



煲粥

煲粥 Congee



燉品

燉品 Double Boil



糖水

糖水 Sweet Soup



滷味

滷味 Braise

耗電量極低 環保慳電費

Low Power Consumption
Eco-friendly & Saves Electricity

電子恆溫設計，額定功率只有300W耗電量極低，即烹調3小時消耗不到1度電*，煲老火湯、粥品、藥膳、糖水甚至燉燉皆可，尤其適合注重健康的您，亦是產後進補好拍檔。

Utilizing only 300W low power, cooking with GMD-305 continuously for 3 hours consumes less than 1 unit of electricity*, perfect for Chinese soups, herbal tonics, congees and slow stews.



*每度電為1,000W/小時，而使用電子慢燉養生鍋烹調3小時只消耗900W，折算港幣為約6毫 (以港燈住宅供電價目表2021計算)。

*1 unit of electricity is 1,000W/hr, and cooking with Electronic Healthy Slow Cooker for 3 hours only consumes 900W of electricity, which calculates to approx. HK\$0.60 (based on HK Electric Residential Tariff 2021).

規格 Specification	
型號 Model	GMD-305
功率 Power	300W
電壓 Voltage / 頻率 Frequency	220V / 50Hz
容量 Capacity	5L
機身尺寸 Product Dimensions	(H) 330 mm (W) 329 mm (D) 285 mm
玻璃包尺寸 Glass Pot Dimensions	(H) 145 (Ø) 265 mm
包裝尺寸 Packing Dimensions	(H) 320 mm (W) 320 mm (D) 307 mm
淨重 Net Weight	4.6kg
總重量 Gross Weight	5kg

德國寶多功能電鍋系列 German Pool Multifunctional Cooker Series



GMD-305
電子保健養生鍋
Electronic
Healthy Slow Cooker



DFC-918
變頻萬用養生鍋超級版
Multifunctional
Health Cooker



URC-36
鮑參翅肚煲
Seafood
Delicacy Cooker

產品規格及設計如有變更，恕不另行通知。最新版本以www.germanpool.com網上版為準。
中英文版本如有出入，一概以中文版為準。

All information in this pamphlet is for reference only. Specification and design are subject to change without prior notice. If there is any inconsistency or ambiguity between the English version and the Chinese version, the Chinese version shall prevail. Refer to www.germanpool.com for the most updated version.



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德國寶 German Pool

GERMAN
POOL



電子保健養生鍋

GMD-305



文火
慢燉

電子
恆溫

慳電
環保

5升
容量



ELECTRONIC HEALTHY SLOW COOKER

煮出百變養生食品 Cook Healthy Foods With GMD-305



煲湯

老火湯 Soup



藥膳

藥膳 Herbal Tonic



燉煮

燉煮 Stew



海味

海味 Delicacy

失水率極低 保存營養 毋須睇火

Minimal Evaporation Rate
No Need To Monitor Cooking Process

配備圓碟形發熱盤立體加熱，微電腦電子恆溫，保持湯水低於100°C沸點，煲4小時失水率僅約1%*，鎖住食材精華，避免營養隨水蒸氣流失；而長時間烹調毋須擔心乾燒，亦不會滾沸，毋須睇火。

Built-in microcomputer keeps cooking temperature stable and under 100°C boiling point, fully releasing food essence into the soup; the evaporation rate* is extremely low, so there is no worry about spillover or boiling dry.



*實際失水率受水量、火力及食材份量影響 * Only 1% of water is lost during a 4-hour session.
(Actual water loss depending on water volume, high/low power and food quantity)

*使用時建議加入已煲滾的湯水
*It is recommended to add warm water into glass pot

為何要養生?

Prevention Is Better Than Cure

醫學發現，人從30歲開始逐漸衰老、器官功能減退，身體對疾病的抵抗力下降。很多人認為疾病是突發的，但其實大部分疾病在顯露症狀前，已長期存在於體內。故此，中醫強調「治未病」，除積極尋找除疾之法外，更要積極預防疾患。

Medical science confirms that our body slowly goes downhill with age, and our immunity levels start to decline. Western medicine believes in treating ailments, while Chinese herbology believes prevention is better than cure, and daily maintenance with nutritious tonics is the essential key to good health.



養生好方法

Replenish Our Body With Nutritional Tonics

飲食為健身之本。飲食養生，合理地攝取飲食中的營養，增強免疫力、強壯身體和預防疾病，達到延年益壽的目的。俗語說：「寧可食無菜，不可食無湯」，多喝有營燉湯不僅能調節口味、補充體液，且能防病抗病，對健康極為有益。

We are what we eat. By eating nutritious food, we replenish what our bodies are missing, thereby boosting our immunity, reinforcing our system and preventing illnesses. Soups are by far the easiest to absorb; drinking soup not only replenishes nutrition, it also replenishes our need for fluids.



