

Boiled Rice



Ingredients (6 servings)

- 6 cups of rice
- The cup that ingredients indicate is a measuring cup standard in a rice cooker.
1 cup(180cc standard) applies to 1 person.

How to cook

- Put washed rice into the inner pot, pour water to the glutinous rice water scale 6.
- Lock the top cover, press **menu** button, if you want sticky glutinous rice, select glutinous rice button. If you want more sticky glutinous rice than a general rice cooker and less sticky glutinous rice than a pressure rice cooker, select 「normal rice」, and then press the **pressure cook/turbo** button.
(In case of 「lutinous rice」, set water scale in glutinous rice, and in case of 「ormal rice」, set water scale in normal rice)
- Mix the cooked rice well, after the cooking is finished.

Reference

As a standard of water scale that the product manual indicates, set a little less water scale in new rice and a more water in old rice.
(Set water scale as your home taste)

Peas Rice



Ingredients (3 servings)

- 3 cups of rice, 1.5 cups of peas, a tablespoon of refined rice wine, 1.5 teaspoon of salt
- After boiling peas and then press cook button.

How to cook

- Wash peas thoroughly with salt and remove wetness.
- Put thoroughly washed rice into the inner pot, apply refined rice wine and salt, and then pour water to the polished rice water scale 3.
- Put peas on it, lock a top cover, press the **menu** button to select 「glutinous rice」, and press the **pressure cook/turbo** button.
- Mix the cooked rice well, after the cooking is finished.



Peas storing method

If you buy peas and kidney beans in a market and keep them as it is in a refrigerator, they get discolored very fast and lose freshness as well.

After you buy them in a market, come home and at once boil them and put them in a refrigerator. And pull out and use whenever you need them, and then you can keep up color and freshness.

Barely Rice



Ingredients (3 servings)

- 2 cups of rice, a cup of barley corn

How to cook

- For cup of barley corn, prepare boiled barley in advance.
- Wash rice thoroughly, put them with boiled barley into the inner pot, and pour water to the polished rice water scale 3.
- Lock the top cover, press the **menu** button to select 「mixed」, and press the **pressure cook/turbo** button.
- Mix the cooked rice well, after the cooking is finished.

Rice with Five Grains



Ingredients (3 servings)

1.5 cup of rice, 1/3 cup of millet, 1/2 cup of glutinous rice, 1/3 cup of red-beans, 1/3 cup of African millet, a teaspoon of salt

How to cook

- Wash rice, glutinous rice, millet, African millet thoroughly, and pick up and put them in colander.
- Boil red-beans in high heat ranging 70-80%, Pour only water in which red beans were boiled in a different bowl.
- Put rice, glutinous rice, millet, African millet in a colander into the inner pot, pour water in which red-beans were boiled and water to the polished rice water scale 3.
- Put boiled red-beans on it, lock the top cover, press the **menu** button to select 「mixed rice」, and press the **pressure cook/turbo** button.
- Mix the cooked rice well, after the cooking is finished.

reference

According to oriental medicine, red-bean is called jeoksodu that extracts moisture gets rid of swelling, discharges pus, stops thirst and diarrhea, pass urine well and lessen edema.

Fresh Germinated Brown Rice



Ingredients (4 servings)

4 cups of brown rice

How to cook

- Wash brown rice thoroughly, put them into the inner pot, and pour water to GABA water scale 4.
- Lock the top cover, press the **menu** button to select 「GABA」, set four hours of GABA time and press the **pressure cook/turbo** button.
- Mix the cooked rice well, after the cooking is finished.

reference

- As your taste, set the sprouting time of brown rice between 4 ~ 6 hours.
- When you select cook with sprouted brown rice and when you want 100% brown rice without sprouting, select cook setting zero hours of sprouting time.

Brown Rice with Red-Beans



Ingredients (3 servings)

1 cup of brown rice, 2 cups of rice, 1/3 cup of red-beans

How to cook

- Boil red-beans until they are soft and not to be broken shape, and then separate them from water in which red-beans were boiled.
- Wash brown rice thoroughly, put them into the inner pot, pour water to the GABA water scale 3, and then put boiled red-beans into it.
- Lock the top cover, press the **menu** button to select 「GABA」, set zero hours of GABA time and press the **pressure cook/turbo** button.
- Mix the cooked rice well, after the cooking is finished.

