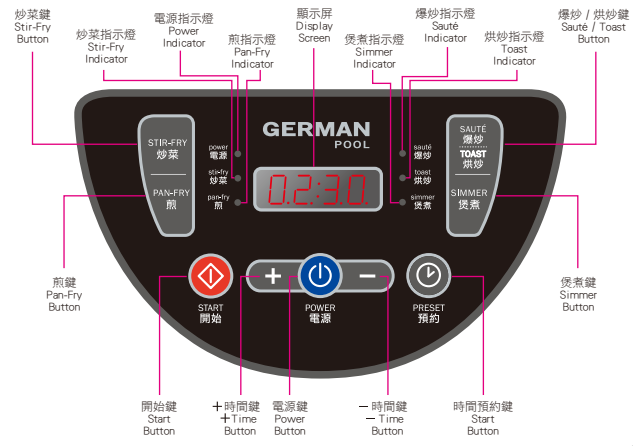


控制面板 Control Panel



規格 Specifications

型號 Model	FRY-233
電壓 / 頻率 Voltage / Frequency	220 V ~ 50 Hz
功率 Power	1,500 W
容量 Capacity	3.6 L
機身尺寸 Product Dimensions	(H) 270 mm (W) 360 mm (D) 380 mm
淨重 Net Weight	5.0 kg

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

隨機附送 Supplied Accessory

食譜
Cookbook



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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SFX-FRY233-PS-14(3)

GERMAN
POOL



德國寶



開心相伴30載

全自動智能電炒鍋

新一代廚神炒菜機 | FRY-233



連續十年蟬聯香港名牌
並榮獲十年成就獎



無火
煮食。

- 大廚級鑲氣佳鍋 一按自動送上
Innovative One-Touch Auto Stir-Fry Function
- 上下立體光波加熱 省時節能
Efficient Heating System



www.germanpool.com



SMART STIR FRYER

FRY-233



動腦不動手 炒菜鑊氣夠

全新德國寶“廚神炒菜機”FRY-233，一按即炒，可取代傳統人手炒菜之辛勞。上下立體光波加熱功能，無火煮食，少油少煙，快捷安全。自動攪拌式設計，幫助攪勻食材及調味料，有助於均勻受熱，能自動炒出色香味俱全、健康營養的菜式。全新炒菜機更配備多項自動烹調程式，無論是料理達人還是入門新手，只需選擇相應程式，按鍵即可製作各種炒、煎、煮風味佳餚，煮食從此變得簡單輕鬆。

German Pool's revolutionary Smart Stir Fryer FRY-233, is a device which replaces the manual effort of traditional stir-frying with smart one-touch programmes. The innovative efficient heating system significantly speeds up the cooking process with minimal fumes produced. With the auto Stir-Fry Technology, stir-fry dishes are made extra tasty and nutritious. The brand new device comes with auto-cooking functions to bring you a wide variety of dishes.

1 按即炒
1-Touch
Auto
Programmes

一按即炒 5種自動程式随心製 One-Touch Automatic Stir-Fry Function with 5 Modes Available

獨特“一按即炒”設計，無須用鑊動手炒煮，亦可達完美炒製效果，方便省事。預熱後將食材放進鑊內，選擇所需的自動烹調程式，加熱器及攪拌器便會按程式啟動，輕鬆達到各式烹調效果，配合玻璃上蓋設計，煮食過程一目了然。

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 the mode you need, the heating elements and stirrer will start to operate. It will bring you a wide variety of dishes, with transparent glass lid design for easy monitoring.

自動
攪拌技術
Automatic
Stir-Fry
Technology

自動攪拌 炮製少油健康美食 Automatic Stir-Fry Technology Effectively Retains Nutrients in Food

全自動智能電炒鍋，配備上攪拌式設計，自動攪拌食材使之均勻受熱，炒菜時保持食材與空氣的充分接觸，保留食物原有色香味及豐富營養，炮製健康美味佳餚。

The Automatic 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.

智能
芯控溫
Temperature
Control
Technology

智能芯控制 精確調溫減少油煙 Smart Control Technology Minimizes Cooking Fumes

特設智能芯控制系統，全程精確控制烹調溫度，防止過熱，保存營養。獲得完美烹調效果同時，更可減少油煙。

The Smart Control Technology accurately detects cooking temperature to prevent overheating. This helps preserve nutrients, ensures perfect presentation, and reduces fuming.

上下
立體加熱
Efficient
Heating
System

上下立體光波加熱 省時節能 Efficient Heating System Saves Time & Energy

上下兩個加熱線配合運作，使食物受熱均勻之餘，更可縮短整體烹調時間。立體加熱，炒菜只需3分鐘，既節能又省時。

The upper and lower heating elements evenly heat foods to reduce cooking time. With 3D Heating, stir-frying takes only 3 minutes, saving energy and time.

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



全自動智能電炒鍋配備有炒菜、煎、爆炒、烘炒、煲煮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, pan-fry, sauté, toast and simmer programmes preset with the ideal cooking time and temperature. It also enables flexible time adjustment to suit different cooking needs.



