

# Contents

- I 、 A NEW AIR FURNACE(MICROWAVE) INSTRUCTIONS
- II 、 PRODUCT STRUCTURE
- III 、 COOKING PRINCIPLE AND CHARACTERISTICS, TECHNICAL PARAMETERS
- IV 、 A NEW AIR FURNACE(MICROWAVE) HEALTHY FOR THE WHOLE FAMILY
- V 、 THE HAZARDS OF TRADITIONAL COOKING AND POOR DIET.
- VI、 THE ADVANTAGES OF A NEW AIR FURNACE(MICROWAVE)
- VII、 APPLICATION ADVANTAGES OF A NEW AIR FURNACE(MICROWAVE)
- VIII、 APPLICATION TIPS
- IX 、 A NEW AIR FURNACE(MICROWAVE) OPERATION PRECAUTIONS AND MAINTENACE
- X、 COOKING INSTRUTION
- XI、 GREEN HEALTHY RECIPS
- XII、 AFTER-SALES SERVICE

## I、A NEW AIR FURNACE(MICROWAVE) INSTRUCTIONS

1. **Normal work:** (knob type) plug in the power, turn the temperature selector (the button on the green light) clockwise to 200 degrees, and then turn the time selector (the button on the red light) clockwise to 50 minutes, press The lower handle (the handle itself is the power switch) starts to work (the red indicator light is on). When the temperature in the furnace reaches the set temperature, the indicator light goes out. After a period of heat preservation, when the temperature in the furnace is lower than the set temperature, the indicator light lights up again, the heating continues, and the cycle is repeated. You set it for 50 minutes, the actual working time of the NEW AIR FURNACE(MICROWAVE) is about 35 minutes, which is automatically controlled and saves time and electricity.
2. **Food cooking:** All cooking is carried out on the low or high shelf, and there is no need to put oil or water in the glass tank. Put the cleaned sweet potatoes directly on the low shelf and just follow step 1. Do not remove the burner during the cooking process, so as not to affect the cooking effect.
3. **Diversified functions:** It has many functions such as burning, baking, baking, disinfecting, reheating, etc., which can replace more than 10 kinds of electrical appliances. The dominant function is grilling. Functions such as cooking are weak.
4. **Cleaning and maintenance:** All glass components are fragile and are not covered by the warranty. Please check carefully when you receive the goods. The stove itself has the function of disinfection and self-cleaning. When there is oil or water in the glass tank, it can be wiped off with a damp cloth. If cleaning with cold water, wait for the glass cylinder to cool down to prevent the cylinder from bursting. The burner is an electrical appliance, please wipe it with a dry cloth.

## 二、产品结构

### 产品分解



### 可选配件



正常配件为低架、叠层高架和取物夹。如需加蒸盘、煎盘、炉头架或加高圈应收取配件成本费。购买时以配件实物为准。

## II、PRODUCT STRUCTURE

产品分解 Product breakdown

可选配件 Optional accessories

炉头 Burner

锅体 Pot body

蒸盘 Steaming pan

煎盘 Frying pan

低架 Low shelf

取物夹 Fetching folder

叠层高架 Stacked elevated

The normal accessories are low racks, stacked high racks and fetching clips. If you need to add steaming pans, frying pans, stove top racks or heightening rings, you should charge the cost of accessories. When purchasing, please refer to the actual accessories.

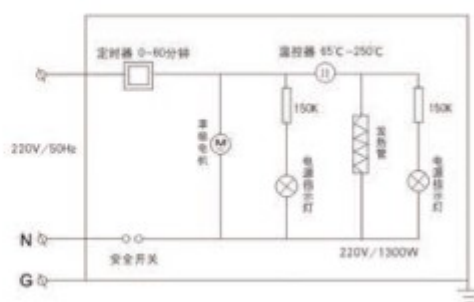
## III、COOKING PRINCIPLE AND CHARACTERISTICS, TECHNICAL PARAMETERS

1. Use the heating tube to conduct heat. Coupled with the cyclone to generate thermal swirl. The cooking speed is fast and the food is heated more evenly.
2. Convective heat molecules have a high degree of penetrating power. While the food is cooked quickly, it is 100% sterilized without destroying the nutrients of the food.
3. Heat molecules surround the food and inhibit the loss of water molecules in the food, thereby maintaining sufficient water in the food after cooking.
4. The nutritional ingredients of the food are dissolved in the water of the food's original

- body just right, and the original flavor is authentic. Nutrition is easily absorbed by the body.
- The maximum temperature setting does not exceed 250 degrees, while the molecule components of the food are decomposed to generate the nutrients needed by the human body, the effective ingredients (various vitamins, etc.) contained in the food are fully dissolved (melted) without destroyed.
  - The maximum temperature setting does not exceed 250 degrees. It can fully dissolve the food ingredients into the food, and can ensure that the various ingredients will not decompose harmful substances within the controllable temperature.
  - Make full use of the space of the cooking container, create a variety of cooking methods, and cook a variety of delicious, beauty, and health foods.
  - Diversified functions, such as roasting, roasting, frying, steaming, baking, baking and popping. It can be sterilized and reheated.
  - High boron silicon heat-resistant glass container (or special stainless steel container) can be moved and cleaned. Easy to operate.
  - Safely carry the handle, lift the power off, and put it down to power on.
  - No oily smoke, no radiation, and fat reduction. The original, nutritious and healthy food adds a fun to healthy cooking at home.

### 技术参数:

额定电压: 220V  
 额定频率: 50Hz  
 额定功率: 1300W  
 控制温度: 65°C - 250°C  
 容积: 12升



### Technical Parameters:

Rated voltage: 220V  
 Rated frequency: 50Hz  
 Rated power: 1300W  
 Control temperature: 65°C - 250°C  
 Volume: 12 liters

## IV、A NEW AIR FURNACE(MICROWAVE) HEALTHY FOR THE WHOLE FAMILY

- Fast, environmentally friendly and energy-saving:** three heat transfer methods including heat convection, heat conduction and heat penetration are carried out at the same time, plus a strong thermal cyclone. Heat evenly. Cooking is 3 times faster and energy saving is more than 60%. No oily smoke. No radiation, safe cooking, easy to clean, and the container does not leave the pot dark.
- Healthy and delicious. Reduce fat:** The cooking process locks the natural flavor and preserves the basic water content of the food. Accelerate the boiling of fat, forcing the fat to

expel faster. Reduce food fat. The cooked food is a combination of beautiful,color,fragrant,smell,and delicious taste.

