

TAPSTY

TAP FOR TASTY LAND

RECIPE BOOK

STEAM AIR FRYER
PSO-3200DG

OVEN

BIG
CAPACITY
32 L



PENSONIC
Your Enjoyment

TAPSTY
TAP FOR TASTY LAND

Welcome to Tapsty Land !

**Ready For A Flavour-packed Adventure?
Your Tapsty Steam Air Fryer Oven PSO-3200DG
Brings 'Tasty Land' To Life**

with zero-oil crispy fries, succulent meats, and bakery perfect treats!

Unleash the power of Superheat Steam Tech and
Air Fryer magic across 109 dynamic modes,
effortlessly switching between sizzling steam grill combos
and precision tuned auto presets at your command.
Transform meals into juicy, healthy, low smoke masterpieces,
whether roasting a chicken, steaming fish,
or baking melt in your mouth treats.

This compact powerhouse heats up from 25°C to 100°C in just 3 seconds,
while fitting neatly on your counter.

Tapsty's playful LED display, rotary knob, and touch controls
make defrosting, fermenting, or reheating a breeze.
The one litre tank allows for long steaming sessions,
turning weeknight dinners into satisfying feasts.

Grab this recipe treasure map and swap
"What's for dinner?" for "What's next?".
Time to tap into Tapsty Land's sumptuous adventure!

PENSONIC
Your Enjoyment

TAPSTY
TAP FOR TASTY LAND





109 tracks

Preset menu to unlock
all-around cuisine

Menu code/Default menu

Default temperature/Time

Pure Steam Menu

H-001	Steamed Clam Egg	Pure Steam 100°C / 12 min
H-002	Pineapple Bitter Gourd Chicken Soup	Pure Steam 100°C / 60 min
H-003	Steamed Sea Bass	Pure Steam 100°C / 12 min
H-025	Tobanya Grilled King Oyster Mushrooms	Pure Steam 100°C / 15 min
H-026	Oven-cooked Beef Cubes	Pure Steam 100°C / 30 min
H-027	Japanese Curry Grilled Minced Meat	Pure Steam 100°C / 20 min
H-028	Oil-free Garlic Water Spinach	Pure Steam 100°C / 8 min
H-029	Japanese Chawanmushi	Pure Steam 100°C / 11 min
H-030	Peacock Steamed Fish	Pure Steam 100°C / 10 min
H-031	Steamed Loofah Cubes	Pure Steam 100°C / 10 min
H-032	Japanese Rice	Pure Steam 100°C / 30 min
H-033	Spicy Chicken Shreds	Pure Steam 100°C / 25 min
H-034	Steamed Cod with Tofu	Pure Steam 100°C / 20 min
H-035	Thai Steamed Razor Clams	Pure Steam 100°C / 15 min
H-036	Steamed Squid with Ginger Sauce	Pure Steam 100°C / 15 min
H-037	White Rice with Pearl Meatball	Pure Steam 100°C / 30 min
H-038	Steamed Chicken with Cordyceps Flowers	Pure Steam 100°C / 20 min
H-039	Braised Cabbage	Pure Steam 100°C / 30 min
H-040	Parent-child Fresh Milk Stewed Egg	Pure Steam 100°C / 20 min
H-041	Thai Spicy Steamed Sea Bass	Pure Steam 100°C / 20 min
H-042	Coconut and Pear Stewed Old Pigeon	Pure Steam 100°C / 60 min
H-043	Steamed Meat Patties with Salted Egg	Pure Steam 100°C / 22 min
H-044	Steamed Scallops with Tofu	Pure Steam 100°C / 20 min
H-045	Laoganma Steamed Spareribs	Pure Steam 100°C / 20 min
H-046	Steamed Chicken with Mushrooms and Black Fungus	Pure Steam 100°C / 12 min
H-047	Steamed Chicken Breast with Winter Melon	Pure Steam 100°C / 15 min
H-048	Steamed Chicken with Shredded Pepper and Fermented Bean Curd	Pure Steam 100°C / 20 min

Menu code/Default menu

- H-049 Steamed Tofu with Scallops and Black Bean Sauce
- H-050 Radish, Water Chestnut and Beef Soup
- H-051 Steamed Egg with Shrimp and Tofu
- H-052 Clam and Tofu Soup
- H-053 Seafood Stew in Tinfoil with Garlic

Default temperature/Time

- Pure Steam 100°C / 15 min
- Pure Steam 100°C / 60 min
- Pure Steam 100°C / 15 min
- Pure Steam 100°C / 15 min
- Pure Steam 100°C / 15 min

Quick Steam Menu

- H-004 Steamed Scallion Oil Spring Chicken
- H-005 Steamed Squid with Mixed Flavors
- H-006 Quick Steamed Fish Head with Cabbage
- H-007 Quick Steamed White Shrimp
- H-008 Steamed Cabbage with Mushrooms
- H-009 Lemongrass Seafood
- H-054 Thousand-leaf Vegetable Rolls
- H-055 Steamed Shrimp with Garlic Sauce
- H-056 Steamed Mussels with Vermicelli
- H-057 Steamed Eggplant with Scallops
- H-058 Scallops with Garlic Sprouts
- H-059 Sauna Chicken legs
- H-060 Thai Hot and Sour Rice Noodles

- Quick Steam 100°C / 35 min,
turn off power and let sit for 10 min
- Quick Steam 200°C / 10 min
- Quick Steam 100°C / 12 min
- Quick Steam 100°C / 12 min
- Quick Steam 120°C / 15 min
- Quick Steam 120°C / 23 min
- Quick Steam 120°C / 8 min
- Quick Steam 180°C / 10 min
- Quick Steam 180°C / 8 min
- Quick Steam 120°C / 15 min
- Quick Steam 100°C / 15 min
- Quick Steam 120°C / 20 min
- Quick Steam 100°C / 15 min

Steam-Roast Menu

- H-010 Italian Rosemary Roast Chicken
- H-011 Steamed Oysters
- H-012 Lemon Chicken Breast
- H-061 Miso Salmon
- H-062 Potato Gratin with Cauliflower
- H-063 Roasted Vegetables

- Steam-Roast 190°C / 30 min
- Steam-Roast 200°C / 15 min
- Steam-Roast 100°C / 25 min
- Steam-Roast 180°C / 20 min
- Steam-Roast 180°C / 20 min
- Steam-Roast 180°C / 15 min

Menu code/Default menu

Default temperature/Time

H-064	Roasted Crab with Two Flavors	Steam-Roast 190°C / 20 min
H-065	Spanish Tomato and Mushroom Rice	Steam-Roast 230°C / 30 min
H-066	Hot Chicken Salad	Steam-Roast 180°C / 15 min
H-067	Salt-baked Chicken with Vegetables	Steam-Roast 190°C / 30 min
H-068	Steamed and Roasted Garlic Vermicelli	Steam-Roast 180°C / 15 min
H-069	Chestnut Chicken	Steam-Roast 220°C / 30 min
H-070	Steamed and Roasted Three-cup Chicken	Steam-Roast 220°C / 30 min
H-071	Curry Fish	Steam-Roast 200°C / 20 min
H-072	Reduced Fat Longli Fish	Steam-Roast 180°C / 15 min
H-073	Japanese Style Cold Squid	Steam-Roast 150°C / 15 min
H-074	Steamed Cod with Black Bean Sauce	Steam-Roast 180°C / 15 min
H-075	Grilled Tofu with Cheese	Steam-Roast 180°C / 30 min

Air Fryer Menu

H-013	French Foil-Wrapped Fish	Air Fry 200°C / 18 min
H-014	Tandoori Drumstick	Air Fry 180°C / 30 min
H-015	Black Pepper Grilled Sirlion Steak	Air Fry 180°C / 25 min
H-016	Onion Shrimp	Air Fry 180°C / 20 min
H-017	Cumin Roasted Corn	Air Fry 180°C / 15 min
H-018	Teriyaki Mackerel	Air Fry 180°C / 20 min
H-076	Baked Potatoes with Black Pepper and Olive Oil	Air Fry 180°C / 25 min
H-077	Grilled Squid	Air Fry 180°C / 20 min
H-078	Hakka Grilled Chicken Thigh Steak	Air Fry 180°C / 25 min
H-079	Japanese Grilled Chicken Skewers	Air Fry 200°C / 15 min
H-080	Taiwanese Braised Chicken Drumsticks	Air Fry 200°C / 20 min
H-081	Yongdeungpo spicy fried chicken	Air Fry 220°C / 30min
H-082	Orange-flavored Grilled Chicken Drumsticks	Air Fry 180°C / 25 min
H-083	Deep-fried Potatoes	Air Fry 180°C / 26 min
H-084	Air-Fried Salmon Head	Air Fry 200°C / 15 min

