

GERMAN  
POOL



德國寶

# 光波萬能煮食鍋

## CKY-688D

12<sup>公升</sup>  
Litre



無火  
煮食。

- 全電子時間及溫度控制
- 靈活一按式烹調功能鍵
- New Digital Control Panel
- One-Touch Function Keys



HALOGEN COOKING POT



## 一爐多用 Multi-Functional

全新光波萬能煮食鍋CKY-688D，具備烤、煎、烘、煮、燒、蒸、燉等多項功能，12公升特大容量，菜式千變萬化，配合新增一系列快速美食功能選擇，烹調時間及溫度盡在掌握，製作美食靈活輕鬆。

The all-new Multi-Purpose Halogen Cooking Pot CKY-688D (12-litre) is now packed with even more features! With a wide operating temperature range, it can function as an electric grill, rice cooker, conventional oven, microwave oven, toaster, stewing pot, skillet, etc.

## 無油低脂 Healthy Cooking

炸薯條、炸腰果甚至醃製食物時不但完全毋須加入食油，反而煮食鍋還會通過光波穿透力，令食物內的脂肪加速沸騰，逼使油脂加快排出，讓你吃得健康。

When using Multi-Purpose Halogen Cooking Pot, no oil is needed during preparation and cooking process. Heat waves can penetrate directly into meat. It effectively drives out fats and reduces grease within food. Thus cholesterol content can be kept to a minimum.

## 節能省時 Energy-Efficient

光波萬能煮食鍋運用熱對流、熱傳導及熱穿透三種傳熱方式，加快烹調速度。環型光波管與熱旋系統互相配合，通過圓形玻璃容器的旋流式傳熱，達至最佳節能效果。

Owing to the powerful heating element together with the patented internal venting system, Halogen Cooking Pot transfers heat to food by means of convection, conduction and penetration all at one time. As a result, food can be cooked within a much shorter time.

## 絕無油煙 No Mess

光波爐煮食時不會製造油煙或輻射，創造零油煙環境，絕對是入得廚房、出得廳堂的新一代環保電器。煮食鍋獨有清洗功能，以光波高速旋轉原理分解容器內頑固污跡，自此清洗爐具變得毫無難度。

There will be no more open-flame nor greasy smoke in the kitchen! You can even cook and serve right at the dining table without making a mess, thanks to the detachable glass container with plastic base design.

無火。無煙。無油。  
Safe | Efficient | Healthy

新一代光波萬能煮食鍋，燒、焗、煎、蒸、燉甚至解凍都絕無問題。烹調過程一目了然，更獨有多項快速功能選擇，不論大廚抑或新手，都可輕易燒一手好菜。

German Pool Halogen Cooking Pot combines multiple functions in one machine. Within minutes, it can effortlessly grill, bake, toast, steam, broil, roast, re-heat, defrost... you name it. It's so easy to operate that it makes everyone a gourmet chef.



## 新一代智能電子控制面板

New Digital Control Panel



專家精心設計出多個最佳時間及溫度配搭，只需一按美食功能鍵，光波爐便會依照程式自動調控，為你快捷烹調各式創意美食。

Special one-touch function keys are designed to cook various dishes and food at their optimal time and temperature settings in order to achieve the best result.

## 全電子時間及溫度控制

Easy Time & Temperature Control

最新加強版CKY-688D電子控制面板，除新增快速美食功能鍵外，時間與溫度更可隨意彈性調節，烹調火候準確掌握，控制靈活方便。

The brand new Halogen Cooking Pot CKY-688D now comes with an improved digital control panel which allows precise time & temperature adjustments.



## 靈活一按式快速功能鍵

Diversified Cooking

| 快速功能鍵<br>One-Touch Function Key | 功能說明<br>Functions  |
|---------------------------------|--|
| 煲仔飯<br>Rice                     | 配合廚寶配件，輕易製作特式惹味的臘味煲仔飯<br>Make a traditional pot of rice casserole with the help of the supplied casserole pot accessory  |
| 蛋糕<br>Cake                      | 烘焙蛋糕點心，可選用烘盤及低架，效果香軟美味<br>DIY cake baking is made easier with this function  |
| 蒸魚<br>Steam                     | 蒸煮海鮮魚類，毋須看管火候，肉質保持鮮美<br>Steam your favourite fish or seafood dishes in the most care-free way  |
| 薄餅<br>Pizza                     | 烤焗蒜蓉包或急凍意式薄餅，只消短數分鐘，效果比微波爐倍添香脆滋味<br>Garlic bread and frozen pizza become tastier than ever   |
| 翻脆<br>Toast                     | 以高熱將食物表面烤脆，用來翻熱已熟甚至隔夜食物，使其口感回復鬆脆可口<br>Oven-frying lets you re-heat and bring a crunchy texture to cooked and leftover food items                                   |
| 風乾<br>Cool Dry                  | 在不加熱情況下將食物高速風乾，尤其適合解凍食物，亦可於製作燒鵝或乳鴿時作上皮風乾用途<br>Un-heated drying function is ideal for defrosting and marinating purposes  |
| 清洗<br>Clean                     | 加入清水及洗潔精，光波爐能以均勻熱力迅速分解玻璃器皿內之食物殘漬<br>Simply add clean water and detergent and Halogen Pot can breakdown tough stains and grease within the glass container          |
| 焗乾<br>Heat Dry                  | 利用低熱力高速且均勻地烤焗，可去掉食物內多餘水份<br>Dry food in high speed and low heat  |
| 消毒<br>Sterilize                 | 以光波發熱管之熱力將食具表面加熱，達至消毒效果<br>Heat up dishwares and utensils for sterilizing purpose  |
| 快速加熱<br>Turbo                   | 製作肉類燒烤如羊架、牛柳、烤雞等，外層香脆之餘仍能保留鮮嫩肉汁<br>Create a crispy texture on the outside and yet retain juiciness inside for meat dishes such as roasted chicken, lamb rack, etc. |



