



ELECTRIC MULTI-PURPOSE PAN

OPERATING INSTRUCTIONS

EP-LAQ15/EP-LAH15C

Always follow basic safety precautions when using electrical appliances.
Read all instructions carefully.
Please keep this instruction book at hand for easy reference.

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IMPORTANT SAFEGUARDS

Be sure to follow the instructions.

● These WARNINGS and CAUTIONS are intended to protect you and others from personal injury and household damage. To ensure safe operation, please follow carefully.

⚠ WARNINGS Indicates risk of serious injury. ※1

⚠ CAUTIONS Indicates risk of injury or property damage if mishandled. ※2 ※3

※1 Serious injury includes loss of eyesight, burns (high and low temperature), electric shock, bone fractures, toxic reactions as well as other injuries severe enough to require medical care or extended hospitalization.

※2 Injury indicates physical damage, burns or electric shock not severe enough to require medical care or extended hospitalization.

⚠ CAUTIONS Indicates a warning or caution. A specific caution is indicated inside or near the triangle by sentences or illustrations.

⊘ PROHIBITED Indicates a prohibited operation. A specific prohibited operation is indicated inside or near the circle by sentences or illustrations.

● INSTRUCTIONS Indicates a requirement or instruction that must be followed. A specific instruction is indicated inside or near the circle by sentences or illustrations.

※3 Property damage indicates material damage towards a home, furniture, or pets and animals.

⚠ WARNINGS

⊘ Do not modify the product. Only a repair technician may disassemble or repair this unit.
Attempting to do so may cause fire, electric shock or injury. Make any repair inquiries to Zojirushi Customer Service.

⊘ Do not immerse the product in water or splash it with water.
Doing so may cause short circuit or electric shock.

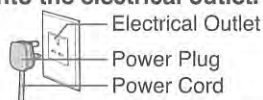
⊘ Do not allow liquid to come in contact with the Plug Receptacle or Power Cord.
Doing so may cause short circuit or electric shock.

⊘ Do not plug or unplug the Power Cord if your hands are wet.
Doing so may cause an electric shock or injury.

⊘ Do not use this product for deep-fried cooking.
Doing so may cause fire.

⊘ Do not use a power source other than 220-230V (EP-LAQ15) or 220V (EP-LAH15C) AC.
Use of any other power supply voltage may cause fire or electric shock.

⊘ Do not use the product if the Power Plug or Power Cord is damaged or if the Power Plug is loosely inserted into the electrical outlet.
Doing so may cause electric shock, short circuit or fire.



⊘ Be careful not to let the appliance plug or power plug to be licked especially by infants.
Doing so may cause electric shock or injury.

⊘ Do not damage the Power Cord. Do not bend, pull, twist, fold, or attempt to modify the Power Cord. Do not place it on or near high temperature surfaces or appliances, under heavy items or between objects.
A damaged Power Cord can cause fire or electric shock.

⊘ Do not allow children to use the product unsupervised. Keep it out of the reach of infants.
Children are at risk of burns, electric shock or injury.

! Use only an electrical outlet rated at 10 amperes minimum, and do not plug other devices into the same outlet.
Plugging other devices into the same outlet may cause the electrical outlet to overheat, resulting in fire.

! Insert the Power Plug completely and securely into the electrical outlet.
A loosely inserted Power Plug may cause electric shock, short circuit, smoke or fire.

! Stop using immediately if you notice any of the following symptoms indicating a malfunction or breakdown.
Continued use of the product may cause smoke, fire, electric shock or injury.

- The Power Plug or Power Cord has become very hot.
- The Power Cord is deeply damaged or deformed.
- The electricity turns on and off when the Power Cord is touched or moved.
- There is a burning smell.
- You feel a tingle or slight electrical shock.
- The product does not operate even though the Control Lever is turned on.
- The Operation Light does not turn off even though the Control Lever is turned to OFF. etc.

! If you notice any of the above symptoms, unplug the product immediately and bring it to the store you purchased for check-ups and/or repairs.

! This product is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

● The illustrations used in this Operating Instructions may vary from the actual product you have purchased.

⚠ CAUTIONS

⊘ Do not touch hot surfaces during or immediately after use.
Touching hot surfaces may cause burns.

⊘ Do not use the product connected to external timers or separate remote-control systems.

⊘ Unplug the Power Plug from the outlet when the product is not in use.
Leaving the Power Plug in an outlet may cause the insulation to become damaged, resulting in electric shock, short circuit or fire.

! Always unplug the product by holding the Power Plug, not by pulling the Power Cord.
Pulling the Power Cord to unplug the product may cause electric shock, short circuit or fire.

! Please allow the product to cool down before cleaning.
The Lid and the Inner Container may cause burns when hot.

! If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.

⊘ Do not place or use the product on unstable surfaces or on surfaces that are vulnerable to heat.
Doing so may cause fire.

⊘ Do not directly heat up canned or bottled foods with this product.
The canned or bottled foods may explode by overheating and cause burns or injury.

⊘ Do not use the product near walls, furniture or beneath shelving.
Steam or heat may damage, discolor or deform walls, furniture or shelving.

⊘ Do not use other Power Cords than the one provided. Do not use the Power Cord for other appliances.
This may cause malfunction or fire.

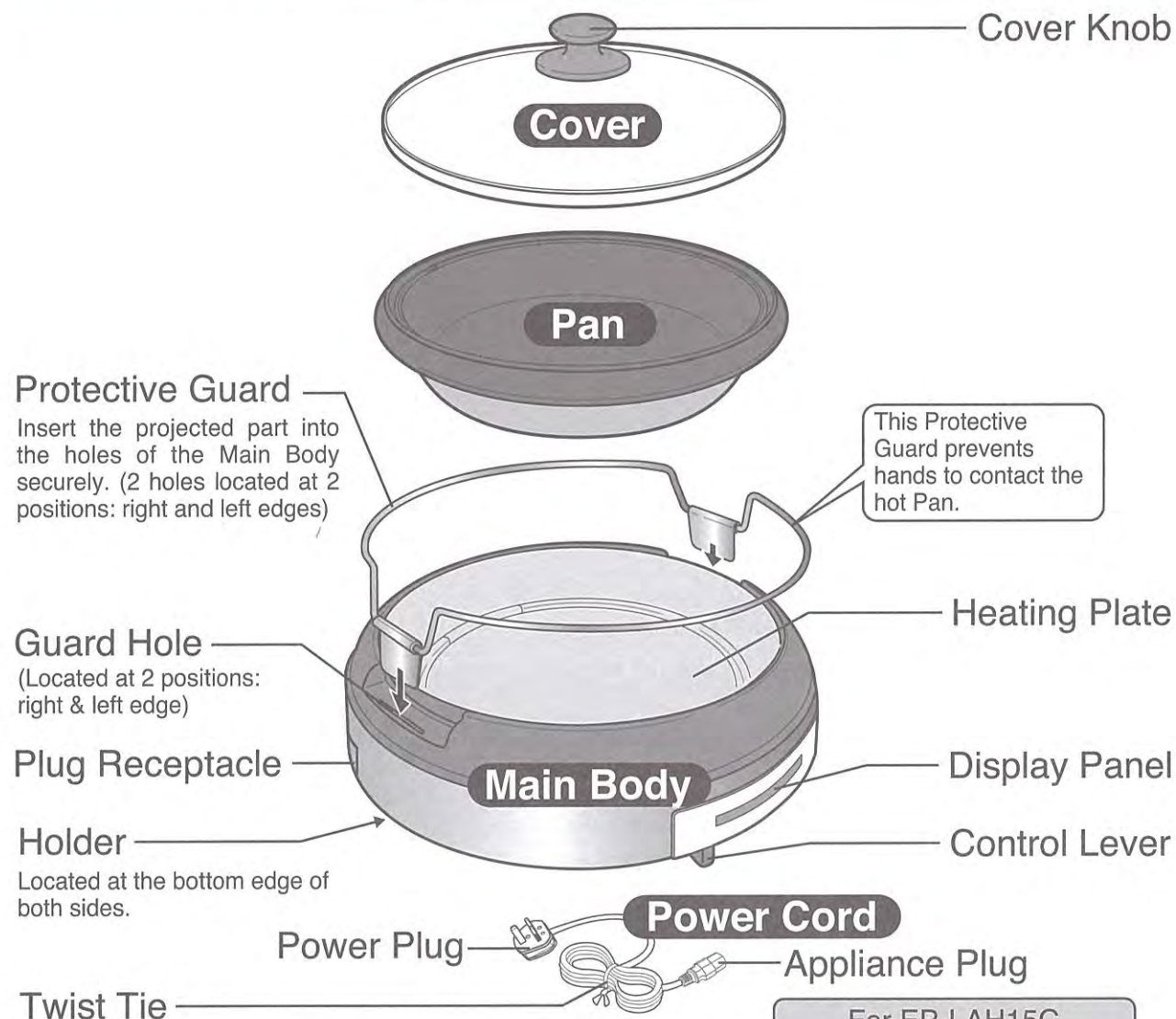
⊘ Do not use this product other than for cooking.