Menu code/Default menu

Default temperature/Time

H-085	Green Onion and Egg Radish CakeDice Turnip Cake, Spray Oil	Air Fry 200°C / 15 min
H-086	Air-Fried Enoki Mushrooms	Air Fry 190°C / 10 min
H-087	Fried Vermicelli Shrimp	Air Fry 180°C / 18 min
H-088	Fried Taro Strips	Air Fry 160°C / 18 min
H-089	Salt and Pepper Crab	Air Fry 200°C / 18 min
H-090	Peanut Butter Roasted Chicken	Air Fry 200°C / 20 min
H-091	Cumin Roasted Lamb Chops	Air Fry 230°C / 35 min
H-092	Italian Roasted Chicken Thigh Steak with Seasonal Vegetables	Air Fry 220°C / 30 min
H-093	Lemon Butter Roasted Salmon	Air Fry 220°C / 15 min
H-094	Grilled Surf and Turf	Air Fry 180°C / 25 min
H-095	Italian Lemon Grilled Fish	Air Fry 200°C / 20 min
H-096	Curry Honey Grilled Chicken	Air Fry 200°C / 20 min
H-097	Chinese Meat Pie	Air Fry 230°C / 28 min; add more cheese, Air Fry 230°C / 8 min

Baking Menu

H-019	Portuguese Egg Tart	Bake 200°C / 15 min
H-020	Seafood and Meat Pizza	Bake 230°C / 15 min
H-021	Scallion Pancake	Bake 170°C / 15 min
H-022	Black Sesame Bread	Bake 200°C / 23 min
H-023	Traditional Butter Cake	Bake 180°C / 18 min
H-024	Classic Butter Cookies	Bake 180°C / 18 min
H-098	Baked Tomato Mashed Potatoes	Bake 180 °C / 20 min
H-099	Mascarpone Brulee	Bake 150°C / 35 min
H-100	Japanese Baked Rice Balls	Bake 180°C / 16 min
H-101	Spanish Baked Eggs	Bake 180°C / 40 min
H-102	Steamed Egg Cake	Bake 180°C / 10 min
H-103	Air-fried Egg Cake	Bake 165°C / 9 min
H-104	Oatmeal Roasted tenderloin	Bake 180°C / 13 min

Menu code/Default menu

- H-105 Italian Roasted Tomatoes
- H-106 Baby Egg Yolk Cake (Baby Food Supplement)

Default temperature/Time

- Bake 200°C / 15 min
- Bake 120°C / 3 0min

Dehydrate Menu

- H-107 Boring Meat Jerky
- H-108 Lady Fruit Tea
- H-109 Italian Air-dried Tomatoes

- Dehydrate 70°C / 660 min
- Dehydrate 60°C / 720 min
- Dehydrate 70°C / 720 min



H-001

**Steamed
Clam Egg**

Food Materials

Main Ingredients

Clams 12 pieces

Eggs 2 pieces

Seasonings

Fresh ginger 3 slices

Green onion 1 g

Salt 2 g

Light soy sauce 10 ml



Pure steam



100°C



Around 12 mins

Production Methods

- 01** Soak clams in salted water for 30 minutes to expel sand.
- 02** In a large bowl, add half a bowl of water, salt, ginger, green onion, and clams. Place the bowl into the Pensonic Steam Oven, select "Pure Steam" function and cook for 3 minutes. When completed, remove the bowl from the oven, scoop out the clams, and reserve the clam water in a separate bowl.
- 03** Beat 2 eggs and mix them with the reserved clam water. The recommended egg-to-water ratio is 1:1.5. Add a pinch of salt to taste.
- 04** Place the clams back into the mixture. Cover with cling film and use the "Pure Steam" function at 100°C for 12 minutes.
- 05** Once cooked, sprinkle chopped green onions on top and drizzle with an appropriate amount of light soy sauce before serving.

Utensil Placement Guide

Tool: Steam oven tray

Placement: Middle rack

Note: Adjust cooking time appropriately based on the quantity, size, shape of the ingredients, and type of container used.





H-002

Pineapple
Bitter Gourd
Chicken Soup

Food Materials

Main Ingredients

Fresh pineapple	1/4 piece
Bitter melon	1 (seeds removed)
Chicken drumstick	1 (cut into pieces)

Seasonings

Old ginger	10 slices
Cold water	10 ml
Salt	10 g



Pure steam



100°C



Around 60 mins

Production Methods

- 01** Rinse the chicken drumstick under water for about 20 minutes.
- 02** Slice the pineapple and bitter gourd.
- 03** Place the pineapple slices, bitter gourd, and chicken drumstick into a pot. Add water, salt, and enough water to cover the drumstick.
- 04** Select the "Pure Steam" function at 100°C and steam for approximately 60 minutes.

Utensil Placement Guide

Tool: Heat-resistant soup pot, steam bake tray

Placement: Middle rack

Note: Adjust cooking time appropriately based on the quantity, size, shape of the ingredients, and type of container used.





H-003

**Steamed Sea
Bass**



Pure steam



100°C



Around 12 mins

Production Methods

- 01** Clean the seabass by removing the innards and rinsing it thoroughly. Pat it dry with kitchen paper. If you prefer, the fish can be rubbed with a small amount of salt and cooking oil.
- 02** Place the green onions and ginger strips/slices evenly over the fish and put it aside for 5-10 minutes.
- 03** Put the fish on the second rack of a steam oven. Select the "Pure Steam" mode, set the temperature to 100°C, and steam for approximately 12 minutes.
- 04** Remove the steamed fish, drizzle it with seasoned soy sauce for seafood. For an enhanced flavor, optionally pour hot oil over the fish before serving.

Utensil Placement Guide

Tool: Heat-resistant shallow plate, steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

Food Materials

Main Ingredients

Sea bass 1-2 fish

Seasonings

Green onions (scallions) 5 g

Ginger strips/slices 10 g

Sugar 3 g

Salt 3 g

White pepper powder 1 g

Cooking oil 30 ml

Light soy sauce 15 ml



H-004

Steamed Scallion Oil Spring Chicken

Food Materials

Main Ingredients

Spring chicken 1 whole

Seasonings

Sichuan peppercorns 1 tablespoon

Ginger 2 pieces

Green onions 2 g

Salt 3 g

Large scallion 1 stalk

Black pepper 5 g

Oil 10 ml

Chopped chili peppers 2 pieces

Light soy sauce: 50 ml



Quick steam



100°C



Around 35 mins

Production Methods

- 01** Clean the chicken by removing the internal organs and thoroughly washing it. Pat it dry with kitchen paper.
 - 02** Rub salt and black pepper evenly on both the inside and outside of the chicken. Allow it to marinate for 30 minutes.
 - 03** Set the steam function to "Pure Steam" at 100°C and steam the chicken for approximately 60 minutes.
 - 04** Place the chicken over the seasonings. Add chopped chili peppers for a spicier flavour.
 - 05** Switch to the "Quick Steam" function, set at 100°C, and steam for 35 minutes. Once cooking is complete, turn off the appliance and leave the chicken in the steam oven for an additional 10 minutes before serving.
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Utensil Placement Guide

Tool: Heat-resistant soup pot, steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.





H-005

Mixed Flavours
Steamed Squid



Quick steam



200°C



Approximately
10 minutes

Production Methods

- 01** Clean the squid and slice it horizontally into rings. Arrange the squid rings evenly in a steaming tray.
- 02** Select the "Quick Steam" function, set the temperature to 200°C, and steam for about 10 minutes.
- 03** Slice the cucumber into round pieces and arrange them at the bottom of a serving plate. Carefully transfer the steamed squid along with its juices onto the plate.
- 04** Chop the scallions and chili into sections, and crush the garlic. Combine these with light soy sauce, tomato ketchup, white vinegar, sugar, and sesame oil. Stir well and pour the mixture evenly over the squid.

