Midea

享受美味 營養早餐

活力滿足一整天

小身材 大能量

蒸煮煎烙 多才多藝

原汁原味“蒸”健康

在家吃出小情調

健康“煮”義，輕鬆方便

6級火力隨意調節

Midea Electric (HK) Ltd.

產品	**Product Photo** **參考圖樣**	**Model No.** **型號**	CN_Features 功能簡介	**EN_Features**	**Selling Price** **零售價**
早餐機			**營養早餐機**	**Breakfast machine**	
			容量:1.4L	Capacity: 1.4L	
		MZ-DSY18A	功率:680W	Power: 680W	
			智能面版	Smart panel	
			6段火力，調溫方便	6-level power setting, easy to control	HK$ 499
		Barcode: 6939962757353	4IN1: 煎蛋, 蒸煮, 火鍋, 煮粥	4IN1: omelette, cooking, hot pot, porridge	
			4個功能鍵:煮粥,蒸/煮,煎餅,煎蛋/煙肉	4 function buttons: porridge, steamed / boiled, pancakes, omelette / bacon	
			使用304食品級內膽	Using safe 304 stainless steel materials	
			防燙鍋身	Anti-hot pot body	
			我的早餐-自動時間記憶	My breakfast - automatic time memory	
			保溫功能	Insulation function	
			可視上蓋	Visual cover	
			防燙把手	Anti-hot handle	
			榮獲"2017德國iF設計大獎"	Winning the 2017 German iF Design Award	
			配件: 煎盤、蒸格、量杯、可視上蓋、木鏟、隔熱手套	Accessories: fry pan, steamed grid, measuring cup, visual cover, wooden shovel, insulated gloves	
			毛重：3.21KG　淨重：2.4KG	Gross weight: 3.21 Net weight: 2.4KG	
			產品尺寸(長x闊x高): 222x268x295 (mm)	Product dimension(LxWxH):222x268x295(mm)	
			彩盒尺寸(長x闊x高): 368x324x255 (mm)	Color carton dimension(LxWxH): 368x324x255 (mm)	
			外箱尺寸(長x闊x高): 678x392x554(mm) -4pcs	Main carton dimension(LxWxH): 678x392x554(mm) -4pcs	

芫茜魚肉煎蛋卷

blogspot：http://elanie-kitchen.blogspot.com/2018/10/blog-post_15.html?m=0

facebook專頁：https://m.facebook.com/story.php?story_fbid=2069526273098626&id=140868739297732

蒜香魚露豬扒配菠菜肉鬆飯糰

blogspot：http://elanie-kitchen.blogspot.com/2018/10/blog-post_2.html?m=0

facebook專頁：https://m.facebook.com/story.php?story_fbid=2052014204849833&id=140868739297732

蒸粉果(XO醬芹菜豬肉餡)
blogspot：http://elanie-kitchen.blogspot.com/2018/10/xo.html?m=0
facebook專頁：https://m.facebook.com/story.php?story_fbid=2053480798036507&id=140868739297732

白飯魚玉子燒
blogspot：http://elanie-kitchen.blogspot.com/2018/10/blog-post_5.html?m=0
facebook專頁：https://m.facebook.com/story.php?story_fbid=2056079571109963&id=140868739297732

粟米肉粒飯

https://goo.gl/MM56XL
https://instagram.com/p/BmlQZTRli5j/

二人溫暖早午餐〖粟米粥＋蒸燒賣＋西芹青瓜紅蘿蔔蘋果汁〗
＊美的 早餐機＆慢磨榨汁機

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http://www.style-tips.com/blog/post/12147

http://www.theztyle.com/home.php?mod=space&uid=68635&do=blog&id=353667

https://blog.ulifestyle.com.hk/blogger/juan/2018/08/%E3%80%90recipe%E3%80%91%E4%BA%8C%E4%BA%BA%E6%BA%AB%E6%9A%96%E6%97%A9%E5%8D%88%E9%A4%90%E3%80%96%E7%B2%9F%E7%B1%B3%E7%B2%A5%EF%BC%8B%E8%92%B8%E7%87%92%E8%B3%A3%EF%BC%8B%E8%A5%BF%E8%8A%B9%E9%9D%92/

