



14
Brand New
Recipes

捷家伴多功能蛋至尊

Giabo Egg Daily

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食譜



歡迎齊來體驗捷家件多功能蛋至尊創意食譜之旅。
本食譜分兩份介紹共14款簡易而又美味的菜式。
第1部份共8款採用雞蛋為食材，
第2部份介紹6款雞蛋以外的食譜。
當中一些創意菜式可能會為您帶來一點驚喜。

Thank you for purchasing the Giabo Egg Daily.
In this book we will introduce 14 recipes in 2 sections.
The first section will show 8 recipes based on using eggs.
The second section will show 6 recipes with other ingredients.
We hope you enjoy our creative recipes.



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Seaweed Sausage Roll

香腸紫菜蛋卷



材料：雞蛋(1個)
香腸(1條)
紫菜(1塊)

調味：配以茄汁

1. 首先在烤管內壁噴上食油，打入雞蛋
2. 把香腸卷上食用紫菜，再穿入竹籤，放進烤管內中間位置
3. 待9-10分鐘升起取出，加上茄汁，完成

Ingredients: Egg 1/ pc
Sausage 1/ pc
Seaweed 1/pc

Seasoning: Ketchup

Direction:

1. Spray oil into the baking tubes, crack and pour 1 egg;
2. Wrap the sausage with seaweed, insert skewer and put inside the tube;
3. Let it cook for 9-10 minutes, until the food rise up, serve with Ketchup.



Mango Crabsticks Egg Roll

蟹柳芒果蛋卷

材料：雞蛋(1個)
蟹柳(1條)
芒果(長條, 約2小條)

1. 烤管噴上食油, 以少許紫菜捲起蟹柳及芒果, 可避免放進烤管時散開
2. 打進雞蛋於烤管內, 再放入蟹柳芒果卷, 並以竹籤撥動及移向中間位置
3. 約8-10分鐘後蛋卷升起, 切開即成

Ingredients: Egg 1/pc
Crabstick 1/pc
Mangos (2/pc thin strips)
Seaweed 1/pc

Seasoning: Nil

Direction:

1. Spray oil into the tubes, roll the crabstick and mango stick with seaweed;
2. Pour egg and put the rolls inside the tube, use skewers to set them in the middle of the tubes;
3. Cook for 8-10 minutes, until egg rolls rise up, cut and serve.



Chikuwa Vegetable Roll

竹輪蔬菜卷



材料：蛋白 (2個)
竹輪卷 (1條)
紅蘿蔔青瓜 (切條 各1小條)

1. 將紅蘿蔔及青瓜切成約3.5吋長幼條，放進竹輪中
2. 烤管噴上食油，打入蛋白，把竹輪卷置於烤管中間位置，再插入竹籤
3. 約9-12分鐘後，蛋卷升起撒上芝麻，完成

Ingredients: Egg white 2/pc
Chikuwa 1/pc
Carrot & Cucumber
(Cut into sticks each with 1/pc)

Seasoning: Sesame

1. Cut carrots and cucumber into 3.5-inche sticks, put them into the Chikuwa (roasted fish sausage);
2. Spray oil into the baking tubes, crack and pour only the egg white, put roasted fish sausage into the middle of the tube, and insert skewers;
3. Let it cook for 9-10 minutes, until the food rise up, sprinkle with sesame to serve.

Bacon Mixed Vegetables Egg Roll

煙肉三色豆蛋卷

材料：雞蛋(1個)
煙肉(半條)
三色豆(一茶匙)

調味：黑胡椒

1. 烤管內壁噴上食油，以竹籤串起半條煙肉備用
2. 將雞蛋打進烤管內，放入三色豆，並以竹籤撥動，令三色豆和蛋液混合
3. 把煙肉插進烤管中間位置，約9分鐘後，蛋卷升起
4. 如頂部未熟透，可倒轉放進烤管加熱，等蛋卷再次升起後撒上胡椒粉

Ingredients: Egg 1/pc
Bacon ½/pc
Mixed vegetables
(diced carrots, corns and green peas)

Seasoning: Pepper

Direction:

1. Spray oil into the baking tubes, insert skewers onto the half bacon strips;
2. Pour the egg into the tube, add corn, and stir with the egg;
3. Arrange bacon into the middle of the baking tubes and cook for 9 minutes until the food pop up
4. (If it is not fully cooked, please turn it upside down into the tubes and wait for it to pop up again, sprinkle pepper and serve.)