3. **Various functions:** it has many functions such as burning, roasting, frying, steaming, baking, baking, exploding, disinfecting, reheating and so on. Can replace more than 10 kinds of electrical appliances High boron silicon heat-resistant pot body. See you healthy.

4. **Happy cooking is full of praise:** the volume can be set freely, multiple dishes can be simultaneously, mobile kitchen, happy cooking. Full of global reputation, care for the health of the whole family.

## V、THE HAZARDS OF TRADITIONAL COOKING AND POOR DIET.

### **The hazards of electromagnetic radiation:**

- ① One of the causes of leukemia in children.
- ② Induces cancer and accelerates the proliferation of cancer cells.
- ③ Lead to decreased reproductive capacity and fetal malformations.
- ④ Lead to intellectual disability in children
- ⑤ Lead to cardiovascular disease and decreased immune function
- ⑥ Causes vision loss and cataracts.

### **The hazards of kitchen fumes**

- ① The smell of oily smoke from the dirty kitchen.
- ② Erosion of household appliances, causing oil fume syndrome
- ③ Cause respiratory and lung diseases
- ④ Cause lung cancer, breast cancer and cardiovascular and cerebrovascular diseases
- ⑤ Accelerate the aging of facial skin, leading to a woman on the shelf
- ⑥ Affecting the development of pregnant women's fetus...

High-fat foods cause various cardiovascular diseases

Charcoal-burning food on the street causes cancer

Cooked food on the market is infected by various germs

Fried food contains carcinogenic ingredients

## VI、THE ADVANTAGES OF A NEW AIR FURNACE(MICROWAVE)

1. Completely eliminate oily fume and cook happily;
2. Furniture, electrical appliances, and interior decoration are not corroded by oil smoke;
3. Hot air convection, high penetration, 100% sterilization;
4. Reduce the fat content of food;
5. Lock the natural flavor and preserve the basic water content of the food;
6. The hot whirlwind cooks food evenly, with complete color, fragrance and flavor;
7. The High boron silicon heat-resistant glass container provides a full perspective of the food cooking process;
8. Mobile kitchens, places where cooking is uncertain;
9. It is easy to clean, and the container does not leave the pot black;
10. High temperature disinfection, instead of disinfection cabinet;
11. Infant food is simple to make, no need to buy outside;
12. Stacked shelves, let you be creative and cook multiple dishes at the same time;
13. Make various health foods, flavor snacks, pastries, etc.;
14. High-grade cooking, high-grade enjoyment.

## VII、 APPLICATION ADVANTAGES OF A NEW AIR FURNACE(MICROWAVE)

### 1. Reheat fried foods such as oil cakes and dough sticks

After being placed for a certain period of time, oil cakes and fried dough sticks are easy to absorb moisture and become greasy and contain higher fat. Heating with a convection oven can not only restore the original shape of oil cakes and fritters, remove greasy, but also greatly reduce the fat content.

### 2. Reheating of nut foods such as peanuts and melon seeds

Peanuts, melon seeds, etc., after being placed for a period of time, will produce astringent taste due to moisture regain. Heating with a convection oven can remove the astringency and restore the crispy and delicious original quality.

### 3. Reheat foods such as snacks and cookies

Pastries, biscuits, chocolates, etc. purchased from outside are prone to mold over a long period of time. After a period of storage, they can be reheated to restore their original state.

### 4. Reheat meat products

The fat content of general meat food is about 37%, and the cholesterol content is about 0.08%. Reheating meat products can not only restore the original taste, but also greatly reduce the fat and cholesterol content.

### 5. Reheating of baby food

The disease resistance of infants and young children is relatively weak. After the food is left for a certain period of time, it is easy to be infected by pathogens. Regularly reheating infant food with a convection oven is a powerful guarantee for the healthy growth of infants and young children.

## VIII、 APPLICATION TIPS

**Family:** No matter how many delicacies are made, they will not be harmed by lampblack. The family feels at home the same as in a five-star hotel. Children can cook whatever they want to eat, which saves money and is hygienic. The ability to prevent diseases has been greatly enhanced.

**Singles:** Why always eat quick noodles? Why eat foods that are not hygienic? Make delicious dishes while enjoying, and feel the fun after work. Let you reduce your troubles and give you more chances of success

**Hotel:** Put a row of A NEW AIR FURNACE(MICROWAVE) if they are all turned on. That is a beautiful landscape. This is nothing, the important thing is that the waiter can also be a quasi-chef, providing diners with delicious new dishes! Can the diners not be word-of-mouth?

**Hostel:** Make a place for the guests to cook by themselves. You only need to provide them with the ingredients, and the guests can eat happily and eat more assuredly. Improve the visibility and competitiveness of the hotel.

**Laid-off workers:** At the entrance of the school, choose a place of about ten square meters in the square. Can a variety of delicacies not lure those who pass by? Do business with 200 people a day, and you will have the same salary as a senior white-collar.

## IX 、 A NEW AIR FURNACE(MICROWAVE) OPERATION PRECAUTIONS AND MAINTENANCE

1. When cooking, do not touch the container with your hands.
2. Do not place the container or stove head against the edge of the table top.
3. To clean the product parts, disconnect the power supply first, and wait for the product to cool down before proceeding.
4. Do not remove the furnace head protective cover at will to avoid damage to the parts in the furnace head.
5. It should work within the rated voltage range.
6. To clean the surface of the burner, wipe it with a soft cloth. Do not rinse directly with water.
7. Clean the container. bracket. The accessories can be cleaned with detergent. But it cannot be operated at high temperature.
8. When in use, if you find abnormal noises or large vibrations when the burner is energized, do not open the burner without authorization. The power should be cut off, and a professional should be repaired in time.