Green tea rice with

Chicken Breast



Ingredients (2 servings)

2 cups of brown rice, green tea leaves 3g, green tea powder 10g, 4 pieces of chicken's breast meat, a little of olive oil, a little salt, a little pepper, celery 5g, a little lime, a little rosemary

How to cook

- Wash brown rice thoroughly, put 10g of green tea powder and 3g of green tea leaves into the inner pot, and then pour water to GABA water scale 2.
- Lock the top cover, press the **menu** button to select 「GABA」, set four hours of GABA time, and press the **pressure cook/turbo** button.
- Marinate chicken breast in salt and pepper for an hour and then grill in a frying pan with olive oil. Then cut them into thin slices.
- Cut lime into half-moon shape, and shredding a celery.
- Mix the cooked rice well, after the cooking is finished, and prepare GABA rice and chicken's breast in a bowl with lime and celery.

Sprout Boiled Rice with Assorted Vegetables



Ingredients (2 servings)

2 cups of brown rice, a little of sprout vegetables 1/2 cup of Korean hot pepper paste, minced beef 40g, a tablespoon of sesame oil, a tablespoon of honey, a tablespoon of sugar

How to cook

- Wash brown rice thoroughly, put them into the inner pot, and pour water to GABA water scale 2.
- Lock the top cover, press the **menu** button to select 「GABA」, set four hours of GABA time and press the **pressure cook/turbo** button.
- Frying minced beef in a pan with sesame oil, adding Korean hot pepper paste and 1/3 cup of water and stir them well till they are sticky and then stir them a little more adding sugar, honey and sesame oil.
- When rice is finished cooking, mix rice well, and decorate sprout vegetables on GABA rice.
- Scoop rice into separate bowls and mix with Korean hot pepper paste.

Mushroomtitan



Ingredients (2 servings)

2 cups of brown rice, brown gravy sauce 20g, a little salt, 2 sesame leaves, 1/3 pumpkin, a pack of big cone pine mushroom

- Choose mushroom as your home taste

How to cook

- Wash brown rice thoroughly, put them into the inner pot, and then pour water to GABA water scale 2.
- Lock the top cover, press the **menu** button to select 「GABA」, set four hours of GABA time, and press the **pressure cook/turbo** button.
- Chop pumpkin thinly, add salt and fry them lightly.
- Mix together big cone pine mushroom with brown gravy sauce lightly.
- Mix the cooked rice well, after the cooking is finished.
- Put germinated brown rice in a mold, adding fried pumpkin, and place GABA rice on them again not to be broken and then extract them from a mold.
- After piling mixed big cone pine mushroom on brown gravy sauce, decorate by adding shredded sesame leaves on top.



Ten kinds of advantage of green tea

1. Anticancer effect of green tea
2. Restraint aging
3. Prevent geriatric diseases
4. Prevent obesity and diet
5. Counteract the poison of a heavy metal and nicotine
6. Recover tiredness and remove a hangover
7. Cure constipation
8. Prevent decay of teeth
9. Prevent constitutional acidification
10. Prevent an inflammation and bacterium infection



Flavored Glutinous Rice Mixed with Honey, Dates, Chestnut etc.



Ingredients (3 servings)

3 cups of glutinous rice, raisins 60g, 20 chestnuts, 15 jujubes, a tablespoon of pine nuts, black sugar 100g, a tablespoon of well aged soy sauce, 3 tablespoons of sesame oil, a little salt, 1/2 tablespoon of cinnamon powder

How to cook

- Wash glutinous rice thoroughly, and soak them in water more than an hour
- Prepare chestnuts and jujubes which are chopped proper size (But remove peel and seeds of chestnuts and jujubes)
- After adding black sugar, sesame oil, a little salt with already soaked glutinous rice, stir them until mixed well.
- Put above prepared — ingredients and all ingredients into the inner pot, pour water to glutinous water scale 4 and then mix them one more time.
- Lock the top cover, press the **menu** button to select 「glutinous」, and press the **pressure cook/turbo** button.

Sung Nyung



Ingredients

Nu Rung Ji 120g

How to cook

- After cooking the Nu run gi as a Nu rung ji menu, put them into the inner pot.
- Pour 6 measuring cups of water into the inner pot.
- Lock the top cover, press the **menu** button to select 「Sung Nyung」, and press the **pressure cook/turbo** button.
- If scorched rice tea is completed, open the top cover, and stir it to the bottom.

