



Designed to simplify

M.A.X CRISP RECIPES

第6感脆焗爐 • 好煮意



著名旅遊飲食博客－西打哥

Renowned Travel & Food Blogger - Kazef

「西打哥的飲食言己」主編甚受歡迎，其Facebook人數逾6,500人。

Chief Editor of 'Kazef's Blog: Me + My Food', it is very popular with over 6500 Facebook fans.

西打哥的惠而浦第6感脆焗爐使用體驗：

我最喜愛惠而浦第6感脆焗爐的地方，就是機身小巧，但可以很容易炮製出多款美食。「第6感脆焗功能」可以營造外表金黃、皮脆肉嫩的效果。而且與傳統煮食方法不同，最大優點只需添加少許油，即可以造出脆焗效果。而且不會釋放油煙，令廚房烏煙障氣，煮和食都可以更健康。除了烤焗功能外，又有「第6感蒸煮功能」，會自動因應食物濕度而調節蒸煮時間，絕對是烹飪好幫手。

Kazef's experience on Whirlpool m.a.x. Crisp:

I really like Whirlpool's m.a.x. Crisp as it can help me cook a wide range of delicacies easily despite its compact size. The '6th Sense Crisp' function bakes food to golden brown, making it crispy outside but juicy inside. Its most distinctive merit is that a few drops of oil can create the crisp cook effect. Moreover, grease and smoke will not be released during cooking. Besides the grill function, it also provides the '6th Sense Steam' function which determines the most appropriate cooking time according to food humidity. It's truly the best cooking partner.



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GRILLED MACKEREL WITH JAPANESE SOUR SAUCE



日式酸汁燒鯖魚

材料 **INGREDIENTS** (2人份量 Serves 2)



1. 鯖魚
1. Mackerel

半邊
half pc

調味料：適量百里香、鹽和糖
Seasoning: Suitable
amount of thyme, salt and
sugar.

醬汁：番茜一棵、蒜數顆、蔥、薑和日本醬
油適量、青檸一個、水2-3 湯匙

Sauce: 1 pc of parsley, a few pcs of garlic,
suitable amount of spring onion, ginger and
japanese soya sauce, 1 pc of lime, 2-3 tbsp
of water

做法 **PROCEDURE**



1. 鯖魚解凍後，吸乾水，以鹽輕抹魚肉，再插入香草。
Defrost mackerel, dry, lightly wipe with salt, then insert the thyme.



2. 入爐，魚皮向下，以「燒烤」功能烤5分鐘。完成後，再以「脆焗」功能焗4分鐘。
Bake for 5 minutes using the 'Grill' function with the fish skin facing down.
Then bake for 4 minutes using the 'Crisp' function.



3. 把番茜、青檸皮、蔥切碎，薑、蒜，全磨成蓉，再加入水、日本醬油和青檸汁，調配成汁。焗好後，把醬汁倒於鯖魚面或拌以同吃。
Chop parsley, lime skin and spring onion; grind ginger and garlic. Add water, lime juice and Japanese soya sauce to make the sauce. Pour the sauce onto the fish after baking or serve the sauce separately.

提示 **TIPS**

1. 如覺醬汁偏酸，可加入白蘿蔔蓉以作中和。
If the sauce is too sour, add some radish puree to neutralize it.

CAJUN CRISPY CHICKEN STEAK AVOCADO SALAD



脆雞扒牛油果沙律

材料 **INGREDIENTS** (2人份量 Serves 2)



1. 雞扒	1塊	1. Chicken steak	1 pc	醃料：適量Cajun粉、鹽、糖、胡椒粉、橄欖油和黑椒 Marinade: Suitable amount of Cajun powder, salt, sugar, pepper, olive oil and black pepper
2. 三色椒	適量	2. Bell Pepper	suitable amount	
3. 牛油果	1-2個	3. Avocado	1 - 2 pcs	
4. 小菠菜	適量	4. Small spinach	suitable amount	
5. 檸檬	1個	5. Lemon	1 pc	
6. 蕃茄	1個	6. Tomato	1 pc	