正确的操作

干毛巾清洁上盖头

干毛巾清洁护罩

正常负荷

Correct operation

Dry towel to clean the hijab

Dry towel cleaning guard

Normal load



错误的操作

用水洗机头

用水泼机头

工作时用手触摸机头盖沿及玻璃缸体

超负荷工作

Wrong operation

Wash the machine head with water

Splash the machine head with water

Touch the edge of the machine head cover and the glass cylinder body by hand when working

Overworked

## X、COOKING INSTRUCTION

Poultry	Cooking time (minutes)	Temperature(°C)	Applicable grid
Whole chicken	40-45	180-200	Low shelf
Half chicken	25-30	180-200	High shelf
Whole turkey	70-100	180-200	Low shelf
Whole duck	60-70	180-200	Low shelf

Meat	Cooking time (minutes)	Temperature(°C)	Applicable grid
Half-cooked	45-50	170-180	Low shelf
Medium ripe	55-60	170-180	Low shelf
All cooked	65-70	170-180	Low shelf
Steak (semi-cooked)	20-30	250	Low shelf
Pork	45-50	170-190	Low shelf
Egg	Cooking time (minutes)	Temperature(°C)	Applicable grid
Poached egg	15-20	170-180	Low shelf
Half-cooked egg	15-20	125	High shelf
Hard boiled egg	20-30	125	Low shelf
Other	Cooking time (minutes)	Temperature(°C)	Applicable grid
Fish	20-25	130-150	Low shelf
Crab	20-25	140-160	Low shelf
Peanuts or cashews	20-25	140-160	Low shelf
Sausage	20-25	120-150	Low shelf
Bread	20-30	120-140	Low shelf

The cooking time and temperature above are for reference and will vary according to the size of the food.

## XI、GREEN HEALTHY RECIPES

**脆香烤鸡**



**材料:**

1. 光鸡一只(约750克)。
2. 姜、葱碎末适量、盐一茶匙、味精一茶匙、糖一茶匙、盐鸡粉1小包、麻油、生油各二茶匙、八角香料适量。
3. 老抽、生抽各二茶匙、蜜糖二茶匙半。

**做法:**

A. 把“材料2”所指配料拌匀，用来涂在鸡胸上，少量涂在鸡身，腌1小时以上。

B. 把“材料3”所指配料拌匀涂在鸡表皮上，然后将鸡放在预热的空气炉(新型微波炉)里，用220°C的炉温加热25-30分钟，在烘烤过程中扫上生油，转换鸡身。目的便于皮脆和上色。

低架 220°C 25-30分钟

Crispy Roasted Chicken

**Material:**

1. One light chicken (about 750 grams).
2. Appropriate amount of ginger, minced green onion, 1 teaspoon of salt, 1 teaspoon of MSG, 1 teaspoon of sugar, 1 packet of salt chicken powder, 2 teaspoons each of sesame oil

and raw oil, and appropriate amount of star anise spice.

3. Soy sauce. Two teaspoons each of light soy sauce and two and a half teaspoons of honey.

**Practice:**

A. Mix the ingredients referred to in "Material 2". Used to apply on chicken breasts, and a small amount on chicken body. Marinate for more than 1 hour.

B. Mix the ingredients referred to in "Material 3" and spread them on the skin of the chicken, then put the chicken in a preheated A NEW AIR FURNACE(MICROWAVE) and heat it at a temperature of 220 °C for 25-30 minutes. During the baking process Sweep the oil on the middle, transform the chicken body. The purpose is to make the skin crisp and colored.

**烧乳鸽**



**材料:**

1. 乳鸽2只(约重500克)
2. 生抽一汤匙, 老抽1茶匙, 盐2茶匙, 糖1茶匙, 八角粉, 酒, 麻油适量

低架 200°C 25+10分钟

**做法:**

1. 乳鸽洗净, 抹干, 用盐和八角粉涂匀内腔。
2. 将“2调味料”拌匀, 涂在乳鸽上, 腌约2个小时后风干。
3. 用200°C烤55分钟, 翻动。再用250°C烤10分钟即可。

**Roasted pigeon**

**Material:**

1. 2 squabs (about 500 grams)
2. One tablespoon of light soy sauce, 1 teaspoon of dark soy sauce, 2 teaspoons of salt, 1 teaspoon of sugar, star anise powder, wine, sesame oil

**Practice:**

1. Wash the pigeon, wipe it dry, and coat the inner cavity with salt and star anise powder.
2. Mix the "2 seasonings" well, spread on the pigeon, marinate for about 2 hours and air dry.
3. Bake at 200°C for 55 minutes, turning. Bake at 250°C for 10 minutes.

**香葱培根烤豆腐**



**材料:**

豆腐: 1块 培根: 适量 香葱: 50克

低架 烤盘 200°C 25分钟

**做法:**

1. 用厨房纸巾将豆腐表面的水分擦干, 然后再切成5cm长、2cm宽的长条。香葱洗净切碎。
2. 将培根分别裹在豆腐条上, 再整齐放入烤盘中。
3. 将烤盘放在低架上, 用200°C烤25分钟即可。

**Grilled Tofu with Chives and Bacon**

**Material:**

Tofu: 1 piece

Bacon: moderate amount

Chives: 50 grams

**Practice:**

1. Use a kitchen paper towel to dry the surface of the tofu, then cut into 5cm long and 2cm wide strips, wash and chop the chives.
2. Wrap the bacon on the tofu strips and place them neatly on the baking tray.
3. Place the baking pan on the low rack. Bake at 200°C for 25 minutes.

