

GERMAN  
POOL



德國寶

SINCE 1982



榮獲香港品牌局頒授  
卓越品牌及10年成就獎

全新

光波萬能煮食鍋

光波爐 · 非一般烤焗爐

CKY-298



7  
公升  
Litre

無火

無煙 無油

肥媽推介



- 全智能電子控制  
Digital Control Panel
- 10大一按式快速功能鍵  
10 One-Touch Functions for Easy Operation
- 加高裝置增加3公升容量  
Extension Device for an Extra 3L Capacity



HALOGEN COOKING POT

CKY-288 7L



**無火。無煙。無油。無輻射。**  
Safe | Efficient | Healthy | No Microwave Radiation

光波萬能煮食鍋將多種傳統家庭電器集於一身，能達到燒、烤、焗、蒸、燉、翻熱、解凍，甚至炸的效果，只需一按智能控制鍵，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.

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。  
Specifications are subject to change without prior notice. Refer to www.germanpool.com for the most up-to-date version.

## 一按式功能鍵 一鍋多用 One-Touch Auto Functions

光波萬能煮食鍋集多功能於一身，能達到燒、烤、焗、蒸、燉、翻熱、解凍，甚至炸的效果，能代替燒烤爐、焗爐、多士爐、炸鍋及爆谷機等多種電器。微電腦預設多項一按式烹調功能，按鍵即製煲仔飯、薄餅、蒸魚等百變菜式，達到理想烹調效果，時間及溫度亦可彈性調節，入廚從此變得輕鬆簡單。

Halogen Cooking Pot combines the electric grill, rice cooker, conventional oven, microwave oven, toaster, stewing pot and skillet in one machine. Unique one-touch function keys are designed to cook various dishes automatically. It also enables flexible time and speed adjustment for great convenience.

## 無油低脂 健康煮食 Healthy Cooking

炸薯條、炸腰果甚至醃製食物時不但完全毋須加入食油，反而煮食鍋還會透過光波穿透力，令食物內的脂肪加速沸騰，迫使油脂加快排出，煮食過程更不產生油煙和輻射，讓你吃得健康。

When using Multi-Purpose Halogen Cooking Pot, no oil is 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器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，高高低溫均可烹調，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，可避免炭火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.

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# 靈活一按式烹調功能鍵

Versatile One-touch Function Keys

## 蛋糕 Cake



烘焙蛋糕點心，可選用烘盤及低架，效果香軟美味。

DIY cake baking is made easier with this function.

## 風速 Speed



設高、中、低3級風速選擇，令烹調食物時的火力更均勻，提升烹調效果。

3 fan speed selection to achieve uniform heat dispersion and thus enhance the cooking result.

## 快速加熱 Turbo



製作肉類燒烤如羊架、牛柳、烤雞等，外層香脆之餘仍能保留鮮嫩肉汁。

Create a crispy texture on the outside and yet retain juiciness inside for meat dishes such as roasted chicken and lamb rack.

## 消毒 Sterilize



以光波發熱管之熱力將食具表面加熱，達至消毒效果。

Heat up dishwares and utensils for sterilizing purpose.

## 蒸魚 Steam



蒸煮海鮮魚類，毋須看管火候，肉質保持鮮美。

Steam your favourite fish or seafood dishes in the most carefree way.

## 焗乾 Heat Dry



低熱力高風速焗焗，去掉食物多餘水份，可解凍食物，或略烘堅果作入饌之用。

Dry food in high fan speed and low heat, ideal for defrosting food and preparing toasted nuts as flavorings.



## 薄餅 Pizza



焗焗蒜蓉包或急凍意式薄餅，只消短數分鐘，效果比微波爐更香脆滋味。

Make garlic bread and toast frozen pizza in a few minutes only. The food is made tastier and crispier than ever.

## 翻脆 Toast



以低風將食物表面烤乾，用來翻熱已熟甚至隔夜食物，使其恢復鬆脆可口。

Reheat cooked food under low fan speed to restore its crunchy texture.

## 煲仔飯 Rice



配合廚寶配件，輕易製作特式惹味的臘味煲仔飯。

Make a traditional pot of rice casserole with the help of the Casserole Pot accessory.

## 清洗 Clean



加入清水及洗潔精，光波爐能以均勻熱力迅速分解玻璃器皿內之食物殘漬。

Simply add water and detergent, the heat circulating system can breakdown tough stains and grease in a few minutes.