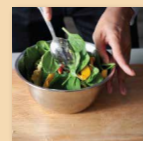
做法 **PROCEDURE**



- 雞扒解凍後，於底部切數刀，再以鹽、胡椒粉和Cajun粉醃兩小時或過夜。三色椒切條後，放於第6感脆焗爐脆焗盤上，灑上橄欖油和黑椒，入爐以「脆焗」功能焗約5分鐘，直至面帶微焦。
Defrost chicken steak, make a few cuts at the bottom. Marinate with salt, pepper and Cajun powder for 2 hours or overnight. Shred the bell pepper, put on the crisp plate of m.a.x. Crisp, sprinkle olive oil and black pepper. Bake using the 'Crisp' function for about 5 minutes, until it is slightly burnt on the surface.



- 雞扒入爐，雞皮向上，以「燒烤」功能烤15分鐘。
Bake chicken steak with the skin upward using the 'Grill' function for 15 minutes.



- 牛油果切塊，連同沙律菜及三色椒拌好，加入適量檸檬汁和橄欖油。完成燒烤後，雞扒再以「脆焗」功能焗2分鐘，直至雞皮金黃香脆。取出雞扒，置於沙律之上。
Cut avocado into pieces, mix with the spinach and bell pepper, add suitable amount of lemon juice and olive oil. After grilling, bake the chicken steak using the 'Crisp' function for 2 minutes, until the chicken skin is crispy and golden brown. Take out the chicken steak and put on top of the salad.

提示 **TIPS**

- 挑選牛油果時，必須選熟透及軟身的，吃起來才夠香。
Use ripe avocados which are soft, for a better taste.

STEAM BEAN CURD WITH MISO AND BEECH MUSHROOM



味噌本菇蒸豆腐

材料 **INGREDIENTS** (2人份量 Serves 2)



- | | | | |
|-------|----|-------------------|-----------------|
| 1. 本菇 | 一包 | 1. Beech mushroom | 1 packet |
| 2. 豆腐 | 一塊 | 2. Bean curd | 1 pc |
| 3. 蔥 | 適量 | 3. Spring onion | suitable amount |

調味料：日本白味噌少許、適量糖、橄欖油和麻油、水1-2 湯匙
Seasonings: small amount of Japanese white miso, suitable amount of sugar, olive oil and sesame oil, 1-2 tbsp of water

做法 **PROCEDURE**



1. 本菇切尾後，加橄欖油，入爐以「脆焗」功能焗3分鐘，以帶出菇香。蔥段切絲，泡水。
Cut out the end of beech mushroom, add olive oil and bake for 3 minutes using the 'Crisp' function to bring out the fragrance of the mushroom. Shred spring onion, soak in water.



2. 本菇焗好後，加入日本白味噌，麻油，水和糖調味拌好。
Add Japanese white miso, sesame oil, water and seasoning to the mushroom, mix well.



3. 豆腐置於蒸籠，面層鋪上已調味本菇。蓋好蒸蓋，入爐用「第6感蒸煮-蔬菜」功能。出爐後，加上蔥絲和橄欖油。
Put bean curd into the steamer box, put marinated beech mushroom on top. Cover the steamer box, cook using the '6th Sense Steam - Vegetable' function. Add spring onion and olive oil after steaming.

提示 **TIPS**

1. 建議選用日本豆腐，豆味較濃。
It is better to use Japanese bean curd which has a richer bean flavor.
2. 本菇開袋後，不用洗。以水洗過會影響菇香。
No need to wash the beech mushroom as washing will affect the fragrance of it.

CREAM SAUCE CHICKEN WITH CRISPY NOODLE



白汁雞肉脆脆麵

材料 **INGREDIENTS** (4人份量 Serves 4)



1. 意大利全蛋麵	100克	1. Italian Pasta	100 g
2. 雞腿肉	1件 (切絲)	2. Chicken leg (shredded)	1 pc
3. 煙肉	1條 (切粒)	3. Bacon (diced)	1 pc
4. 蘑菇	3隻 (切片)	4. Mushroom (sliced)	3 pcs
5. 洋葱	1/2 個 (切粒)	5. Onion (diced)	1/2 pc
6. 芝士	適量	6. Cheese	small amount
7. 忌廉	適量	7. Cream	small amount
8. 牛油	10克	8. Butter	10 g
9. 百里香	1棵	9. Thyme	1 pc

