



Microwave heating in a microwave oven. The grill can be cooked in the microwave like.



So in the range 汚Shimasen the lid. Cooked dishes are also available as intact.



The center of the body are high, and it has to flow on the edge of excess oil is very healthy.



ガスコンロ



オープン



電子レンジ

[> 説明書を見る](#)

商品一覧



CP40-2-179
Red Heat pan



CP40-7-179
Heat pan Pink



CP40-9-179
Heat pan yellow



CP40-7-179m
Heat pan with a matte pink



CP40-9-179m
Heat pan with a matte yellow

Bacon and eggs



Material

- ... 1 egg
- One bacon.

How to make

1. Spread a thin layer of oil paint Hitopan bacon, eggs assigned place.
2. Refers to the part of the egg yolk in about three places, such as a toothpick. (Prevention of burst) and the lid, and heat in microwave 1 minute 30 seconds of 500W.

Warm fried



Material

- ... Two pieces fry croquettes

Preparation: Cooking Preheating

1. Hitopan in a 500W microwave oven with a lid, a 4-minute warm.
2. Removed from the microwave oven, fry evenly aligned, then heated in the microwave for 1 minute 30 seconds of 500W.

The amount of fried food ※, please adjust the heating time.

Teriyaki Chicken



Material

- One chicken (250g net)
- Appropriate amount of salt & pepper
- [A] ... 1 tablespoon soy sauce
- 1 tablespoon wine ... [A]
- [A] 1 tablespoon sugar.
- [A] 1 teaspoon potato starch.

Preparation: Cooking Preheating

1. Cut chicken in half lengthwise, then Sogijiri, shake salt and pepper, put out the excess water for a while.
2. Warm a 500W microwave oven for 4 minutes with the lid Hitopan.
3. While warm, mix the material [A], except for one chicken Karamemasu to moisture.
4. Remove the two Hitopan, draw a thin oil, arrange the meat 3 to 6 minutes in microwave heating of 500W and a lid.

Dumpling



Material

- Eight commercial dumplings.

Preparation: Cooking Preheating

1. Warm a 500W microwave oven for 4 minutes with the lid Hitopan.
2. Remove the Hitopan 1, draw a thin oil, arrange the dumplings evenly, then cover and microwave heating for 5 min at 500W.

Capelin (burn dried)



Material

- Capelin five animals.

How to make

1. Capelin puts the breaks on the belly. (Explosion prevention)
2. Pull the thin oil Hitopan, capelin and the lid side by side and 6 minutes in microwave heating of 500W.

Please refer to this recipe also have other dried ※.

Grilled pike



Material

- One pike fish ...
- Appropriate amount of salt ...

Preparation: Cooking Preheating

1. Hitopan in a 500W microwave oven with a lid, a 4-minute warm.
2. Pike is cut in half diagonally wipe the moisture, Shake the salt.
3. Removed from a microwave oven, side by side and the lid to Hitopan pike and 6 minutes in microwave heating of 500W.

Please refer to it when you bake this recipe the other raw fish ※. The point is wipe off the moisture.

When baked salmon wrapped like this



Material

- Out of two salmon fillets ...
- 1 tablespoon flour.
- Appropriate amount of salt & pepper.
- Butter ... 10g (two pieces)
- ... 50g mushrooms

Preparation: Cooking Preheating

1. Hitopan in a 500W microwave oven with a lid, a 4-minute warm.
2. Waving the salmon with salt and pepper, put out the extra moisture while, Mabushimasu flour.
3. Hitopan draw one thin oil, put the butter into the lid and arrange the mushrooms and salmon salmon and six minutes in the microwave heating of 500W.

Kimchi fried and baked scissors



Material

- Three deep-fried tofu.
- Appropriate amount of kimchi.
- Appropriate amount of soy sauce.

Preparation: Cooking Preheating

1. Hitopan in a 500W microwave oven with a lid, a 4-minute warm.
2. Cut in half, fried, and then taking the bag in the shape of the oil without over boiling water.
3. Kimchi in the two nails, apply to the surface of soy sauce.
4. Remove the Hitopan 1, draw a thin oil, side by side and the lid 2 to 2 minutes in microwave heating of 500W.