\* 圖片只供參考，實際結果須視材料及份量而定

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# 遠紅外線創新煮食科技

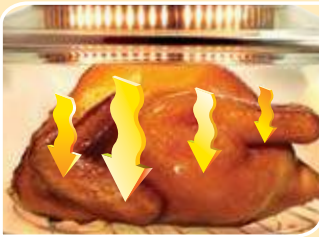
Innovative Far-Infrared Technology

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 高效省時 Three-Way Efficient Heating

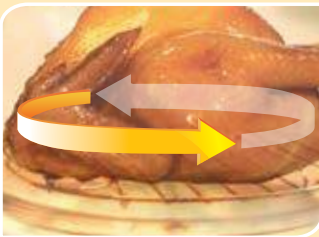
光波爐透過環形光波管釋放遠紅外線，再配合熱對流及熱傳導方式，進一步加快傳熱，省時節能。例如一般2500W焗爐烤雞需時最少45分鐘，而光波爐1000W卻只需約20分鐘便完成。

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 approx. 20 minutes in the 1000W Halogen Cooking Pot.



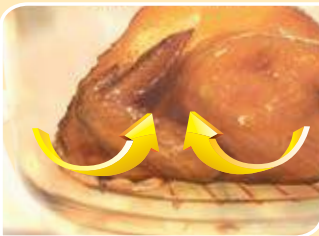
### 熱穿透 Penetration

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.



### 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.

## 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.

### 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，以光波爐製作烤肉皮脆肉嫩。

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.



### 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.



## 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 clutter-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7公升增加至10公升，於烹製烤鴨、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。

Simply press a button to pull up the extendable arm and add in the Ring Extension, the capacity can then be expanded from 7 L to 10 L. Ideal for cooking food in larger size such as grilled chicken and duck, as well as multiple-level cooking with the help of the high and low racks.

### 新增 鍋蓋安全鎖

Lid Lock Protection

鍋蓋完全打開後會自動上鎖，需要按鍵解鎖才能將鍋蓋放下，避免鍋蓋因被不小心碰到，而向下撞擊玻璃鍋身。

The newly added lid lock prevents the lid from knocking against the glass container.

## 嶄新體貼機身設計

User-Friendly Design

### 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.



### 鍋蓋加設緩衝裝置 Shock-Proof 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 shock-proof lid reduces the pressure of impact between the lid and the glass container.



### 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，易於收藏之餘，亦方便移動煮食鍋，真正入得廚房，出得廳堂。

Detachable power cord makes cooking or moving much more convenient.



### 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.



## 特色食譜 Delicious Recipes

### 鴛鴦腸煲仔飯 Rice Casserole With Chinese Sausages



**材料:** 米、臘腸(切片)、  
潤腸(切片)、薑絲

**INGREDIENTS:** Rice Grains, Chinese Sausages (sliced), Chinese Liver Sausages (sliced), Ginger (shredded)

**調味料:** 煲仔飯豉油

**SEASONINGS:** Soy Sauce for Clay Pot Rice

#### 做法:

1. 白米放入廚寶內，加入熱水至米對上約1厘米水平，關上廚寶蓋。
2. 把廚寶放入光波萬能煮食鍋的低架上，以250°C焗20分鐘。
3. 開蓋，在飯面鋪上臘腸及潤腸，關廚寶蓋，再焗10分鐘。
4. 完成後保持開蓋稍待片刻，最後淋上煲仔飯豉油拌勻即可。

#### PROCEDURES:

1. Put rice grains into Casserole Pot. Pour in hot water to about 1 cm above rice level. Close the Casserole Pot lid.
2. Place Casserole Pot on Low Rack inside Halogen Cooking Pot. Bake at 250°C for 20 minutes.
3. Arrange sliced sausages on top of the rice. Close the Casserole Pot lid. Bake for another 10 minutes.
4. After cooking, keep the lid on for a moment. Pour in soy sauce. Mix well and serve hot.

### 免油炸吉列豬扒 Low-fat Breaded Pork Cutlet



**材料:** 去骨豬扒、麵包糠(日式)、  
中筋麵粉、植物油、雞蛋

**INGREDIENTS:** Pork Collar Butt, Bread Crumbs (Japanese), All-Purpose Flour, Vegetable Oil, Egg

**醃料:** 鹽、胡椒粉

**MARINADE:** Salt, Pepper

#### 做法:

1. 豬扒以鹽及胡椒粉略醃，沾上麵粉及麵包糠。
2. 豬扒放於光波萬能煮食鍋的低架上，以180°C烤10分鐘。
3. 反轉噴油，繼續再烤5分鐘即可。

#### PROCEDURES:

1. Cure pork chops with salt & pepper. Coat with flour, dip in egg liquid & coat with bread crumbs.
2. Place pork chops on Low Rack inside Halogen Cooking Pot. Cook at 180°C for 10 minutes.
3. Turn and spray oil again. Cook for 5 minutes or until browned. Done.

