

TATUNG®

TATUNG Rice Cooker Recipes

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Your companion in life, the best helper in the kitchen

The most delicious rice is made by placing raw rice in a bowl of water and steaming it in a steamer, a recipe developed thousands of years ago in the Chinese legacy. Using the same secret, Tatung Rice Cooker makes the most delicious and the most nutrient food by employing this indirect heating principle.

Features of the Tatung Rice Cooker

- Delicious and nutritious, good for your health.

Tatung Rice Cooker employs an exclusive cooking and steaming method where water is filled in the outer pan, heated to generate steam to enclose the food, so as to heat the food evenly; the food is allowed to retain its original nutrition and cooked to an optimal condition.

- Multiple uses

In the busy and tense life of the industrial society, Tatung Rice Cooker can save you effort and power consumption by cooking different kinds of food in one shot. A Tatung Rice Cooker is capable of the following tasks:

1. Cooks savory rice, porridge, oil rice, etc., makes the rice bouncy, elastic and tasty.
2. Steams veggies, fish, and meat, keeps their freshness and/or greenness; especially when you steam asparagus, the steamed green asparagus gives you soothing coolness in the summertime hotness.
3. Stews chicken, duck, fish, meat, or bean curd. if you have a small family, you may use the upper pan for cooking rice, while stewing the meat or boiling soup in the inner pan; preservation of the original flavor is guaranteed.
4. Makes light refreshments. For lunar new year, festivals or any feast, you can immediately offer homestyle specials such as steamed buns, steamed breads, red-bean pastry or bean-paste pastry, rice custard, radish pastry, red-bean soup, green bean soup, etc. (The secret of making steamed buns and breads relies mainly on the technique of steaming; with the help of Tatung Rice Cooker, you will be surprised at the deliciousness of the resulting food.)

- Complete Range of Electric Cookers

Full range of rice cookers covering 6- to 20-person models, all equipped with a warming function. Warm rice and warm food at any time, without leaving sticky remainders in the bottom of the pot, easy to wash and use.

- Top quality and fair price

A Tatung Rice Cooker has the utmost quality and durability which will last and keep you accompanied throughout your lifetime. Each cooker is additionally furnished with an upper pot, an inner pot cover, and a steaming plate with a handle. More versatile functions compared to an electronic cooker, yet only half the price.

The universal Tatung Rice Cooker is the ideal utensil for all the following recipes. All the special cuisine and dishes are extracted from worldwide journals and magazines; you only need to mail us one of our ads, and this Tatung Rice Cooker Recipe is yours for free. We also welcome provision of your own specialties so that Chinese worldwide may share with you.

People should eat more rice

(Benefits of the rice – health and longevity)

Rice is the main food of the Chinese. Rice contains nutrients such as carbohydrates, proteins, lipids, minerals, vitamins and edible fibers. Carbohydrates, Proteins and Lipids are the key nutrients that provide calories, the energy source of human life; Vitamin B is essential for preventing beriberi and angular cheilitis; Vitamin E protects human tissue from aging, enabling us to stay young; edible fibers facilitate excretion and expel toxics out from our bodies. According to animal experiment results, using rice as the main source of proteins is capable of lowering blood serum cholesterol and extending lifespan.

People may all know how to cook rice, but not many know the tricks of the skill. To cook tasty japonica rice (Penglai rice), wash the raw rice quickly and fill with 1.2 times of water (i.e., 1 cup of rice with 1.2 cups of water; this can be adjusted to preferences); 1.1 times of water may be adequate for newly cropped rice, yet for old rice, 1.3 times of water may be preferable. Another trick is to soak the grain for at least 30 minutes, to allow absorption of water, before turning on the cooker. When the cooker automatically turns off, leave the cover sealed for 10-15 minutes before opening it and picking the rice loose. The rice is now so sweet smelling and resilient looking.

Nutritional facts of rice

(Content per 100g)

Name		Calory calcontent, cal/100g	Water content (g)	Protein (g)	Lapid (g)	Carbohydrate (g)	Fiber (g)	Gray matter (g)	Calcium (mg)	Phosphorous (mg)	Iron (mg)	B1 Vitamin B1 (mg)	B2 Vitamin B2 (mg)
White rice		354	13.4	6.5	0.5	78.1	0.3	0.7	15	151	0.6	0.11	0.04
Glutinous rice		354	14.3	6.5	1.2	76.8	0.2	1.0	8	120	2.2	0.13	0.04
Embryo rice	India rice	366	12.3	7.2	3.6	75.4	0.6	0.9	24	178	3.4	0.34	0.17
	Japonica (Penglai) rice	369	12.6	6.8	4.8	74.2	0.8	0.8	21	152	1.6	0.31	0.11

Preparing a dish

Cooking is an art, which is not unalterable since everyone has his own preferences; therefore, although a recipe is referenced, you still need to train yourself to trust your own likings in the senses of taste, smell, touch, hearing, and vision, so as to achieve a dish of perfect color, fragrance and flavor.

Train yourself to cook the same dishes in different ways

Chinese, Japanese or western style cuisines that seem to have different techniques are actually quite the same thing; the differences normally are the uses of seasonings.

For instance: A steamed egg and a pudding are both made by slowly steaming the egg with a slow-fire, but the steamed egg contains broth and meat, a bit of salt and some coriander leaves, while the pudding contains milk and sugar. Their tastes are therefore totally different.

Having learned of one cooking technique, you can easily twist your clever mind and generate several similar ways to create more dishes; you only need to make good use of what you have learned to become a great cook.

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I. The Rice Variety

1-1: Mushroom Oil Rice

Ingredients:

Glutinous rice: 3 cups

Mushroom: 2-3 pieces

Dried shrimp: 1 teaspoon

Carrot: 1 small portion

Pork or chicken: 1 piece

(Adjust ingredients to you own taste; adding home boiled peanuts (if attainable) may increase flavor.)