Bell Pepper Egg Roll

三色椒蛋卷



材料：蛋白 (2個)
青椒, 紅椒, 黃椒
(切條, 各1小條)
紫菜 (1小塊)

調味：鹽及胡椒粉

1. 把紅, 黃, 青椒切成幼條, 加入鹽及胡椒粉作調味
2. 稍醃後的三色椒用少許紫菜, 捲起備用
3. 烤管噴食油後打進雞蛋, 慢慢放入三色椒小卷, 再以竹籤撥動小卷往中間位置
4. 約9分鐘後, 待蛋卷升起, 如頂部未熟透, 頂部倒轉放進烤管再加熱
5. 約2分鐘後再次升起, 取出加上少許麻油, 完成

Ingredients: Egg 1 /pc
Green pepper,
Red pepper,
Yellow pepper
(cut into small 2/ pc)
Seaweed 1/pc

Seasoning: Salt, Pepper

1. Cut red, yellow and green peppers into thin strips, season with salt and ground pepper;
2. Put peppers onto the seaweed, roll them and seal with egg white;
3. Spray oil and pour egg, put the rolls into the baking tubes, use skewers to set the rolls in the middle of the tubes;
4. Wait for 9 minutes, until the rolls rise up; you can turn it upside down to cook again if it is not fully cooked;
5. Cook for another 2 minutes, until the rolls rise up, serve with sesame oil.

材料：蛋白 (1個)
香蕉 (1/5條, 壓茸)
消化餅 (半塊, 壓碎)

調味：花奶

1. 烤管內壁噴上食油, 把香蕉壓成茸備用
2. 先把消化餅放在碗中用器皿壓碎, 倒入蛋白
3. 稍為攪拌後, 加入1-2茶匙花奶增加香味
4. 最後加入香蕉茸, 混合後放進烤管內, 等待9-12分鐘

注：香蕉可轉為蘋果碎粒, 口感同樣豐富

Ingredients: Egg white 1/pc
Banana 1/5 /pc
Wafers (1/2/pc & cracked)

Seasoning: Evaporated milk

Direction:

1. Spray oil into the baking tubes, press the banana to make mashed banana.
2. Combine egg white with cracked wafer and stir, add 1-2 tbsps of evaporated milk;
3. Lastly add the mashed banana, mix and put into the tubes, cook for 9-12 minutes;
4. Remarks: you can replace the mashed banana with diced apple.

Banana Egg White Roll

香蕉蛋白卷



Minced Pork Egg Roll

肉碎蛋卷



材料：雞蛋 (1個)
免治豬肉 (約兩茶匙)
青椒或紅椒 (1小條)

調味：鹽，醬油，生粉及麻油(各少許)

1. 免治豬肉加入少許鹽，醬油及生粉稍醃
2. 青，紅椒直切成小條後，把已醃的豬肉釀入邊位
3. 烤管噴上食油，放入釀好的豬肉，讓它在管內稍煎
4. 5分鐘後，打入雞蛋，插入竹籤，約9分鐘後，蛋卷升起，淋上小許麻油，完成

注：以上 此款可用淨蛋白，
份量約2個雞蛋之蛋白

Ingredients: Egg 1/pc
Mince pork (2 tea spoon)
Green or Red pepper
(1/pc thin strip)

Seasoning: Salt, Soy sauce, Flour, Sesame oil

Direction:

1. Marinate minced pork with salt, corn flour, and soy sauce;
2. Cut the green and red bell peppers into thin strips, stuff the marinated pork into the edge of the peppers;
3. Spray oil into the tubes, insert stuffed peppers and let it fry for 5 minutes;
4. Pour egg white, insert skewer. Cook for 9 minutes, until the egg rolls rise up, serve with sesame oil.

Remarks: you can only use egg white
for this recipe, use about 2 egg whites.



Onion Sausage Roll 火腿洋蔥蛋卷

材料：雞蛋 (1個)
火腿片 (1/2片)
洋蔥(切小條 / 約2小條)

調味：胡椒粉

1. 首先在烤管內噴上食油，打入雞蛋
2. 把火腿片放入烤管，
用竹籤撥好火腿片位置，
再把洋蔥條放於烤管中間
3. 插入竹籤，待9-12分鐘升起，
取出蛋卷，切開後撒上胡椒粉，完成

Ingredients: Egg 1/ pc
Ham ½ pc
Onion (cut into small of 2/pc)

Seasoning: Pepper

Direction:

1. Spray oil and pour egg;
2. Put ham into the baking tubes and
use skewers to set them into the proper position,
and then put onion sticks into the middle of the tubes;
3. Insert skewers; cook for 9-12 minutes,
until the rolls pop up. Cut open and sprinkle pepper to serve.



