

K-GRILL

Premium
Infrared Grill
KG-338IG

저외선 그릴
웨이브 포스터기



BEST GRILL FOR FISH



目录 CONTENT

泡菜鸡肉片生菜包 Kimchi Chicken Lettuce Wraps	4
海盐烤鲭鱼 Sea Salt Grilled Mackerel	5
海盐烤牛舌 Sea Salt Grilled Ox Tongue	6
韩式烧烤鸡肉 Korean Barbecue Chicken	7
韩式鸡翅 Korean Chicken Wings	8
烤芝士年糕 Roasted Cheese Rice Cake	9
韩式辣烤鱿鱼 Korean Spicy Roasted Squid	10
鸡肉泡菜煎饺 Mince Chicken Kimchi Dumplings	11
芝士肋排骨 Cheese Back Ribs	12
迷你鸡肉汉堡 Mini Chicken Burger	13
五色牛肉蔬菜串 Beef Skewers and Vegetable	14
香辣蒜茸中虾 Spicy Garlic Prawn	15
韩式蛤蜊豆酱汤 Korean Soybean Paste Soup with Clam	16
蒜蓉面包 Garlic Bread	17
巧克力棉花糖夹心饼 S'mores	18
蝴蝶酥 Palmier	19

- 本食谱资料及照片只供参考，真实烹调时间需视食物分量及个人喜好而稍微调整。
- 中英文版本如有出入，一概以中文为准。
- Information and photos provided in this booklet are for reference purpose only.
- Actual cooking timer and temperature are subject to food portion and personal preference.
- If there is any inconsistency or ambiguity between the English and Chinese version, the Chinese version shall prevail.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

泡菜鸡肉片生菜包 Kimchi Chicken Lettuce Wraps

材料：

韩国泡菜	200克
麻油	100克
鸡肉片	150克
生菜	80克
韩式辣酱	2/3茶匙

Ingredients:

Korean Kimchi	200g
Sesame Oil	100g
Chicken	150g
Lettuce	80g
Korean Chili Pepper Paste	2/3 tsp

调味料：

生抽	1/2汤匙
姜茸	1/2汤匙
糖	少许
胡椒粉	少许

Ingredients:

Light Soy Sauce	1/2 tbsp
Crushed Ginger	1/2 tbsp
Sugar	To taste
Ground Pepper	To taste

做法 Procedures:

1. 韩国泡菜和麻油放入自然养生机，选择「酱汁」程式，时间调至1分30秒；搅成糊状后放入鸡肉片腌15分钟。
2. 将鸡肉片放在韩式电烧烤炉上烤熟。
3. 生菜洗净，包着鸡肉、泡菜和韩式辣酱工食。

1. Put Korean kimchi and sesame oil in Professional High Speed Food Processor. Select "Sauce" function. Adjust time to 1min30s. Marinade chicken with kimchi paste for 15min.
2. Cook chicken on Korean Barbecue Grill.
3. Drain and clean lettuce. Wrap chicken, kimchi and Korean chili pepper paste up with letuce.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

海盐烤鲭鱼 Sea Salt Grilled Mackerel

材料：

鲭鱼	1条
海盐	适量
柠檬	适量

Ingredients:

Mackerel (Saba)	1pc
Sea Salt	To taste
Lemon	To taste

做法 Procedures:

1. 鲭鱼搽上海盐。
 2. 将鲭鱼放在韩式电烧烤炉上。
 3. 烧10分钟，淋上柠檬汁即可。
1. Apply sea salt on mackerel.
 2. Put mackerel on Korean Barbecue Grill.
 3. Grill for 10min. Drizzle with lemon juice.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

海盐烤牛舌 Sea Salt Grilled Ox Tongue

材料：

牛舌 200克
海盐 适量
西柠汁 适量

Ingredients:

Ox Tongue 200g
Sea Salt To taste
Lime Juice To taste

做法 Procedures:

1. 牛舌搽上海盐。
 2. 将牛舌放在韩式电烧烤炉上。
 3. 烧至两边金黄，淋上西柠汁即成。
1. Apply sea salt on ox tongue.
 2. Put ox tongue on Korean Barbecue Grill.
 3. Grill until golden brown. Drizzle with lime juice.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

韩式烧烤鸡肉 Korean Barbecue Chicken

材料：

鸡肉 200克
韩式腌肉酱 100克

Ingredients:

Chicken 200g
Bulgogi Meat Marinade 100g

做法 Procedures:

1. 鸡肉切成约1cm厚的长肉片，将韩式腌肉酱均匀地涂抹在四边上，放入冰箱腌一天。
 2. 将鸡肉放在韩式电烧烤炉上。
 3. 烧至八分熟时，用剪刀把鸡肉剪成小块，烧至焦香即可。
1. Cut chicken to 1cm slices. Marinade with bulgogi meat marinade. Refrigerate for a day.
 2. Put chicken on Korean Barbecue Grill.
 3. Grill until medium well-done. Cut chicken into small pieces by scissors. Grill until golden brown.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

韩式鸡翅 Korean Chicken Wings

材料：

鸡中翼 1磅

Ingredients:

Chicken Wing 1 lb

腌料：

韩式辣酱 1.5汤匙
米酒 1汤匙
生抽 2茶匙
番茄酱 1茶匙
辣椒粉 1茶匙

Marinade:

Korean Chili Pepper Paste 1.5 tbsp
Rice Wine 1 tbsp
Light Soy Sauce 2 tsp
Ketchup 1 tsp
Paprika 1 tsp

做法 Procedures:

1. 把所有材料拌匀，腌2个小时以上。
2. 将鸡翼放在韩式电烧烤炉上。
3. 两面反覆烤15分钟即成。

1. Mix all ingredients together. Marinade chicken wings for 2 hours or more.
2. Place chicken wings on Korean Barbecue Grill.
3. Grill both sides of chicken wings for 15min.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

烤芝士年糕 Roasted Cheese Rice Cake

材料：

韩式年糕 12条
芝士片 1片
韩国辣酱 1汤匙

Ingredients:

Korean Rice Cake 12pcs
Cheese 1 slice
Korean Chili Pepper Paste 1 tbsp

做法 Procedures:

1. 年糕放入滚水煮至浮起，隔水备用。
2. 用竹签串起年糕。
3. 将年糕放在韩式电烧烤炉上。
4. 烧烤期间在年糕两面涂上韩国辣酱，最后铺上芝士片，待芝士片溶化即成。

1. Boil rice cake in water until they float. Drain and set aside.
2. Skewer with bamboo sticks.
2. Place rice cake on Korean Barbecue Grill.
3. Brush on Korean chili pepperpaste. Cover with cheese. Grill until cheese is melted.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

韩式辣烤鱿鱼 Korean Spicy Roasted Squid

材料：

鱿鱼 1条
韩式辣酱 1汤匙

Ingredients:

Squid 1pc
Korean Chili Pepper Paste 1 tbsp

腌料：

鱼露 1/2茶匙
糖 1茶匙
麻油 1茶匙
生抽 1汤匙
水 1汤匙
蒜蓉 适量

Ingredients:

Fish Sauce 1/2 tsp
Sugar 1 tsp
Sesame Oil 1 tsp
Light Soy Sauce 1 tbsp
Water 1 tbsp
Garlic To taste

做法 Procedures:

1. 鱿鱼切花刀，把鱿鱼和腌料拌匀，腌10分钟。
 2. 将鱿鱼放在韩式电烧烤炉上。
 3. 烧烤期间在鱿鱼两面涂上韩国辣酱，待烧至两边金黄即成。
1. Cut Squid surface with knife. Marinade squid for 10 min.
 2. Place squid on Korean Barbecue Grill.
 3. Brush on Korean chili pepper paste. Grill until golden brown.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

鸡肉泡菜煎饺 Mince Chicken Kimchi Dumplings

材料：

鸡肉	200克
泡菜（切碎）	100克
中筋面粉	150克
冷水	80克
盐	2/3茶匙

Ingredients:

Chicken	200g
Kimchi (Chopped)	100g
Plain Flour	150g
Cold Water	80g
Salt	2/3 tsp

腌料：

生抽	1/2汤匙
姜戎	1/2汤匙
糖	少许
胡椒粉	少许

Marinade:

Light Soy Sauce	1/2 tbsp
Crushed Ginger	1/2 tbsp
Sugar	To taste
Ground Pepper	To taste

做法 Procedures:

1. 先在鸡肉中加入盐1/3茶匙和水3汤匙，以顺时针方向搅拌至起胶，期间分次加入水。
2. 起胶后，加入调味料与泡菜均匀。
3. 中筋面粉、盐1/3茶匙和冷水倒入自家制百变面团面条机的搅拌盒，关盖，按「搓揉」键搅成面团。
4. 成团后即可取出，盖上保鲜膜松弛10分钟。
5. 搓长面团，分成约28份，擀平后包入馅料。
6. 将饺子放在韩式电烧烤炉上。
7. 烧烤期间在两面喷上水，待烧至两边金黄即成。

1. Add 1/3 tsp salt and 3 tbsp water to chicken. Stir clockwise until it has a glutinous appearance, add water bit by bit during the process.
2. Add seasonings and kimchi to chicken paste.
3. Add flour, 1/3 tsp salt and cold water into the kneading chamber of Automatic Dough & Noodle Maker. Close lid and press "Knead" button.
4. Relax the dough for 10min.
5. Divide dough to 28 pieces. Flatten dough and fill with fillings.
6. Place dumplings on Korean Barbecue Grill.
7. Drizzle water. Grill until golden brown.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

芝士肋排骨 Cheese Back Ribs

材料：

肋骨	1条
水牛芝士	120克
车打芝士	200克

Ingredients:

Rib	1pc
Mozzarella Cheese	120g
Cheddar Cheese	200g

腌料：

韩式腌肉酱	3汤匙
韩式辣酱	1茶匙
蒜蓉	1汤匙
韩国梨汁	3汤匙

Marinade:

Bulgogi Meat Marinade	3 tbsp
Korean Chili Pepper Paste	1 tsp
Garlic (Chopped)	1 tbsp
Korean Pear Juice	3 tbsp

做法 Procedures:

1. 肋骨切成条。把肋骨和腌料拌匀，腌2小时。
2. 将肋骨放在韩式电烧烤炉上。
3. 烧至熟透时，淋上余下的酱汁，铺上水牛芝士和车打芝士，直至慢慢溶化即可。

1. Cut rib into slices. Marinade rib with seasonings for 2 hours.
2. Place rib on Korean Barbecue Grill.
3. Grill until done. Pour remaining sauce on the ribs. Place mozzarella cheese and cheddar cheese on top and grill until cheese is melted.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

迷你鸡肉汉堡 Mini Chicken Burger

材料：

鸡腿肉	2个
迷你面包	6个
番茄	6片
日本芥菜	6片
苜蓿芽	适量
大孔芝士	适量

Ingredients:

Chicken Thighs	2pcs
Burger Rolls	6pcs
Tomato	6 slices
Mustard Mizuna	6pcs
Alfalfa	To taste
Emmental Cheese	To taste

腌料：

鸡粉	1茶匙
盐	适量
蒜蓉	适量
迷迭香碎	适量
黑胡椒碎	适量

Marinade:

Chicken Powder	1 tsp
Salt	To taste
Chopped Garlic	To taste
Chopped Rosemary	To taste
Crushed Black Peppercorns	To taste

做法 Procedures:

1. 将鸡腿肉去皮，切丁，放入自然养生机内，以「Pulse」程式打成免治鸡肉。
2. 倒出免治鸡肉，下腌料腌约半小时，再用手搅成胶，再捏成6个小鸡肉饼。
3. 将鸡肉饼放在韩式电烧烤炉上。烧至熟透时，盛起备用。
4. 面包横切成两片，放在韩式电烧烤炉上。
5. 依次序将日本芥末、番茄、鸡肉饼、芝士和苜蓿芽放在底层面包上，再盖上面层面包，插上竹签即成。

1. Remove skins from chicken thighs and dice. Mince in Professional High Speed Food Processor using "Pulse" function.
2. Marinade minced chicken for 30 minutes. Mix and toss with hand until sticky (for about 5 minutes). Rub into 6 3-inch chicken patties.
3. Place chicken patties on Korean Barbecue Grill. Grill until done. Set aside.
4. Cut the roll in half. Place on Korean Barbecue Grill.
5. Stack up ingredients in the following order: bottom half of the roll, mustard mizuna, tomato, chicken patty, cheese, alfalfa and upper half of the roll. Insert the skewer stick.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

五色牛肉蔬菜串 Beef Skewers and Vegetable

材料：

牛肉	300克
洋葱	半个
茄子	1条
盐	适量
胡椒	适量
油	适量
三色椒	各半个

Ingredients:

Beef	300g
Onion	1/2pc
Eggplant	1pc
Salt	To taste
Pepper	To taste
Oil	To taste
Red Pepper, Yellow Pepper, Green Pepper	1/2pc each

