

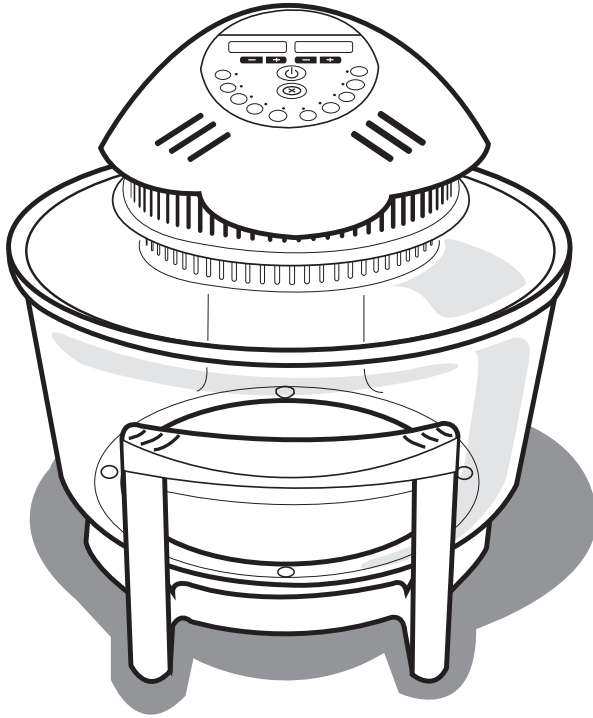
GERMAN  
POOL



德國寶

# 光波萬能煮食鍋 | CKY-688D

HALOGEN COOKING POT



在使用之前請詳細閱讀「使用說明書」及「保用條例」，並妥為保存。  
Please read these instructions and warranty information carefully before use and keep them handy for future reference.



使用說明書 OPERATING INSTRUCTIONS

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# 產品特點

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## 多功能

德國寶光波萬能煮食鍋能夠代替十多種電器，包括：燒烤爐、傳統焗爐、電飯煲、煮蛋器、電烤箱、多士爐、炖湯煲、麵包機、烘乾機、消毒器、爆谷機、熱狗機等

## 無油低脂煮食

以光波萬能煮食鍋來炸薯條、炸薯餅、炸花生、炸腰果、煎魚及醃製任何食品時，均無需加入食油，保證吃得健康。另外，德國寶光波萬能煮食鍋通過光波穿透力，讓食物內的脂肪加速沸騰，逼使油脂加快排出，達到降脂肪的效果

## 節能省時

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，從而使烹調速度加快。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，達至更佳節能效果

## 絕無油煙

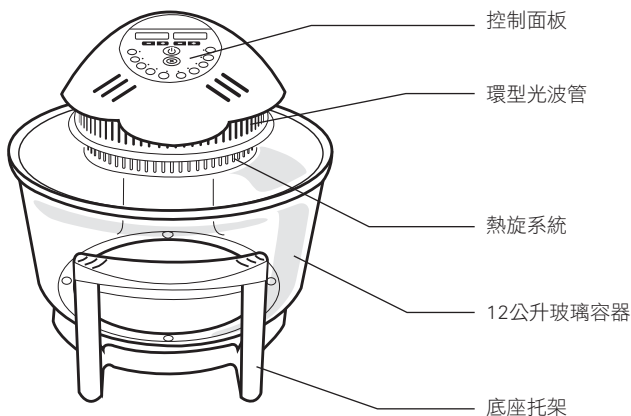
德國寶光波萬能煮食鍋煮食時不會製造油煙或輻射，絕對是入得廚房、出得廳堂的新一代環保電器