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玉子燒。美的早餐機

http://mslokyiu.blogspot.com/2018/08/blog-post_33.html

https://blogs.elle.com.hk/yoyo09/2018/08/17/%E7%8E%89%E5%AD%90%E7%87%92%E3%80%82%E7%BE%8E%E7%9A%84%E6%97%A9%E9%A4%90%E6%A9%9F/

https://blog.she.com/yoyochan/2018/08/17/%E7%8E%89%E5%AD%90%E7%87%92%E3%80%82%E7%BE%8E%E7%9A%84%E6%97%A9%E9%A4%90%E6%A9%9F/

http://blog.qooza.hk/ka05?eid=29199343

http://www.theztyle.com/home.php?mod=space&uid=30902&do=blog&id=353516

https://blogs.elle.com.hk/yoyo09/2018/08/17/%E7%8E%89%E5%AD%90%E7%87%92%E3%80%82%E7%BE%8E%E7%9A%84%E6%97%A9%E9%A4%90%E6%A9%9F/

https://blog.ulifestyle.com.hk/blogger/chanyoyo/2018/08/%E7%8E%89%E5%AD%90%E7%87%92%E3%80%82%E7%BE%8E%E7%9A%84%E6%97%A9%E9%A4%90%E6%A9%9F/

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煎比目魚、雞扒，配鮮煮蘆筍及粟米芯。美的早餐機

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https://blog.she.com/yoyochan/2018/08/17/%E7%85%8E%E6%AF%94%E7%9B%AE%E9%AD%9A%E3%80%81%E9%9B%9E%E6%89%92%EF%BC%8C%E9%85%8D%E9%AE%AE%E7%85%AE%E8%98%86%E7%AD%8D%E5%8F%8A%E7%B2%9F%E7%B1%B3%E8%8A%AF%E3%80%82%E7%BE%8E%E7%9A%84%E6%97%A9%E9%A4%90/

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http://www.theztyle.com/home.php?mod=space&uid=30902&do=blog&id=353515

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碗仔翅

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芝士薯絲煎餅

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http://blog.she.com/aminn/2018/08/15/midea-14/

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豉油雞
https://www.facebook.com/Cammy.Kitchen.hk/photos/a.10157957594368508.1073741918.334837268507/10157974217023508/?type=3&theater

食譜詳情，請瀏覽：https://crklife.blogspot.com/2018/08/blog-post.html

影片食譜詳情，請瀏覽：https://youtu.be/EPsxyKWW2TE

instagram：https://www.instagram.com/p/BmLVH_EBWpE/?hl=zh-tw&taken-by=cammygm

馬拉糕

食譜詳情，請瀏覽：http://crklife.blogspot.com/2018/07/blog-post_31.html

影片 食譜詳情，請瀏覽：https://youtu.be/JwTx2hqh9MU

instagram：https://www.instagram.com/p/Bl-JSNuhD1-/?hl=zh-tw&taken-by=cammygm

銅鑼燒

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食譜詳情，請瀏覽：http://crklife.blogspot.com/2018/07/dorayaki.html
影片食譜詳情，請瀏覽：https://www.youtube.com/watch?v=_U8tZbPuh-Y

香菇肉燥

https://www.facebook.com/Cammy.Kitchen.hk/photos/a.1015795759436850 8.1073741918.334837268507/10157984529663508/?type=3&theater

食譜詳情，請瀏覽：https://crklife.blogspot.com/2018/07/blog-post_23.html

影片食譜詳情，請瀏覽：https://www.youtube.com/watch?v=CwqhJ9Izb8k

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食譜詳情，請瀏覽：http://crklife.blogspot.com/2018/08/blog-post_10.html

影片食譜詳情，請瀏覽：https://youtu.be/_oGWiBBiBg8

instagram：https://www.instagram.com/p/BmaIB9NBxnt/?hl=zh-tw&taken-by=cammygm

蔬菜炒年糕。美的早餐機

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https://blogs.elle.com.hk/yoyo09/2018/08/08/%E8%94%AC%E8%8F%9C%E7%82%92%E5%B9%B4%E7%B3%95%E3%80%82%E7%BE%8E%E7%9A%84%E6%97%A9%E9%A4%90%E6%A9%9F/

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https://www.facebook.com/427670294071461/posts/1012535742251577/

輕鬆完成健康營養早餐。美的早餐機

http://mslokyiu.blogspot.com/2018/08/blog-post.html

http://www.theztyle.com/home.php?mod=space&uid=30902&do=blog&id=353090

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一人粥底海鮮鍋 @ERIC

http://www.invest360.net/26419/eric-%e4%b8%80%e4%ba%ba%e7%b2%a5%e5%ba%95%e6%b5%b7%e9%ae%ae%e9%8d%8b/

