



# RECIPE BOOKLET

## MultiBrew





**RECIPE BOOKLET**  
MultiBrew

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We hope you enjoy the countless health benefits of your Ferrano MultiBrew. To get you started, this booklet shares a variety of recipes that you can prepare with ease. For more MultiBrew recipes, visit our website, [www.ferrano.com](http://www.ferrano.com).



## Brew cup assembly

### 炖盅安装指南



Place ingredients in the brew cup and cover with the brew cup lid.

将食材放入炖盅内并盖上玻璃内盖



Insert the brew cup into the brew cup cradle.

将炖盅放到支架内



Lift the brew cup cradle by its handles. The brew cup will remain suspended in the cradle.

提起支架（连炖盅）



While holding the brew cup cradle, place the brew cup in the jug. Align the triangle on the brew cup cradle with the triangle on the jug lid.

将炖盅安装在壶口，当▲对齐壶嘴与把手时代表已安装完毕



Cover the jug and brew cup cradle with the brew cup cradle lid. Ensure that the triangle on the brew cup cradle aligns with the triangle on the jug handle.

盖上大盖子，请确认支架与把手上的▲相互对齐



Select the desired function.

启动烹煮程序

### NOTE 注意

1. To avoid spillage, do not add water that exceeds the maximum level (1000ml) before inserting the brew cup.

-向壶内加水请勿超过放盅前最大水位 (1000ml),以免水在沸腾时溅出。

2. The capacity of the brew cup is not more than 480ml – about 70% of its height.

-炖盅容量不超过480ml，约炖盅高度的七成。

## Brew cup disassembly

### 炖盅拆卸指南



Holding its handles, lift the brew cup cradle out of the jug. The brew cup will remain suspended in the cradle.

提起支架，连同炖盅取下



Gently push the brew cup cradle down.

轻轻放下支架



Remove the brew cup cradle lid.

拿开大盖子



Lift the brew cup out of the brew cup cradle (caution: brew cup may be hot).

取出炖盅



Enjoy!

即可食用

### NOTE 注意

Please hold the brew cup cradle carefully, with both hands on the handles, to avoid burns from the brew cup.

-在取出炖盅支架时，需双手握住支架提手平稳取出，谨防烫伤。



## CLEANING & MAINTENANCE

### 清洁和保养



Remove the internal silicone ring of the brew cup cradle.

圈A-取下支架内部胶圈



Remove the external silicone ring of the brew cup cradle.

圈B-取下支架外部胶圈

- .....
1. Cleaning the brew cup: after the brew cup and brew cup cradle have cooled, lift the brew cup out of the brew cup cradle. Pour out all remaining ingredients, and then clean the brew cup and its inner lid with a wet sponge.

清洗炖盅：待炖盅支架冷却后，取出炖盅，倒出炖盅中的食材，用湿海绵清洗炖盅内盖及炖盅。

2. Cleaning the brew cup cradle: after the brew cup and brew cup cradle have cooled, remove the silicone ring according to the above photographs. Clean the brew cup cradle and silicone ring with a wet sponge. Let the brew cup cradle and silicone ring dry after cleaning to avoid odour from residual water. Once dry, put the silicone ring back into the brew cup cradle.

清洗支架：待炖盅支架冷却后，按上圈A与圈B示范，取下硅胶件。用湿海绵清洗支架内部与硅胶。支架硅胶清洗干净后，请晾干支架及硅胶后，再将硅胶装入支架以免因残留的清洁水在支架内放置时间过久产生异味。

3. Clean your MultiBrew timely after each use.

每次使用后，请及时清洗。

## Enhance beauty

臻品养颜

# Fragrant bird's nest soup with rock sugar

## 盈香冰糖燕窝

### INGREDIENTS 材料

Bird's nest 1 slice

白燕 一盏

Chinese wolfberry 3g

枸杞 3g

Rock sugar 20g

冰糖 20g



### METHOD 做法

1. Soak the bird's nest in water for 4 hours, then tear it into strips.  
燕窝泡发4小时后撕成条状备用。
2. Put the Chinese wolfberry, bird's nest and rock sugar into the brew cup. Add enough water to the brew cup to submerge the bird's nest.  
将枸杞洗净后与燕窝、冰糖一起放入炖盅，加水至浸没过燕窝。
3. Add 1000ml water to the jug. Assemble the brew cup. Start the Bird's Nest function. The MultiBrew will automatically stop after 30 minutes. Enjoy!  
壶内加水至1000ml,将炖盅安装好,启动燕窝炖(30min)程序,自动断电后即可食用。

