Buddha Jump Over The Wall (seafood)

**Ingredients**

- 175 gm  Sea Cucumber
- 200 gm  Shark Fins
- 300 gm  Small Abalone
- 200 gm  Fish Maw
- 200 gm  Conch Shell Meat
- 4 nos.  Mushroom
- 1/2 no.  Kampung Chicken
- 200 gm  Lean Meat (Pork)
- 30 gm   Ham
- 2 slices  Ginger
- 3 gm   Cooking Wine
- 10 gm   Ginseng
- 2 gm   Wolfberries / Goji (Kei Chee 熊杞)
- 2 gm   Salt

**Method**

1. Cut Fish Maw, Conch Shell Meat and Chicken into pieces.
2. Cut Ham into cubes.
3. Blanch Chicken in boiling water. Dish up, clean and drain.
4. Put all ingredients into Inner Pot and place into Double Boiler.
5. Add water.
7. Double Boil for 3 hours.
8. Add Cooking Wine and Salt to taste.
Ginseng Root & Black Chicken Soup

Ingredients

- 2 stalks Fresh Ginseng
- 1 whole Black Chicken
- 200 gm Lean Meat (Pork)
- 30 gm Ham
- 2 gm Salt
- 3 gm Cooking Wine

Method

1. Cut Chicken Ham into cubes.
2. Wash Ginseng.
3. Blanch Black Chicken in boiling water.
4. Dish up, clean and drain, before placing into Inner Pot.
5. Place Inner Pot into Double Boiler.
6. Add water.
7. Select cooking function - Meat.
8. Double Boil for 2.5 hours.
9. Add Cooking Wine and Salt to taste.
10. Serve hot.
Bamboo Shoot Chicken Soup

Ingredients
- 1/2 no. Kampung Chicken
- 3 stalks Bamboo Shoot
- 2 slices Ginger
- 10 gm Cooking Wine
- 4 gm Salt

Method
1. Cut Chicken into pieces.
2. Blanch Chicken in boiling water. Dish up, clean and drain.
3. Wash and slice Bamboo Shoots.
4. Put all ingredients into Inner Pot and place into Double Boiler.
5. Add water.
7. Double Boil for 2.5 hours.
8. Add Cooking Wine and Salt to taste.
Abalone & Wolfberries Soup

**Ingredients**

- 2 nos. Small Abalone
- 1/2 no. Kampung Chicken
- 2 slices Ginseng
- 30 gm Wolfberries / Goji (Kei Chee 枸杞)
- Chicken Essence
- Salt

**Method**

1. Cut Chicken and Abalone into pieces.
2. Wash Ginseng and Wolfberry.
3. Put all ingredients into Inner Pot and place into Double Boiler.
4. Add water.
5. Select cooking function - Soup.
6. Double Boil for 2 hours.
7. Add Chicken Essence and Salt to taste.
8. Serve hot.
Rambutan & White Fungus Soup

Ingredients
- 50 gm Watermelon
- 50 gm Rambutan
- 200 gm White fungus
- 20 gm Rock sugar

Method
1. Slice White Fungus.
2. Soak White Fungus in ice (ice-pot).
3. Remove skin from Melon and cut Melon into cubes.
4. Remove skin and seed from Rambutan.
5. Put all ingredients into Inner Pot and place into Double Boiler.
6. Add water.
7. Select cooking function - Low.
8. Double Boil for 1.5 hours.
9. Add Rock Sugar to taste.
10. Serve hot.
Fat Choy & Lean Meat Soup

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>250 gm</td>
<td>Lean meat (Pork - Chopped Fine)</td>
</tr>
<tr>
<td>10 gm</td>
<td>Fatt Choy</td>
</tr>
<tr>
<td>100 gm</td>
<td>Bamboo Shoot</td>
</tr>
<tr>
<td>50 gm</td>
<td>Carrot</td>
</tr>
<tr>
<td>50 gm</td>
<td>Mushroom</td>
</tr>
<tr>
<td>2 gm</td>
<td>Salt</td>
</tr>
<tr>
<td>3 gm</td>
<td>Coriander Leaves</td>
</tr>
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</table>

Method

1. Skin Carrots and Bamboo Shoots, cut into strips.
2. Soak Mushroom to soften, remove stalk and cut into strips.
3. Put all ingredients into Inner Pot and place into Double Boiler.
4. Add water.
5. Select cooking function - Soup.
6. Double Boil for 2.5 hours.
7. Salt to taste.
8. Add Coriander leaves, serve hot.
Carrot & Sugar Cane Soup

Ingredients
250 gm  Carrot  
250 gm  Water Chestnut  
1 stalk  Sugar Cane  
Salt

Method
1. Skin and Cut ingredients into cubes.  
2. Put all ingredients into Inner Pot and place into Double Boiler.  
3. Add water.  
4. Select cooking function - Low.  
5. Double Boil for 1.5 hours.  
6. Salt to taste.
Mushroom Soup

Ingredients
100 gm Mushroom
300 gm Pork Ribs
5 gm Salt
Pepper & Chicken Stock (Pre-Boil)