做法 Procedures:

1. 将牛肉、三色椒、茄子及洋葱切块。
2. 用竹签把切好的食材串起来，涂上油，撒上胡椒和盐。
3. 将五色牛肉蔬菜串放在韩式电烧烤炉上，烧至熟透即可。

1. Cut Beef, red pepper, yellow pepper, green pepper, eggplant and onion into pieces.
2. Skewer all food with bamboo sticks. Brush with oil and sprinkle with salt and pepper.
3. Place beef skewers and vegetable on Korean Barbecue Grill and grill until cooked.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

香辣蒜茸中虾 Spicy Garlic Prawn

材料：

中虾 600克
蒜蓉 2汤匙
红辣椒干 3支

Ingredients:

Medium-sized Prawns 600g
Garlic (Chopped) 2 tbsp
Dry Red Chilies 3pcs

做法 Procedures:

1. 将虾、蒜蓉和红辣椒干拌匀。
2. 将虾放在韩式电烧烤炉上，烤至两面干身即成。
3. 最后可随喜好撒上盐及胡椒调味。

1. Mix together prawns, garlic and chili.
2. Place prawns on Korean Barbecue Grill and grill until the shells become dry.
3. Sprinkle with salt and pepper as desired. Serve.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

韩式蛤蜊豆酱汤 Korean Soybean Paste Soup with Clam

材料：

蛤蜊
韩式味噌酱

600克
适量

Ingredients:

Clams
Korean Soybean paste

600g
To taste

做法 Procedures:

1. 蛤蜊放入高速多层电蒸锅，蒸至蛤蜊刚开口，加入韩式味噌酱。
2. 将蛤蜊转入韩式电烧烤炉上，烧至熟透即成。

1. Steam clams in the steamer until the shells have opened slightly. Mix in Korean soybean paste.
2. Place clams on Korean Barbecue Grill and grill until cooked.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

蒜蓉面包 Garlic Bread

材料：

法式面包	1条
蒜茸（切粒）	10克
牛油	50克
番茜碎	5克

Ingredients:

French Baguette	1pc
Chopped Garlic	10g
Butter	50g
Parsley (Chopped)	5g

做法 Procedures:

1. 法式面包切片。
 2. 牛油加热溶解后拌入蒜蓉及番茜碎，均匀地涂在法式面包上。
 3. 将蒜蓉面包放在韩式电烧烤炉上，烤3分钟即成。
1. Slice baguette into desired thickness.
 2. Mix chopped garlic and parsley with melted butter and then spread it on sliced bread.
 3. Place on Korean Barbecue Grill and grill for 3 min.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

巧克力棉花糖夹心饼 S'mores

材料：

全麦饼干 8块
迷你棉花糖 50克
黑巧克力 50克
糖霜 适量

Ingredients:

Graham Crackers 8pcs
Mini Marshmallows 50g
Black Chocolate 50g
Icing Sugar To taste

做法 Procedures:

1. 黑巧克力切小块，与迷你棉花糖一起放在全麦饼干上。
 2. 将巧克力棉花糖饼放在韩式电烧烤炉上，烤至黑巧克力和棉花糖溶化。
 3. 将另一片全麦饼干放在巧克力棉花糖上。最后在夹心饼上撒上糖霜即成。
1. Cut black chocolate in small pieces. Place black chocolate and mini marshmallows on graham crackers.
 2. Place graham crackers on Korean Barbecue Grill and grill until chocolates and marshmallows have melted.
 3. Place another graham crackers on top. Sprinkle with icing sugar.



照片只供参考，实际效果可能有所不同。
Photos are for reference only, actual results may vary.

蝴蝶酥 Palmier

材料：

急冻酥皮
砂糖
牛油

1块
适量
适量

Ingredients:

Puff Pastry
Sugar
Butter

1pc
To taste
To taste

做法 Procedures:

1. 酥皮列放软。
2. 酥皮两面撒上砂糖。
3. 左右两边各向内折1/6。向内再折1/6，再对折成长条，再切成1厘米阔小份。
4. 将蝴蝶酥放在韩式电烧烤炉上，烤12分钟即成。

1. Let pastry sit in room temperature.
2. Add sugar on both sides of pastry.
3. Fold both edges inwards by 1/6. Fold both sides by 1/6 again, then fold in half.
Cut pastry into 1cm strips.
4. Place on Korean Barbecue Grill and grill for 12min.