Utensil Placement Guide

Tool: Heat-resistant shallow plate, steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

Food Materials

Main Ingredients

Fresh squid 2 lbs (about 1 kg)

Seasonings

Scallion	1 stalk
Chili	1 piece
Garlic	4 cloves
Cucumber	half piece
Light soy sauce	50 ml
Tomato ketchup	60 ml
Sugar	20 g
White vinegar	10 ml
Sesame oil	10 ml

H-006

Quick Steamed Fish Head with Cabbage

Food Materials

Main Ingredients

Fish head:	1 whole or 1.5 halves
Cabbage:	half head

Seasonings

Ginger	20g
Salt	2 g
Chili	1 piece (crushed)
Green onions (scallions)	1 g (chopped)
Oil	30 ml



Quick steam



100°C



Approximately
12 minutes





Production Methods

- 01** Clean the fish head thoroughly and shred the cabbage. Layer the shredded cabbage at the bottom of a plate.
 - 02** Place the fish and all the other ingredients, except the scallion, on top and cover the plate with plastic wrap.
 - 03** Select the "Quick Steam" function, set the temperature to 100°C, and steam for about 12 minutes.
 - 04** After steaming, remove the fish head and sprinkle with chopped scallions before serving.
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Utensil Placement Guide

Tool: Heat-resistant shallow plate, steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.



H-007

Quick Steamed White Shrimp

Food Materials

Main Ingredients

White shrimp: 1 kg

Seasonings

Scallion 0.5 stalk (cut into sections)

Chili 1 piece (cut into sections)

Garlic 4 cloves (minced)

Salt 1 g

Peanut oil 30 ml



Quick steam



100°C



Approximately
12 minutes

Production Methods

- 01** Clean the prepared shrimp, trim off the whiskers and legs with scissors, and place them on a plate along with chopped scallions, chili, and minced garlic. Sprinkle evenly with salt.
- 02** Select the "Quick Steam" function, set to 100°C, and steam for about 12 minutes.
- 03** If possible, drizzle hot peanut oil over the shrimp to enhance the aroma before serving.

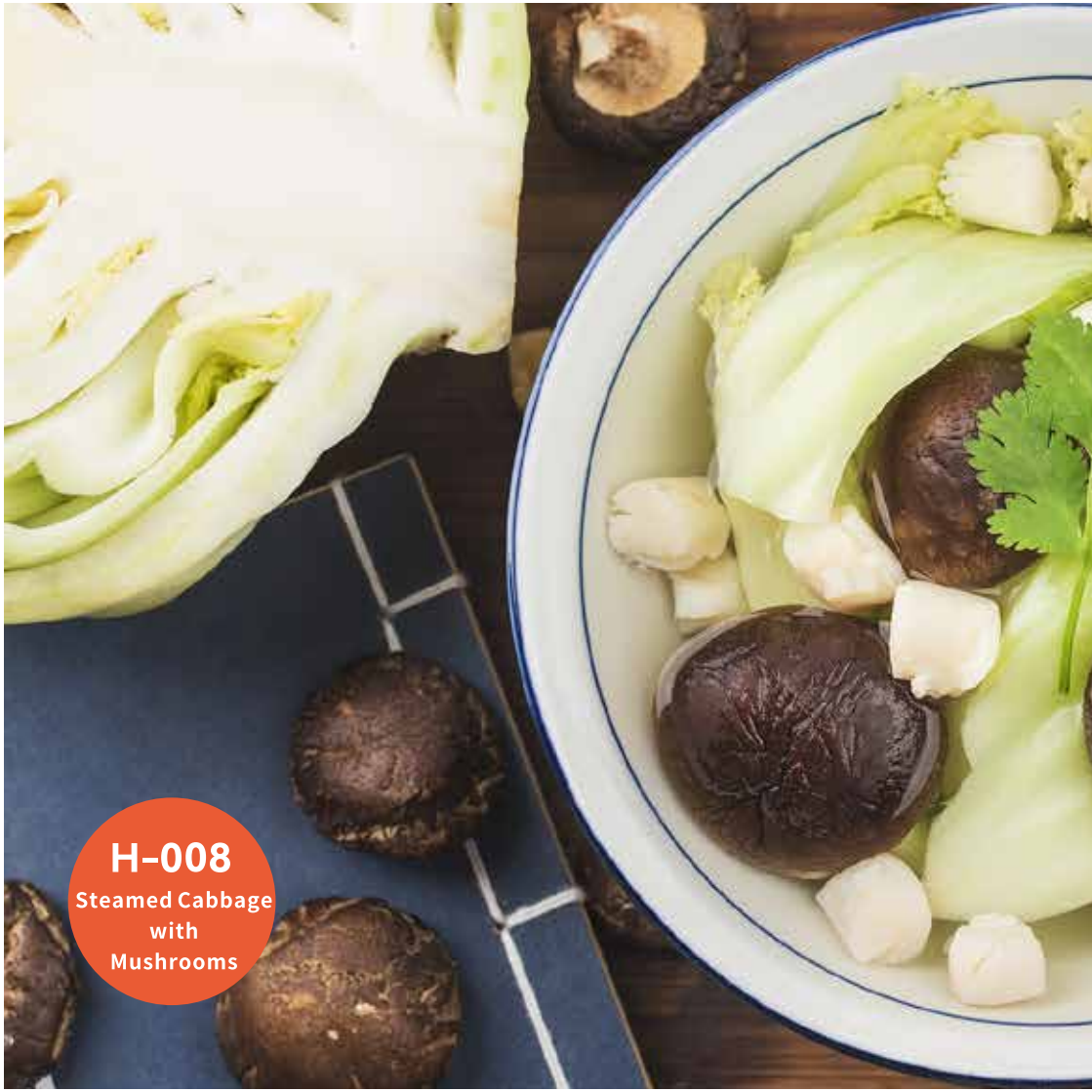
Utensil Placement Guide

Tool: Heat-resistant shallow dish, steaming bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.





H-008

Steamed Cabbage
with
Mushrooms



Quick steam



120°C



Approximately
15 minutes

Production Methods

- 01** Wash all ingredients thoroughly. Slice the cabbage into thin strips. Soak 6 dried shiitake mushrooms in warm water until softened, then slice them into thin strips. Trim the ends of the shimeji mushrooms and separate the clusters.
- 02** Combine all the prepared ingredients in a bowl, ensuring they are evenly mixed. Transfer them to a plate, and evenly pour 10 ml of water over the mixture.
- 03** Select the "Quick Steam" function, adjust temperature to 120°C, and steam the ingredients for approximately 15 minutes.
- 04** Once done, remove the dish from the steamer. Drizzle with sesame oil and garnish with freshly chopped scallions before serving.

Utensil Placement Guide

Tools: Steaming bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

Food Materials

Main Ingredients

Cabbage	half head (sliced)
Dried shiitake mushrooms:	6 pieces
(soaked and cut into strips)	
Shimeji mushrooms:	1 pack
(trimmed and separated)	

Seasonings

Salt	2 g
White pepper	10 g
Sesame oil	10 ml
Chopped scallions	10 g

H-009

Lemongrass Seafood

Food Materials

Main Ingredients

Green mussels:	6 pieces
Sea snails:	6 pieces
Clams:	half catty (about 250 g)
Shrimp:	half catty (about 250 g)

Seasonings

Lemongrass	1 stalk
Bonito powder	20 g
Salt	1 g
Minced garlic	3 g
Chili flakes	2 g



Quick steam



120°C



Approximately
23 minutes





Production Methods

- 01** Thoroughly rinse all seafood ingredients, then soak them in saltwater for 20 minutes to remove any sand or impurities.
- 02** Place all ingredients, except for the minced garlic and chili flakes, into a pot. Add enough water to cover them.
- 03** Cut the lemongrass into segments and add them to the pot. Secure the lid and set the "Quick Steam" function to 120°C for about 23 minutes.
- 04** Once done, remove the pot from the steamer, uncover, and sprinkle the minced garlic and chili flakes over the ingredients. Stir gently to combine, then serve immediately.

Utensil Placement Guide

Tool: Steaming bake tray or heat-proof bowl

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.



