

GERMAN
POOL



德國寶



開心相伴33載

全新

光波萬能煮食鍋

CKY-788



連續十年蟬聯香港名牌
並榮獲十年成就獎

12公升
Litre



肥媽推介

- 全智能電子控制
Digital Control Panel
- 一按式快速加熱
Turbo Button
- 3種風速調校
3 Fan Speeds
- 加高及防傾倒裝置
Extension Switch
and Anti-Tipover Device



HALOGEN COOKING POT

CKY-788 12L



無火。無煙。無油。
Safe | Efficient | Healthy

光波萬能煮食鍋將多種傳統家庭電器集於一身，無論是烤、煮、燒、煎、蒸、焗、燉、解凍，甚至炸的效果，只需一按電子控制鍵，即能自動烹調出多款美味菜式，操作簡單。透過光波穿透力烹煮食物，過程無油無煙無輻射，不論大廚抑或新手，都可輕易燒一手好菜。

German Pool Halogen Cooking Pot can grill, steam, bake, toast, broil, roast, re-heat or defrost with a simple touch of a key. Halogen Cooking Pot does not give out any radiation. By combining FIR penetration with convection and conduction, it lets you prepare a healthy meal more quickly and safely.

3種風速調校 火力均勻集中 3 Fan Speeds

全新光波萬能煮食鍋 (CKY-788) 增設風速功能鍵，將過往只有一段風速模式提升至現有的3級風速 (低/中/高)，方便烹製不同食物菜式，令烹調食物時的火力更均勻集中，增添入廚樂趣。

The all-new Halogen Cooking Pot is now packed with 3 fan speed modes in order to ensure that the food flavours are effectively sealed in when cooking various kinds of food.



可拆式插頭 Detachable Power Cord

特設可拆式電源線插頭，使鍋身能輕易與電源線分離，方便移動煮食鍋之餘，收藏也更容易。

Detachable power cord makes cooking or moving much more convenient.



鍋蓋加設緩衝裝置 Buffering Lid

鍋蓋特別加上緩衝裝置，減少關上鍋蓋時與玻璃鍋身造成的碰撞壓力，使煮食鍋更長久耐用。

Enhanced buffering lid reduces the pressure between the lid and the glass container.



防傾倒裝置 Anti-Tipover Device

加設防傾倒裝置，一按按鈕，裝置即自動從機背底部滑出，使用安全。

The anti-tipover device will slide out automatically with just a press of a button.



全智能操控 一爐多用 Multi-Functional

光波萬能煮食鍋集燒、烤、焗、蒸、燉、翻熱、解凍，甚至炸的效果，以微電腦預設多項烹調方法，配以法國進口的透明玻璃鍋，既能一按即煮之外，製作食物過程更可一目了然，令入廚從此變得簡單、輕鬆。

Halogen Cooking Pot now comes with a French-Made premium glass container. It combines the electric grill, rice cooker, conventional oven, microwave oven, toaster, stewing pot and electric stewing in one machine.

無油無煙 健康煮食 No Mess

運用熱對流、熱傳導以及熱穿透三種傳熱方式，毋須加入食油，通過光波穿透力便能將食物內的脂肪加速沸騰，逼使油脂加快排出，就連炸薯條、炸腰果等也能免油烹製，使煮食過程不產生任何油煙和輻射，真正吃得健康。

When using Multi-Purpose Halogen Cooking Pot, no oil needed during preparation and cooking process. Heat waves can penetrate directly into meat. It effectively drives out fats and reduces grease within food. Thus cholesterol content can be kept to a minimum.

節能省時 操作靈活 Energy-Efficient

光波萬能煮食鍋運用熱對流，熱傳導及熱穿透三種傳熱方式，加快烹調速度。環型光波管與熱旋系統互相配合，通過圓形玻璃容器的旋流式傳熱，達至最佳節能效果。

Owing to the powerful heating element together with the patented internal circulating system, Halogen Cooking Pot transfers heat to food by means of convection, conduction and penetration all at one time. As a result, food can be cooked within a much shorter time.

自動清洗 清潔方便 Self Cleaning

光波發熱管之熱力不僅能將食具表面加熱以達高溫消毒效果，更可自動清潔難洗污垢，只需將清水及清潔劑注入鍋內加熱，便能分解玻璃容器內之油污和食物殘漬，清洗變得前所未有的方便、容易。

Just add in mild detergent and water into glass container, and it can remove oil and tough stain.