香煎牛小排

每種牛排，都有不同煎法，這次示範是「美國安格斯無骨牛小排」，煎牛小排所需要的就只是一點點的好海鹽花、黑胡椒，這樣就夠了，不要醃、不需過度調味，牛肉最好的滋味就是肉的本身了。

食材：

（一）小牛排　3 條
（二）海鹽　少量
（三）牛油　少量
（四）黑胡椒　少量
（五）蔥花　少量

沈寧，飲食狂人，食盡天下奇珍異饈。

做法：

於平底鑊中加入牛油，用 500W 火力預熱 30 秒至牛油完全溶化。牛小排煎之前先從冷藏拿出來放室溫 30 分鐘，在兩面灑上海鹽跟黑胡椒碎，然後將牛小排落鑊，將火力調校至 680W，兩面各煎約 1 分鐘半，即可起鑊，最後加點蔥花便可。

使用小 TIPS：

用美的早餐機 MZ-DSY18A 設有 6 檔火力可隨心調節外，烹調時候更得心應手，而且操作容易，蒸鍋和底盤可以分開清洗，方便清潔，而且體積細小，容易收藏。

沈寧 Eric

飲食狂人

沈寧，飲食狂人，食盡天下奇珍異饈。

蒜蓉牛油煎龍蝦

相信龍蝦是不少朋友最愛的海鮮之一，其實做法很簡易，有些怕劏龍蝦的朋友，可以勞煩海鮮檔幫忙處理，回家只需稍為清洗就可以用，省卻了龍蝦放尿等麻煩的步驟，相對簡單得多。但對本人來說，就喜歡完整的烹調程序！蒜蓉牛油和龍蝦是絕配，煎出來的香味實在吸引，保證美味到吃不停口！

材料：

龍蝦 1 隻
蒜蓉片 10 片
牛油 3 湯匙
雞湯 2 量杯
鹽 少量
米酒 少量
黑胡椒碎 少量
蔥花 （裝飾用）酌量

做法：

先將龍蝦洗淨，用筷子插入尾部中間位置放尿，頭身之間有一位置呈十字形，是最軟的，從這裡落刀，把頭切開邊，再切下半身，取尾起肉。

除去頭內的黑色肺部及腸等內臟，再仔細洗刷，小心不要沖掉蝦膏，然後將龍蝦頭切成四份，用剪刀剪去龍蝦鬚，於煎 Pan 放上牛油，後放龍蝦肉，燒至蝦身彎曲，將牠反轉再燒至蝦殼轉紅，放米酒、黑胡椒碎及海鹽，煎 1 分鐘，放上蔥花即成。

使用小 TIPS：

用美的早餐機 MZ-DSY18A 設有 6 檔火力可隨心調節外，烹調時候更得心應手，而且榮獲「2017 德國 iF 設計大獎」，外形設計精美小巧，最適合香港家庭使用。

龍蝦尾起肉

慢火煎龍肉

完成品

材料

沈寧 Eric

飲食狂人

沈寧，飲食狂人，食盡天下奇珍異饈。

黑松露炒蛋伴黑毛豬火腿法包

炒滑蛋好吃，加了黑松露醬的就更加美味，偶爾豪一豪，扮大爺吃富貴早餐。但炒滑蛋看似容易卻不易，很易過熟，口感不好，因此用美的早餐機就包有靚靚滑蛋吃，因為早餐機有 5 段不同火力，可以更易控制溫度，非常適合炒滑蛋，僅僅熟卻仍有少許流心的感覺。

食材：

（一）法包 1 條
（二）雞蛋 4 隻
（三）牛奶 100 毫升
（四）黑松露醬 適量
（五）西班牙火腿 4 至 6 塊
（六）鹽 少量
（七）牛油 少量
（八）什果 少量（伴盤用）

做法：

大碗中打入雞蛋、牛奶、鹽、黑松露拌勻。於平底鑊中加入牛油，用 500W 火力預熱 30 秒至牛油完全融化，下蛋汁，火力轉至 100W，將蛋汁由四周慢慢的向中心點撥去，約 4 至 5 次，煮成滑蛋。之後用湯匙將黑松露滑蛋放法包上，最後加上西班牙黑毛豬火腿便可。