Reference

- If you pour more water than it is indicated, you can get a burn or it can cause a failure of product because of rice-water overflowing or ingredients scattering.

Porridge Made of Rice and Pine Nuts



Ingredients (1.5 servings)

A cup of rice, 1/2 cup of pine nuts, a little salt

How to cook

- Wash rice and pine nuts thoroughly.
- Put rice in a colander and grind pine nuts using a mixer.
- Put rice and grinded pine nuts and pour water to porridge water scale 1.5.
- Lock the top cover, press the **menu** button to select 「Porridge」, and press the **pressure cook/turbo** button.
- When it turns into keeping warm, add a little salt, and stir them lightly as your taste.

Reference

- It is important that you should prepare porridge knowing the time of eating porridge. Taste of cold porridge and re-heated porridge does not taste good.
- It tastes better if you eat it with water-Kimchi or fish boiled in soy with spices helping digesting or a dried pollack nap.
- Recipe of rice porridge is same as that of pine nuts porridge but it adds just rice.



How to choose good pine nuts

Have grass and luster, no embryo cover of pine nuts, smell of a big cone pine and pine resin scent.

Rice Porridge with Abalone



Ingredients (1 servings)

A cup of rice, a tablespoon of sesame oil, 1 abalone, a little salt

How to cook

- Wash rice thoroughly and soak them in water.
- Scrub abalone with brush and remove the viscera then chop slicely.
- Putting rice and abalone into the inner pot, add sesame oil, and stir them.
- Pour water to porridge water scale 1.
- Lock the top cover, press the **menu** button to select 「porridge」, and press the **pressure cook/turbo** button.
- When it turns tp "Keep Warm" setting, add a little salt to your taste, and stir them lightly.

Reference : As your taste, recipe of porridge with shrimp and oyster is same as that of above.



The difference between natural-made and farming abalone depends on color of a shell, generally natural-made abalone is dark brown or reddish brown, farming abalone is green.

Special Chicken Soup



Ingredients (2 servings)

1 cup of rice, chicken 200g, chicken source 600g, a green pepper, a red pepper, a little salt.
Spices : a tablespoon of chopped onion, a tablespoon of chopped garlic, 2 tablespoons of soy source, a little sesame, 2 teaspoons of sesame oil, a little black pepper

How to cook

- Wash your rice thoroughly, and soak them in water over an hour.
- Season ingredient with spices after boiling, and shred your chicken.
- Throw away the seeds of pepper then cut a green pepper and a red pepper finely.
- Get rid of oil of chicken sauce, and place on the towel.
- Put above prepared rice, chicken and pepper into the inner pot, and pour your chicken sauce.
- Pour water into the inner pot up to a water scale 2.
- Lock the top cover, press the **menu** button to select 「porridge」, and press the **pressure cook/turbo** button.
- Mix the cooked rice well, after the cooking is finished.

Rice Porridge



Ingredients (1 servings)

A cup of rice

How to cook

- Wash your rice thoroughly, put into the inner pot, and pour the water up to a scale 1.
- Lock the top cover, press the **menu** button to select 「porridge」, and press the **pressure cook/turbo** button.

Soup was the main dish during the early food fad developments.



At the New Stone Age started the farming culture, it is presumed that the people of that age boiled water with cereals in the earthenware, it is the origin of porridge.

Rice Porridge Boiled together with Red-Beans



Ingredients (2 servings)

A cup of rice, 1/3 cups of red-beans, a cup of glutinous rice flour

How to cook

- Wash rice thoroughly, and soak them in water more than half an hour.
- After boiling red-beans in high heat, remove water in which red-beans were boiled. Pour water again and boil them in low heat until they are broken.
- Put boiled red-beans in a colander, crush them, and filter water in which red-beans were boiled.
- After sieving glutinous rice flour two or three times, boil them, knead them with cold water, and make small dumplings in red-bean gruel.
- Put soaked rice into the inner pot, pour water in which red-beans were boiled to porridge water scale 2.
- After adding small dumplings and red-beans, press the **menu** button to select 「porridge」 and press the **pressure cook/turbo** button.

