MICROWAVE OVEN RECIPE BOOK

惠 而 浦 微 波 爐 心 思 食 譜

Designed to Simplify **Whirlpool**

瑞典技術微波爐專家
Swedish Microwave Technology Expert

惠而浦緊貼潮流，了解現代家庭的需要，以創新意念設計製造優質家庭電器。
惠而浦的微波爐總部設於瑞典，專業鑽研以尖端科技開發產品。
為使大家可以輕鬆享受入廚樂趣，惠而浦更誠意獻上一系列的微波爐心思食譜，
與您共享滋味。

With a true understanding of the needs of modern homes,
Whirlpool designs and manufactures high quality electrical appliances
incorporating innovative ideas and market trends.
Headquartered in Sweden, Whirlpool's professional microwave oven
team focuses on innovating new products with the latest technology.
To make cooking fun and easy, Whirlpool is delighted to introduce
a series of specially designed microwave recipes that will help you
prepare tasty dishes.

CONTENT

GRILLED MACKEREL WITH JAPANESE SOUR SAUCE

日式酸汁燒鯖魚

GRILL 燒烤 CRISP 脆焗

材料 INGREDIENTS（2人份量 Serves 2）

1. 鯖魚　　　半邊	調味料：適量百里香、鹽和糖
1. Mackerel　　half pc	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

GRILL 燒烤　CRISP 脆焗

材料 INGREDIENTS（2人份量 Serves 2）

1. 雞扒	1塊	1. Chicken steak 1 pc
2. 三色椒	適量	2. Bell Pepper suitable amount
3. 牛油果	1-2個	3. Avocado 1 – 2 pcs
4. 小波菜	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

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

做法 PROCEDURE

1. 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, sprinkle olive oil and black pepper. Bake using the 'Crisp' function for about 5 minutes, until it is slightly burnt on the surface.

2. 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.

3. 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

1. 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.

HAZELNUT CHOCOLATE CUPCAKES

榛子朱古力杯子蛋糕
微波+熱風對流

材料 INGREDIENTS（4人份量 Serves 4）

	中文		English	
1.	無鹽軟牛油	125克	Unsalted soft butter	125 g
2.	幼砂糖	200克	Caster sugar	200 g
3.	雞蛋（蛋黃、蛋白分開）	4隻	Eggs (separate egg white & yolk)	4 pcs
4.	鹽	少許	Salt	suitable amount
5.	麵粉	125克	Flour	125 g
6.	發酵粉	2茶匙	Baking powder	2 tsp
7.	鮮奶	4湯匙	Milk	4 tbsp
8.	榛子（磨碎）	200克	Hazelnuts (grated)	200 g
9	巧克力（切細粒）	150克	Chocolate (chopped)	150 g
10.	榛子（切細粒）	50克	Hazelnuts (chopped)	50 g
11.	矽膠杯子蛋糕模	16個	Silicon cupcake moulds	16 pcs

做法 PROCEDURE

1. 將無鹽軟牛油同糖打起，加入蛋黃拌勻。
   Cream together unsalted soft butter and sugar, beat in the egg yolks.

2. 篩入麵粉、鹽、發酵粉，加入牛奶和榛子碎。
   Sieve flour, salt, baking powder to the creamy mixture, then add milk and grated hazelnuts.

3. 加入巧克力粒和榛子粒。
   Fold in the chopped chocolate and creamy hazelnuts.

4. 慢慢混入打至企身的蛋白。
   Whisk the egg whites until stiff and gently fold these into the mixture.

5. 將麵糊平均倒入矽膠杯子蛋糕模。
   Pour the mixture into silicon cupcake moulds evenly.

6. 將蛋糕模置於烤盤上，以「熱風對流」功能180℃配合「微波」90瓦火力焗15-20分鐘。
   Place all cupcake moulds on the baking plate and bake with 'convection' function at 180℃ plus 'microwave' function at 90W for 15-20 minutes.

提示 TIPS

1. 如以其他金屬蛋糕模烤焗，應將蛋糕模放在用於熱風對流的烤架上，以「熱風對流」功能175℃焗20-25分鐘。
   If you want to bake the cake in a metal tin, place it on the wire rack for 'convection' function use and bake with 'convection' function at 175℃ for 20-25 minutes.

