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[bosch-home.cn/
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AutoCook

MUCP868BCN

[zh]
[en]

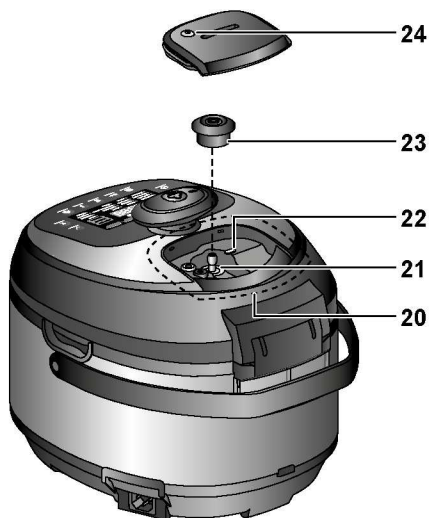
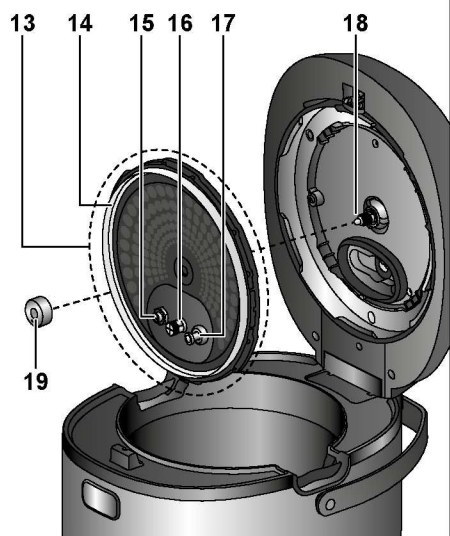
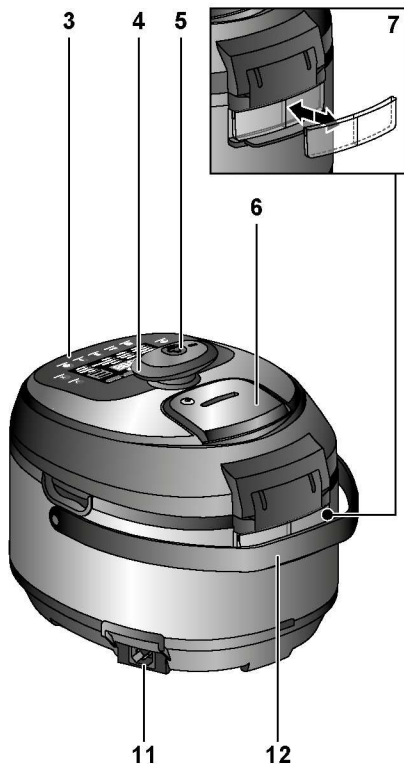
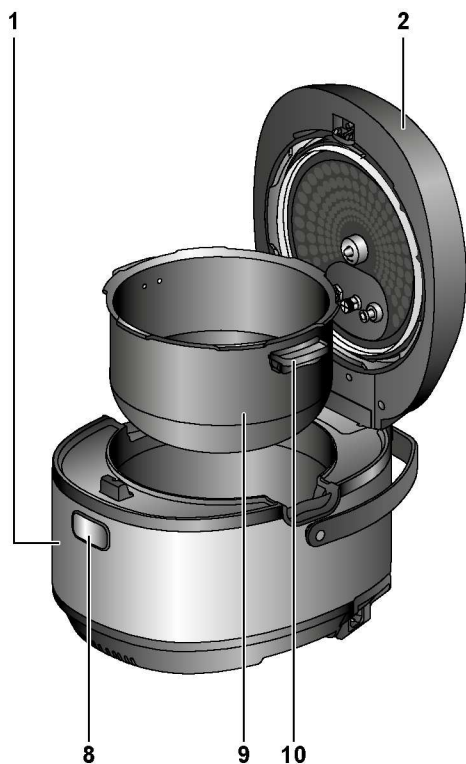
使用说明书
Instruction manual

多功能压力烹饪锅
Multicooker

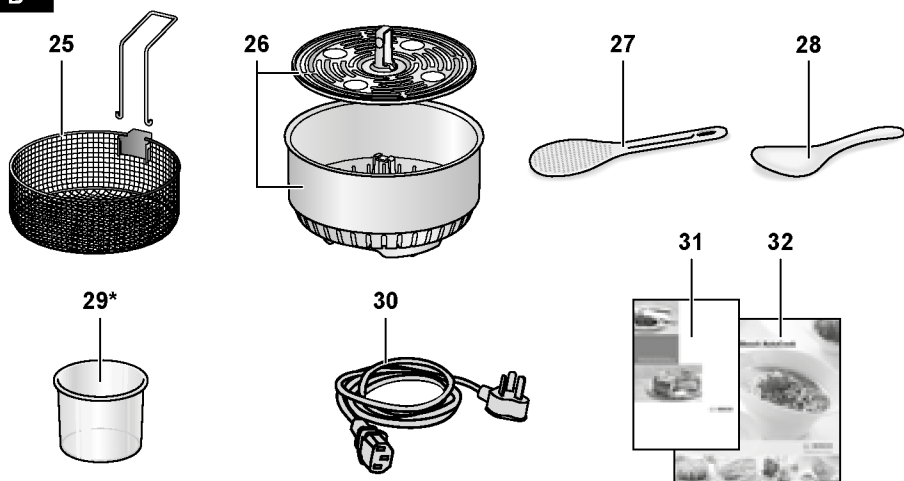
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27

使用产品前请仔细阅读本使用说明书，并请妥善保管

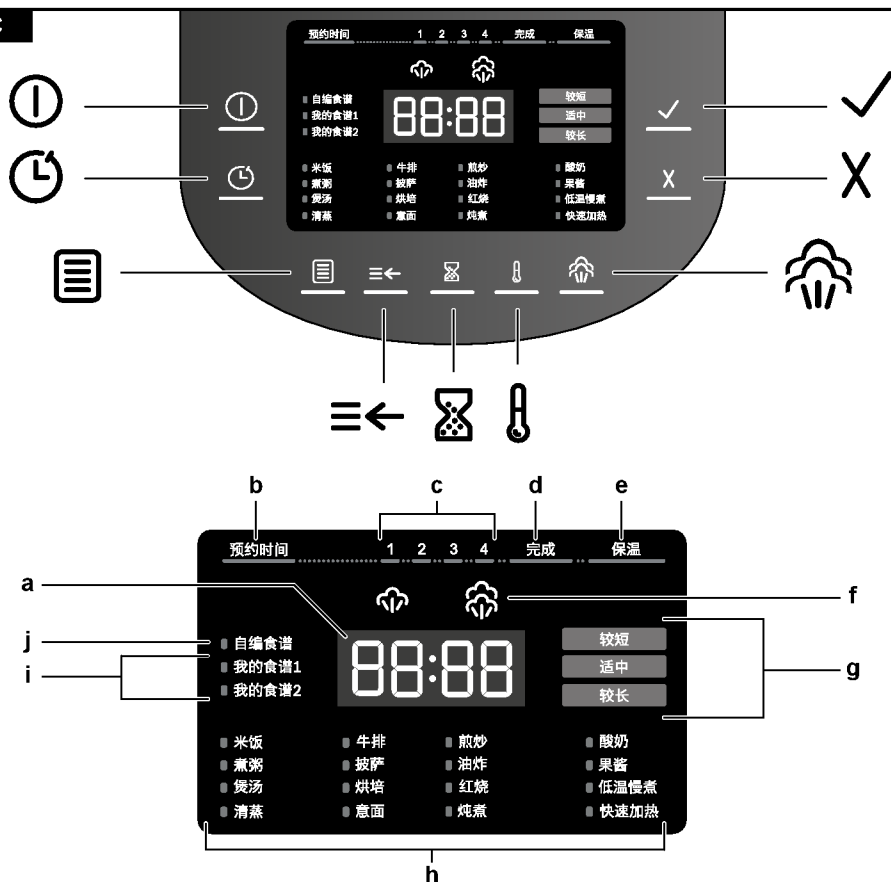
A



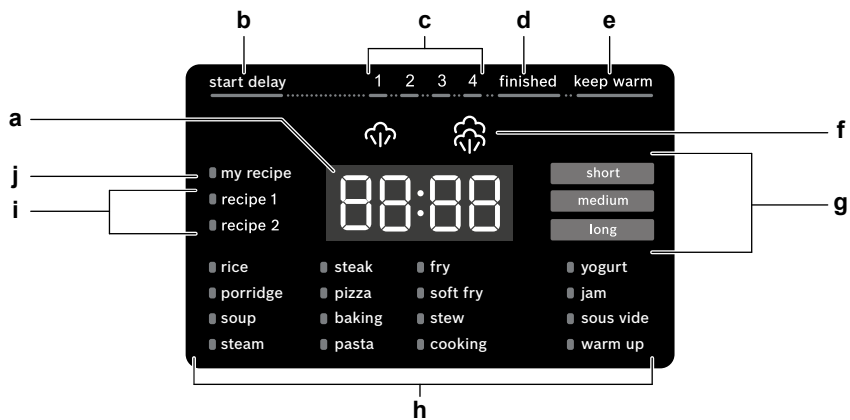
B



C



D



主要用途

请仔细阅读、遵守使用说明书并妥善保管,以备将来使用!请阅读所有说明!在将本电器转让给其他人时附上说明书。

若未遵守正确使用电器的说明,制造商对造成的任何损害概不承担责任。本电器仅供家庭使用。

本电器适用于清蒸、煎炒、烘焙、红烧、炖煮、高温杀菌和加热食品以及食物保温等。不得将其用于加工其他物品或物质。所有食材都必须卫生无公害。在操作过程中,必须遵守厨房卫生的相关规定。

电器应只用于其目标用途。只能针对预期和描述的食物使用预设程序。

→ “烹饪时间” 参见第 22 页

只能根据操作说明使用相关热源。仅适用各电器型号相对应的供应商原装零件。尤其要确保基本电器和电器盖符合规定的兼容要求,且由同一制造商提供。

锅具和附件只能与基本电器配合使用。

仅限在室温及海拔 2000 米以下的室内使用本电器。

重要安全信息

对于有身体、感官或精神缺陷的人员或缺乏经验和知识的人员(包括儿童),除非能得到监督或指导,否则不得使用本电器。请勿让儿童靠近本电器和电源线,且不得让儿童操作本电器。严禁儿童玩耍本电器。儿童不得对本电器进行清洁和用户保养。

⚠ 电击和着火危险!

- 本电器只能通过正确安装的接地插座连接到交流电源。确保已正确安装家用电源的保护导线系统。
- 务必按照铭牌上的技术规范连接和操作本电器。若电源线和/或电器损坏,请勿使用本电器。为防止发生事故,仅限由我们的客户服务部门进行维修。
- 若本电器电源线损坏,务必使用售后服务部门提供的专用连接导线进行更换。
- 切勿将电器连接到定时开关或遥控插座上。电器开启时必须有人看管!
- 如果发生故障,立即拔下插头或断开电源。
- 不得让电源线接触高温零件,或者在锐利边缘上拖拽电源线。
- 切勿将电器或电源线浸入水中或用洗碗机清洁。请勿使用蒸汽清洁本电器。
- 每次使用后,无人照看本电器时,在装配、拆卸和清洁之前以及出现故障时,都必须断开本电器与电源的连接。

⚠ 有烫伤危险!

- 本电器使用蒸汽压力进行烹饪。使用不当有烫伤风险。在使用电器之前,请检查是否正确关闭。参见使用说明书。
- 每次使用电器之前,应定期检查蒸汽阀门开孔,确保其不堵塞。检查安全阀(15、16、17)和零件(6、23)是否存在并正确安装。

切记:过压保护装置 (17) 必须能自由移动。→ “13. 检查安全设备!”
参见第 11 页

- 切勿以使用说明书指出的维护说明以外的任何方式改造安全系统。
→ “保养和日常清洁” 参见第 19 页
- 电器中必须放入锅具才能使用。
- 在使用烹饪程序之前, 请检查电器是否正确关闭。
- 电器运行时, 外壳、锅具和金属部件被加热! 只能使用随附的工具取出锅具和附件。请戴上烤箱手套。
- 电器内产生高温蒸汽。不要倾斜和倾倒本电器。
- 电器有压力时, 移动电器要非常小心。切勿触碰任何灼热表面。使用手柄。必要时使用正确的防护。
- 切勿用力打开电器! 除非已经检查确认内部压力已经完全降低, 否则不得打开电器。参见使用说明书。→ “使用蒸汽压力烹饪” 参见第 14 页
- 切勿在启用蒸汽压力功能后使用电器烘焙或油炸食物。
- 为了防止沸腾或泡沫溢出风险, 切勿使用高温程序煮汤或类似的液体, 如烘焙、煎炒(油炸)等, 也不得手动设置 100°C 以上温度进行上述烹饪。
- 制备软性食物后, 在打开盖子之前轻轻摇晃电器, 防止食物喷溅。
- 在烹饪带皮肉类后 (如牛舌), 肉类会在压力下膨胀, 此时不可刺破肉皮, 否则有烫伤风险。
- 打开上盖时要小心。
- 必须等电器充分冷却后才能拿取或清洁! 有明显褪色、裂缝或其他损坏的部件或者定位不正确的部件必须以原装部件进行更换。

有健康危险!

真空低温烹饪是一种以较低的温度进行烹饪的方法。请特别注意安全说明和建议的烹饪方法! → “低温慢煮烹饪” 参见第 13 页

窒息危险!

切勿让儿童玩耍包装材料。

重要信息!

- 不要使用本产品烹饪或存储酸性食物 (PH<5)。
- 切勿将电器放在加热的烤箱中。
- 在使用或清洗之后, 应打开电器盖子, 至少干燥 30 分钟, 防止形成冷凝。
- 每次使用后或长时间未使用重新使用之前, 务必彻底清洁本机器。
→ “保养和日常清洁” 参见第 19 页

小心!