調味料：橄欖油和鹽適量

Seasonings: small amount of olive oil and salt

做法 **PROCEDURE**

1. 意大利全蛋麵放入滾水裡無熟，撈起瀝乾，加橄欖油和鹽拌勻備用。
Boil the Italian pasta until soft, drain it, add olive oil and salt.
2. 牛油起鑊，爆香洋葱、蘑菇、煙肉和雞肉，加百里香、芝士和忌廉煮至杰身。
Sautee butter with onion, mushroom, bacon and chicken. Then add thyme, cheese and cream and cook until thick.
3. 脆焗盤先塗上一層橄欖油，放上一層麵，再放上一層白汁雞肉，然後再鋪上一層麵。
Lightly oil the crisp plate, place a layer of pasta, then place a layer of cream sauce chicken, place another layer of pasta on top.
4. 放入m.a.x. 第6感脆焗爐，以「脆焗」功能焗8-10分鐘至麵脆身。
Place into m.a.x. Crisp and bake using the 'Crisp' function for 8-10 minutes until the noodle is crispy.
5. 面層可再放一層白汁雞肉和芝士，以「脆焗」功能再焗2-3分鐘至芝士溶解即可。
Place another layer of cream sauce chicken and cheese, bake using the 'Crisp' function for another 2-3 minutes until the cheese is melted.

提示 **TIPS**

1. 使用惠而浦專有的脆焗盤，可以讓食物極速得到香脆效果，只需使用極少油，食物表面即可瞬間形成一層香脆外層。
To create a crispy effect, it is best to use Whirlpool's special crisp plate as with only a few drops of oil, food surface quickly forms a crispy crust.

TOM YUM SOUP



冬蔭公

材料 INGREDIENTS (4人份量 Serves 4)



- | | | | |
|---------|-----------|------------------------------|-------------------|
| 1. 虎蝦 | 6隻 | 1. Tiger prawns | 6 pcs |
| 2. 大番茄 | 2個 (切粒) | 2. Large tomatoes | 2 pcs (chopped) |
| 3. 南薑 | 6片 | 3. Galangal | 6 pcs |
| 4. 香茅 | 4枝 | 4. lemongrass | 4 stalks |
| 5. 鮮檸檬葉 | 6片 | 5. Fresh Kaffir lemon leaves | 6 pcs |
| 6. 指天椒 | 3-4隻 (切粒) | 6. Red bird chilli | 3-4 pcs (chopped) |
| 7. 鮮草菇 | 150克 | 7. Fresh straw mushrooms | 150g |
| 8. 油 | 2湯匙 | 8. Oil | 2 tbsp |
| 9. 水 | 適量 | 9. Water | Small amount |

調味料：泰式辣椒膏和砂糖1湯匙、鮮青檸3-4個(榨汁)、魚露、淡奶和辣椒油適量

Seasonings:
1 tbsp Thai style chilli paste and sugar, 3-4 fresh lime (squeezed), small amount of fish sauce, evaporated milk & chilli oil

做法 PROCEDURE

- 虎蝦剪去鬚爪後洗淨，瀝水，用廚紙吸乾水份。
Trim all tiger prawns palpus and claws, rinse, drain and pat dry with paper towels.
- 陶瓷鍋放入油，將m.a.x第6感脆焗爐調至700瓦煮2分鐘至油燒熱，放入蝦拌勻。再放回m.a.x第6感脆焗爐，再用微波功能700瓦煮2分鐘。
Put oil in ceramic pot and microwave at 700W for 2 minute until oil is hot, mix together with tiger prawns, then further cook with microwave function at 700W for 2 minute.
- 加入其餘材料(除了水)、泰式辣椒膏及砂糖，拌勻，將m.a.x第6感脆焗爐調至700瓦煮3分鐘，加水至浸過所有材料，繼續用700瓦煮11分鐘至熱。
Add all the other ingredients (except water), Thai style chilli paste and sugar, mix well, cook with microwave function at 700W for 3 minutes, pour water to cover all the ingredients, continually cook with microwave function at 700W for 11 minutes until hot.
- 蓋上，再用500瓦煮約8分鐘至滾，加鮮青檸汁、魚露、淡奶及辣椒油拌勻享用。
Cover with lid, cook with microwave function at 500W for another 8 minutes until boiled, add fresh lime juice, fish sauce, evaporated milk and chilli oil into the soup and mix well before serving.

