

GERMAN
POOL



德國寶



開心相伴 30載

全新光波萬能煮食鍋

CKY-688F

12 公升
Litre



- 法國進口特強玻璃鍋
- 全電子時間及溫度控制
- 靈活一按式烹調功能鍵
- Premium French Glass Container
- Digital Control Panel
- One-Touch Function Keys



HALOGEN COOKING POT



CKY-688F 12L

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.

一爐多用 Multi-Functional

全新光波萬能煮食鍋CKY-688F，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-688F (12-litre) is now packed with even more features! With a wide temperature range, it can function as an electric grill, rice cooker, conventional oven, microwave oven, toaster, stewing pot, skillet and more!

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 circulating 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.



新一代智能電子控制面板

New Digital Control Panel



專家精心設計多項快速功能，只需選擇適當按鍵，光波爐便會自動依照預設程式，以最佳時間及溫度烹調美食，讓你一按即煮，快捷簡易。

Special one-touch function keys are designed to automatically cook various dishes at their optimal time and temperature settings. The press-and-cook function makes cooking all the more simple and fast.

全電子時間及溫度控制

Easy Time & Temperature Control

最新加強版CKY-688F電子控制面板，除新增快速烹調功能鍵外，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-688F 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

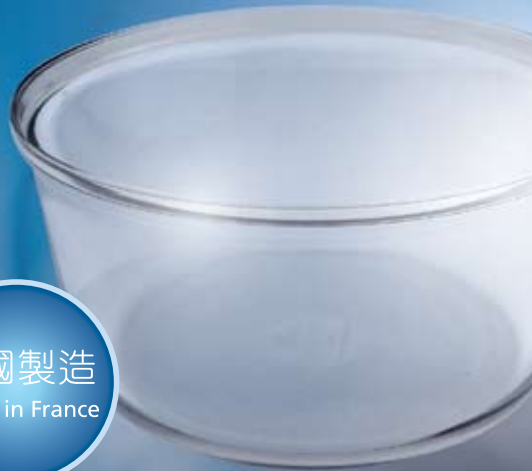
快速功能鍵 One-Touch Function Key	功能說明 Functions
煲仔飯 Rice	配合廚寶配件，輕易製作特式惹味的臘味煲仔飯。 Make a traditional pot of rice casserole with the help of the Casserole Pot accessory.
蛋糕 Cake	烘焙蛋糕點心，可選用烘盤及低架，效果香軟美味。 DIY cake baking is made easier with this function.
蒸魚 Steam	蒸煮海鮮魚類，毋須看管火候，肉質保持鮮美。 Steam your favourite fish or seafood dishes in the most care-free way.
薄餅 Pizza	烤焗蒜蓉包或急凍意式薄餅，只消短短數分鐘，效果比微波爐更香脆滋味。 Making garlic bread and toasting frozen pizza only take a few minutes, and become tastier and crispier than ever.
翻脆 Toast	以高熱將食物表面烤脆，用來翻熱已熟甚至隔夜食物，使其回復鬆脆可口。 Toast function lets you reheat and bring a crunchy texture to cooked and leftover food.
風乾 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。 Cool dry (unheated) is ideal for defrosting and marinating purposes.
清洗 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。 Simply add clean water and detergent into glass container, Halogen Pot's heat circulating system can breakdown tough stains and grease in a few minutes.
焗乾 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。 Dry food in high fan speed and low heat.
消毒 Sterilize	以光波發熱管之熱力將食具表面加熱，達至消毒效果。 Heat up dishwares and utensils for sterilizing purpose.
快速加熱 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。 Create a crispy texture on the outside and yet retain juiciness inside for meat dishes such as roasted chicken, lamb rack, etc.



法國進口特強玻璃鍋身

French-Made Premium Glass Container

法國製造
Made in France



耐溫差

Withstanding High Temperature Difference

先進法國製玻璃，具備特強耐熱及抗溫差能力，可抵受180°C溫差。
Premium heat-resistant glass withstanding up to 180°C temperature difference.