高低溫煮食均可 減少雜環胺

Brilliant both at high and low temperature cooking

平日以炭燒烤或使用傳統燒烤焗爐，溫度往往高達300°C以上，容易令肉類產生致癌物雜環胺 (HA)，烹煮時間越長，HA越多。德國寶光波萬能煮食鍋，利用“熱穿透”、“熱對流”、“熱傳遞”三重加熱，50-250°C超廣控溫範圍，高溫低溫均可烹調，輕鬆達到理想燒烤效果，煮食時間更縮短2-3倍，大大減少產生有害物質HA的機會；同時非明火燒烤，可避免炭灰所產生的有害雜質及燒焦物，保障健康。

Open flame cooking often takes place at over 300°C. At this temperature, Heterocyclic Amines (HA) may form in meats. The longer the cooking, the more HA accumulates in the meat. And at high concentration, HA may be carcinogenic. German Pool's Halogen Cooking Pot operates between 50-250°C, and its effective heat penetration, convection, and conduction heat up food evenly to create an ideal grilling effect, shortening time for up to 200 to 300 percent. German Pool's Halogen Cooking Pot can avoid the formation of toxins often formed over open flame cooking, reducing the occurrence of HA, protecting your health.

所提及的健康之語只供參考。請向您的醫生或營養師等專業人士詢問有關專業意見。

Related health tips mentioned in this cookbook are for reference only. Please consult your doctor / nutritionist for professional advice.



全新智能控制面板

New Digital Control Panel



全新的智能電子面板，設計簡約，令你更容易使用。按下溫度調校鍵，面板便會清楚顯示各種烹調形式所需的溫度，方便你焗、燒、烤、煮或翻熱各種菜式。而且溫度及時間均可隨時調節，操控靈活方便。

Special TEMP. key is pre-set with programmes such as bake, roast, grill or reheat. Cooking becomes all the more flexible, fast and simple.

溫度提升 火喉更盛

Powerful Turbo Function



全新光波爐特設的快速加熱功能鍵，將溫度提升至260°C，只需輕輕一按，光波爐便即以260°C高溫運作，簡化煮食程序。

The all-new Multi-Purpose Halogen Cooking Pot features a powerful "TURBO" button. It can be operated at 260°C highest temperature by a simple press.

產品規格及設計如有變更，恕不另行通知，最新版本以www.germanpool.com網上版為準。
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法國進口特強玻璃鍋身

French-Made Premium Glass Container

法國製造
Made in France



± 180°C

耐溫差

Withstanding High Temperature Difference

先進法國製玻璃，具備特強耐熱及抗溫差能力，可抵受180°C溫差。
Premium heat-resistant glass withstanding up to 180°C temperature difference.



耐衝擊

Anti-Shock

經防撞擊處理，無懼碰撞，持久耐用。
Enhanced anti-shock treatment for superb durability.



透視煮食過程

See-Through Design

清澈通透玻璃鍋身，讓煮食過程一目了然，比傳統煮食鍋具更易掌握烹調效果。
Crystal-clear transparent glass for easy monitoring of the cooking process.

嶄新體貼機身設計

User-Friendly Design

易揭式連臂鍋蓋

"Easy-Lift" Cooking Pot Lid

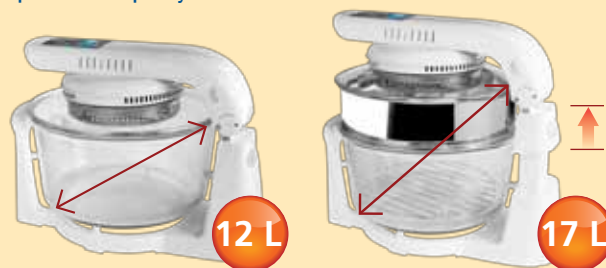


鍋蓋與鍋身採用突破性連臂設計，打開時毋須分開放置鍋蓋，節省空間。

Without the need to set aside the lid, the unique design keeps the kitchen cluster-free and is convenient to use.

加高裝置 增加容量

Expandable Capacity



只需一按加高裝置的開關，再在玻璃鍋上放上隨機的加高圈配件，容量便即時由原本的12公升增加至17公升，於煮製烤鴨、烤雞等體積較大之食物及雙層煮食尤其適合，更可配合高架及低架作雙層同時煮食使用。

Simply press a button to pull up the extendable arm and add in the Ring Extension, the capacity can then be expanded from a generous 12 L to an extra large 17 L. Ideal for cooking food in larger size such as grilled chicken and turkey, as well as multiple-level cooking with the help of the high and low racks.

開蓋自動暫停

Auto-Pause Feature

鍋蓋一經打開，煮食鍋即自動暫停運作，確保安全。

Halogen Cooking Pot is equipped with an "Auto-Pause" safety feature. Heating process automatically pauses when the lid is lifted.

遠紅外線創新烹食科技

Innovative Far-Infrared Technology

光波萬能煮食鍋帶領遠紅外線烹調新趨勢，助你炮製出色、香、味俱全的佳餚美點，煮食從此變得快捷、健康又安全。

Halogen Cooking Pot is a state-of-the-art cookware utilizing far-infrared (FIR) technology. It is fast, healthy and safe, delighting you with savoury dishes.