### TIPS 小贴士

1. If the bird's nest contains feathers, soak it for 2 hours first and pull them out carefully. Next, change the water and soak it for 2 hours more.  
如燕窝杂毛较多，建议先泡发2小时后进行挑毛，挑毛完成后换水再泡发2小时。
2. To prevent the bird's nest from melting, eat it immediately after cooking has finished.  
燕窝炖好建议尽快食用，避免燕窝浸泡时间过长导致化水。

Clear the heart and enhance beauty

清心养颜

## Bird's nest with sea coconut and gleditsia rice

### 海底椰皂角米燕窝

#### INGREDIENTS 材料

Bird's nest 1 slice 白燕 一盞	Gleditsia rice 5g 皂角米 5g	Sea coconut 5g 海底椰 5g
Chinese wolfberry 3g 枸杞 3g	Rock sugar 20g 冰糖 20g	



#### METHOD 做法

1. Soak gleditsia rice for 5 hours.  
皂角米提前泡发5小时以上待用。
2. Soak the bird's nest in water for 4 hours, then tear it into strips.  
燕窝泡发4小时后撕成条状待用。
3. Put gleditsia rice, bird's nest and the other washed materials into the brew cup. Add water to the cup to submerge the bird's nest.  
其他食材洗净后与皂角米、燕窝一起放入炖盅，加水至浸没过燕窝。
4. Add 1000ml water to the jug. Assemble the brew cup. Start the Bird's Nest function. Enjoy!  
壶内加水至1000ml，将炖盅安装好，启动燕窝炖（30min）程序，自动断电后即可食用。

#### TIPS 小贴士

1. If the bird's nest contains feathers, soak it for 2 hours first and pull them out carefully. Next, change the water and soak it for 2 hours more.  
如燕窝杂毛较多，建议先泡发2小时后进行挑毛，挑毛完成后换水再泡发2小时。
2. To prevent the bird's nest from melting, eat it immediately after cooking has finished.  
燕窝炖好建议尽快食用，避免燕窝浸泡时间过长导致化水。

Warm and nourish the body

温补滋养

## Stewed snow pear and chuanbei herb

### 川贝炖雪梨

#### INGREDIENTS 材料

Snow pear 1

雪梨 1个

Chuanbei herb 3g

川贝 3g

Rock sugar 20g

冰糖 20g



#### METHOD 做法

1. Wash and slice the snow pear.  
雪梨洗净后切成薄片待用。
2. Using paper, wrap the chuanbei herb and smash it with a mallet or other suitable tool.  
川贝用白纸包裹起来，用锤子敲碎待用。
3. Put the snow pear, chuanbei herb and rock sugar into the brew cup, then add water until all ingredients are submerged.  
将雪梨、冰糖和川贝一起放入炖盅，炖盅内加水至浸没过食材。
4. Add 1000ml water to the jug. Assemble the brew cup. Start the Nourishing Soup function. After 60 minutes, the function will automatically stop. Enjoy!  
壶内加水至1000ml，将炖盅安装好，启动养生汤（60min），待自动断电后即可食用。