## 清洗方便

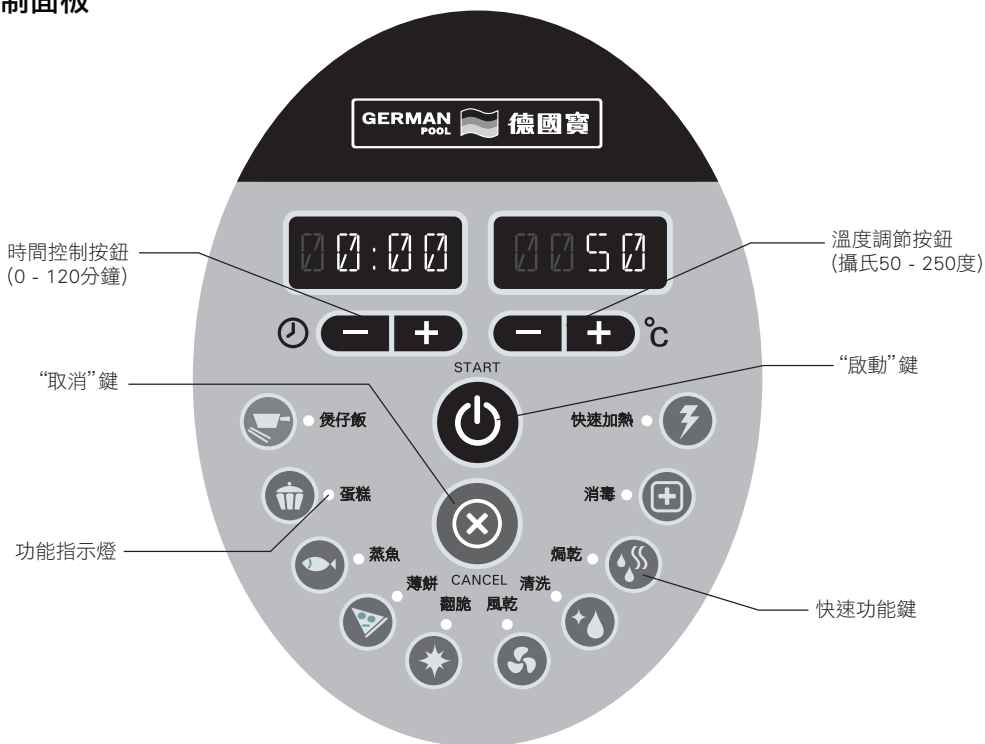
光波萬能煮食鍋特別備有內置清潔功能，能以光波高速旋轉原理解除容器內頑固污漬，自此清潔爐具變得毫無難度

# 產品圖解

## 產品結構



## 控制面板





# 操作說明

## 快速功能鍵

快速功能鍵	預設時間值 / 溫度值	功能說明
 煲仔飯	30 分鐘 / 攝氏 250 度	專家按照個別食物之最佳烹調效果，預先設定不同烹調時間及溫度配搭 (用戶亦可依個人喜好或食物份量隨意增減時間或溫度)
 蛋糕	11 分鐘 / 攝氏 190 度	
 蒸魚	13 分鐘 / 攝氏 250 度	
 薄餅	3 分鐘 / 攝氏 250 度	
 翻脆	5 分鐘 / 攝氏 250 度	於短時間內以高熱將食物表面烤脆，特別適合翻熱已熟食物，使其口感更香脆
 風乾	30 分鐘 / 攝氏 0 度	利用煮食鍋之熱旋系統，在不加熱情況下將食物高速風乾
 清洗	10 分鐘 / 攝氏 250 度	利用光波發熱管配合熱旋系統，以均勻熱力迅速分解玻璃器皿內之食物殘漬 * 註：請待煮食鍋完全冷卻後才注入清水(可加入適量洗潔精)
 焗乾	6 分鐘 / 攝氏 90 度	以低熱力高速且均勻地烤焗，可去掉食物內多餘水份
 消毒	13 分鐘 / 攝氏 130 度	以光波發熱管之熱力將食物或食具加熱，達至消毒效果
 快速加熱	20 分鐘 / 攝氏 250 度	以最高溫度運作20分鐘

# 操作說明

## 操作程序


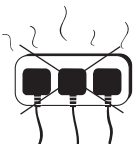
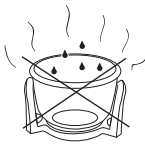
1. 底座托架與玻璃容器配合好並水平放置；
2. 請按實際需要自行選擇層架及配件並置於容器內，然後將食物放在層架上；
3. 將鍋蓋蓋好，然後接上電源；
4. 以下列其中一種方式設定烹調時間及溫度
  - a. 按照食物份量調校時間（0-120分鐘）及溫度（50-250℃）
  - b. 選擇快速功能鍵（可依個人喜好隨意增減時間及溫度）註：指示燈閃動表示功能已被選擇，但煮食鍋仍未開始運作
5. 按“啟動  ”鍵開始烹調
6. 若光波發熱管在設定時間完結之前熄滅，表示煮食鍋內溫度已達到預設溫度。此時煮食鍋進入了恆溫狀態，光波管會暫停加熱程序，但煮食鍋的熱旋系統會繼續運作，直至設定時間完結為止；
7. 完成烹調後（時間顯示為“0:00”），煮食鍋會發出數下聲響以作提示。用戶可拔下電源插頭，並打開鍋蓋；
  - 若要在運作中暫停烹調，可直接將鍋蓋打開，光波管和熱旋系統會同時自動暫停運作
  - 如欲在設定時間完結前提早結束運作，先按“取消  ”鍵以取消整個烹調程序，然後再打開鍋蓋
8. 利用取物夾把食物從玻璃容器中取出。

