

Recipes

Soups

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Risotto-style prawns and mushrooms with tomato cream sauce

Snack

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Easy minestrone

305 kcal per serving * Caloric value is approximate.



You can achieve a richer taste by adding honey.

Ingredients (For 1 serving)

- Cabbage (julienne) ----- 1/2 bag (65g)
- Bacon (thinly sliced) ---- 1/2 pack (35g)
- Sweet corn (kernels) ----- 15g
- Tomato juice ----- 200mL
- Honey ----- 1 tbsp
- Tomato ketchup ----- 1 tbsp
- Western-style soup stock
(granule type) ----- 1 tsp
- Water ----- 100mL
- Salt ----- A dash
- Finely chopped parsley ----- As needed

Directions

1. Mix together all the ingredients except the parsley in the inner pot. Select the "Slow Cook • Soup" menu, set the timer for 15 minutes, and press the [Start] key.
2. When cooking is complete, place the dish on a serving plate. Sprinkle it with parsley.

Gyoza soup

206 kcal per serving * Caloric value is approximate.



We recommend using gyoza used for making sui-gyoza (boiled dumplings).

Ingredients (For 1 serving)

- Gyoza (chilled) ----- 3 pieces
- Cut onions for salad ----- 1/4 bag (30g)
- Glass noodles (dried) ----- 10g
- Sake (rice wine) ----- 1/2 tbsp
- Soy sauce ----- 1/2 tsp
- Chinese soup stock (granule type)
----- 1/2 tbsp
- Water ----- 300mL
- Salt ----- A dash
- Pepper ----- A dash
- Green onion (finely chopped)
----- As needed

Directions

1. Mix together all the ingredients except the salt, pepper, and green onions in the inner pot. Select the "Slow Cook • Soup" menu, set the timer for 15 minutes, and press the [Start] key.

2. When cooking is complete, season with salt and pepper. Place the dish in a soup bowl and sprinkle it with the green onions.

Somen soup with minced chicken soboro and shrimps

308 kcal per serving * Caloric value is approximate.



Ingredients (For 1 serving)

- Minced chicken soboro (bottled)
----- 1/2 bottle (25g)
- Mixed cut vegetables ---- 1/4 bag (55g)
- Shelled shrimp (frozen) ----- 25g
- Ginger (grated) ----- 5g
- Sake (rice wine) ----- 1 tsp
- Chinese soup stock (granule type)
----- 1 tsp
- Water ----- 250mL
- Somen (Japanese vermicelli; dried)
----- 1/2 bundle (25g)
- Sesame oil ----- 1 tbsp
- Green onion (finely chopped)
----- As needed

Directions

1. Mix together all the ingredients except the somen, sesame oil, and green onion in the inner pot. Select the "Slow Cook • Soup" menu, set the timer for 10 minutes, and press the [Start] key.

2. When cooking is complete, break the somen in half, add them to the dish, and stir well. Press the [Hour] key to set 5 minutes of additional heating time and press the [Start] key.

3. Serve the dish in a bowl. Drizzle the sesame oil in a circle, and sprinkle green onions on top.

Mackerel and eggplant simmered in miso with ground sesame

349 kcal per serving * Caloric value is approximate.



Ingredients (For 1 serving)

- Mackerel simmered in miso (canned) ----- 1/2 can (100g)
- Eggplant ----- 1 (90g)
- Deep-fried bean curd --- 1/4 slice (20g)
- White leek ----- 1/2 stalk (50g)
- Round sliced red pepper ---- As needed
- Noodle soup base (straight) ----- 50mL
- Water ----- 90mL
- Ground sesame seeds ----- 1 tbsp

Directions

1. Chop the eggplant coarsely after cutting off the tips. Cut the deep-fried bean curd into thin strips and the white leek into diagonal slices.
2. Put 1, the mackerel (with stock from can), round sliced red pepper, the noodle soup base, and the water in the inner pot. Blend them together slightly. Select the "Slow Cook • Soup" menu, set the timer for 15 minutes, and press the [Start] key.
3. When cooking is complete, add the ground sesame seeds and stir them until just incorporated. Place the dish on a serving plate.

Chicken and shimeji mushrooms simmered in tomato soup

246 kcal per serving * Caloric value is approximate.



Ingredients (For 2 serving)

- Chicken thigh (diced) ----- 180g
- Salt and pepper ----- A dash
- Shimeji mushrooms (cut)
----- 1/2 pack (70g)
- Onion ----- 1/4 (50g)
- Black olives (sliced) ----- 1/2 bag (12g)
- Tomato sauce ----- 1/2 can (150g)
- Western-style chicken soup stock
(granule type) ----- 1/2 tsp
- Water ----- 50mL
- Parsley (chopped) ----- As needed
- Grated cheese ----- As needed

Directions

1. Season the chicken thigh with the salt and pepper. Cut the onion into thick slices along the fibers.
2. Mix the Western-style chicken soup stock and water well in the inner pot. Add 1, the shimeji mushrooms, the black olives, and then the tomato sauce. Select the "Slow Cook • Soup" menu, set the timer for 15 minutes, and press the [Start] key.
3. When cooking is complete, mix the whole dish by stirring. Season with salt and pepper. Place the dish on a serving plate and sprinkle the dish with chopped parsley and grated cheese to taste.

Japchae

281 kcal per serving * Caloric value is approximate.



