Fried Chicken Steak with Minced Garlic

192kcal/100g



#### Ingredients:

Chicken drumsticks : 2 pcs Minced garlic : 5g



#### Seasonings:

Salt :3g
Ground pepper :2g
Oil :5g
Honey :5g

#### **Directions:**

- 1. Boning and slice the drumsticks with score; leave them in the marinade of salt and ground pepper; stir and mix well with honey, oil and garlic
- 2. Leave the marinated steak in the mixture covered with plastic film; refrigerate for 1 hour
- 3. Choose the left or right pot and press "FRY"; wait for the beep (indicating preheating complete); put the steak into the bowl and fry each side for 5 mins until browned

#### Best paired with:

Millet and Purple Sweet Potato Congee, Steamed Rice

#### PRODUCT SPECIFICATIONS

| Model              | KNW509SL               |  |
|--------------------|------------------------|--|
| Power              | 450W*2=900W            |  |
| Voltage            | 220V - 240V; 50 - 60Hz |  |
| Capacity           | 1.8L (0.9L X 2)        |  |
| Inner Lid Material | Stainless Steel 304    |  |
| UI                 | Touch IMD              |  |

#### **ACCESSORIES**

- 1pc non-stick inner pot
- 1pc stainless steel pot
- Soup ladle, rice spoon

Actual colours may differ slightly from colours in the catalogue; design and specifications are current as of December 2019, but are subject to change without prior notice.







# 1 ST DUAL MULTI-COOKER

More Cooking, More Energy-Saving



SMART CREATION BY MALAYSIAN'S FAVOURITE ELECTRICAL BRAND

# Multiple Cooking Up To 4 Dishes

Don't know what to cook today? Let Sharp Dual Multi-Cooker help you decide! With 12 Auto Cooking Programs, you can cook up to 4 dishes at once in this smart cooker or adjust it to cook according to different cooking times.





## 12 Smart Cooking Programs

Pilaf

Congee

Soup

Porridge

Steam

Stew

Rice Grain

Bake

Fry

DIY

How smart is smart? The cooker detects the program that you choose and cooks automatically according to the ideal cooking time without any manual assistance.



#### High quality inner pot

The inner pot is designed with 5 different functional layers to ensure heat circulation in the pot is uniform during each cook.



Removable inner lid & steam valve for easy cleaning

Saves up to 50% of energy



Keep dishes warm for up to 12 hours (with Re-Heat & Smart Pre-Heat Function)



Adjustable settings for optimum cooking time



### **Left-Right Cooking Pair**

Left: Beef Stew with Potato **Right: Buckwheat Rice and Steamed Egg** 





### Recipes **Steamed Meat Pie with Chinese Water Chestnut** and Fresh Black Mushrooms

385kcal/100g





#### 'Beef Stew with Potato' Ingredients:

| Beef   | : 300g        | Scallion           | : 58 |
|--------|---------------|--------------------|------|
| Potato | : 500g        | Ginger             | : 58 |
| Carrot | :80g          | Garlic             | : 58 |
| Water  | : as vou need | Dried Chili Pepper | : 58 |

#### Seasonings:

| Five-spice powder | : 12g | Sugar           | : 58 |
|-------------------|-------|-----------------|------|
| Cooking wine      | :6g   | Light soy sauce | : 2g |
| Salt              | :5g   | Oyster sauce    | : 4g |

#### 'Buckwheat Rice' Ingredients:

Rice : 2 cups Buckwheat : 50g

Water : as you need

#### 'Steamed Egg' Ingredients:

: 2 Egg :50g Water Scallion :5g

#### Seasonings:

Soy sauce: 6g Salt:5g

#### 'Beef Stew with Potato' Directions:

- 1. Cut the beef, potato and carrot into pieces; slice the ginger
- 2. Mix the beef pieces well with potato, ginger and other seasonings in the cooking bowl; choose the left side and press "STEW"; fill the bowl with 80g water and cover the lid; wait for the beep

