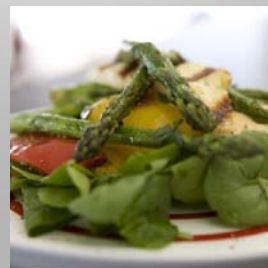


C.E.C.



Cook Book



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Category:RICE/NOODLES

Recipe Name **Steam Fragrant Rice**
Cooking Mode Steamed rice, insert probe, close door
Quantity
Accessory GN1/2 S/S 40mm pan

Ingredient	Weight
Thai fragrant Rice	1000 gm
Water	1050 gm
Ginger(Fresh)	30 gm
Garlic(Minced)	30 gm
Salt	12 gm
Chicken Powder	20 gm

Mix all ingredient well and add to rice in pan
Select cooking mode, insert probe when loading.



Recipe Name **SCC Fried Noodles**
Cooking Mode Rice, Fried rice, insert CT Probe, Close door
Quantity 10 portions (200gm portion)
Accessory GN 1/1 Granite Enamel Pan

Ingredient	Weight
Japanese Udon	1000 gm
Cabbage	180 gm
Carrot	160 gm
Red Sweet Onion	180 gm
Strawmushroom(cut1/2)	200 gm
Dark Soy Sauce	20 gm
Light Soy Sauce	20 gm
Sugar	100 gm
Oyster Sauce	50 gm
White pepper powder	5 gm
Water	150 gm
Sesame oil	20 gm
Blackpepper chicken shred	400 gm
Fried Garlic oil	50 gm



Cooked

Mix all ingredient well and place onto granite enamel pan.
Mix all seasoning well and add to udon.
Select cooking mode and when preheated,insert probe.

Category:Chicken

Recipe Name **BAKED CHICKEN WINGS**
Cooking Mode Poultry, Fingerfood, choose color, choose time 12mins
Quantity
Accessory GN1/1 S/S 20mm pan

Ingredient	Weight
Chicken Winglets	750 gm
Chicken Marinade	100 gm
Minced Garlic	10 gm
Minced Ginger	10 gm
Chinese Cooking Wine	20 gm



Mix (A) seasoning together well and add to wings.
Best results marinate overnight
Remove meat from juices and place meat on Combigrill
Select cooking mode

Recipe Name **BREADED CHICKEN CUTLET**
Cooking Mode Poultry, breaded joints,thick/thin.Choose color and small/large
Quantity
Accessory GN1/1 S/S 20mm Granite Enamel pan

Ingredient	Weight
Boneless Chicken Legs	800 gm
Salt	6 gm
Sugar	8 gm
White Pepper	2 gm
Minced Fresh Onion	30 gm
Chicken Powder	6 gm
Chinese cooking wine	5 gm

Flour,Eggs and Breadcrumbs to panne



Mix all ingredient well and season with meat.
Let to marinate well for at least 24hrs
Remove and drain off excess liquid well
Dust with Flour,Egg wash and then breaded crumbs(panne)
Lightly brush oil onto breaded chicken well and lay on Granite enamel pan
Select cooking mode

Category:FISH

Recipe Name **CHINESE STEAM FISH**
Cooking Mode Fish, Steamed Fish,set CT temperature 65C
Quantity
Accessory GN1/1 S/S 20mm pan

Ingredient	Weight
Fresh Fish	800gm
Sesame oil	15gm
Light Soy Sauce	40gm
Fresh Coriander	10gm
Fresh Ginger Slices	5slices
Spring Onion Sprig	10gm
Fried Garlic oil	20gm



Fish is gutted and clean
Lay Tray with spring onion and some ginger slices
With remaining ginger slices, add to stomach cavity
make a insertion to the thickest part of fish(Usually back of fish head)
Select cooking mode Fish, steamed Fish. Allow to preheat and load.
Insert core temperature probe in to the neck of the fish. Cook
CT is set around 65C for Chinese Style