## 注意事項

1. 煮食時，不要在容器內放入水或其他不通風、不耐溫的器皿（如塑膠）共同使用，以免影響烹調效果；
2. 食物必須懸空放置及不能阻塞風道；
3. 必須使用正常負荷之電源，請勿與其他電器共用電源插頭；
4. 清潔煮食鍋機件前必須先拔下電源，待機件完全冷卻後方可進行；
5. 清潔鍋蓋表面及護罩時，請使用軟布抹拭，不可用水直接清洗；
6. 清潔容器、托架或配件時，可用含有溫和洗潔精的水進行清潔，但不可在高溫時進行；
7. 使用煮食鍋時，應避免讓煮食鍋受到衝擊和敲擊，防止機件受損；
8. 如發現鍋蓋通電後有異聲或較大振動，切勿擅自打開鍋蓋，應先切斷電源，然後立即請專業技術人員或聯絡本公司進行維修。

## 錯誤的操作

切勿如下列圖示般使用煮食鍋：

		
操作時用手觸摸鍋蓋及玻璃容器	與其他電器共用電源插頭	操作完畢時，馬上在容器內注水

# 參考食譜

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## 《香燒豬頸肉》

材料： 豬頸肉兩塊

調味料： 叉燒醬、麥芽糖、鹽和老抽適量

製作方法：

1. 所有調味料拌勻後加入豬頸肉，醃2-4小時
2. 光波萬能煮食鍋以250 °C預熱3分鐘
3. 豬頸肉放于高架，使用加高圈燒10分鐘，反轉後再烤5分鐘即成

## 《焗蒜茸包》

材料： 法式麵包一條、芝士粉少量、蒜粒（切成蒜蓉）、牛油各適量

製作方法:

1. 法式麵包切片
2. 牛油加熱溶解後拌入蒜蓉，均勻地塗在法式麵包上（可灑上芝士粉增添香味）
3. 預熱光波爐至 225 °C，再把法式麵包放入光波爐內烤3分鐘即可

## 《鹽燒三文魚頭》

材料： 三文魚頭一個(切成兩塊，去腮)

調味料： 檸檬(半個榨汁)，鹽、紹興酒、麻油(各1茶匙)，糖、生粉(各2茶匙)，胡椒粉適量

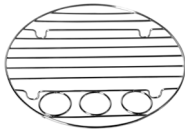
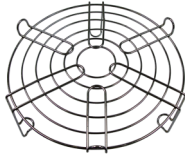


製作方法：

1. 把所有調味料拌勻，醃三文魚頭半小時以上
2. 魚頭置于光波爐內高架上，以250 °C燒8分鐘
3. 反轉後再燒5分鐘即可




如欲獲取更多食譜，歡迎瀏覽德國寶網站 [www.germanpool.com](http://www.germanpool.com)

# 配件

## 隨機配件

低架 	高低架 
適用於烹調較大型的食物 如：烤鴨、烤雞、燉湯、煲仔飯	適用於需靠近發熱體的食物，亦可當低架使用， 或配合低架進行雙層煮食 如：串燒、叉燒、豬頸肉、雞翼
取物夾 	加高圈 
用以取出器皿或食物，以防燙手	用以增大容量5公升，尤其適用於烤鴨、烤雞及多層煮食