! During preheating or cooking, move birds and small animals that may be sensitive to smoke or smells to other rooms, and open windows or turn on exhaust fans.

IMPORTANT

- Do not use this product for cooking other than stew, sizzling and steaming menus.
 - Do not turn the power on without setting the Pan in the Main Body. It may cause fire.
 - Do not leave the Heating Plate soiled or foreign objects attached. It may stick to the plate and cause rust.
 - Handle the product gently; otherwise it may cause malfunction or breakdown.
 - Please follow the following instructions for longer use and protection of the Titanium Ceramic Coating (non-stick coating):
 - Do not use a metal turner to avoid damages to the Pan.
 - Do not scratch the Pan with sharp objects such as knives and forks.
 - Do not pre-heat the Pan too long.
 - Do not use a thinner, benzene, abrasive cleaners and brushes (nylon/metal), bleach or anything that may damage the surface of the product. Doing so may cause deformation, discoloration or scarring of the product.
 - Do not leave the surface and the bottom of the pot soiled. Acid (vinegar) or salt contents (sauce, soy sauce or salt) may cause corrosion. It may not cook well due to the objects attached to the Pan. Be sure to clean the Pan always after use.
 - Do not use detergents other than mild kitchen detergent such as chlorine based alkaline detergents or those containing acidic ingredients. Doing so may cause corrosion.
 - Do not leave the cooked food in the Pan. It may cause corrosion.
 - Be careful at the following points to avoid the breakage of the glass-made cover.
 - Do not cool it down too fast.
 - Do not drop or apply a strong impact to the Cover.
 - Do not place directly on fire.
 - Do not use this Pan to pre-heat, sizzle, stir-fry on the gas cooker.
 - It may cause the Titanium Ceramic Coating (non-stick coating) to peel off or corrode, and also cause the Pan to deform or discolor.
 - This appliance is intended for household use and similar applications listed below:
 - Staff (employee) kitchen areas in shops, offices and other working environments.
 - * This appliance is not intended for use by many unspecified people for a long period of time.
- This appliance must not be used in the following areas:**
- Farm houses.
 - By clients in hotels, motels and other residential type environments.
 - Bed and breakfast type environments.

PARTS NAMES



- Please remove the twist tie holding the Power Cord before use.
- Do not use the Power Cord bundled up. Doing so may cause the Power Cord to become excessively hot, resulting in malfunction.

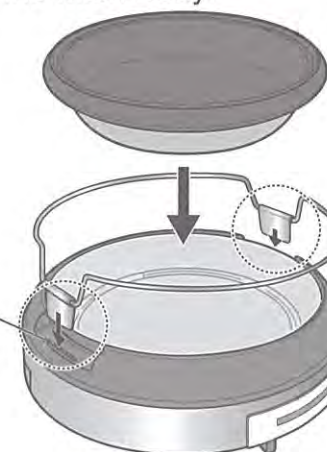
SPECIFICATIONS

Model No.	EP-LAQ15	EP-LAH15C
Rating	AC 220-230V 915-1000W 50/60Hz	AC 220V 915W 50Hz
Length of the Power Cord	1.7m	
External Dimensions (approx. cm)	30 (W)×30 (D)×18 (H)	
Weight	approx. 3.4kg	
Temperature Control	Keep Warm ~230°C	

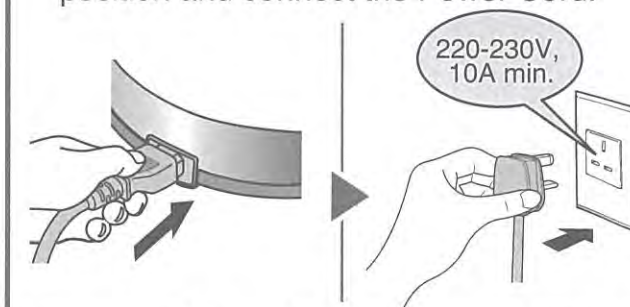
HOW TO USE 1. HOW TO PREPARE

- Wipe the Pan and the Cover before use.

① Set the Protective Guard and the Pan to the Main Body.



② Turn the Control Lever to the OFF position and connect the Power Cord.



- *Be sure that the Appliance Plug is clean and free from any metal flakes attached.
- *Be sure to insert the Power Plug into the electrical outlet securely.

- *Do not set the Protective Guard if the Pan is hot. (It may cause burns)
- *Be sure that there is no moisture between the Heating Plate and the Pan. (It may decrease the product's function or cause malfunction)
- *Set the Pan securely and do not allow it to become slant.
- *Set the Protective Guard securely into the holes. (located at 2 positions: right and left edge)

Tips for Cooking



Pre-cook a stew menu on the gas cooker beforehand.

The Pan can be used on the direct fire of the gas cooker. It will help you to reduce the cooking time when you wish to cook in a hurry.

Do not cook the Pan empty on direct fire.
(Do not use the Pan on the induction heater.)

- *Adjust the flame suitable for the Pan size.
- *Do not use the gas cooker to Pre-heat, Sizzle, Stir-fry other than for stewing menus. (It may cause deformation of the Pan and Titanium Ceramic Coating (non-stick coating) to peel off or corrode.)
- *As the Pan gets hot, use mittens when holding it and do not use your hands. (It may cause burns.)



When the Pan is covered:

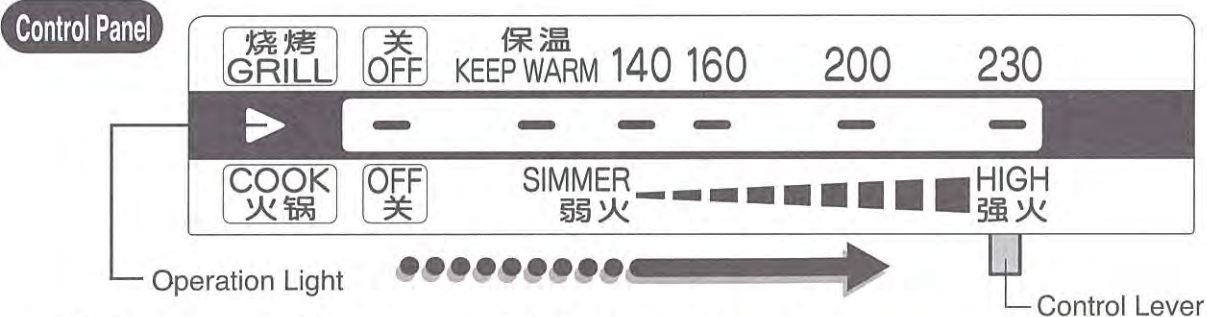
The surface temperature of the pan may become 20-30°C higher than cooked without using the Cover.