#### TIPS 小贴士

1. There's no need to peel the snow pear – its skin is very nutritious.  
建议雪梨不用去皮，梨皮里面含有丰富的营养。



## Enhance beauty

滋补养颜

# Fish maw stewed in milk 牛奶炖花胶

## INGREDIENTS 材料

Pure milk **400 ml**

纯牛奶 **400 ml**

Dry fish maw **30g**

干花胶 **30g**

Rock sugar **20g**

冰糖 **20g**

Chinese wolfberry **3g**

枸杞 **3g**



## METHOD 做法

1. In warm water, soak the dry fish maw one day in advance. After soaking, wash it and cut into small pieces.  
干花胶提前一天温水泡发，泡发完成后洗净剪成小段待用。
2. Put fish maw in the brew cup, and add 200ml milk.  
将花胶放入炖盅内，加入200ml牛奶。
3. Add 1000ml water to the jug. Assemble the brew cup. Start the Nourishing Soup (60 min) function.  
壶内加水至1000ml，将炖盅安装好，启动养生汤（60min）程序。
4. After the fish maw and 200ml milk have stewed for 45 minutes, add the Chinese wolfberry, rock sugar and the rest of the milk, and let stew for the remaining 15 minutes. Enjoy!  
炖至45分钟时，加入剩余的200ml牛奶、枸杞、冰糖后继续炖煮。

## TIPS 小贴士

1. If the milk curdles when you pour it into the brew cup, wait for the brew cup to cool down first before pouring more.  
牛奶加热温度过高时，会出现结块现象。若出现此问题，可适当延后牛奶加入的时间。
2. Blanch the fish maw with ginger before stewing to reduce the smell.  
若想去除花胶的腥味，建议在炖煮前将花胶与姜片一起焯水去腥。

Expel cold and nourish the blood

驱寒养血

## Egg stewed with dried beancurd in ginger juice

### 姜汁腐竹炖蛋

#### INGREDIENTS 材料

Dried beancurd 20g    Eggs 2    Rock sugar 25g    Ginger 2 slices  
腐竹 20g    鸡蛋 2个    冰糖 25g    生姜 2片



#### METHOD 做法

1. Add 1000ml water to the jug, then add the whole eggs. Start the Boil Water (10 min) function. After the function finishes, let the eggs sit in the hot water for a further 10 minutes. Then, remove and peel the eggs.

壶内加水1000ml，放入鸡蛋，启动“花果茶/水果茶(10min)”程序，待自动断电十分钟后，取出鸡蛋剥壳备用。

2. Break the dried beancurd into small pieces after washing.

将腐竹洗干净后，掰成小段备用。

3. Put the dried beancurd, eggs and the other ingredients into the brew cup. Add water until the brew cup is 70% full, then start the Bird's Nest function. After 30 minutes, the function will automatically stop. Enjoy!

将其他食材洗净后与腐竹、鸡蛋一起放入炖盅内，加水至炖盅7分满，启动燕窝炖（30min）程序，待自动断电后即可食用。

#### TIPS 小贴士

1. To simplify the process, you may break the eggs directly into the brew cup and stew them together with the other ingredients.

若想节省工序，可直接将鸡蛋打入炖盅内，连同其他食材一起炖煮，炖煮成姜汁腐竹蛋花甜汤。

2. You may substitute quail eggs for chicken eggs if you wish.

你可以以鹌鹑蛋替代鸡蛋。

## Nourish the stomach

鲜嫩养胃

# Scallop seafood porridge

## 瑶柱海鲜粥

### INGREDIENTS 材料

Rice <b>50g</b>	Scallops <b>30g</b>	Baby carrots <b>25g</b>	Shrimp (small) <b>5g</b>
大米 <b>50g</b>	瑶柱 <b>30g</b>	小胡萝卜 <b>25g</b>	虾米 <b>5g</b>
Vegetable oil <b>2g</b>	Coriander to taste	Salt to taste	Chopped green onion to taste
植物油 <b>2g</b>	香菜 少许	盐 适量	葱花 少许