**特色烧猪肉**



**材料:**  
猪肉1000克，用粗盐腌2小时左右。

低架 肉针 加高圈 200°C 45分钟

**做法:**

1. 用开水飞水10秒，用肉针在猪皮上打孔，孔越多越脆。
2. 放入低架上。注意猪肉向上烤30分钟。
3. 然后翻转，猪皮向上烤15分钟即可。

**Special roast pork**

**Material:**

1. 1,000 grams of pork, marinate in coarse salt for about 2 hours.

**Practice:**

1. Use boiling water and fly water for 10 seconds, and punch holes in the pig skin with a meat needle. The more holes the more brittle.
2. Put it on the low shelf. Note that the pork is grilled upwards for 30 minutes.
3. Turn over and roast the pork skin upwards for 15 minutes.

**蜜汁叉烧**



**材料:**

1. 五花腩肉500克。
2. 盐二茶匙、糖五茶匙、味精二茶匙、麻酱一茶匙、花生酱一茶匙、生抽四茶匙、蜜糖二茶匙、胡椒粉适量、酒适量。

低架 烤盘 200°C 20分

**做法:**

把“材料2”所指配料与腩肉拌匀腌30分钟，然后放在预热的光波炉里用200°C高温加热20分钟，取出切片即可。

**Barbecued Pork with Honey Sauce**

**Material:**

1. 500 grams of pork belly.
2. Two teaspoons of salt, five teaspoons of sugar, two teaspoons of MSG, one teaspoon of

sesame sauce, one teaspoon of peanut butter, four teaspoons of light soy sauce, two teaspoons of honey, appropriate amount of pepper, and appropriate amount of wine.

**Practice:**

Mix the ingredients referred to in "Material 2" and the belly meat for 30 minutes, then heat them in a preheated convection oven at 200°C for 20 minutes, and then take out the slices.

**烧 鳗 鱼**



**材料:**

1. 鳗鱼肉二条(约300克)。
2. 盐四分之三茶匙、味精半茶匙、糖半茶匙、海鲜酱油二茶匙、麻油、胡椒粉少许、生粉二茶匙。
3. 烧烤汁适量(约一汤匙)。

**做法:**

将鳗鱼洗净切好,吸干水份,用“材料2”拌匀腌10分钟以上,然后放在烤架上用200°C炉温加热20分钟,打开炉盖刷上“材料3”所指烤汁再加热5分钟即可。

高架 烤盘 200°C 20+5分钟

Grilled eel

**Material:**

1. Two pieces of eel meat (about 300 grams).
2. Three-quarters teaspoon of salt, half a teaspoon of MSG and half a teaspoon of sugar. Two teaspoons of seafood soy sauce, a little sesame oil, a little pepper, and two teaspoons of corn starch.
3. Appropriate amount of barbecue sauce (about one tablespoon).

**Practice:**

Wash and cut the eel, absorb the water, mix well with "Material 2" and marinate for more than 10 minutes, then place it on the grill and heat it at 200°C for 20 minutes. Open the stove cover and brush with "Material 3" Reheat the roasting sauce for another 5 minutes.

**蒜 香 排 骨**



**材料:**

1. 排骨500克。
2. 盐半茶匙、味精半茶匙、糖一茶匙半、鸡蛋一只、胡椒粉适量、生蒜汁一汤匙、蒜四分之一茶匙、糯米粉三茶匙、粘米粉、淀粉各二茶匙、松肉粉、食粉适量、酒适量。

**做法:**

把“材料2”所指调味品与排骨搅匀腌30分钟,再将它放在预热好的光波炉里用250°C炉温加热30分钟左右即可。

低架 烤盘 250°C 30分钟

Garlic rib

**Material:**

1. 500 grams of ribs.
2. 1 / 2 teaspoon of salt, 1 / 2 teaspoon of MSG, 1 teaspoon and a half of sugar, 1 egg, moderate amount of pepper, 1 tablespoon of raw garlic juice, 1/4 teaspoon of garlic, 3 teaspoons of glutinous rice flour, sticky rice flour, 2 teaspoons each of starch, loose meat powder, Appropriate amount of food powder and appropriate amount of wine.

### Practice:

Stir and marinate the condiments and ribs referred to in "Material 2" for 30 minutes, then put it in a preheated convection oven and heat it at 250°C for about 30 minutes.

**红椒牛扒**



The recipe card for Red Pepper Steak includes a photo of the finished dish, a list of ingredients, and cooking instructions. It also features a small diagram of a rack and a baking pan with the temperature and time settings.

**材料:**

1. 牛扒三块(约250克)、洋葱丝50克。
2. 盐一茶匙、味精半茶匙、糖半茶匙、酒适量、食粉少许、生粉三茶匙、鸡蛋半只、生油适量。
3. 黑椒汁三汤匙

**做法:**

把牛扒块与“材料2”所指配料拌匀，腌30分钟，放入预热有油的烤盘上用225°C加热30分钟，把“材料3”所指配料扫在牛肉块两面，同时放进洋葱丝，再加热5分钟即可。(注释：视生熟而定)

高架 烤盘 225°C 30+5分钟

### Red Pepper Steak

#### Material:

1. Three steaks (about 250 grams). 50 grams shredded onion.
2. One teaspoon of salt, half a teaspoon of MSG, half a teaspoon of sugar. Appropriate amount of wine, a little powder, three teaspoons of cornstarch, half an egg, and an appropriate amount of raw oil.
3. Three tablespoons of black pepper sauce

#### Practice:

Mix the steak cubes with the ingredients indicated by "Material 2", marinate for 30 minutes, put them on a preheated oily baking pan and heat at 225° C for 30 minutes, sweep the ingredients indicated by "Material 3" on both sides of the beef cubes At the same time, add the shredded onion and heat it for another 5 minutes. (Note: it depends on raw and cooked)

**串烧牛柳粒**



The recipe card for Skewered Beef Tenderloin includes a photo of the skewers, a list of ingredients, and cooking instructions. It also features a small diagram of a rack and a steaming pan with the temperature and time settings.