Section B

本節我們將為您介紹6款創意食譜，
您會發現捷家伴多功能蛋至尊能造出雞蛋以外的新穎菜式。
請注意本節中用家需自行從烤管中取出食物；
而由於烤管仍然處於高溫，請務必帶上隔熱手套，
並勿讓兒童自行操作。

In this section, we are going to introduce 6 creative recipes
in which bread and other ingredients will be used.

The user needs to take the rolls out manually.

When taking out the baking tubes,
always remember to wear insulated gloves;
do not let children to operate it without supervision.

Beware of burns when removing the heating tube.

Salad Cheese Roll

沙律芝士條

材料：麵包芝士條(1條)
牛油，沙律醬(適量)

1. 首先在烤管內噴上食油
2. 麵包芝士條切去頭尾，中間介開，放入牛油及沙律醬
3. 放入烤管中，3分鐘後再把芝士卷頭尾調轉放入烤管，3分鐘後再倒出即可食用

Ingredients: Bread Cheese Sticks (1/pc)
Butter
Mayonnaise

Seasoning: Nil

Direction:

1. Spray oil into the baking tubes;
2. Cut the head and tail of the cheese stick and cut open the middle, add butter and mayonnaise;
3. Set inside the baking tubes, cook 3 minutes then turn around the cheese stick and cook another 3 minutes and serve.



Smoked Salmon & Avocado Roll

煙三文魚牛油果卷

材料：麵包 (1 塊)
煙三文魚 (適量)
牛油果 (兩小條)

調味：沙律醬

1. 麵包切去邊皮及壓平，牛油果及煙三文魚切成一條條備用
2. 把三文魚條及牛油果放上壓平的麵包上
3. 再捲成卷狀麵包條，放入烤管，約5分鐘後，再把麵包卷頭尾調轉再烘烤4-5分
4. 倒出後切開並加上沙律醬即可食用

Ingredients: Bread 1/pc
Smoked Salmon
Avocado 2 thin strips

Seasoning: Mayonnaise

Direction

1. Cut the crusts off the bread and compress the bread; cut avocados and smoked salmon into strips;
2. Arrange smoked salmon and avocados strip on top of the pressed bread;
3. Roll and put them into baking tubes. Let it cook for 5 minutes, take them out and turn them around and cook for another 4-5 minutes.
4. Cut and serve with mayonnaise.



Banana Butter Roll

麵包香蕉牛油卷

材料：麵包 (1塊)
香蕉(半條)
牛油(適量)

1. 香蕉切成長條備用，
麵包切去邊皮及壓平，搽上牛油
2. 烤管噴上食油，香蕉放在麵包上，捲為條狀
(因麵包已搽上牛油，油只噴2-3下即可)
3. 放入烤管中，約4-5分鐘後，抽出烤管，
將麵包條頭尾調轉再烘烤4-5分鐘
4. 完成後倒出，
可見牛油已平均佈滿整條麵包條

Ingredients: Bread 1/pc
Banana ½/pc
Butter

Seasoning: Nil

Direction

1. Cut banana into strips, set aside.
Cut the crusts off the bread and
compress the bread spread butter
onto the bread;
2. Spray a little oil into the baking tube;
put banana strips onto the bread,
roll it and put into the tubes
3. Let it cook for 4-5 minutes,
take them out and turn them around,
cook for another 4-5 minutes and serve.



Banana Pancake

香蕉班戟



材料：香蕉
班戟粉 (150g)
牛奶(180g)
雞蛋(1個)

調味：朱古力或糖霜

1. 烤管噴入食油後(約5下), 待烤管預熱1-2分鐘,
2. 預先將班戟粉按步驟及比例混合牛奶及雞蛋, 備用
3. 把香蕉壓成茸後混入班戟醬中, 再倒入烤管中
4. 約4-6分鐘, 會見班戟表面 冒出小洞, 這時可把班戟頭尾 調轉再烘烤
5. 再等約2-4分鐘後, 倒出並加上朱古力或糖霜

Ingredients: Banana
Pancake mix (150g)
Milk (180g)
Egg (1 pc)

Seasoning: Chocolate, Icing sugar

Direction:

1. Spray oil into the baking tubes (around 5 times), let the tube pre-heat for 1-2 minutes;
2. Add milk and eggs to the pancake mix, set aside;
3. Press the banana to make mashed banana; mix it well with the pancake batter, pour it into the tubes;
4. Let them cook for 4-6 minutes, take them out and turn them around for further cooking;
5. Cook another 2-4 minutes, serve with chocolate or sugar icing.

