全自動 *智能電炒鍋*

新一代廚神炒菜機 │ FRY-133

- **大廚級鑊氣佳餚　一按全自動送上**
  Innovative One-Touch Auto Stir-Fry Function

- **獨有旋風拋鑊技術　鎖緊食物營養**
  Tornado Stir-Fry Technology Retains Nutrients

- **3D立體光波加熱　省時節能**
  3D Efficient Heating System

無火煮食。

專利設計 Patented Design

SMART STIR FRYER

動腦不動手　炒菜鑊氣夠

德國寶新一代「廚神炒菜機」特設革命性按鍵即炒功能，可取代傳統人手炒鑊拋鑊的辛勞。獨有旋風拋鑊技術，模擬大廚拋鑊動作，能自動炒出色香味俱全、健康有營的菜式。嶄新3D立體光波加熱功能，煮食時無火、少油煙，快捷安全。炒菜機更備有多項全自動烹調程式，按鍵即可製作各種炒、蒸、燉風味佳餚及粥品，煮食從此變得簡易輕鬆。

German Pool's revolutionary Smart Stir Fryer is an all-in-one device which replaces the manual effort of traditional stir-frying with smart one-touch programmes. With the unique Tornado Stir-fry Technology, stir-fry dishes are made extra tasty and nutritious. The innovative 3D Efficient Heating System significantly speeds up the cooking process with minimal fumes produced. The brand new device comes with stir-fry, congee, steam and stew functions to bring you a wide variety of dishes.

1 按即炒 1-Touch Auto Programmes

一按即炒
3種全自動「炒」模式選擇
One-Touch Automatic Stir-Fry Function with 3 Modes Available

獨特「一按即炒」設計，毋須用鑊動手炒煮，亦可達炒鑊效果，方便省位。預熱後將食材放進鍋內，在三種全自動「炒」模式中選擇其一，加熱器及流線形攪拌器便會按程式啟動，微電腦全程控溫，帶來最佳烹調效果，配合玻璃上蓋設計，煮食進度一目了然。

The one-touch automatic stir-fry function is a revolutionary design that can save the manual effort and space needed for traditional stir-frying. Just put in food ingredients after preheating and select 1 of the 3 "Stir-fry" modes, the heating elements and stirrer will start to operate. The cooking temperature is microcomputer-controlled, with transparent glass lid design for easy monitoring.

旋風拋鑊技術 Tornado Stir-Fry Technology

獨有旋風拋鑊技術
鎖緊食物營養
Unique Tornado Stir-Fry Technology Effectively Retains Nutrients in Food

全自動智能電炒鍋獨有「旋風拋鑊技術」，能模擬大廚拋鑊動作，炒菜時保持食物與空氣的充分接觸，保留食物原有色香味及豐富營養，炮製健康美味佳餚。

The unique Tornado Stir-fry Technology of Smart Stir Fryer enables sufficient air to reach food inside the pot during the hot stir-fry process. Healthy dishes can thus be made easily as the natural colour, flavour and the abundant nutrients of food are effectively retained.

KSD 智能控溫 Temperature Control Technology

KSD 智能控溫技術
減少煮食油煙
KSD Temperature Control Technology Minimizes Cooking Fumes

特設「KSD智能控溫技術」，可準確感應鍋內溫度，在鍋內達到產生油煙的高溫之前自動停止加熱，有效減少煮食時油煙產生，配合多重過濾系統，保持室內空氣清新。

The KSD Temperature Control Technology can accurately detect the temperature inside the pot and automatically stop heating before temperature reaches the level that cooking fumes are produced. Together with the built-in filtering system, cooking fume formation is minimal.

3D 立體加熱 3D Efficient Heating System

嶄新3D立體光波加熱
省時節能
3D Efficient Heating System Saves Time & Energy

上下兩個加熱器同時運作，肉類主要吸收上加熱器光波產生的熱力，而蔬菜主要吸收下加熱器的熱力，蔬菜肉類同時煮熟，食物受熱均勻之餘，更可縮短整體烹調時間。全自動智能電炒鍋功率為1,256W，炒菜只需約2~3分鐘，既節能又省時。

With operation of both upper and lower heating elements, meat and vegetables can be heated simultaneously. The overall cooking time can be shortened when different ingredients are heated evenly and efficiently. As the overall power is 1,256W and an average stir-fry dish only takes 2-3 minutes to cook, Smart Stir Fryer is both fast and energy-saving.