- 在安装电器时, 请确保电器上方和后方没有敏感的表面和电器, 否则可能会因温度的变化和蒸汽逸出而损坏。
- 切勿用锅铲或勺子搅拌热油, 也不得留在热锅中。它们可能会融化!
- 切勿不加水就启用带蒸汽压力功能的电器, 否则会导致严重损坏。

感谢您购买新的博世电器。
在随后几页的操作说明中,您将会找到安全使用本电器的有用信息。
请阅读这些操作说明并严格遵守。这将确保您能够长时间享用本电器,令您对自己的选择充满自信。
请保管好使用说明,以备日后使用或供下一任所有者使用。
您可以在我们的网站上找到更多关于产品的信息。

制造商:
博西家用电器(中国)有限公司

中国江苏省南京市中山路 129 号中南国际大厦 20.21 楼

执行标准:
GB 4706.1-2005
家用和类似用途电器的安全 第 1 部分:通用要求
GB 4706.19-2008
家用和类似用途电器的安全 - 加热液体的特殊要求

全国统一客户服务热线:
4008855888
客户服务电子邮箱:
careline.china@bshg.com
公司网站:
www.bosch-home.cn

技术数据:

电气连接 (电压 – 频率)	220-240V~ 50/60Hz
额定功率	1200 W
尺寸 (高 x 宽 x 深)	300 x 320 x 400 mm

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概览

→ 图 A

1 带蒸汽加压功能的多功能烹饪锅(基本电器)

- 2 上盖
- 3 控制面板
- 4 压力阀
- 5 快速泄压键
- 6 可拆卸蒸汽出口
- 7 可拆卸冷凝水盘
- 8 开盖按键
- 9 不粘内锅
- 10 内锅把手
- 11 电源连接线
- 12 可提把手
- 13 可拆卸式上盖插件
- 14 密封环
- 15 安全阀
- 16 蒸汽阀
- 17 过压保护
- 18 上盖插件安装轴
- 19 固定螺丝
- 20 蒸汽释放室
- 21 带密封的蒸汽阀开口
- 22 白色蒸汽释放杆
- 23 阀塞
- 24 过压保护手动解锁

→ 图 B

- 25 可拆卸式油炸篮
- 26 蒸架, 2部分
- 27 锅铲
- 28 汤勺
- 29 量杯
- 30 带警告标记的电源线
- 31 使用说明书
- 32 食谱书

控制面板

控制面板包括控制部分(按键)和指示部分(LED灯)。按键可用于选择单个烹饪程序以及调节各种设置选项(例如选择蒸汽压力功能、烹饪温度/时间)。各种设置通过 LED 指示灯或显示屏指示。

控制部分

→ 图 C



待机

从待机模式切换到功能选择模式,反之亦然。



设置预约

可根据所选择的烹饪程序选择启动时间延时。



从列表中选择烹饪程序(h)

反复按压按键 可逐个显示各个烹饪程序。相应的 LED 指示灯在控制面板中亮起。



调节烹饪时间

针对烹饪程序预先配置的烹饪时间[适中]可缩短[较短]或延长[较长]。相应的指示灯(g)亮起。相应的预设烹饪时间显示在显示屏上(a)。



调节烹饪温度

根据用户需求调节烹饪时间。
根据用户需求调节烹饪温度。对于启用了蒸汽压力功能的烹饪程序,温度为对应设定的温度(f),无法进行调节。



蒸汽压力功能

蒸汽压力功能“低蒸汽压力”[]或“高蒸汽压力”[]可通过按压按键 进行选择。相应指示灯(f)亮起。→“使用蒸汽压力烹饪”参见第 14 页



确认程序

按压按键 启动所选择的烹饪程序。



删除设置或取消程序

按压按键 删除设置或停止先前已经启动的一个程序。

显示部分

→ 图 D

a 显示屏

显示剩余时间或温度。

b 预约时间

显示已启动预约功能。显示屏(a)显示设定的预约时间,时间结束时,烹饪程序启动。

c 烹饪时间 / 程序进度

显示单个烹饪步骤以及程序进度。如需多个烹饪步骤(例如,在油炸程序下加热油之后再添加原料),这些步骤由LED灯 1、2、3 或 4 直观地显示。如果需要执行后续烹饪步骤,同时发出声音信号。

d 完成

表明食物已烹饪完毕。显示屏(a)闪烁并显示“00:00”。同时响起一声信号音。

e 保温

表示在烹饪程序结束时开启保温功能。在显示屏上点亮一个矩形(虚线)。

f 蒸汽压力功能

[] 表示选择了低蒸汽压力 (105°C)。

[] 表示选择了高蒸汽压力 (115°C)。

→ “使用蒸汽压力烹饪” 参见第 14 页

g 显示预配置烹饪时间

一个程序的预配置烹饪时间 [适中] 可使用按键 E 缩短 [较短] 或延长 [较长]。相应的指示灯亮起。

h 烹饪程序表

共有 16 个预设烹饪程序可供使用。反复按压按键  可逐个显示各个烹饪程序。相应的 LED 指示灯在控制面板中亮起。

i 我的食谱1+2

带蒸制压力功能、烹饪时间和温度的烹饪程序的存储位置。

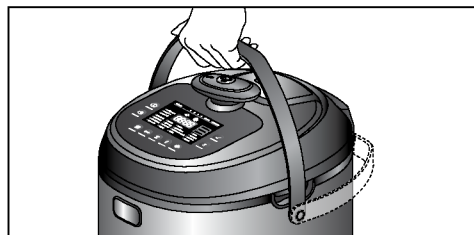
j 自编食谱

快速设置模式,用于定制烹饪过程的蒸汽压力功能、烹饪时间和温度设置。

首次使用前

使用新电器之前,必须完全拆除包装,进行清洁,并连接电源。为此请执行下列步骤:

1. 从包装中取出底座和所有附件,处理掉所有包装材料。
2. 抬起电器时请使用手柄。为此将手柄向上摇。

**小心!**

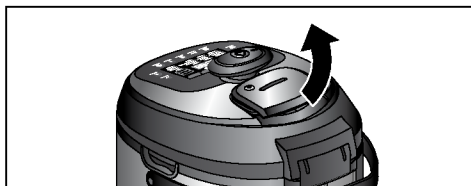
只能使用手柄确保安全搬运电器。

3. 将电器放在稳定、水平、光滑的工作台上。

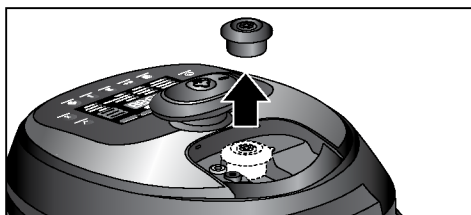
小心! 确保电器上方和后方没有敏感的表面和电器,否则可能会因温度的变化和蒸汽逸出而损坏。

4. 拆下蒸汽出口

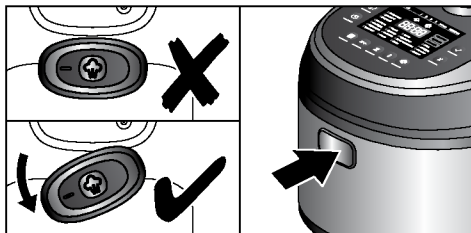
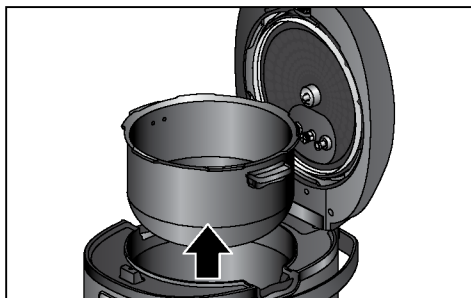
夹住蒸汽出口后部,拉起,拔出。

**5. 拆下阀塞**

拉出蒸汽释放室中的阀塞。

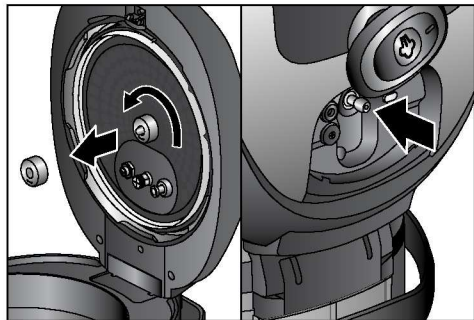
**6. 打开电器盖**

打开压力锁定手柄 ()。为此,沿逆时针方向尽量旋转压力锁定手柄。按下基本电器上的打开按键,打开盖子。

**7. 将内胆从电器内部取出。**

8. 取下盖子插件

逆时针转动固定螺丝, 取下。单手将盖子插件固定在盖子内部。用盖子外面的另一只手按压蒸汽释放室中的蒸汽阀, 略微用力, 使其通过开孔。小心从盖子上取下盖子插件。



9. 拆下电器和附件上的包装材料。

10. 检查所有部件的完整性。→ 图 A

11. 检查电器和附件是否有明显损坏。

小心!

切勿使用已损坏的电器!

12. 在首次使用前要彻底清洁并擦干所有部件。→ “保养和日常清洁” 参见第 19 页

13. 检查安全设备!

上盖插件:

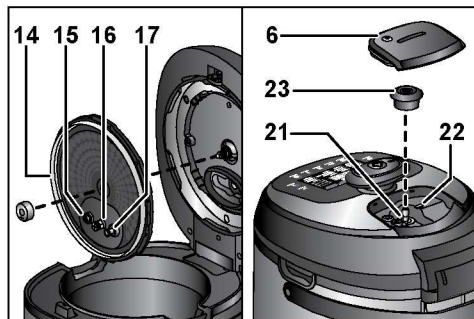
- 检查上盖插件上的密封圈 (14) 是否有明显褪色、裂缝或其他损坏。

- 检查安全和蒸汽阀 (15, 16) 以及过压保护装置 (17) 是否清洁。不得被异物堵塞。过压保护设备必须能自由移动。

蒸汽释放室:

- 检查蒸汽释放室中的蒸汽阀密封 (21) 是否有明显褪色、裂缝或其他损坏。

- 检查白色蒸汽释放杆 (22) 是否干净。不得被异物堵塞。



14. 放入内锅

重新将内锅放入电器内部。锅具手柄必须嵌入凹陷处。

小心!

在插入锅具之前, 检查电器内部是否干燥、干净。

15. 放上上盖插件

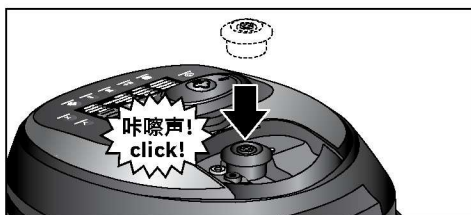
压力锁定手柄必须打开 (☞)。将上盖插件放在盖子插件座上, 蒸汽阀位于底部。同时, 引导蒸汽阀通过蒸汽阀开孔。顺时针拧紧固定螺丝, 将盖子插件固定在插件座上。

16. 关闭上盖

按下上盖, 使其卡入到位。闭合压力锁定手柄 (☞)。为此, 沿顺时针方向尽量旋转压力锁定手柄。

17. 插入阀塞

将阀塞放在蒸汽释放室的蒸汽阀上, 用力按下。

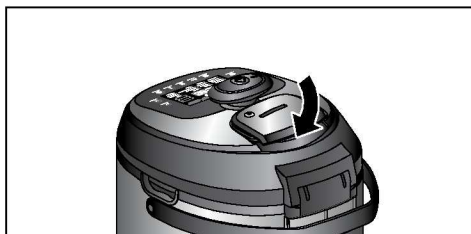


小心!

确保白色蒸汽释放杆是否位于阀塞下方。

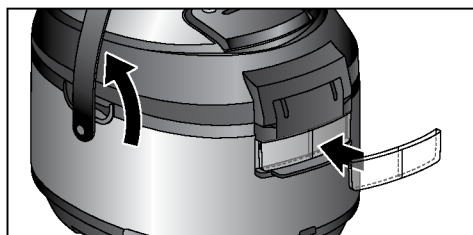
18. 插入蒸汽出口

将蒸汽出口从上方放在盖子上, 牢牢按下。

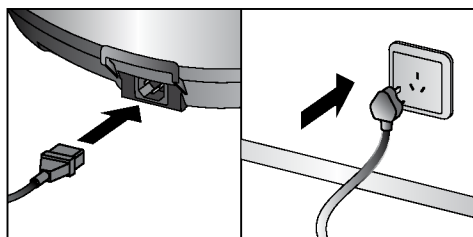


19. 插入冷凝水盘

翻折手柄。握住水箱顶部两侧，插入电器后部。



20. 首先将电源线连接在电器上，然后将其连接到插座。



小心!

只能使用所提供的电源线。

控制面板上的按键 ① 和 ✓ 以及所有 LED 短暂亮起一次，响起五级信号音。随后按键 ① 闪烁。电器处于待机模式，准备运行。

准备

⚠ 重要信息!

不要使用本产品烹饪或存储酸性食物。

一般建议

为了获得一流美味，我们建议采用我们的食谱中的建议，这些食谱根据我们的电器定制开发。

食谱详细介绍了所需原料数量、烹饪时间和烹饪温度、蒸汽功能的使用以及烹饪程序的有用组合。

请使用这些食谱建议获得最初经验。一旦您感受到使用选项的优点和多样性，您就会喜欢尝试新的食谱。使用电器配备的其他个别设置选项。→ “调节设置选项” 参见第 18 页

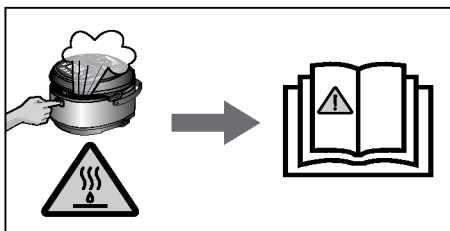
为了让您总览所有烹饪程序，我们通过一张罗列清晰的表格汇编这些信息。→ “烹饪程序表” 参见第 21 页

⚠ 有烫伤危险!

- 在操作过程中，必须放入锅具、盖子插件、阀塞和蒸汽出口才可使用电器。
- 为了防止沸腾或泡沫溢出风险，切勿使用高温程序煮汤或类似的液体，如烘焙、煎炒等，也不得手动设置 100°C 以上温度进行上述烹饪。
- 切勿在操作过程中搬动电器。
- 切勿用力打开电器!

⚠ 有烫伤危险!

注意电源线上的警告标记:



只能针对预期和描述的食物使用预设程序。→ “烹饪时间” 参见第 22 页

为了防止由于煮沸或起泡造成的烫伤危险，不得使用高温程序（清蒸、红烧、油煎、油炸、烘焙、炖煮）或手动设置超过 100°C 烹饪以下食物：小扁豆、大豆、蛋白质或淀粉比例较高的液体（如牛肉汤）、牛奶和类似液体、蔬菜或其它容易煮沸或起泡的食物组合。

小心!

- 每次使用电器之前，应检查安全设备是否正常工作。→ “13. 检查安全设备!” 参见第 11 页
- 检查可拆卸蒸汽出口 (6) 和阀塞 (23) 是否存在并正确安装。
- 只能使用所附的锅铲（不要使用金属餐具）。
- 在每次操作之前，检查电器是否有损坏、是否完整、是否清洁和安装妥当。→ “首次使用前” 参见第 10 页

不使用蒸汽压力烹饪

共有 16 个预配置烹饪程序可供选用。→ “烹饪程序表” 参见第 21 页

说明: 当选择和启动无蒸汽压力功能烹饪程序时，确保压力锁定手柄始终打开 (☞)。

1. 电器准备就绪。将所需食材放入电器。为此,打开盖子,把原料倒入锅中。锅内的测量刻度也可以用来读取数量。

小心!

- 锅具加水量最多为 4 升。在制备烹饪过程中会膨胀的食物时,如米饭或干菜,锅具最多加一半容量的食材。
- 2. 关闭电器门。按下盖子,使其咔嗒一声卡入到位。

3. 按下按键 ①,以便访问功能选择模式。在功能选择模式下,所需要的烹饪程序被选中,并在电器上进行所有设置。按键 ① 和指示灯 [自编食谱] 常亮。按键 ✓ 闪烁。“00:00”显示在显示屏上。

说明:

- 某些烹饪程序或步骤在盖子打开时进行。→ 参见所附菜谱
- 如果在 5 分钟内没有在控制面板上进行输入,电器将自动切换到待机模式。

1. 按下按键 ③,直到选中所需要的烹饪程序。控制面板上对应的LED灯亮起,所选烹饪程序的预设烹饪时间闪烁。

2. 按下 ✓ 按键,启动烹饪程序。电器加热内胆,直到达到目标温度。在加热过程中,显示屏中显示顺时针方向亮起的线。一旦达到目标温度,线就熄灭,烹饪时间就显示在显示屏上。烹饪过程自动启动。

说明:当程序 [意面] 或 [油炸] 被选中后,反复响起声音信号,显示屏和按键 ✓ 闪烁,直到放入食物并按下按键 ✓。

烹饪时间倒计时。

烹饪会产生蒸汽,蒸汽从电器逸出,防止形成过高压。

在烹饪过程中升高或降低温度

如果在烹饪阶段当前温度设置过高或过低,可在烹饪过程中相应增大 (最大+10°C) 或降低 (最大-10°C)。

如要升高温度,按下并按住 ⬆ 按键。当前温度将在显示屏上短暂显示,随后按照 1°C 的增幅增加,直到达到最大值 (+10°C)。按下并按住按键,直至温度达到所需增值水平。

如要降低温度,按下并按住 ⬆ 按键。当前温度将在显示屏上短暂显示,随后开始按照 1°C 的增幅增加,直到达到最大值 (+10°C)。达到最大值后,显示器将返回最小值 (20°C 以下)。按下并按住按键,直至温度达到所需降低水平。

按下 ✓ 按键,继续烹饪程序。

说明:如果没有按下 ✓ 按键确认,烹饪程序将按照先前设置的温度继续进行。

当烹饪程序结束时,响起一个信号音,指示灯 [完成] 和按键 ✓ 亮起,或者启动保温功能。→ “保温功能”参见第 16 页
显示屏闪烁并显示“00:00”。

3. 打开电器的上盖,取出做好的食物享用。

⚠ 有烫伤危险!

- 在烹饪过程中,电器中可能会蓄积大量蒸汽。打开盖子时要小心。不要斜靠在电器上盖上。
- 使用过的锅具和各种插件可能非常烫。必须使用合适的手柄或烤箱手套。

小心!