## 脆皮燒鵝

Roasted Goose

功能鍵  + 



### 材料： INGREDIENTS:

鵝  
Whole Goose





### 醃料： SEASONING:

鹽  
Salt  
糖  
Sugar  
八角  
Star Anise  
沙薑  
Sand Ginger  
香葉  
Bay Leaves

### 上皮材料： COATING:

白醋  
Vinegar  
麥芽糖  
Malt Sugar

### 做法： PROCEDURES:

1. 鵝身洗淨抹乾，把醃料放入鵝肚中拌勻，用竹籤封口，醃至3小時以上。
  2. 將鵝放入滾水中浸10-15秒鐘，然後把鵝身抹乾。
  3. 將100ml白醋加入30g麥芽糖攪勻至麥芽糖完全溶解，用掃塗上鵝身，然後按  鍵上色。
  4. 把鵝斬件，用加高圈及低架，皮向下以250°C  燒20分鐘，反轉再燒10分鐘即成。
1. Mix seasoning and place the mixture inside goose body; Seal goose body with a bamboo stick. Marinate for at least 3 hrs.
  2. Soak goose in hot water for 10-15 sec. Dry goose body with a towel.
  3. Mix 100ml vinegar with 30g malt sugar until completely melted; Brush the mixture thoroughly on goose and press  button.
  4. Cut goose into two halves; Use Low Rack and Extension Ring, place goose into glass container (skin facing down) to cook at 250°C  for 20 min; Then turn over and grill for another 10 min.

## 滑雞臘味煲仔飯

Rice Casserole w/ Chicken & Chinese Sausage

功能鍵 



### 材料： INGREDIENTS:

雞肉 (切件)  
Chicken  
臘腸 (切片)  
Chinese Sausages  
冬菇 (切絲)  
Chinese Mushrooms  
白米  
Rice  
蔥段  
Scallion  
薑片  
薑片  
Ginger

### 醃料： SEASONING:

胡椒粉  
Pepper  
雞粉  
Chicken Powder  
蒜蓉  
Garlic (chopped)  
生抽  
Light Soy Sauce  
橄欖油  
Olive Oil  
鹽  
Salt  
蠔油  
Oyster Sauce  
薑蓉  
Ginger (chopped)  
紹酒  
Cooking Wine  
麻油  
Sesame Oil

### 汁料：

CASSEROLE SAUCE: 老抽 Dark Soy Sauce 生抽 Light Soy Sauce 熟油 Cooked Oil

### 做法： PROCEDURES:

1. 將醃料與雞肉一起拌勻，醃10-15分鐘備用。
  2. 白米先浸半小時，瀝乾後放入廚寶內，加入熱水。
  3. 把準備好之雞肉、臘腸、冬菇和薑片平均鋪於米上，蓋上廚寶煲蓋。
  4. 將煲仔飯置於低架，按  鍵。
  5. 最後加入蔥段，淋上拌好之汁料即成。
1. Marinate chicken meat with seasoning for 10-15 min.
  2. Soak rice in water for 30 min and then drain. Put rice into Casserole Pot and pour hot water over rice.
  3. Place chicken, sausages, mushrooms and ginger on top of rice, then cover Casserole Pot lid.
  4. Place Casserole Pot into glass container (on Low Rack) and press  button.
  5. When cook time is over, garnish with scallion and pour casserole sauce over rice.