CREAM SAUCE CHICKEN WITH CRISPY NOODLE

白汁雞肉脆脆麵

CRISP 脆焗

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焓脸，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. 放入爐內，以「脆焗」功能焗8-10分鐘至麵脆身。
   Place into microwave oven 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 微波

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（搾汁）、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
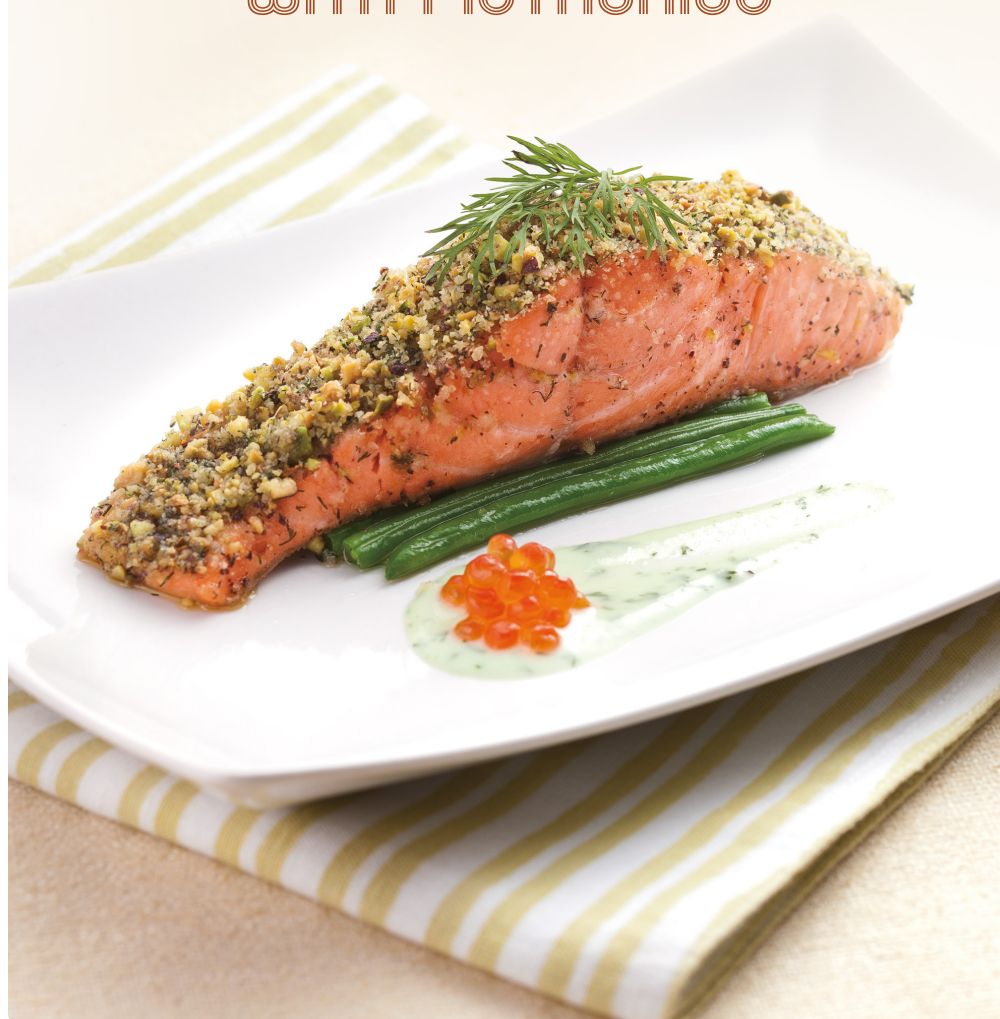
做法 PROCEDURE

1. 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.

2. 陶瓷鍋放入油，將微波爐調至700瓦煮2分鐘至油燒熱，放入蝦拌勻。再放回微波爐，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.

3. 加入其餘材料（除了水）、泰式辣椒膏及砂糖，拌勻，將微波爐調至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.

4. 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

1. 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.

2. 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.

GRILLED SALMON FILLETS WITH PISTACHIOS

烤開心果三文魚 GRILL 燒烤

材料 INGREDIENTS (4人份量 Serves 4)

1. 三文魚塊	2塊（每塊約150克）
2. 開心果仁	1/4杯（壓碎）
3. 白麵包糠	1/4杯
4. 橄欖油	1湯匙
5. 新鮮刁草碎	2湯匙

1. Salmon fillets	2 pcs (around 150g each)
2. Pistachios	1/4 cup (roughly ground)
3. White bread crumbs	1/4 cup
4. Olive oil	1 tbsp
5. Chopped fresh dill	2 tbsp

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

做法 PROCEDURE

1. 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.