在烹饪过程中形成冷凝。定期倒空冷凝水箱。

说明:

- 随时可按下 X 按键停止烹饪程序。电器随后切换到功能选择模式。
- 某些烹饪程序可能包含多个烹饪步骤。
→ “多个烹饪步骤”参见第 16 页

在烹饪过程中延长烹饪时间

如果食材在烹饪程序即将结束前还没有完全煮熟,可以延长烹饪时间。

1. 为此按下并按住 ⏸ 按键。当前烹饪时间将在显示屏上短暂显示,随后按照 1 分钟的增幅增加。
2. 按下并按住该按键,直至达到所需的烹饪时间。
3. 使用 ✓ 按键启动新设置的烹饪时间。

说明:烹饪时间最多可延长 30 分钟。如果超过所需要的烹饪时间,按住按键 ⏸,直至达到最大值。随后该设置将跳回 5 分钟。

低温慢煮烹饪

低温慢煮烹饪是一种以较低的温度在真空下进行烹饪的方法。

低温慢煮烹饪是一种以温和、低脂的方法来制备肉类、鱼类、蔬菜和甜点的烹饪方法。真空包装机可用于将食物热封在特殊的密封、耐热的包装袋中。

⚠ 有健康危险!

真空低温烹饪是一种以较低的温度进行烹饪的方法。因此,遵守下面的应用和卫生说明非常重要:

- 只能使用质量上乘的新鲜食物。

- 洗手并进行消毒。使用一次性手套或烹饪/烧烤夹。
- 烹饪重要的食物 (如家禽、鸡蛋和鱼类) 时要格外小心。
- 烹饪家禽的最低温度必须达到 65°C。
- 必须彻底冲洗水果和蔬菜并/或削皮。
- 必须保持工作台和案板清洁。针对不同类型的食物使用不同的案板。
- 保持冷藏。确保使用较短的时间来准备食物,在烹饪之前,将食物尽快装入真空密封的袋子里放回冰箱进行存放。
- 食物仅适用于立即食用。将食物烹饪好之后,请立即食用。请勿在烹饪后将食物存放起来 – 甚至放在冰箱中也不行。食物不适合于重新加热。

真空密封袋

- 在使用真空低温烹饪方法时,只能使用专门针对此目的设计的耐热真空密封袋。
- 请勿使用购买时的已是密封包装的食物 (如真空压缩的鱼块)。这些袋子不适用于真空低温烹饪。

真空密封

- 使用可创造 99% 真空效果的真空包装机对食物进行真空密封。这是实现均匀传热并因此获得完美烹饪效果的唯一方法。

说明:

- 真空烹调的最大容量是 3 升。放入食物后,锅内的水位不应超过 3 升。
- 当您使用真空烹饪法时,一定要盖上盖子。

使用蒸汽压力烹饪

多功能炊具额外配备蒸汽压力功能。使用蒸汽压力功能时,食物在压力下烹饪,如在温度高于 100°C 时烹饪。这会大大地缩短烹饪时长。此外,这会大幅节约能量。香味、口味和维生素在短时间蒸制的烹饪方式下得到很好的保留。有 8 种预配置烹饪程序可以使用蒸汽压力功能。→ “烹饪程序表” 参见第 21 页

低蒸汽压力

使用低蒸汽压力可以特别温和地烹饪精细食物,如蔬菜、鱼或水果。过高的压力可以通过蒸汽出口进行自动控制。

高蒸汽压力

使用高蒸汽压力烹饪其他各类食物可实现最佳效果。过高的压力可以通过蒸汽出口进行自动控制。

启用蒸汽压力功能

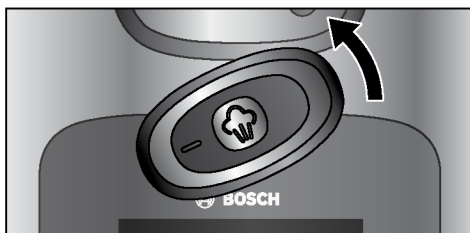
如要选择带蒸汽压力功能的烹饪程序,必须首先关闭压力锁定手柄 (☹)。为此,沿顺时针方向尽量旋转压力锁定手柄。



当电器正确关闭后,一个声音信号响起,蒸汽压力功能打开。此后才能在功能选择模式下选择带蒸汽压力功能的相应烹饪程序。“低蒸汽压力”指示灯 [☹] 或 “高蒸汽压力”指示灯 [☹] 亮起。→ “使用蒸汽压力烹饪” 参见第 14 页

停用蒸汽压力功能

如要选择不带蒸汽压力功能的烹饪程序,必须始终打开压力锁定手柄 (☹)。为此,沿逆时针方向尽量旋转压力锁定手柄。



在功能选择模式下可选择不带蒸汽压力功能的相应烹饪程序。→ “不使用蒸汽压力烹饪” 参见第 12 页

有 8 种预配置烹饪程序可以使用蒸汽压力功能。→ “烹饪程序表” 参见第 21 页

⚠ 有烫伤危险!

- 容易起泡的食材不得在蒸汽压力下加热,如牛奶和奶油。
 - 不要使用蒸汽压力功能在高压下油炸食物。
1. 打开电器。为此打开压力锁定手柄 (☹) 并按压基本电器上的打开按键。
 2. 将所需食材放入锅具。锅内的测量刻度也可以用来读取数量。

小心!

- 切勿在未加水和其他液体之前用蒸汽压力加热电器。至少添加 250 毫升水。
 - 锅具加水量最多为 3.3 升。在制备烹饪过程中会膨胀的食物时,如米饭或干菜,锅具最多加一半容量的食材。
3. 关闭电器门。为此按下盖子,使其卡入到位,然后关闭压力锁定手柄 (☞)。

响起一声信号音。启用蒸汽压力功能。

4. 按下按键 ①,以便访问功能选择模式。在功能选择模式下,所需要的烹饪程序被选中,并在电器上进行所有设置。按键 ① 和指示灯 [自编食谱] 和 [☞] 常亮。按键 ✓ 闪烁。“00:00”显示在显示屏上。

说明:如果在 5 分钟内没有在控制面板上进行输入,电器将自动切换到待机模式。

5. 按下按键 ②,直到选中所需要的烹饪程序。相应 LED 在控制面板上亮起,所选烹饪程序的预配置烹饪时间闪烁。“低蒸汽压力”指示灯 [☞] 或“高蒸汽压力”指示灯 [☞] 亮起。按下按键 ☞ 可切换 [☞] 和 [☞]。

说明:如果 [☞] 或 [☞] 不亮起,蒸汽压力功能不可用于所选程序。

6. 按下 ✓ 按键,启动烹饪程序。电器加热锅具,直到达到预配置蒸汽压力。在加热过程中,显示屏中显示顺时针方向亮起的线。

达到预配置蒸汽压力后,线就熄灭,烹饪时间就显示在显示屏上。

烹饪过程自动启动。烹饪时间倒计时。

当烹饪时间到时后,响起一个信号音,显示屏闪烁并显示“P”。蒸汽自动从电器间歇性地逸出,以降低电器内部压力。

⚠ 有烫伤危险!

蒸汽从电器逸出时,切勿朝着电器俯身!

当电器内部压力完全降低后,指示灯 [完成] 和按键 ✓ 亮起,或者启动保温功能。在显示屏上点亮一个矩形 (虚线)。烹饪程序完成。

7. 打开电器。为此打开压力锁定手柄 (☞) 并按压基本电器上的打开按键。

说明:

- 切勿用力打开电器!
- 在打开电器之前,要先轻轻地摇动,以消除食物中可能形成的蒸汽泡沫,防止堵塞。
- 当蒸汽完全从电器内部逸出后,可以很容易地打开压力锁定手柄,电器完全消压。

- 自动蒸汽释放可能需要一些时间。为了加速该过程,或者在电器没有完全消压的情况下,也可以手动释放蒸汽。→ “手动释放蒸汽” 参见第 15 页

8. 烹饪好的食物上桌食用。

⚠ 有烫伤危险!

- 使用过的锅具和各种插件可能非常烫。必须使用合适的手柄或烤箱手套。

小心!

在烹饪过程中形成冷凝。定期倒空冷凝水箱。

说明:

- 随时可按下 X 按键停止烹饪程序。电器随后切换到功能选择模式。在打开电器之前,必须手动释放电器内部的蒸汽。→ “手动释放蒸汽” 参见第 15 页
- 某些烹饪程序包含多个烹饪步骤。→ “多个烹饪步骤” 参见第 16 页

手动释放蒸汽

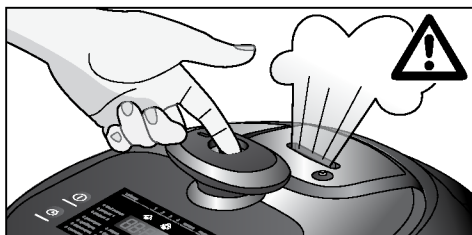
在下列情况下,也可以手动释放蒸汽:

- 如果在烹饪程序结束时要加速自动释放蒸汽。
- 如果烹饪程序已终止。
- 如果由于电器未完全消压而无法打开压力锁定手柄。

⚠ 有烫伤危险!

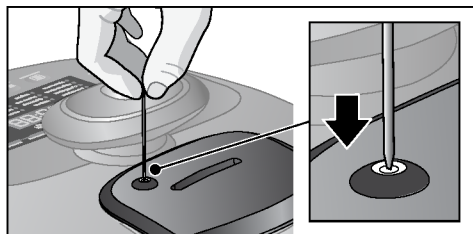
当按下蒸汽释放按键时,热蒸汽在高压下从蒸汽出口中逸出。按下蒸汽释放按键时,切勿朝着电器俯身!

1. 按住蒸汽释放按键,直到没有蒸汽从蒸汽出口中逸出。



2. 打开电器。为此打开压力锁定手柄 (☞) 并按压基本电器上的打开按键。

说明: 如果无法打开压力锁定手柄, 则电器未完全消压。在这种情况下, 使用一根细针手动抑制超压保护, 直到不再有蒸汽从电器中逸出。然后打开压力锁定手柄 (☞) 并按压基本电器上的打开按钮。



附加功能

下列附加功能可用于有蒸汽压力或无蒸汽压力烹饪程序。

选择预设程序的烹饪时间

对于每一个烹饪程序, 级别 [适中] 的预配置烹饪时间在控制面板上亮起。

烹饪时间可缩短 [较短] 或延长 [较长]。

1. 按住按钮 $\equiv \leftarrow$, 直到所需要的指示灯亮起。显示从 [适中] 变为 [较长], 继而变为 [较短], 随后返回 [适中]。

相应的预配置烹饪时间显示在显示屏上。

2. 按下 $\checkmark$ 按钮, 启动烹饪程序。

设置预约

可为所选择的烹饪程序选择启动时间延时, 以便在指定时间享用新鲜出炉的食物。

说明: 启动时间延时只能用于部分烹饪程序。各种烹饪程序的预配置启动时间延时各有差别。

1. 选择烹饪程序。
2. 按下按钮 $\odot$ 。按钮 $\checkmark$ 闪烁。“00:10”在显示屏上闪烁。

反复按压按钮 $\odot$, 增加延时。短按一次会使时间增加 5 分钟。稍微延长按压时间会使时间增加 10 分钟。按下并长按按钮 $\odot$ 约 2 秒钟会将时间延长 30 分钟。

3. 在所需要的启动时间延时显示后, 按下按钮 $\checkmark$ 。

所需要的启动时间延时显示在显示屏上。[预约时间] 在显示屏上点亮。

启动前时间倒计时。到达时间后, 烹饪过程自动启动。

说明:

- 启动时间延时可随时通过按下按钮 $\checkmark$ 关闭。烹饪程序随后立即启动。
- 如果“00:10”不在屏幕上闪烁, 则无法为所选择的烹饪程序选择启动时间延时。

多个烹饪步骤

某些烹饪程序可能包含多个烹饪步骤。需要进行下一个步骤时, 响起一声信号音。控制面板中的 LED 1、2、3 或 4 相应亮起, 按钮 $\checkmark$ 闪烁。

- 打开电器上盖。
- 加入更多食材。
- 根据菜谱, 参考烹饪方法 (如带或不带蒸汽压力功能, 打开盖子)。→ 参见所附菜谱
- 使用 $\checkmark$ 按钮, 启动下一步烹饪步骤。

电器加热电器内部, 直到达到下一个烹饪步骤的目标温度或所选蒸汽压力。

在加热过程中, 显示屏中显示顺时针方向亮起的线。一旦达到目标温度或所选蒸汽压力, 线就熄灭, 下一段烹饪时间显示在显示屏上。烹饪过程自动启动。烹饪时间倒计时。

提前结束当前烹饪步骤

如果在某个烹饪步骤中食材提前煮熟, 也可手动终止该步骤。

1. 为此, 按下 $\checkmark$ 按钮至少 2 秒钟。中止当前烹饪步骤。在可以进行下一步时, 一个信号音响起。控制面板中的 LED 1、2、3 或 4 相应亮起, 按钮 $\checkmark$ 闪烁。
2. 执行下一步烹饪步骤。

保温功能

某些烹饪程序包括保温功能。→ “烹饪程序表” 参见第 21 页

如果烹饪程序带有保温功能, 食物烹饪好后会自动切换到该功能, 保温时间最长为 10 小时, 保温温度为 40°C (预配置保温时间取决于烹饪程序)。[完成] 和 [保温] 亮起。在显示屏上点亮一个矩形 (虚线)。按下 $\times$ 按钮可结束保温功能。电器随后切换到功能选择模式。

使用插件

使用油炸篮

为了使用 [油炸] 程序用热油烹饪肉、鱼、烘焙食品,有必要使用油炸篮。

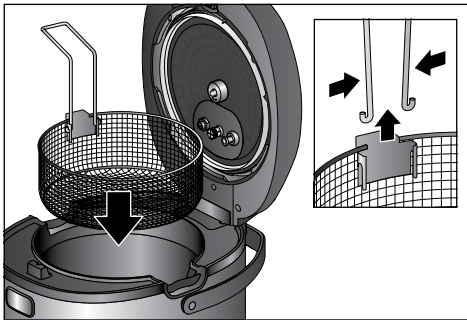
说明:为了获得一流美味,我们建议采用我们的食谱中的建议。→ 参见所附菜谱

实例:烹饪程序 [油炸]

⚠ 有烫伤危险!

- 油炸时切勿使用蒸汽压力功能。对于烹饪程序 [油炸] 自动禁用该功能。
- 最多加油至 [1.0 J] 标记处。
- 请勿油炸超过300g的新鲜食物以及冷冻食物。
- 在烹饪过程中,电器中可能会蓄积大量蒸汽。打开上盖时要小心。不要斜靠在电器上盖上。
- 使用过的锅具和各种插件可能非常烫。必须使用夹盘器、合适的手柄或烤箱手套。
- 切勿用锅铲或汤勺搅拌热油。

1. 打开电器上盖。
2. 锅具加油量最多为 1 升。锅内的测量刻度也可以用来读取数量。
3. 盖上上盖。
4. 在功能选择模式下,选择烹饪程序 [油炸] → “烹饪程序表” 参见第 21 页
5. 按下 ✓ 按键,启动烹饪程序。油被加热。达到目标温度后,响起一声信号音,按键 ✓ 闪烁。
6. 将食物装入油炸篮进行油炸。
7. 打开电器上盖。
8. 用所提供的手柄将油炸篮放在锅具上,然后拿掉手柄。



9. 不要盖上上盖。
10. 按下 ✓ 按键,启动烹饪程序。当烹饪程序结束时,响起一个信号音。

11. 如要把油炸食品沥干,可用手柄抬起油炸篮,挂在内胆边缘。

使用蒸架

蒸制蔬菜、肉和鱼时,必须使用蒸架。蒸架分为 2 个部分,可以同时分别蒸制不同食材 (比如下面蒸蔬菜,上面蒸鱼)。

说明:

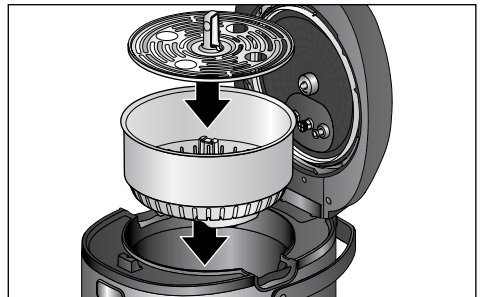
- 为了获得一流美味,我们建议采用我们的食谱中的建议。
- 蒸架可在有蒸汽压力功能和无蒸汽压力的情况下使用。

实例:不带蒸汽压力功能的烹饪程序 [清蒸]

⚠ 有烫伤危险!