* 圖片只供參考，實際結果須視材料及份量而定

智能烹調 輕鬆炮製各色佳餚 Smart Cooking Brings Variety of Dishes



炒菜 Stir-Fry

立體加熱，3分鐘輕鬆炮製各色炒菜，健康少油，美味可口。

Stir-frying vegetables takes only three minutes with 3D Heating, minimizing the use of oil for delicious dishes.



煎 Pan-Fry

一按煎出香脆佳餚。內鍋受熱均勻，製作鍋貼等美食，惹味十足。

One-touch operation for an evenly heated inner pot, creating golden crispy pan-fried foods, such as dumplings.



爆炒 Sauté

武火烹調，利用高溫快速炒製食物，釋放食材本身香味，炮製香濃爽口佳餚。

Using high heat to sauté foods, unlocking flavours rapidly while maintaining a good texture.



烘炒 Toast

少油烹製健康烘炒美食，更可自家製爆谷，享受濃郁香脆。

Toasting foods with little oil to create crisp and delicious dishes, such as homemade popcorn.



煲煮 Simmer

慢火烹調，毋須「睇火」，煲出食物精華，鎖住美味與健康。

Slow cooking that needs zero-monitoring, preserving maximum flavor and nutrients.

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，炒菜、煎、爆炒、烘炒、煲煮樣樣皆能，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, pan-fry, saute, toast and simmer programmes to replace various kitchen appliances. With auto keep warm and power-off functions upon the completion of auto programmes, safe operation is ensured.

操作簡易 安全耐用 Easy operation, Safe & Durable



一鍵式操作，按鍵即製；鋁製內膽耐磨損，不易腐蝕，不粘易清潔；斷電保護裝置確保使用安全。

One-touch operation that activates upon the press of a button. The durable aluminum inner pot is scratch resistant; the non-stick layer is easy to clean. Automatic cut off of power to ensure safe operation.

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。通電自動矯正功能確保蓋緊上蓋，保持密封，大大減少熱力流失，節能高效。

Made of high quality aluminum alloy with a vacuum die casting, the inner pot offers excellent heat conduction. Energy saving features include automatic rectification, guaranteeing an airtight seal to reduce heat loss.



圖片只供參考，實際效果可能有所不同。
Photos are for reference only, actual results may vary.

XO醬炒蘿蔔糕 STIR-FRIED TURNIP CAKE WITH XO SAUCE

材料 Ingredients:

蘿蔔糕	1盒	1 pack	Turnip Cake
植物油	1湯匙	1 tbsp	Vegetable Oil
蔥花	適量	Chopped	Scallion

調味料 Seasonings:

XO醬	2湯匙	3 tbsp	XO Sauce
蠔油	1湯匙	1 tsp	Oyster Sauce
糖	2茶匙	2 tsp	Sugar

做法 Procedures:

1. 蘿蔔糕切成小塊，備用。
 2. 智能電炒鍋中下油，放入蘿蔔糕及所有調味料，關蓋。
 3. 選擇“烘炒”功能，時間調校至04:00後按“開始”。
 4. 倒數完成後，開蓋上碟，灑上蔥花即可享用。
1. Cut turnip cake into bite-sized chunks.
 2. Pour oil into Stir Fryer. Add turnip cake and all seasonings into pot. Close lid.
 3. Select "TOAST" mode. Set timer to "04:00" and press "Start".
 4. When timer counts down to "00:00", open lid and dish up. Sprinkle chopped scallion and serve.



圖片只供參考，實際效果可能有所不同。
Photos are for reference only, actual results may vary.

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“爆炒”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“爆炒”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“爆炒”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 "SAUTÉ" mode. Display will show "03:00". Press "Start". Dish up for later use.
 4. Add soaked rice grain and stock into Stir Fryer. Select "SAUTÉ" and press "Start".
 5. Open lid, put all ingredients, seasonings and chopped scallion into pot. Close lid. Select "SAUTÉ" and press "Start". Cook until finished.



圖片只供參考，實際效果可能有所不同。
Photos are for reference only, actual results may vary.



圖片只供參考，實際效果可能有所不同。
Photos are for reference only, actual results may vary.

青紅椒炒肉片 BEEF SAUTÉED WITH RED & GREEN PEPPERS

韓式辣炒年糕 DUKBOKKI (KOREAN SPICY RICE CAKE)

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	Some Pepper
生抽	1茶匙	1 tsp	Soy Sauce			

調味料 Seasonings:

紹興酒	適量	Some Cooking Wine	糖	適量	Some Sugar
鹽	適量	Some Salt	蠔油	適量	Some 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“爆炒”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 “SAUTÉ” 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.

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 湯匙	2½ tsp	Korean Sweet Chili Sauce	生抽	1茶匙	1 tsp	Soy Sauce
	2½ 茶匙			糖	1茶匙	1 tsp	Sugar
水	1¼ 杯	1¼ cup	Water				

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“爆炒”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“煲煮”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 “SAUTÉ” 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 “SIMMER” mode. Set timer to “18:00” and press “Start”.
 6. When it counts down to “01:00”, add chopped scallion. Close lid until finished.