Ingredients (For 1 serving)

- Glass noodles (dried) ----- 20g
 - Mixed cut vegetables ---- 1/2 bag (110g)
 - Beef (end pieces) ----- 50g
- <Seasonings>
- Soy sauce ----- 2 tsp
 - Mirin ----- 1/2 tbsp
 - Sake (rice wine) ----- 1/2 tbsp
 - Dashida (Korean-style beef soup stock)
----- 1/4 tsp
 - Water ----- 100mL
 - Sesame oil ----- 1/4 tsp

Directions

1. Dip the glass noodles in the water.

2. Add the glass noodles, beef, and then mixed vegetables to the inner pot in layers. Sprinkle the seasonings on top. Select the "Slow Cook • Soup" menu, set the timer for 10 minutes, and press the [Start] key.

3. When cooking is complete, drizzle the sesame oil in a circle. Place the dish on a serving plate.

Mapo tofu

333 kcal per serving * Caloric value is approximate.



Ingredients (For 1 serving)

- Ground pork ----- 50g
- Coarse-grained tofu
----- 1/2 block (200g)
- <Stock>
 - Chinese chili bean sauce ----- 1 tbsp
 - Sweet flour paste ----- 1/4 tbsp
 - Ginger (grated) ----- 1/2 tsp
 - Garlic (grated) ----- 1/4 tsp
 - Soy sauce ----- 1/2 tbsp
 - Sugar ----- 1/4 tsp
 - Salt ----- A dash
 - Chinese soup stock (granule type)
----- 1/4 tsp
 - Water ----- 50mL
- Potato starch ----- 1/4 tbsp
- Water ----- 1/4 tbsp
- Sesame oil ----- 1/2 tsp
- Green onion (finely chopped)
----- 1/4 pack
- Sichuan pepper ----- As needed

Directions

1. Cut the tofu into small 3 cm cubes.

2. Mix the ingredients for the stock in the inner pot. Break up the ground pork in the stock and then add the diced tofu. Select the "Slow Cook • Soup" menu, set the timer for 15 minutes, and press the [Start] key.

3. When cooking is complete, mix the potato starch and water and add it to 2 to thicken the sauce. Drizzle with sesame oil.

4. Place the dish on a serving plate. Sprinkle with green onions and Sichuan pepper as desired.

Peperoncino with sakura shrimps and shimeji mushrooms

394 kcal per serving * Caloric value is approximate.



Adjust the amount of red pepper to taste.

Ingredients (For 1 serving)

- Sakura shrimps (dried) ---- 1/2 bag (6g)
- Shimeji mushrooms (cut)
----- 1/4 bag (35g)
- Penne ----- 50g
- Garlic (sliced, dried) ----- 5-6 cloves
- Red pepper (round sliced) ----- As needed
- Olive oil ----- 1 1/2 tbsp
- Western-style soup stock
(granule type) ----- 1/2 tbsp
- Water ----- 250mL
- Salt ----- A dash
- Pepper ----- A dash

Directions

1. Mix together all the ingredients in the inner pot. Select the "Slow Cook • Soup" menu, set the timer for 15 minutes, and press the [Start] key.
2. When cooking is complete, mix the dish well and season it with salt and pepper. Place the dish on a serving plate.

Risotto-style prawns and mushrooms with tomato cream sauce

288 kcal per serving * Caloric value is approximate.



Ingredients (For 1 serving)

- Boiled rice ----- 100g
- Shelled prawns ----- 4
- Shimeji mushrooms (cut)
----- 1/4 bag (35g)
- Tomato sauce ----- 1/4 can (75g)
- Western-style soup stock
(granule type) ----- 1 tsp
- Water ----- 75mL
- Fresh cream ----- 1/2 tbsp
- Black olives (sliced) ----- 1/4 bag (6g)
- Salt ----- A dash
- Pepper ----- A dash
- Grated cheese ----- As needed
- Italian parsley ----- As needed

Directions

1. Devein the prawns. (Cut larger prawns in half.)

2. Mix together the prawns from 1, boiled rice, shimeji mushrooms, tomato sauce, Western-style soup stock, and water in the inner pot. Select the "Slow Cook • Soup" menu, set the timer for 10 minutes, and press the [Start] key.

3. When cooking is complete, add the fresh cream and black olives. Mix the dish well and season with salt and pepper.

4. Place the dish on a serving plate. Sprinkle it with grated cheese and garnish it with Italian parsley.

French toast

380 kcal per serving * Caloric value is approximate.



Reduce the amount of milk when using a 5- or 6-slice loaf of bread.

Ingredients (For 1 serving)

- White bread (a 4-slice loaf) ----- 1 slice
- Milk ----- 45mL
- Egg ----- 1/2
- Sugar ----- 1/2 tbsp
- Butter ----- 1/2 tbsp
- Powdered sugar ----- As needed

Directions

1. Spread some of the butter on the inner pot. Break the remaining butter into small pieces and place them on the bottom of the inner pot.

2. Cut the bread into six pieces.

3. Blend the milk, egg, and sugar well in a bowl with a whisk.

4. Dunk the pieces of bread in 3 and arrange them in a single layer in the inner pot. Select the "Cake" menu, set the timer for 15 minutes, and press the [Start] key.

5. When cooking is complete, serve the dish on a plate and sprinkle it with powdered sugar.