使用小 TIPS：

用美的早餐機 MZ-DSY18A 設有 6 檔火力可隨心調節外，烹調時候更得心應手，而且操作容易，蒸鍋和底盤可以分開清洗，方便清潔，而且體積細小，容易收藏。

懶人開飯＊好在有媽媽和 美的 早餐機

https://www.facebook.com/510176695714980/posts/2023954137670554/
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營養早餐〔香蕉 Pancake 配車厘茄汁〕

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簡易排毒去水腫早餐〔3隻蛋白配火龍果青瓜汁〕
＊美的 早餐機＆慢磨榨汁機

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♡ 美的 慢磨原汁機♡胭脂梨汁♡
＋
♡美的 早餐機♡泡菜芝士三文治♡

https://goo.gl/A5Vdmz
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南瓜西米焗布甸

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http://elanie-kitchen.blogspot.com/2018/10/blog-post_4.html
Facebook :
https://www.facebook.com/140868739297732/posts/2054844181233502/

臘味蘿蔔糕

Blogspot :
http://elanie-kitchen.blogspot.com/2018/10/blog-post_7.html
Facebook :
https://www.facebook.com/140868739297732/posts/2058753724175881/

[蒸+煎] 冬菇椰菜雞肉餃

Blogspot :
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Facebook :
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泰式椰汁西米糕

Blogspot :
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Facebook :
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冬菇瑤柱荷葉飯

Blogspot :
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煙肉雜菜雞卷

Blogspot :
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Facebook :
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上湯鮮竹卷

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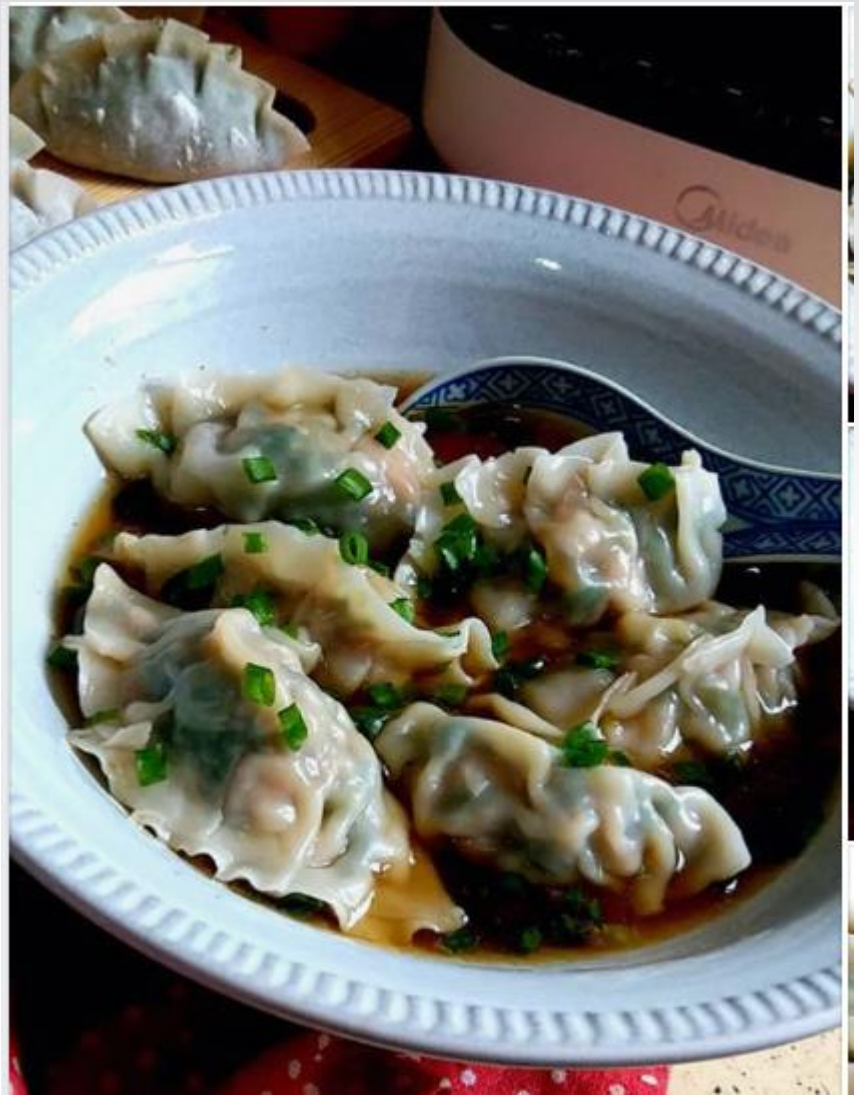