三重加熱效能

Three-Way Efficient Heating

光波爐透過環形光波管釋放遠紅外線，再配合熱對流及熱傳導方式，進一步加快傳熱，省時節能。舉例一般2500W焗爐烤雞需時最少45分鐘，而光波爐1300W則只需20分鐘便完成。

Halogen Cooking Pot's circular heating element gives out FIR rays. By combining FIR penetration with convection and conduction, it further speeds up the cooking process and thus saves energy. For example, it takes 45 minutes to grill a chicken in an oven with 2500W, while it takes only 20 minutes in the 1300W Halogen Cooking Pot.

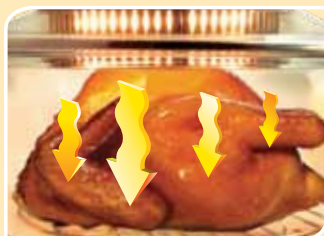


吃出原汁原味

Juicy & Delicious

遠紅外線能量穿透食物，從內至外加熱食物，既避免食物未熟時表面已被烘乾的情況，更能有效保留食物內的水份及肉汁。遠紅外線同時有助活化食物中之水分子，以光波爐炮製烤肉皮脆肉嫩。

FIR rays penetrate food for deep heating. Food is heated up from inside out, preventing the surface from turning dry and charred before it is even fully cooked while sealing in juices. FIR rays also help activate the moisture inside food. Grilled meat features crispy surface and tender texture.



熱穿透

Penetration

遠紅外線高溫熱能直接滲透食物內部，加熱特快。

FIR rays penetrate the food with high heat for fast cooking.

遠紅外線技術 FAR INFRARED TECHNOLOGY

無輻射保安全

No Microwave Radiation

遠紅外線是太陽光線之一，對人體完全無害，與微波輻射全然不同。目前，日本及美國等先進國家已將遠紅外線廣泛應用於煮食、保暖及醫療等產品。光波爐採用遠紅外線發熱，無微波輻射、無火、無煙，是安全健康的煮食方式。

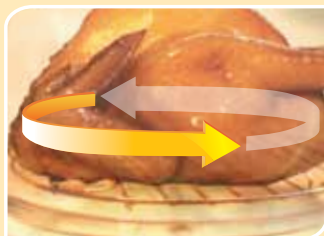
FIR is a specific light wave from the sun. Unlike microwave radiation, FIR rays are natural and not harmful to humans. Hence, FIR rays are widely applied to products for cooking, heating and medical purposes in countries such as Japan and the USA. Halogen Cooking Pot does not emit microwave radiation, flames nor smoke. It is one of the safest and healthiest cooking tools available.

健康無油煮食

Oil-Free Cooking

遠紅外線能夠迅速均勻地加熱食物，有效鎖住營養。由於熱能迅速傳到食物內部，烹調時更無須加入油份，讓你吃得健康。

FIR rays heat up food thoroughly and can effectively seal in nutrients. Since heat is swiftly transferred to the interior of food, oil is not needed for cooking. Healthy cooking is made easy.



熱對流

Convection

熱旋系統以對流方式均勻傳送熱能，加快傳熱。

Heat circulating system speeds up the cooking process.



熱傳導

Conduction

導熱爐架將熱能直接傳送至食物。

Heat is conducted to food directly through the racks.



參考烹調時間

Cook Time Reference

肉及海鮮類 Meat & Seafood



食物種類 Food Type	參考時間 (分鐘) Time (min.)	參考溫度 Temperature	參考風速 Fan Speed
烤牛肋骨 (1kg) Beef Rib Roast (1kg)	50 - 60	180°C	中 ME
肉眼扒或牛柳 Rib Eye or Strip Steak	10	260°C	高 HI
烤蝦 Grilled Shrimp	6 - 8	205°C	高 HI
豬排 (1.25厚) Pork Chops (1.25 cm thick)	12	235°C	中 ME
羊腩 (1kg) Leg of Lamb (1kg)	50	205°C	中 ME
吉列魚柳 (急凍) Breaded Fish (Frozen)	15	205°C	高 HI

家禽類 Poultry



食物種類 Food Type	參考時間 (分鐘) Time (min.)	參考溫度 Temperature	參考風速 Fan Speed
雞 (1.5kg) Chicken (1.5kg)	45	180°C	中 ME
無骨雞胸肉 Chicken Breasts (Boneless)	20	180°C	高 HI
帶骨雞胸肉 Chicken Breasts (with Bones)	20 - 25	180°C	高 HI
火雞(沒釀餡料) (每500g) Turkey (Unstuffed) (500g)	25	205°C	中 ME
火雞胸肉 (500g -1.5kg) Turkey Breast (500g -1.5kg)	30	205°C	中 ME
童子雞 (每500g) Cornish Hens (500g)	25	205°C	中 ME

