if amount of granulated sugar is reduced and darkened if the amount is increased.
- If the stove is too hard to hold the bread because the bread is too big, please reduce the quantity of dry yeast and water.
- If the bread ferments too much that the teppen of it touches the inner side of the lid, it is possible that part of the bread will stick on the lid while the lid is opened.



When the following conditions happen

Please confirm the following

Bread (shape)

Bread crust is too hard

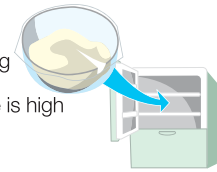
- The bread would become soft if it is cooled down to human skin temperature and put in a plastic bag.

Dough becomes sticky after forming and fermentation

- Excessively long fermentation will make the dough loose and sticky. The fermentation time depends on the type of bread. Normally, the fermentation is finished if you touch the rising dough with a finger slightly and it can recover slowly.

It is hard to make croissants

- Melted butter cannot be well wrapped in a dough. Please keep the dough in a refrigerator for complete cooling before butter are wrapped in it.
- * Please prolong the cooling time when the room temperature is high because the butter may easily melt down.



Danish bread

The bottom of bread soaked in butter, crust become greasy and has butter spots on it.

- Did you use frozen butter that cut into 1 cm pieces?
- Did you add the frozen butter within 10 min after the beep sounds?
- Did you divide the frozen butter into small pieces and distribute them well in the pan?

Not crispy enough

- Re-baking the cut toasts to get crispy taste.

Rice bread

The rice grains are notably visible in the rice bread.

- Please put rice and water in another container. Fully soften the rice before putting it into the bread pan.

Pineapple bread

The cookie dough of pineapple bread cracks

- Have you fully mixed the cookie dough?
- Have you kneaded the surface of cookie dough till it becomes smooth?
- Have you forced the cookie dough into the bread dough?
- * You only need to place the cookie dough on the bread dough. (Slightly press it so that the two doughs stick together and make a good-looking shape)
- Have you pressed in the mold too much?

The cookie dough of pineapple bread becomes soft.

- The reason is that the butter melts so that the dough has too much liquid in it.
- * If the butter melts, the dough will become soft and fragile even if the dough is cooled down.

The cookie dough of pineapple bread deflects on one side

- Have you repositioned the bread dough in the middle?


Abnormal shape of bread

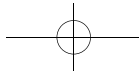
Tips

Abnormal shape of bread

When the following conditions happen

Please confirm the following

Pineapple bread	The cookie dough of the pineapple bread is too hard.	<ul style="list-style-type: none"> ● Has the cookie dough been over cooled and become hardened? * Take out the cookie dough from the refrigerator according to the instruction of "10 min of process work are left" and roll the dough flat with a rolling pole. Till the cookie dough becomes flexible and soft.
	The cookie dough of the pineapple bread overflows the bread pan.	<ul style="list-style-type: none"> ● Did you slightly press the cookie dough on all sides when you put it in? * Excessive pressing may cause the baked cookie dough to crack.
Rice flour bread	The rice flour bread made through timer baking has a rather bad shape.	<ul style="list-style-type: none"> ● Have you used the timer at a room temperature of over 25 °C * Ingredient temperature rises too much when the room temperature is high so that it becomes deformed. Excessively long timing is not recommended.
Scone	Insufficient swelling 	<ul style="list-style-type: none"> ● Did you add any baking powder? (Even instant dry yeast can't make it swell at all.) ● Is the amount of ingredients correct?
	Appears butter spots (color spots, cave-in etc.)	<ul style="list-style-type: none"> ● Did you cut the butter into 1 cm pieces? ● Did you cut the butter into 5 mm pieces when room temperature is below 15 °C ?
	Remaining flour is left around the scone.	<ul style="list-style-type: none"> ● Has the residual powder been eliminated? ● Did you perform the forming procedure?
Cake	Insufficient swelling.	<ul style="list-style-type: none"> ● Is the amount of ingredients correct? ● Have you added any baking powder? ● Did you sieve the low-gluten flour and baking powder before feeding?
	Remaining butter are left on the cake.	<ul style="list-style-type: none"> ● Have you cut butter into small pieces of 1 cm? ● Have you recovered butter to the room temperature? ● Is the adding sequence of ingredients correct?



When the following conditions happen

Please confirm the following

Cake

There are remaining flour around cake.

- Have you cleared the remaining flour?
- Is the adding sequence of ingredients correct?

The finished cake is different from expected.

- The finished cake looks like butter cake but is still different from the sponge cake available in the market in terms of baking conditions. Reduce low-gluten flour to 160 g to make softer cake.

Chocolate

Whipping cream and chocolates can not be merged together.

- The cream with a high content of butterfat (over 41%) may not merge with chocolates with a high content of coco. Adding extra 10 mL of milk may help the two ingredients to merge better.