Fried green onion: 1 teaspoon

Pepper powder: 1/2 teaspoon

Oil: 2 teaspoon

Soy sauce: 2 teaspoon

Water: 2 cup

(One cup glutinous rice should be accompanied by 0.6-0.7 cup of water.)

Procedures:

1. Wash and soak the rice for 4-5 hours and drain until dry, put it in a pot for use.
2. Wash the mushroom and dried shrimp, soak to soften them.
3. Cube the mushroom, pork and chicken; peel and cube the carrot.
4. Fry (sauté) the pork or chicken over hot oil, add carrot, mushroom and spices (fried green onion, pepper powder, soy sauce) and blend evenly. Pour the blend into the inner pot, add 2 cups of water and stir well; add 3 scales of water in the outer pot. Cook automatically to accomplish the yummy oil rice.

1-2: Walnut oil rice

Ingredients:

Glutinous rice: 4 cups

Meat cubes or ground meat: 1/2 bowl

Mushroom: some

Dried Shrimp: 1 1/2 tablespoon

Chestnut or walnut: 1/2 bowl

Fried green onion: 2 tablespoon

Five-spice powder: to taste

Pork fat: 5 tablespoon

Procedures:

1. When making oil rice, the glutinous rice must be soaked for at least 3 hours in advance. Doing so will allow the rice to absorb water; saturated water content in the rice results in soft rice after steaming.
2. Marinate the meat with a little soy sauce, rice wine, salt and starch; shred the softened mushroom; soak and soften the dried shrimp.
3. Fry the meat and drain off the oil, leave the meat aside for later use; fry the green onion, dried shrimp and mushroom with roughly 5 tablespoon of pork fat to bring out the flavors; then pour in the walnut and the soaked glutinous rice, fry and turn the mixture over until it is almost well done; add salt, gourmet powder and soy sauce to flavor while frying. Follow by adding meat cubes and frying and mixing. After that, scoop out the contents and put it into the Cooker, steam with 1 cup of water in the outer pot; the food is ready to serve when the Cooker is done cooking.

I. The Rice Variety

1-3: Rice with mushroom, bamboo shoot and meat

Ingredients:

Mushroom: 6 pieces (soaked and shredded)

One bowl of Bamboo Shoot (boiled and shredded), about 1/2 lb.

One bowl of Pork (shredded), about 1/2 lb.

Green onion, 3 stems cut into 2cm length

Long stem of green onion (red ones even better)

Dried shrimp (soak to soften) 1 tablespoon

Procedures:

1. Prepare 4 cups of rice (using the measuring cup of the Cooker), washed and drained for use.
2. Heat up 3 tablespoon of oil, first fry the onion stem and mushroom to flavor, add in port julienne and fry to medium, followed by adding in shredded bamboo shoot, fry and blend; then add 3 cups of water (save and use the water for soaking the mushroom), soy sauce and other Seasonings. When the water is boiling, scoop the contents into the washed rice and blend. Add 1 or 2 scales more water than you would for usual rice cooking. Depending on the amount of ingredients, add water to the outer pot the same way you would for a usual rice cooking. Press down the switch and a pot of flavorful salty rice will soon be ready for serving.

1-4: Rice with veggies and meat julienne

Ingredients:

Half a head of cabbage, shredded.

Two carrots, shredded.

One bowl of port julienne

Three stalks of green onion, cut in segments.

One teaspoon of dried shrimp

Procedures:

The same as that on the left.

This dish of rice, neither as oily as the oil rice nor as monotonous as the plain rice, has the flavor and tenderness of fried rice.

I. The Rice Variety

1-5: Chinese rice pudding (Eight Treasures Rice)

Ingredients:

Preserved fruit variety, 1 cup
Port fat, 1 tablespoon
Glutinous rice, 1 cup
Bean paste, 1/2 cup
Port fat, 2 tablespoon
Sugar, 3 tablespoon
Water, 1 cup
Sugar, 3 tablespoon
Starch powder, 2 teaspoon
Water, 1 ½ tablespoon

Procedures:

1. Prepare the upper pot, apply 1 tablespoon of pork fat to its sides, arrange the preserved fruits in a pattern on the bottom of the upper pot.
2. Wash the glutinous rice and cook it; when cooked, blend the hot rice with ① ingredients; take half of it to layer upon the arranged pattern in the upper pot, make a concave in the middle and fill in with bean paste; use the other half of rice to layer flat upon the bean past. Place the upper pot in an inner pot or upon a steaming plate, add adequate water to the outer pot and steam for approximately 1 hour; take it out and flip it onto a round plate.
3. Boil ② ingredients to melt; add ③ ingredients to form a paste and pour the paste onto the rice pudding. This completes the dish.

1-6: Salty rice with sweet potato

Ingredients:

Sweet potato: 600g
Pork julienne: 150g
Dried shrimp: 38g
Rice: 3 cup
Green onion chips, 2 tablespoon
Ginger chips, 2 tablespoon
Mushroom, 3 pieces
Oil, 3 tablespoon
Soy sauce, 1 tablespoon
Wine, 1teaspoon
Starch powder, 1 teaspoon
Gourmet powder, 1/2 teaspoon
Salt, 1/2 teaspoon

Procedures:

1. Wash and drain the rice.
2. Marinate pork julienne in ① Seasonings for a short while; soak and soften dried shrimps; soak mushrooms then cube them; peel sweet potatoes and cut them into irregular blocks.
3. Heat up an oil pot, fry the green onion, ginger and dried shrimp to flavor, then add pork julienne and sauté to flavor. Add sweet potato and further sauté, then add the rice and sauté together, at the same time adding salt and gourmet powder and blending well.
4. After bringing out the flavor by sautéing the rice and garnish, put everything into the inner pot and cook it by adding an adequate amount of water (for steaming the rice).

Note: Using pumpkins or taro in place of the sweet potato may result in pumpkin rice or taro rice of different flavors.