歡迎到 [www.germanpool.com](http://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](http://www.germanpool.com)

## 光波萬能煮食鍋大比拼 Halogen Cooking Pot Comparison

GERMAN 德國寶 光波萬能煮食鍋	其他品牌同類產品	普通烤焗爐	
			
<b>鍋身用料</b>	· 通透玻璃鍋身，煮食過程一目了然，更易掌握烹調效果，可抵受較大溫差	· 一般無標明產地玻璃鍋身，抵受溫差能力較弱	· 只可從爐前端的爐門窺視烹調過程 · 需打開爐門查看煮食進度，引致熱力流失，難以準確掌握火候
<b>體積及容量</b>	· 7公升玻璃容器，節省存放空間 · 設加高裝置，容量可增至10公升	· 5-7公升玻璃容器，一般不設加高裝置，容量不可再增加	· 體積較大，佔用空間較多
<b>控制面板</b>	· 微電腦控制，設多項一按式快速功能鍵，為不同食物預設了時間及溫度，按鍵即煮極方便 · 清晰烹調時間及溫度顯示	· 大部分機種只有旋鈕式時間及溫度控制，不設快速功能鍵，需自行調整時間及溫度，操作較繁複 · 沒有烹調時間及溫度顯示	· 沒有電子控制面板、不設快速功能鍵 · 沒有烹調時間及溫度顯示
<b>功能</b>	· 能替代十多種電器，燒、烤、煎、蒸、焗、燉、燻、翻熱、解凍樣樣皆能	· 部分機種可燒、烤、煎、蒸，但煮食效果非常參差	· 只備烤焗功能，不能煎炸、蒸煮、翻熱及解凍食物
<b>清洗</b>	· 設清洗鍵，按鍵即以光波高速旋轉原理分解容器內之頑固污漬，清洗無難度	· 一般沒有預設清洗功能鍵	· 沒有內置清洗功能，烤焗食物時油脂四濺爐內，難以清洗
<b>便攜性</b>	· 連臂式上蓋及可攜式機身，方便移動 · 可拆式電線插頭，機身能與電源線分離，方便移動及收藏	· 非連臂式上蓋，不連接機身，打開時必須放置一旁 · 電源線不能與機身分離，移動較困難	· 大部分為嵌入式設計，機身重，電源線不能與機身分離，爐蓋需固定在特定位置
<b>煮食效果及安全</b>	· 微電腦控制，遠紅外線發熱，熱力強而均勻，菜式色香味俱佳，烤肉皮脆肉嫩 · 不會製造油煙及輻射，烹調過程安全 · 開蓋自動暫停運作，確保安全	· 烹調火候沒有微電腦控制般準確 · 質素參差，熱力不均勻以致靠爐邊的食物不熟透，沒有外脆內嫩的效果 · 不設開蓋自動暫停功能	· 火力過大，容易燒焦食物，發生危險
<b>配件</b>	· 可配合一系列優質專用配件，炮製更多元化美食	· 配件選擇較少	· 配件選擇較少

### 總結：德國寶光波萬能煮食鍋優勝之處







#### Summary: Advantages of German Pool Halogen Cooking Pot

- 設計時尚貼心，功能齊備易用，可輕而易舉地製作千變萬化的菜式。
- 採用微電腦控制，設清晰烹調時間及溫度顯示，並配備多個由專家精心設計的一按即煮快速功能鍵，全自動操作，準確控制火候。
- 遠紅外線發熱，熱力強而均勻，煮食快捷，耗電量低，保留食物原汁原味，且無油煙及輻射。
- Sleek and user-friendly design with comprehensive functions allows you to create a wide variety of dishes easily.
- Accurate power control by microcomputer with clear display of cooking time and temperature, equipped with fully automatic one-touch functions.
- Potent and even far infrared deep heating, fast and energy-saving. Food becomes juicy and tasty with no fumes and radiation produced in the process.

## 規格 Specifications

型號 Model	CKY-298
電壓 / 頻率 Voltage / Frequency	220-240 V / 50 Hz
功率 Power	1,000 W
溫度調節範圍 Thermostat	50-250°C
時間控制範圍 Timer	1-119minutes
玻璃容器尺寸 Container Dimensions	(H) 172 mm (Ø) 277 mm
煮食鍋尺寸連底座 Product Dimensions (w / Stand)	(H) 322 mm (W) 277 mm (D) 405 mm
容器容量 Container Capacity	7 (+3) L
淨重 Net Weight	4.34 kg
總重連包裝 Gross Weight (w / Packing)	5.6 kg

## 隨機配件 Supplied Accessories

<b>低架</b> Low Rack 	<b>高架</b> High Rack 	<b>取物夾</b> 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.
<b>加高圈</b> Ring Extension 	<b>煎碟</b> Frying Pan 	<b>烘盤</b> Baking Pan 
用以增大容量3公升，尤其適用於體積較大食物或多層煮食。 To increase capacity by 3 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

<b>廚寶</b> Casserole Pot 	 <p>立即網上購買 Purchase now</p>	適用於焗飯、煲仔飯、燉湯、湯麵等 For making rice casserole, noodle soup, wonton soup, sukiyaki, etc.
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\*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。  
Specifications are subject to change without prior notice. Refer to www.germanpool.com for the most up-to-date version.

德國寶 ( 香港 ) 有限公司  
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邁向開心35載

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