H-010

Italian Rosemary Roast Chicken

Food Materials

Main Ingredients

Chicken:	1 whole
White onion:	1 bulb
Cherry tomatoes:	4 pieces
Green and white cauliflower:	50 g
Baby corn:	4 pieces

Seasonings

Rosemary	2 sprigs
Lemon	1 piece
Red chili powder	10 g
Garlic	3 cloves
Sea salt	30 g
Black peppercorns	50 g
Olive oil	50 ml



Steam Roast



190°C



Approximately
30 minutes

Production Methods

- 01 Use a fork or toothpick to pierce small holes all over the chicken's surface to help the marinade penetrate.
- 02 Mix the seasoning ingredients with rosemary and evenly coat the inside and outside of the chicken. Wrap it tightly with cling film and marinate in the refrigerator for one day (if pressed for time, marinate for at least one hour).
- 03 Lay the vegetables flat on a baking tray and place the chicken on top of the vegetables. Select the "Steam Roast" function at 190°C for approximately 30 minutes, flipping the chicken during cooking as needed..

Utensil Placement Guide

Tool: Steaming bake tray

Placement: Middle and bottom rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.





H-011

Steam Oysters

Food Materials

Main Ingredients

Fresh oysters:	12 pieces
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Seasonings

Minced garlic	100 g
Chili flakes	30 g
Ginger slices	1 g
Salt	2 g
Soy sauce	10 ml
Peanut oil	10 ml
Olive oil	50 ml



Steam Roast



200°C



Approximately
15 minutes

Production Methods

- 01** Open the oyster shells, rinse the oysters thoroughly with clean water, and pat them dry. Arrange them evenly on a steaming tray.
- 02** Mix minced garlic, chili flakes, salt, soy sauce, and peanut oil together in a bowl until well combined. Spoon the prepared garlic sauce over each oyster, fully covering the oyster meat.
- 03** Select the "Steam Roast" function at 200°C and cook for approximately 15 minutes.

Utensil Placement Guide

Tool: Steaming bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.





H-012

Lemon Chicken
Breast



Steam-Roast



100°C



Around 25 mins

Production Methods

- 01** Clean the chicken breast, pat dry with a kitchen towel, and evenly rub with salt and black pepper. Marinate for 30 minutes.
 - 02** Slice the lemon and lay the slices evenly on a plate. Place the marinated chicken breast on top of the lemon slices.
 - 03** Select the "Steam Roast" function at 100°C and cook for approximately 25 minutes.
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Utensil Placement Guide

Tool: Heat-resistant shallow plate, steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

Food Materials

Main Ingredients

Chicken breast: 1 piece

Seasonings

Lemon 1 piece

Salt 2 g

Black pepper 2 g

Rosemary / mint leaves 1 g



H-013

French Foil-
Wrapped Fish

Food Materials

Main Ingredients

Cod fillets	2 pieces
White mushrooms	4 pieces
White onion	half piece

Seasonings

Aluminum foil	1 roll
Garlic	4 cloves
Lemon	4 slices
Black pepper	5 g
Salt	5 g
Olive oil	10 ml



Air Fry



200°C



Approximately
18 minutes

Production Methods

- 01** Dice the white mushrooms and white onion into small pieces. Slice the lemon and minced garlic aside. Sprinkle evenly with salt.
 - 02** Mix minced garlic, salt, olive oil, and black pepper. Coat the fish fillets evenly with this mixture.
 - 03** Place all ingredients onto a sheet of foil and wrap them tightly.
 - 04** Select “Air Fry” function at 200oC and cook for approximately 18 minutes.
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Utensil Placement Guide

Tool: Steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.



H-014

Tandoori
Drumstick





Air Fry



180°C



Approximately
30 minutes

Production Methods

- 01** Wash the chicken drumsticks and pat them dry using kitchen paper.
- 02** In a large container, combine the chicken drumsticks with all the ingredients. Mix well to coat evenly and marinate for 12 hours.
- 03** Line a baking tray with parchment paper (or foil), and neatly arrange the marinated drumsticks.
- 04** Preheat the steam oven to 100°C for 5 minutes. Place the baking tray inside and select the "Air Fry" function at 180°C. Cook for approximately 30 minutes.
- 05** For an extra touch, boil half a head of broccoli in salted water and serve with toasted baguette slices for a complete meal.

Utensil Placement Guide

Tool: Steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

Food Materials

Main Ingredients

Chicken drumsticks 6 pieces

Seasonings

Turmeric powder	50 g
Chili powder	60 g
Cumin powder	30 g
Indian Masala powder	30 g
Fennel seeds	3 g
Unsweetened yogurt	100 ml
Chopped cilantro	10 g
Lemon juice	20 ml
Sea salt	2 g
Minced ginger	2 g
Minced garlic	2 g
Clove powder	2 g
Olive oil	20 ml

H-015

Black Pepper Grilled Sirloin Steak

Food Materials

Main Ingredients

Sirloin steak 1 piece

Seasonings

Black pepper sauce



Air Fry



180°C



Approximately
25 minutes





Production Methods

- 01** Marinate the sirloin steak with black pepper sauce for 20 minutes.
 - 02** Line a baking tray with aluminium foil and place the steak along with the marinade onto the tray.
 - 03** Preheat the steam oven to 180°C for 10 minutes. Place the tray in the oven and select the "Air Fry" function at 180°C. Cook for approximately 25 minutes.
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Utensil Placement Guide

Tool: Steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.



H-016

Onion Shrimp

Food Materials

Main Ingredients

Tiger shrimp 10 pieces

White onion one half

Seasonings

Soy sauce 5 ml

Black pepper powder 5 mg

Salt 2 g



Air Fry



200°C



Approximately
20 minutes

Production Methods

- 01** Clean the shrimp and use scissors to trim off the whiskers and legs.
- 02** Slice the onion into rings. Mix with seasonings and combine evenly. Add the shrimp and marinating ingredients to a storage container, then refrigerate for 30 minutes.
- 03** Line a baking tray with aluminium foil and pour the marinated shrimp mixture onto it.
- 04** Select the "Air Fry" function at 180°C and cook for approximately 20 minutes. Flip the shrimp halfway through (after 10 minutes).

Utensil Placement Guide

Tool: Heat-resistant shallow plate, steam bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.





H-017

**Cumin Roasted
Corn**



Air Fry



180°C



Approximately
15 minutes

Production Methods

- 01** Cut the corn into segments and then split each segment in half.
- 02** Select the "Steam Only" function and steam the corn for 10 minutes. Remove the corn and mix it with the other seasonings.
- 03** Place the seasoned corn on a grilling tray. Select the "Air Fry" function at 180°C and cook for approximately 15 minutes.

Utensil Placement Guide

Tool: Place the grilling rack on the top and the steaming tray below

Placement: Middle rack and bottom rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

Food Materials

Main Ingredients

Corn	2 ears
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Seasonings

Soy sauce	10 ml
Cumin powder	5 g
Chili powder	2 g
White sesame seeds	2 g
Salt	2 g
Oil	10 ml
Water	10 ml

H-018

Teriyaki Mackerel

Food Materials

Main Ingredients

Mackerel pike 2 fish

Seasonings

Teriyaki sauce 50 ml

Pepper salt 5 g

Ginger 6 slices



Air Fry



180°C



Approximately
20 minutes





Production Methods

- 01** Clean the mackerel pike, then make 2 cuts on each side of the fish for better flavour absorption.
 - 02** Line the baking tray with aluminium foil and place 2 rows of ginger slices, with 3 slices in each row.
 - 03** Coat both sides of the fish with teriyaki sauce and place them on top of the ginger slices.
 - 04** Select the "Air Fry" function, set the temperature to 180°C, and cook for about 20 minutes (recommended to flip the fish and apply more sauce every 10 minutes). After cooking, squeeze some lemon juice on the fish for enhanced flavour.
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Utensil Placement Guide

Tool: Steaming bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.