## 自選配件

煎碟 	烘盤 	廚寶 
適用於煎餃子、煎魚、腸粉及其他食物	適用於烹煮或烤烘細小的食物 如：花生、薯條、藥材等	適用於焗飯、煲仔飯、燉湯、湯麵等



# 食物 / 時間 / 溫度對照

\* 下列資料只供參考，實際烹調時間須視食物份量而稍作調整

食物種類	參考時間 (分鐘)	參考溫度 (°C)
蝦	5 分鐘	250 °C
香腸	6 分鐘	200 °C
花生	6 分鐘	160-180 °C
麵包	8-10 分鐘	120-140 °C
蛋糕	8-10 分鐘	180-200 °C
蟹	10-13 分鐘	250 °C
魚類	10-15 分鐘	250 °C
龍蝦	12-15 分鐘	220-250 °C
叉燒	15 分鐘	250 °C
番薯	20-30 分鐘	250 °C
飯	30 分鐘	250 °C
雞	30-40 分鐘	250 °C

## 技術規格

電壓	220 V
頻率	50 Hz
功率	1300 W
溫度調節範圍	50-250 °C
時間控制範圍	0-120 minutes
煮食鍋尺寸 (連底座)	(H) 322 mm x (Ø) 460 mm
玻璃容器尺寸	(H) 165 mm x (Ø) 330 mm
容器容量	12 (+5) L
淨重	8.0 kg

中英文版本如有出入，一概以中文版為準

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# FEATURES

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## Multiple Functions

Due to a wide operating temperature range (50-250 °C), German Pool Multi-Purpose Halogen Cooking Pot can function as an electric grill, rice cooker, conventional oven, microwave oven, toaster, stewing pot, sterilizer, skillets, bread maker, egg maker, steamer, popcorn maker, etc.

## Healthy Cooking

When using Multi-Purpose Halogen Cooking Pot, no oil is needed during the preparation and cooking process. Heat waves produced by its halogen heating element can penetrate directly into meat. Through heating animal fat inside meat, Halogen Cooking Pot effectively drives out fats and reduces grease within food. Thus cholesterol content can be lowered to the minimum.

## Time- & Energy-Efficient

Multi-Purpose Halogen Cooking Pot transfers heat to food by means of convection, conduction and penetration all at once. As a result, food can be cooked within a much shorter time. Owing to its circular heating element together with the patented internal venting system, German Pool Halogen Pot can deliver heat directly to food from all directions inside the glass container. Tests have shown that it saves electricity up to 20% compared to conventional ovens.

## No Mess

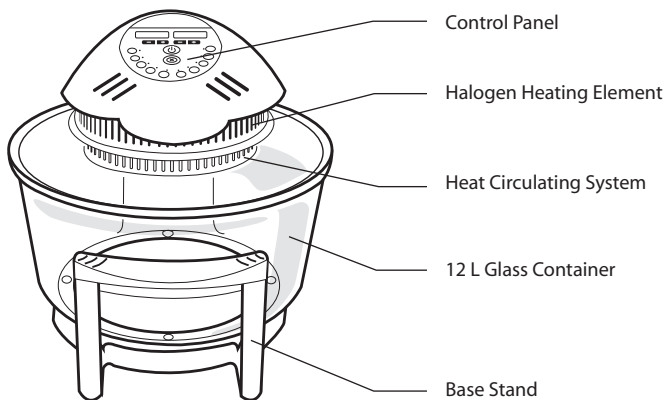
With German Pool Multi-Purpose Halogen Cooking Pot, there is no more open-flame nor greasy smoke in the kitchen. User can even cook and serve right at the dining table without making a mess thanks to the detachable glass container/plastic base design.