- 最多加水至 [0.5 J] 标记处。
- 在烹饪过程中,电器中可能会蓄积大量蒸汽。打开上盖时要小心。不要斜靠在电器上盖上。
- 使用过的锅具和各种插件可能非常烫。必须使用合适的手柄或烤箱手套。

1. 打开电器上盖。
2. 锅具加水量最多为 0.5 升。锅内的测量刻度也可以用来读取数量。
3. 将蒸架下层放入内锅。
4. 蒸制不同食材时,下半部分的加水量最多到达下部边缘。
5. 放好上半部分,加入其他食材。



6. 盖上上盖。
7. 在功能选择模式下,选择烹饪程序 [清蒸] → “烹饪程序表” 参见第 21 页
8. 按下 ✓ 按键,启动烹饪程序。当烹饪程序结束时,响起一个信号音,按键 ✓ 闪烁。
9. 打开电器上盖。
10. 抬起蒸架上、下部分,从锅具中取出。

调节设置选项

烹饪时间和烹饪温度或蒸汽压力的预配置值可以根据个人需要和菜谱指南进行调整。

调节烹饪时间

1. 在功能选择模式下, 按住按键 , 直到选中所需要的烹饪程序。

相应 LED 在控制面板上亮起, 相应烹饪程序的预设烹饪时间显示。

2. 按下按键  一次。

预设烹饪时间在显示屏上闪烁。

3. 按住按键 , 直到显示所需要的烹饪时间。当短暂按下按键  时, 烹饪时间增幅为 1 分钟。时间增加到预设的最大值, 然后返回到预设的最小值。当按下按键  较长时间时, 烹饪时间增幅为 10 分钟。

4. 所需要的烹饪时间显示后, 按下按键 。

带设定烹饪时间的烹饪程序启动。

如果在选定的程序中, 需要分别调整所有烹饪步骤的时间, 则在启用相应烹饪步骤之前, 重复第 2 点到第 4 点。

说明: 这些设置未保存。如果再次选中烹饪程序, 预设的烹饪时间将再次显示在显示屏上。

调节烹饪温度

对于不带蒸汽压力功能的烹饪程序, 可分别选择温度。

1. 在功能选择模式下, 按住按键 , 直到选中所需要的烹饪程序。

相应 LED 在控制面板上亮起, 相应烹饪程序的预设烹饪时间显示。

2. 按下按键  一次。

预设的烹饪温度在显示屏上闪烁。

3. 按住按键 , 直到显示所需要的烹饪温度。当短暂按下按键  时, 烹饪温度增幅为 5°C。温度升高到预设的最大值, 然后返回到预设的最小值。当按下按键  较长时间时, 温度增幅为 10°C。

4. 所需要的烹饪温度显示后, 按下按键 。

带设定烹饪温度的烹饪程序启动。

如果在选定的程序中, 需要分别调整所有烹饪步骤的温度, 则在启用相应烹饪步骤之前, 重复第 2 点到第 4 点。

说明: 这些设置未保存。如果再次选中该烹饪程序, 预设的烹饪温度将再次显示在显示屏上。

设置蒸汽压力

对于带预设蒸汽压力功能的烹饪程序, 可通过“低蒸汽压力” 或“高蒸汽压力” 分别选择温度。

1. 在功能选择模式下, 按住按键 , 直到选中所需要的烹饪程序。

相应 LED 在控制面板上亮起, 相应烹饪程序的预设烹饪时间显示。此外, “低蒸汽压力”指示灯 或“高蒸汽压力”指示灯 亮起。

说明: 如果 或 不亮起, 蒸汽压力功能不可用于所选程序。

2. 按下按键  可切换 和。

3. 如果所需要的蒸汽压力显示, 按下按键 。

带设定蒸汽压力功能的烹饪程序启动。

说明: 这些设置未保存。如果再次选中该烹饪程序, 设定蒸汽压力功能将再次显示在显示屏上。

【自编食谱】(手动)

快速设置模式, 用于定制烹饪过程的蒸汽压力功能、烹饪时间和温度设置。

在功能选择模式下, 按键  和指示灯

【自编食谱】常亮。按键  闪烁。“00:00”显示在显示屏上。

说明: 如要开启蒸汽压力功能, 必须关闭压力锁手柄。指示灯 亮起。

调节烹饪时间

1. 按下按键  一次。

“00:00”在显示屏上闪烁。

2. 按住按键 , 直到显示所需要的烹饪时间。

设置烹饪温度或蒸汽压力

3. **不带蒸汽压力功能:** 必须始终打开压力锁定手柄 (M)。按下按键  一次。“0000”在显示屏上闪烁。必须反复按压按键 , 直到显示所需要的烹饪温度。

或

带蒸汽压力功能: 必须关闭压力锁定手柄。按下按键  可切换 和。

4. 按下按键 , 使用所选择的设置启动。电器加热锅具, 直到达到目标温度或蒸汽压力。一旦达到目标温度或蒸汽压力, 线就熄灭, 下一段烹饪时间显示在显示屏上。烹饪过程自动启动。

【我的食谱1】/【我的食谱2】- 保存个人烹饪程序

带定制时间/温度和蒸汽压力的个人烹饪程序可以保存在存储位置【我的食谱1】和【我的食谱2】下。

说明:

- 如果您以前没有保存过任何个人烹饪程序,显示屏不会显示任何数值。
- 如要开启蒸汽压力功能,必须关闭压力锁定手柄 (☹)。

1. 在功能选择模式下,按下按键  一次。LED【我的食谱1】亮起。预设的烹饪时间显示在显示屏上。

保存烹饪时间

2. 按下按键  一次。

显示屏闪烁。LED 1 (烹饪程序 1) 在控制面板中亮起。

3. 按住按键  直到显示所需要的烹饪时间。当短暂按下按键  时,烹饪时间增幅为 1 分钟。当按下按键  较长时间时,烹饪时间增幅为 10 分钟。时间增加到预设的最大值,然后返回到预设的最小值。

保存烹饪温度或蒸汽压力:

4. **烹饪温度:**按下按键  一次。预设的烹饪温度显示在显示屏上。反复按压按键  直到显示所需要的烹饪温度。

或

蒸汽压力:按下按键  可切换 [] 和 []。

5. 按下并按住按键  (>2 秒),从而保存设置值。

说明:可以为一个烹饪步骤设置和保存温度或蒸汽压力。上次选择的值会被保存。

为了设置其他烹饪步骤,重复第 2 点到第 6 点。最多可设置 3 个烹饪步骤。

所保存的烹饪程序【我的食谱1】可通过功能选择模式照常选择。

说明:为了在【我的食谱2】下保存第二个个人烹饪程序,可使用上述【我的食谱1】的相同过程。

如要删除个人烹饪程序,执行下列步骤:

1. 在功能选择模式下,按下按键  一次。LED【我的食谱1】亮起。所保存的烹饪时间显示在显示屏上。
2. 按下按键  一次。显示屏闪烁。LED 1 (烹饪程序 1) 在控制面板中亮起。

3. 按下并按住按键 X (>2 秒)。

【我的食谱1】的设置被删除。

说明:为了删除第二个个人烹饪程序

【我的食谱2】,可使用上述【我的食谱1】的相同过程。

儿童锁

在烹饪过程中,可以启用、停用儿童锁。如果儿童锁启用,则控制面板上的所有按键都被锁定,无法继续在电器上进行设置。

⚠ 警告

当儿童锁启用后,无法更改或终止烹饪过程。必须首先停用儿童锁。

按下下列按键组合:

1. 启用

同时按下并按住按键  和 ,保持 3 秒。响起一声短信号音。儿童锁已启用。

2. 停用

再次同时按下并按住按键  和 ,保持 3 秒。响起一声短信号音。儿童锁关断。

保养和日常清洁

⚠ 电击危险

- 请勿将电器浸入水中。
- 请勿使用蒸汽清洁本电器。
- 清洁电器之前请拔掉电器电源。

小心!

- 请勿使用任何含酒精或烈性成分的清洁剂。
 - 请勿使用任何锋利、尖锐或金属的物体。
 - 请勿使用砂布或清洁剂。
- 每次使用后都必须彻底清洁本电器。

1. 让电器完全冷却。
2. 打开压力锁定手柄 (☹)。
3. 按下基本电器上的打开按键,打开盖子。
4. 取出内锅、盖子插件、蒸汽出口、阀塞、冷凝水箱和附件。→“首次使用前”参见第 10 页

清洁基本电器

1. 用柔软的湿布擦拭电器的外部,使其晾干。
2. 用柔软的湿布擦拭电器的内部,使其晾干。
3. 用干燥的微纤维布清洁控制面板。

清洁盖子插件、蒸汽出口和阀塞

1. 用清洁剂和软布或海绵清洗各个部件。
2. 用干净的水冲洗并晾干。

小心!

下列部件不适用于洗碗机: 可拆卸上盖插件、紧固螺丝、蒸汽出口和阀塞。

清洁锅具、冷凝水箱和附件

1. 用清洁剂和软布或海绵清洗各个部件。

2. 用干净的水冲洗并晾干。

下列部件适用于洗碗机: 内锅、冷凝水箱、油炸篮、蒸架、锅铲、汤勺、量杯。

小心!

清洗后,再次更换基本电器上的所有干燥部件,并检查安全装置的功能。→ “首次使用前” 参见第 10 页

环保型处理



请以环保方式处置包装。

对本设备根据有关电气和电子设备报废的欧洲规定 2012/19/EU

(waste electrical and electronic equipment — WEEE) 进行标记。该规定管理在欧洲范围内对报废设备的回收和再生。

请咨询专业零售商,了解可用的处置方式。

保修

该设备的保修条款将由售出国的销售代表来确定。您可向售出此设备的经销商详细了解这些条款。

当根据保修条款进行任何索赔时,必须出具销售凭证或收据。

如有更改,恕不另行通知。

烹饪程序表

AutoCook Pro 为您提供 50 个烹饪程序。其中包括 16 个基本程序,每个程序有 3 个时间设置选项,以及 2 个附加的蒸汽压力功能。下表包含了各种烹饪程序的最重要数据。

程序	烹饪步骤数	自动保温功能	蒸汽压力功能可用	上盖是否打开
自编食谱 可设定温度和烹饪时间	1	—	✓	打开 / 关闭*
我的食谱1+2 用户自设菜谱的 2 个存储位置	1-3	—	✓	打开 / 关闭*
米饭 烹饪各种米饭	1	✓	✓	关闭
煮粥 烹饪各种粥类食谱	短:1 中:2 长:2	✓	✓	关闭
煲汤 烹饪各种汤	短:1 中:2 长:2	✓	✓	打开 / 关闭*
清蒸 蒸制蔬菜、肉和鱼 (必须使用蒸架)	1	✓	✓	关闭
牛排 烹饪不同熟度的牛排	2	—	—	关闭/ 打开*
披萨 烹饪不同类型的披萨	1	—	—	关闭
烘培 面团最重 1000 g, 包括面粉和水 (比例: 54 ml 水放 100 g 面粉)	1	—	—	关闭
意面 烹饪意大利面食	1	—	—	关闭/ 打开*
煎炒 煎炒蔬菜、肉、鱼	1	✓	—	打开
油炸 少量食物油炸 (如鱼、肉、烘焙食品等)。必须使用油炸篮。不适用于冷冻食材。	1	—	—	打开
红烧 红烧蔬菜、肉、鱼	短:1 中:2 长:2	✓	✓	打开 / 关闭*
炖煮 烹饪食物	1	✓	✓	关闭
酸奶 制备酸奶	1	—	—	关闭
果酱 腌渍水果酱	1	—	—	打开

* 取决于菜谱 / 烹饪步骤 – “盖子关闭”用于激活的蒸汽压力功能
关于正确使用程序的说明以及关于食材、分量和烹饪时间的信息, 请参见所附菜谱。

程序	烹饪步骤数	自动保温功能	蒸汽压力功能可用	上盖是否打开
低温慢煮 在真空袋里温和地烹饪食物	1	—	—	关闭
快速加热 加热冷餐 (熟食)	1	✓	—	关闭
* 取决于菜谱 / 烹饪步骤 – “盖子关闭”用于激活的蒸汽压力功能 关于正确使用程序的说明以及关于食材、分量和烹饪时间的信息,请参见所附菜谱。				

烹饪时间

下表列出各种烹饪菜式的烹饪时间。下列烹饪时间取决于食物的厚度和均匀度,应被视为最短时间建议。相应地调节烹饪时间。对于冷冻食物,延长烹饪时间至少 20%。

程序	设置	时间 (无蒸汽压力功能)	食物	推荐数量 (最大)
清蒸	中	30 分钟	新鲜青豆	500 g (800 g)
	短	10 分钟	花椰菜 (相同大小的小花)	500 g (800 g)
	长	50 分钟	土豆 (中等大小,整个)	500 g (1200 g)
	短	10 分钟	鱼块	500 g (1000 g)
	中	30 分钟	肉丸	500 g (700 g)
	短	10 分钟	鸡蛋	x 8 (x 12)
	中	30 分钟	饺子	500 g (600 g)
	短	5 分钟	西兰花	500 g (800 g)
	短	3 分钟	豌豆	500 g (800 g)
	中	30 分钟	胡萝卜	500 g (800 g)
	中等	30 分钟	鸡胸	500 g (800 g)
	中	30 分钟	甜菜根 (中等大小,整个)	500 g (800 g)
米饭	较短	25分钟	圆粒米	300 g (450 g) 米, 400 ml (600 ml) 水
	适中	40分钟	圆粒米	300 g (900g) 米, 400 ml (1120 ml) 水
	较长	80分钟	糙米	280 g (1260 g) 米, 480 ml (1280ml) 水
煮粥	较短	60分钟	圆粒米	150 g (360 g) 米, 1280 ml (2880 ml) 水
	适中	90分钟	圆粒米,红豆等	150 g (360 g) 米, 1280 ml (2880 ml) 水
	较长	60分钟+10分钟	圆粒米,猪肝等	150 g (360 g) 米, 1280 ml (2880 ml) 水
牛排	较短	9分钟+4分钟	牛排	260 g, 3cm厚
	适中	12分钟+4分钟	牛排	260 g, 3cm厚

程序	设置	时间 (无蒸汽压力功能)	食物	推荐数量 (最大)
披萨	较长	30分钟+4分钟	牛排	260 g, 3cm厚
	较短	14分钟	冷冻披萨胚, 青红椒, 洋葱等	8寸, 1cm 厚
油炸	适中	19分钟	面团, 青红椒, 洋葱等	100 g 面团, 其他配料适量
	较长	21分钟	面团, 青红椒, 洋葱等	140 g 面团, 其他配料适量
	中	20 分钟	鸡腿	300 g
	短	10 分钟	草菇	200 g
	中	20 分钟	意式面卷	300 g
	短	10 分钟	鱼块	200 g
	短	10 分钟	维也纳炸小牛排 (火鸡)	200 g
	短	10 分钟	维也纳炸小牛排 (猪肉)	200 g
清蒸 + 油炸	短 + 短	10 分钟 + 10 分钟	生蔬菜 (如花椰菜)	200 g
烘培	长	60 分钟	猪前腿肉	1500 g
	中等	40 分钟	肉饼	800 g
	长	60 分钟	蛋糕	500 g
煎炒	中	15 分钟	蔬菜	300 g
	中	15 分钟	鱼	200 g
	中	15 分钟	肉	500 g
	短	手动设置: 5 分钟	洋葱	200 g
低温慢煮 ¹⁾	短, 60°C	60 分钟	牛肉片 (生)	放入食物后, 锅内的水位不应超过 3.0 升。
	中, 65°C	50 分钟	牛肉片 (五分熟)	
	中, 70°C	45 分钟	牛肉片 (全熟)	
	短, 60°C	30 分钟	鱼 (三文鱼)	
	中, 65°C	60 分钟	家禽 (鸡胸)	
	长, 85°C	60 分钟	芦笋	
	长, 85°C	80 分钟	土豆	
	长, 85°C	100 分钟	根茎蔬菜	

1) 使用真空烹饪法时必须注意特别的卫生措施。请特别注意安全说明和建议的烹饪方法!
→ “真空低温烹饪”参见 13

型号总览和技术参数

MUCP868BCN



MUCP868BCN



✓

我的食谱可保存数	2
标称容量	5 l
最大容量 (无蒸汽压力功能)	4 l
最大能力 (有蒸汽压力功能)	3.3 l
温度范围	40-160°C
工作压力	80 kPa
安全压力	150 kPa
电气连接 (电压 - 频率)	220-240V~ 50/60 Hz
加热器功率	1200 W
电磁	✓
电源线长度	1 m
空载重量	6.5 kg

专用附件



MAZ8BI
不锈钢锅, 涂不粘涂层, 带储存盖*, 适用于带蒸汽压力功能的感应式多功能炊具 MUC88...