煎釀茄子

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Facebook :
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蠔仔肉碎煎蛋角

Blogspot :
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生炒糯米飯

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Facebook :
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[早餐系列] 鹹牛肉玉子燒三文治

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[點心.點心] 山竹牛肉球

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燕麥粟米斑塊

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黃金椰汁粟米露

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[派對小食] 脆脆炸薯波

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Facebook :
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[點心.點心] 鵪鶉蛋燒賣

Blogspot :
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玉桂焦糖核桃

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Facebook :
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[煎餃] 椰菜素餃子

Blogspot :
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[賀年糕點] 桂花馬蹄糕

Blogspot :
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手工地瓜圓

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Facebook :
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[賀年糕點] 粒粒椰汁奶皇年糕

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桂花紫薯糕

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香煎素腐皮卷

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蔥油鹽焗雞翼

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[中式點心] 鴨腳扎

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豉油雞翼雞蛋

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雞蛋豆腐蒸滑滑水蛋

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話梅浸雞翼

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脆脆芋頭煎魚肉餅

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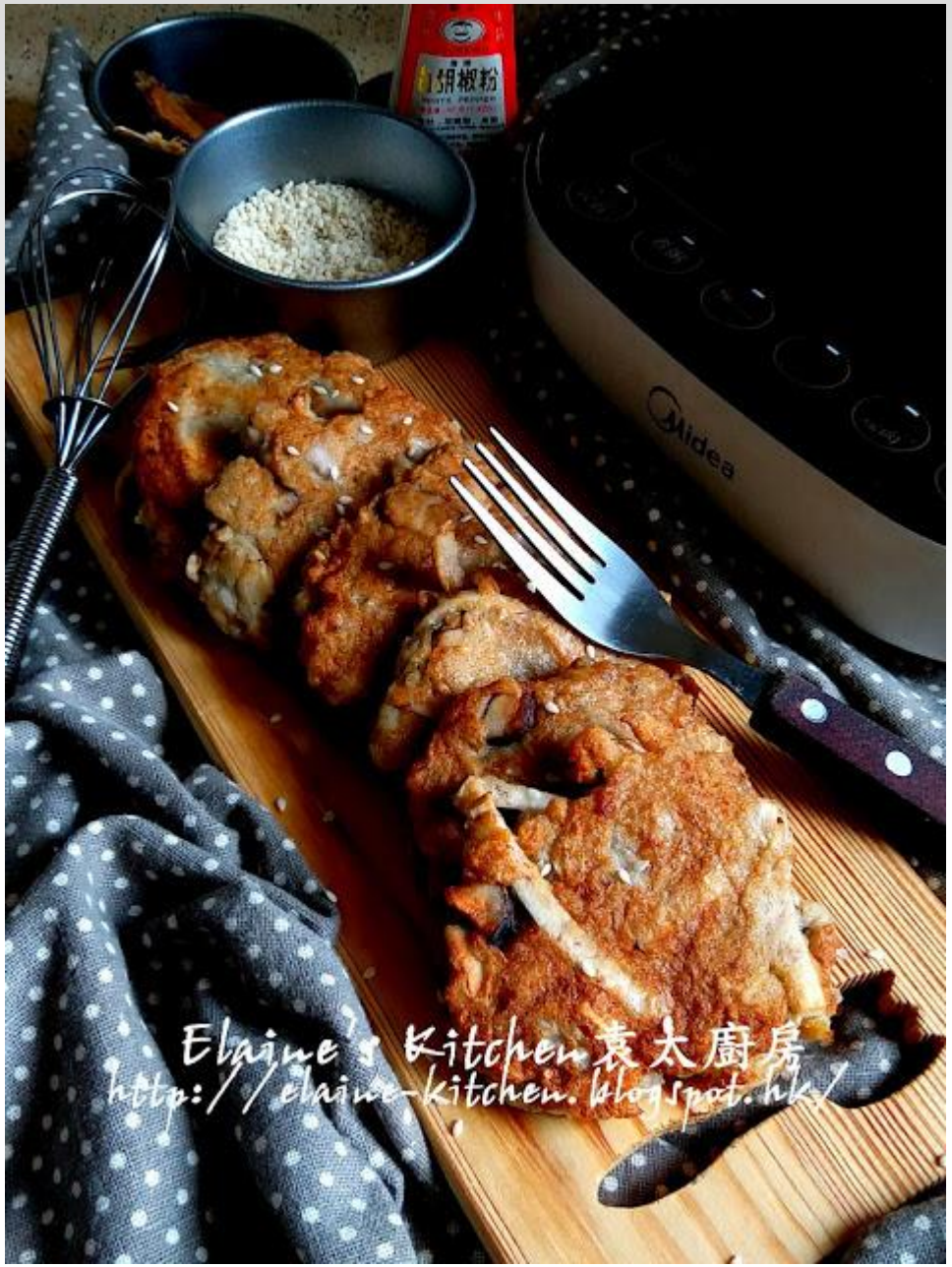