I. The Rice Variety

1-7: Laba Rice Porridge

Ingredients: for 4 persons

Glutinous rice: 2/3 cup

Water: 9 cups

Sugar: 4 tablespoons

Job's tears: 75g

Red bean: 75g

Dates (red), 6 pieces.

Candied lotus seed: 20 grains

Pine nut: 60 grains

Chestnut: 16 grains

Walnut: 8 pieces

Procedures:

1. Separately wash and soak the glutinous rice, red bean, Job's tears and chestnut; remove the shells from the walnuts.
2. Cook the red bean with water in the Cooker for 10 minutes, then add chestnut, walnut, Job's tears, glutinous rice and pine nut, simmer until all ingredients soften and become soft.
3. Add dates, candied lotus seeds and sugar and simmer for another 15 minutes.

Note: You can also make a salted Laba Porridge; in which you add dried shrimp, mushroom, grilled pork, bamboo cube, carrot cube and green peas. Red beans are difficult to soften; you should soak them for 1-2 hours before cooking and add a teaspoon of salt to soften them.

Housewives' Secrets

II. Sea Food Dishes

2-1 : Steamed pomfret with fermented soybeans

Ingredients:

① 1 Pomfret

Fermented soybean, 1/3 cup

Ginger, 2 slices

② Salt, to taste

Wine, 1 teaspoon

Oil, 1 teaspoon

Procedures:

1. Wash the pomfret and cut obliquely on the sides, marinate it with salt and wine for 5 minutes; soak fermented beans for a short while.
2. Pour mixture of shredded ginger, oil and fermented beans onto the fish. Steam it with the Cooker.

You may put the above ingredients in the upper pot and put the upper pot on top of the inner pot that is cooking the rice at the same time, not only time saving but also saving power.

2-2 Steamed fish with bacon

Ingredients:

1 Flounder (fish)

Bacon, 2 pieces

Ginger, green onion, wine, salt to taste

Procedures:

1. Wash the fish and cut 4-5 slits on each side, apply a trace of salt and wine to the surface and put the fish in the upper pot.
2. Scatter shredded green onion and ginger under and above the fish belly.
3. Slice the bacon into 4-5 strips and put them on the fish, add chilli shreds on top if you prefer a peppery hot flavor. This fish may be steamed together with rice by adding the fish to the Cooker when the rice is about 10 minutes from being done. Fish steamed this way receives oily juice from the bacon and savors the ginger, green onion and wine; it tastes extremely fresh, plump and delectable.

Good for steaming, boiling, stewing and everything ~

Whether for traditional cuisine or innovations, a variety of deliciousness can be achieved.

II. Seafood Dishes

2-3: Stew style steamed fish

Ingredients:

One fresh fish (preferably a Flounder or Rainbow Trout)

One tablespoon each of green onion chips, ginger shreds and minced garlic

Soy sauce, 3 tablespoon

Wine, 1 tablespoon

Sugar, 2 teaspoon

Vinegar, 1/2 tablespoon

Gourmet powder, to taste

(Quantity of Seasonings vary with size of fish.)

Procedures:

1. Wash and dry the fish, make some slanting cuts; apply 1/2 tablespoon vinegar, salt, wine, and gourmet powder evenly to both sides. Lay the fish in the upper pot, cover with 1/3 of the ginger shreds, steam in the Cooker for 15 min.
2. Blend green onion, garlic, chili if preferred, and other Seasonings in a bowl, add 3 tablespoons of hot oil.
3. Take out the steamed fish, remove some water if there is too much, top with the abovementioned sauce and the dish is ready. Fish made this way is extremely tender and refreshing.

2-4: Steamed crab

Ingredients:

1 crab

① Wine 1 tablespoon

Green onion, 2 stalks

Ginger, 2 pieces

Dipping sauce ingredients

Ginger mash, 1 tablespoon

Vinegar, 2 tablespoons

or

Garlic mash 1/2 tablespoon

Soy sauce 2 tablespoons

Wine 1 tablespoon

Procedures:

1. Prick the crab at the center of its back with a knife or chopstick; when the crab stops moving, lift up the shell and remove the gills, wash off the mud.
2. Steam the crab garnished with ① ingredients for 15 min. using the Cooker, chop into blocks and serve the dish, while hot, with the dipping sauce.

II. Seafood Dishes

2-5: Steamed Fish

Ingredients:

A fish (450g)

①Salt, 1 teaspoon

Wine, 1 tablespoon

Green onion, 2 stalks

Ginger, 2 pieces

②Pepper, to taste

Sesame oil, 1/2 teaspoon

Green onion shreds, 2 tablespoons

Procedures:

1. Kill and scale the fish, remove internals and dry the fish. Stuff with ① ingredients and lay it in the upper pot, cook with the Cooker for 10 min.
2. Move the fish onto a plate, retain the steamed juice for later use. Garnish the fish with ② ingredients and top with green onion shreds, pour the steamed juice (while still hot) onto the fish and “voila”!

2-6: Fish fillet in fermented soybean sauce

Ingredients:

Boneless Fish fillet (Red Snapper preferred), approx. 1 lb..

Soy sauce, 2 tablespoons

Sugar, 2 tablespoons

Vinegar, 1/2 teaspoon

Salt, to taste

Wine, 1/2 teaspoon

fermented soybeans, 3 tablespoons

Green onion ball, 6 lobes

Oil, 1/2 cup

Procedures:

1. Wash and dry the fish fillet, separate individual pieces, cut them smaller if they are too big.
2. In a big bowl, mix soy sauce, sugar, salt and wine, and marinate the fish fillet for at least 2 hours, turn them a little every now and then.
3. Use half a cup of oil to fry the fish fillet to medium rare, then remove from the pan.
4. Remove the oil with one tablespoon left in the pan, fry the crushed garlic and add in the fermented bean (soaked in water in advance, to soften), sauté a little while adding in the fish fillet. Move contents to a bowl and steam it in the Cooker for 10 minutes and the dish is ready.