### METHOD 做法

1. Wash the scallops, then soak them in warm water for 15 minutes. Tear them into pieces by hand, then put them in the brew cup, together with the water they were soaked in.  
瑶柱洗净后用温水泡发15分钟，撕碎连同泡瑶柱的水一起放入炖盅。
2. Wash and dice the carrots.  
将胡萝卜洗净后，切丁待用。
3. Put the rice, shrimp and carrots into the brew cup. Add water to a level 5 times that of the level of the rice.  
将大米、虾米洗净后，连胡萝卜丁一起放入炖盅内，按米与水1:5比例加水。
4. Add 1000ml water to the jug. Place the assembled brew cup into the jug. Start the Nourishing Soup (90 min) function.  
壶内加水至1000ml，将炖盅安装好，启动滋补汤（90min）程序，自动断电后取出炖盅。
5. When the MultiBrew has finished, add the salt, vegetable oil, green onion and coriander. Enjoy!  
调入盐、植物油，撒葱花、香菜即可食用。

### TIPS 小贴士

1. For softer porridge, soak the rice for 30–60 minutes before stewing.  
建议可提前浸泡大米30-60分钟，炖煮出的粥口感更软糯。

# Steamed Chinese sausage rice

## 腊肠蒸饭

### INGREDIENTS 材料

Rice <b>160g</b>	Chinese sausages <b>2</b>	Dried mushrooms <b>4</b>
大米 <b>160g</b>	腊肠 <b>2个</b>	干香菇 <b>4个</b>
Oyster sauce <b>30ml</b>	Soy sauce <b>10ml</b>	Butter <b>5g</b>
蚝油 <b>30ml</b>	生抽 <b>10ml</b>	牛油 <b>5g</b>



### METHOD 做法

1. Wash and soak dried mushrooms in warm water, then dice them. Set aside the warm water.  
将干香菇洗净后，用温水泡软后切丁，香菇水留用勿丢待用。
2. Cut most of the sausage into slices, and the rest into finely diced pieces.  
腊肠大部分切斜片，小部分切丁待用。
3. Thoroughly mix the washed rice, diced sausage and mushrooms in the brew cup. Cover the surface of the rice with sausage slices. Add water to the same level as the rice.  
将大米淘洗后与腊肠丁、香菇丁拌匀后放入炖盅。将腊肠片平铺在大米上，按米与水1:1比例加入香菇水。
4. Add 1000ml water to the jug. Assemble the brew cup. Start the Nourishing Soup (90 min) function.  
壶内加水至1000ml，将炖盅安装好，启动养生汤（90min）程序，自动断电后取出炖盅。
5. When the MultiBrew has finished, add oyster sauce, soy sauce and butter. Enjoy!  
调入蚝油、生抽、牛油后即可食用。

### TIPS 小贴士

1. For softer texture, soak the rice for 30–60 minutes before stewing.  
建议可提前浸泡大米30-60分钟，炖煮出的米饭口感更软糯。

# Egg stewed with lady's finger

## 秋葵蒸蛋

### INGREDIENTS 材料

Eggs <b>2</b> 鸡蛋 <b>2只</b>	Salt to taste 盐 适量	Lady's finger (okra) <b>2-3 pieces</b> 羊角豆 <b>2-3个</b>
Soy sauce <b>15ml</b> 酱油 <b>15ml</b>	Sesame oil <b>5ml</b> 香油 <b>5ml</b>	



### METHOD 做法

1. Wash and dice the lady's finger.  
将羊角豆洗净后，切丁待用。
2. In a small bowl, crack open the eggs, and add a little water and salt. Stir the mixture well.  
将鸡蛋加水、盐搅打均匀。
3. Pour the mixture into the brew cup, using a sieve or filter to remove air bubbles. Then, add the lady's finger.  
利用筛网将打好的蛋液倒入炖盅内，过滤去除多余气泡，并放入羊角豆。
4. Add 1000ml water to the jug. Assemble the brew cup. Start the Herbal/Fruit Tea (10 min) function.  
壶内加水至1000ml，将炖盅安装好，启动花果茶/水果茶（10min）程序，待自动断电后取出炖盅。
5. Add soy sauce and sesame oil. Enjoy!  
加入酱油、香油调味后即可食用。