**材料:**

牛肉: 500克  
洋葱: 2个  
青、红、黄椒: 各1个  
牛油、白酒、蒜头、黑胡椒、姜末、盐、香油少许。腌10分钟

**做法:**

1. 将牛肉、洋葱、青、红、黄椒各切成方形。
2. 按次序串好放在低架上。
3. 在空气炉(新型微波炉)内用250°C烤22分钟。即可食用。

低架 蒸盘 250°C 22分钟

### Skewered Beef Tenderloin

#### Material:

Beef: 500 grams

Onions: 2

Green, red and yellow pepper: 1 each

Butter, white wine, garlic, black pepper. Ginger, salt, and a little sesame oil. Marinate for 10

minutes

**Practice:**

1. Cut beef, onion, green, red, and yellow peppers into squares.
2. String them in order and put them on the low shelf.
3. Bake in an air oven (new microwave oven) at 250°C for 22 minutes. It is ready to eat.

**紫砂盅蒸饭**



**材料:**

1. 大米适量, 炖盅两个。
2. 腊味若干(可要可不要)。

低架 炖盅 250°C 25+10分

**做法:**

A. 将大米洗干净放入炖盅, 加上水, 用250°C 炉温加热约20分钟即可。

B. 如要加入腊味, 先用250°C 炉温加热约25分钟, 加入腊味再加热10分钟即可。

Purple Sand pot Steamed Rice

**Material:**

1. Appropriate amount of rice, two stew pots.
2. Some sausage (maybe or not).

**Practice:**

- A. Wash the rice and put it into the stewing pot, add water, and heat it at 250°C for about 20 minutes.
- B. If you want to add sausage, first heat it at 250 °C for about 25 minutes, then add sausage and heat for another 10 minutes.

**莲藕排骨汤**



**材料:**

1. 莲藕500克左右、排骨350克。
2. 姜2片、葱1支、清水2大汤碗、白醋4大匙、盐1茶匙、味精2茶匙。

低架 炖盅 200°C 60分钟

**做法:**

把莲藕削去皮切成块, 排骨亦最好用滚开水烫煮2分钟以去血水, 再把水、莲藕、排骨以及配料放入炖盅, 然后放进空气炉(新型微波炉)里, 把温度调至 220°C 加热1小时以上即可。

Lotus Root Pork Ribs Soup

**Material:**

1. About 500 grams of lotus root, 350 grams of ribs.
2. 2 slices of ginger, 1 green onion, 2 large soup bowls, 4 tablespoons of white vinegar, 1 teaspoon of salt, 2 teaspoons of MSG.

**Practice:**

Peel the lotus root and cut into pieces. The ribs should also be boiled in boiling water for 2 minutes to remove the blood. Then put the water, lotus root, ribs and ingredients into the stewing pot, and then put it into the air oven A NEW AIR FURNACE(MICROWAVE). Adjust the

temperature to 220°C and heat for more than 1 hour.

**苦瓜盅**



**材料:**  
苦瓜一条, 猪肉沫100克, 虾仁50克, 蒜10克, 生抽6克, 香油8克, 豆豉沫15克, 白糖12克, 盐5克, 生粉10克。

**做法:**  
苦瓜去头尾, 去籽, 洗净, 横切成段, 用盐腌5分钟, 蒜去皮, 剥蓉, 虾仁洗净, 剥泥, 猪肉沫加酱油, 生粉, 蒜蓉, 虾泥拌匀, 用锡纸包好放入炉架上。把温度调至220°C加热40分钟即可。

低架 220°C 40分钟

Bitter gourd

**Material:**

A bitter gourd, 100 grams of pork froth, 50 grams of shrimp, 10 grams of garlic, 6 grams of light soy sauce, 8 grams of sesame oil, 15 grams of bean mud, 12 grams of sugar, 5 grams of salt, 10 grams of corn starch.

**Practice:**

Remove the head and tail, remove the seeds, and wash the bitter gourd. Cut horizontally into sections, marinate in salt for 5 minutes, peel the garlic, chop the puree, wash the shrimp, chop the mud, add soy sauce, cornstarch, garlic, and shrimp puree to the minced pork, mix well, wrap it in tin foil and put it on the stove. Adjust the temperature to 220°C and heat it for 40 minutes.

**什蔬焗鱼**



**材料:**  
三文鱼: 500克  
洋葱: 100克  
香菇: 50克  
奶油: 100毫升  
盐、酒、酱油、胡椒: 适量

**做法:**  
1. 将三文鱼抹上调味料, 腌10分钟, 洋葱切细。  
2. 在空气炉(新型微波炉)上先放低架, 再放烤盘, 把食物放在烤盘上, 抹上牛油, 洋葱, 冬菇作伴。  
3. 用200°C高温烤30分钟即可。

低架 烤盘 200°C 30分钟

Baked Fish with Mixed Vegetables

**Material:**

Salmon: 500 grams

Onions: 100 grams

Shiitake: 50g Cream: 100ml

Salt, wine, soy sauce, pepper: moderate amount

**Practice:**

1. Spread the seasoning on the salmon. Marinate for 10 minutes and finely chop onion.
2. Lower the rack on the air stove (new microwave oven). Put the baking tray again. Put the food on the baking tray. Spread butter, onion and mushrooms for mixing.
3. Bake at 200°C for 30 minutes.

## 烤鲳鱼



### 材料:

鲳鱼: 500克  
清油: 10克  
调味料: 盐5克、孜然粉3克、辣椒粉5克、  
芝麻3克、胡椒粉5克

### 做法:

1. 洗净的鲳鱼腌2分钟, 排列放在烤盘上, 再放低架上。
2. 用250°C烤15分钟翻面再烤5分钟。撒上调料即可。

## Grilled Pomfret

### Material:

Pomfret: 500 grams

Clean oil: 10 grams

Seasoning: 5g salt, 3g cumin powder, 5g chili powder, 3g sesame, 5g pepper

### Practice:

1. Marinate the washed pomfret for 2 minutes, arrange them on the baking tray, and put them on the low rack.
2. Bake at 250°C for 15 minutes. Turn over and bake for 5 minutes. Sprinkle with seasoning.