Too soft.

- Chocolates with a high content of milk will soften. Please reduce the dosage of whipping cream by 10~20 mL.

Chocolates stick on the inner sides of the bread pan.

- Please use a rubber spatula to clean away the chocolates in the bread pan within 5 min and mix for another 2~3 min.

Jam

Not coagulated (not viscous)

- Jam become more dilute due to less granulated sugar quantity and no additives.
- Using unripe fruit, overripe fruit, not fresh fruit that has limited fruit pectin content, so it is difficult to become coagulated.
 - Did you add too much fruit?
 - Did you reduce the quantity of granulated sugar and lemon juice? (Jam must have proper sugar content, acidity and pectin content for coagulation.)

Compote

Not cooked well

- Do you use overripe fruit?
- Some kind of fruit may be easily cooked.

Some part of fruit did not absorb enough sugar.

- Did you cover it with cooking paper?
- Take fruit out of the syrup and then put the part that did not absorb enough sugar into the syrup again and cool it down.
- Place still for half a day to 1 day. And then it is edible.

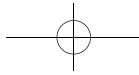
Mochi

Mochi has grains of rice stuck on it

- Did you add too much sticky rice?
- Did you add enough water?
- Was the sticky rice too dry after trickling? (e.g. faced the air-conditioner outlet)
- Was it mixed with japonica rice?
- Did you use old rice?

Abnormal shape of bread

Tips



Abnormal shape of bread

When the following conditions happen

Please confirm the following

Udon \ pasta dough

There are solid particles in the dough

- Did you misuse the blade for bread making as the blade for noodles and mochi making?
- Not enough flour?
- Did you mix the flours fully before putting it in bread pan?
- Did you add too much water?
- Did you add warm water when making udon?

Dough can't be formed because it stuck on hands.

- Not enough flour?
- Did you sprinkle kneading flour?
- Did you add too much water?

Noodle sticking together

- Has it been placed still for too long time after being cut into noodle?
- Did you sprinkle enough kneading powder?

Remedies for misoperations

Pressed 开始 (Start) before adding any ingredients.

Ingredients can be added at the following time. However, the bread making process may fail if the ingredients are not fully mixed in the initial 揉面 (kneading) procedure.

Forgotten ingredients	Adding time
Butter Granulated sugar milk powder Salt	Feed into the bread pan before adding the instant dry yeast. "Dough" functions <ul style="list-style-type: none"> ▪ Pizza dough within 1 min ▪ Bread dough within 10 min "Bread" functions <ul style="list-style-type: none"> ▪ Danish within 5 min ▪ Rice flour within 35 min ▪ Other menu within 20 min * Open the lid to the minimum angle to avoid spill of instant dry yeasts.
Instant dry yeast	Add into the yeast dispenser before the instant dry yeast is dispensed. "Dough" functions <ul style="list-style-type: none"> ▪ Pizza dough within 1 min ▪ Bread dough within 10 min "Bread" functions <ul style="list-style-type: none"> ▪ Danish within 5 min ▪ Rice flour within 35 min ▪ Other menu within 20 min

Pressed 开始 (Start) when the wrong menu, raisin and crust color are selected!

Reselect if it is just started. Hold 取消 (Cancel) down to stop operation, select the correct functions, menu *, raisin and crust color and restart.
* Do not change it into Rice flour bread. (The initial working procedure is different)

Install the wrong blade and start the unit!

Press and hold "Cancel" button to stop the unit. Reinstall the correct blade and restart the unit.
(The blade may stop rotating if it is not the correct one.)

Pull out the power plug!

Plug in again within 10 min after unplugging and the operation will be resumed.
* Do not press 开始 (Start)

Pressed 取消 (Cancel) erroneously during operations!

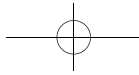
Press 开始 (Start) to recover within 10 min.
* Only valid for once. Do not press other buttons.

■ Failed dough can be used again to make doughnut and pizza. (P.99,100,120)

Troubleshooting

Please confirm the following issues first. If any anomaly is still identified, please contact Panasonic customer service centre immediately.