- *Sizzling and steaming menus (frying dumpling, hamburger, steak, fried egg...) can be cooked faster and softer.
- *Pot cooking menus can be boiled faster.

Be careful when removing the Cover.

- *A steam comes out from the gap between the Cover and the Pot when cooking a steaming menu.
- *Heated oil may spill out from the gap between the Cover and the Pot when grilling a steak.

HOW TO USE 2. HOW TO COOK



When cooking a pot/stew menu:

- 1) Put water or soup stock in the Pan and close it with the Cover.
- 2) Adjust the Control Lever at HIGH. (The Operation Light turns on)
- 3) When the water or soup stock boils, add ingredients and start cooking.

*Be careful not to add too much ingredients and soup stock as it may boil over.

Suitable cooking power for Pot/Stew menus:

Power	Menus
SIMMER	Yose-nabe (Seafood, chicken, tofu, noodles, and vegetables cooked in a pot) Chanko-nabe (Mixture of meats and vegetables cooked in a pot favored by Japanese Sumo wrestler) Sukiyaki Shabu Shabu Yudofu (Boiled Bean curd in a kelp based soup stock) Oden (Vegetables and fish cakes cooked in a pot)
HIGH	

When cooking a grilling menu:

- 1) Adjust the Control Lever to the appropriate temperature and preheat. (The Operation Light will turn on and the product begins operating.)

*Do not cover the Lid when preheating.

- 2) Begin cooking when preheating completes.

for about 8 minutes

Suitable temperature for grilling menus:

Power	Menus
230	Yaki-niku (grilled beef), Yaki-soba (fried noodle) and steak
200	Okonomi-yaki (Japanese pancake)
160	Pancake
140	Crepe, Thin omelet
KEEP WARM	Keeping food warm at optimum temperature

*The above temperatures are estimations detected on the surface of the Pan uncovered.

*Use hot water (not water) to steam and finish grilling Gyoza (grilled dumplings).

*When keeping food warm, turn the Control Lever to KEEP WARM.

*You may hear some noise or small clicking sounds during use but this is normal and not a malfunction.

*You may notice that the Operation Light turns on and off during Keep Warm and Cooking. This is due to controlling the cooking temperature and so not a malfunction.

*You may notice some smell or smoke coming out from the product at initial use, but this is a normal symptom.

*Be sure to unplug the product by holding the Power Plug, not by pulling the Power Cord.

*Be sure to unplug the Power Cord after every use.

*Please allow the product to cool down before cleaning (for about 40 minutes after cooking).

AFTER USE...

- 1) Turn the Control Lever to the OFF position.
- 2) Unplug the Power Plug and the Appliance Plug.

RECIPES

The measurements used in these Recipes:

- 1 Cup = 200mL
- 1 Tablespoon = 15mL
- 1 teaspoon = 5mL

POT RECIPES

Adjust the power (HIGH-SIMMER) depending on the cooking condition.

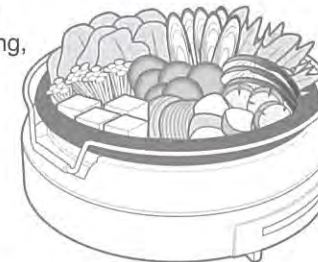
YOSE-NABE

Ingredients (2 servings):

Chicken.....100g	Water.....3 1/2 cups
White fish.....1 slice	Konbu (kelp) cut the surface.....
Scallop.....2 pieces	1 sheet at 5cm ²
Momen-doufu (firm tofu).....1 pack	Seasoning:
Welsh (white) onion.....1 stick	{ Grated white radish...proper quantity
Carrot.....1/2 stick	{ Shred and rinsed white onion.....
Shungiku (garland chrysanthemum).....	{proper quantity
.....1/2 bunch	{ Red pepper.....proper quantity
Chinese cabbage.....1 leaf	Ponzu sauce:
Enokidake (winter mushroom).....	{ Konbu based soup stock...1/4 cup
.....1/2 pack	{ Soy sauce.....1/4 cup
Harusame (bean-starch vermicelli).....	{ Squeezed yuzu/sudachi (citron)....
.....1/4 pack	{1/4 cup

How to cook:

- 1) Cut chicken and white fish at bite size. Cut Tofu into large blocks. Cut a white onion at diagonal, slice carrot, cut Shungiku and Chinese cabbage at 4-5cm width and chop off the bottom of Enokidake. Soak Harusame in hot water to soften.
- 2) Add water and Konbu in the Pan, cover it and turn the power on adjusting the Control Lever to the HIGH position.
- 3) Take the Konbu out right before boiling. Upon boiling, add meat, seafood, vegetables and Tofu. Dip them in Ponzu sauce with seasoning when cooked.



SUKIYAKI

Ingredients (2 servings):

Beef loin (thinly sliced).....250g	Enokidake (winter mushroom).....1 pack
Yaki-doufu (boiled tofu).....1 pack	Egg.....2 pieces
Konnyaku (thread type).....150g	Sukiyaki soup mix:
Chinese cabbage.....4 leaves	{ Soup Stock.....2 Tbsp.
Shungiku (garland chrysanthemum).....	{ Soy sauce.....1/3 cup
.....1/2 bunch	{ Mirin.....1/3 cup
Welsh (white) onion.....1 stick	{ Sake/liquor.....2 Tbsp.
Shiitake mushroom (fresh).....4 pieces	{ Sugar.....4 Tbsp.

CHANKO-NABE

Ingredients (2 servings):

Pork loin (thinly sliced).....150g	Shiitake mushroom (fresh).....2 pieces
Minced chicken.....150g	Konnyaku (thread type).....1/2 pack
{ Ginger (chopped).....1/2 piece	Age (fried tofu).....1 sheet
{ Spring Onion (chopped).....5cm	Mochi (rice cake).....2 pieces
{ Sake/liquor.....1 Tbsp.	Bean sprouts.....1/2 bag
{ Starch.....1/2 Tbsp.	Water.....3 1/2 cups
{ Miso (bean paste).....1 tsp.	Konbu (kelp) cut the surface.....
{ Salt.....1/4 tsp.	1 sheet at 5cm ²
Carrot.....1/4 stick	Chicken soup stock (in powder).....
Welsh (white) onion.....1 stick	1 Tbsp.
Chinese cabbage.....2 leaves	Sake/liquor.....2 tsp.
Mizuna (potherb mustard) or Shungiku	Soy sauce.....2 tsp.
(garland chrysanthemum).....1/2 bunch	Salt.....a little

How to cook:

- 1) Mix minced chicken and (A) well. Shave the skin of carrot and cut in small stripes. Cut a white onion at diagonal. Then cut Mizuna/Shungiku and Chinese cabbage at 7-8cm widths. Chop off the bottom and slice Shiitake mushroom. Lightly boil Konnyaku and cut at a length you like. Pour hot water over the surface of Age and cut it in half. Open the Age and stuff the Mochi in it, then close the mouth with toothpick.
- 2) Add water and Konbu in the Pan, cover it and turn the power on adjusting the Control Lever to the HIGH position. Take the Konbu out right before boiling and put chicken soup stock, then skim the foam.
- 3) Upon boiling, add spoonful of minced chicken round in a ball shape. Add sake, soy sauce and salt while checking the taste of the soup, and then add pork and vegetables.