Reference

If you would like to chew red-bean eggs, add them as your taste.

Chicken Soup



Ingredients

A chicken(1kg), 2 fresh ginsengs, 10 jujubes, a cup of glutinous rice, a little salt and pepper and garlic

How to cook

- Make a hole by cutting the chicken's belly.
- Fill glutinous rice which is soaked water more than for two hours and garlic in the crammed chicken's belly. (If glutinous rice is not soaked in the water, it can be half-done)
- Depending on taste, if you want sticky soup, put half of glutinous rice in the chicken's belly and put the rest out.
- Cross two legs and tie to enclose the glutinous rice stuffing.
- Put a prepared chicken into the inner pot, add thoroughly washed fresh ginsengs and jujubes, and pour water to polished rice water scale 6.
- Lock the top cover, press the **menu** button to select 「Chicken soup」, and press the **pressure cook/turbo** button

Reference

If you pour too much water, after cooking when it emits pressure water may come up, so be careful.



How to choose soft and delicious chicken

Chicken is not only relatively soft and plain food, but also good to get digestion absorption so the demand is increasing.

It takes fifteen or sixteen aging days for beef and pork. On the other hand chicken is the most delicious next morning when it is killed.

So if it is possible, buy chicken in a poultry farm or buy chicken killed that morning and cook it for dinner.

In case of choosing alive chicken, don't choose chicken that has dim eyes and no the anus because it is sick. Choose chicken that has plump and hard muscle of a drumstick.

In case of choosing already killed chicken, choose chicken that has a full breast. If pores of skin are clear, transparent, light yellow then it is fresh.

Chicken below a year age is soft and delicious, when you touch end of breastbone you feel more light gristle, it is younger chicken.

In case of buying parts of chicken, choose chicken that has hard and lustrous meat. Skin should be proper fat between lean meat and skin and a chopped section should be smooth as well.



Remove the viscera of chicken and wash them thoroughly.



When you intake high-protein recreation food heavily, body fluids are getting acidified and cell is getting aged. And your tiredness gets strong, so always eat vegetables and fruits together.

Sweet Pumpkin Soup



- The completion term of Baby food(after 12 months)

Ingredients

Sweet pumpkin 200g, 2 tablespoons of bread crumb, 1/2 cup of water, a little salt, a little milk

How to cook

- Choose yellow well ripened sweet pumpkin and peel it. Remove seeds and chop to pieces, and rinse with water.
- Put above prepared ingredients(1), 2 tablespoons of bread crumb and 1/2 cup of water into the inner pot.
- Lock the top cover, press the **menu** button to select 「multi cook」, set 10 minutes time and press **pressure cook/turbo** button.
- When it cooked, smash them with a wood rice scoop, and mix milk with them when they are warm.

Rice Porridge with Sweet Potato and Apple



- The completion term of Baby food(after 12 months)

Ingredients

Sweet potato 100g, apple 100g, 1/4 cup of water, a little honey

How to cook

- Peel apple and sweet potato and chop to pieces.
- Put above prepared(1) ingredients into the inner pot, and pour 1/4 cup of water.
- Lock the top cover, press the **menu** button to select 「multi cook」, set twenty minutes time and press the **pressure cook/turbo** button
- When it cooked, smash them with a wood rice scoop, add some honey, and stir them.

Thin Gruel with Vegetables and Rice



- The last term of Baby food(after 9~12 months)

Ingredients

1/2 cup of rice, broccoli 30g, 1.5 cups of water, a little salt

- A thin gruel with vegetables and rice could be cooked the same way with vegetables(spinach, carrot) besides broccoli.

How to cook

- Wash rice thoroughly and soak in water for thirty minutes. Grind down with broccoli.
- Put above prepared – ingredients and 1.5 cups of water into the inner pot.
- Lock the top cover, press the **menu** button to select 「multi cook」, set twenty five minutes time and press **pressure cook/turbo** button



Reference

The latter term of baby food(9~12 months)

Babies can eat softened solid food, let babies eat it at fixed time and three times a day.

The last term of baby food(after 12months)

Babies are in a time of transition who can eat food for grown-ups, serve various food for them not to have a balance diet.

- Allergy can occurred because of shell, shrimp, milk, honey, tomato, corn and etc, so serve it for them after the first anniversary of babies.