材料：春卷皮 (切約4"x4")
肉鬆(一湯匙)

調味：芝麻, 沙律醬

1. 首先往烤管內壁噴上食油(約6-8下), 春卷皮切開約4"x4" 正方形
2. 在春卷皮上放上一湯匙肉鬆及撒上少許芝麻
3. 由邊位開始捲起, 頭尾位置再以小竹籤封口
4. 放入烤管, 約15分鐘後倒出, 加上沙律醬, 完成

Ingredients: Spring roll wrapper
(cut into 4 x 4 square)
Meat floss (1 tablespoon)

Seasoning: Sesame, Mayonnaise

Direction:

1. Spray oil into the baking tubes, cut spring roll wrapper into a 4x4 square;
2. Arrange 1 tbsp dried pork crisp onto one side of the spring roll wrapper, sprinkle with sesame.
3. Roll it from the side; close both ends with small skewers;
4. Put them into baking tubes, let them cook for 15 minutes. Take them out manually, serve with mayonnaise.

Dried Pork Crisp Roll

肉鬆脆卷



Beef & Enoki Mushroom Roll

金菇肥牛卷



材料：肥牛(1塊)
金菇(適量)

調味：糖, 醬油, 芝麻, 麻油

1. 先把肥牛用糖及醬油醃15分鐘, 然後再捲上適量金菇。
2. 烤管噴入食油後, 待烤管預熱2分鐘, 放入金菇肥牛卷
3. 約5-7分鐘後取出烤管並直接倒出, 撒上少許芝麻及麻油, 完成

注：肥牛本身已有油份, 所以噴油時只需噴2-3下使烤管內壁均勻便足夠

Ingredients: Beef 1/pc
Enoki mushroom
(appropriate)

Seasoning: Sugar, Soy sauce,
Sesame, Sesame oil

Direction:

1. Marinate beef slices for 15 minutes, put enoki mushrooms on beef slices and roll;
2. Spray oil into the baking tubes, pre-heat for 2 minutes and put in the rolls.
3. Let them cook for 5-7 minutes, remove the baking tubes from the device, pour the rolls out gently. Serve with sesame oil.

Remarks: As beef has oil already, only 2-3 spray of oils is enough.



有用貼士

Section A (第一部份) 雞蛋及 雞蛋+其它配料之材料, 在大多數情況下均會自動升起, 如不升起可能有幾個可能性, 請參閱說明書P4及P5。

因應各人口味不同, 如有需要可取出及反轉蛋卷以自行延長烹調時間。Section B(第二部份) -雞蛋以外的食材, 則需於烹調時自行取出及翻轉。

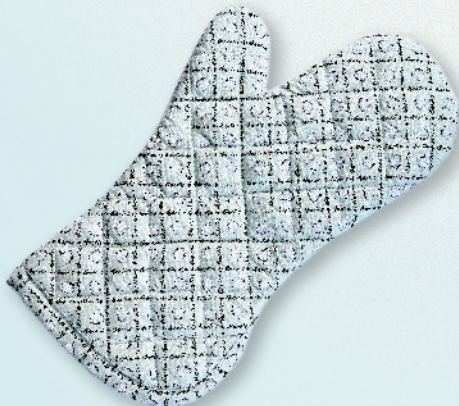
為避免意外灼燙, 請帶上隔熱手套。

Useful Tips

In most cases, when cooking only eggs, or eggs with other ingredients, the egg rolls will rise up as they cook. In some cases, the rolls may not rise up, but this is normal, please refer to the user manual, pages 4 and 5 for more details. If one end of the roll is not fully cooked, you can cook the other end of the roll by turning it around.

For Section B, or other recipes other than egg, users need to take the roll out as it will not pop up by itself. Remember to wear insulate gloves to avoid burns when removing the heating tubes.

We hope you enjoy your Giabo Egg Daily.





GIABO EGG DAILY 捷家伴多功能蛋至尊

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