5 升内锅, 可以用洗碗机清洗; 非常牢固; 3 mm 厚; 不锈钢抛光表面; 不粘涂层; 用于锅中食物的实用储存盖*, 例如放在冰箱里



MAZ0FB
油炸篮

不锈钢篮子, 可拆卸手柄, 易于操作; 可用洗碗机清洗

* 存储盖不是电器的标准配件。仅作为特殊附件随锅具提供。若产品包装内未随附某种附件, 可在市面上或向客服购买。

故障排除

问题	原因	补救措施
烹饪后的饭菜是半生的。	食物超过容量。	锅中所装食物量不得超过标记 [4.0 升]!
	水和食材的比例不正确。	调节水和食材的比例。
	电器内部有异物。	取出所有异物。不得用水达成此目的!
	锅具变形。	请联系客户服务。
	电器出现故障。	
	传感器出现故障。	

问题	原因	补救措施
烹饪好的饭菜烧焦。	锅具下有脏东西。	彻底清洁锅具和电器内部。
	锅具变形。	请联系客户服务。
	电器出现故障。	
	传感器出现故障。	
电器沸腾溢出。	食物超过容量。	调节分量。
	温度过高。	降低温度。
	所选烹饪程序要求打开盖子烹饪食物。	打开电器上盖。
LED 照明灯不亮。	电器关断。	开启本电器。
	电源线出现故障。	请联系客户服务。
灶头不起作用。	电器出现故障。	请联系客户服务。
	灶头损坏。	
水流出电器。	电器具有溢出保护。 冷凝水箱装满溢出。	倒掉冷凝水箱中的水。取出锅具,用布擦拭电器内部,使其晾干。切勿让水进入电器内部。
无法打开电器的压力锁定手柄。	食物阻塞了过压锁,压力锁定手柄被阻塞。	按章节 → “手动释放蒸汽” 参见第 15 页 中所述进行操作。如果问题继续存在,请联系客户服务。
在打开蒸汽压力功能之后,蒸汽仍然不断从蒸汽出口逸出。	阀塞未正确塞入阀门。	断开电器电源,令其冷却。拆下蒸汽出口,将阀塞正确塞入阀门。
显示屏 P	这不是故障。蒸汽自动释放。	等待蒸汽完全逸出,或手动释放蒸汽。
显示屏开	对于不带蒸汽压力功能的烹饪程序,压力锁定手柄关闭 (☹️)。	打开压力锁定手柄 (M),停用蒸汽压力功能。
显示屏关	对于带蒸汽压力功能的烹饪程序,压力锁定手柄打开 (☺️)。	关闭压力锁定手柄 (M),启用蒸汽压力功能。
显示屏 E1~E6	电器出现故障。	中止烹饪程序。断开电器电源。重新开启电器。如果问题继续存在,请联系客户服务。
显示屏 E0	电路故障。	断开电器电源,重启。如果问题继续存在,请联系客户服务。
显示屏 E1	锅具损坏,电器中不存在锅具或使用的不是原装锅具。	放入原装锅具。如果问题继续存在,请联系客户服务。
显示屏 E2、E5、E6 或 E7	电器过热。	断开电器电源,令其冷却。等电器冷却后重新启动电器。
	电器短路。	断开电器电源并联系客户服务。
显示屏 E3	电源电压太高。	请联系电力公司。请专家检查电源。
显示屏 E4	电源电压太低。	
显示屏 E8	通信故障	等电器冷却后重新启动电器。

问题	原因	补救措施
显示屏 E12	当选择一个温度较高的程序 (如“油炸”) 时, 添加了不适当的食材 (如水)。程序中止, 以防过压。	从内锅中取出不合适的食材。清洁内锅, 重新添加食材 (如为“油炸”程序加油)。根据所选择的程序, 让盖子打开 → “烹饪程序表” 参见第 21 页。 重新启动烹饪程序。
如果您无法解决问题, 务必拨打我们的服务热线! 您可以在说明书的背面找到热线电话号码。		

Intended use

Please read and follow the operating instructions carefully and keep them for later reference! Please read all instructions! Enclose these instructions when you give this appliance to someone else.

If the instructions for correct use of the appliance are not observed, the manufacturer's liability for any resulting damage will be excluded. This appliance is intended for domestic use only.

The appliance is suitable for cooking with steam pressure, cooking, baking, roasting, stewing, steam-cooking, soft frying, pasteurising and heating up food, as well as keeping food warm. It must not be used for processing other substances or objects. All ingredients must be hygienically faultless. During handling, the rules of kitchen hygiene must be observed.

The appliance should only be used for its intended purpose. Use the preparation programs only for the intended and described food.

➔ *"Cooking times" see page 48*

The relevant heat source may only be used in accordance with the operating instructions. Only use the manufacturer's original spare parts in conformity with the individual appliance model. In particular, make sure that a basic appliance and a lid that are specified as being compatible are from the same manufacturer. Only use the pan and the accessories with the basic appliance.

Only use the appliance indoors at room temperature and up to 2000 m above sea level.

Important safety information

This appliance may not be used by persons (including children) with reduced physical, sensory or mental capabilities or a lack of experience and/or knowledge unless they have been given supervision or instruction. Keep children away from the appliance and connecting cable and do not allow them to use the appliance. Children must not play with the appliance. Cleaning and user maintenance must not be performed by children.

Risk of electric shock and fire!

- The appliance may only be connected to a power supply with alternating current via a correctly installed socket with earthing. Ensure that the protective conductor system of the domestic supply has been correctly installed.
- Connect and operate the appliance only in accordance with the specifications on the rating plate. Do not use the appliance if the power cord and/or appliance are damaged. To prevent hazards, the appliance may only be repaired by customer service.

- If the power cord of this appliance is damaged, it must be replaced with a special connection cord, which is available from our after-sales service.
- Never connect the appliance to timer switches or remote-controllable sockets. Never leave the appliance unattended while it is switched on!
- If there is a fault, pull out the mains plug immediately or switch off the power supply.
- The mains cable must not come into contact with hot parts or be pulled across sharp edges.
- Never immerse the appliance or the mains cable in water or place it in the dishwasher. Do not steam-clean the appliance.
- After each use, whenever the appliance is unsupervised, prior to assembly, prior to disassembly, prior to cleaning and in the event of an error, the appliance must always be disconnected from the mains.

Risk of scalding!

- The appliance uses steam pressure for cooking. There is a risk of scalding with improper use of the appliance. Before heating the appliance, check that it has been properly closed. Refer to the operating instructions.
- Before using the appliance each time, regularly check the steam valve openings to make sure that they are not blocked. Check whether all safety valves (15, 16, 17) and parts (6, 23) are present and correctly installed. Please always remember that the overpressure protection device (17) must be able to move freely.
→ *“13. Check safety devices!” see page 33*
- Never tamper with the safety systems in any manner that goes beyond the maintenance instructions described in the operating instructions. → *“Care and daily cleaning” see page 46*
- During operation, the appliance must never be used without the pan inserted.
- Before starting a preparation programme, check whether the appliance has been properly closed.
- The housing, pan and metallic components heat up while the appliance is in use! The pan and the accessories may only be removed using the tools provided. Use oven gloves.
- Hot steam is generated in the appliance. Do not lean over the appliance.
- Move the appliance with great care whenever it is under pressure. Do not touch any hot surfaces. Use the handles. Use appropriate protection if necessary.

- Never use force to open the appliance! Do not open the appliance until you have checked that the internal pressure has been completely reduced. Refer to the operating instructions.
→ *“Preparation with steam pressure” see page 38*
- Never use the appliance to roast or soft fry food with the steam pressure function activated.
- To prevent the risk of boiling or bubbling over, never use programmes with high temperatures such as baking, (deep) frying, etc. or manual settings in excess of 100°C for cooking soups or similar liquids.
- After preparing doughy food, shake the appliance slightly before opening the lid to prevent the food spraying out.
- After preparing meat still with the skin on it (e.g. ox tongue) that can swell up under pressure, do not pierce the skin while swollen as there is a risk of scalding.
- Open the lid with care.
- Only transport or clean the appliance once it has fully cooled down! Parts that show visible discolouration, cracks or other damage or are not seated correctly must be replaced with original spare parts.

Health risk!

Sous-vide cooking is a method of cooking at low temperatures. Please pay particular attention to the safety instructions and the recommendations for preparation! → *“Sous-vide cooking” see page 37*

Risk of suffocation!

Do not allow children to play with packaging material.

Important!

- Do not cook or store acid food with this product.
- Never place the appliance in a heated oven.
- After usage or cleaning, allow the appliance to dry for at least 30 minutes with the lid open to prevent the formation of condensation.
- It is essential to clean the appliance thoroughly after each use or after it has not been used for an extended period. → *“Care and daily cleaning” see page 46*

Caution!

- When installing the appliance, ensure that there are no sensitive surfaces and appliances above and behind the appliance that may be damaged by the temperature development and the escaping steam.
- Never use spatulas or cooking spoons with hot fat or oil or leave in a hot pan. They might melt!

- Never use the appliance with the steam pressure function without adding water as this may cause serious damage.

Congratulations on the purchase of your new Bosch appliance.

On the following pages of these operating instructions you will find useful information for safe use of this appliance.

Please read these operating instructions carefully and observe all instructions.

This ensures you will be able to enjoy this appliance for a long time, and the results will confirm your choice of this appliance.

Retain these operating instructions for subsequent use or for the next owner.

You can find further information about our products on our website.

Careline:

4008855888

Service E-mail:

careline.china@bshg.com

Company website:

www.bosch-home.com

Technical specifications:

Electrical connection (voltage – frequency)	220-240V~ 50/60 Hz
Power rating	1200 W
Dimensions (H x W x D)	300x320x400 mm

Manufacturer:

BSH Home Appliances (China) Co., Ltd.
20/F,21/F, CN International Mansion,
129 Zhongshan Road, Nanjing,
Jiangsu Province, PRC.

Applicable standards:

GB 4706.1-2005

Household and similar electrical
appliances – Safety Part 1: General
requirements

GB4706.19-2008

Household and similar electrical appliances –
Safety – Particular requirements for heating
liquids

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Overview

→ Fig.

- 1 Multi-cooker with steam pressure function (basic appliance)
- 2 Lid
- 3 Control panel
- 4 Pressure locking handle
- 5 Steam release button
- 6 Removable steam outlet
- 7 Removable condensation tank
- 8 Opening button for the lid
- 9 Pan with non-stick coating
- 10 Pan handles
- 11 Mains connection
- 12 Carrying handle
- 13 Removable lid insert
- 14 Sealing ring
- 15 Safety valve
- 16 Steam valve
- 17 Overpressure protection
- 18 Mount for lid insert
- 19 Fastening screw

20 Steam release chamber

- 21 Steam valve opening with seal
- 22 White steam release lever
- 23 Valve plug
- 24 Manual unlocking for overpressure protection

→ Fig.

- 25 Frying basket with removable handle
- 26 Steamer insert, 2-part
- 27 Spatula
- 28 Ladle
- 29 Measuring cup
- 30 Mains cable with warning label
- 31 Operating instructions
- 32 Recipe book

Control panel

The control panel consists of controls (buttons) and indicators (LEDs). The buttons can be used to select the individual preparation programmes and adopt the different setting options (e.g. to select steam pressure function, preparation temperature / time). The settings are indicated via the illuminated LEDs and/or the display.

Controls

→ Fig.



Standby

Switches from standby mode to function selection mode and back again.



Set the start time delay

The start time delay can be set for the selected preparation programme.



Select a preparation programme from the list (h)

The individual preparation programmes are displayed one after another by repeatedly pressing button . The corresponding LED lights up in the control panel.



Adjust the preparation time

The pre-configured preparation time [适中] (medium) for a preparation programme can be shortened [较短] (short) or lengthened [较长] (long). The corresponding indicator (g) lights up. The corresponding pre-configured preparation time is shown in the display (a).



Set a customised preparation time

For customised adjustment of the preparation time.



Set a customised preparation temperature

For customised adjustment of the preparation temperature. For preparation programmes with enabled steam pressure function, the temperature is pre-configured (f) and cannot be adjusted individually.



Steam pressure function

The steam pressure functions "low steam pressure" [] or "high steam pressure" [] are selected by pressing button . The respective indicators (f) light up.

→ "Preparation with steam pressure" see page 38



Confirm the programme

Pressing button  starts the selected preparation programme.

en Before using for the first time

- X Delete a setting or abort the programme**
Pressing button X deletes the settings or stops a programme that was previously started.

Indicators

→ Fig. 10

- a Display**
Display of the remaining time or the temperature.
- b 预约时间 (start delay)**
Indicates that the start time delay is enabled. The display (a) shows the time until the start of the selected preparation programme.
- c Preparation steps / programme progress**
Display of the individual preparation steps and the programme progress. In the case of multiple preparation steps (e.g. the ingredients are added after heating the soft frying oil), these are visually indicated by the illumination of LEDs 1, 2, 3 or 4. An audible signal also sounds if a subsequent preparation step is required.
- d 完成 (finished)**
This indicates that the meal is ready. The display (a) flashes and shows "00:00". An audible signal also sounds.
- e 保温 (keep warm)**
Indicates that the keep warm function is switched on at the end of a preparation programme. A rectangle lights up in the display (dotted line).
- f Steam pressure function**
[☁] shows that low steam pressure (105°C) is selected.
[☁] shows that high steam pressure (115°C) is selected. → "Preparation with steam pressure" see page 38
- g Display of the pre-configured preparation time**
The pre-configured preparation time [适中] (medium) for a preparation programme can be shortened [较短] (short) or lengthened [较长] (long) using button ⇐. The corresponding indicator lights up.

- h List of preparation programmes**
There are 16 pre-configured preparation programmes available. The individual preparation programmes are displayed one after another by repeatedly pressing button [≡]. The corresponding LED lights up in the control panel.

i 我的食谱1+2 (recipe 1&2)

Memory locations to store individual preparation programmes with steam pressure function, preparation time and temperature.

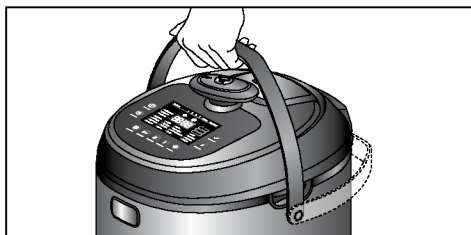
j 自编食谱 (my recipe)

Quick setting mode for customising the steam pressure function, preparation time and temperature for a cooking process.

Before using for the first time

Before the new appliance can be used, it must be fully unpacked, cleaned and connected to the power outlet. To do this, perform the following steps:

1. Remove the base unit and all accessories from the packaging and dispose of all packing materials.
2. Use the carrying handle to lift the appliance. Swing the carrying handle upwards accordingly.



Caution!

You should only use the carrying handle to ensure safe transport of the appliance.

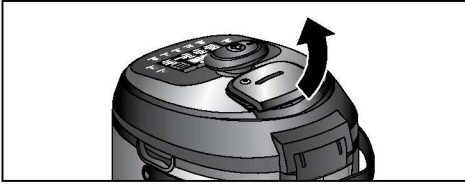
3. Place the appliance on a stable, level and smooth work surface.

Caution!