## Simple Cleaning

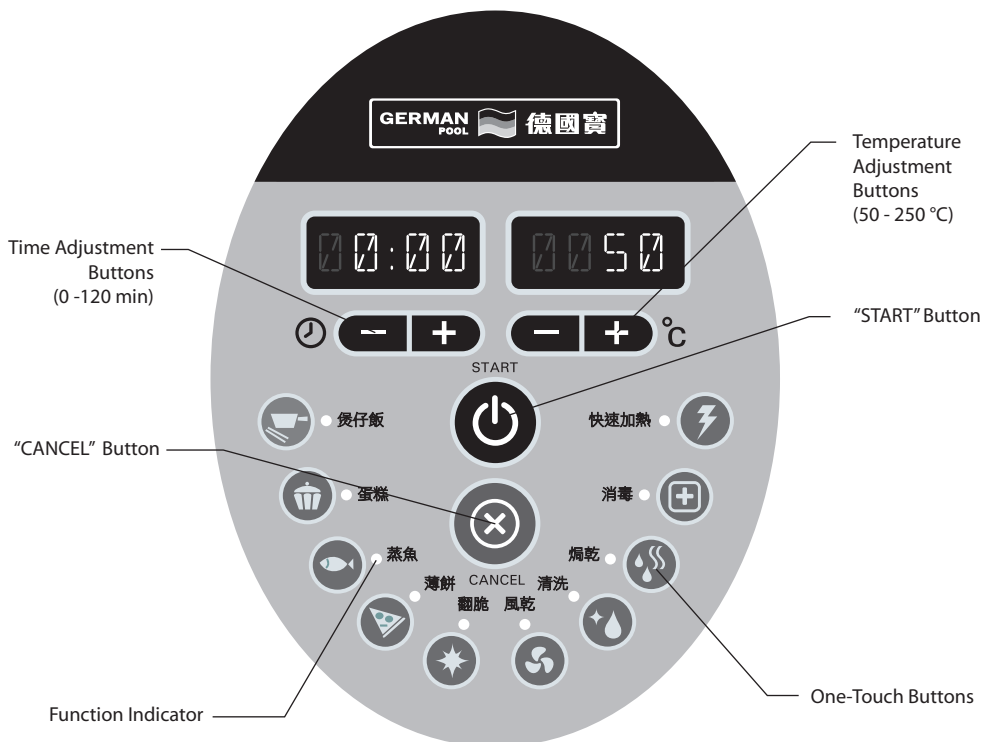
German Pool Multi-Purpose Halogen Cooking Pot comes with a powerful self-cleaning function. Thanks to its high speed heat circulation, cooking pot can automatically decompose tough stains and grease within minutes.

# DIAGRAMS

## Product Structure













## Control Panel



# OPERATING INSTRUCTIONS



## One-Touch Functions

One-Touch Function	Default Time / Temp.	Details
 Rice Casserole	30 min / 250 °C	<p>Press to cook different food types at corresponding default time and temperature settings to achieve the best result</p> <p>(User can further adjust time and temperature values according to personal preferences)</p>
 Cake	11 min / 190 °C	
 Steamed Fish	13 min / 250 °C	
 Pizza	3 min / 250 °C	
 Oven-Frying	5 min / 250 °C	Press to apply high heat to food within a short time. This function can create a crispy texture to the outer layer of food
 Un-heated Drying	30 min / 0 °C	Press to dry food without applying any heat
 Self-Cleaning	10 min / 250 °C	<p>Fill cooking pot with appropriate amount of clean water and press this button to breakdown tough stains and grease in the glass container</p> <p>* Note: please fill water (and detergent) after cooking pot completely cools down</p>
 Heated Drying	6 min / 90 °C	Press to dry food in high speed with low heat
 Heat Sterilization	13 min / 130 °C	Press to heat food or utensils for sterilizing purposes
 Turbo	20 min / 250 °C	Press to operate cooking pot at the highest temperature setting for 20 minutes

# OPERATING INSTRUCTIONS

## Operating Procedures

1. On a flat and level surface, attach glass container to plastic base stand.
2. Select appropriate rack and accessories based on food type and style of cooking. Position rack in glass container and place food items on top.
3. Secure pot cover. Then plug in power.
4. Set cooking time and temperature using one of the following methods:
  - a. Adjust time (0-120 min) and temperature (50-250°C) by pressing "+" & "-" buttons
  - b. Select and press one of the one-touch function keys (user can make further adjustment using the "+" and "-" buttons)


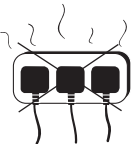

Note: One of the function indicators will blink as soon as a function is selected; however, cooking pot will not start its operation until the "START" button is pressed
5. Press "START"  button.
6. Heating element may go off before set time is up. It means that the desired temperature is reached. Cooking pot would temporarily stop adding heat. However, the heat circulating system would keep on running until time is completely over.
7. When time is over ("0:00"), cooking pot will beep several times. Unplug power and lift up cooking pot cover.
  - Pause Cooking: Before set time is up, user can pause operation by simply lifting up the pot cover and resume cooking by closing it.
  - Shut Down: To end cooking pot's operation before time is up, press "CANCEL"  and then lift up pot cover. Time and temperature settings will be erased.
8. Take food or plate out of glass container using the supplied plate lifter.