When the following conditions happen	Causes	Solutions
Key operation is disabled	● Is the power plug removed?	Plug in the power plug.
Press Start but no operation (No kneading)	● "Rice flour" functions starts only from "Soak". They don't operate in the very beginning.	
Instant dry yeast is not dispensed.	● The instant dry yeast should be automatically added in depends on the room temperature and function you have selected .	
	● Yeast dispenser is damp or has static electricity.	Wipe with a wrung cloth and air dry.
	● Are the instant dry yeasts dampened?	Use new instant dry yeast.
Operation stops (Display current time)	● Operation will be stopped if power fails for more than 10 min.	The dough can be used again if the operation stops in a dough state. (P.120)
Timer cannot be set.	<p>● Are you attempting to make an impossible timer setting? The timer needed to complete baking varies from different menu.</p> <p>[Timer setting examples] Menu: bread Current time: 8:30 p.m. (LCD screen displays 20:30) Scope of time settings: 0:40 a.m. to 9:30 a.m. ("0:40"~"9:30")</p> <p>* It is impossible to set the time beyond the range above.</p>	<p>Please make the setting within the following range:</p> <ul style="list-style-type: none"> ● Bread After 4 hours and 10 min ~13 h ● Soft bread After 4 hours and 30 min ~13 h ● Rice bread After 4 hours and 10 min ~13 h ● French bread After 5 hours and 10 min ~13 h ● Whole wheat bread After 5 hours and 10 min ~13 h ● Rice flour bread After 2 hours and 40 min ~13 h
Start kneading immediately after timer setting.	● For the bread, Rice bread, French bread and the whole wheat bread functions that use instant dry yeasts, only the initial "kneading" procedure will be started immediately after timer setting. (P.74)	
Sounds are heard during operation and timing	<p>The following sounds are normal.</p> <ul style="list-style-type: none"> ● When dough kneading and air discharge are going on, <ul style="list-style-type: none"> ▪ the sounds of kneading are heard. ▪ the sounds of motor running are heard. ● When instant dry yeast and the ingredients of the raisin and nut dispenser are added into the bread pan. <ul style="list-style-type: none"> ▪ the sounds of opening the flap valve and the dispenser flap are heard. 	
Stop halfway (Blade does not work)	<p>● Since too many ingredients are added and the blade is stucked by the hard ingredients, the motor is overloaded and the protective device is hence activated , which may cause the operation to stop immediately. (Powder still remains upon completion and baking does not happen) * (Please consult Panasonic customer service centre.)</p>	



Abnormal sounds on the blade

● There is a clearance between the blade and the shaft.
(The front end moves by 3 cm or so)

The current time is displayed in a fade colour and even disappears.

● The lithium battery is at the end of its working life (about 2 years).
* Before replacement of battery, inserting the plug can continue the operations. However, it is necessary to install the battery base in advance. (Otherwise, foreign matters may enter)
* Set the current time whenever you use the timer functions.

Remove and replace the battery. (P.71)

Powders still remain and baking does not occur

● Have you forgotten to install the blade?

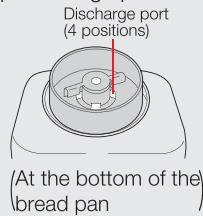
Install the blade. (P.80)

● Is the blade shaft excessively fastened in the bread pan so that it can't move.

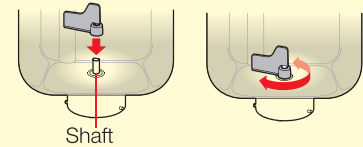
Please replace the main shaft bearing if the blade shaft does not rotate.

Dough is leaking out at the bottom of the bread pan

● A small amount of dough leaks out from the discharge port of the bread pan during operations.
(To avoid affecting the rotations, the dough that enters the rotational part will be discharged. This is normal. Please confirm if the blade is rotating.)



(please consult your Panasonic customer service centre)



(The bottom of the bread pan) turns black

● The bottom of the bread pan may turn black due to frictions upon kneading. In that case, please wipe and clean with a damp kitchen towel.

● Smokes or odors may occur upon initial use. However, they will disappear some time after use. Operations are not affected.

In case of the following displays

Display 停电发生

● To notify you of any power shut-off during operations. If power fails for less than 10 min, the operations will resume when power supply is resumed. (Unsuccessful bread-making may occur sometimes)
● It will still display when the power plug is plugged in after it is removed.

Display US0

● The oven temperature rises high due to continuous use. (above 40 °C)

Open the lid for full heat radiation of the oven.
(Cool down for about 1 hour after baking is finished)

Display H01 · H02

● Failure
* Please contact with your local customer service centre for repairs.

规格

电源		220 V~50 Hz
功率	加热器	360 W
	电机	80 W
防止温度过高装置		温度保险丝
尺寸 (约)	长	30.4 cm
	宽	24.1 cm
	高	34.5 cm
净重		(约) 6.1 kg
电源线长度		0.9 m
容量	面包/面包面团	(面粉) 最大使用量: 330 g 最小使用量: 150 g
	酵母容器	(干酵母) 最大使用量: 4.2 g 最小使用量: 1.4 g
	葡萄干、坚果容器	(干果/坚果类) 最大使用量: 100 g 最小使用量: 1 g