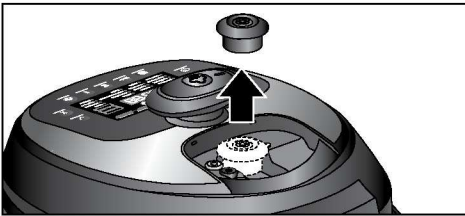
There must be no sensitive surfaces and appliances above and behind the appliance that may be damaged by the temperature development and the escaping steam.

4. Remove the steam outlet

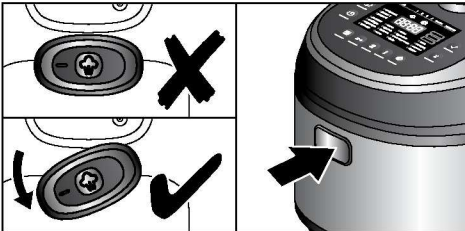
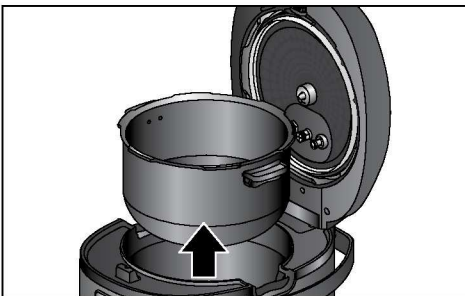
Grip the steam outlet at the rear and pull up and off.

**5. Remove the valve plug**

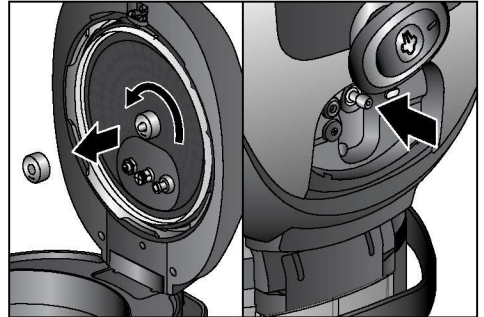
Pull off the valve plug in the steam release chamber.

**6. Open the appliance lid**

Open the pressure locking handle (⊖). For this purpose, rotate the pressure locking handle as far as possible in an anti-clockwise direction. Press the opening button on the basic appliance to open the lid.

**7. Lift the pan out of the appliance interior.****8. Remove the lid insert**

Turn the fastening screw anti-clockwise and remove it. Use one hand to keep the lid insert in position on the inside of the lid. Use the other hand on the outside of the lid to push the steam valve in the steam release chamber through the opening by applying slight pressure. Carefully remove the lid insert from the lid.

**9. Remove the packaging material that is on the appliance and the accessory parts.****10. Check all parts for completeness. → Fig. A****11. Check the appliance and the accessory parts for visible damage.****Caution!**

Never operate a damaged appliance!

12. Thoroughly clean and dry all parts before using for the first time. → "Care and daily cleaning" see page 46**13. Check safety devices!****Lid insert:**

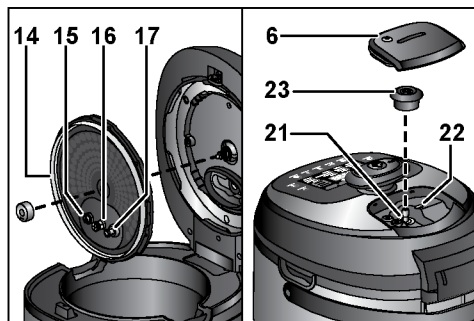
- Check the sealing ring (14) on the lid insert for visible discolouration, cracks or other damage.

- Check that the safety and steam valve (15, 16) as well as the overpressure protection (17) are clean. They must not be blocked by foreign bodies. The overpressure protection must be able to move freely.

Steam release chamber:

- Check the steam valve seal (21) in the steam release chamber for visible discolouration, cracks or other damage.

- Check that the white steam release lever (22) is clean. It must not be blocked by foreign bodies.



14. Insert pan

Reinsert the pan in the appliance interior. The pan handles must be sunk into the indentations.

Caution!

Before inserting the pan, check that the appliance interior is dry and clean.

15. Place lid insert

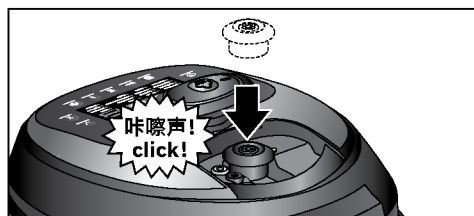
The pressure locking handle must be opened (☞). Place the lid insert on the lid insert mount with the steam valve at the bottom. At the same time, guide the steam valve through the steam valve opening. Tighten the fastening screw for the lid insert clockwise on the lid insert mount.

16. Close the lid

Press the lid down until it clicks into place. Close the pressure locking handle (☞). For this purpose, rotate the pressure locking handle as far as possible in a clockwise direction.

17. Insert the valve plug

Place the valve plug in the steam release chamber on the steam valve and press down firmly.

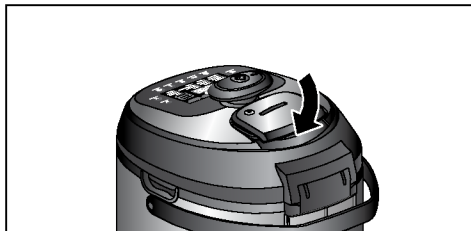


Caution!

Make sure that the white steam release lever is positioned below the valve plug.

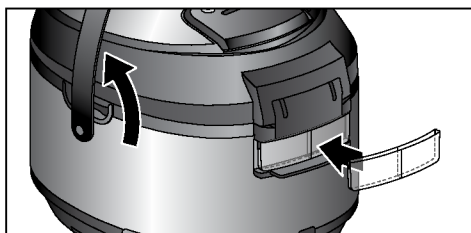
18. Insert the steam outlet

Place the steam outlet on the lid from above and press down firmly.

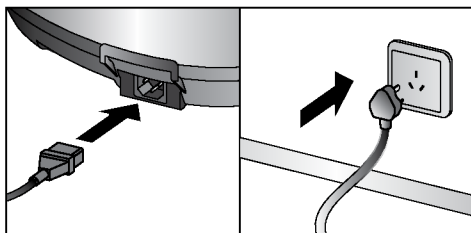


19. Insert the condensation water tank

Fold up the carrying handle. Hold the tank by the sides at the top and insert at the rear of the appliance.



20. Connect the supplied mains cable to the appliance first and then connect it to the socket.



Caution!

Use only the supplied mains cable.

On the control panel, buttons ① and ✓ and all LEDs briefly light up once and a five-level audible signal sounds. Button ① then flashes. The appliance is in standby mode and is ready for operation.

Preparation

⚠ Important!

Do not cook or store acid food with this product.

General recommendations

For the best and tastiest results, we recommend using the suggestions in our recipe book, which was specially developed for use with the appliance.

The recipe book features detailed information on the required quantities of ingredients, recommendations for the preparation time and the preparation temperature, use of the steam pressure function and useful combinations of the preparation programmes.

Use these recipe recommendations in order to gain initial experience. Once you appreciate the benefits and the variety of the usage options, you will enjoy experimenting with new recipes. Use the individual setting options additionally offered by the appliance.

→ “Customised setting options” see page 43

To provide you with an overview of all preparation programmes, we have compiled this information in a clearly arranged table.

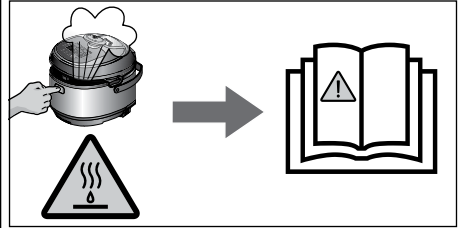
→ “List of preparation programmes” see page 47

⚠ Risk of scalding!

- During operation, the appliance must never be used without the pan, lid insert, valve plug and steam outlet inserted.
- To prevent the risk of boiling or bubbling over, never use programmes with high temperatures such as baking, (deep) frying, etc. or manual settings in excess of 100°C for cooking soups or similar liquids.
- Never move the appliance during operation.
- Never use force to open the appliance!

⚠ Risk of scalding!

Note the warning label on the power cable:



Use the preparation programs only for the intended and described food. → “Cooking times” see page 48

To prevent the risk of scalding caused by boiling or bubbling over, never use high temperature programs (steam, stew, fry, soft frying, baking, cooking) or manual settings above 100°C to cook the following foods: lentils, soy, liquids with a high proportion of protein or starch (eg. soup with beef), milk and similar liquids, vegetables or other food combinations prone to boiling or bubbling over.

Caution!

- Before using the appliance each time, check that the safety devices are in working order. → “13. Check safety devices!” see page 33
Check whether removable steam outlet (6) and valve plug (23) are present and correctly installed.
- Use only the spatula provided for stirring (do not use metal cutlery).
- Each time prior to operation, check the appliance for damage, completeness, cleanliness and proper installation.
→ “Before using for the first time” see page 32

Preparation without steam pressure

There are 16 pre-configured preparation programmes available to choose from.

→ “List of preparation programmes” see page 47

Note: When selecting and starting the preparation programme without the steam pressure function, make sure that the pressure locking handle is open at all times (☞).

1. The appliance is ready to use. Fill the appliance with the desired ingredients. To do this, open the lid and pour the ingredients into the pan. The measuring scale on the inside of the pan can also be used to read the quantity.

Caution!

- Fill the pan with a maximum of 4 litres. Only fill the pan at most half-full when preparing food that expands during cooking, e.g. rice or dried vegetables.
- 2. Close the appliance. Press the lid down until it clicks into place.
- 3. Press button ① to access function selection mode.

The desired preparation programme is selected in function selection mode and all settings of the appliance are made. Button ① and the indicator [自编食谱] (my recipe) are permanently lit. Button ✓ flashes. "00:00" is shown in the display.

Notes:

- Certain preparation programmes or steps are carried out with the lid open. → See *recipe book provided*
 - If no input is made on the control panel within 5 minutes, the appliance automatically switches to standby mode.
1. Keep pressing button ③ until the desired preparation programme is selected.

The corresponding LED lights up in the control panel and the pre-configured preparation time for the selected preparation programme flashes.

2. Press button ✓ to start the preparation programme.

The appliance heats up the pan until the target temperature is reached. During the heating phase, lines that light up in a clockwise direction appear in the display. Once the target temperature is reached, the lines go out and the preparation time is shown in the display.

The preparation process starts automatically.

Note: When the programme [意面] (pasta) or [油炸] (soft fry) is selected, a repeating audible signal is emitted and the display and button ✓ flash until the food has been added and button ✓ has been pressed.

The preparation time counts down.

Cooking produces steam, which escapes from the appliance to prevent excess pressure from building up.

Increasing or reducing the temperature during preparation

If the current temperature has been set too high or too low during preparation, this can also be increased (by +10°C max.) or decreased (by -10°C max.) accordingly during the cooking process.

To increase the temperature, press and hold button ②. The current temperature will be briefly shown on the display and will then increase in 1°C increments until the maximum value is reached (+10°C). Press and hold the button until the temperature is at the increased level desired.

To reduce the temperature, press and hold button ②. The current temperature will be briefly shown on the display and will initially increase in 1°C increments until the maximum value is reached (+10°C). Once the maximum value has been reached, the display will jump back to the minimum value (20°C lower). Press and hold the button until the temperature is at the reduced level desired.

To continue with the preparation programme, press button ✓.

Note: If button ✓ is not pressed, the preparation programme will continue with the temperature that was previously set.

When the preparation programme ends, an audible signal sounds, and the indicator [完成] (finished) and button ✓ light up, or the keep warm function is activated. → "Keep warm function" see page 41

The display flashes and shows "00:00".

3. Open the lid of the appliance and serve the meal that has been prepared.

⚠ Risk of scalding!

- During preparation, large amounts of steam accumulate in the appliance. Always open the lid with care. Do not lean over the lid of the appliance.
- The pan and any inserts that are used may be very hot. Always use suitable handles or oven gloves.

Caution!

Condensation is formed during cooking. Empty the condensation tank regularly.

Notes:

- The preparation programme can be stopped at any time using button X. The appliance subsequently switches to function selection mode.
- Certain preparation programmes can consist of several preparation steps. → “Multiple preparation steps” see page 41

Extending the preparation time during preparation

If the ingredients are not yet fully cooked shortly before the end of a preparation programme, the preparation time can be extended.

1. To do this, press and hold button ⏸. The current preparation time will be briefly shown on the display and will then increase in 1-minute increments.
2. Press and hold the button until the desired preparation time has been reached.
3. Activate the newly set preparation time using button ✓.

Note: The preparation time can only be extended by a maximum of 30 minutes. If the desired preparation time is exceeded, hold button ⏸ until the maximum value is reached. The setting will then jump back to 5 minutes.

Sous-vide cooking

Sous-vide cooking is a method of cooking under a vacuum at low temperatures. Sous-vide cooking is a gentle, low-fat method of preparing meat, fish, vegetables and desserts. A vacuum-packing machine is used to heat-seal the food in a special airtight, heat-resistant cooking bag.

⚠ Health risk!

Sous-vide cooking is a method of cooking at low temperatures. As a result, it is important that you always follow the application and hygiene instructions below:

- Use only fresh, good-quality food.
- Wash and disinfect your hands. Use disposable gloves or cooking/grill tongs.
- Take extra care when preparing critical food, such as poultry, eggs and fish.
- Always prepare poultry at min. 65°C.
- Always thoroughly rinse and/or peel fruit and vegetables.
- Always keep work surfaces and chopping boards clean. Use different chopping boards for different types of food.
- Maintain the cold chain. Make sure that you only interrupt it briefly to prepare the food, and then return the food in its vacuum-sealed bag to the refrigerator for storage before you cook it.
- Food is suitable for immediate consumption only. Once the food is cooked, consume it immediately. Do not store it after cooking – not even in the refrigerator. It is not suitable for reheating.

Vacuum-sealing bags

- When using the sous-vide cooking method, only use heat-resistant vacuum-sealing bags designed for this purpose.
- Do not cook the food in the bag you bought it in (e.g. portions of fish). These bags are not suitable for sous-vide cooking.

Vacuum-sealing

- Use a chamber vacuum-sealing machine that can create a vacuum of at least 99% to vacuum-seal the food. This is the only way to achieve an even heat transfer and therefore a perfect cooking result.

Notes:

- The maximum capacity for sous-vide cooking is 3 l. After the food is added, the water level in the pan should not exceed 3 l.
- Make sure you put the lid on whenever using the sous-vide cooking method.

Preparation with steam pressure

The multi-cooker is additionally equipped with a steam pressure function. With the steam pressure function, the food cooks under pressure, i.e. at temperatures above 100°C. This significantly reduces the cooking time. In addition, this represents a significant energy saving. Aroma, taste and vitamins are largely preserved with the short cooking time under steam.

There are 8 pre-configured preparation programmes which can be used with the steam pressure function. → *"List of preparation programmes" see page 47*

Low steam pressure

Use low steam pressure for the preparation of delicate food like vegetables, fish or fruit to cook the food particularly gently. Pressure that is too high is automatically controlled via the steam outlet.

High steam pressure

Use high steam pressure for the preparation of all other food to achieve optimum results. Pressure that is too high is automatically controlled via the steam outlet.

Steam pressure function activated

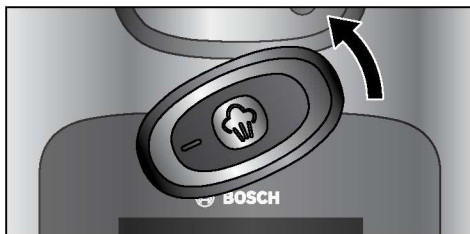
To be able to select preparation programmes with the steam pressure function, the pressure locking handle must first of all be closed (☹). For this purpose, rotate the pressure locking handle as far as possible in a clockwise direction.



An audible signal is emitted when the appliance is correctly closed and the steam pressure function is switched on. Only then can the respective preparation programme with the steam pressure function be selected in function selection mode. The indicators "low steam pressure" [☹] or "high steam pressure" [☹] light up. → *"Preparation with steam pressure" see page 38*

Steam pressure function deactivated

To be able to select preparation programmes without the steam pressure function, the pressure locking handle must always be opened (☺). For this purpose, rotate the pressure locking handle as far as possible in an anti-clockwise direction.