II. Seafood dishes

2-7: Catfish soup

Ingredients:

One catfish, approx. 2 lb.

A tuft of cilantro

4 pieces of ginger

An angelica root

(preferably sliced)

Medlar (Chinese wolfberry), 2 teaspoons

Salt and gourmet powder, to taste

Rice wine, 1 tablespoon

Procedures:

Wash the catfish and chop into large blocks, put them into the inner pot and garnish with all the materials. Add just enough water to cover the fish, steam it with the cooker for 1 hour. Serve while hot.

III. Meat Dishes

3-1: Steamed chicken with green onion

Ingredients:

One chicken

Green onion, 4 stalks

Ginger, 4 pieces

Wine, 2 tablespoons

Oil, 2 tablespoons

Salt, 1 teaspoon

Starch powder, 2 teaspoons

Sesame oil, drops

Procedures:

1. Crush green onion and ginger; apply half of them, together with wine and salt, onto chicken and into its belly. Marinate for half an hour.
2. Put the marinated chick either in the upper pot or inner, and steam it. Rub the chicken leg with chopsticks, it is done when there is no bleeding.
3. Chop the chicken, while hot, into 1" by 2" blocks; set them on a plate. Shred the remaining halves of green onion and ginger and place them on top of the chicken blocks.
4. Heat salad oil, pour the oil onto the garnished chicken blocks; drain the oil back to the pan and repeat pouring 3-4 times. After that, boil the oil and add in starch powder (blended with water) and sesame oil; pour this sauce onto the chicken and serve the dish.

3-2: Braised ham with honey sauce

Ingredients:

Ham, 1/2 lb.

Crystal sugar, 3 oz.

(or 4 tablespoon)

Lotus root, 1 segment

Chinese water chestnut, 1/2 lb.

Procedures:

1. Wash the whole ham, remove skin and any molded portion and wash again. Put it into the (small) inner pot, add enough water to just cover the ham; boil it for 10 min. and scoop the whole piece up; cool it for a little while and wash and clean it again, to remove any remaining stains.
2. Slice the ham into 1/4" pieces, in arbitrary size or 2" by 1.5"; pay attention to the grain of meat while slicing, cut perpendicularly to the grain so it is easy to bite. Allow each slice to be accompanied by a sting of fat; arrange the sliced ham in a bowl.
3. Remove both ends of the lotus root, peel off the thin skin and slice it into 1/4" pieces. If Chinese water chestnuts are used, just wash and peel them for use.
4. Using the inner pot or upper pot, layer lotus root slices or Chinese water chestnuts as a mat, arrange the ham, one by one, onto the garnishing mat; top with crushed crystal sugar and the dish is ready to be steamed without needing anything else.
5. Add about 2 cups of water to the outer pot, put the inner pot in and let the Cooker do the rest.

III. Meat Dishes

3-3: Smoked chicken

Ingredients:

One chicken, about 3 lb.

Salt, 3 tablespoons

Sugar, 2 tablespoons

Tools:

Aluminum Foil, 1 sheet

(A little larger than bottom of the pan)

A large pan

A cake rack

(Applied with vegetable oil)

A gas stove

An empty can.

(With the top and bottom removed, arbitrary size, either a tuna or fruit can will do.)

Procedures:

1. Wash the chicken and remove unwanted skin and fat, dry the body inside and out with a paper towel.
2. Rub the 3 tablespoons of salt evenly onto the outside and inside of the chicken; salt it for one day, in the fridge.
3. With 2 cups of water, steam the chicken with the inner pot or upper pot; cool it down, dry the body with a paper towel.
4. Pave the pan with foil and evenly spread 2 tablespoons of sugar. Place the empty can in the pan.
5. Place the cake rack upon the can and then the chicken. Set the stove at high, heat up the pan and immediately switch to low when the sugar smokes. Cover the pan and seal the rim with a wet cloth, to confine the smoke.
6. Smoke for 20 min., check if the chicken turns brown; if not, flip the chicken and smoke for another 10-15 min., then switch off the stove.
7. Wait for the pan to cool down; take the chicken out and brush on sesame oil, chop into blocks and serve.

III. Meat Dishes

3-4: Steamed chicken with oyster sauce

Ingredients:

Large chicken leg, 2

Day lily, 1/2 cup

Red Date, 6 drops

Mushroom, 6 pieces

Seasonings:

Wine, 1 teaspoon

Oyster oil, 1/2 cup

Procedures:

1. Chop the chicken leg into blocks.
2. Soak the mushroom, day lily and red date.
3. Shred the mushroom and blend the Seasonings, steam all the ingredients with the Cooker. (Oyster oil is salty, therefore no salt is required.)

3-5: Boiled salty chicken

Ingredients:

One tender chicken (~2 lb.)

Pepper corn, 2 teaspoons

Salt, 3 tablespoons

Ginger slice, some

Green onion, 2 stalks

Alum (saltpeter), 1/2 teaspoon

Procedures:

1. Fry the pepper corn with salt to flavor and crisp.
2. Wash and dry the chicken, air dry for a shot while, apply alum to the outside and inside of the chicken and marinate it in the fridge for 3-4 days, flip it once every morning and evening.
3. Cut the green onion into sections; shred the ginger.
4. Rinse the marinated chicken with water to remove pepper corn chips; fill the belly with green onion and ginger.
5. Add about 1.5 cups of water to the outer pot and place the chicken in the inner pot or the steaming pan, steam it with the Cooker.
6. Remove it from the Cooker and let it cool down. Cut into strips and serve on a plate. Better served cold.