中西美食　一按全自動送上
Worldwide Delicacies Made in One Click

炒飯
Fried Rice

炒
Stir-Fry

生炒糯米飯
Sticky Rice with Chinese Sausages

炒海鮮
Fried Seafood

炒
Stir-Fry

九層塔炒蛤蠣
Basil Clams

中式粥品
Chinese Congee

粥
Congee

生滾鯪魚粥
Fish Ball Congee

日式料理
Japanese Food

燉
Stew

日式牛肉飯
Gyudon (Japanese Beef Rice Bowl)

炒菜
Fried Vegetables

炒
Stir-Fry

蝦醬炒芥蘭苗
Chinese Broccoli in Shrimp Paste Sauce

燉湯
Soup

燉
Stew

蜆肉豆腐味噌湯
Miso Soup with Baby Clams

點心
Dim Sum

炒
Stir-Fry

XO醬炒蘿蔔糕
Stir-Fried Turnip Cake with XO Sauce

蒸海鮮
Steamed Seafood

蒸
Steam

清蒸鮮鮑魚仔
Steamed Baby Abalone

小食
Snacks

炒
Stir-Fry

焦糖爆谷
Sugar-Glazed Popcorn

全自動智能電炒鍋設有炒、粥、燉、蒸各項自動烹調程式按鍵，預設最佳烹調時間及溫度，讓你按鍵即製各款佳餚美饌，同時可按實際需要靈活調整時間，方便又貼心。

Smart Stir Fryer comes with one-touch stir-fry, congee, steam and stew programmes preset with the ideal cooking time and temperature. It also enables flexible time adjustment to suit different cooking needs.

蒸肉類
Steamed Meat

蒸
Steam

鹹魚蒸肉餅
Steamed Minced Pork With Salted Fish

一鍋多用　功能一應俱全
Comprehensive All-in-One Design

炒 Stir-Fry 設3種模式選擇
3 Modes Available

模式1：中火炒一般菜式 (如蔬菜、肉類、海鮮)
模式2：中火慢炒易碎食物 (如雞蛋、豆腐)
模式3：大火快炒易黏鍋食物 (如炒飯、爆谷)

Mode 1: Cook vegetables, meat, etc. (medium heat)
Mode 2: Cook fragile food eg. eggs, tofu in slow
motion (medium heat)
Mode 3: Cook pot-sticking food eg. fried rice,
popcorns in rapid motion (high heat)

粥 Congee

一按煲出各式入味粥品，毋須「睇
火」。攪拌器自動運作，使煲粥效
果更均勻而不黏底。

Make all kind of congee in one click,
the programmed stirring ensures even
heating and prevents congee from
sticking on the pot base.

燉 Stew

慢火烹調，製作紅燒肉、炆牛腩、
燉湯等美食，惹味十足。

Ideal for stewing meat, making beef
brisket and soup, etc. Flavours of food
are refined in slow cooking.

蒸 Steam

配合蒸架煮食，適合蒸魚、肉餅、糕點等，
保留食物色澤營養，有益健康。

Work with Steam Rack for steaming fish,
minced meat, buns, etc. The colours and
nutrients are effectively preserved making
dishes deliciously healthy.

多種全自動烹調程式
One-Touch Automatic Programmes

全自動智能電炒鍋內置多種全自動烹
調程式，炒、煲粥、燉、蒸樣樣皆能，
一機可以取代多種廚房電器，按鍵即煮
極方便。烹調程式結束後自動進入保溫
狀態，完全毋須「睇火」。

Smart Stir Fryer comes with one-touch
automatic stir-fry, congee, steam and
stew programmes to replace various
kitchen appliances. With auto keep
warm and power-off functions upon the
completion of auto programmes, safe
operation is ensured.

食用級內鍋塗料　多重安全保護
Inner Pot with Food-Grade Coating &
Multiple Safety Devices

內鍋使用食用級塗料，安全可靠。機
內設有溫控裝置，溫度過高時系統
自動停止加熱並斷電，操作安全。

Smart Stir Fryer is safe and reliable as
it features an overheat auto power-off
device, and its inner pot is coated with
food-grade coating.

用料上乘　加熱保溫俱佳
Quality Materials for Excellent Heat Conduction
& Minimal Heat Loss

內鍋採用高級鋁合金，真空壓鑄，傳
熱極佳。機身採用雙層304不銹鋼，
以-150度冷鍛工藝製造，大大減少熱
力流失，節省能源。

The inner pot is made of high quality
aluminum alloy with vacuum die casting,
excellent in heat conduction. The main
body is a double layer of 304 stainless
steel produced with -150°C cold forging,
thus heat loss is minimized and energy
is conserved.