The desired preparation programmes can be selected in function selection mode without the steam pressure function. → *"Preparation without steam pressure" see page 35*

There are 8 pre-configured preparation programmes which can be used with the steam pressure function. → *"List of preparation programmes" see page 47*

⚠ Risk of scalding!

- Ingredients which are liable to froth up, e.g. like milk and cream must not be heated under steam pressure.
 - Do not use the steam pressure function to soft fry food in oil under pressure.
1. Open the appliance. Open the pressure locking handle for this purpose (☺) and press the opening button on the basic appliance.
 2. Fill the pan with the desired ingredients. The measuring scale on the inside of the pan can also be used to read the quantity.

Caution!

- Never heat up the appliance under steam pressure without having added water or other liquids beforehand. Add at least 250 ml of water.
 - Fill the pan with a maximum of 3.3 litres. Only fill the pan at most half-full when preparing food that expands during cooking, e.g. rice or dried vegetables.
3. Close the appliance. Press the lid down for this purpose until it clicks into place and close the pressure locking handle (☞).

An audible signal sounds. The steam pressure function is switched on.

4. Press button ① to access function selection mode.

The desired preparation programme is selected in function selection mode and all settings of the appliance are made. Button ① and the indicators [自编食谱] (my recipe) and [☞] are permanently lit. Button ✓ flashes. "00:00" is shown in the display.

Note: If no input is made on the control panel within 5 minutes, the appliance automatically switches to standby mode.

5. Keep pressing button [] until the desired preparation programme is selected.

The corresponding LED lights up in the control panel and the pre-configured preparation time for the selected preparation programme flashes. The indicator "low steam pressure" [☞] or "high steam pressure" [☞] lights up. Press button ☞ to switch between [☞] and [☞].

Note: If [☞] or [☞] does not light up, the steam pressure function is not available for the selected programme.

6. Press button ✓ to start the preparation programme.

The appliance heats up the pan until the pre-configured steam pressure is reached. During the heating phase, lines that light up in a clockwise direction appear in the display.

Once the pre-configured steam pressure is reached, the lines go out and the preparation time is shown in the display.

The preparation process starts automatically. The preparation time counts down.

Once the preparation time is completed, an audible signal sounds, the display flashes and shows "P". Steam automatically escapes from the appliance intermittently to reduce the pressure in the appliance interior.

⚠ Risk of scalding!

Never bend over the appliance while steam is escaping from it!

When the pressure in the appliance interior has been completely reduced, the indicator [完成] (finished) and button ✓ light up or the keep warm function is activated.

A rectangle lights up in the display (dotted lines). The preparation programme is completed.

7. Open the appliance. Open the pressure locking handle for this purpose (☞) and press the opening button on the basic appliance.

Notes:

- Never use force to open the appliance!
- Always shake the appliance gently before opening in order to dissolve any steam bubbles that may have formed in the food and to prevent blocking.
- The pressure locking handle can be easily opened when the steam has completely escaped from the appliance interior and the appliance is fully depressurised.
- Automatic steam release can take some time. In order to accelerate the process or if the appliance is not completely depressurised, the steam can also be released manually. → "Release steam manually" see page 40

8. Serve the prepared meal.

⚠ Risk of scalding!

- The pan and any inserts that are used may be very hot. Always use suitable handles or oven gloves.

Caution!

Condensation is formed during cooking. Empty the condensation tank regularly.

Notes:

- The preparation programme can be stopped at any time using button X. The appliance subsequently switches to function selection mode. Before the appliance can be opened, the steam in the appliance interior must be released manually. → *"Release steam manually" see page 40*
- Certain preparation programmes consist of several preparation steps. → *"Multiple preparation steps" see page 41*

Release steam manually

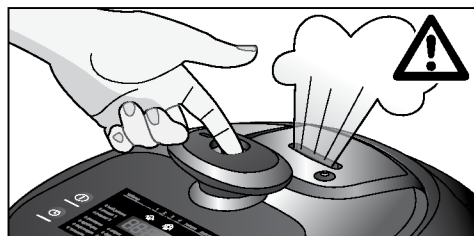
Steam can also be released manually in the following cases:

- If automatic steam release is to be accelerated at the end of a preparation programme.
- If a preparation programme has been aborted.
- If the pressure locking handle cannot be opened because the appliance is not completely depressurised.

⚠ Risk of scalding!

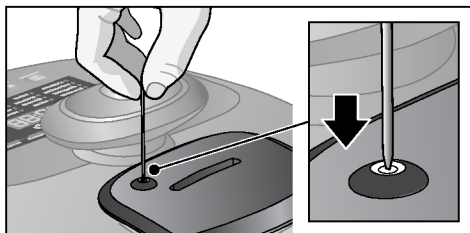
When pressing the steam release button, hot steam escapes from the steam outlet under high pressure. Never bend over the appliance while the steam release button is being pressed!

1. Keep the steam release button pressed until no more steam escapes from the steam outlet.



2. Open the appliance. Open the pressure locking handle for this purpose (🔓) and press the opening button on the basic appliance.

Note: If the pressure locking handle cannot be opened, the appliance is not completely depressurised. In this case, manually depress the overpressure protection using a thin pin until no more steam escapes from the appliance. Then open the pressure locking handle (🔓) and press the opening button on the basic appliance.



Additional functions

The following additional functions are available for preparation programmes with and without steam pressure function.

Selecting a pre-configured preparation time

The pre-configured preparation time of the level [适中] (medium) is shown on the control panel for each preparation programme.

The preparation time can be shortened [较短] (short) or lengthened [较长] (long).

1. Keep pressing button ≡← until the desired indicator is lit. The display changes from [适中] (medium) to [较长] (long) and then to [较短] (short) before returning to [适中] (medium).

The corresponding pre-configured values for the preparation time are shown in the display.

2. Press button ✓ to start the preparation programme.

Setting a start time delay

The start time delay can be set for the selected preparation programme so you can enjoy a freshly prepared meal at a specific time.

Note: The start time delay can only be set for certain preparation programmes. The pre-configured start time delay varies among these preparation programmes.

1. Select the preparation programme.
2. Press button . Button flashes.

"00:10" flashes in the display.

Press button repeatedly to increase the displayed time. A brief press increases the time by 5 minutes. A slightly longer press increases the time by 10 minutes. Pressing and holding button for around 2 seconds increases the time by 30 minutes.

3. Press button when the desired start time delay is displayed.

The desired start time delay is shown in the display. [预约时间] (start delay) lights up in the display.

The time until the start counts down. Once this time has elapsed, the preparation process starts automatically.

Notes:

- The start time delay can be switched off at any time by pressing button . The preparation programme then starts immediately.
- If "00:10" does not flash in the display, a start time delay cannot be set for the selected preparation programme.

Multiple preparation steps

Certain preparation programmes can consist of several preparation steps. An audible signal sounds once the next step is required. In the control panel, LEDs 1, 2, 3 or 4 are shown accordingly and button flashes.

- Open the lid of the appliance.
- Add additional ingredients.
- Depending on the recipe, refer to the preparation method (e.g. with or without steam pressure function, open lid).
→ See recipe book provided
- Start the next preparation step using button .

The appliance heats up the appliance interior until the target temperature or the selected steam pressure of the next preparation step is reached.

During the heating phase, lines that light up in a clockwise direction appear in the display. Once the target temperature or selected steam pressure is reached, the lines go out and the next preparation time is shown in the display. The preparation process starts automatically. The preparation time counts down.

Prematurely terminating the current preparation step

If the ingredients are cooked ahead of time during one of the preparation steps, the step can also be terminated manually.

1. To do this, press button for at least 2 seconds.

This will terminate the current preparation step. An audible signal will then sound as usual once the next step can be carried out. In the control panel, LEDs 1, 2, 3 or 4 are shown accordingly and button flashes.

2. Perform the next preparation step.

Keep warm function

Certain preparation programmes include the keep warm function. → "List of preparation programmes" see page 47

If the preparation programme features the keep warm function, this is switched on automatically once the dish is ready and keeps the dish warm for up to 10 hours at 40°C (pre-configured keep warm time depending on the preparation programme). [完成] (finished) and [保温] (keep warm) light up. A rectangle lights up in the display (dotted lines). The keep warm function can be ended using button X. The appliance subsequently switches to function selection mode.

Using inserts

Using the frying basket

To prepare meat, fish, baked items etc. in hot oil using the [油炸] (soft fry) programme, it is necessary to use the soft frying basket.

Note: For the best and tastiest results, we recommend using the suggestions in our recipe book. → See recipe book provided

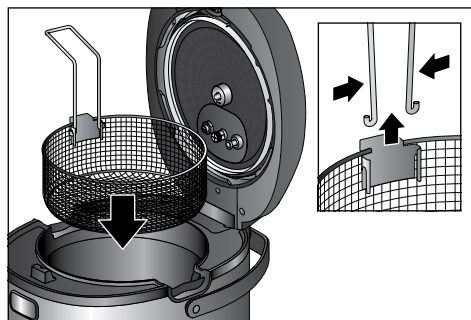
Example: Preparation programme

[油炸] (soft fry)

⚠ Risk of scalding!

- Never use the steam pressure function when soft frying. It is automatically disabled for the preparation programme [油炸] (soft fry).
 - Fill with oil or deep-frying fat up to the mark [1.0 杯] at maximum.
 - Do not use more than 300 g fresh or defrosted food when frying.
 - During preparation, large amounts of steam may accumulate in the appliance. Open the lid with care. Do not lean over the lid of the appliance.
 - The pan and any inserts that are used may be very hot. Always use pan tongs, suitable handles or oven gloves.
 - Never use spatulas or ladles with hot fat or oil.
1. Open the lid of the appliance.
 2. Fill the pan with a maximum of 1 litre of oil. The measuring scale on the inside of the pan can also be used to read the quantity.
 3. Put the lid on.
 4. In function selection mode, select the preparation programme [油炸] (soft fry) → "List of preparation programmes" see page 47
 5. Press button ✓ to start the preparation programme.
- The oil is heated. Once the target temperature is reached, an audible signal sounds and button ✓ flashes.
6. Fill the frying basket with food for soft frying.
 7. Open the lid of the appliance.

8. Place the frying basket in the pan using the handle supplied and remove the handle.



9. Do not put the lid on.
 10. Press button ✓ to start the preparation programme.
- Once the preparation programme ends, an audible signal sounds.
11. To drain the deep-fried food, lift the frying basket using the handle and hang on the edge of the pan using the flange.

Using the steamer insert

It is necessary to use the steamer insert for the purpose of steam-cooking vegetables, meat and fish. The 2-part steamer insert enables different ingredients to be steamed separately at the same time (e.g. vegetables in the bottom part and fish in the top part).

Notes:

- For the best and tastiest results, we recommend using the suggestions in our recipe book.
- The steamer insert can be used with and without the steam pressure function.

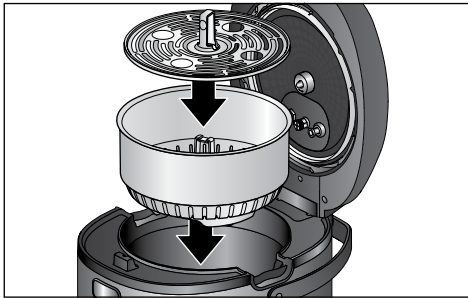
Example: Preparation programme

[清蒸] (steam) without steam pressure function

⚠ Risk of scalding!

- Fill with water up to the mark [0.5 杯] at maximum.
- During preparation, large amounts of steam may accumulate in the appliance. Open the lid with care. Do not lean over the lid of the appliance.

- The pan and any inserts that are used may be very hot. Always use suitable handles or oven gloves.
1. Open the lid of the appliance.
 2. Fill the pan with a maximum of 0.5 litres of water. The measuring scale on the inside of the pan can also be used to read the quantity.
 3. Hang the bottom part of the steamer insert in the pan.
 4. For steam-cooking different ingredients, fill the bottom part up to the lower edge.
 5. Position the top part and add additional ingredients.



6. Put the lid on.
7. In function selection mode, select the preparation programme [清蒸] (steam)
→ "List of preparation programmes" see page 47
8. Press button ✓ to start the preparation programme.

Once the preparation programme ends, an audible signal sounds and button ✓ flashes.

9. Open the lid of the appliance.
10. Lift the top part and the bottom part of the steamer insert out of the pan.

Customised setting options

The pre-configured values for the preparation time and the preparation temperature or steam pressure can be adapted to individual needs and the recipe guidelines.

Setting the preparation time

1. In function selection mode, keep pressing button ⏸ until the desired preparation programme is selected.

The corresponding LED lights up in the control panel and the pre-configured preparation time for this preparation programme is shown.

2. Press button ⏸ once.
The pre-configured preparation time flashes in the display.
3. Keep pressing button ⏸ until the desired preparation time is displayed.
When button ⏸ is briefly pressed, the preparation time is increased by 1 minute. The time increases up to the pre-configured maximum value and then returns to the pre-configured minimum value. When button ⏸ is pressed for a longer period, the preparation time is increased by 10 minutes.
4. Once the desired preparation time is displayed, press button ✓.

The preparation programme with the set preparation time is started.

If the time needs to be adjusted individually for all preparation steps in a selected programme, then repeat points 2 to 4 prior to starting the respective preparation step.

Note: These settings are not saved. If this preparation programme is selected again, the pre-configured preparation time will be shown in the display once more.

Setting the preparation temperature

For preparation programmes without the steam pressure function, the temperature can be selected individually.

1. In function selection mode, keep pressing button ⏸ until the desired preparation programme is selected.
The corresponding LED lights up in the control panel and the pre-configured preparation time for this preparation programme is shown.
2. Press button ⏸ once.
The pre-configured preparation temperature flashes in the display.
3. Keep pressing button ⏸ until the desired preparation temperature is displayed.

When button  is briefly pressed, the preparation temperature is increased by 5°C. The temperature increases up to the pre-configured maximum value and then returns to the pre-configured minimum value. When button  is pressed for a slightly longer period, the temperature is increased by 10°C.

4. Once the desired preparation temperature is displayed, press button .

The preparation programme with the set preparation temperature is started. If the temperature needs to be adjusted individually for all preparation steps in a selected programme, then repeat points 2 to 4 prior to starting the respective preparation step.

Note: These settings are not saved. If this preparation programme is selected again, the pre-configured preparation temperature will be shown in the display once more.

Setting the steam pressure

For preparation programmes with pre-set steam pressure function, the temperature can be selected via “low steam pressure” [>] or “high steam pressure” [>].

1. In function selection mode, keep pressing button  until the desired preparation programme is selected.

The corresponding LED lights up in the control panel and the pre-configured preparation time for this preparation programme is shown. The indicator “low steam pressure” [>] or “high steam pressure” [>] additionally lights up.

Note: If [>] or [>] does not light up, the steam pressure function is not available for the selected programme.

2. Press button  to switch between [>] and [>].
3. If the desired steam pressure is displayed, press button .

The preparation programme is started with the set steam pressure function.

Note: These settings are not saved. If this preparation programme is selected again, the set steam pressure function will be shown in the display once more.

[自编食谱] (my recipe) (manual)

Quick setting mode for customising the steam pressure function, preparation time and temperature setting for a cooking process.

In function selection mode, button  and the indicator [自编食谱] (my recipe) are permanently lit. Button  flashes. “00:00” is shown in the display.

Note: In order to switch on the steam pressure function, the pressure locking handle must be closed (). The indicator [>] lights up.

Setting the preparation time

1. Press button  once. “00:00” flashes in the display.
2. Keep pressing button  until the desired preparation time is displayed.

Setting the preparation temperature or steam pressure

3. **Without steam pressure function:** The pressure locking handle must be opened (). Press button  once. “0000” flashes in the display. Button  must then be pressed repeatedly until the desired preparation temperature is displayed.

or

With steam pressure function: The pressure locking handle must be closed (). Press button  to switch between [>] and [>].

4. Press button  to start with the selected settings.

The appliance heats up the pan until the target temperature or the steam pressure is reached.

Once the target temperature or steam pressure is reached, the lines go out and the next preparation time is shown in the display. The preparation process starts automatically.

[我的食谱1] (recipe 1) / [我的食谱2] (recipe 2) – saving personal preparation programmes

Personal preparation programmes with customised time / temperature and steam pressure function can be saved under the memory locations [我的食谱1] (recipe 1) and [我的食谱2] (recipe 2).