XO醬南瓜鹹蛋肉碎炒飯

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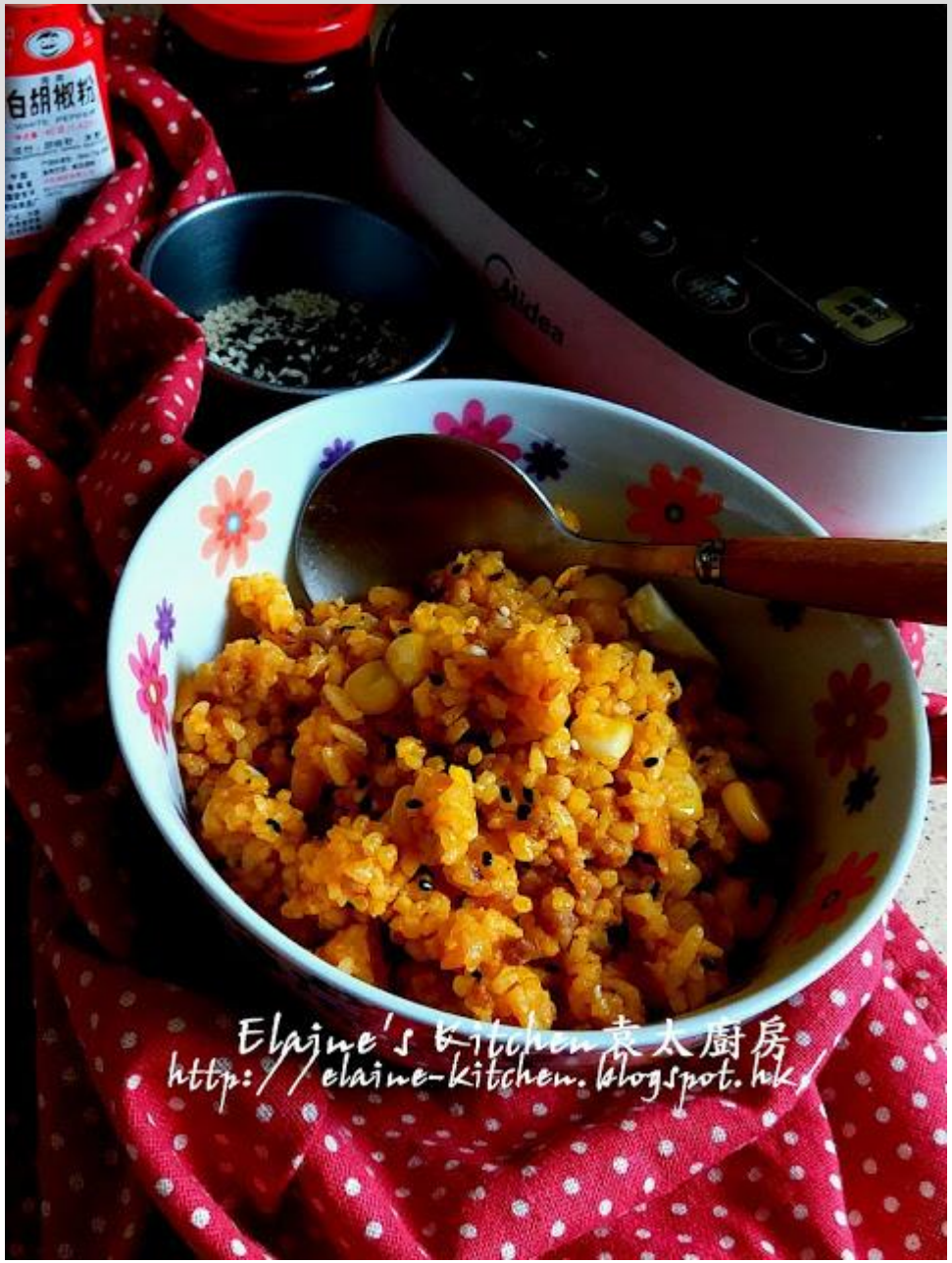