2. 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.

3. 把三魚放在燒烤架上，然後置於轉盤上，在燒烤架下放置一個淺碟盛接汁液。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 the juice. Cook with 'Grill' function for 10 minutes, serve with mixed wasabi yogurt sauce.

提示 TIPS

1. 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.

2. 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.

意大利肉醬千層麵
微波 + 熱風對流

材料 INGREDIENTS（4人份量 Serves 4）

肉醬：

1.	免治牛肉	500克
2.	中型洋蔥	1個（約100-125克切碎）
3.	蒜頭	1個（剁茸）
4.	牛油	15克
5.	橄欖油	2湯匙
6.	罐頭蕃茄	500克
7.	牛肉湯粒	1.5粒
8.	水	100毫升
9.	鹽、胡椒粉、香草	適量
10.	片裝闊麵條	300克
11.	巴馬芝士	40-50克（刨碎）
12.	莫扎里拉芝士	100克（刨絲）
13.	牛油	30克（切薄片）

For the meat sauce :

1.	Minced beef	500 g
2.	Medium onion	1 pc (100-125g chopped)
3.	Garlic	1 pc (crushed)
4.	Butter	15 g
5.	Olive oil	2 tbsp
6.	Canned tomatoes	500 g
7.	Beef stock cubes	1.5 pcs
8.	Water	100 ml
9.	Salt, pepper & herbs	suitable amount
10.	Lasagna sheets	300 g
11.	Parmesan cheese	40-50 g (grated)
12.	Mozzarella cheese	100 g (coarsely shredded)
13.	Butter	30 g (in flakes)

白汁：牛油50克、麵粉40克、鮮奶600毫升、鹽適量、肉豆蔻粉 1/4 茶匙

For the white sauce : butter 50 g, flour 40 g, milk 600 ml, salt, ground nutmeg 1/4 tsp

做法 PROCEDURE

1. 煮溶牛油及橄欖油，將洋蔥、蒜茸和免治牛肉一起炒至金黃色，加入蕃茄炒勻。
   Stir-fry minced beef with onion and garlic in melted butter and oil until brown, add tomatoes and mix well.

2. 加牛肉湯粒、鹽、胡椒粉、香草及水拌勻，以慢火燉煮1小時。
   Crumbled stock cubes with salt, pepper, herbs and water, simmer for about 1 hour.

3. 將白汁的牛油放入微波爐碗內，以「微波」功能350瓦火力加熱1-1½分鐘煮溶牛油，加入麵粉和鮮奶拌勻，將微波爐調至700瓦火力煮7-8分鐘，煮至糊狀，偶然拌勻避免糊鍋，加入鹽和肉豆蔻調味。
   For the white sauce, place the butter in a microwave safe bowl, heat for 1-1½ minutes with 'microwave' function at 350W until melted, stir in flour and milk then cook with 'microwave' function at 700W for 7-8 minutes until thickened, stirring from time to time to prevent the sauce from sticking to the bottom, season with salt and nutmeg.

4. 選用長方形微波爐盛器，塗上牛油，先鋪上一層肉醬，然後一層白汁、闊麵條，上面灑上巴馬芝士、莫扎里拉芝士和牛油薄片。重覆以上步驟，直至舖完所有麵條，面層以巴馬芝士及牛油薄片作結。
   Butter a rectangular ovenproof and microwave safe dish, spread a layer of meat with sauce on the bottom, add a layer of white sauce, lasagne sheets, parmesan cheese, mozzarella cheese and butter flakes, repeat these layer until all lasagne sheets and sauce are finished, top with parmesan cheese and butter flakes.

5. 將盛器置於用於熱風對流的烤架上，以「熱風對流」功能200℃配合「微波」160瓦火力焗23-25分鐘。
   Place the dish on the wire rack for 'convection' function use and cook with 'convection' function at 200℃ plus 'microwave' function at 160W for 23-25 minutes.