How to cook:

- 1) Mix the Sukiyaki soup beforehand.
- 2) Cut Tofu into large blocks. Lightly boil Konnyaku and cut at a length you like. Chop off the bottom of the Shiitake mushroom and Enokidake and cut. Cut other ingredients at a length you like.
- 3) Add 1/2 cup of (1) in the Pan, cover it and turn the power on adjusting the Control Lever to the HIGH position.
- 4) Upon boiling, add beef, vegetables, other ingredients and the rest of Sukiyaki mix then continue to cook.
- 5) Once they become ready to serve, dip them into a beaten egg and enjoy.

RECIPES cont.

GRILLING RECIPES

STEAK

Ingredients (2 servings):

230

Sirloin (or fillet).....2 cuts	Devilled sour cream (mix to serve):
Garlic (sliced).....2 blocks	{ Sour cream.....30g
Salt & pepper.....a little	{ Mustard seed.....1/2 tsp.
Vegetable Oil.....as you like	{ Mustard.....1/2 Tbsp.
	{ vegetable oil.....1/4 tsp.
	Garnish:
	Carrot & broccoli (boiled).....
	as you like

How to cook:

- 1) Turn the power on by adjusting the Control Lever to the **230** position. Pour oil on the Pan when preheating completes and cook garlic until it gives good flavor then take it out. Sprinkle salt & pepper on meat before cooking and cook it on the Pan. When the surface becomes golden brown, turn it over, close the Pan with Cover.
- 2) When it is grilled at your desired level, place on the warmed plate and garnish it with carrot & broccoli. Put the devilled sour cream and garlic on top to serve.

*Be careful when removing the Cover during cooking as oil may scatter.

FRENCH TOAST

Ingredients (2 servings):

160

French bread.....	Butter.....1 Tbsp.
.....sliced in 2.5cm width, 4 slices	Honey or jam.....as you like
{ Egg.....1 piece	
A { Milk.....1/2 cup	
{ Sugar.....1 Tbsp.	

How to cook:

- 1) Put (A) in a ball and mix well, then dip French bread.
- 2) Turn the power on by adjusting the Control Lever to the **160** position. When preheating completes, paste butter on surface of the Pan. Place (1) on the Pan and toast the both sides until the surface become slightly brown color.
- 3) Serve it with honey or jam.

SMALL SIZE OKONOMI-YAKI

Ingredients (8 pieces):

200

Thinly sliced pork (cut in 5cm width)...	Vegetable oil.....as you like
.....60g	Okonomi-yaki sauce.....as you like
{ Flour.....1 cup	Dried bonito flakes.....as you like
{ Soup stock.....1/2 cup	Green laver.....as you like
{ Egg.....2 pieces	
{ Vinegar.....1 tsp.	
A { Cabbage (chopped).....200g	
{ Bits of deep-fried tempura batter.....	
.....2 Tbsp.	
Red pickled ginger (chopped).....1 Tbsp.	
Spring onion (chopped).....as you like	
Yam potato (grated).....as you like	

How to cook:

- 1) Put (A) in a ball and mix well.
- 2) Turn the power on by adjusting the Control Lever to the **200** position. Pour oil on the Pan when preheating completes. Pour half portion of (A) on the Pan and place pork on top (you can make 4 small Okonomi-yaki).
- 3) When one surface becomes golden brown, turn it over and grill both sides. Paste Okonomi-yaki sauce, sprinkle dried bonito flakes and green laver on top to serve.

SMALL SIZE PANCAKE

Ingredients (6 pieces):

160

Flour.....1 cup	Vegetable oil.....as you like
Baking powder.....1 1/2 tsp.	Honey or maple syrup.....as you like
{ Egg.....1 piece	Butter.....as you like
{ Milk.....70ml	
A { Sugar.....4 1/2 Tbsp.	
{ Butter (dissolved).....2 Tbsp.	
{ Vanilla essence.....a little	

How to cook:

- 1) Mix (A) well with whisk.
- 2) Add flour and the baking powder while sifting together into (1) to make the mixture.
- 3) Turn the power on by adjusting the Control Lever to the **160** position. Pour oil on surface of the Pan when preheating completes. Pour half portion of (2) on the Pan and bake the both sides (you can make 3 small pancakes).
- 4) Serve it with honey or maple syrup and butter on top.

OTHER RECIPES

CHINESE STYLE PORRIDGE

Ingredients (2-3 servings):

HIGH ~ SIMMER

{ Rice.....150g	Ginger (cut in julienne strips).....
{ Water.....500g	as you like
A { Chicken with bone (chop into	Welsh (white) onion (chopped).....
chunks and pour hot water over)...	as you like
.....100g	Chinese matrimony vine (soak and
	soften in a warm water).....as you like

How to cook:

- 1) Put (A) in the Pot and loosen rice.
- 2) Cover the Pan and turn the power on by adjusting the Control Lever to **HIGH** position. When it boils, skim the foam. Slide the Cover a little and slide the Lever to **SIMMER** position, then cook for another 20-25 minutes. (Be careful not to boil over.)
- 3) Add ginger, white onion and Chinese matrimony vine to serve.

PAELLA

Ingredients (2 servings):

230 → 160 → 140

Rice.....1 1/2 cups	{ Olive oil.....1 Tbsp.
{ Prawn.....4 pieces	{ Butter.....1/2 Tbsp.
{ Asari clam (short-necked clam)...	
A {8 pieces	
{ Squid.....80g	
{ Capsicum.....1 piece	
{ Water.....2 cups	
{ Cube consommé (crushed).....	
B {1/2 cube	
{ Saffron.....approx. 0.5g	
{ Salt.....1/4 tsp.	

How to cook:

- 1) Rinse rice and drain in a basket. Remove shell and veins of prawn; soak clams allowing it to purge sand and rinse. Cut squid and capsicum in mouth bites.
- 2) Turn the power on by adjusting the Control Lever to **230** position. When preheating completes, add (C) and cook until rice becomes clear color for about 3 minutes.
- 3) Add (A) in (2), stir-fry it lightly and add (B) to mix them all then cover the Pan.
- 4) When it boils, turn the Lever to **160** position, and cook for another 5 minutes. Then turn the Lever to **140** position and cook for another 20-25 minutes, then mix them all.

JAPANESE STYLE CURRY RICE

Ingredients (2 servings):

230 → 160 → 140

Flank (sliced).....160g	{ Water.....2 cups
{ Onion (middle size).....1/2 piece	{ Sake or liquor.....2 Tbsp.
A { Carrot.....1/4 stick	B { Vinegar.....1 tsp.
{ Potato (middle size).....1/2 piece	{ Cube consommé (crushed).....1/2 cube
Curry mix in a solid form (sold in a	{ Laurel.....1 sheet
super market) for 2 serving.....50g	
Vegetable oil.....1 Tbsp.	