Method
1. Soak Mushroom to soften, remove stalk and squeeze dry.
2. Cut Pork Ribs into pieces.
3. Put all ingredients into Inner Pot and place into Double Boiler.
4. Add pre-boiled Chicken Stock Soup.
5. Select cooking function - Meat.
6. Double Boil for 3 hours.
7. Salt to taste.
8. Serve hot.
Bitter Gourd, Soya Beans & Pork Ribs Soup

**Ingredients**
- 300 gm Pork Ribs
- 200 gm Bitter Gourd
- 60 gm Soya beans
- 3 gm Salt
- 500 gm Chicken Stock (Pre-Boil)
- 4 gm Soya sauce
- 3 gm Pepper
- Spring onion
- Ginger

**Method**
1. Cut Pork Ribs and Bitter Gourd into pieces.
2. Put all ingredients into Inner Pot and place into Double Boiler.
3. Add pre-boiled Chicken Stock Soup.
4. Select cooking function - Meat.
5. Double Boil for 3 hours.
6. Add Soya Sauce, Pepper, Salt to taste.
7. Serve hot.
Beef, Tomato & Onion Soup

Ingredients

<table>
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<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 no.</td>
<td>Tomato</td>
</tr>
<tr>
<td>200 gm</td>
<td>Beef</td>
</tr>
<tr>
<td>1/2 no.</td>
<td>Big Onion</td>
</tr>
<tr>
<td>5 gm</td>
<td>Ginger</td>
</tr>
<tr>
<td>3 gm</td>
<td>Salt</td>
</tr>
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Method

1. Cut Beef into pieces.
2. Cut Tomato and Onion into quarters or eights.
3. Skin Ginger, cut into strips.
4. Blanch Beef in boiling water. Dish up, clean and drain.
5. Put all ingredients into Inner Pot and place into Double Boiler.
6. Add water.
7. Select cooking function - Meat.
8. Double Boil for 2.5 hours.
9. Salt to taste.
10. Serve hot.
Flag Fish Soup & Chestnut Rice

Ingredients
- 150 gm Flag Fish
- 150 gm White Mushroom
- 75 gm Broccoli
- 20 gm Chestnut
- 60 gm Rice
- 5 gm Ginger (strips)
- 2 gm Salt

Method

(a)
1. Cut Flag Fish, White Mushroom and Broccoli into cubes.
2. Put Flag Fish, White Mushroom, Ginger and Broccoli into first Inner pot.
3. Add water and salt to taste.
4. Place into Double Boiler.

(b)
1. Soak Chestnut together with Rice for 30 minutes.
2. Put Chestnut and Rice into second Inner pot.
3. Add water.
4. Place into Double Boiler.
5. Select cooking function - Set Meal
6. Double Boil for 2 hours.
7. Serve hot.
Yoghurt - Original (1)

Ingredients
Milk
Yoghurt Culture

Method
1. Wash and blanch Inner Pot.
2. Wipe dry Inner Pot.
3. Put milk into Inner Pot.
4. Add Yoghurt Culture, refer to package instructions on ratio.
5. Stir well, insert Inner Pot into Double Boiler.
7. Double Boil for 9 hours.
8. Cool and place into fridge.
Yoghurt - Original (2)

Ingredients
Milk
Yoghurt Culture

Method
1. Wash and blanch Inner Pot.
2. Wipe dry Inner Pot.
3. Put Milk and Yoghurt into Inner Pot. Ratio is 8:1.
4. Stir well, insert Inner Pot into Double Boiler.
5. Select cooking function - Yoghurt.
6. Double Boil for 9 hours.
7. Cool and place into fridge.
8. Serve cold.
Yoghurt Ice Cream

Ingredients
120 ml Orange Juice
120 ml Kiwi Juice
240 ml Yoghurt
240 ml Whipping Cream

Method
1. Filter Orange and Kiwi Juice separately

Orange Yoghurt Ice Cream
1. Add 120 ml Yoghurt into Orange Juice, stir well.
2. Add Whipping Cream 120 ml to Orange Yoghurt, beat until frothy.
3. Place in fridge freezer compartment at this stage becomes Orange Yoghurt Shake.
4. After 2 hours remove from freezer and stir. Repeat process until until turns icy.

Kiwi Yoghurt Ice Cream
1. Repeat above actions.
Yoghurt Jelly

Ingredients
1 cup  Orange Juice
2 cups  Yoghurt
Honey
Jelly powder

Method
1. Filter Orange Juice.
2. Add Yoghurt and mix well.
3. Blend with Honey (with Blender).
5. When cooled, place into fridge.
Mix Fruits Yoghurt

Ingredients
Yoghurt
Mixed Dry Fruits
Honey

Method
1. Add yoghurt to your mix Dry Fruits.
2. Add Honey to taste.
3. Mix well.
4. Place in fridge overnight before consuming
(Yoghurt will slowly dissolve into Mix Dry Fruits. Leaving it to marinate longer, will make the dry fruits to be softer, tastier.)