提示 TIPS

- 先將蝦及材料爆香，最後加青檸汁及淡奶，可讓湯底更香濃幼滑。
Stir-fry prawns and all the other ingredients first, then add lime juice and evaporated milk before serving can increase the flavour and smoothness of the soup.
- 湯底可隨個人口味增減調味料份量。
You may flavour the soup base by adjusting the seasoning portion.

PORK JERKY



豬肉乾

材料 **INGREDIENTS** (2人份量 Serves 2)



1. 瘦肉 500克
1. Lean pork 500g

醃料：燒酒、蠔油、鹽、糖和生粉各少許
Marinate: small amount of Chinese wine and oyster sauce;
a pinch of salt, sugar and starch flour

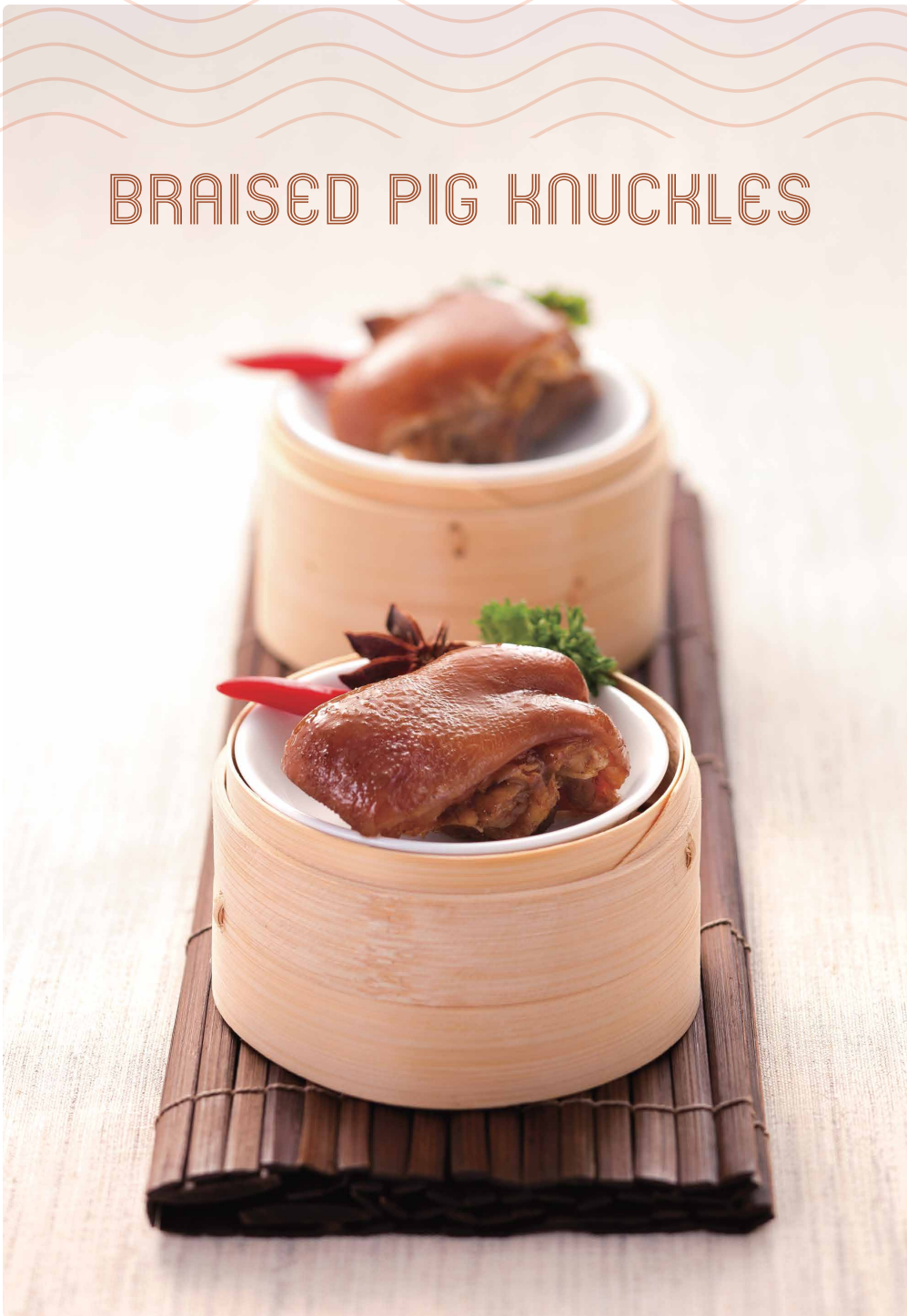
做法 **PROCEDURE**

1. 豬肉用攪拌器攪成肉滑，放入醃料醃10分鐘。
Mince pork in a blender until smooth, mix with marinade and marinate for 10 minutes.
2. 用保鮮紙包著肉滑，用麵糰擀把肉滑擀成3mm厚的薄肉餅。
Wrap the minced pork with plastic wrap, use a rolling pin to roll out to a thin patty 3mm thick.
3. 用燒烤架盛著肉餅，在轉盤及燒烤架中間放置一個淺碟盛接肉汁，放入m.a.x.第6感脆焗爐用「微波燒烤組合」功能烤3分鐘。
Put patty on grill rack, put a shallow dish on the turntable under the grill rack to collect meat juice, then use the 'Microwave + Grill Combi' function to grill for 3 minutes.
4. 最後，再用「燒烤」功能烤22分鐘。
Lastly, further use the 'Grill' function to grill for 22 minutes.

提示 **TIPS**

1. 因為肉的厚薄不同，在烤的時候要多些觀察以防烤焦。
Since the thickness of the patty may vary, keep an eye on it during the grilling process to avoid it from being burnt.

BRAISED PIG KNUCKLES



家常紅燒豬手

材料 **INGREDIENTS** (4人份量 Serves 4)