H-019

Portuguese Egg Tart

Food Materials

Main Ingredients

Eggs	2
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Seasonings

Fresh milk	100 ml
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Fresh cream	180 ml
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Granulated sugar	40 g
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Vanilla essence	1 ml
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Portuguese egg tart shells	14 pieces
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Bake



200°C



Approximately

Production Methods

- 01** Beat the eggs and sugar until well combined. Add fresh milk and stir well. Then add vanilla essence and mix evenly. Set aside.
 - 02** Place the Portuguese egg tart shells evenly on a baking tray. Pour the prepared egg mixture into each tart shell, filling them about 80% full (avoid over filling to prevent spillage).
 - 03** Select "Bake" function, set the temperature to 200°C, and bake for about 15 minutes.
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Utensil Placement Guide

Tool: Steaming bake tray.

Placement: Middle rack

Note: Adjust cooking time based on the quantity, size, shape of the fish, and type of container used.





H-020

Seafood and
Meat Pizza



Bake



230°C



Approximately
15 minutes

Production Methods

- 01** Mix the tomato sauce, sugar, salt, and black pepper evenly. Set aside.
- 02** Clean the squid, shrimp, and cut the squid into rings. Soak the clams in salted water for 2 hours to remove sand.
- 03** Spread the prepared sauce evenly on the pizza crust. Randomly arrange the seafood, chicken strips, and cut segments of German sausage between the seafood. Top with a generous amount of mozzarella cheese, making sure it covers the seafood and toppings completely.
- 04** Preheat the oven to 230°C for 10 minutes. Place the pizza into the oven, select the "Bake" function, and bake at 230°C for about 15 minutes.

Utensil Placement Guide

Tool: Steaming bake tray.

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

Food Materials

Main Ingredients

Pizza crust (9-inch)	1
Chicken strips	20 g
Small squids	4
Shrimps	6
Clams	6
Large squid	1
German sausages	2

Seasonings

Tomato sauce	100 ml
Black peppercorns	10 g
Salt	3 g
Sugar	20 g
Mozzarella cheese	100 g

H-021

Scallion Pancake

Food Materials

Main Ingredients

All purpose flour	200 g
Water	100 ml
Yeast	2 g
Sugar	10 g
Salt	2 g
Oil	2-5 ml

Seasonings

Scallions (chopped)	100 g
White pepper powder	20 g
Salt	10 g
Oil	2-5 ml



Bake



170°C



Approximately
15 minutes





Production Methods

- 01** Mix the dough ingredients and knead into a smooth dough. Let it rise until it has roughly doubled in size.
- 02** Chop the scallions. Mix them evenly with the other filling ingredients and set aside.
- 03** After the dough has risen, divide it into small portions the size of your palm. Flatten each portion, add a spoonful of the filling, fold the dough over, and seal it. Place the stuffed dough onto a greased baking tray. After all the dough has been stuffed and sealed, brush the top of each flatbread with a sugar-water mixture (1:1) and sprinkle with sesame seeds.
- 04** Let the filled dough rise at room temperature or in a preheated oven at 30°C for 20-30 minutes.
- 05** Once proofed, place the flatbreads on the middle rack of the preheated oven. Choose the "Bake" function, set the temperature to 170°C, and bake for about 15 minutes.

Utensil Placement Guide

Tool: Steaming bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.



H-022

Black Sesame Bread

Food Materials

Main Ingredients

High-gluten flour	280 g
Instant yeast	4 g
Eggs (for dough and egg wash)	1.5

Seasonings

Unsalted butter	20 g
Salt	4 g
Water	170 ml
Black sesame seeds	2 g
Sugar	15 g



Bake



200°C



Approximately
23 minutes

Production Methods

- 01** In a large bowl, combine all ingredients except for black sesame seeds and the egg (for egg wash). Mix until a dough forms. Shape it into a ball and place it back into the bowl. Cover with a damp cloth and let it rise for 50 minutes.
 - 02** After the dough has risen, divide it into 10 equal portions. Roll each portion into a drop shape, cover with a cloth, and let it rest for 10 minutes. Then, flatten each piece to a 25 cm drop shape. Slowly roll each piece from the bottom up to form a spiral.
 - 03** Place the shaped rolls on a tray, cover with a damp cloth, and let them rise for 40 minutes. Preheat the steam oven to 200°C for 10 minutes.
 - 04** Brush the surface of the rolls with egg wash and sprinkle with black sesame seeds. Select the "Bake" function, set the temperature to 200°C, and bake for about 23 minutes or until golden brown.
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Utensil Placement Guide

Tool: Steaming bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.



A close-up photograph of two traditional butter cupcakes. The cupcakes are oval-shaped with a smooth, golden-brown top and are nestled in white, fluted paper liners. They are placed on a light-colored wooden surface. In the background, a piece of light-colored, textured fabric is visible, and another cupcake is partially seen on the right edge. The lighting is warm and soft, highlighting the texture of the cupcakes and the wood.

H-023

Traditional
Butter
Cupcakes



Bake



180°C



Approximately
18 minutes

Production Methods

- 01** Using a hand mixer, beat the unsalted butter and sugar until light and fluffy. Add the eggs and mix well.
- 02** Sift in the low-gluten flour and baking powder, and mix to combine. Then, add the milk and stir until smooth.
- 03** Pour the batter into the cupcake paper moulds. Select the "Bake" function, set the temperature to 180°C, and bake for about 18 minutes or until a toothpick inserted comes out clean.

Utensil Placement Guide

Tool: Steaming bake tray.

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

Food Materials

Main Ingredients

Low-gluten flour	130 g
Baking powder	30 g
Milk	30 ml

Seasonings

Unsalted butter	120 g
Sugar	100 g
Cupcake paper moulds	6



H-024

Classic Butter Cookies

Food Materials

Main Ingredients

Low-gluten flour 70 g

Seasonings

Powdered sugar 50 g

(or fine granulated sugar 70 g)

Unsalted butter 70 g

Egg white 1



Bake



180°C



Approximately
18 minutes



Production Methods

- 01** In a mixing bowl, combine the sugar and unsalted butter, stirring until smooth and light yellow in colour.
- 02** Gradually add the egg white in 2-3 parts, mixing thoroughly after each addition.
- 03** Sift the low-gluten flour and add it in 2-3 portions, mixing gently each time until well combined.
- 04** Transfer the dough into a piping bag and pipe the cookies into desired shapes onto a baking sheet lined with parchment paper.
- 05** Preheat the oven for 10 minutes. Select the "Bake" function, set the temperature to 180°C, and bake for about 18 minutes or until golden brown.

Utensil Placement Guide

Tool: Steaming bake tray

Placement: Middle rack

Note: Adjust the cooking time as needed based on the quantity, size, shape of the ingredients, and the type of container used.

PENSONIC
Your Enjoyment

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TAP FOR TASTY LAND

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零油空气炸薯条，鲜嫩多汁的肉类，完美烘焙的甜点！
Tapsty 结合超热蒸汽技术与空气炸魔法，提供109种模式，
无论是蒸烤组合，都能随心驾驭。

让每一餐都变成健康低油烟的美味杰作，
无论是烤鸡、蒸鱼，还是烘焙入口即化的甜点，都游刃有余。

这款小巧强大的厨房神器，能在3秒内加热 **25°C至100°C**，
同时还能完美契合您的厨房空间！

Tapsty 多功能 **LED** 显示屏、旋钮+触控操作，
让解冻、发酵、加热变得轻松又智能。

1L大水箱支持长时间蒸煮，
让忙碌的工作日，也能轻松享受丰盛大餐。

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从“今晚吃什么？”变成“下一道美味是什么？”。
一起探索 **Tapsty Land** 的美食冒险吧！