蒜蓉豆豉蒸雞翼

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椰汁馬豆糕 / 紅豆糕

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桂花薑汁栗子蕃薯糖水

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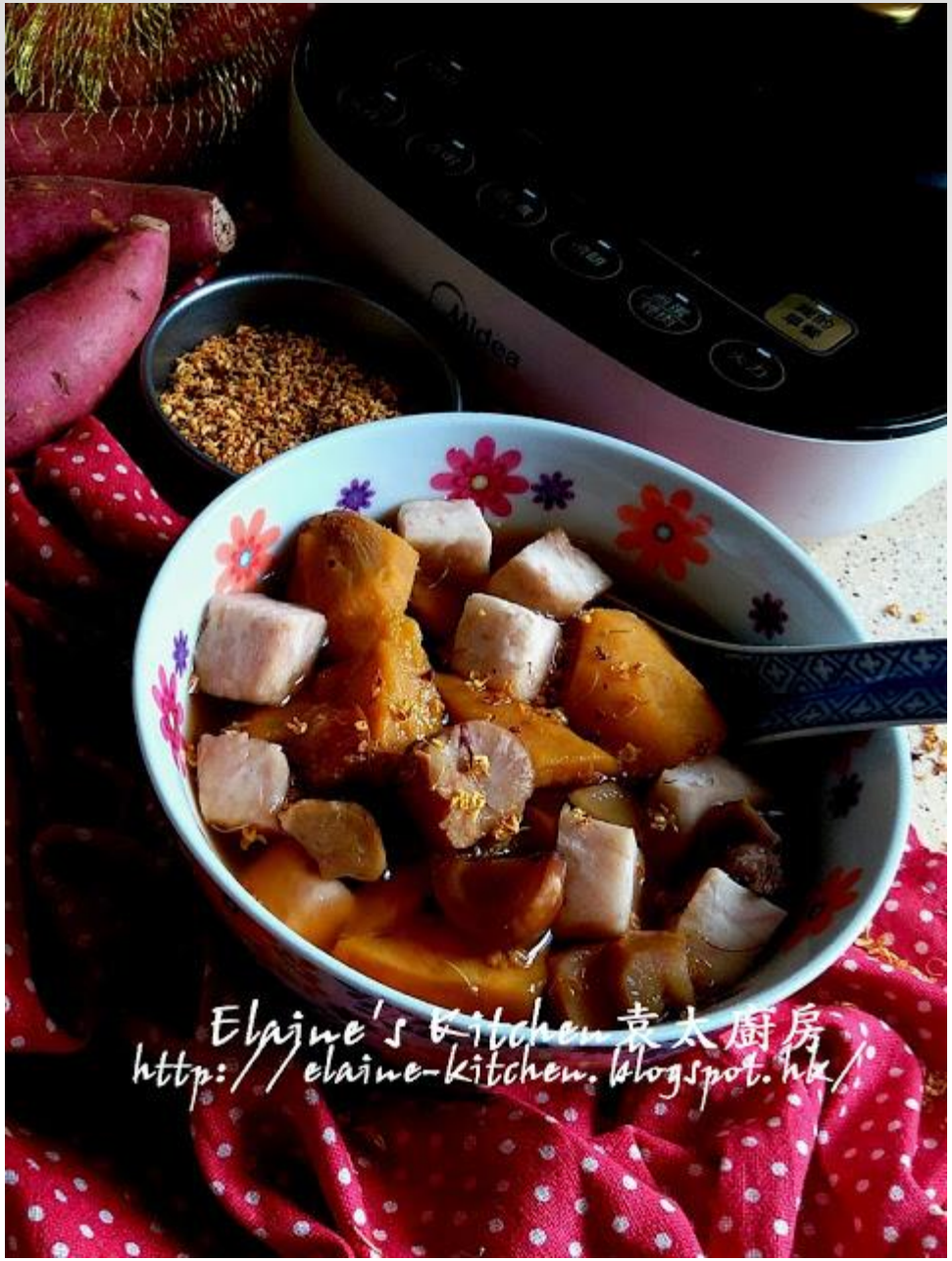