1. 豬手	2隻(約700克)	1. Pig knuckles	2 pcs (around 700g)	調味料：紹酒2湯匙、生抽150毫升、冰糖20克、五香粉1湯匙、老抽2湯匙、鹽1茶匙、油1湯匙。 Seasonings: 2 tbsp shaoxing wine, 150 ml soy sauce, 20 g rock sugar, 1 tbsp five spice powder, 2 tbsp dark soy sauce, 1 tsp salt, 1 tbsp oil.
2. 八角	4粒	2. Stars of aniseed	4 pcs	
3. 薑	2片	3. Ginger	2 pcs	
4. 葱	2棵(切段)	4. Spring onion	2 stalks (sectioned)	
5. 鮮蒜茸	1湯匙	5. Minced garlic	1 tbsp	
6. 油	1湯匙	6. Oil	1 tbsp	
7. 水	適量	7. Water	Small amount	

做法 **PROCEDURE**

1. 豬手洗淨去毛斬碎，出水3分鐘，以冰水泡凍，瀝水，用廚紙抹乾備用。
Rinse and scrape off hair of pig knuckles, chop and blanch for 3 minutes, soak in ice water until cool, drain and pat dry with paper towels for later use.
2. 用陶瓷鍋加八角、薑、葱段、蒜茸及油，將m.a.x.第6感脆焗爐調至700瓦煮3分鐘，加豬手拌勻。
Add aniseed, ginger, sectioned spring onion, minced garlic and oil in ceramic bowl, heat with microwave function at 700W for 3 minutes, then mix well with pig knuckles.
3. 再加入全部調味料，加水至浸過豬手，將m.a.x.第6感脆焗爐調至700瓦煮15-25分鐘至燒熱。蓋上蓋子，再用微波350瓦煮60分鐘。
Add all seasonings, pour water to just cover pig knuckles, cook with microwave function at 700W for 15-25 minutes until hot, cover the lid, cook with microwave function at 350W for 60 minutes.
4. 翻轉豬手，蓋上蓋子改用微波700瓦繼續燜20-30分鐘至豬手燉為準，豬手上碟保溫。
Turned pig knuckles once, cover the lid and cook with microwave function at 700W for 20-30 minutes until pig knuckles are tendered, then place in serving plate and keep warm.
5. 原鍋開蓋，用微波700瓦繼續煮汁約10-15分鐘至微稠，伴豬手享用。
Keep cooking the sauce with microwave function at 700W for 10-15 minutes until thick, then serve with pig knuckles.