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Your Enjoyment

TAPSTY
TAP FOR TASTY LAND



109道

预设菜单 解锁全能美食



菜单代码/预设菜单

默认温度/时间

菜单代码/预设菜单

默认温度/时间

纯蒸菜单

H-001	蛤蜊蒸蛋	纯蒸100°C /12min
H-002	凤梨苦瓜鸡汤	纯蒸100°C /60min
H-003	清蒸鲈鱼	纯蒸100°C /12min
H-025	陶板屋烤杏鲍菇	纯蒸100°C /15min
H-026	烤箱慢炖牛肉粒	纯蒸100°C /30min
H-027	日式咖喱烤碎肉	纯蒸100°C /20min
H-028	无油蒜香空心菜	纯蒸100°C /08min
H-029	日式茶碗蒸	纯蒸100°C,11min,放入香菇片再蒸3min
H-030	孔雀开屏蒸鱼	纯蒸100°C /10min
H-031	蒸丝瓜块	纯蒸100°C /10min
H-032	日式炊饭	纯蒸100°C /30min
H-033	椒麻鸡丝	纯蒸100°C /25min
H-034	鳕鱼蒸豆腐	纯蒸100°C /20min
H-035	泰式蒸蛭子	纯蒸100°C /15min
H-036	姜泥蒸小卷	纯蒸100°C /15min
H-037	白米珍珠丸子	纯蒸100°C /30min
H-038	虫草花蒸鸡	纯蒸100°C /20min
H-039	白菜卤	纯蒸100°C/30min (每10分钟搅拌一次)
H-040	親子鲜奶炖蛋	纯蒸100°C /20min
H-041	泰式酸辣蒸鲈鱼	纯蒸100°C /20min
H-042	椰子雪梨炖老鸽	纯蒸100°C /60min
H-043	咸蛋蒸肉饼	纯蒸100°C /22min
H-044	干贝豆腐烧	纯蒸100°C /20min
H-045	老干妈蒸排骨	纯蒸100°C /20min
H-046	冬菇云耳蒸鸡	纯蒸100°C /12min
H-047	冬瓜蒸鸡胸	纯蒸100°C /15min
H-048	椒丝腐乳蒸鸡	纯蒸100°C /20min
H-049	豉汁带子蒸豆腐	纯蒸120°C /15min

H-050	萝卜马蹄牛肉汤	纯蒸100°C /60min
H-051	虾仁豆腐蒸蛋	纯蒸100°C /15min
H-052	蛤蜊豆腐汤	纯蒸100°C /15min
H-053	锡纸蒜蓉海鲜烩	纯蒸100°C /15min

速蒸菜单

H-004	无水葱油童子鸡	速蒸100°C /35min关电源焖10min
H-005	五味杂陈蒸鲑鱼	速蒸200°C /10min
H-006	速蒸鱼头包菜	速蒸100°C /12min
H-007	速蒸白虾	速蒸100°C /12min
H-008	双菇蒸包菜	速蒸120°C /15min
H-009	香茅海鲜锅	速蒸120°C /02min
H-054	千张旺菜卷	速蒸120°C /08min
H-055	金银蒜蓉蒸虾	速蒸180°C /10min
H-056	粉丝蒸青口	速蒸180°C /08min
H-057	干贝蒸圆茄	速蒸120°C /15min
H-058	蒜苗帆立贝	速蒸100°C /15min
H-059	桑拿鸡腿	速蒸120°C /20min
H-060	泰式酸辣河粉	速蒸100°C /15min

蒸烤菜单

H-010	意式迷迭香烤鸡	蒸烤190°C /30min
H-011	蒸烤生蚝	蒸烤200°C /15min
H-012	柠檬鸡胸肉	蒸烤100°C /25min
H-061	味噌鲑鱼	蒸烤180°C /20min
H-062	土豆焗椰椰菜花	蒸烤180°C /20min
H-063	香烤时蔬全家福	蒸烤180°C /15min
H-064	二味烤蟹	蒸烤190°C /20min

菜单代码/预设菜单

默认温度/时间

H-065	西班牙西红柿菌菇饭	蒸烤230°C /30min
H-066	鸡肉热沙拉	蒸烤180°C /15min
H-067	盐焗蔬菜鸡	蒸烤190°C /30min
H-068	蒸烤蒜蓉粉丝	蒸烤180°C /15min
H-069	栗子鸡	蒸烤220°C /30min
H-070	蒸烤三杯鸡	蒸烤220°C /30min
H-071	咖喱鱼	蒸烤200°C /20min
H-072	减脂龙利鱼	蒸烤180°C /15min
H-073	和风凉拌鱿鱼	蒸烤150°C /15min
H-074	豆豉蒸鲳鱼	蒸烤180°C /15min
H-075	芝士烤豆腐	蒸烤180°C /30min

空炸菜单

H-013	法式锡纸包鱼	空炸200°C /18min
H-014	新德里烤鸡腿	空炸180°C /30min
H-015	黑椒烤牛排	空炸180°C /25min
H-016	洋葱虾	空炸180°C /20min
H-017	孜然烤玉米	空炸180°C /15min
H-018	照烧秋刀鱼	空炸180°C /20min
H-076	黑椒橄榄油烤土豆	空炸180°C /25min
H-077	照烧烤鱿鱼	空炸180°C /20min
H-078	客家烤鸡腿扒	空炸180°C /25min
H-079	日式烤鸡肉串	空炸200°C /15min
H-080	台式酱烧小鸡腿	空炸200°C /20min
H-081	永登浦辣酱炸鸡	空炸220°C /30min
H-082	橙香烤鸡腿排	空炸180°C /25min
H-083	爆气土豆	空炸180°C /26min
H-084	气炸三文鱼头	空炸200°C /15min

菜单代码/预设菜单

默认温度/时间

H-085	葱蛋萝卜糕	切丁萝卜糕喷油 空炸200°C/15min
H-086	空炸金针菇	空炸190°C /10min
H-087	炸面线虾	空炸180°C /18min
H-088	炸芋头条	空炸160°C /18min
H-089	椒盐螃蟹	空炸200°C /18min
H-090	花生酱烤鸡	空炸200°C /20min
H-091	孜然烤羊排	空炸230°C /35min
H-092	意式时蔬烤鸡腿扒	空炸220°C /30min
H-093	柠檬奶油烤三文鱼	空炸220°C /15min
H-094	海陆双烤	空炸180°C /25min
H-095	意式柠檬烤鱼	空炸200°C /20min
H-096	咖喱蜜汁烤鸡肉	空炸200°C /20min
H-097	中国肉酱派	加入芝士空炸230°C/28min;再加入芝士空炸230°C 8min

烘焙菜单

H-019	葡式蛋挞	烘焙200°C /15min
H-020	海陆总汇披萨	烘焙230°C /15min
H-021	葱烧饼	烘焙170°C /15min
H-022	黑芝麻面包卷	烘焙200°C /23min
H-023	怀旧黄油小蛋糕	烘焙180°C /18min
H-024	古早味饼干	烘焙180°C /18min
H-098	焗烤西红柿薯泥	烘焙180°C /20min
H-099	马斯卡彭烤布蕾	烘焙150°C /35min
H-100	日式烤饭团	烘焙180°C /16min
H-101	西班牙烘蛋	烘焙180°C /40min
H-102	蒸鸡蛋糕	烘焙180°C /10min
H-103	气炸鸡蛋糕	烘焙165°C /09min

菜单代码/预设菜单	默认温度/时间
H-104 燕麦烤里肌	烘焙180°C /13min
H-105 意式烤番茄	烘焙200°C /15min
H-106 婴儿蛋黄饼(宝宝辅食品)	烘焙120°C /30min

风干菜单

H-107 无聊肉干	风干70°C /660min
H-108 贵妇水果茶	风干60°C /720min
H-109 意式风干番茄	风干70°C /720min

H-001 蛤蜊蒸蛋

材料

主料

蛤蜊	12颗
鸡蛋	2个

配料

生姜	3片
青葱	1克
盐	2克
生抽	10毫升



纯 蒸



100℃



约12分钟

制作步骤

- 01 蛤蜊先泡盐水吐沙半小时
- 02 用大碗装半碗水，放盐、姜、葱、蛤蜊，放进蒸烤箱选【纯蒸】3分钟，然后取出。将蛤蜊捞起，蛤蜊水留一碗；
- 03 打散2颗鸡蛋，加入蛤蜊水，蛋液与水比例建议1:1.5，加适量盐调味；
- 04 放入蛤蜊，包上保鲜膜，选择【纯蒸】功能，温度100℃，蒸12分钟；
- 05 取出后在表面撒上葱花，淋上适量生抽酱油即可。

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。





H-002 凤梨 苦瓜鸡汤

材料

主料

新鲜凤梨	4分之1颗
苦瓜	1条去籽
鸡腿	1支切块

配料

老姜片	10片
冷水、盐	10克



纯 蒸



100°C



约60分钟

制作步骤

- 01 将鸡腿用清水持续冲洗约20分钟，同步将凤梨、苦瓜切片；
- 02 把凤梨片、苦瓜、鸡腿放入锅中，加入清酒（或米酒）30毫升、盐10克，再加清水加至盖住鸡腿；
- 03 选择【纯蒸】，温度100℃，蒸大约60分钟即可。