耐衝擊

Anti-Shock

經防撞擊處理，無懼碰撞，持久耐用。
Enhanced anti-shock treatment for superb durability.



透視煮食過程

See-Through Design

清澈通透玻璃鍋身，讓煮食過程一目了然，比傳統煮食鍋具更易掌握烹調效果。
Crystal-clear transparent glass for easy monitoring of the cooking process.

嶄新體貼機身設計

User-Friendly Design

易揭式連臂鍋蓋

"Easy-Lift" Cooking Pot Lid



鍋蓋與鍋身採用突破性連臂設計，打開時毋須分開放置鍋蓋，使用方便，更節省空間，保持廚房整潔。

Without the need to set aside the lid, the unique design keeps the kitchen clutter-free and is convenient to use.

隨意增加容量

Expandable Capacity



按掣拉長伸縮柄，放上加高圈，即可靈活地將容量由原本特大12公升再增加至17公升，方便容納烤雞或火雞等體積較大的食物，更可配合高架及低架作雙層同時煮食。

Simply press a button to pull up the extendable arm and add in the Ring Extension, the capacity can then be expanded from a generous 12 L to an extra large 17 L. Ideal for cooking food in larger size such as grilled chicken and turkey, as well as multiple-level cooking with the help of the high and low racks.

開蓋自動暫停

Auto Pause Feature

鍋蓋一經打開，煮食鍋即自動暫停運作，確保安全。

Halogen Cooking Pot is equipped with an "Auto-Pause" safety feature. Heating process automatically pauses when the lid is lifted.

遠紅外線創新煮食科技

Innovative Far-Infrared Technology

光波萬能煮食鍋帶領遠紅外線烹調新趨勢，助你炮製出色、香、味俱全的佳餚美點，煮食從此變得快捷、健康又安全。Halogen Cooking Pot is a state-of-the-art cookware utilizing far-infrared (FIR) technology. It is fast, healthy and safe, delighting you with savoury dishes.

三重加熱效能

Three-Way Efficient Heating

光波爐透過環形光波管釋放遠紅外線，再配合熱對流及熱傳導方式，進一步加快傳熱，省時節能。舉例一般2500W焗爐烤雞需時最少45分鐘，而光波爐1300W則只需20分鐘便完成。

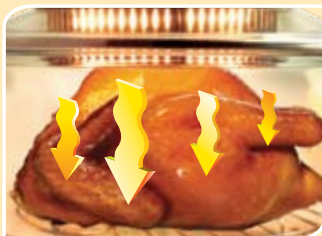
Halogen Cooking Pot's circular heating element gives out FIR rays. By combining FIR penetration with convection and conduction, it further speeds up the cooking process and thus saves energy. For example, it takes 45 minutes to grill a chicken in an oven with 2500W, while it takes only 20 minutes in the 1300W Halogen Cooking Pot.



吃出原汁原味
Juicy & Delicious

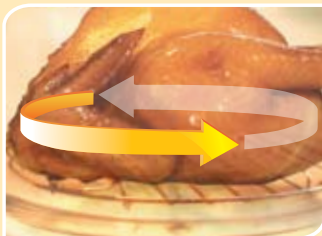
遠紅外線能量穿透食物，從內至外加熱食物，既避免食物未熟時表面已被烘乾的情況，更能有效保留食物內的水份及肉汁。遠紅外線同時有助活化食物中之水分子，以光波爐炮製烤肉皮脆肉嫩。

FIR rays penetrate food for deep heating. Food is heated up from inside out, preventing the surface from turning dry and charred before it is even fully cooked while sealing in juices. FIR rays also help activate the moisture inside food. Grilled meat features crispy surface and tender texture.