九層塔炒蛤蜊 Basil Clams

材料 Ingredients:

蛤蜊	約30隻	30	Clams
薑	少許	Some	Ginger
蒜	少許	Some	Garlic
植物油	1湯匙	1 tbsp	Vegetable Oil
九層塔	一大把		Fresh Basil Leaves

調味料 Seasonings:

生抽	3湯匙	3 tbsp	Soy Sauce
糖	1茶匙	1 tsp	Sugar
米酒	½杯	½ cup	Rice Wine

做法 Procedures:

1. 蛤蜊先於鹽水中浸泡約1小時吐沙。
2. 智能電炒鍋中下油，順序放入薑、蒜、蛤蜊和九層塔，關蓋。
3. 選擇 " 炒3" 功能，時間顯示為 "03:00"，按 "開始"。
4. 倒數完成後，開蓋上碟即可。

1. Soak clams in salt water for 1 hour.
2. Put oil in Stir Fryer. By order, add ginger, garlic, clams and basil. Close lid.
3. Select " Stir Fry 3" mode. Timer will display "03:00". Press "Start".
4. When timer counts down to "00:00", open lid and dish up.

生炒糯米飯 Sticky Rice with Chinese Sausages

材料 Ingredients:

臘腸	1條	1 pc	Chinese Sausage	瑤柱	適量	Some	Dried Scallop
臘肉	50克	50 g	Chinese Bacon	蝦米	適量	Some	Dried Shrimp
冬菇	3隻	3 pc	Chinese Mushroom	蔥花	1支	1 stalk	Scallion
糯米	1碗	1 bowl	Glutinous Rice Grain	上湯	1杯	1 cup	Stock

調味料 Seasonings:

生抽	1½湯匙	1½ tbsp	Light Soy Sauce	麻油	1湯匙	1 tbsp	Sesame Oil
老抽	1湯匙	1 tbsp	Dark Soy Sauce	水	4湯匙	4 tbsp	Water
糖	1湯匙	1 tbsp	Sugar				

做法 Procedures:

1. 糯米以溫水浸泡2小時或以上；瑤柱、冬菇、蝦米浸軟；全部配料分別切絲或粒；
   另外，在碗中將全部調味料拌勻，備用。
2. 除蔥花及糯米外，將全部配料放進智能電炒鍋中，關蓋。
3. 選擇 " 炒3" 功能，時間顯示為 "03:00"，按 "開始" 將配料爆香，盛起備用。
4. 鍋中加入糯米及上湯，選擇 " 炒3" 功能，按 "開始"。
5. 完成後，開蓋倒入所有配料、調味料和蔥花，然後關蓋，選擇 " 炒3"
   再按 "開始"，直至倒數完畢即成。

1. Soak glutinous rice grain in warm water for at least 2 hours. Soak dried scallops, Chinese mushrooms and dried shrimps in water until soft. Dice up or shred all ingredients. Mix all seasonings in a small bowl.
2. Put all ingredients (except scallion and rice) inside Stir Fryer. Close lid.
3. Select " Stir Fry 3" mode. Display will show "03:00". Press "Start". Dish up for later use.
4. Add soaked rice grain and stock into Stir Fryer. Select " Stir Fry 3" and press "Start".
5. Open lid, put all ingredients, seasonings and chopped scallion into pot. Close lid. Select " Stir Fry 3" and press "Start". Cook until finished.

青紅椒炒肉片　Beef Sautéed with Red & Green Peppers

材料　Ingredients:

牛肉	300克	300 g	Beef	植物油	1湯匙	1 tbsp	Vegetable Oil	
洋蔥	½個	½	Onion	青紅椒	各50克	50 g each	Green & Red Peppers	

醃料　Marinade:

生粉	1茶匙	1 tsp	Corn Starch	胡椒粉	適量		Pepper
生抽	1茶匙	1 tsp	Soy Sauce				

調味料　Seasonings:

紹興酒	適量	Cooking Wine	糖	適量		Sugar
鹽	適量	Salt	蠔油	適量		Oyster Sauce

做法　Procedures:

1. 牛肉先切片，拌入醃料醃20分鐘；洋蔥、青紅椒洗淨切絲，備用。
2. 智能電炒鍋中下油，順序放入洋蔥、青紅椒、牛肉及調味料，關蓋。
3. 選擇 "🍳炒3" 功能，時間調至 "03:30"，按 "開始"。
4. 倒數完成後，加入適量生粉水勾芡，按"開始"，電炒鍋便會自動再炒30秒，完成後開蓋上碟即可。