## Caution

1. Do not put water or plastic containers inside cooking pot during operation
2. Food must be placed on a rack in the pot. Make sure there is space between food and cooking pot cover, and interior airflow circulation should not be blocked
3. Do not overload power socket
4. Unplug power cord and cool down cooking pot before cleaning or washing
5. Wipe cooking pot cover with a soft and dry cloth; do not rinse it with water
6. Clean glass container, base stand and supplied accessories with mild soap; cool down cooking pot before any cleaning procedure
7. Avoid any form of tapping, knocking or striking against cooking pot
8. When strange noise is heard or severe vibration occurs, do not open cooking pot cover. Unplug power immediately, and contact a licensed technician for a check-up

## Incorrect Operation

Please do NOT do the followings:

		
Touch cooking pot cover or glass container with hand during operation	Overload power socket	Pour water into container immediately after operation

# SELECTED RECIPES

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## <Roasted Pig's Cheek>

Ingredients : Pig's Cheek

Seasoning : Char Siu Sauce, Malt Sugar, Salt and Dark Soy Sauce

Procedure :

1. Mix all seasoning ingredients together with pig's cheek, marinate for 2-4 hours
2. Preheat cooking pot at 250 °C for 3 min
3. Place meat on High Rack and grill for 10 min using Ring Extension;  
turn over and cook for another 5 min

## <Garlic Bread>

Ingredients : Baguette, Garlic, Butter, Cheese Powder (Optional)

Procedure :

1. Slice baguette into desired thickness
2. Mix minced garlic with melted butter spread mixture on sliced bread  
(Sprinkle cheese for extra flavour)
3. Preheat cooking pot at 225 °C and toast garlic breads for 3 min

## <Grilled Salmon Head>

Ingredients : Salmon Head

Seasoning : Lemon Juice, Salt, Cooking Wine, Sesame Oil, Sugar, Corn Starch, Pepper

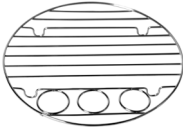
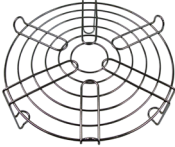


Procedure :

1. Mix seasoning ingredients together. Marinate fish for 30 min or more
2. Grill salmon head at 250 °C in cooking pot using High Rack
3. Turn over salmon head and grill for 5 min

For more recipes, please visit German Pool website at [www.germanpool.com](http://www.germanpool.com)

# ACCESSORIES

## Supplied Accessories

<p>Low Rack</p> 	<p>Dual Rack</p> 
<p>For larger food items such as Grilled Duck, Grilled Chicken, Casserole, etc.</p>	<p>Allows food to be placed near heat source, e.g. Skewers; can be used simultaneously with low rack for multi-level cooking</p>
<p>Plate Lifter</p> 	<p>Ring Extension</p> 
<p>To carry food or plate in and out of cooking pot</p>	<p>To increase cooking pot capacity by 5 L. Ideal for Grilled Duck, Grilled Chicken and multi-level cooking</p>

## Optional Accessories

<p>Frying Pan</p> 	<p>Baking Pan</p> 	<p>Casserole Pot With Cover</p> 
<p>For Gyoza Dumplings, Fish, etc.</p>	<p>For baking small items such as Nuts, French Fries, Chinese Herbs, etc.</p>	<p>For Rice, Noodles, Soup, etc.</p>



# FOOD / TIME / TEMPERATURE TABLE

\* Information provided below is for reference purpose only. Actual cooking time and temperature are subject to food portion.

FOOD TYPE	TIME (min)	TEMPERATURE (°C)
Shrimp	5 min	250 °C
Sausages	6 min	200 °C
Peanut	6 min	160-180 °C
Bread	8-10 min	120-140 °C
Cake	8-10 min	180-200 °C
Crab	10-13 min	250 °C
Fish	10-15 min	250 °C
Lobster	12-15 min	220-250 °C
BBQ Pork	15 min	250 °C
Sweet Potato	20-30 min	250 °C
Rice	30 min	250 °C
Chicken	30-40 min	250 °C

## TECHNICAL SPECIFICATIONS

Voltage	220 V
Frequency	50 Hz
Power	1300 W
Thermostat	50-250 °C
Timer	0-120 minutes
Cooking Pot Dimension (With Base Stand)	(H) 322 mm x (Ø) 460 mm
Container Dimensions	(H) 165 mm x (Ø) 330 mm
Capacity	12 (+5) L
Net Weight	8.0 kg

If there is any inconsistency or ambiguity between the English version and the Chinese version, the Chinese version shall prevail.