家鄉煎薄罅

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粟米肉粒飯

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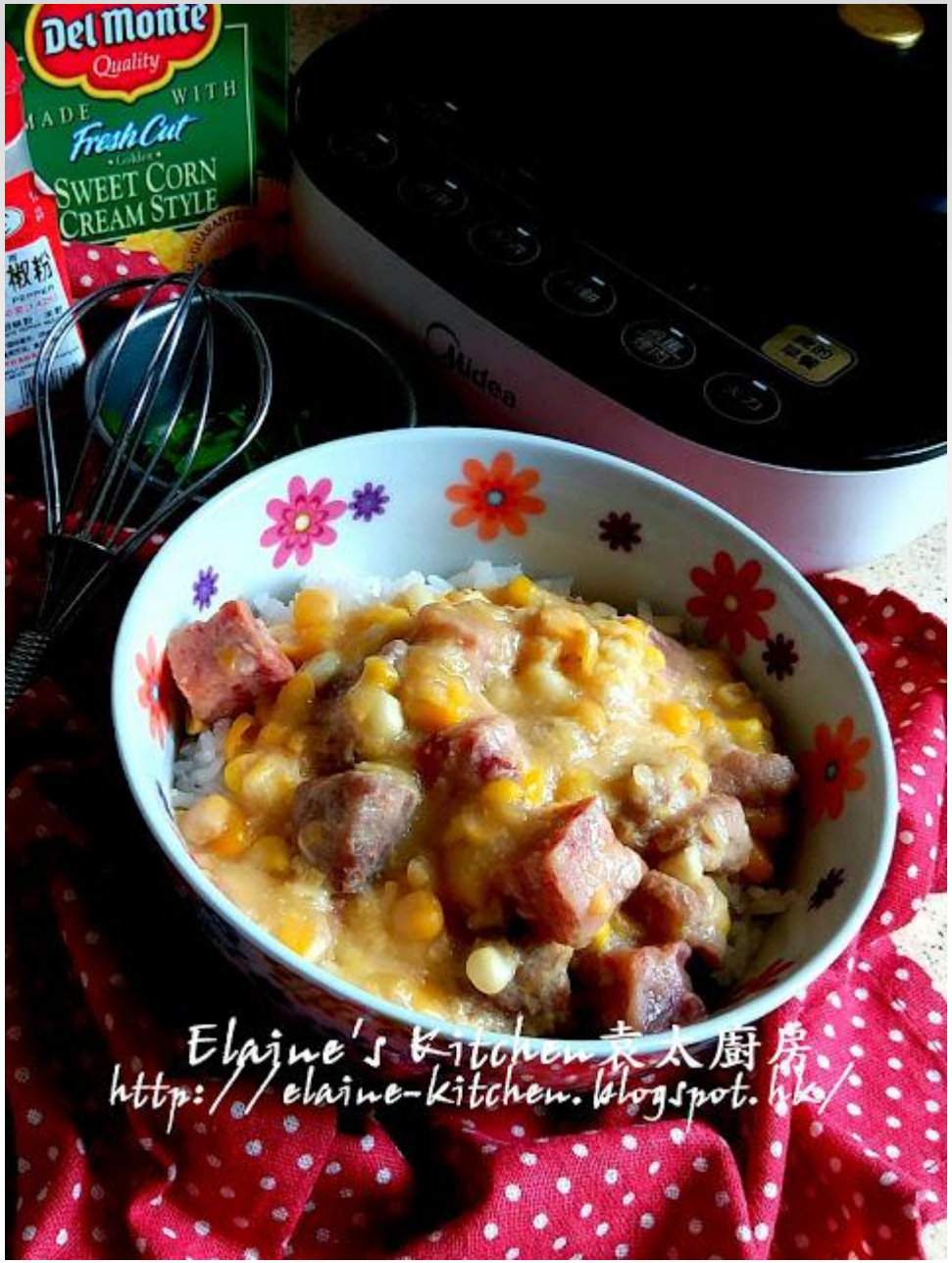

薑汁燉蛋 / 薑汁鮮奶燉蛋白

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