熱穿透
Penetration

遠紅外線高溫熱能直接滲透食物內部，加熱特快。
FIR rays penetrate the food with high heat for fast cooking.



熱對流
Convection

熱旋系統以對流方式均勻傳送熱能，加快傳熱。
Heat circulating system speeds up the cooking process.



熱傳導
Conduction

導熱爐架將熱能直接傳送至食物。
Heat is conducted to food directly through the racks.

遠紅外線技術
FAR INFRARED TECHNOLOGY

無輻射保安全
No Microwave Radiation

遠紅外線是太陽光線之一，對人體完全無害，與微波輻射全然不同。目前，日本及美國等先進國家已將遠紅外線廣泛應用於煮食、保暖及醫療等產品。光波爐採用遠紅外線發熱，無微波輻射、無火、無煙，是安全健康的煮食方式。

FIR is a specific light wave from the sun. Unlike microwave radiation, FIR rays are natural and not harmful to humans. Hence, FIR rays are widely applied to products for cooking, heating and medical purposes in countries such as Japan and the USA. Halogen Cooking Pot does not emit microwave radiation, flames nor smoke. It is one of the safest and healthiest cooking tools available.

健康無油煮食
Oil-Free Cooking

遠紅外線能夠迅速均勻地加熱食物，有效鎖住營養。由於熱能迅速傳到食物內部，烹調時更無須加入油份，讓你吃得健康。

FIR rays heat up food thoroughly and can effectively seal in nutrients. Since heat is swiftly transferred to the interior of food, oil is not needed for cooking. Healthy cooking is made easy.



特色食譜

Delicious Recipes

滑雞臘味煲仔飯 Rice Casserole w/ Chicken & Chinese Sausage



材料:	醃料:	汁料:	INGREDIENTS:	SEASONING:	CASSEROLE SAUCE:
雞肉 (切件)	胡椒粉	鹽	Chicken	Pepper	Dark Soy Sauce
臘腸 (切片)	雞粉	蠔油	Chinese Sausages	Chicken Powder	Light Soy Sauce
冬菇 (切絲)	蒜蓉	薑蓉	Chinese Mushrooms	Garlic (chopped)	Cooked Oil
白米	生抽	紹酒	Rice	Light Soy Sauce	
蔥段	橄欖油	麻油	Scallion	Olive Oil	
薑片			Ginger	Salt	
				Oyster Sauce	
				Ginger (chopped)	
				Cooking Wine	
				Sesame Oil	

做法:

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 煲仔飯鍵。
5. 最後加入蔥段，淋上拌好之汁料即成。

PROCEDURES:

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 rice button.
5. When cook time is over, garnish with scallion and pour casserole sauce over rice.

香軟焗蛋糕 Sponge Cake



材料:	INGREDIENTS:
雞蛋 3隻	3 Eggs
自發粉 3湯匙	3 Tbsp Self-Raising Flour
糖 3湯匙	3 Tbsp Sugar
鹽、油 各適量	Some Salt & Oil

做法:

1. 光波爐200°C預熱。
2. 將蛋黃跟蛋白隔開，蛋白用打蛋器打勻至起泡(約2分鐘)，再放入糖及少許鹽，打至泡沫不跌即可。
3. 加入蛋黃、篩好的自發粉及少許油，攪拌數下(無須大力攪拌)。
4. 廚寶內塗上少許牛油，將蛋漿注入廚寶內。提起廚寶往桌面輕輕敲數下，讓多餘空氣排出，然後蓋好蓋子。
5. 廚寶放入光波爐，用低架及按 蛋糕鍵烤10-12分鐘即成。

PROCEDURES:

1. Pre-heat Halogen Cooking Pot at 200°C.
2. Separate egg yolks and egg whites. Whisk egg whites for about 2 min until they turn into foam form. Add sugar and a little salt; then continue whisking until foam becomes firm.
3. Fold in beaten egg yolk, sieved flour and oil into the mixture.
4. Pour mixture into lightly-greased Casserole Pot. Gently tap Casserole Pot on table in order to drive out excessive air bubbles. Cover the lid.
5. Place Casserole Pot into Halogen Cooking Pot, Press cake button bake for approx. 10-12 min using Low Rack.