1. Slice beef. Marinate for 20 min. Cut onion, red and green peppers into strips. Set aside.
2. Put oil in Stir Fryer. By order, add onion, red and green peppers, beef and seasonings. Close lid.
3. Select " 🍳 Stir Fry 3" mode. Set timer to "03:30" and press "Start".
4. When a beep is heard, open lid, pour in a little corn starch water and press "Start". Stir Fryer will automatically operate for another 30 sec. Dish up when done.
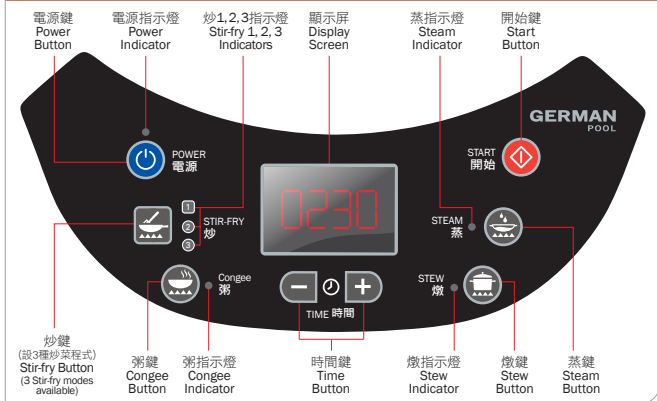
韓式辣炒年糕　Dukbokki (Korean Spicy Rice Cake)

材料　Ingredients:

韓式年糕	50克	50 g	Korean Rice Cake	洋蔥(切片)	¼個	¼ pc	Onion (sliced)
韓式魚蛋	50克	50 g	Korean Fish Cake	植物油	1湯匙	1 tbsp	Vegetable Oil
韓國泡菜(切小塊)			Kimchi (bite size)	蔥粒	1茶匙	1 tsp	Scallion
熟雞蛋(去殼)1隻		1 pc	Hard-boiled Egg (shell removed)	津白	適量		Chinese Cabbage

調味料　Seasonings:

韓式甜辣醬 2½茶匙		2½ tsp	Korean Sweet Chili Sauce	生抽	1茶匙	1 tsp	Soy Sauce
水1¼杯		1¼ cup	Water	糖	1茶匙	1 tsp	Sugar

做法　Procedures:

1. 雞蛋切半；洋蔥切絲；蔥切段；韓式魚蛋及泡菜切小塊，備用。
2. 智能電炒鍋中下油，加入洋蔥、泡菜、津白及年糕，關蓋。
3. 選擇 "🍳炒3" 功能，時間調至 "02:00"，按 "開始"。
4. 倒數完成後開蓋，加入全部調味料、魚蛋及雞蛋，關蓋。
5. 選擇 "🍲燉" 功能，時間調至 "18:00"，按 "開始"。
6. 最後在剩下1分鐘時開蓋，加入蔥段，再關蓋直至倒數完畢即可上碟。

1. Cut egg into half and onion into strips. Section scallion. Cut fish cake and kimchi into bite size.
2. Put oil in Stir Fryer. Add onion, kimchi, Chinese cabbage and rice cake. Close lid.
3. Select " 🍳 Stir Fry 3" mode. Set timer to "02:00" and press "Start".
4. Open lid when done. Add all seasonings, fish cake and egg. Close lid.
5. Select " 🍲 Stew" mode. Set timer to "18:00" and press "Start".
6. When it counts down to "01:00", add chopped scallion. Close lid until finished.

控制面板 Control Panel

電源鍵 Power Button
電源指示燈 Power Indicator
炒1,2,3指示燈 Stir-fry 1, 2, 3 Indicators
顯示屏 Display Screen
蒸指示燈 Steam Indicator
開始鍵 Start Button

GERMAN POOL

POWER 電源
STIR-FRY 炒
Congee 粥
TIME 時間
START 開始
STEAM 蒸
STEW 燉

0230

炒鍵 (設3種炒菜程式) Stir-fry Button (3 Stir-fry modes available)
粥鍵 Congee Button
粥指示燈 Congee Indicator
時間鍵 Time Button
燉指示燈 Stew Indicator
燉鍵 Stew Button
蒸鍵 Steam Button

規格 Specifications

型號 Model	FRY-133
電壓 / 頻率 Voltage / Frequency	220 V ~ 50 Hz
功率 Power	1,256 W
容量 Capacity	3.3 L
機身尺寸 Dimensions	(H) 240 mm (W) 322 mm (D) 390 mm
淨重 Net Weight	4.8 kg

*規格和設計如有變更，恕不另行通知。 *Specifications are subject to change without prior notice.

隨機配件 Supplied Accessory	另購配件 Optional Accessory
蒸架 Steam Rack	食譜 Cookbook
配合蒸模式使用，製作蒸魚、蒸肉餅等美食。 Designed to apply in Steam mode to steam fish, minced meat, etc.	德國寶《美食世界》食譜，詳列多款全自動智能電炒鍋菜式之製作方法及秘訣。 Exclusive "German Pool Gourmet World" cookbook with a wide variety of recipes and operating tips.

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GERMAN POOL (HONG KONG) LIMITED

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