## 清蒸鲈鱼



### 材料:

鲈鱼1条, 葱15克, 姜10克, 盐5克, 味精3克, 料酒10克, 酱油15克。

### 做法:

鲈鱼洗净, 葱洗净, 切成丝或花, 姜去皮切成丝或沫, 鲈鱼用葱丝、姜丝和调味料腌制20分钟, 用锡纸将鲈鱼包好, 放入微波炉内, 把温度调至230°C加热30分钟即可。

## Steamed sea bass

### Material:

1 sea bass, 15 grams of green onions, 10 grams of ginger, 5 grams of salt, 3 grams of MSG, 10 grams of cooking wine, 15 grams of soy sauce.

### Practice:

Wash the perch. Wash the green onions. Cut into silk or flowers. Peel the ginger and cut into silk or foam. Marinate the sea bass with green onion, shredded ginger and seasonings for 20 minutes. Wrap the sea bass with tin foil. Put it in a convection oven, adjust the temperature to 230°C and heat for 30 minutes.

### 虾米韭王煎蛋饼



#### 材料:

1. 鸡蛋四只、泡好虾米20克、韭黄40克、泡好冬菇丝10克。
2. 盐半茶匙、味精一茶匙、胡椒粉、麻油、花生油适量。

#### 做法:

先将鸡蛋、虾米、韭黄、冬菇丝与“材料2”所指配料拌匀，然后倒进预热有油的煎盘里，用175℃炉温加热20—30分钟即可。

### Dried Shrimp and Leek Omelet

#### Material:

1. Four eggs, 20 grams of dried shrimp, 40 grams of chives, and 10 grams of shredded shiitake mushrooms.
2. Half a teaspoon of salt, one teaspoon of MSG, pepper, sesame oil, and peanut oil.

#### Practice:

First put the eggs, dried shrimps, and chives. Mix the shredded shiitake mushrooms with the ingredients referred to in "Material 2", and then pour them into a preheated frying pan with oil. Heat at 175°C for 20-30 minutes.

### 七彩绘芽菜



#### 材料:

1. 芽菜500克、红萝卜丝10克、青红椒丝各10克、葱20克、泡好的冬菇丝10克。
2. 姜丝适量、蒜茸适量、油少许。
3. 酒适量、盐一茶匙、味精一茶匙、糖四分之一茶匙、酱油一茶匙半、胡椒粉、麻油适量。

#### 做法:

先将空气炉(新型微波炉)预热，放入“材料2”所指配料与芽菜爆炒，再放各丝炒匀，然后放入“材料3”所指配料拌匀，用250℃炉温加热约20分钟，其间要翻动，最后放入少量花生油拌匀即可。

### Colorful braised sprouts

#### Material:

1. 500 grams of sprouts, 10 grams of shredded carrots, 10 grams of green and red peppers, 20 grams of green onions, and 10 grams of shredded shiitake mushrooms.
2. Appropriate amount of ginger, garlic, and a little oil.
3. Appropriate amount of wine, one teaspoon of salt, one teaspoon of MSG, one-fourth teaspoon of sugar, one and a half teaspoonful of soy sauce, appropriate amount of pepper and sesame oil.

#### Practice:

First preheat the air oven (new microwave oven), put the ingredients indicated by "Material 2" and sprouts and stir-fry. Then put the shreds and stir-fry, then put the ingredients indicated by "Material 3" and mix well. Use a 250 °C oven Warm and heat for about 20 minutes, turning in the meantime, and finally add a small amount of peanut oil and mix well.

## 酿丝瓜



### 材料:

1. 鱼胶100克, 切好丝瓜十六件(约重300克)、锡纸一张。
2. 生粉适量。
3. 盐半茶匙、味精半茶匙、水150克。
4. 酱油一汤匙、熟生抽半汤匙、葱花、胡椒粉适量。

### 做法:

先把“材料2”所指配料拍到丝瓜件里, 再将鱼胶酿在丝瓜件上, 把“材料3”所指配料放入酿好的丝瓜件里用锡纸包好, 放进烤盘里用250°C炉温加热20分钟。拿出把“材料4”所指配料淋在丝瓜件里即可。

## Stuffed Loofah

### Material:

1. 100 grams of isinglass, 16 pieces of cut loofah (about 300 grams). A piece of tin foil
2. Right amount of corn starch.
3. Half a teaspoon of salt, half a teaspoon of MSG, 150 grams of water.
4. One tablespoon of soy sauce, half a tablespoon of cooked light soy sauce, chopped green onion, and pepper.

### Practice:

First pat the ingredients referred to in "Material 2" into the loofah pieces, then stuff the fish glue on the loofah pieces, put the ingredients referred to in "Material 3" into the stuffed loofah pieces and wrap them in tin foil. Put it in a baking pan and heat it at 250°C for 20 minutes. Take out and pour the ingredients referred to in "Material 4" into the loofah.

## 爆玉米花



### 材料:

1. 干粟米(浓缩玉米)150克(超市或粮食批发市场有售)
2. 牛油二茶匙、糖粉适量。

### 做法:

用250°C炉温, 将烤盘加热10分钟, 再放进牛油和干粟米, 继续加热20分钟左右至干粟米爆开为止。取出洒上糖粉即可。

## Popcorn

### Material:

1. Dry corn (concentrated corn) 150g (available in supermarkets or grain wholesale markets)
2. Two teaspoons of butter, appropriate amount of powdered sugar.

### Practice:

Heat the roasting pan at 250°C for 10 minutes, then add butter and dried corn, and continue heating for about 20 minutes until the dried corn pops. Take out and sprinkle with powdered sugar.