Notes:

- If you have not previously saved any personal preparation programmes, the display does not show any values.
 - In order to switch on the steam pressure function, the pressure locking handle must be closed (☞).
1. In function selection mode, press button  once.

The LED [我的食谱1] (recipe 1) lights up. The pre-configured preparation time is shown in the display.

Saving the preparation time:

2. Press button  once.
The display flashes. LED 1 (preparation step 1) lights up in the control panel.
3. Keep pressing button  until the desired preparation time is displayed.

When button  is briefly pressed, the preparation time is increased by 1 minute. When button  is pressed for a longer period, the preparation time is increased by 10 minutes. The time increases up to the pre-configured maximum value and then returns to the pre-configured minimum value.

Saving the preparation temperature or steam pressure:

4. **Preparation temperature:** Press button  once. The pre-configured preparation temperature is shown in the display. Press button  repeatedly until the desired preparation temperature is displayed.

or

Steam pressure: Press button  to switch between [] and [].

5. Press and hold button  (>2 seconds) to save the set values.

Note: Either the temperature or the steam pressure can be set and stored for one preparation step. The value last selected is saved.

In order to programme other preparation steps, repeat points 2 to 6. Up to 3 preparation steps can be programmed. The saved preparation programme [我的食谱1] (recipe 1) can be selected as usual via function selection mode.

Note: To save a second personal preparation programme under [我的食谱2] (recipe 2), use the same process as described above for [我的食谱1] (recipe 1).

To delete a personal preparation programme, perform the following steps:

1. In function selection mode, press button  once.

The LED [我的食谱1] (recipe 1) lights up.

The saved preparation time is shown in the display.

2. Press button  once.

The display flashes. LED 1 (preparation step 1) lights up in the control panel.

3. Press and hold button  (>2 seconds).
The settings for [我的食谱1] (recipe 1) are deleted.

Note: To delete the second personal preparation programme [我的食谱2] (recipe 2), use the same process as described above for [我的食谱1] (recipe 1).

Child lock

The child lock can be activated and deactivated during a preparation process. If the child lock has been activated, all buttons on the control panel are locked and settings can no longer be made on the appliance.

Warning

When the child lock is active, the preparation processes cannot be changed or terminated. The child lock must be deactivated first. Press the following button combination:

1. Activate

Press and hold buttons  and  simultaneously for 3 seconds. A short audible signal sounds. The child lock is activated.

2. Deactivate

Press and hold buttons  and  simultaneously for 3 seconds once again. A short audible signal sounds. The child lock is switched off.

Care and daily cleaning

Risk of electric shock

- Never immerse the appliance in water.
- Do not steam-clean the appliance.
- Unplug the appliance before cleaning it.

Caution!

- Do not use any cleaning agents containing alcohol or spirits.
- Do not use any sharp, pointed or metal objects.
- Do not use abrasive cloths or cleaning agents.

The appliance must be thoroughly cleaned after each use.

1. Let the appliance cool down completely.
2. Open the pressure locking handle ().
3. Press the opening button on the basic appliance to open the lid.
4. Remove the pan, lid insert, steam outlet, valve plug, condensation tank and accessories. → “Before using for the first time” see page 32

Cleaning the basic appliance

1. Wipe the outside of the appliance with a soft, damp cloth and dry off.
2. Wipe the interior of the appliance with a soft, damp cloth and dry off.
3. Clean the control panel using a dry micro-fibre cloth.

Cleaning the lid insert, steam outlet and valve plug

1. Clean the individual parts with a detergent solution and a soft cloth or sponge.
2. Rinse with clean water and dry off.

Caution!

The following parts are not suitable for the dishwasher: removable lid insert, fastening screw, steam outlet and valve plug.

Cleaning the pan, condensation tank and accessories

1. Clean the individual parts with a detergent solution and a soft cloth or sponge.
2. Rinse with clean water and dry off.

The following parts are suitable for dishwashers: pan, condensation tank, frying basket with handle, steamer inserts, spatula, ladle and measuring beaker.

Caution!

After cleaning, replace all dried individual parts again on the basic appliance and check the functionality of the safety devices.

→ “Before using for the first time” see page 32

Disposal



Dispose of packaging in an environmentally-friendly manner. This appliance is labelled in accordance with European Directive 2012/19/EU concerning used electrical and electronic appliances (waste electrical and electronic equipment – WEEE). The guideline determines the framework for the return and recycling of used appliances as applicable throughout the EU. Please ask your specialist retailer about current disposal facilities.

Guarantee

The guarantee conditions for this appliance are as defined by our representative in the country in which it is sold. Details regarding these conditions can be obtained from the dealer from whom the appliance was purchased. The bill of sale or receipt must be produced when making any claim under the terms of this guarantee.

Changes reserved.

List of preparation programmes

AutoCook Pro offers you a total of 50 preparation programmes. They consist of 16 basic programmes, each with 3 time setting options, as well as 2 additional steam pressure functions. The following table contains the most important data for the various preparation programmes.

Programme	Number of preparation steps	Keep warm function available	Steam pressure function available	Lid
自编食谱 (my recipe) Customised setting for the desired temperature and preparation time	1	—	✓	Open / closed*
我的食谱 1+2 (recipe 1&2) 2 memory locations for personal recipes	1-3	—	✓	Open / closed*
米饭 (rice) Preparing rice	1	✓	✓	Closed
煮粥 (porridge) Preparing porridge	short: 1 medium: 2 long: 2	✓	✓	Closed
煲汤 (soup) Preparing soups and stews	short: 1 medium: 2 long: 2	✓	✓	Open / closed*
清蒸 (steam) Steam-cooking vegetables, meat and fish (steamer insert required)	1	✓	✓	Closed
牛排 (steak) Preparing steak	2	—	—	Closed / open*
披萨 (pizza) Preparing pizza	1	—	—	Closed
烘培 (baking) The maximum quantity of dough is 1000 g flour with water (ratio: 54 ml water to 100 g flour)	1	—	—	Closed
意面 (pasta) Cooking pasta dishes	1	—	—	Closed / open*
煎炒 (fry) Frying vegetables, meat and fish	1	✓	—	Open
油炸 (soft fry) Soft frying of small quantities (e.g. meat, fish, baked items etc.). Soft frying basket required. Not suitable for frozen ingredients.	1	—	—	Open
红烧 (stew) Stewing vegetables, meat and fish	short: 1 medium: 2 long: 2	✓	✓	Open / closed*

* Depending on recipe / preparation step – “Lid closed” for activated steam pressure function
Please see the recipe book provided for notes on correct use of the programmes and for information on ingredients, quantities and cooking times.

Programme	Number of preparation steps	Keep warm function available	Steam pressure function available	Lid
炖煮 (cooking) Cooking food	1	✓	✓	Closed
酸奶 (yogurt) Preparing yogurt	1	—	—	Closed
果酱 (jam) Preserving fruit as jams	1	—	—	Open
低温慢煮 (sous vide) Gently cooking foods in a vacuum bag	1	—	—	Closed
快速加热 (warm up) Warming up cold (pre-cooked) meals	1	✓	—	Closed

* Depending on recipe / preparation step – “Lid closed” for activated steam pressure function
Please see the recipe book provided for notes on correct use of the programmes and for information on ingredients, quantities and cooking times.

Cooking times

The following table contains an overview of the cooking times for various dishes. The following cooking times depend on the thickness and consistency of the foods and should be viewed as recommendations for minimum times. Adjust cooking times accordingly. With frozen food extend the cooking time by at least 20%.

Programme	Setting	Time (without steam pressure function)	Food	Recommended quantity (maximum)
清蒸 (steam)	medium	30 mins	Green beans (fresh)	500 g (800 g)
	short	10 mins	Cauliflower (same-sized florets)	500 g (800 g)
	long	50 mins	Potatoes (medium-sized, whole)	500 g (1200 g)
	short	10 mins	Fish fillet	500 g (1000 g)
	medium	30 mins	Meatballs	500 g (700 g)
	short	10 mins	Eggs	x 8 (x 12)
	medium	30 mins	Dumplings	500 g (600 g)
	short	5 mins	Broccoli	500 g (800 g)
	short	3 mins	Peas	500 g (800 g)
	medium	30 mins	Carrots	500 g (800 g)
	medium	30 mins	Chicken breast	500 g (800 g)
	medium	30 mins	Beetroot (medium-sized, whole)	500 g (800 g)

Programme	Setting	Time (without steam pressure function)	Food	Recommended quantity (maximum)
米饭 (rice)	short	25 mins	Round grain rice	300 g (450 g) rice, 400 ml (600 ml) water
	medium	40 mins	Round grain rice	300 g (900 g) rice, 400 ml (1120 ml) water
	long	80 mins	Brown rice	280 g (1260 g) rice, 480 ml (1280 ml) water
煮粥 (porridge)	short	60 mins	Round grain rice	150 g (360 g), 1280 ml (2880 ml) water
	medium	90 mins	Round grain rice, red bean etc	150 g (360 g) rice, 1280 ml (2880 ml) water
	long	60 mins + 10 mins	Round grain rice, pork liver etc	150 g (360 g), 1280 ml (2880 ml) water
牛排 (steak)	short	9 mins + 4 mins	steak	260 g, 3 cm thickness
	medium	12 mins + 4 mins	steak	260 g, 3 cm thickness
	long	30 mins + 4 mins	steak	260 g, 3 cm thickness
披萨 (pizza)	short	14 mins	Frozen dough, green red pepper, onion etc	8 inch, 1 cm thickness
	medium	19 mins	Dough, green red pepper, onion etc	100 g dough, other ingredinets
	long	21 mins	Dough, green red pepper, onion etc	140 g dough, other ingredinets
油炸 (soft fry)	medium	20 mins	Chicken legs	300 g
	short	10 mins	Button mushrooms	200 g
	medium	20 mins	Cannelloni	300 g
	short	10 mins	Fish fillet	200 g
	short	10 mins	Wiener schnitzel (turkey)	200 g
	short	10 mins	Wiener schnitzel (pork)	200 g
清蒸 (steam) + 油炸 (soft fry)	short +	10 mins +	Raw vegetables	200 g
	short	10 mins	(e.g. cauliflower)	
烘焙 (baking)	long	60 mins	Shoulder of pork	1500 g
	medium	40 mins	Meat loaf	800 g
	long	60 mins	Cake	500 g
煎炒 (fry)	medium	15 mins	Vegetables	300 g
	medium	15 mins	Fish	200 g
	medium	15 mins	Meat	500 g
	short	manual setting: 5 mins	Onions	200 g

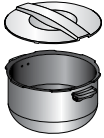
Programme	Setting	Time (without steam pressure function)	Food	Recommended quantity (maximum)
低温慢煮 (sous vide) ¹⁾	short, 60°C	60 mins	Fillet of beef (rare)	After adding the food, the water level in the pan should not exceed 3.0 l.
	medium, 65°C	50 mins	Fillet of beef (medium)	
	medium, 70°C	45 mins	Fillet of beef (well done)	
	short, 60°C	30 mins	Fish (salmon)	
	medium, 65°C	60 mins	Poultry (chicken breast)	
	long, 85°C	60 mins	Asparagus	
	long, 85°C	80 mins	Potatoes	
	long, 85°C	100 mins	Root vegetables	

1) Special hygiene measures must be observed when using the sous vide cooking method. Please pay particular attention to the safety instructions and the recommendations for preparation! → "Sous vide cooking" see page 37

Model overview and technical data

MUCP868BCN	
	✓
	✓
Individual memory locations	2
Nominal volume	5 l
Maximum capacity without steam pressure function	4 l
Maximum capacity with steam pressure function	3.3 l
Temperature range	40-160°C
Operating pressure	80 kPa
Safety pressure	150 kPa
Electrical connection (voltage – frequency)	220-240 V~ 50/60 Hz
Heater wattage	1200 W
Induction	✓
Length of power cable	1 m
Weight, empty	6.5 kg

Special accessories



MAZ8BI

Stainless steel pan, polished, with a non-stick coating and storage lid*; suitable for the induction multi-cooker with steam pressure function MUC88...

5-litre pan; dishwasher-safe; very robust pan; 3 mm thick; stainless steel polished exterior; non-stick coating; lid* for the practical storage of food in the pan, e.g. in the refrigerator



MAZ0FB

Frying basket

Stainless steel basket with removable handle for easy handling; dishwasher-safe

*The storage lid is not supplied as standard with the appliance. It is only supplied with pans as a special accessory. If an accessory is not included in the product package, it can be purchased via trade stockists or customer service.

Troubleshooting

Problem	Cause	Remedy
The prepared meal is half-raw.	Filled beyond capacity.	Do not fill the pan beyond the marking [4.0 litres]!
	The ratio of the amount of water and the ingredients is incorrect.	Adjust the ratio of the amount of water and the ingredients.
	Foreign objects in the appliance interior.	Remove all foreign objects. Do not use any water for this purpose!
	The pan is deformed.	Contact customer service.
	Fault in the appliance.	
The prepared meal is burnt.	Fault in the sensor.	
	There is dirt underneath the pan.	Thoroughly clean the pan and the appliance interior.
	The pan is deformed.	Contact customer service.
	Fault in the appliance.	
The appliance boils over.	Fault in the sensor.	
	Filled beyond capacity.	Adjust the amount.
	The temperature is too high.	Reduce the temperature.
	The selected preparation programme requires the meal to be cooked with the lid open.	Open the lid of the appliance.
LED does not light up.	The appliance is switched off.	Switch on the appliance.
	Fault in the power cord.	Contact customer service.
The hotplate does not function.	Fault in the appliance.	Contact customer service.
	The hotplate is damaged.	
Water is flowing out of the appliance.	The appliance features overflow protection. The condensation tank is full and overflowing.	Remove water from condensation tank. Remove the pan and use a cloth to rub the appliance interior dry. Ensure that no water enters the appliance interior.

Problem	Cause	Remedy
The pressure locking handle of the appliance cannot be opened.	Food is obstructing the overpressure lock and the pressure locking handle is blocked.	Proceed as described in chapter ➔ <i>"Release steam manually"</i> see page 40. If the problem persists, contact customer service.
Steam constantly escapes from the steam outlet, even though the steam pressure function is switched on.	The valve plug is not properly placed on the valve.	Disconnect the appliance from the power supply and allow to cool down. Remove the steam outlet and place the valve plug properly on the valve.
Display screen P	This is not an error. The steam is released automatically.	Wait until the steam has been released completely or release steam manually.
Display screen OPEn	Pressure locking handle closed (☹) for a preparation programme without steam pressure function.	Open pressure locking handle (☺) to deactivate the steam pressure function.
Display screen CLOSE	Pressure locking handle open (☺) for a preparation programme with steam pressure function.	Close the pressure locking handle (☹) to activate the steam pressure function.
Display screen E1~E6	Fault in the appliance.	Abort the preparation programme. Disconnect the appliance from the power supply. Switch the appliance on again. If the problem persists, contact customer service.
Display screen E0	Electric circuit malfunction.	Disconnect the appliance from the power supply and restart. If the problem persists, contact customer service.
Display screen E1	Pan is damaged or not present in appliance or not original pan was used.	Insert the original pan. If the problem persists, contact customer service.
Display screen E2, E5, E6 or E7	The appliance has overheated.	Disconnect the appliance from the power supply and allow to cool down. Restart the appliance once it has cooled down.
	Short-circuit in the appliance.	Disconnect the appliance from the power supply and contact customer service.
Display screen E3	Mains voltage too high.	Contact electricity provider or grid operator. Have the power supply checked by an expert.
Display screen E4	Mains voltage too low.	
Display screen E8	Communication failure	Restart the appliance once it has cooled down.
Display screen E12	When selecting a programme with a high temperature (e.g. "soft fry"), unsuitable ingredients have been added (e.g. water). The programme is aborted to prevent overpressure.	Remove the unsuitable ingredients from the pan. Clean pan and then fill correctly (e.g. with oil for the programme "soft fry"). Leave the lid open depending on the programme selected ➔ <i>"List of preparation programmes"</i> see page 47. Restart preparation programme.

If you are unable to solve the problem, always call the hotline!
You will find the telephone numbers at the back of these instructions.

Kundendienst – Customer Service

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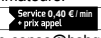
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