器皿放置参考

工具：耐热汤煲 蒸烤盘
放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。





H-003
清蒸鲈鱼



纯蒸



100°C



约12分钟

制作步骤

- 01** 鲈鱼取出内脏洗净后用厨房纸吸干水分，可适当抹食用盐及食用油；
- 02** 青葱、姜丝（或姜片）均匀铺在鱼身上，静置5-10分钟；
- 03** 放入蒸烤箱第二层，使用【纯蒸】模式，温度100°C，时间建议12分钟左右；
- 04** 取出蒸好的鲈鱼，淋上蒸鱼豉油即可食用（如有条件可再淋上热油更佳）。

器皿放置参考

工具：耐热浅盘 蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

材料

主料

鲈鱼 1~2斤

配料

青葱	5克
姜丝	10克
糖	3克
生抽	15毫升
盐	3克
白胡椒粉	1克
油	30毫升

H-004

无水葱油 童子鸡

材料

主料

童子鸡1只 1只

配料

花椒 1勺

盐 3克

姜 2块

小葱 2克

大葱 1根

生抽 50毫升

黑胡椒 5克

油 10毫升

小米椒 2根



速蒸



100℃



约35分钟

制作步骤

- 01 去除内脏的鸡洗干净，用厨房纸吸干水分；
- 02 将鸡的内、外表面均匀地抹上盐、黑胡椒，腌制30分钟；
- 03 烤盘或其他容器底部抹油，放入姜片、葱段、蒜片、铺满锅底；
- 04 将鸡放在配料上，倒入适量料酒（吃辣的可加小米椒）；
- 05 选择【速蒸】功能，100℃，35分钟，再关电源在蒸烤箱中焖10分钟即可。

器皿放置参考

工具:耐热浅盘 蒸烤盘

放置:中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。





H-005
五味杂陈
蒸鱿鱼



速蒸



200°C



约10分钟

制作步骤

- 01 鱿鱼洗净，横刀切成鱿鱼圈，放入烤盘中均匀摆好；
- 02 选择【速蒸】功能，200°C，时间10分钟左右；
- 03 黄瓜切圆片放在盘子底下将烤好的鱿鱼连同汤汁一起倒进盘子里；
- 04 将葱、辣椒切段，连同蒜一起捣碎，加入生抽，番茄酱，白醋，糖，麻油搅拌均匀后，均匀倒在鱿鱼上即可。

器皿放置参考

工具：耐热浅盘 蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

材料

主料

鲜鱿鱼 2斤

配料

葱 1根

辣椒 1根

蒜米 4颗

小黄瓜 0.5根

生抽 50毫升

番茄酱 60毫升

白醋 10毫升

糖 20克

麻油 10毫升

材料

主料

三文鱼头 1个或2个 半边
包菜 0.5个

配料

姜 20克
盐 2克
辣椒 1根（切碎）
葱 1克（切葱花）
油 30毫升

H-006
速蒸
鱼头包菜



速蒸



100℃



约12分钟



制作步骤

- 01 鱼头洗净，包心菜丝铺在盘子底部；
- 02 将全部材料放进盘子，封上保鲜膜；
- 03 选择【速蒸】功能，100°C，时间12分钟左右；
- 04 取出蒸好的鱼头撒上葱花即可。

器皿放置参考

工具：耐热浅盘 蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间



H-007 速蒸白虾

材料

主料

白虾 1斤

配料

大葱 0.5根 (切段)

辣椒 1条 (切段)

蒜米 4颗 (切粒)

盐 1克

花生油 30毫升



速蒸



100℃



约12分钟

制作步骤

- 01 将准备好的虾洗净，用剪刀剪去须、脚，跟大葱，辣椒，蒜片一起装盘，均匀撒盐；
- 02 盘中均匀加入少许米酒，20毫升水；
- 03 选择【速蒸】功能，100°C，时间12分钟左右；
- 04 有条件的话可淋上烧热的花生油增加风味。

器皿放置参考

工具：耐热浅盘 蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。





H-008
双菇
蒸包菜



速蒸



120°C



约15分钟

制作步骤

- 01 所有食材洗净，包菜切片，干香菇6朵泡发后切丝，蟹味菇去尾撕开；
- 02 将以上材料拌匀倒进盘内，均匀加10毫升水；
- 03 选择【速蒸】功能，120°C，时间15分钟左右；
- 04 取出，淋上香油，撒上葱花即可。

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

材料

主料

包菜0.5颗（切片）

干香菇6朵（泡水切丝）

蟹味菇1包（去尾撕开）

配料

盐 2克

白胡椒 10克

香油 10毫升

葱花 10克

H-009 香茅 海鲜锅

材料

主料

青口	6个
海螺	6个
花蛤	0.5斤
虾	0.5斤

配料

香茅	1支
鲣鱼粉	20克
盐	1克
蒜蓉	3克
辣椒碎	2克



速蒸



120°C



约23分钟





制作步骤

- 01** 将海鲜食材全部洗净，泡盐水吐沙20分钟以上；
- 02** 除了蒜蓉辣椒碎外全部材料倒进锅里；加入适量清水；
- 03** 香茅切段放进锅里，盖上锅盖，选择【速蒸】功能，120°C，时间23分钟左右；
- 04** 取出开盖撒上蒜蓉，辣椒碎，搅拌均匀即可。

器皿放置参考

工具：蒸烤盘或耐热碗盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

H-010 意式迷迭 香烤鸡

材料

主料

鸡	1只
白洋葱	1颗
小西红柿	4颗
绿白花菜	50克
玉米笋	4根

配料

迷迭香2条	黑胡椒粒50克
柠檬1颗	橄榄油50毫升
红椒粉	10克
蒜头	3颗
海盐	30克



蒸烤



190℃



约30分钟



H-011 蒸烤生蚝

材料

主料

生蚝 12颗

配料

蒜蓉 100克

辣椒碎 30克

姜片 1克

盐 2克

生抽 10毫升

花生油 10毫升



蒸烤



200℃



约15分钟

制作步骤

- 01 生蚝开壳，用清水冲净后吸干水分，均匀摆好在烤盘上；
- 02 蒜蓉、辣椒碎、盐、生抽、花生油混合搅拌均匀，将拌好的蒜蓉酱淋在每一颗蚝肉上，覆盖蚝肉；
- 03 选择【**蒸烤**】功能，200°C，时间15分钟左右即可。

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。





H-012
柠檬
鸡胸肉



蒸烤



100°C



约25分钟

制作步骤

- 01 鸡胸肉洗净后用厨房纸吸干水分，均匀抹上盐、黑胡椒，腌制30分钟；
- 02 柠檬切片，均匀铺在盘子里，放上鸡胸肉；
- 03 选择【蒸烤】功能，100°C，时间25分钟左右即可。

器皿放置参考

工具：蒸烤盘或耐热浅盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

材料

主料

鸡胸肉 1块

配料

柠檬 1颗

盐 2克

黑胡椒 2克

迷迭香 1克

或者薄荷叶 1克

H-013

法式 锡纸包鱼

材料

主料

鳕鱼柳	2片
白蘑菇	4颗
白洋葱	半颗

配料

锡纸	1卷
蒜头	4颗
柠檬	4片
黑胡椒	5克
盐	5克
橄榄油	10毫升



空炸



200℃



约18分钟

制作步骤

- 01 白蘑菇、白洋葱切小粒，柠檬切片备用；
- 02 将蒜末、盐、橄榄油、黑胡椒一起混合，均匀涂抹在鱼肉表面；
- 03 将全部材料放进锡纸包裹起来，选择【空炸】功能，200°C，时间18分钟左右即可。

器皿放置参考

工具: 蒸烤盘

放置: 中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。



H-014
新德里
烤鸡腿





空炸



180°C



约30分钟

制作步骤

- 01 小鸡腿洗净，用厨房纸把水分吸干；
- 02 准备一个比较大的容器，放入小鸡腿和其他全部材料，均匀搅拌，腌制2小时；
- 03 在烤盘上铺一层烘焙纸（或锡纸），再将小鸡腿整齐摆放好；
- 04 蒸烤箱预热100°C，5分钟，再放入烤盘，选择【空炸】功能，180°C，时间30分钟左右；
- 05 有条件可用盐水煮半棵西兰花，烤法棍片一起搭配食用。