#### 'Buckwheat Rice' Directions:

- 1. Rinse the rice and buckwheat, pour them into the cooking bowl and fill it with water to the "2" mark
- 2. Cover the lid, choose the left or right pot and press "RICE"

#### 'Steamed Egg' Directions:

- 1. Crack the egg straight into the basket, add in water and salt to mix well
- 2. Put the basket over the buckwheat, cover the lid and wait for the beep. Loosen the cooked rice with a rice scoop for fluffier texture

#### Ingredients:

| Minced meat            | : 200g      |
|------------------------|-------------|
| Chinese water chestnut | :40g        |
| Fresh mushrooms        | :60g        |
| Scallion               | : 5g        |
| Water                  | : to the"2" |
|                        | water mar   |

#### Seasonings:

| Starchy flour   | :12g        |
|-----------------|-------------|
| Light soy sauce | :6g         |
| Oyster sauce    | :6g         |
| Sesame oil      | :2g         |
| Oil             | :4g         |
| Ground penner   | · as you ne |

#### Directions-

- 1. Peel the Chinese water chestnuts and cut them into dices; dice the mushrooms; finely chop the scallions and meat
- 2. Mix the Chinese water chestnuts, mushrooms and scallions with the meat; add all the seasonings to it and mix well
- 3. Stir and mix well; pour everything onto the steaming basket; select the left or right pot; press "STEAM" and fill the bowl with sufficient water; place the basket into the bowl and cover the lid; wait for the beep (about 20 mins)

#### Best paired with:

Low-calorie Mixed Grains, Minced Meat Congee with Mushrooms and Vegetables



Braised Chicken Wings with Potatoes

102kcal/100g

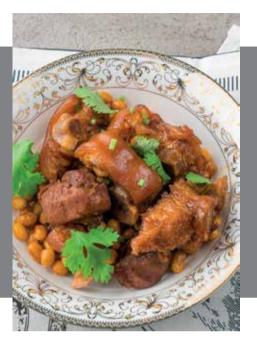


### Recipes

Braised Pork Trotters with Soybeans

273kcal/100g





#### Ingredients:

Potato : 350g Chicken wing : 6 pcs Dried chili pepper : 0.5g Star anise : 0.5g Sichuan pepper : 0.3g

Ginger : as you need Scallion : as you need Garlic : as you need Water : as you need

#### Seasonings:

Salt :5g Chicken essence powder :5g Soy sauce :5g Cooking wine :5g

#### Ingredients:

Soybean : 85g
Pork trotter : 500g
Sugar : 20g
Star anise : 1 pc
Cinnamon : 5g

Water : as you need

#### Seasonings:

Salt : 5g
Chinese spirits : 50g
Dark soy sauce : 10g
Light soy sauce : 1g
Oil : 6g

#### **Directions:**

- 1. Score the chicken wings on the back; leave them to marinate in the soy sauce and cooking wine for 15 to 30 mins; cut the potatoes
- 2. Choose the left or right pot and press "MANUAL", set the temperature at 120°C and cook for 30 mins; fry the scallions, ginger, garlic and dried chili pepper before adding the wings for 5 mins; fill the bowl with water to cover the wings; add the Sichuan pepper, star anises and potatoes; cover the lid, wait for the beep. Season with salt and chicken essence powder

#### Best paired with:

Millet Rice, Steamed Rice

#### Directions:

- 1. Soak the soybeans in water for 3 hours; cut the pork trotters into pieces; blanch the pork trotters in hot water and drain and dry
- 2. Choose the left or right pot and press "MANUAL", set the temperature at 150°C for 30 mins; spread the oil and fry the pork trotters with the sugar, Chinese spirits, soybeans, dark soy sauce for 5 mins; fill the bowl with water until the pork trotters are covered; add salt, cinnamon, star anises and light soy sauces and mix well before closing the lid, wait for the beep