A New Concept of a Modern Family

Gourmet Food; Healthy Home

The essence of a family that owns a Tatung Rice Cooker

III. Meat Dishes

3-6: Steamed pork chop with preserved vegetable

Ingredients:

Preserved vegetable, 4 pieces,
Wash and mince for use
Pork chop, ~ 20 chunks
(Shopped into 1" cube)

Seasonings:

Soy sauce, 1 tablespoon
Wine, 1 teaspoon
Sugar, 1 teaspoon
Cornstarch, 1 tablespoon
Salt, a pinch
Oil, 2 tablespoons

Procedures:

1. Marinate the pork chops for about 30 min., fry with oil to brown both sides of them, pick them up and mix them with preserved vegetables, salt to taste.
2. Pour the blended pork chops into the inner pot or steaming pot, add 2~2.5 cups of water in the Cooler and steam.

Note: if you hate oily smokes, omit the frying step and directly marinate and steam the chops. The flavor is still there.

3-7: Winter melon soup with crispy pork chop

Ingredients:

Pork chop, 1/2 lb.
Winter melon, 1 lb.
Salt, to taste
Soy sauce, 2 tablespoons
Gourmet powder, 1/2 teaspoon
Cornstarch, 2 tablespoons
Preserved vegetable, 1 tablespoon
Corn oil, 2 bowls

Procedures:

1. Wash the meat and marinate it with a blend of 2 tbsps soy sauce, 1/2 tsp gourmet powder and 2 tbsps cornstarch for 30 min.
2. Heat up 2 bowls of corn oil, fry the meat to brown; take the meat out for later use.
3. Peel the winter melon and cut it to 1" cubes. Pave the bottom of the inner pot with melon cubes, place the fried chops above the melon and top with preserved veggie, fill with 3 bowls of water. Add 3 cups of water to the outer pot to steam with the Cooker and the dish is done.

Note: This is one of the most preferred soups of the Taiwanese, and is therefore presented for those scattered all over the world.

III. Meat Dishes

3-8: Stewed beef noodles, Siechuang style

Ingredients:

Beef chunk, 4 lb.
Soy sauce, to taste
Sesame oil, to taste
Garlic, 5 bulbs
Fermented soybean with chili, 5 tablespoons
Sugar, 3 tablespoons
Oil, 4 tablespoons
Pepper corn and star anise, 1 tablespoon
Five-spice powder, 1/2 tablespoon
Noodles, as desired

Procedures:

1. Place thick slices of beef into the inner pot and add water to cover the meat, also add 1 tbsp of wine. Add 1/2 cup (measuring cup of the Cooker) of water to the outer pot, cook until the push button pops up and indicator light goes off.
2. Wait for a little while, then pour the beef and the liquid into a broth pot, add another 5 cups of water, bring to a boil and then simmer.
3. Get another oil pan, add sugar into the hot oil and fry to a darkish brown, add pepper corn, star anise and five-spice powder, lightly fry together with a garlic bulb and ginger slice, then quickly add "Fermented soybean with chili" and blend evenly, cooking for 1 min. on low and add it to the beef soup. Stew on low heat for 30 min. and the beef soup is done.
4. Boil the noodles and add to the beef soup. This completes the Stewed Beef Noodles.

3-9: Mashed potato with meat

Ingredients:

Potato, 6-7 bulbs
Minced meat, 1/2 bowl
Green onion chips, 2 teaspoons
Egg, 1
Minced dry shrimps, some
Salt, 2 teaspoons
Butter, 10g
Milk, 1/3 liter

Procedures:

1. Wash potatoes and put them in the inner pot with adequate water, place minced meat and dry shrimp in the upper pot.
2. Add 1 cup of water to the outer pot and steam all the ingredients with the Cooker.
3. When done, take out ingredients in the upper pot for later use; mash the potatoes.
4. Bring the milk to boil in a pan, add mashed potato, butter, mince meat, shrimp, green onion chips and salt, stir from time to time. Blend in the egg and cook for 5-6 min., the dish can now be served.

3-10: Beef Stew

Ingredients:

Beef, 2 lb.

Seasonings:

Soy sauce, 1/2 cup

Wine, 2 tablespoons

Green onion, 2 stalks

Ginger, 2 pcs.

Water, 2 cups

Sugar, 1 tablespoon

Bean threads (thin), a bunch

Beef broth, 1/2 cup

Procedures:

1. Briefly dip the whole chunk of beef in boiling water, then put it in a pot and cook with seasonings; flip the meat while cooking to color it evenly.
2. Add water and bring to boil by covering the pot, then stew with low heat for an hour, until the beef is fully done; add sugar and cook for another 10 min and turn off heat. Slice it after it cools down a little; retain the soup for later use.
3. Soak bean threads with water until soft, dip in boiling water and scoop out, cool them with running water for later use.
4. Slice the beef and line them up in the inner pot, cover with bean threads and pour with beef soup, steam for 20 min. in the Cooker. Drain the soup from the steamed beef and flip it over onto a medium plate; then pour the soup on top and the dish is done.

3-11: Steamed beef in spicy rice powder

Ingredients:

Beef, 1 lb.

Rice, 1/4 cup

(The measuring cup of the Cooker)

Soy sauce, 2 tablespoons

Salt, 1 tablespoon

Wine, 2 teaspoons

Sugar, 1/2 tablespoon

Black pepper, 1 teaspoon

Cornstarch, 1 tablespoon

Hot Pepper powder, 1/2 teaspoon;

increase to preference

Water, 1/4 cup

Procedures:

1. Blend soy sauce, wine, sugar, pepper powder and salt with beef; marinate for 30 min.
2. Dry sauté the rice with a flat pan, scoop out and grind it to chips on the chopping board. Together with cornstarch and pepper powder, pour them onto the beef and blend with water.
3. Place the mixed ingredients in the upper pot or inner pot, steam thoroughly with the Cooker.
4. This method can also be used to make Steamed Pork Intestines in Spicy Rice Powder.