功能	菜单	容量	预约
面包	吐司	(面粉) 最大: 275 g 最小: 250 g	可预约至13小时
	软式	(面粉) 最大: 275 g 最小: 250 g	可预约至13小时
	快速	(面粉) 最大: 300 g 最小: 280 g	---
	米饭	面粉 230 g	可预约至13小时
	法国	(面粉) 最大: 275 g 最小: 250 g	可预约至13小时
	全麦	(面粉) 最大: 275 g 最小: 250 g	可预约至13小时
	丹麦	(面粉) 最大: 308 g 最小: 280 g	---
	菠萝	(面粉) 最大: 165 g 最小: 150 g	---
	米粉	(米粉及面粉) 最大: 250 ~ 300 g	可预约至13小时
面团	面包面团	(面粉) 最大: 300 g 最小: 280 g	---
	披萨面团	(面粉) 最大: 300 g 最小: 280 g	---
	饺子皮面团	(面粉) 最大: 308 g 最小: 280 g	---
	乌冬面、意大利面面团	(面粉) 最大: 330g 最小: 300 g	---
其他	英式茶饼	(面粉) 最大: 198 g 最小: 180 g	---
	蛋糕	(面粉) 最大: 198 g 最小: 180 g	---
	巧克力点心	巧克力 160 ~ 180 g	---
	果酱	水果 400 ~ 440 g	---
	蜜糖水果	水果 200 ~ 330 g	---
	麻糬	糯米 280 ~ 420 g	---

Specifications

Power supply		220 V ~ 50 Hz
Power consumption	Heater	360 W
	Motor	80 W
Overheat protector		Thermal fuse
Size (Appr.)	Depth	30.4 cm
	Width	24.1 cm
	Height	34.5 cm
Net weight		(about) 6.1 kg
Length of power cable		0.9 m
Capacity	Bread / bread dough	(Flour) Maximum : 330 g Minimum : 150 g
	Yeast dispenser	(Instant dry yeast) Maximum : 4.2 g Minimum : 1.4 g
	Raisin and nut dispenser	(Dry fruits / nuts) Maximum : 100 g Minimum : 1 g

Function	Menu	Capacity	Timer
Bread	Bread	(Flour) Max.: 275 g Min.: 250 g	Timer for up to 13 hours
	Soft	(Flour) Max.: 275 g Min.: 250 g	Timer for up to 13 hours
	Rapid	(Flour) Max.: 300 g Min.: 280 g	— —
	Rice	Flour 230 g	Timer for up to 13 hours
	French	(Flour) Max.: 275 g Min.: 250 g	Timer for up to 13 hours
	Whole wheat	(Flour) Max.: 275 g Min.: 250 g	Timer for up to 13 hours
	Danish	(Flour) Max.: 308 g Min.: 280 g	— —
	Pineapple	(Flour) Max.: 165 g Min.: 150 g	— —
	Rice flours	(Rice Flour & Flour) Max.:250 ~300 g	Timer for up to 13 hours
Dough	Bread dough	(Flour) Max.: 300 g Min.: 280 g	— —
	Pizza dough	(Flour) Max.: 300 g Min.: 280 g	— —
	Dumpling skin dough	(Flour) Max.: 308 g Min.: 280 g	— —
	Udon/Pasta dough	(Flour) Max.: 330 g Min.: 300 g	— —
others	Scone	(Flour) Max.: 198 g Min.: 180 g	— —
	Cake	(Flour) Max.: 198 g Min.: 180 g	— —
	Chocolate	Chocolate 160 to 180 g	— —
	Jam	Fruit 400 ~ 440 g	— —
	Compote	Fruit 200 ~ 330 g	— —
	Mochi	Sticky rice 280 ~ 420 g	— —

售后服务 Aftersales services

Panasonic官方网站 Panasonic official website: <http://panasonic.cn>

Panasonic客户咨询服务中心 Panasonic client service center: 400-810-0781

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原产地: 中国

Manufacturer: Panasonic Manufacturing (Xiamen) Co., Ltd.
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Made in China

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● 菜单编号表

菜单编号	菜单	菜单编号	菜单
1	吐司面包	11	披萨面团
2	软式面包	12	饺子皮面团
3	快速面包	13	乌冬面、意大利面面团
4	米饭面包	14	英式茶饼
5	法国面包	15	蛋糕
6	全麦面包	16	巧克力点心
7	丹麦面包	17	果酱
8	菠萝面包	18	蜜糖水果
9	米粉面包	19	麻糬
10	面包面团		

● Menu number table

NO.	Menu	NO.	Menu
1	Bread	11	Pizza dough
2	Soft bread	12	Dumpling skin dough
3	Rapid bread	13	Udon/Pasta dough
4	Rice bread	14	Scone
5	French bread	15	Cake
6	Whole wheat bread	16	Chocolate
7	Danish bread	17	Jam
8	Pineapple bread	18	Compote
9	Rice flour bread	19	Mochi
10	Bread dough		

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