How to cook:

- 1) Cut beef in 5cm² stripes and (A) in mouth bites.
- 2) Turn the power on by adjusting the Control Lever to **230** position. When preheating completes, pour oil and stir-fry the beef. Add (A) when the color of beef turns brown and continue stir-frying sufficiently.
- 3) Add (B) in (2) and cover the Pan. When it boils skim the foam. Turn the Lever to **160** position, and cook for another about 15 minutes (until the ingredients becomes soft), then add the curry mix and mix well.
- 4) When the curry mix dissolves, cover the Pan again. When it boils, turn the Lever to **140** position and cook for another about 15 minutes.

*Mix several times while simmering so that the bottom of it will not be scorched.



CLEANING AND MAINTENANCE

Be sure to clean after every use. Leaving burnt food on the pan leads to scorch and becomes difficult to remove.

● Be sure to unplug the Power Plug and allow the Main Body to be cooled down before cleaning.

Cover Pan	1) Use a sponge with kitchen detergent to clean. 2) Wipe it clean with a dry cloth after rinse. • Allow the Pan and Cover to be cooled down before cleaning. • Do not put knives, forks, bowls nor dishes in the Pan. (As these may scratch the surface causing the non-stick coating to peel off.) • Soak in warm water when food is stuck on the Pan, then clean with a sponge. • Rinse the Cover thoroughly so that kitchen detergent will not remain. (The Cover may become fogged if alkaline-based detergent is used.) • After cleaning the Pan, wipe the moisture off with a dry cloth. Set in the Main Body and plug in to turn the power on. After the surface of the Pan dries, apply vegetable oil slightly. • Do not forcefully pull or bend the Protective Guard when cleaning. (It may cause deformation.)
Heating Plate	Soak a cloth in hot water and wrung well, then wipe off the soil clean. • Use a sandpaper (about No.400) to remove stacked objects. • Do not splash it with water or wash the whole part. (It may cause breakdown.)
Main Body	Clean and wipe it with a cloth soaked in water and wrung well.
Power Cord (Appliance Plug · Power Plug)	Wipe it clean with a soft dry cloth.

Do not use the following:

- Dishwasher (It may cause discoloration.)
- Acid type detergent and alkaline based detergent (It may cause rust and discoloration.)
- Cleaners other than kitchen detergent such as abrasive cleansers and brushes (These may cause deformation, discoloration and scratches.)

Wipe moisture off thoroughly with a dry cloth after every cleaning.

TROUBLESHOOTING GUIDE

Please check the following points before calling for service.

Problems	● Cause (Points to check)
The Pan does not become warm (electricity is not on):	• The Power Plug is not plugged in. → Please check • The Appliance Plug is not properly connected. → Please check
Difficult to cook:	• Preheating is not sufficient. → Preheat well before start cooking. (Approx. 8 minutes) • The pan is heated up without using the Cover. → Using the Cover when cooking helps to boil faster.
It takes too long to boil or it does not boil:	• The temperature is lowered down due to adding many ingredients at one time. → Add ingredients gradually. • Use a cooking stove to boil beforehand for faster cooking. • Heat is not conducting well to the Pan as the Heating Plate is soiled. → Clean the Heating Plate. (Refer to the above procedure)
Food is scorched or burnt too much:	• The Pan is soiled (food is stacked on its surface). → Clean the Pan. (Refer to the above procedure)

WARNING - THIS APPLIANCE MUST BE EARTHED

<for EP-LAQ15 only>

IMPORTANT

The wires in this mains lead are coloured in accordance with the following code:

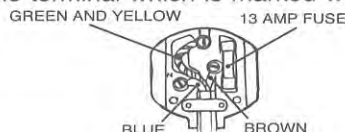
Green-and-yellow:Earth Brown:Live Blue:Neutral

If the colours of the wires in the mains lead of this appliance do not correspond with the coloured markings identifying the terminals in your plug, proceed as follows.

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol or coloured green or green-and-yellow. The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured BLACK.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured RED.

This appliance must be protected by a 13A fuse if a 13A (BS1363) plug is used or, if any other type of plug is used, by a 10A fuse either in the plug or adaptor or at the distribution board.





象印烧烤火锅两用电锅 使用说明书

EP-LAH15C/EP-LAQ15

- 感谢您购买本产品。
- 请在使用前详读使用说明书，以便正确使用，并请妥善保管本说明书。

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EP-LAH15C

执行标准: GB4706.1-2005 GB4706.14-2008 GB4706.19-2008
生产厂 : 漳州灿坤实业有限公司
福建省漳州台商投资区灿坤工业园

ZOJIRUSHI CORPORATION
OSAKA, JAPAN



安全注意事项 务请遵守

- 以下所示注意事项分为“警告”和“注意”两项，以防止给使用者或他人带来危害或损害。
- 每个注意事项都涉及有关安全的重要内容，务请遵守。

**警告**

提示如果操作有误，可能会造成重伤※1的内容。

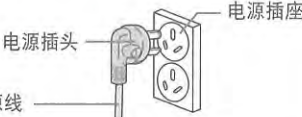
**注意**

提示如果操作有误，可能会受到伤害※2或物品损害※3的内容。

※1重伤是指失明、受伤、烫伤（高温・低温）、触电、骨折、中毒等，以及留有后遗症，或需住院、需长期通院治疗之伤。
※2伤害是指不需住院、不需长期通院治疗的受伤及烫伤、触电等之伤。

- 阅读后，请保管在使用者随时都可看到的地方。

**警告**

 不得使用交流220V（EP-LAH15C），220-230V（EP-LAQ15）以外的电源 否则，会有引起火灾、触电的危险。	 电源线、插头损伤时或插座松动时，请勿使用 否则，会有造成触电、短路、起火的危险。 
 不得改造。除修理技术人员外，不得拆卸或擅自修理 否则，会有造成火灾、触电、受伤的危险。需要修理时，请惠询经销店或本公司的服务站。	 不得损伤电源线 强行扭曲、拉扯、扭转、捆扎、或靠近高温处，电源线上放置重物、或挤压、加工、会造成电源线破损，而有引起火灾或触电的危险。
 不得浸泡于水中或淋水 否则，会有造成短路、触电的危险。	 不得让儿童单独使用，不得放在幼儿能触摸到的地方 否则，有造成烫伤、触电、受伤的危险。特别要注意因煎锅、煮锅边缘而造成的烫伤。
 请勿使本体插口、电源线浸泡于液体或溅湿 否则，会有造成短路、触电的危险。	 不得舔磁性插头 特别应注意不要让婴幼儿舔到 否则，有导致触电、受伤的危险。
 不得用湿手插拔电源插头 否则，有可能触电、受伤。	 发生异常和故障时，请立即停止使用 如果持续使用会引起冒烟、着火、触电、受伤的危险。 {异常、故障举例} ・电源插头、电源线异常发热 ・电源线重度损伤或变形 ・移动电源线时会造成断续通电 ・有焦糊味 ・触碰时有麻电感 ・温度调节杆调节温度无效 ・温度调节杆调到“关”显示灯仍亮 等 发生以上现象时，请立即拔下电源插头，并洽询经销店进行检查、修理。
 在没有安全责任人对本机器的使用给予指挥管理或指示的情况下，运动能力、感觉能力或是智力低下及缺乏经验和知识的人（包括儿童）严禁使用本机器。家长应照看管理好孩子，避免儿童用本机器玩耍。	
 不得烹调油炸食物 否则，会有造成火灾的危险。	
 应单独使用额定10A以上的电源插座 若与其他器具共同使用，分路插座部分会因异常发热而引起火花。	
 务必将电源插头完全插入插座 否则，会有造成火灾、触电的危险。	