III. Meat Dishes

3-12: Cantonese braised pork

Ingredients:

Pork belly (streaky, 3 layers) 1 lb.
One large-size taro (use the kind that is soft)
Soy sauce, 4 tablespoons
Wine, 1 tablespoon
Sugar, 1/2 tablespoon
Honey, 2 tablespoons
Vinegar, 2 tablespoons
Garlic bulbs and star anise, to preference

Procedures:

1. Chose a rectangle of pork belly (streaky, 3 layers): Wash the meat and shave the hair, put it in a pot without removing the skin. Add just enough water to submerge the meat; cook on low heat for 1 hour.
2. Take out the meat, rub with honey when it cools down a little (not burning your hand). Prick many holes with a toothpick or the like, to allow absorption of honey.
3. After applying honey, put it aside until completely cool. Then slide it into a hot oil pan, fry on low heat until the skin turns golden, immediate scoop it out and soak the skin side in a vinegar plate. Make sure all corners are soaked evenly, for several minutes, and then cool the whole chunk in cold water.
4. Peel the taro in advance, cut it into rectangular slices (roughly 1/4" x 3" x 1-1/2"), fry them in the same oil pan immediately after frying the meat, scoop them out when the surfaces turn crispy.
5. After cooling the meat for about 30 min., by cutting across the texture, slice it into the similar peices as the taro slices.
6. Mix the meat and taro slices and put them into a big bowl; fill the bowl with the pork skin facing down, scatter the rest chips upon the arranged slices, pour in soy sauce, wine, sugar, and star anise (washed and crushed), also scatter the garlic (peeled and smashed with knife) on the top. (The condiments can also be placed in the upper pot).
7. Place the whole bowl of meat into the Cooker, add 2-3 cups of water to the outer pot and steam. Immediately after steaming, take the bowl out and trickle out the juice; then flip the bowl onto a large plate, pour on the original juice and serve while hot. This is a gourmet dish for meat lovers, ideal for accompanying rice.

IV. Others Dishes

IV-1: Steamed asparagus

Choose short and tender asparagus; since the best tasting part of the plant is near the buds, pluck off the tough part with your finger while washing the plant the same way as washing leek sprouts. The plucked rough parts can be boiled and then stewed (at low heat) for 5 hours together with crystal sugar, with the water amount depending on the quantity of the plant. Now you will have genuine asparagus juice for the kids. Place it in the fridge; it makes an ideal beverage for the summertime.

The tender part of the plant can be used for a variety of dishes.

Steamed asparagus (to be garnished with different sauces)

Wash 1 lb. of asparagus as described above, place them (no need to cut) into the steaming tray or upper pot. Fill the Cooker with 1 measuring cup of water, bring it to boil, then place the steaming tray into the Cooker and steam to medium-done, the time depends on the size of the plant – 5 minutes for slender ones and maybe 8 for big ones. Take the tray out immediately when done steaming; if left in the Cooker too long after steaming, the plant tends to turn yellow, which is not only a bad appearance but also influences the taste. Different sauces are introduced below to go with steamed asparagus:

Ingredients /Procedures:

(1) Mushroom sauce:

Butter, 1/2 cup

Broth, 1 cup

Salt, 1/2 teaspoon

Starch powder, 2 tablespoons

Sliced fresh mushroom, 1/2 lb.

Blend some Meat Flavor Seasoning with the above ingredients in a small pot, bring to a boil and thicken with starch, drip the sauce upon the steamed asparagus and serve the dish.

(2) Butter sauce

Broth, 1 cup

Butter, 1/4 cup

Salt, 1/2 tablespoon

Starch powder, 2 tablespoon

Mix the above ingredients in a small pot and bring to a boil, add Whipping Cream and stir, then thicken with starch powder.

IV. Others Dishes

(3) Crab meat sauce

Crab meat shreds, 1 cup

Ginger, green onion, 1 tablespoon each

Wine, 1/2 tablespoon

Broth, 1 cup

Egg white, 1

Salt, 1/2 tablespoon

Salad oil, 3 tablespoons

Sesame oil, to taste

1. In an oil pan, fry green onion and ginger to flavor, then add crab meat and lightly sauté, then add wine, broth and salt and boil at high heat.
2. Blend starch powder with water and slowly drip it into the pot while stirring the content, at the same time, into a paste; follow by dripping in beaten egg white and turning off the heat. Pour the sauce onto the steamed asparagus, add a few drops of sesame oil and serve the dish hot. It is extremely delicious.

4-2: Steamed stuffing egg

Ingredients:

Egg, 6

Minced meat, 1/2 lb.

Dried shrimp, 1 tablespoon

Mushroom, 3 pieces

Fine chips of bamboo shoot, 2 tablespoons

Green onion, 2 stalks, shredded

Minced garlic and ginger, to taste

Egg shell, a few, opened at one end

Wine

Soy sauce

Salt

Sugar

} to taste

Procedures:

1. Wash the egg carefully, open a hole at one end of each egg, drip out the yolk and white to a big bowl and beat for later use.
2. Wash and soak to soften the mushroom and dried shrimp, then shred them.
3. Mix minced meat into the beaten egg, add mushrooms, shrimps, bamboo shoots and green onion chips and evenly mix in with wine, soy sauce, salt, sugar and minced garlic and ginger.
4. Fill the mixture into egg shells, one by one, level with the hole opening.
5. Stand the stuffed eggs in the bowl, with the hole facing up.
6. Add 3/4 cup water to the outer pot and steam the bowl containing the eggs.