### 盐焗腰果



#### 材料:

1. 腰果200克。
2. 牛油1.5茶匙, 盐1茶匙, 糖1/3茶匙



#### 做法:

- A. 先将牛油用小碗放在空气炉(新型微波炉)里预热融化, 取出放入盐和糖备用。
- B. 把腰果放在烤盘上, 与调好的牛油拌匀, 放入空气炉(新型微波炉)用180°C炉温加热20分钟即可(说明: 烤时翻动一至二次)。

### Salted Cashew Nuts

#### Material:

1. 200 grams of cashew nuts.
2. 1.5 tsp butter, 1 tsp salt, 1/3 tsp sugar

#### Practice:

- A. Put the butter in a small bowl in an air oven (new microwave oven) to preheat and melt. Take it out and put in salt and sugar for later use.
- B. Put the cashew nuts on the baking tray, mix them with the prepared butter, put them in an air oven (new microwave oven) and heat them at a temperature of 180°C for 20 minutes (Note: flip once or twice during baking).

### 烤玉米



#### 材料:

1. 玉米2条。
2. 锡纸2张。



#### 做法:

玉米洗净, 用锡纸封好, 放进空气炉(新型微波炉)的烤架上, 用250°C炉温加热25分钟即可。

### Grilled corn

#### Material:

1. 2 corns
2. Two pieces of tin foil

#### Practice:

Wash corn. Seal it with tin foil. Put it on the grill of an air oven (new microwave oven) and heat it at 250°C for 25 minutes.

### 牛油生蚝



#### 材料:

1. 生蚝3只(600克)、牛油50克、芝士二片(超市有售)。
2. 姜汁酒少许。洋葱粒、芫荽粒适量。

#### 做法:

先将生蚝用刀剥开去肠去内脏洗净, 用干毛巾吸干水份, 然后把牛油煮熟, 芝士切碎与“材料2”配料拌匀, 放在干净的生蚝上面, 再将生蚝放在代架上, 放入光波炉里用200°C 炉温加热15—20分钟左右即可。

### Butter Oysters

#### Material:

- 1, 3 oysters (600 grams). 50 grams of butter. Two slices of cheese (available in supermarkets)
2. A little ginger wine. The amount of onion and cilantro is appropriate.

#### Practice:

First chop the raw oysters with a knife to remove the intestines, remove the intestines, and wash them. Use a dry towel to absorb the water. Then cook the butter, chop the cheese and mix well with the ingredients of "Material 2", put it on top of the clean oysters, and then Place the oysters on the shelf, put them in a convection oven and heat them at 200°C for 15-20 minutes.

### 烤鱿鱼



#### 材料:

1. 土魷4只(约150克)。

#### 做法:

先将土魷用干净毛巾抹干净放进烤架上, 用200°C 炉温加热15分钟, 拿出用手撕开即可。

### Grilled squid

#### Material:

1. 4 earth squids (about 150 grams)

#### Practice:

First wipe the squid with a clean towel and put it on the grill, heat it at 200°C for 15 minutes, take it out and tear it open by hand.

### 盐烧大虾



#### 材料:

1. 大虾500克
2. 盐、酒、姜片少许



#### 做法:

1. 虾与调味料腌5分钟。
2. 整齐放在烤盘上，放在低架上。
3. 200°C 高温烧25分钟即可。

Salt-boiled prawns

#### Material:

1. 500 grams of prawns
2. A little salt, wine, and ginger slices

#### Practice:

1. Marinate the shrimp and seasoning for 5 minutes.
2. Put it neatly on the baking tray and put it on the low rack.
3. Burn at 200°C for 25 minutes.

### 啤酒煎焗蟹



#### 材料:

1. 蟹2只(约600克)、啤酒100克、姜、葱适量、锡纸一张。
2. 生粉一汤匙。
3. 盐1/3茶匙、胡椒粉、麻油少许、蛋白一只。



#### 做法:

- A. 先将蟹剖开，留蟹盖，用生粉与蟹拌匀，放入有锡纸蒸盘上。
- B. 把盐、胡椒粉、麻油、蛋白等配料与啤酒拌匀放入蟹里，姜、葱同时放入，然后用锡纸包好放入微波炉炉架上，用250°C 炉温加热20分钟即可。

Fried Crab with Beer

#### Material:

- 1, 2 crabs (about 600 grams), 100 grams of beer, ginger. Appropriate amount of green onions and a piece of tin foil.
2. One tablespoon of cornstarch.
3. 1/3 teaspoon of salt, pepper. A little sesame oil. One egg white

#### Practice:

- A. Cut the crab apart first. Keep the crab cover, mix well with cornstarch and crab, and put it on the steaming plate with foil.
- B. Mix salt, pepper, sesame oil, egg whites and other ingredients with beer and put them in the crab, ginger. Scallions are added at the same time. Then wrap it in tin foil and put it on the convection oven rack, and heat it at a furnace temperature of 250°C for 20 minutes.

## 煎 饺



### 做法:

先将煎盘放入炉架上, 放入适量花生油, 用光波炉预热, 然后逐个将饺子放入煎盘里, 用250°C炉温加热25分钟左右。

### 材料:

1. 饺子350克(25只, 超市购买)。
2. 花生油适量。

Fried dumplings

### Material:

1. 350g dumplings (25 pieces, purchased from supermarket).
2. A moderate amount of peanut oil.

### Practice:

Put the frying pan on the stove first, put in an appropriate amount of peanut oil, preheat with a convection oven, and then put it into the frying pan one by one, and heat it at 250°C for about 25 minutes.

## 营养煎蛋



### 做法:

将煎盘放入空气炉(新型微波炉)炉架上, 适量放入花生油, 温度调至220°C, 再把鸡蛋打入煎盘中加热25分钟即可。

### 材料:

鸡蛋3只, 葱15克, 盐3克, 酱油3克。

Nutritional omelette

### Material:

3 eggs, 15 grams of green onions, 3 grams of salt, and 3 grams of soy sauce.

### Practice:

Put the frying pan on the rack of the air oven (new microwave oven), put an appropriate amount of peanut oil, adjust the temperature to 220 °C and then beat the eggs into the frying pan and heat for 25 minutes.