提示 **TIPS**

1. 豬手先出水，可去除雜質。
Blanch the pig knuckles in boiling water first, it can remove the scum from the surface.
2. 豬手燜2小時後，皮肉開始分離、肉質會變得燉軟，表示熟透。
Simmer the pig knuckles for 2 hours, when the skin starts separating from the meat, the pork knuckle is done and the meat should be very tender.

GRILLED SALMON FILLETS WITH PISTACHIOS



烤開心果三文魚

材料 **INGREDIENTS** (4人份量 Serves 4)



- | | | | | |
|----------|-------------|-----------------------|--------------------------|--|
| 1. 三文魚塊 | 2塊(每塊約150克) | 1. Salmon fillets | 2 pcs (around 150g each) | 調味料：海鹽和黑胡椒各適量、
橄欖油1湯匙
青芥末乳酪醬：青芥末、原味乳
酪和新鮮刁草碎各適量
Seasonings: sea salt & black
pepper to taste, 1 tbsp olive oil
Wasabi yogurt sauce: some
wasabi, plain yogurt &
chopped fresh dill |
| 2. 開心果仁 | 1/4杯(壓碎) | 2. Pistachios | 1/4 cup (roughly ground) | |
| 3. 白麵包糠 | 1/4杯 | 3. White bread crumbs | 1/4 cup | |
| 4. 橄欖油 | 1湯匙 | 4. Olive oil | 1 tbsp | |
| 5. 新鮮刁草碎 | 2湯匙 | 5. Chopped fresh dill | 2 tbsp | |

做法 **PROCEDURE**

- 慢火燒熱橄欖油，加開心果碎及麵包糠炒2-3分鐘至微微金黃，待涼，混合刁草碎。
Toast grounded pistachios and bread crumbs with 1tbsp of olive oil in a nonstick pan over low heat for 2-3 minutes until brown, cool briefly, then stir in fresh chopped dill.
- 三文魚洗淨，用廚紙吸乾水份，撒上海鹽及黑胡椒，取平底鑊，慢火燒熱1湯匙橄欖油平均沾滿鑊面，先將三文魚皮向下入鑊煎2分鐘，翻轉繼續煎其餘三面至略為金黃，將開心果混合物平均放在魚塊面，略壓。
Rinse and pat dry salmon fillets with paper towels, season with salt and pepper, salmon fillets' skin side down and sear for 2 minutes on oiled nonstick pan over low heat, turn the salmon fillets and brown on other three sides, coat and press the salmon fillets with pistachio mixture.
- 把三文魚放在燒烤架上，然後置於轉盤上，在燒烤架下放置一個淺碟盛接肉汁。用「燒烤」功能烤10分鐘便可上碟，伴上已混合的青芥末乳酪醬享用。
Plate salmon fillets on oiled grill rack then place on turntable, put a shallow dish under grill rack to collect meat juice. Cook with 'Grill' function for 10 minutes, serve with mixed wasabi yogurt sauce.

提示 **TIPS**

- 可用去皮白麵包放入攪拌機中打碎，自製麵包糠。
You can cut the crust off the white bread, diced and grated in the blender for making homemade bread crumbs.
- 三文魚先煎，有助封鎖肉汁，保持外脆內軟的口感。
By searing, salmon fillets will remain juicy and tender inside while crispy outside even after grilling.