Steamed Short Ribs



Ingredients

Beef or pork ribs 1.5kg, 3 tablespoons of refined rice wine, 5 tablespoons of soy sauce, tablespoon of minced garlic, tablespoon of sesame oil, 3 tablespoons of onion juice, 3 tablespoons pear juice, 5 tablespoons of minced leek, 3 tablespoons of powdered sesame mixed with salt, a teaspoon of pepper, 1 carrot, 10 chestnut, 20 ginkgo nuts, a tablespoon of ground pine nuts.

How to cook

- Remove greasiness and stringy fats from chopped ribs and place them in the cold water to extract blood.
- Drain water from the meat with a strainer. Marinate ribs with refined rice wine and pear juice in separate bowl until soft.
- Peel chestnuts, and for bugger chestnuts cut into halves, fry ginkgo nuts in a frying pan with oil and then peel ginkgo nuts, and cut carrot into the size of chestnut.
- Mix all ingredients with spices and place them for an hour to be absorbed into ribs and then put them into the inner pot. (Do not add water because liquids will be released from the ribs and sauce after a duration of time.)
- Lock the top cover, press the **menu** button to select 「multi cook」, set forty five minutes time and press the **pressure cook/turbo** button.
- When it cooked, scatter ground pine nuts on steamed short ribs.

Steamed Chicken



Ingredients

A chicken(1kg), potato 100g, carrot 100g, 3 tablespoons of sugar, a tablespoons of minced leeks, a tablespoon of garlic, 6 tablespoons of regular soy sauce, a tablespoon of ginger juice, 1/2 teaspoon of pepper, a tablespoon of powdered sesame mixed with salt, 1.5 tablespoons of sesame oil

How to cook

- Wash chicken thoroughly, remove fine hairs, viscera completely, and cut the fat in the tail.
- Cut the chicken to the proper size to eat, and slice small areas of the skin to soak spices well.
- Place chopped carrots, potatoes and chicken into a big bowl, mix them with marinated spices evenly and then place them to be soaked thoroughly.
- Place soaked chicken, potatoes and carrots into the inner pot.
- Lock the top cover, press the **menu** button to select 「multi cook」, set forty five minutes time and press the **pressure cook/turbo** button.

Steamed Dumplings



Ingredients

20 Dumplings

How to cook

- Pour 2 cups of water into the inner pot.
- Put a steam plate into the inner pot, top dumplings evenly.
- Lock the top cover, press the **menu** button to select 「multi cook」, set twenty five minutes time and press the **pressure cook/turbo** button.

Steamed Soybean Curd



Ingredients

1.5 cakes of bean curd, a little salt

Spices sauce : 1 tablespoon of powdered red pepper, 1 tablespoon of minced garlic, 1 leek, a little bit of sesame oil, a little bit of powdered sesame mixed with salt, a little bit of shredded red pepper, 3 tablespoons of regular soy sauce

How to cook

- Cut bean curd into two equal pieces and chop them to a thickness of one centimeter, sprinkle salt and remove wetness.
- Shred a leek thinly and mix minced garlic, soy sauce, powdered red pepper, powdered sesame mixed with salt, sesame oil and shredded red pepper to make spices sauce.
- Pour 1.5 cups of water into the inner pot. Place the steam plate into the inner pot, place chopped soybean curds on it evenly.
- Lock the top cover, press the **menu** button to select 「multi cook」, set twenty five minutes time and press the **pressure cook/turbo** button.
- When cooked, take out soybean curds, and season spices sauce on them.

Steamed Blue Crabs



Ingredients

2 Blue crabs, beef 150g, 1/2 cake of bean curd, 1/2 piece of each green and red peppers, 1/2 of egg yolk, and a little bit of wheat flour

How to cook

- Hold the trunk of the blue crab, wash it thoroughly and then remove the trunk of it.
- Tear off meat from detached trunk and mince the finely.
- After mincing beef and bean curd finely, add them to minced meat, and mix them thoroughly.
- Chop and mince green and red peppers. Mix them with the 1/2 egg yolk.
- Scatter wheat flour into the shell of a crab and fill it with prepared meat evenly.
- Pour a cup of water into the inner pot, lock the top cover, press the **menu** button to select 「multi cook」, set thirty minutes time and press the **pressure cook/turbo** button.