特色食譜

Delicious Recipes

脆皮燒鵝 Roast Goose



材料:	醃料:	上皮材料:	INGREDIENTS:	SEASONING:	COATING:
鵝	鹽	白醋	Whole Goose	Salt	Vinegar
	糖	麥芽糖		Sugar	Malt-Sugar
	八角			Star Anise	
	沙薑			Sand Ginger	
	香葉			Bay Leaves	

做法:

1. 將鵝身洗淨抹乾，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 風乾至上皮。
4. 把鵝斬件，用加高圈及低架，皮向下以250°C 快速加熱20分鐘，反轉再燒10分鐘即成。

PROCEDURES:

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 cool dry button.
4. Cut goose into chunks; use Low Rack and Extension Ring, place goose into glass container (skin facing down) to cook at Turbo 250°C for 20 min. Then turn over and grill for another 10 min.

蜜汁叉燒 Honey-BBQ Pork



材料:	醃料:	INGREDIENTS:	SEASONING:
梅頭肉	鹽	Pork	Salt
	糖		Sugar
	老抽		Dark Soy Sauce
	叉燒醬		Char-siu Sauce
	麥芽糖		Malt Sugar

做法:

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 快速加熱鍵先烤10分鐘，然後打開鍋蓋(煮火鍋會自動暫停)，反轉再燒5分鐘即成。

PROCEDURES:

1. Mix all seasoning together with pork, marinate for at least 1 hr.
2. Place pork on Low Rack and press the turbo button 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-688F
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
淨重 Net Weight	8.0 kg
總重連包裝 Gross Weight (w/Packing)	9.0 kg

隨機配件 Supplied Accessories

低架 Low Rack 	高低架 Combo Rack 	取物夾 Plate Lifter 
適用於烹調較大型的食物如：烤鴨、烤雞、煲仔飯。 For larger food items such as Grilled Duck, Grilled Chicken, Casserole.	適用於需靠近發熱體的食物如串燒，亦可反轉當低架使用。 For food to be placed near heat source such as Skewers.	用以提取器皿或食物，以防燙手或翻倒汁液。 A handy tool for carrying food or plate in and out of the cooking pot.
加高圈 Ring Extension 	煎碟 Frying Pan 	烘盤 Baking Pan 
用以增大容量5公升，尤其適用於體積較大食物或多層煮食。 To increase capacity by 5 L. Ideal for large food items or multiple-level cooking.	適用於煎餃子、煎魚、腸粉、蘿蔔糕及其他食物。 For pan-frying gyoza dumplings, fish, rice cakes, turnip cakes, etc.	適用於烹煮或烘烤細小的食物如：花生、薯條、藥材等。 For baking/toasting small items such as nuts, french fries, herbs.

另購配件 Optional Accessories

廚寶 Casserole Pot 	複合底不銹鋼鍋 Stainless Steel Pot 	食譜 Cookbook 	食譜光碟 Recipe DVD 
適用於焗飯、煲仔飯、燉湯、湯麵等 For making rice casserole, noodle soup, wonton soup, sukiyaki, etc.	不銹鋼鍋身傳熱快，進一步提升光波爐烹調速度。 Stainless steel pot providing perfect heat convection for even shorter cooking time.	德國寶《美食世界》，詳列多款光波爐菜式之製作方法及秘訣。 Exclusive "German Pool Gourmet World" cookbook with over a dozen Halogen Pot recipes and operating tips.	德國寶《美食世界》DVD，專人示範光波爐多款簡易菜式。 Exclusive "German Pool Gourmet World" DVD with demo videos of over 20 Halogen Pot recipes.

*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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