歡迎到 www.germanpool.com 瀏覽本產品最新資訊及食譜
For more product information and recipes, visit www.germanpool.com

食譜資料及相片只供參考，實際烹調時間須食物份量及個人喜好而稍作調整。

參考烹調時間

Cook Time Reference

蔬菜類及其他 Vegetable & Others



食物種類 Food Type	參考時間 (分鐘) Time (min.)	參考溫度 Temperature	參考風速 Fan Speed
焗薯 (170g -220g) Baked Potato (170g -220g)	35 - 45	235°C	高 HI
玉米 (4條) Corn on the Cob (4 ears)	20	205°C	低 LO
炸薯條 French Fries	12	205°C	高 HI
鬆餅 Muffins	15	205°C	低 LO
餅乾 Biscuits	9	205°C	低 LO
餐包 Dinner Rolls	15	180°C	低 LO

精選配件－複合底不銹鋼鍋

A Perfect Accessory - Stainless Steel Pot

SSP-12



- 複合底不銹鋼鍋身，傳熱效能卓越
- 烹調速度比玻璃鍋快3倍
- 12公升特大容量
- 更高傳熱效率
- 時尚、耐用及防衝擊設計

- Stainless steel pot with bonded base providing perfect heat conduction
- Cooking 3 times faster than a glass pot
- Large capacity of 12L
- High thermal efficiency
- Stylish, durable & sturdy design

Information and photos provided in this booklet is for reference purpose only. Actual cooking time and temperature are subject to food portion and personal preference.

規格 Specifications

型號 Model	CKY-788
電壓 / 頻率 Voltage / Frequency	220 V / 50 Hz
功率 Power	1300 W
溫度調節範圍 Thermostat	65-260 °C
時間控制範圍 Timer	9 hr 59 min
玻璃容器尺寸 Container Dimensions	(H) 166 mm (Ø) 330 mm
煮食鍋尺寸連底座 Product Dimensions (w/Stand)	(H) 315 mm (W) 330 mm (D) 460 mm
容器容量 Container Capacity	12 (+5) L
淨重 Net Weight	7.2 kg
總重連包裝 Gross Weight (w/Packing)	8.8 kg

隨機配件 Supplied Accessories

低架 Low Rack 	高低架 High Rack 	取物夾 Plate Lifter 
適用於烹調較大型的食物如：烤鴨、烤雞、煲仔飯。 For larger food items such as Grilled Duck, Grilled Chicken, Casserole, etc.	適用於需靠近發熱體的食物如串燒，亦可反轉當低架使用。 For food to be placed near heat source such as Skewers, etc.	用以提取器皿或食物，以防燙手或翻倒汁液。 A handy tool for carrying food or plate in and out of the cooking pot.
加高圈 Ring Extension 	煎碟 Frying Pan 	烘盤 Baking Pan 
用以增大容量5公升，尤其適用於體積較大食物或多層煮食。 To increase capacity by 5 L. Ideal for large food items or multiple-level cooking.	適用於煎餃子、煎魚、腸粉、蘿蔔糕及其他食物。 For pan-frying gyoza dumplings, fish, rice cakes, turnip cakes, etc.	適用於烹煮或烤烘細小的食物如：花生、薯條、藥材等。 For baking/toasting small items such as nuts, french fries, herbs, etc.

另購配件 Optional Accessories

廚寶 Casserole Pot 	複合底不銹鋼鍋 Stainless Steel Pot 	食譜 Cookbook 	食譜光碟 Recipe DVD 
適用於燜飯、煲仔飯、燉湯、湯麵等 For making rice casserole, noodle soup, wonton soup, sukiyaki, etc.	不銹鋼鍋身傳熱快，進一步提升光波爐烹調速度。 Stainless steel pot providing perfect heat convection for even shorter cooking time.	德國寶《美食世界》，詳列多款光波爐菜式之製作方法及秘訣。 Exclusive "German Pool Gourmet World" cookbook with over a dozen Halogen Pot recipes and operating tips.	德國寶《美食世界》DVD，專人示範光波爐多款簡易菜式。 Exclusive "German Pool Gourmet World" DVD with demo videos of over 20 Halogen Pot recipes.

*產品規格及設計如有變更，恕不另行通知，最新版本以www.germanpool.com網上版為準。
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香港名牌十年成就獎



香港卓越名牌



香港星級品牌2015



卓越企業品牌大獎



Outstanding Green



大中華卓越獎金牌大獎



香港超級品牌



Q-Label 優質服務證書

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