Steak



Ingredients

Meat(for steak) 500g, steak sauce, a little bit of salt, a little bit of pepper

How to cook

- Season steak meat with pepper and salt. Place steak them into the inner pot, and pour half cup of water.
- Lock the top cover, press the **menu** button to select 「multi cook」, set thirty minutes time and press the **pressure cook/turbo** button.
- When it cooked, take out the meat and apply sauce on it.



How to make wine sauce

After mincing mushroom, garlic and onion, fry them with salt and pepper.

Pour red wine enough until it simmers, then put tomato sauce, barbecue sauce, pepper and laurel leaves and then boil them down.

Cooked Beef (Slices of boiled meat)



Ingredients

Pork (shank or boned rib) 400g, a ginger, a little garlic, a onion, a big leek, a little Kimchi

How to cook

- Pour two cups of water into the inner pot, and place a steam plate inside.
- Divide pork into two or three in equal parts and place them on a steam plate, thinly slice a ginger, and put two or three cloves of ginger in them.
- Lock the top cover, press the **menu** button to select 「multi cook」, set forty minutes time and press the **pressure cook/turbo** button.
- Once cooked, serve with a onion, garlic, big leek, and Kimchi.

Five Scents added Pork



Ingredients

Pork 700g, 2/3 cup of soy sauce, 3 tablespoons of sugar, cotton thread

Five scents : 6 nuts of pepper, cinnamon 7cm, 4 eight angles

How to cook

- Tie up pork with cotton thread tightly but not too tight.
- Place tied pork in a bowl, add soy sauce, sugar and five scents to be soaked well.
- Place above prepared ingredients into the inner pot and pour 3 cups of water.
- Lock the top cover, press the **menu** button to select 「multi cook」, set forty minutes time and press the **pressure cook/turbo** button.
- When finished cooking, remove pork and cut off cotton thread with scissors. After cooling down cut pork into thickness if 0.2 centimeters and serve.

Chop Suey



Ingredients

Chinese noodles 250g, a red and a green pimento, carrot 100g, onion 100g, a little spinach, mushroom 100g, boiled fish paste 100g, 2 tablespoons of cooking oil

Spices sauce : a little sugar, a little soy sauce, a little sesame oil, a little of sesame and powdered sesame mixed with salt

How to cook

- Shred pimento, onion, carrot and boiled fish paste thinly. Trim and wash mushroom thoroughly. Parboil spinach in hot water, strain out water, and chop. (Proper size for pimento and carrot should be three millimeters.)
- Place Chinese noodles in tepid water for twenty minutes, move to cold water, and wash them. (If you place Chinese noodles in water for long time, they can get lumpy and get overcooked. Therefore for your taste, control the time between ten and thirty minutes.)
- Pour 2 tablespoons of cooking oil and 1/2 cup of water into the inner pot, and put Chinese noodle and prepared boiled fish paste, carrot, onion, pimento together into the inner pot.
- Lock the top cover, press the **menu** button to select 「multi cook」, set twenty five minutes time and press the **pressure cook/turbo** button. (If you chewing Chinese noodles, set twenty minutes time of multi cook)
- Once cooked, open the top cover. For added flavor, place boiled spinach and soy sauce, sesame oil, sugar together and mix them thoroughly. Scatter sesame or powdered sesame mixed with salt on seasoned chop suey.

Steamed Fish



Ingredients

1 Sea bream, beef 50g, 3 Pyogo mushrooms, 2 Seoki mushrooms, 1 red pepper, 1 egg, 1 small leek, 1 small garlic, a little bit of soy sauce, a little of powdered sesame mixed with salt, a little bit of cooking oil, a little bit of salt, a little bit of pepper

How to cook

- Cut a trimmed sea bream as a back-side at intervals of two centimeters
- Put soy sauce, leek, garlic, sesame oil, powdered sesame mixed with salt, pepper into trimmed beef.
- Fill above spices into holes of a sea bream.
- Pour two cups of water into the inner pot, and put a steam plate on it.
- Place a prepared sea bream on a steam plate.
- Lock the top cover, press the **menu** button to select 「multi cook」, set thirty minutes time and press the **pressure cook/turbo** button.
- When it cooked, decorate them with the rest garnish.