器皿放置参考

工具: 蒸烤盘

放置: 中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

材料

主料

小鸡腿 6只

配料

姜黄粉 50克

辣椒粉 60克

孜然粉 30克

印度马沙拉粉 30克

茴香籽 3克

优格（无糖酸奶） 100毫升

香菜末 10克

柠檬汁 20毫升

海盐2克 姜末2克

大蒜末2克 丁香2克

橄榄油 20毫升

H-015 黑椒 烤牛排

材料

主料

西冷牛排

一片

配料

黑椒汁



空炸



180℃



约25分钟





制作步骤

- 01 西冷牛排用黑椒汁腌制20分钟；
- 02 烤盘铺锡纸把牛排跟酱汁、白酒一起倒进烤盘；
- 03 蒸烤箱先设置180°C预热10分钟，再将牛排放进蒸烤箱，选择【空炸】功能，180°C，时间25分钟左右即可。

器皿放置参考

工具: 蒸烤盘

放置: 中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

H-016 洋葱虾

材料

主料

基围虾	10只
白洋葱	0.5颗

配料

生抽	5毫升
黑胡椒粉	5毫克
盐	2克



空炸



180℃



约20分钟

制作步骤

- 01 将准备好的虾洗净，用剪刀剪去须、脚；
- 02 洋葱切圈，加入调料混合均匀，将虾与配料放入保鲜盒中冷藏腌制30分钟；
- 03 烤盘铺锡纸，倒入保鲜盒材料，选择【空炸】功能，180°C，时间20分钟左右即可（第10分钟翻面）。

器皿放置参考

工具：蒸烤盘或耐热浅盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。





H-017
孜然
烤玉米



空炸



180°C



约15分钟

制作步骤

- 01 玉米切段再对半切开；
- 02 先选择【纯蒸】功能，将玉米蒸10分钟，再取出玉米拌入其他调料；
- 03 将拌好的玉米放入烤盘，选择【空炸】功能，180°C，时间15分钟左右即可。

器皿放置参考

工具：烤网放上，蒸烤盘放下

放置：中层及底层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

材料

主料

玉米 2根

配料

生抽 10毫升

孜然粉 5克

辣椒粉 2克

白芝麻 2克

盐 2克

油 10毫升

水 10毫升

H-018

照烧 秋刀鱼

材料

主料

秋刀鱼 2条

配料

照烧酱 50毫升

椒盐粉 5克

姜片 6片



空炸



180℃



约20分钟





制作步骤

- 01** 秋刀鱼洗净，在鱼身两面各划2刀方便入味；
- 02** 烤盘铺锡纸，把姜片放2排，每排3片；
- 03** 秋刀鱼两面涂上照烧酱，放在姜片上；
- 04** 选择【空炸】功能，180°C，时间20分钟左右即可（建议每10分钟翻面涂酱），烤好的鱼可以挤一点柠檬汁味道更好。

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

H-019

葡式蛋挞

材料

主料

鸡蛋 2颗

配料

鲜奶 100毫升

鲜奶油 180毫升

砂糖 40克

香草精 1毫升

葡式蛋挞皮 14个



烘焙



200℃



约15分钟

制作步骤

- 01 鸡蛋加糖均匀打散，加入鲜奶搅拌均匀，再加入香草精搅拌均匀备用；
- 02 葡式蛋挞皮均匀地摆放在烤盘上，再将搅拌好的蛋液导入蛋挞皮中，约8分满，切忌太满容易溢出；
- 03 选择【烘焙】功能，200°C，时间15分钟左右即可。

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。





H-020
海陆
总汇披萨



烘焙



230°C



约15分钟

制作步骤

- 01 将番茄酱，糖，盐，黑胡椒粒搅拌均匀备用；
- 02 将墨鱼仔、虾仁洗净，鱿鱼洗净切圈，蛤蜊泡盐水吐沙2小时；
- 03 把调匀的酱汁涂抹在饼皮上，乱序摆上海鲜，鸡肉丝，德国香肠切段穿插摆放在海鲜之间，马苏里拉芝士铺满表面（要盖住海鲜和配料）；
- 05 蒸烤箱预热230°C10分钟，再放入披萨，选择【烘焙】功能，230°C，时间15分钟左右即可。

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

材料

主料

9寸披萨饼皮	1张
鸡肉丝	20克
墨鱼仔	4只
虾仁	6只
蛤蜊	6只
鱿鱼	1只
德国香肠	2根

配料

番茄酱	100毫升
黑胡椒粒	10克
盐	3克
糖	2克
马苏里拉芝士	100克

H-021 葱烧饼

材料

面团材料

中筋面粉	200克
水	100毫升
酵母	2克
糖	10克
盐	2克
油	2~5毫升

内馅

小葱	100克
白胡椒粉	20克
盐	10克
油	2~5毫升



烘焙



170℃



约15分钟





制作步骤

- 01** 将面团材料混合均匀揉成团，基本发酵成型；
 - 02** 调馅。葱切成葱花，与其他调料混合均匀备用；
 - 03** 发酵好的面团分成掌心大小的颗粒，压平放入调好的馅，对折放在刷了油的烤盘上，全部包好后在饼表面刷糖水（1:1），撒上白芝麻；
 - 04** 室温或放入蒸烤箱设置30℃发酵20-30分钟；
 - 05** 发酵完成的饼放入蒸烤箱最下层，选择【烘焙】功能，170℃，时间15分钟左右即可。
-

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间



H-022 黑芝麻 面包卷

材料

主料

高筋面粉	280克
速发酵母粉	4克
鸡蛋	1.5颗

配料

无盐黄油	20克
盐4克	糖15克
水	170毫升
黑芝麻	2克



烘焙



200℃



约23分钟

制作步骤

- 01 将除了黑芝麻跟鸡蛋之外的材料放进大碗里搅拌成面团，整成圆形之后放入大碗里盖上湿布发酵50分钟；
- 02 将面团切成10等份，每个小面团搓成水滴状，盖上布松弛10分钟，最后擀成约25厘米的水滴形，从尾部慢慢向前卷起；
- 03 卷好的面团盖上湿布发酵40分钟，预热蒸烤箱200°C10分钟。
- 04 面包卷表面涂上蛋液，撒上黑芝麻，选择【烘焙】功能，200°C，时间23分钟左右即可。

器皿放置参考

工具: 蒸烤盘

放置: 中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间。



A close-up photograph of two oval-shaped cakes, likely made of cake mix, resting on a light-colored wooden surface. Each cake is nestled in a white, fluted paper liner. The cakes have a smooth, golden-brown top. In the background, more of the same cakes are visible, some still in their liners and others partially unwrapped, suggesting a batch of baked goods. The lighting is warm and soft, highlighting the texture of the cakes and the wood.

H-023
怀旧黄油
小蛋糕



烘焙



180°C



约18分钟

制作步骤

- 01 用打蛋器将黄油和糖打发，再加入鸡蛋拌匀；
- 02 筛入面粉和泡打粉拌匀，加入牛奶拌匀；
- 03 将蛋糕糊倒入纸杯蛋糕模具内，选择【烘焙】功能，180°C，时间18分钟左右即可。

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间

材料

主料

低筋面粉 130克

泡打粉 30克

牛奶 30毫升

配料

无盐黄油 120克

糖 100克

纸杯蛋糕模 6个



H-024 古早味 饼干

材料

主料

低筋面粉 70克

配料

糖粉 50克（细砂糖也可以）
无盐黄油 70克
蛋白 1颗



烘焙



180℃



约18分钟



制作步骤

- 01 将糖和无盐黄油搅拌均匀，变成淡淡黄色即可；
- 02 分2-3次加入蛋清，一直搅拌，加入过筛的面粉（分2-3次加入）；
- 03 将面糊装入裱花袋中，将饼干造型按个人喜好挤在铺好烘焙纸的烤盘上；
- 04 放入蒸烤箱，选择【烘焙】功能，180°C，时间18分钟左右即可（提前预热10分钟效果更好）。

器皿放置参考

工具：蒸烤盘

放置：中层

请根据分量、大小、食物形状和容器种类等，适当调整烹饪时间



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