## 法式梳乎厘

Sweet Soufflé





功能鍵  + 



### 材料： INGREDIENTS:

蛋黃  
Egg Yolk  
蛋白  
Egg White  
砂糖  
Sugar  
鹽  
Salt  
自發粉  
Flour  
牛油  
Butter

### 做法： PROCEDURES:

1. 將蛋白打至起氣泡(約1分鐘)，再加入砂糖打至企身，備用。
  2. 將蛋黃、鹽、油及自發粉加入1/3打好的蛋白中拌勻，並倒入煎盤用作餅底。
  3. 先按  鍵預熱熱光波爐約2分鐘，然後打開鍋蓋(煮食鍋會自動暫停)，把餅底置於低架上燜1分鐘。
  4. 將其餘的蛋白加在燜好之餅底上，加上高架及蓋上烘盤，然後按  鍵(可調高至200-250°C)燜10分鐘即成。
1. Whisk egg white until it becomes foam (about 1 min). Add sugar and whisk until the foam is firm.
  2. Add egg yolk, salt, butter and flour to 1/3 of the egg white. Pour mixture onto Frying Pan (without holes).
  3. Pre-heat cooking pot for 2 min using the  button. Place Frying Pan into cooking pot (on Low Rack) and bake for 1 min to create a cake base.
  4. Pour the rest of egg white on top of the cake base. Put it back into cooking pot (on High Rack). Place Baking Pan (with holes) on top of High Rack. Using Extension Ring, bake mixture for 10 min by pressing  button (can adjust to 200-250°C).

## 蜜汁叉燒

Honey-BBQ Pork

功能鍵 





### 材料： INGREDIENTS:

梅頭肉  
Pork

### 醃料： SEASONING:

鹽  
Salt  
糖  
Sugar  
老抽  
Dark Soy Sauce  
叉燒醬  
Char-siu Sauce  
麥芽糖  
Malt Sugar

### 做法： PROCEDURES:

1. 梅頭肉與醃料拌勻，醃1小時以上。
  2. 醃好的肉置於低架，按  鍵先烤10分鐘，然後打開鍋蓋(煮食鍋會自動暫停)，反轉再燒5分鐘即成。
1. Mix all seasoning ingredients together with pork, marinate for at least 1 hr.
  2. Place pork on Low Rack and press  to grill for 10 min. Then lift cooking pot lid (operation pauses automatically). Turn meat over and grill for another 5 min.

## 規格 Specifications

|                                       |                       |
|---------------------------------------|-----------------------|
| 型號 Model                              | CKY-688D              |
| 電壓 / 頻率 Voltage / Frequency           | 220 V / 50 Hz         |
| 功率 Power                              | 1300 W                |
| 溫度調節範圍 Thermostat                     | 50-250 °C             |
| 時間控制範圍 Timer                          | 0-120 minutes         |
| 玻璃容器尺寸 Container Dimensions           | (H) 165 mm (Ø) 330 mm |
| 煮食鍋尺寸連底座 Product Dimensions (w/Stand) | (H) 322 mm (Ø) 460 mm |
| 容器容量 Container Capacity               | 12 (+5) L             |
| 總重連包裝 Gross Weight (w/Packing)        | 9.0 kg                |
| 淨重 Net Weight                         | 8.0 kg                |

## 隨機配件 Supplied Accessories

|   |  |   |
|---|--|---|
| <b>低架</b><br>Low Rack<br>        | <b>高低架</b><br>High Rack<br>             | <b>取物夾</b><br>Plate Lifter<br> |
| 適用於烹調較大型的食物<br>如：烤鴨、烤雞、煲仔飯<br>For larger food items such as Grilled Duck, Grilled Chicken, Casserole, etc.        | 適用於需靠近發熱體的食物，亦可當低架使用，如：串燒<br>For food to be placed near heat source such as Skewers, etc.                                | 用以取出器皿或食物，以防燙手<br>A handy tool for carrying food or plate in and out of the cooking pot                         |
| <b>加高圈</b><br>Ring Extension<br> | <b>食譜光碟</b><br>Recipe DVD<br>           |   |
| 用以增大容量5公升，尤其適用於多層煮食<br>To increase cooking pot capacity by 5 litres. Ideal for multiple-level cooking             | 德國寶《美食世界》DVD，專人示範光波爐多款簡易菜式<br>Exclusive "German Pool Gourmet World" DVD with cooking demo of over 20 Halogen Pot recipes |   |

## 自選配件 Optional Accessories

|  |  |   |
|--|--|---|
| <b>煎碟</b><br>Frying Pan<br> | <b>烘盤</b><br>Baking Pan<br> | <b>廚寶</b><br>Casserole Pot<br> |
| 適用於煎餃子、煎魚、腸粉及其他食物<br>For pan-frying gyoza dumplings, fish, rice cakes, turnip cakes, etc.                      | 適用於烹煮或烤烘細小的食物如：花生、薯條、藥材等<br>For baking/toasting small items such as nuts, french fries, herbs, etc.            | 適用於焗飯、煲仔飯、燉湯、湯麵等<br>For making rice casserole, noodle soup, wonton soup, sukiyaki, etc.                           |

\*規格和設計如有變更，恕不另行通知。 Specifications are subject to change without prior notice.

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