Hard-Boiled Cuttlefish



Ingredients

2 cuttlefishs, spinach 140g, carrots 150g, 2 eggs, a dash salt, a dash of sesame oil, a dash of wheat flour
Spices sauce : 2 tablespoons of Korean hot pepper paste, 2 tablespoons of soy sauce, a tablespoon of sugar, a tablespoon of clear strained rice wine, a teaspoon of sesame oil, a teaspoon of hot pepper powder.

How to cook

- Divide cuttlefish into two equal parts and remove the viscera. Peel the skin and wash them thoroughly. Make scars inside cuttlefish in length and breadth.
- Put a little salt in boiling water, parboil scared cuttlefish and also trim the legs.
- Trim spinach and wash thoroughly, put a little bit of salt and wash them out slightly in cold water and then remove wetness. Shred carrot thickly and parboil them in boiling water. Season them with salt and sesame oil.
- Scatter salt on eggs and stir eggs well. Fry eggs in the white and the yellow of an egg separately to be met the size of cuttlefish.
- Dry boiled cuttlefish, scatter a little wheat flour inside and place fried eggs on it. Put prepared spinach, carrots, legs of cuttlefish on it, roll up and fix.
- Put rolled up cuttlefish, spices sauce and 1/2 cup of water into the inner pot.
- Lock the top cover, press the **menu** button to select 「multi cook」, set thirty minutes time and press the **pressure cook/turbo** button

Steamed Rice Cake



Ingredients

5 cups of rice flour, 2 cups of red-beans, a tablespoon of salt, 5 tablespoons of sugar, 3 tablespoons of water

How to cook

- Mix 5 cups of rice flour with 3 tablespoons of water, pass through a colander for a time, and mix with sugar (3 tablespoons).
- Boil red-beans without wetness and pounding it roughly, and mix it with salt(a tablespoon) and sugar(2 tablespoons)
- Pour 2 cups of water into the inner pot and put a steam plate, and place right size of cloth or Korean paper.
- Cover the bottom of the pot with a cup of mashed red-beans then put rice flour on it flatly and make one more floor by adding a cup of mashed red-beans.
- Lock the top cover, press the **menu** button to select 「multi cook」, set forty five minutes time and then press the **pressure cook/ turbo** button.

Steamed Eggplant



Ingredients

2 eggplants

Spices sauce : 2 tablespoons of well aged soy sauce, a red pepper, a green pepper 1/2 tablespoon of pepper flour, a tablespoon of vinegar, a little bit of powdered sesame mixed with salt, 1/2 of green onion, 4 pieces of garlic, 2 teaspoons of sugar

How to cook

- Cut eggplants to 4cm sizes, stand it and scar with knife crossly.
- **Prepare stuffing**: Finely cut red & green peppers, chop green onions and garlic with soy source, sesame, pepper flour, sugar and vinegar.
- Pour 2 cups of water into the inner pot, place steam plate inside and put cut eggplants in good order.
- Lock the top cover, press the **menu** button to select 「multi cook」, set thirty minutes time and press the **pressure cook/turbo** button.
- When it cooked, place stuffing inside eggplant.

Steamed Pumpkin



Ingredients

1 young pumpkin

Spices sauce : 2 tablespoons of well aged soy sauce, a tablespoon of chopped green onion, 1/2 tablespoon of pepper flour, 1/2 tablespoon of sesame oil, a little bit of shredded red pepper, a tablespoon of chopped garlic, a teaspoon of sugar, a little bit of powdered sesame mixed with salt

How to cook

- Cut young pumpkin in round and thin.
- Make stuffing with chopped green onion and garlic, soy source, shredded red pepper, pepper flour, sesame oil, powdered sesame mixed with salt and sugar.
- Pour 2 cups of water into the inner pot, place steam plate inside, place young pumpkin and spread stuffing.
- Lock the top cover, press the **menu** button to select 「multi cook」, set thirty minutes time and press the **pressure cook/turbo** button.

Steamed Clamshell



Ingredients

4 clamshells, beef 30g, egg white (1 egg), an egg, 2 teaspoons of chopped green onions, a teaspoon of chopped garlic, 1/2 teaspoon of salt, a little bit of black pepper.