IV. Others Dishes

4-3: Steamed egg with clam and pea sprouts

Ingredients:

20 fresh clams

3 eggs

Bean sprouts, 1 tuft (bunch)

Wine, 1 tablespoon

Ginger, 10 slices

Sesame oil, 1 teaspoon

Soy sauce, 1 tablespoon

Pork fat, 1 tablespoon

Salt, 1 teaspoon

Procedures:

1. Open clams and take out the meat, retain the water from inside the clam, settle down and remove the sand. Place clam meat and juice in the steaming bowl; crack the eggs and beat them to a foam, beat again by adding 1/2 bowl of water; pour the beaten egg into the steaming bowl as well.
2. Pick the pea sprout to sort out the most tender leaves, half a bowl is enough. Briefly dip the sorted sprouts in boiling water for later use. Shred the ginger.
3. Mix clam meat and egg with salt and wine, steam the mixture for 15 min. and take out. Evenly blend the briefly boiled sprouts with ginger shreds, soy sauce and pork fat; spread them onto the steamed egg and drop some sesame oil; the dish is ready to serve. A great appetizer.

4-4: Chicken and bean curd

Ingredients:

Bean curd, 3 chunks

Chicken breast, 1/2 lb.

Mushroom, some

Green onion chips, 1/2 tablespoon

White pepper powder

Sesame oil

Salt

Gourmet powder

} to taste

Procedures:

1. Wash and smash the bean curd; place it in a big bowl. Remove skin and bones of the chicken breast and shred it. Add some water to loosen the shreds; mix the shreds with the mashed bean curds and blend evenly.
2. Add beaten egg white together with pepper powder, sesame oil, salt, and gourmet powder, and blend evenly.
3. Soften the mushroom with warm water, remove the stalk and shred it, layer them on top (of the bowl) and garnish it with green onion chips. Steam it with the Cooker for 10 minutes.

IV. Others Dishes

4-5: Steamed tomato with bean curd

Ingredients:

Bean curd, 2 pieces,
Minced pork, 1/3 lb.
Tomato, 1
Green onion, 1 stalk, shipped.
Soy sauce, 1 teaspoon
Salt, 1 teaspoon
Sugar, 1/2 teaspoon
Bean powder, 1 teaspoon
Wine, 1 teaspoon

Procedures:

1. Put the minced pork in a bowl, blend in bean powder and soy sauce.
2. Cube tomato and blend with sugar.
3. Cube bean surds and layer them in the upper pot, add in minced pork and top it with tomato cubes; sprinkle with green onion chips and wine. Add 1/2 cup water to the outer pot; place the upper pot in the Cooker and steam.

4-6: Plain stewed coconut soup

Ingredients:

1 Coconut
Mushroom with thick body, 10 pieces
Salt, 1/2 tablespoon
Gourmet powder, to taste
Wine, 1/2 tablespoon
Ginger, 1 slice

Procedures:

1. Lightly wash and soak the mushroom, and discard the stalk.
2. Wash the whole coconut; cut out the stalk part in the form of a cap (so that it can be recovered when stewed). Drain the coconut juice and pour in boiled water; cover with the stalk-cap and put it into the inner pot. Add 2 cups of water to the outer pot and stew it until the white flesh inside the coconut softens; then stuff with mushroom, salt, ginger slice, gourmet powder and wine, and recover; add another 1/3 cup water to the outer pot and continue stewing. When served, remove the ginger slice first. This dish has a refreshing flavor and a good reputation as a delicious soup in a vegetarian's feast.

V. Desserts

5-1: Bean paste rice pastry

Ingredients:

Glutinous rice flour, 2 cups

White sugar, 1/2 cup

(Add more sugar if sweetness is preferred)

Bean paste, 1/2 can

Water, 1 cup

Procedures:

Blend glutinous rice flour and white sugar with water in a big bowl, into a paste. Apply a layer of oil in the upper pot of the Cooker. Pour half the rice paste into the upper pot with a tablespoon, pour a layer of bean paste on the paste (the right hand scoops the bean paste using a tablespoon, and the left hand pushes the bean paste down with chopsticks). Cover the remaining half of rice paste over the bean paste; place this upper pot over the inner pot used for cooking rice at the same time. Prepared in advance, wash six cups of rice, contained in the inner pot with adequate water, add to the outer pot extra water (roughly 1/2 cup more than the usual amount for cooking rice only). When the rice is done, so is the rice pastry in the upper pot. In case you have a 10-person Cooker, the same method applies except proportionally increasing the ingredients.

Note: If you'd like to steam the pastry alone, simply use a cover-plate, the inner pot, any bowl or pan to lift up the upper pot.

5-2: Dumplings (Shaomai)

Ingredients:

The Stuffing:

Minced meat, 450g

Seasonings:

Soy sauce, 1 1/2 tablespoon

Wine, 3/4 tablespoon

Gourmet powder, 1/2 teaspoon

Sugar, 1/2 teaspoon

Pepper, 1/4 teaspoon

Sesame oil, 3/4 tablespoon

Egg white, of 1 egg

Starch powder, 1 1/2 tablespoon

Flour sheets:

30 flour sheets for making the dumplings

Procedures:

1. Stuffing: Add seasonings to minced meat and stir thoroughly for 5 min.; then add starch powder and blend evenly.
2. Flour sheets: trim dumpling sheets into circular shape.
3. Place adequate stuffing onto center of each flour sheet, close your hand to mold the shape, use a teaspoon (dipped with water) to flatten the surface of the stuffing, this shapes the Shaomai. You may garnish it with a green pea on the top. If you place an unshelled shrimp in the stuffing, with its tail protruding out on the top, a Shrimp Shaomai is made. Place the formed dumplings on a steaming plate and steam for approximately 7 min.

Note: Shaomai of different shapes may be made using similar methods, stuffing and flour sheets.

V. Desserts

5-3: Red bean rice pastry

Ingredients:

Glutinous rice flour, 1 lb.