養生保健首選 For The Betterment Of Your Health

結合傳統藥膳與現代營養學知識，德國寶全新升級版電子保健養生鍋，採用嶄新燉煮技術，特別配備微電腦電子恆溫，透過文火均勻慢燉，全面釋放食材及藥材的營養價值，而且失水率極低，防止乾燒及滾瀉，慳電又環保，簡單一鍵煮出色香味俱全的完美湯水、燉品等各種養生料理，湯料精華徐徐釋放而形不散，湯水清澈而味濃厚，讓您和家人飽口福、養臟腑、潤身心。 German Pool Electronic Healthy Slow Cooker embraces Chinese herbology and modern nutrition science with new cooking technology, fully releasing food flavour and essence by gentle heat. With this eco-friendly and energy-saving slow cooker, you can now enjoy wholesome soups, tenderly stewed delicacies and traditional Chinese herbal remedies without worrying about spillovers.



燉湯、煲湯鍋具大比拼 Soup Cookers & Utensils Comparison

	電子保健養生鍋 Electronic Healthy Slow Cooker	電子瓦罉 Ordinary Electric Cooker	紫砂燉盅 Purple Clay Pot
容器 Utensil	高密度玻璃耐酸鹼、耐高溫、不吸味、不吸收雜質 High density glass is acid/ alkaline resistant, heat-resistant and doesn't absorb smells or impurities	陶瓷燉盅密度低，傳熱不均，內膽塗層可能脫落 Ceramic slow cooker is low density, transmits heat unevenly, and coating may chip off	紫砂密度極低，易吸附雜質，受熱膨脹後會釋放出來 Extreme low density, can absorb impurities from the liquid within, then release with future use
烹調方式 Cooking Method	電子恆溫保持溫度剛低於100°C，毋須隔水即可燉湯 Cooking temperature remains constant and under 100°C, achieving double-boiling effect without water bath	運用微電慢熱的方式長時間熬煮 Long-hour cooking over 100°C	明火烹調，將燉盅置於外鍋中隔水燉煮 Needs water bath to achieve double-boiling effect
容量 Capacity	5公升大容量 5 L	一般為3公升中容量 Normally 3 L	一般為1.5公升小容量 Normally 1.5 L low capacity
效果 Effect	湯水清澈，味道富層次感，湯料完整 Soup is clear and flavorful, ingredients stay intact	湯料稀爛，湯水混濁 Ingredients are cooked mushy, soup is cloudy	混雜上次煲湯的味道 Tainted with tastes from previous cooking
水份蒸發 Evaporation Rate	極少 Minimal	多 High	少 Low
耗用能量 Energy Usage	低 Low	中 Medium	高 High
清潔 Cleaning	不黏鍋、結構簡單，清洗方便 Food doesn't stick, removable glass pot is easy to clean	會吸味，清洗麻煩 Absorbs smell, hard to clean	會黏鍋和吸味，清洗麻煩 Food may stick, pot absorbs smell, hard to clean
安全 Safety	無火恆溫烹調，不會滾瀉或乾燒，毋須睇火 Flameless cooking, stable cooking temperature, will not cook dry or spill over, no need to monitor	無火煮食，但有機會滾瀉 Flameless cooking, may spill over	明火煮食，需要看管，易乾燒及滾瀉 Open flame cooking, needs constant monitoring, easy to cook dry or spill over

貼心設計

Thoughtful Design



透明玻璃鍋 安全、耐高溫、不吸味

透明高密度玻璃鍋助您易於掌控火候，耐酸鹼、耐高溫，不釋出有害物質亦不吸收雜質，即使煲藥材或薑醋亦不吸味，更可放入微波爐及雪櫃。

Multipurpose Transparent Glass Pot
Safe, Heat-resistant & Doesn't Absorb Smells

Transparent glass pot is non-toxic, resists corrosion and doesn't absorb food smells. Can be used in the microwave or for storing food in the refrigerator.



貼心防燙手柄

配備可拆式鋼架及防燙手柄，取放玻璃鍋時避免燙傷，安全又安心。

Heat-resistant Handle

Detachable elegant lightweight stainless steel frame with heat-proof handles for safe and easy carrying.

電子輕觸面板

一鍵選擇高、中、低三種火力，另設自動保溫功能，隨時品嚐溫暖補品。

Electronic Touch Panel

High, medium & low heat levels plus Keep Warm function let you enjoy delicious slow-cooked cuisines anytime.



可豎式玻璃鍋蓋

獨特鍋蓋設計，可豎立式擺放，煮食期間方便保持鍋蓋清潔又慳電。

Glass Lid Can Stand Upright

Specially designed handle allows the lid to stand upright, keeping it clean and saves kitchen counter space.

仿皮革紋理設計

機身採用仿皮革紋理設計，隔熱防燙，摩登型格，時尚廚房必備。

Chic & Practical Cooker Base

Modern designer base compliments any kitchen décor, and is heat-proof to prevent accidental scorching.