## 香草饼干



### 材料:

奶油(黄油)100克, 糖粉1杯  
鸡蛋: 2个, 面粉: 300克  
奶粉: 5大匙, 盐: 少许  
香草片: 4片(压成粉末)  
果酱: 1/2杯, 发泡粉1小匙, 挤花袋1个

### 做法:

1. 奶油放入盐中, 用直型打蛋器打得大致松软, 慢慢加入糖粉打匀, 鸡蛋分次加入用力搅打至乳白稠状。
2. 面粉、奶粉、盐、泡打粉、香草混合过筛后, 再倒入“做法1”料中, 和成面团。
3. 将面团分切成4块, 放入挤花袋中, 在烤盘中挤出花型。放入光波炉中180°C烤25分钟左右, 呈黄色即可取出。

## Vanilla Cookies

### Material:

100 grams of butter (butter),

1 cup powdered sugar

Eggs: 2

Flour: 300 grams

Milk powder: 5 tablespoons

Salt: a pinch

Vanilla flakes: 4 tablets (pressed into powder)

Jam: 1/2 cup, 1 tsp of foaming powder, 1 squeeze bag、

### Practice:

1. Put the butter in the salt and beat it roughly soft with a straight whisk. Slowly add in powdered sugar and beat well, add eggs in portions and beat vigorously until creamy white and thick.
2. After mixing flour, milk powder, salt, baking powder, and vanilla through a sieve, pour them into the "Method 1" ingredients and mix them into a dough.
3. Divide the dough into 4 pieces. Put it into a squeezing bag and squeeze out the pattern in the baking tray. Bake in a convection oven at 180°C for about 25 minutes until it turns yellow and can be taken out.

## 蛋黄小甜饼



### 材料:

1. 面粉250克, 糖15克, 鸡蛋2只。
2. 配料: 发酵粉, 水, 芝麻。

### 做法:

1. 面粉中加入发酵粉和水, 和成面团, 放置20分钟。
2. 将面团做成薄饼, 可以做出不同的花型。
3. 将做好的薄饼, 放入烤盘中, 上面刷一层蛋黄, 然后再撒一层糖和芝麻。
4. 将烤盘放在低架上, 用180°C烘焙30分钟。

## Egg Yolk Cookies

### Material:

1. 250 grams of flour, 15 grams of sugar, 2 eggs.

2. Ingredients, baking powder, water, sesame seeds.

**Practice:**

1. Add baking powder and water to the flour, mix it into a dough, and let it rest for 20 minutes.
2. Make the dough into pancakes. Different patterns can be made.
3. Put the finished pancakes in a baking tray. Brush a layer of egg yolk on top. Then sprinkle with sugar and sesame seeds.
4. Put the baking tray on the low rack and bake at 180°C for 30 minutes.

**生日蛋糕**



**材料:**  
鸡蛋250克、面粉150克、糖150克、牛油40克、生油适量。

低架 烤盘 200°C 30分钟

**做法:**

1. 将鸡蛋、糖、牛油混合倒入容器内，搅拌成粘状，倒立不泻为标准。
2. 加入面粉，牛油搅拌成蛋糕浆。
3. 将烤盘内扫上牛油，再把蛋糕浆倒入烤盘内，加盖。
4. 先放低架，再放烤盘，用200°C高温焗30分钟即可。

**Birthday Cake**

**Material:**

250 grams of eggs, 150 grams of flour, 150 grams of sugar, 40 grams of butter, appropriate amount of raw oil.

**Practice:**

1. Mix the eggs, sugar, and butter into the container. Stir it into a sticky shape. Handstand without diarrhea is the standard.
2. Add flour and butter and stir into cake paste.
3. Spread butter in the baking pan, pour the cake batter into the baking pan and cover it.
4. Lower the rack first, then put the baking tray, and bake at 200°C for 30 minutes.

**蒜蓉包**



**材料:**  
面包: 1条  
调味料: 蒜味烧烤酱适量

低架 200°C 20分钟

**做法:**

1. 面包切成1.5厘米的片。
2. 将切好的面包放入低架上，并刷上蒜味烧烤酱，用200°C烘烤20分钟即可。

**Garlic Bun**

**Material:**

Bread: 1 loaf

Seasoning: Garlic barbecue sauce appropriate amount

**Practice:**

1. Cut the bread into 1.5 cm slices.
2. Put the cut bread on the low rack. Brush with garlic barbecue sauce and bake at 200°C for 20 minutes.



Steamed bun heating

**Material:**

300 grams of steamed buns (12 pieces, purchased at the supermarket).

**Practice:**

Put the steamed buns into the steaming tray, put the steaming tray on the rack of the A NEW AIR FURNACE(MICROWAVE) and then adjust the temperature to 180 °C. Heat for 20 minutes.

## XII、 AFTER-SALES SERVICE

Please read the instructions carefully before using it for the first time. It will help you to use and maintain it safely and correctly to avoid unnecessary losses.

Under normal operation in accordance with the instructions for use, if the product fails or has quality problems, our company will provide you with repair services. Free warranty services will be implemented within one year, and paid repair services will be implemented beyond the warranty period. If you have any comments or questions, please contact Contact the after-sales department of our company.

Free after-sales service call:

**The following conditions are not included in the scope of repair service or replacement:**

1. You cannot show the maintenance service card;
2. The maintenance service card does not record the product model, place of purchase and date of purchase, or the maintenance service card has been altered;
3. Because you did not use it in accordance with the instruction manual. The resulting product failure and damage;
4. Product failures and damages caused by collisions, drops, empty burns, etc.;
5. Due to fire and earthquake. Lightning strikes. Product failure and damage caused by natural disasters such as typhoons and floods.

# Maintenance Service Card

(Please keep it safe by yourself)

User Name

Contact Number

Product Number

Purchase Date

Purchase Place

Promoter's Signature

Maintenance

Maintenance Date

Records(Change,

Service Personnel Signature

Maintenance Records

Repair)

Detailed Fault

合格证

检验合格

检验员

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