**注意**

△ 符号表示警告、注意内容的标记。图中或附近标注有具体的注意内容。

**禁止**

⊘ 符号表示禁止事项。图中或附近标注有具体的禁止内容。

**指示**

● 符号表示强制或指示事项的内容，图中或附近标注有具体的指示内容。

※3物品损害是指对住房、家财以及家畜、宠物等之损害。

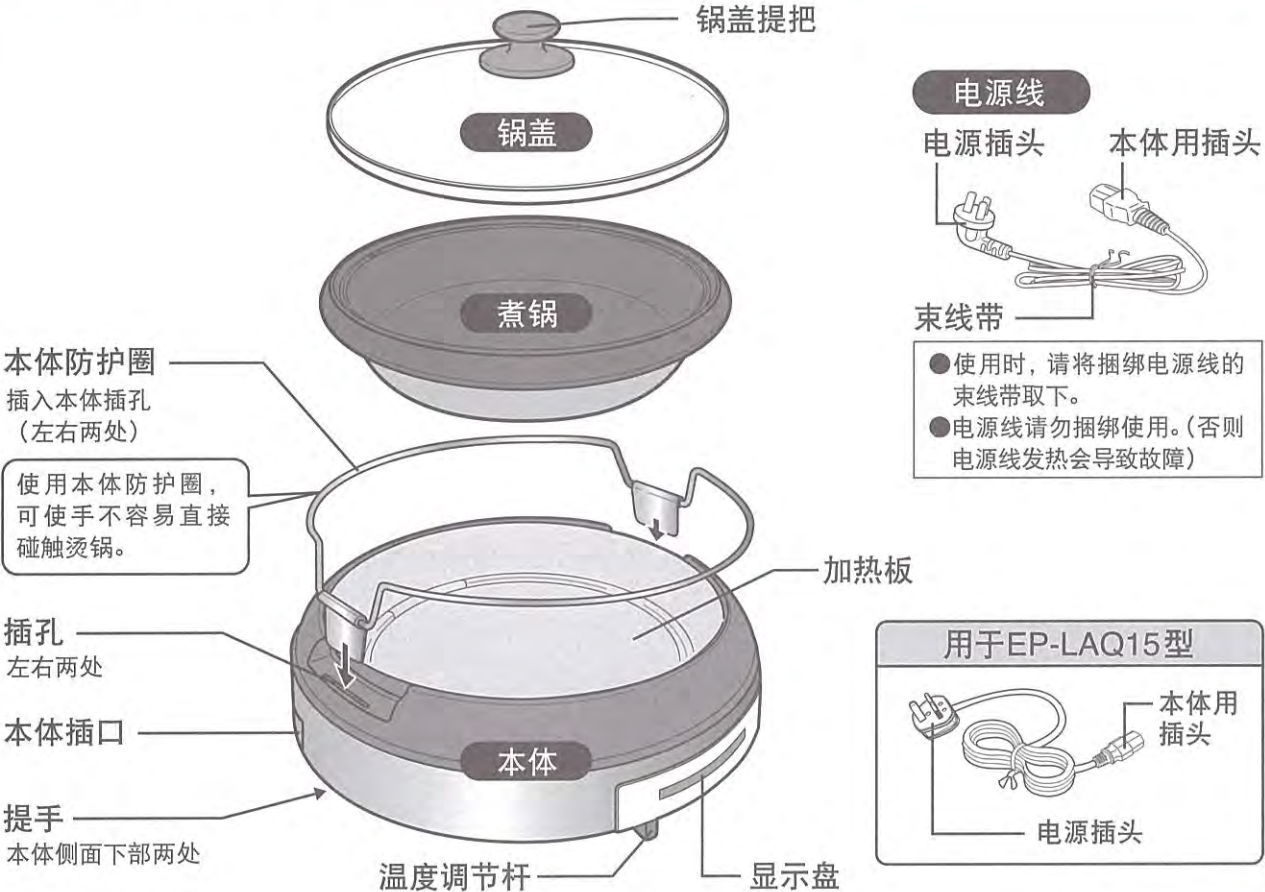
**注意**

 使用中和刚使用后不得触摸高温部分 否则，碰触到高温部会造成烫伤。	 不得放在不稳定的位置或不耐热的垫子上使用 否则，有引起火灾的危险。
 不使用时，应从电源插座上拔下插头 否则，可导致受伤、烫伤、或因绝缘劣化而引起触电、漏电、火灾。	 不得直接加热罐装和瓶装物食品等 否则，有可能因罐、瓶破裂或过热而引起烫伤、受伤。
 按下插头时，务必手持插头，不得拉扯电源线 否则，有可能造成触电或短路而出现火花。	 不得在距离墙壁、家具过近之处使用 否则，蒸汽或散热会造成墙壁或家具损伤、变形或变色。
 待冷却后再进行清理 否则，碰触到高温部会造成烫伤。	 必须使用专用电源线 电源线不得使用于其他电器 否则，有可能引起故障或火灾的危险。
 如果电源软线损坏，必须用专用软线或从其制造厂或维修部买到的专用组件来更换	 请不要使用于火锅、烧烤以外的用途
 在预热和烹调中，请将对烟雾及气味敏感的小鸟等小动物移到其他房间，并开窗或打开换气扇	 不得将本产品与其他的定时或遥控装置连接

敬请注意

- 不要将其他锅具放在本体上加热。
- 除火锅料理、烧烤料理、焖烤料理以外，不要用于其他的用途。
- 不要取下煮锅后通电。（造成火灾的原因）
- 不要将沾附在加热板上的污垢和异物置之不理。（造成焦垢或腐蚀的原因）
- 请小心使用。（造成故障或损坏的原因）
- 为使煮锅的“陶钛涂层”长期不受损伤，务请遵守以下事项。
 - 不要使用金属铲子。（造成刮伤的原因）
 - 不要用刀叉等锋利用具进行刮擦。
 - 不要长时间的空烧。
 - 不要使用去污粉、尼龙刷和金属刷等。（造成变形、变色、损伤的原因）
 - 煮锅表面的污垢，不要放置不理。
因为酸（醋）和盐分（调味汁、酱油、盐）等是造成腐蚀的原因。
另外，沾附物会造成烧烤不均匀而影响烹饪口味。所以请务必清除干净。
 - 不要使用厨房用中性洗涤剂以外的洗涤剂（如碱性洗涤剂、酸性洗涤剂），以免造成腐蚀。
 - 煮锅中的料理，不要放置不理，以免造成腐蚀。
- 本器具不得使用木炭或类似燃料。
- 为防止玻璃锅盖的破裂，请注意以下事项。
 - 不要急剧冷却
 - 不要刮伤
 - 不要强烈碰撞
 - 不要直接用火烘烤
- 不要在煤气灶上空烧、烧烤和烹炒。
（否则，会引起陶钛涂层的脱落、腐蚀以及煮锅的变形和变色。）
- 本产品用于一般家庭以及以下类似用途。
 - 可用于商店、办公室或其他工作环境中的员工用厨房。
- ※但是，不要用于因未指定人群造成的长时间使用。
- 另外，也不要用于以下的类似用途。
 - 宾馆、汽车旅馆、其他住宿设施等。

各部分名称



规格

型 号	EP-LAH15C	EP-LAQ15
额 定	交流 220V 915W 50Hz	交流 220-230V 915-1000W 50/60Hz
电 源 线	1.7m	
外形尺寸(约cm)	宽30×深30×高18	
重 量	约3.4kg	
温度调节范围	保温~230℃	

产品中有害物质的名称及含量

部件名称	有害物质					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
外装构成品	○	○	○	○	○	○
内部构成品	○	○	○	○	○	○
电气零件	×	○	×	○	○	○