How to cook

- Mince beef
- Wash and open clamshells (make sure no sediments remain inside). Cut out the skin with knife and mince.
- Put minced beef and skin of clamshell, add proper quantity of chopped leek, garlic, salt, red pepper and mix it.
- Clamshell skin is only 8pcs, so fill each of clamshell skin with seasoned ingredient up to half of shell.
- In order to keep original shape after steaming and to maintain glutinous ingredient, apply the egg white on the skin of clamshell.
- Pour two cups of water into the inner pot, place a steam plate inside.
- Place clamshells on a steam plate.
- Lock the top cover, press **menu** button to select 「multi cook」, set thirty five minutes, and press the **pressure cook/turbo** button.
- Separate the egg white and yoke of a hard-boiled egg, chop the egg white, grind down the egg yolk and pass through colander, place the egg white and the egg yolk equally on the clamshell.

Corn



Ingredients

4 corns

How to cook

- Pour two cups of water into the inner pot.
- Place steam plate into the inner pot and put corn on top of steam plate.
- Lock the top cover, press the menu button to select 「multi cook」, set forty minutes time and press the pressure cook/turbo button.
- When finished cooking, corn will be very hot, so please take caution.

Potato



Ingredients

6 potatoes(less then 200g).

How to cook

- Pour 2 cups of water into the inner pot.
- Place steam plate into the inner pot and put potatoes on top of steam plate.
- Lock the top cover, press the menu button to select 「multi cook」, set forty five minutes time and press the pressure cook/turbo button.
- When finished cooking, potatoes will be very hot, so please take caution.



Potato storing method

If potato are kept in normal temperatures in summer, buds will start to sprout quickly.
To avoid this store your potatoes inside the refrigerator, inside a cardboard box open.
Adding one or two apples prevents enzymes from acting.

Steamed Chestnut



Ingredients

30 chestnuts

How to cook

- Pour 2 cups of water into the inner pot.
- Put a steam plate into the inner pot and place chestnuts on top. (To prevent chestnuts from popping, make sure to remove chestnut skin.)
- Lock the top cover, press the menu button to select 「multi cook」, set thirty minutes time and press the pressure cook/turbo button.
- When finished cooking, chest nuts will be very hot, so please take caution.

Sweet Potato



Ingredients

5 sweet potatoes

- Cut Sweet Potatoes(over 150g) in half and cook it.

How to cook

- Pour 2 cups of water into the inner pot.
- Place steam plate into the inner pot, place washed sweet potatoes on it.
- Lock the top cover, press menu button to select 「multi cook」, set thirty five minutes time, and press the pressure cook/turbo button.
- When finished cooking, chest nuts will be very hot, so please take caution.



Benefits of sweet potato

Steamed sweet potato is good for constipation.

Eating steamed sweet potato in their jacket is effective in constipation.

Naturally sweet potato is good for your health

Sweet potatos contain high nutritional value that is packed with vitamin B, minerals and carotene. Mixing sweet potatoes to juice blends and smoothies add enzymes and can help improve energy balance to your health.

Fresh Cream Cake



Ingredients

A cup of wheat flour(hi-ratio flour), 4 eggs, 1 tablespoon of butter, 1 tablespoon of milk, a little bit of vanilla flavor, 3/4 cups of sugar, a little but of salt
Whipping cream : fresh cream 200cc, 1/3 cups of sugar
Fruit : 2 cherry, 5 strawberry, 1/3 canned orange, 1 kiwi

- A cup applies to one measuring cup.

How to cook

- Mix wheat flour with salt, and pass through a colander.
- Separate egg yolk and egg whites.
- Place egg whites inside a mix bowl and stir until bubbles form. Once a bubbles become big, pour sugar in several times, and stir continuously until large bubbles becomes tiny.
- Pour egg yolk into the mix a little bit at a time, stir, and repeat, until all the egg yolk is poured, add a little but of vanilla flavor, and continue stirring.
- As you continually mix it should become creamy. Then pour wheat flour and mix until the wheat flour is not seen.
- Mix milk and butter cooked in a double boiler.
- Lightly apply butter to the bottom and side surface of the inner pot, and pour kneading of cake to it.
- Lock the top cover, press the menu button to select _multi cook_, set forty minutes time and press the pressure cook/turbo button.
- Once finished cooking, cool down cooked sponge cake.
- Pour whipping cream in a mixing bowl, stir and add sugar until it thickens. Add sugar powder.
- Apply fresh cream to the cold sponge cake.
- Decorate by adding various fruits.