提示 TIPS

1. 宜選用耐熱玻璃或陶瓷鍋，上碟會較方便。焗成後的千層麵，最好靜置10分鐘才切開上碟，可避免肉汁流失。亦可只用「熱風對流」功能200℃焗20-30分鐘。
   Glass and ceramic baking dishes are our preference, as they make an easy transition from oven to table. After baking, let your lasagna rest 10 minutes before cutting to allow sauces and fillings to set. For baking lasagne can only use 'convection' function at 200℃ for 20-30 minutes

LASAGNE

CHEDDAR CHEESE SOUFFLE

車打芝士梳乎里

微波　微波+熱風對流

材料 INGREDIENTS（6人份量 Serves 6）

1. 牛油	75克	1. Butter	75 g
2. 麵粉	75克	2. Flour	75 g
3. 牛奶	500毫升	3. Milk	500 ml
4. 粟粉	25克（2.5湯匙）	4. Corn flour	25 g (2.5 tbsp)
5. 車打芝士	150克（粗糙地磨碎）	5. Cheddar cheese	150 g (grated)
6. 蛋	6隻（蛋黃、蛋白分開）	6. Eggs	6 (separate egg white & yolk)
7. 鹽、胡椒粉	少許	7. Salt, pepper	suitable amount
8. 梳乎厘小焗杯	數個	8. Soufflé dishes	a few pcs

做法 PROCEDURE

1. 將牛油放在微波爐容器上，覆蓋後將微波爐調至350瓦火力煮2分鐘，煮溶牛油。
   Put the butter in a microwave safe dish, large enough to fit all of the soufflé batter, cover and melt with 'microwave' function at 350W for 2 minutes.

2. 加入麵粉及牛油拌勻，加入牛奶快速拌勻。
   Stir in flour and butter, whisk in milk.

3. 用「微波」700瓦火力煮7-8分鐘，煮至糊狀，不用蓋上，拌勻。
   Cook uncovered with 'microwave' function at 700W for 7-8 minutes until thick, whisk from time to time.

4. 加入粟粉和車打芝士，分開每次加入一個蛋黃，拌勻，加入適量鹽和胡椒粉調味。
   Add corn flour and cheese, stir in egg yolks, one at a time, and season with salt and pepper.

5. 蛋白打至起泡，加入芝士糊中攪勻。
   Whisk egg whites until stiff, carefully fold the egg whites into the cheese mixture.

6. 把梳乎厘盛於已塗抹牛油之梳乎厘小焗杯內。
   Spoon into small, lightly greased soufflé dish.

7. 以「快速預熱」功能以150℃預熱微波爐，將焗杯盛於用於熱風對流的烤架上再放入爐內，用「熱風對流」功能以150℃配合「微波」90瓦火力焗10-15分鐘即可。
   Preheat the microwave oven with 'quick heat' function at 150℃. Place the dish on wire rack for 'convection' function use and bake with 'convection' function at 150℃ plus 'microwave' function at 90W for 10-15 minutes.

提示 TIPS

1. 必須視乎梳乎厘焗杯的大小而增減焗製時間。焗杯置於焗爐中心位置，受熱會較均勻。烘焙過程中，切勿打開微波爐門，避免梳乎厘頂層脆面塌下。亦可只用「熱風對流」功能150℃焗10-15分鐘。
   Baking time depends on the size of soufflé dish. For large dish, increase the baking time by more minutes. Better to place soufflé dish in the center of the oven for evenly heat up. Don't open the oven door during baking to prevent the soufflé from collapsing. For baking soufflé can also use 'convection' function at 150℃ for 10-15 minutes.

GRILL LAMB RACKS WITH LEMON JUICE

烤鮮檸汁羊架 GRILL 燒烤

材料 INGREDIENTS（4人份量 Serves 4）

1. 紐西蘭羊架　　4件
2. 檸檬　　　　　1個

1. New Zealand lamb racks　4 pcs
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 脆焗

材料 INGREDIENTS（4人份量 Serves 4）

1. 梅頭豬肉　　　600克（切粒）
2. 紫洋葱　　　　1/4個（切件）

1. Tenderloin pork　　600g (cut into cubes)
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. 肉粒串在竹籤上，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. 把肉粒放在脆焗盤上，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.