本表格依据 SJ/T 11364 的规定编制。
○：表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572 规定的限量要求以下。
×：表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572 规定的限量要求。

使用方法 1.准备

●请在使用前将煮锅、锅盖擦干净。

①将本体防护圈和煮锅放入本体。

②将温度调节杆调到“关”，连接电源线。

●请确认电源插头完全插入插座。

●当煮锅很烫时，请不要安装本体防护圈。（否则，会有造成烫伤的危险。）
●请确认煮锅与加热板之间没有水分。（否则，会引起性能下降和故障。）
●煮锅应平稳放入，不要倾斜。
●请将本体防护圈确实插入插孔（左右两处）。

烹饪要点

煮锅可利用煤气灶事先烹调

煮锅可直接放在煤气灶上加热。
赶时间或预热煮锅时非常方便。
（请勿将煮锅放置于电磁炉上来进行加热。）

- 煤气灶的火候，请配合煮锅的大小进行调节。
- 除烹调火锅之外（空烧、烤、炒），请绝对不要使用煤气灶。（否则，会造成锅的变形，陶钛涂层脱落和腐蚀。）
- 由于煮锅很烫，请不要用手直接握持，使用隔热手套。（否则，会有造成烫伤的危险。）

盖上锅盖时…

加盖比不加盖时煮锅的表面温度约高摄氏20~30℃。

- 烹调锅贴、汉堡牛肉饼、牛排、煎蛋等煎的料理、以及煎烤后焖煮的料理时加盖的话，易熟并嫩。
- 可更快烧开火锅料理的高汤。

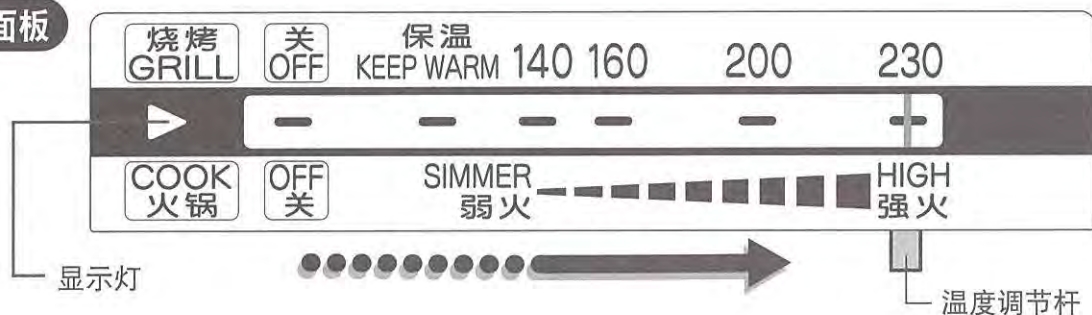
在掀盖时请格外注意

- 烹调煎烤后焖煮料理时，锅盖和煮锅之间会有蒸汽冒出。
- 烧烤牛排时，锅盖和煮锅之间可能会有热油溅出。

使用方法

2. 烹调

操作面板



烹调火锅料理时

- ①加入水或汤汁，盖上锅盖。
- ②将温度调节杆调到“强火”。
(显示灯亮灯)
- ③煮开后加入材料，开始烹调。

〈烹调火锅的参考火候〉

温度刻度	料理名称
弱火	什锦火锅 日式相扑火锅
↑	
强火	酱油牛肉火锅 涮羊肉 汤豆腐 黑轮

●放入食材、高汤过量时，有可能会造成溢出，请注意适量。

烹调烧烤料理时

- ①将温度调节杆调到所需的温度刻度，进行预热。
(显示灯亮灯，开始通电)
●请勿盖上锅盖进行预热。
- ②等预热结束后再开始烹调。

〈烹调烧烤的参考火候〉

温度刻度	料理名称
230	烤肉、炒面、牛排等
200	日式煎馅饼等
160	松饼等
140	奶味薄饼、煎薄蛋等
保温	料理的保温

●温度刻度是表示未加锅盖时，煮锅表面的大致温度。

- 请使用热水进行烹调煎饺。
- 保温时，请将温度调节杆调到“保温”。
- 使用中有时会发出“嘎吱”的响声，并非故障。

- 在预热和烹调中，显示灯会忽亮忽灭，这是正在进行温度调节，并非故障。
- 初次使用时，可能会冒烟或有异味，并非异常。

使用后...

- ①将温度调节杆调到“关”。
- ②拔下电源插头，取下本体用插头。

- 务必手持电源插头拔下。
- 烹调结束后务必拔掉电源线。
- 待本体冷却后(使用后约40分钟)再清洗。

食谱

提示

有关计量单位
 • 1杯 = 200mL
 • 1大匙 = 15mL
 • 1小匙 = 5mL

火锅类 ◇请边看煮食情况边调节火候的大小(强火~弱火)。

什锦火锅

强火 ~ 弱火

材料 (2人份)

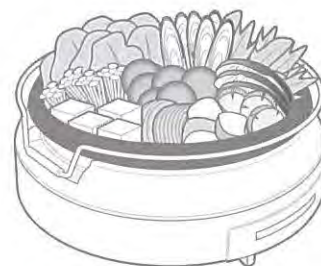
鸡肉……………100g
 肉鱼……………1片
 扇贝……………2个
 豆腐……………1块
 大葱……………1根
 胡萝卜…………1/2个
 茼蒿……………1/2把
 白菜……………1片
 金针菇…………1/2包
 粉丝……………1/4包

水……………3 1/2杯
 海带切片
 ……………5cm大小1片

佐料
 { 白萝卜泥……………适量
 葱末……………适量
 辣椒……………适量
 柚子醋
 { 高汤……………1/4杯
 酱油……………1/4杯
 柚子(或酸橘)汁………1/4杯

作法

- ①鸡肉、肉鱼切成一口大小，豆腐切块，大葱斜切，胡萝卜则切成圆片。茼蒿、白菜切成约4~5cm宽，金针菇切去根部，粉丝则泡开。
- ②将水、海带放入煮锅中，盖上锅盖后将火力调至强火。
- ③即将煮开前取出海带，煮开后依序放入肉、鱼肉、蔬菜、豆腐等，边煮边盛起加上佐料享用。



日式牛肉火锅

强火 ~ 弱火

材料 (2人份)

牛里脊肉(薄片)……250g
 烧豆腐(烤过的木棉豆腐)……1块
 魔芋丝……………150g
 白菜……………4片
 茼蒿……………1/2把
 大葱……………1根
 鲜香菇……………4朵

金针菇……………1包
 鸡蛋……………2个

〈调味料〉
 { 高汤……………2大匙
 酱油……………1/3杯
 甜料酒……………1/3杯
 酒……………2大匙
 砂糖……………4大匙

作法

- ①将调味料预先调拌好备用。
- ②烧豆腐切成厚块、魔芋丝用水煮过后切成适当长度、鲜香菇去除根部、金针菇切去根部。其他食材切成容易入口的大小。
- ③在煮锅中倒入1/2杯的调味料①，盖上锅盖将火力调至强火。
- ④煮开后放入牛肉、蔬菜和其他食材，然后边添加调味料边煮。
- ⑤煮熟后沾上生鸡蛋汁食用。(根据个人喜好)

烧烤类

牛排

230

材料 (2人份)

牛腰肉(或里脊肉).....2块
大蒜(切成薄片).....2瓣
盐、胡椒.....少许
色拉油.....适量

◇芥末酸味奶油酱(预先拌好)