Recipe Name **PAN FRIED FISH**
Cooking Mode FISH, Fried fish,Choose color and set CT temperature 68
Quantity
Accessory GN1/1 Black Teflon Baking Sheet

Ingredient	Weight
Fresh Fish	4x800gm
Oil	50gm
Oregano	5gm
Light Soy Sauce	120gm
Minced Ginger	50gm



Fish is gutted and clean
Mix seasoning well and marinate fish.
Lay on tray
make a insertion to the thickest part of fish(Usually back of fish head)
Select cooking mode. Allow to preheat and load.
Insert core temperature probe in the side of neck of one of the fish. Cook

Hint: SelfCooking Control® is already preset, but you can set your desired core temperature by and color by touching the display field.

Category:FISH

Recipe Name **FISH FILLET with SPICY SAUCE**
Cooking Mode FISH,fingerfood, choose color and set time 9mins.
Quantity
Accessory GN1/1S/S Black Teflon baking Sheet

Ingredient	Weight
Fish Slices	1.2kg -marinated
Yellow Wine	100gm
Chilli Sauce	40gm
Spring Onion	40gm
Minced Ginger	40gm
Garlic	50gm
Salt	10gm
Sugar	40gm
Tomato Sauce	100gm
Oil	300gm



FISH Slices

Fish is usually marinated with salt,pepper,minced ginger, chinese cooking wine, eggwhite and cornflour.

SAUCE

Saute Ginger,garlic till fragrant and deglaze with wine
Simmer for a while and add rest of the seasoning.
Cook till a slightly thick sauce and remove from heat.
Remove fish slices to plate and cover with sauce
Garnish with some sliced spring onion

Lightly oil pan and place marinated fish evenly on pan
Select cooking mode, choose color, choose time 9 mins

Category:PORK

Recipe Name **ROAST BBQ PORK**
Cooking Mode Meat,grill,choose color and set CT80C
Quantity
Accessory GN1/1 S/S 20mm Pan&GN1/1 S/S Wire Grid

Ingredient	Weight
Pork Stripe	1600 gm
Char Siew Sauce	180 gm
Fresh Minced Ginger	10 gm
Fresh Minced Garlic	10 gm
Fresh Minced Onion	80 gm
Sugar	100 gm
Salt	6 gm
Chicken Egg	125 gm
Chinese Cooking Wine	20 gm



Cut meat evenly thick into stripes
Mix (A) together well and add to meat
Marinate overnight
Lay on grids and Insert core probe to thickness part of meat.
Select cooking mode

Recipe Name **GRILLED PROK CHOP**
Cooking Mode Meat,pan fried meat, choose color and set CT 80C
Quantity
Accessory 1/1 S/SGN 20mm and CombiGriddleGrill

Ingredient	Weight
Pork chops	1250 gm
Light Soy Sauce	70 gm
Honey	35 gm
Minced Garlic	10 gm
Minced Ginger	20 gm
Chinese Cooking Wine	10 gm



Marinate meat with seasoning overnite
When ready to cook, drain off marinate well and place on CombiGriddleGrid.
Select cooking mode

Hint: SelfCooking Control® is already preset, but you can set your desired core temperature by touching the display field.

Category: BEEF

Recipe Name **ORIENTAL GRILLED BEEF**
Cooking Mode Meat,grill,choose color and set CT55C
Quantity
Accessory GN1/2 S/S 20mm pan and CombiGriddleGrid

Ingredient	Weight
Sirloin Steak(3pcs)	600 gm
Sugar	20 gm
Light Soy Sauce	50 gm
Chinese Cooking Wine	30 gm
Minced Ginger	15 gm
Minced Garlic	15 gm
Oil	20gm



Mix all seasoning well and marinate steaks overnite well and add to rice in pan
Drain off excess sauce well and place on CombiGriddleGrid
Select cooking mode



**FOR FURTHER ENQUIRY AND INFORMATION
PLEASE CONTACT US**