#### Best paired with:

Dried Scallop Congee with Pork, Millet Rice



Japanese-style Deep Fried Shrimp

283kcal/100g



## Recipes

**Stir-fried Cod Fish** 

179kcal/100g





#### Ingredients:

Shrimp : 6 pcs Egg : 1 Breadcrumbs : 10g Frying powder : 10g

#### Seasonings:

Starchy flour : 10g Cooking wine : 5g Salt : 5g

#### Ingredients:

Cod fish fillet: 350gButter: 10gFlour: 10g

Lemon : half a lemon

Minced green onion : 10g

#### Seasonings:

Olive oil : 5g Salt : 5g Ground black pepper : 5g

#### **Directions:**

- 1. Remove the heads and shells of the shrimps, leave the body with tail; rinse, drain and dry these parts
- 2. Put starchy flour and breadcrumbs into a small bowl and egg into another bowl; mix the shrimps with the cooking wine and salt to marinate for 10 mins; coat the marinated shrimps with starchy flour, egg and breadcrumbs
- 3. Choose the left or right pot and press "FRY"; fill the bowl with oil to the "1" mark; wait for the beep (indicating preheating complete), and fry the shrimps until browned Warning: Don't cover the lid while frying

#### Best paired with:

Millet and Purple Sweet Potato Congee, Dried Scallop Congee with Pork

#### **Directions:**

- 1. Clean and wipe dry the cod fish; mix it well with salt and ground black pepper on both sides, then another layer of flour
- 2. Choose the left or right pot, press "FRY" and spread olive oil after a beep (indicating preheating complete); put in the cod fish and fry for 3 mins; add butter, flip side and fry for another 3 mins; squeeze lemon juice on the fish and keep frying till it browns; decorate with chopped scallion as you wish

#### Best paired with:

Okra with Minced Pork, Millet Rice



Recipes

Lotus Root in Sweet Vinegar

116kcal/100g





Pizza

176kcal/100g

Seasonings:



#### Ingredients:

#### : 1.5g Strong flour :150g Water :65g Salt Red pepper : 15g Mozzarella:50g Sugar : 2.5g Green pepper Yeast : 2.5g Olive oil : 10g :15g Mongolian mushroom: 10g Onion : 15g Ketchup: as you need Orleans diced chicken: 30g

#### Directions:

- 1. Mix the strong flour well with the salt, sugar and yeast in a bowl; put in water and olive oil gradually and form a smooth dough; knead the dough for about 20 mins and put in on a plate; sprinkle water on the dough surface before wrapping with a plastic film; let it rest for 5 mins; take it out of the wrap to let go the air inside; turn the dough into smaller dough; roll and press it down into a flatter circle
- 2. Cut green and red pepper, Mongolian mushrooms and onion into pieces; spread ketchup on the circle topped with a layer of Mozzarella cheese, green and red pepper, Mongolian mushrooms and onion pieces, Orleans diced chicken and another layer of Mozzarella cheese
- 3. Brush the oil on the bottom of the bowl, put in the flat dough and cover the lid; choose the left or right pot, press "MANUAL", set the temperature at 130°C for 30 mins; wait for the beep

#### Best paired with:

Fruit Yogurt

#### Ingredients:

| Lotus root          | : 380g |
|---------------------|--------|
| Chopped green onion | :5g    |

Water : as you need

#### Seasonings:

| Dark soy sauce         | :5g   |
|------------------------|-------|
| Sugar                  | : 15g |
| Salt                   | :5g   |
| Chicken essence powder | :5g   |
| Vinegar                | :10g  |
| Starchy flour          | :5g   |

#### Directions:

- 1. Peel and dice the lotus root; blanch, drain and dry
- 2. Mix the dark soy sauce well with the white vinegar, sugar, chicken essence and salt; put the starchy flour into another bowl and stir evenly with water
- 3. Choose the left or right pot and press "MANUAL", set the temperature at 125°C for 25 mins; fry the lotus root dices for 5 mins, season with sugar and vinegar, and stir for another 2 mins before adding the starchy flour and water until it thickens; serve with chopped scallion toppings

#### Best paired with:

Japanese Beef and Rice Bowl, Chinese Sausage Claypot Rice