### TIPS 小贴士

1. The water to egg ratio should be 1.2 : 1  
蛋和水的比例1:1.2，使用温水或凉开水。

## Nourishing soup

鲜美润补

# Duck soup stewed with matsutake mushroom

## 松茸炖鸭汤

### INGREDIENTS 材料

Duck leg 1 鸭腿 1个	Ginger 3 pieces 生姜 3片	Matsutake mushrooms 1-2 松茸 1-2个
Salt to taste 盐 适量	Chopped green onion to taste 葱花 少许	



### METHOD 做法

1. Cut the duck leg into pieces after washing. To reduce the smell of the duck, blanch it with ginger slices, then set aside.  
将鸭腿洗净后，切块与姜片一起焯水去腥，捞出待用。
2. Cut the matsutake mushroom(s) into slices after washing. Put the cut duck leg, matsutake mushroom and ginger into the brew cup. Add water to the brew cup until all ingredients are submerged.  
将松茸洗净切片后，与鸭腿肉、松茸、生姜放入炖盅，加水至浸没过食材。
3. Add 1000ml water to the jug. Assemble the brew cup. Start the Nourishing Soup (90 min) function.  
壶内加水至1000ml，将炖盅安装好，启动滋补汤（90min）程序，自动断电后取出炖盅。
4. Sprinkle with salt and chopped green onion. Enjoy!  
加入盐调味后，撒上葱花即可食用。

# Chicken soup stewed with abalone

## 鲍鱼炖鸡汤

### INGREDIENTS 材料

Abalone <b>130g</b>	Chicken leg <b>1</b>	Cordyceps flower <b>3g</b>
鲍鱼 <b>130g</b>	鸡腿 <b>1个</b>	虫草花 <b>3g</b>
Ginger <b>2 pieces</b>	Green onion <b>1</b>	Salt to taste
生姜 <b>2片</b>	香葱 <b>1根</b>	盐 适量



### METHOD 做法

1. Take the fresh abalone out of their shells with a knife. Remove their stomachs, then clean their edges with a brush.  
新鲜鲍鱼用小刀取下去壳，去除肠胃，用刷子将边缘刷洗干净。
2. Blanch the chicken leg and abalone to reduce their smell. Set aside.  
鸡腿和鲍鱼焯水去腥，捞出待用。
3. Put the chicken leg, abalone and other ingredients into the brew cup. Add hot water until all ingredients are submerged.  
将其他食材洗净后与鸡腿、鲍鱼一起放入炖盅内，加入温水至浸没过食材。
4. Add 1000ml of water to the jug. Assemble the brew cup. Select the Nourishing Soup (90 min) function. Once done, select it again (for a total of two cycles). Add some seasoning, and enjoy!  
壶内加水至1000ml，将炖盅安装好，启动两次滋补汤（90min）程序，待自动断电后加入适量盐调味后即可食用。

### TIPS 小贴士

1. If you are using dry abalone, soak it 48 hours ahead of time.  
若使用干鲍鱼，建议提前48小时泡发后。

Eliminates inner body heat and boosts vitality

润燥补气

## Chicken feet soup stewed with danggui and ginseng

### 当归洋参凤爪汤

#### INGREDIENTS 材料

Chicken feet <b>2</b>	Danggui <b>10g</b>	American ginseng slices <b>10g</b>
鸡脚 <b>2个</b>	当归 <b>10g</b>	西洋参片 <b>10g</b>
Red dates <b>25g</b>	Salt to taste	
红枣 <b>25g</b>	盐 适量	



#### METHOD 做法

1. Wash the chicken feet and cut the nails. Blanch the chicken feet together with the ginger slices.  
将鸡脚洗净后，剪去脚趾甲后与姜片一起焯水去腥，捞出待用。
2. Put the chicken feet, red dates and American ginseng slices into the brew cup. Add water until all ingredients are submerged.  
将处理好的鸡脚、红枣和西洋参片放入炖盅内，加水至浸没过食材。
3. Add 1000ml water to the jug. Assemble the brew cup. Start the Nourishing Soup (90 min) function. Once the MultiBrew has finished, add some seasoning and enjoy!  
壶内加水至1000ml，将炖盅安装好，启动滋补汤（90min）程序，待自动断电后加入适量盐调味后即可食用。





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