如欲獲取更多有關本產品最新資訊及食譜，  
歡迎瀏覽本公司網站 <http://www.germanpool.com>

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For additional product information and cooking recipes,  
please visit our website at <http://www.germanpool.com>

請填妥以下空格並與發票一併保存，以便維修時核對資料。用戶提供本公司之所有資料必須正確無誤，否則免費保用將會無效。  
Please fill out the form below. This information and the purchase invoice will be required for any repairs. Warranty will be invalid if information provided is found to be inaccurate.

型號 Model No. :  CKY-688D

機身號碼 Serial No. : \_\_\_\_\_ 發票號碼 Invoice No. : \_\_\_\_\_

購買商號 Purchased From : \_\_\_\_\_ 購買日期 Purchase Date : \_\_\_\_\_

## 保用條例

此保用提供德國寶產品之機件在正常使用下壹年保用(自購買日起計算)，但不包括安裝、維修、保養及更換零件之人工或其他費用。

\* 貴戶須在購機十天內，以下列其中一種方式向本公司登記資料，保用手續方正式生效：

1) 填妥本公司網頁內之保用登記表格

[www.germanpool.com/warranty](http://www.germanpool.com/warranty)

2) 填妥保用登記卡，並連同購機發票之副本一併郵寄到維修及客戶服務部

(本公司將不發還發票副本或登記卡)

\* 此保用不包括：非家庭性質用途；因意外而造成的損壞(包括運輸及其它)；任何附件及輔助裝置；以及一切因人為、電源接合不當、不依說明書而錯誤或疏忽使用本機、經非本公司認可之安裝及不適當維修等等所引致之損壞。

\*\* 保用只在香港、九龍、新界區有效，東涌、愉景灣及離島，需額外收取交通費用。

## 維修及客戶服務部

德國寶(香港)有限公司

香港九龍土瓜灣馬頭角道116號

新寶工商中心高層地下2-3號室

電話：+852 2333 6249

傳真：+852 2355 7100

電郵：repairs@germanpool.com

## Warranty Terms & Conditions

Our Repairs & Customer Service Centre will provide rectification of any defect of manufacturing materials free of charge given that such defect is reported within 12 months from purchase date.

\* This warranty is not valid until Customer's registration information is returned to and received by our Service Centre within 10 days of purchase via one of the following methods:

1) Visit our website and register online:

[www.germanpool.com/warranty](http://www.germanpool.com/warranty)

2) Complete all fields on the attached Warranty Card and mail it back to our Repairs & Customer Service Centre along with a photocopy of the purchase invoice (Warranty Card and invoice copy will not be returned to Customer)

\* Product must be used solely for domestic purposes. Customer should always follow the operating instructions. This warranty does not apply to: replacement of accessories and their parts; damages caused by incorrect voltage, improper operations, unauthorized installation or repairs as well as accidents.

\*\* Service area includes Hong Kong Island, Kowloon and New Territories. Repairs in Tung Chung, Discovery Bay or other areas are subject to extra service charge.

## Repairs & Customer Service Centre

German Pool (Hong Kong) Limited

2/F, Kai It Industrial Building,

15 Mok Cheong Street,

Tokwawan, Kowloon, Hong Kong

Tel : +852 2333 6249

Fax : +852 2355 7100

Email : repairs@germanpool.com

此保用只適用於香港

This warranty is valid only in Hong Kong

GERMAN  
POOL  德國寶

德國寶 (香港) 有限公司 German Pool (Hong Kong) Limited

香港九龍土瓜灣馬頭角道116號新寶工商中心高層地下2-4號室  
Room 2 - 4, Upper Ground Floor, Newport Centre  
116 Ma Tau Kok Road, Tokwawan, Kowloon, Hong Kong

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+852 2333 6245  
+852 2773 2888

傳真 (Fax) :  
+852 2765 8215  
+852 2365 6009

電郵 (E-mail) :  
info@germanpool.com



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[www.germanpool.com](http://www.germanpool.com)