酸味奶油.....30g 颗粒芥末.....1/2小匙
芥末酱.....1/2大匙 色拉油.....1/4小匙

◇配菜

胡萝卜、青花菜(烫熟).....适量

作法

①将火力调至**230**。预热结束后，倒入少许色拉油推匀，将大蒜片爆香后取出。牛肉下锅前洒上盐、胡椒，将单面煎黄并翻面后，再度盖上锅盖。

②煎至您喜爱的熟度，起锅盛到预先加热过的盘子上，并以配菜的胡萝卜、青花菜装饰。肉上则放上芥末酸味奶油酱及爆香过的大蒜片。

◇烹调中如打开锅盖，有可能导致色拉油四溅，请格外小心。

法国土司

160

材料 (2人份)

法国面包.....2.5cm厚面包片4片
鸡蛋.....1个
①牛奶.....1/2杯
砂糖.....1大匙
奶油.....1大匙
蜂蜜或果酱.....适量

作法

①将①倒入金属盆内充分拌匀后，浸入法国面包片。
②将火力调至**160**。预热结束后，放入奶油并将①的面包片排列其上，烧烤至两面呈金黄色为止。

③盛盘时附上蜂蜜或果酱。

迷你杂样煎菜饼

200

材料 (8片份)

猪肉片(切成约5cm宽).....60g 色拉油.....适量
低筋面粉.....1杯 杂样煎菜饼用酱料.....适量
高汤.....1/2杯
鸡蛋.....2个 鲑鱼片.....适量
醋.....1小匙 青紫菜.....适量
①卷心菜(剁碎).....200g
油炸屑.....2大匙
红腌姜(剁碎).....1大匙
青葱(剁碎).....适量
山芋泥.....适量

作法

①将A充分拌匀。

②将火力调至**200**。预热结束后倒入少量色拉油推匀，将①的1/2份量倒入，并将猪肉片排列其上(一次可煎4片)。

③单面煎好后请翻面，两面都煎熟后涂上酱料，再洒上鲑鱼片、青紫菜。

迷你烤饼

160

材料 (6片份)

低筋面粉.....1杯
泡打粉.....1又1/2小匙
鸡蛋.....1个
牛奶.....70ml
①砂糖.....4 1/2大匙
奶油(预先加热溶解).....2大匙
香草精.....少许
色拉油.....适量
蜂蜜或蜂糖浆.....适量
奶油.....适量

作法

①以搅拌器将A充分拌匀。

②将低筋面粉、泡打粉边筛进①中边搅拌，调制面糊。

③将火力调至**160**。预热结束后倒入少量色拉油推匀，将②的1/2份量倒入，烧烤两面(一次可煎3片)。

④盛盘时淋上蜂蜜、蜂糖浆或奶油。

其他料理

清粥

强火 → 弱火

材料 (2~3人份)

①白饭.....150g
水.....500g
带骨鸡肉(切块后川烫).....100g
生姜、大葱(切丝).....适量
枸杞(以温水泡开).....适量

作法

①将①倒入煮锅中，白饭请充分搅松。

②盖好锅盖后，将火力调至**强火**。煮开后撇去浮出的泡沫，将锅盖稍微打开，将火力调至**弱火**加热20~25分钟(容易溢出锅外，请格外小心)。

③盛起时洒上生姜、大葱、枸杞。

西班牙海鲜饭

230 → 160 → 140

材料 (2人份)

白米.....1 1/2杯
①虾子.....4个
蛤蜊.....8个
墨鱼.....80g
青椒.....1个
水.....2杯
高汤块(预先捏碎).....1/2块
②番红花(西红花).....约0.5g
盐.....1/4小匙
③橄榄油.....1大匙
奶油.....1/2大匙

作法

①白米洗好后置放于筛网中，虾子去壳与泥肠，蛤蜊则吐沙后洗干净。墨鱼、青椒切成一口大小。

②将火力调至**230**。预热结束后倒入③，翻炒约3分钟至米粒透明为止。

③将①倒入②中稍加翻炒，其次再倒入②后充分拌匀，盖上锅盖。

④煮开后，将火力调至**160**加热5分钟。其次将火力调弱至**140**，加热20~25分钟后拌匀。

咖喱饭

230 → 160 → 140

材料 (2人份)

五花牛肉(切成薄片).....160g
①洋葱.....中1/2个
胡萝卜.....1/4个
土豆.....中1/2个
市售咖喱汤块.....2人份(50g)
色拉油.....1大匙
水.....2杯
酒.....2大匙
②醋.....1小匙
高汤块(预先捏碎).....1/2块
月桂叶.....1片

作法

①牛肉切成约5cm宽，①则切成一口大小。

②将火力调至**230**。预热结束后，倒入色拉油、翻炒牛肉，牛肉变色后再加入①充分翻炒。

③在②中加入②，盖上锅盖煮开后撇去浮出的泡沫。将火力调弱至**160**后加热约15分钟(至材料变软为止)，加进咖喱汤块并充分拌匀。

④咖喱汤块溶化后，再度盖上锅盖。煮开后将火力调弱至**140**加热约15分钟。

◇为避免烧焦黏锅，在烧煮过程中请搅拌数次。



清理保养

每次使用后请务必清洗干净。若对沾附物放置不理，会留下焦垢而不易清除。

●清洗时，请拔下电源插头，待本体充分冷却后再进行。

锅盖 煮锅 本体防护圈	①用海绵块沾上厨房用洗涤剂擦洗。 ②清水冲洗后用干抹布擦净。 ●请待锅盖、煮锅冷却后再进行清洗。 ●禁止将刀叉碗盘等放入煮锅内浸泡（可能会损伤煮锅涂层） ●沾附的污垢，用温水稍浸泡后再用海绵块清洗。 ●清洗锅盖时，请充分冲洗以免残留洗涤剂。 （洗涤剂中含有的碱性成份若残留，锅盖有时会失去光泽。） ●煮锅洗净后，用干软布将水分充分擦净，并通电加热使锅干燥之后，在煮锅的表面薄薄涂抹一层食用油。（保养煮锅的方法） ●清洗本体防护圈时，请勿用力拉扯、弯曲。（否则，会造成变形）
加热板	用抹布浸热水拧干后擦去污垢 ●有焦斑沾附时，请用砂纸（400号左右）磨擦。 ●请不要淋浇到水或整个冲洗。（造成故障的原因）
本体	用软布浸水拧干后擦拭
电源线 (本体用插头、电源插头)	用干软布擦拭

●请勿使用以下物品。

- 餐具洗涤干燥机（造成变色的原因）
- 中性以外的洗涤剂、酸性洗涤剂、碱性洗涤剂（造成生锈、变色的原因）
- 厨房用洗涤剂以外的东西、以及去污粉、去污刷（造成变形、变色、损伤的原因）

●清洗结束后，请用干布彻底擦净水分。

认为故障时

在致电要求服务前请检查以下列出的几点。

现 象	原 因
煮锅不热（不通电）	●电源插头是否拔下→请确认。
	●本体用插头是否完全插入→请确认。
烹调食品不易烤熟	●预热不够→请充分将煮锅预热后再进行烹调。（约8分钟）
	●没有盖上锅盖→盖上锅盖可以使蓄热加快。
至烧开为止需要很长时间或不烧开	●一次放入食材过量，会使温度下降→请逐渐适量添加食材。
	●烹调火锅时，先使用煤气灶烧开后，再进行烹调的话非常方便。
	●加热板沾附污垢时，会影响对煮锅的加热。→请进行清理。（参阅上述）
料理严重焦糊	●煮锅沾附污垢→请进行清理。（参阅上述）