脆焗爐 MAX38/BL

- 迷你機身配合28厘米轉盤，靈活慳位，容量出色 • 智能輕觸式控制 • 3D立體微波系統 • 惠而浦獨有脆焗功能 • 石英燒烤
- 微波+燒烤組合烹調 • 容量13公升 • 微波火力700W / 燒烤火力650W • 附配件：脆焗盤連手柄、燒烤架

JT469烤焗微波爐附送配件

脆焗盤連手柄

多用途蒸盤

高低燒烤架

烤焗微波爐 JT469

- 3D立體微波系統，熱量均勻確保食物內外皆熱 • 惠而浦獨有脆焗功能，極速焗製香脆美食 • 噴射式熱風對流，爐腔快速平均受熱，縮短烹煮時間 • 第6感「蒸」、「翻熱」、「30款自動食譜」、「解凍」及「解凍麵包」功能，智能操作簡單易用 • 石英燒烤 • 微波+燒烤組合烹調 • 微波+熱風對流組合烹調 • 不銹鋼內膽 • 容量31公升 • 微波火力1000W / 燒烤火力1300W

燒烤微波爐 MCP345/BL

- 惠而浦獨有脆焗功能 • 石英燒烤 • 微波+燒烤組合烹調
- 3D立體微波系統 • 21款自動食譜 • 解凍麵包功能
- 解凍功能 • 自動清洗功能 • 奇易潔塗層內膽 • 兒童安全鎖
- 容量25公升 • 微波火力800W / 燒烤火力1000W
- 附配件：脆焗盤連手柄、燒烤架

燒烤微波爐 MWF863

- 石英燒烤 • 微波+燒烤組合烹調 • 解凍功能 • 烹調記憶設定 • 不銹鋼內膽 • 容量23公升 • 微波火力900W / 燒烤火力1000W • 附配件：燒烤架

烤焗微波爐 JQ280

- 熱風對流功能 • 第6感「蒸」、「脆焗」及「解凍」
- 惠而浦獨有脆焗功能 • 微波+熱風對流組合烹調 • 微波+燒烤組合烹調 • 3D立體微波系統 • 奇易潔塗層內膽 • 容量27公升 • 微波火力950W / 燒烤火力1050W • 附配件：脆焗盤連手柄、高低燒烤架、蒸盤

微波爐 MWH303

- 解凍功能 • 自動食譜烹調 • 烹調記憶設定 • 快速按鈕
- 兒童安全鎖 • 容量20公升 • 微波火力800W

- 微波爐加熱的食物溫度極高，容易蒸發水份，烹調前可在食物上灑少量水；而烹調時宜覆蓋耐熱保鮮紙或微波爐蓋來保持水份。

- 在煎煮或翻熱帶殼食物(如: 雞蛋)，要先去殼及刺孔。否則壓力在殼內形成，令食物加熱後引起爆裂，損壞微波爐。

- 加熱飲品或清水時避免使用窄頸的直身容器，因為在封閉容器內食物加熱產生的熱量難以散發，會令容器內壓力過高突然溢出造成燙傷。

- 食品形狀越規則，微波加熱越均勻。建議將食物切成大小一樣的片塊及平均排列，勿積成一堆，以便食物能均勻地同時受熱。

- 微波爐的熱力是由外圍到中間的，因此較厚的食物可放在器皿外圍；而較薄的食物便應放在中間，並以錫紙覆蓋，錫紙可在烹煮一半時間時去掉。

- 用微波爐烹煮時，應盡量減少用鹽，這樣可避免烹煮的食物外熟內生。

- 切勿使用微波爐來油炸食物，因為油的溫度無法控制，以免發生意外。

- 為使解凍效果更理想，完成解凍程序後請讓食物逗留在爐內一會，逗留時間因應食物數量而有所不同。

- 微波爐的烹調時間取決於食物的密度。如肉末和馬鈴薯塊會較牛排和整個馬鈴薯易熟。

適合在微波爐中使用的器皿必須能令微波穿透，紙、塑膠、玻璃和陶瓷製成的器皿都適合在微波爐內使用。

顧客如要測試器皿是否適合在微波爐內使用，可將空的器皿連同清水一杯放進微波爐內，然後將微波爐調較至最高火力，維持一分鐘。一分鐘後，適合在微波爐中使用器皿只會微暖而不會燙手。

使用燒烤或熱風對流功能時，確保器皿能抵受高溫。
使用燒烤功能時不應使用紙、塑膠或木製器皿。
使用脆焗功能時，應只使用惠而浦微波爐專屬的脆焗盤。

根據此表，不同的微波功能需使用不同材料製成的器皿。

材料	微波功能	燒烤/熱風對流
耐熱玻璃*	✔	✔
一般玻璃*	✔	✘
玻璃陶瓷或陶瓷*	✔	✔
陶器	✔	✔
中國耐熱陶瓷	✔	✔
耐熱塑料	✔	✘
錫紙/錫紙容器	✔	✔
金屬	✘	✔
紙	✔	✘

*沒有金屬配件或纓飾