White sugar (or brown sugar), 2 ½ cups

Red bean, cooked, 1 bowl

Red bean soup, 1 ½cup

Aluminum foil, 1 sheet

Vegetable oil, some

Procedures:

1. Place glutinous rice flour and white sugar into a big bowl, add red bean soup or water and blend evenly. Add steamed red bean and blend again.
2. Place aluminum foil on bottom of inner pot and oil it; pour flour paste on the foil so that it is easy to take it out when steamed.
3. Add 2 cups of water in the outer pot and cook, waiting for 10 min. after the switch pops up. Add another 2 cups of water and steam again. Leave the Cooker closed until it cools off; then take the pastry out.
4. Place the pastry at room temperature for 3 days for hardening (placed in a fridge without covering it up will expedite the process); when the pastry is just hard enough for slicing, cube it, into 1cm x 1.5cm x 2cm blocks, and enclose them with egg paste (beaten egg blended with wheat flour), fry in a flat pan to soften them, serve while hot; use a bowl of sugar-powder for these prefer extra sweets to dip in at their own will.
5. In case of a feast, prepare the dish a day in advance and heat it in the oven before serving. Make sure the cubes are layered flat in a baking tray so they won't stick to each other. This makes the dish as delicious as if it was just fried.
6. For a small size Cooker, proportionally decrease amount of ingredients to avoid excessive thickness from hindering the steaming effect.
7. Use red dates to replace the red bean if you dislike red beans, you can also use brown sugar and vanilla extract and top the pastry with sesame; make sure the sugar is decreased by 1/2 cup if red bean is not used.
8. If red dates are used, wash and soak them with warm water, pit the date if possible; otherwise, make sure that children do not swallow the date pit.

V. Desserts

5-4: Stuffed buns

Ingredients:

Stuffing

Minced meat, 600g

(pork, beef, or chicken)

①Soy sauce, 2 tablespoons

Wine, 1 tablespoon

Sugar, 1 teaspoon

Pepper, 1/4 teaspoon

Sesame oil, 1/2 tablespoon

Water, 5 tablespoons

Starch powder, 1 ½ tablespoon

②Green onion chips, 3 tablespoons

Minced ginger, 1 ½ tablespoon

Coating

Flour, 6 cups

③Sugar, 1/4 cup

Warm water, 1 ¾ cups

Yeast, 1/2 tablespoon

Pork fat, 2 tablespoons

Procedures:

1. Stuffing: Blend ① ingredients with minced meat, add starch powder and stir again; add ② and blend to accomplish the “stuffing”.
2. Coating: Add ③ ingredients to warm water, when dissolved, add in yeast and place for 10 minutes until a layer of foam floats on top. Mix flour with pork fat and ③ solution; knead adequately, with hands, into an elastic dough; place it in a pan and cover it with a wet cloth; rest for 1-4 hours until it ferments to double the size. Keep it warm in an oven for 1 hour before use.
3. Knead the fermented dough until tender and smooth, roll it into a long stick and separate it into 24 small buns, press them into round thin coatings (using a rod). Place a portion of stuffing at center of each coating; make a pinch on the rim with two fingers, repetitively around the coating and make it into a bun; put in on a 6cm x 6cm baking paper, or onto a wet cloth placed on a steaming tray, rest for 10 minutes. Place the steaming tray with the buns into the inner pot, add 1/2 cup water to the outer pot and steam. You may place some buns in the upper pot if you make a lot of buns; double the water when steaming two layers. In case a second round is required, let the Cooker cool down a little and add cold water to the outer pot, and then steam the second pot.

Note: After kneading the dough, the fermenting time is weather dependent and shall not be less than 1 hour. Allowing the dough to double its size is a must.

After forming the stuffing buns, place them on the tray and cover with a wet cloth, further fermenting for 1/2 to 1 hour is required, double the time in wintertime; do not just leave them for 10-20 minutes as instructed by the recipe. Use more time if the buns are big.

V. Desserts

5-5: Radish pastry

Ingredients:

1 Radish

Approximately 3-4 kg

India rice flour, 1 pack

Mushroom

Meat chunk

Dried shrimp

Red onion fries

Soy sauce

Gourmet powder

Pepper powder

} some

Procedures:

1. Shred the radish; cook with 2 bowls of water.
2. Add India rice flour and 4 bowls of water to the pot and stew, continuously stir it into a paste, add salt and gourmet powder.
3. Also, fry the mushroom, meat chunk, dried shrimps and red onion to flavor, add in soy sauce, gourmet powder and pepper powder, and mix with “2”.
4. Place the mixture into the pot and steam for 40 min. (with 1 cup water in the outer pot), flip it out when cooled down. Test the result with a chopstick, the pastry shall not cling onto the stick when you prick it with the stick.

The correct way to serve the radish pastry is by cooling it in the fridge first, to allow it to set; then cut it into slices and fry them to a light brown on the faces. Serve them hot. To be dipped in a minced-garlic sauce blended with soy sauce.

5-6 : Sweet fermented rice

Ingredients:

Round Glutinous Rice, 4 cup

Water, 2 ½ cup

(Volume of water is half that of rice plus 1/2 cup. E.g., for 6 cup rice, add with 3 –1/2 cup water).

Procedures:

1. Add 2 cups water to 4 cups Round Glutinous Rice; add 4 scales (of the measuring cup) of water to the outer pot and cook the rice with the Cooker.
2. Using a sieve screen, rinse the rice, while hot, into separate grains so that they do not stick to each other. If the sieve screen is not big enough, do this in batches.
3. Drain the water using a large fennel, for 1-2 hours, the dryer the better. Place the rice into a jar or pot, make sure it is oil free.
4. Scrape 1/3 brewing ferment and crush it evenly. Dig a round hole in the middle of the rice, from the top, scatter some of the brewing ferment into the hole. Flatten the top of the rice and scatter the rest of the ferment. Seal the container and wrap and cover it with a blanket. Place it in a warm place in the cabinet for 1 and a half days to 2 days. It is done when liquid appears.
5. Store the sweet fermented rice in a clean pot. Scoop out with an oil-free scoop for use. The original jar or pot may be used for making more, so the supply may not go out.

Ones suffering from hay fever may try this dish. The hay fever may be gone forever.