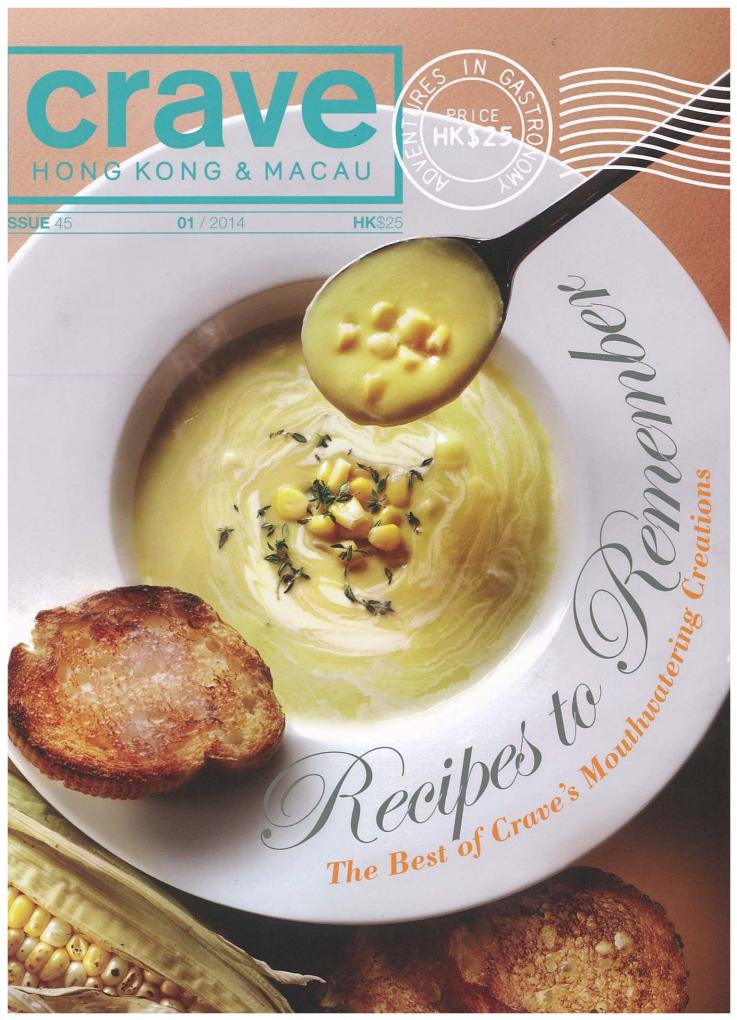
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標題 Title **Happy Prepping** 

相關德國寶產品 Related Product(s) 自家製百變麵糰麵條機 PAM-181 Automatic Dough & Noodle Maker PAM-181



# HAPPY PREPPING

Easy-to-use, appealing gadgets help to navigate your culinary adventures.



 Automatic dough and noodle maker from German Pool \$1,880

This multi-talented machine kneads, extrudes and dries different types of noodles so you can make the classics or create your own masterpieces.

2. Cubico cube slicer by Gefu from Plus Home \$325

Dice carrots, onions and other vegetables with a twist of the wrist using this hassle-free slicer.

3. 2-in-1 measuring jug by Joseph Joseph from Towngas Avenue \$198

This two-chamber jug doubles the efficiency and minimises the mess.

4. Alice herringbone chopping boards from Bethan Gray www.bethangray.com
Striped £239; herringbone £269

Welsh designer Bethan Gray pays tribute to classic European architecture in this monochrome marble collection.

 The Cook's Carrot whisk by Fred & Friends from Homeless \$138

Desserts may not taste sweeter when they're prepared with this cute whisk, but making them will be a lot more fun.

6. Herb stand from Normann Copenhagen www.normann-copenhagen.com US\$45

Nothing beats the flavour of fresh herbs in your cooking, so keep them on hand by growing your own in this creative planter.

\* Prices subject to availability and change.



# Homemade Healthy Ramen in Style

## High-Fiber Spinach Ramen

Health Benefits\*♥

Spinach has a wealth of antioxidants, and is excellent for combatting free radicals. Spinach is also rich in vitamin A, folic acid, and minerals - highly beneficial to cardiovascular health.

Time Required (

Around 8 minutes

### DIY "Instant" Ramen – Preservatives-Free Healthy Gourmet in a Jiffy

Overdone it at Christmas? Let German Pool's brand new Automatic Dough and Noodle Maker help you with that January purge. The Noodle Maker combines a 360° head-kneading technique, a patented downward extrusion mechanism and an automatic fan-dry technology to churn out untangled noodles in minutes. Why not deploy German Pool's Professional High-Speed Food Processor and its 30,000 RPM of power to unleash all the super food goodness of spinach, to spin a high fiber alternative of the Japanese staple? Use the Food Processor to create fish paste, tomato, and abalone puree for a variation of the ramen too. The German Pool Automatic Dough and Noodle Maker and the Professional High-Speed Food Processor are Your Ultimate Choice.



German Pool PAM-181 Automatic Dough and Noodle Maker

German Pool PRO-10S Professional High-Speed Food Processor



are for reference only. Please

for professional advice.

consult your doctor / nutritionist

Ingredients %

Egg

Water

Sall

- Spinach

Related health tips mentioned



Use "Sauce" mode on the German Pool Professional High-Speed Food Processor to puree the spinach.



Pour the ingredients into the German Pool Automatic Dough and Noodle Maker and press "Knead".



When the flour becomes a dough, take out the Slat. Press "Extrude" for automatic fan-dry extrusion.



Boil ramen for 30 secs. Serve and enjoy.

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