GRILL LAMB RACKS WITH LEMON JUICE



烤鮮檸汁羊架

材料 **INGREDIENTS** (4人份量 Serves 4)



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|----------|----|---------------------------|-------|
| 1. 紐西蘭羊架 | 4件 | 1. New Zealand lamb racks | 4 pcs |
| 2. 檸檬 | 1個 | 2. Lemon | 1 pc |

醃料：檸檬汁2湯匙、檸檬皮茸1個、薑粉1茶匙、黃糖1茶匙、生抽1湯匙、粟粉1茶匙、橄欖油2湯匙、鹽和胡椒粉適量

Marinade :2 tbsp lemon juice, 1 lemon (grated zest), 1 tsp ginger powder, 1 tsp brown sugar, 1 tbsp soy sauce, 1 tsp corn starch, 2 tbsp olive oil, pinch of salt & pepper

做法 **PROCEDURE**

1. 羊架洗淨，瀝水，用廚紙吸乾水份，放在淺鍋中，將其他材料混合拌勻，淋在羊架上，讓羊架浸泡在調味醬汁中最少3小時，其間要反轉羊排及塗上醬汁，加強吸收。
Rinse, drain and pat dry lamb racks with paper towels, place lamb racks in a shallow dish, combine the other ingredients and pour over meat, marinate the meat for at least 3 hours, turning racks and basting them several times with marinade.
2. 把羊架肉面向上先放在燒烤架上，然後置於轉盤上，在轉盤及燒烤架中間放置一個淺碟盛接肉汁。
Place lamb racks meat side up on oiled grill rack then place on the turntable, put a shallow dish on the turntable under the grill rack to collect meat juice.
3. 用「燒烤」功能將一面烤15-20分鐘至金黃，反轉另一面，繼續烤10分鐘。
Grill the racks with 'Grill' function for 15-20 minutes on one side until golden brown, turn over and grill the other side for 10 minutes.
4. 取出後用錫紙蓋著，靜置5-10分鐘，便可上碟享用。
Cover the lamb racks with foil and let them rest for 5-10 minutes then serve.

提示 **TIPS**

1. 紐西蘭羊架肉質較軟、嫩、多汁及羊羶味比其他羊肉少。
New Zealand lamb racks are soft texture, tender, juicy and the smell of mutton is less than other lamb meat.
2. 肉類烤好後，讓其靜置5-10分鐘，可避免肉汁流失，保持肉質軟滑，不致乾硬。
Let the lamb racks rest for 5-10 minutes after grilling, the meat will be dry without an ample rest.

MEAT KEBABS



惹味肉串

材料 **INGREDIENTS** (4人份量 Serves 4)



- | | | | |
|---------|-----------|---------------------|-----------------------|
| 1. 梅頭豬肉 | 600克 (切粒) | 1. Tenderloin pork | 600g (cut into cubes) |
| 2. 紫洋蔥 | 1/4個 (切件) | 2. Small red onions | 1/4 pc (chopped) |

配料：鮮番茄 (切粒)、feta芝士粒、牛油果 (切粒)、無核黑橄欖、沙律醋適量，拌勻

Side salad: diced tomatoes, feta cheese, diced avocado, pitted black olive, mix with salad vinegar

醃料：鹽1茶匙、黑胡椒粉1/2茶匙、橄欖油4-5湯匙

Marinade: 1 tsp salt, 1/2 tsp ground black pepper, 4-5 tbsp of olive oil

做法 **PROCEDURE**

1. 將豬肉粒洗淨，瀝水，用廚紙吸乾水份，加醃料拌勻醃1小時。
Rinse, drain and pat dry tenderloin pork with paper towels, marinate the meat for at least 1 hour with marinade.
2. 肉粒串在竹簽上，再串上洋葱。
Thread together the meat and chopped red onions on the wooden skewers.
3. 用「脆焗」功能預熱脆焗盤3分鐘。
Preheat the crisp plate for 3 minutes with 'Crisp' function.
4. 把肉串放在脆焗盤上，然後置於轉盤上，用「脆焗」功能烤8-10分鐘後，將肉串反轉再烤4-6分鐘至金黃，上碟，伴配料享用。
Arrange the kebabs on the crisp plate, and place the crisp plate on the turntable, roast for 8-10 minutes with 'Crisp' function then turn and roast again with 'Crisp' function for another 4-6 minutes until golden, serve with side salad.

提示 **TIPS**

1. 使用整個洋葱烹調時，可以用微波700瓦火力烹調數分鐘，直至洋葱變軟。
If using whole onions, soften them for a few minutes at microwave 700W.
2. 可以按個人喜好，使用不同的肉類及蔬菜來烹調。
You can vary the type of meat and vegetables used as you like.