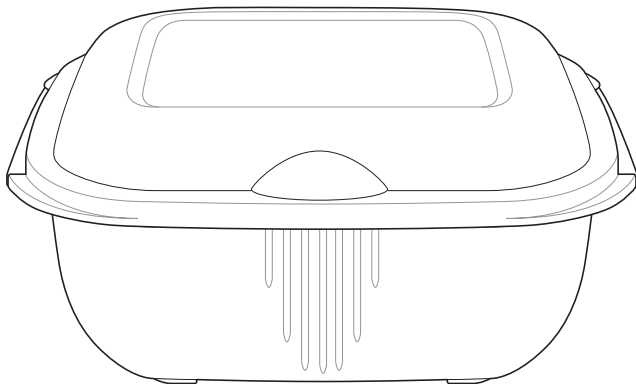


GOURLAB



User Instructions

- Retail Site -

Iwatani i-Collect

Official online store: <https://www.iwatani-i-collect.com>

Toll-free number: 0120-817-414

- Gourlab Special Website -

<https://www.gourlab.com>

- Gourlab Official Instagram -



GOURLAB.OFFICIAL

Contents

Usage Instructions	Specifications	2
	Usage Precautions	3
	What is Gourlab?	5
	How to Use Gourlab	5
	Cleaning	8
	Characteristics of Microwave Cooking.....	9
	Gourlab Cooking Styles	10
	Basic Recipes	
Karaage Fried Chicken	11	
Grilled and Salted Mackerel	12	
Rice	13	
Curry	14	
Stewed Hamburger Steak	15	
Spaghetti Napolitan	16	
Roast Beef	17	
Potato Salad	18	
Mapo Tofu	19	
Baked Cheesecake	20	
Water-Free Cooking for Vegetables	21	

Specifications

Gourlab containers

Large container



Lid

Small container



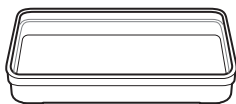
External dimensions 18.8 cm (W) × 16.7 cm (D) × 8.9 cm (H)

Weight 161 g Capacity 1,320 ml

External dimensions 15.6 cm (W) × 13.7 cm (D) × 7.2 cm (H)

Weight 107 g Capacity 670 ml

Rectangular dish



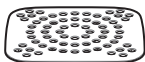
External dimensions 19.9 cm (W) × 18 cm (D) × 3.2 cm (H)

Weight 118 g Capacity 900 ml

Tray for both microwave and oven cooking

In addition to serving as a heat-resistant container for cooking, you can also use it as a tray to catch spills or for coating ingredients with flour.

Multi-plate



External dimensions 13 cm (W) × 12 cm (D) × 1 cm (H)

Weight 22 g

Plate designed for placement inside large container

Use it as a rack to drain liquid or oil or as a drop lid with the feet facing up.

Colander



External dimensions 15.1 cm (W) × 14.1 cm (D) × 7.3 cm (H)

Weight 70 g

Colander designed to fit perfectly inside large container

It can be used as a strainer when washing vegetables, rinsing rice, or draining noodles.

- The items included in the package may vary depending on the particular set purchased.
- The illustrations in this manual are provided solely for reference.

Usage Precautions



WARNING

Specific information concerning hazards that may result in serious injury or death if not observed



PROHIBITED

Actions that are prohibited



WARNING



PROHIBITED

● Do not overheat food.

- Reduce heating times to suit the amount of food (especially when heating small amounts).
- Do not use the automatic cooking function when heating in a microwave.
- When heating in an electric oven or microwave with an oven function, do not set the temperature above 230°C.

● Do not heat cooking oil on its own or food with high oil content.

● Do not heat using a toaster or any of the following heat sources:

- Open flame, non-electric oven, grill, heating appliances

(These pose the risk of smoke or fire.)



PROHIBITED

● Do not use beyond the maximum/minimum temperature ranges.

Use only within the maximum/minimum temperature ranges indicated below.

(Use outside these ranges may result in injury or damage.)

Maximum/minimum temperature ranges

Maximum temperature
150°C

Minimum temperature
-40°C



Lids



Colander



Do not use in oven.



Do not place in dishwasher/dryer.

Maximum temperature
230°C

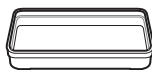
Minimum temperature
-40°C



Large container



Small container



Rectangular dish



Multi-plate

Notice

- This cookware is designed to be heated only in microwave or electric ovens (at settings not to exceed 230°C).
- Heating times may vary depending on the type and age of your microwave.

Request

- Keep this product away from direct exposure to flames.
- Read the instructions for your cooking appliance and check the settings before use.

● When cooking with a microwave

- Do not heat the container when it is empty.
- Do not use the automatic cooking function. (Doing so will result in unintended results.)
Always set the wattage and heating time manually.
- When heating, place the lid on the container as described in “Lid position for cooking” (p. 5).
You will not achieve the desired cooking results if the lid is not properly oriented when placed on the container.
- Be careful when opening the lid after heating to avoid exposure to high-temperature steam.

● When cooking with an oven

- Always remove the lid before cooking.
- Do not heat at temperatures exceeding 230°C.
- Do not use with appliances for which the temperature cannot be set.

● When cleaning

- Wash thoroughly after use. Using the container with adhering food residue may lead to scorching.
- Avoid using scouring pads and abrasive cleaners. These can scratch the surface.
- Do not use detergents containing orange essential oil.

CAUTION

Note that the lid may appear to fit loosely for the first several uses. The material will shrink to a tighter fit after being heated in the microwave a few times.

What is Gourlab?

Gourlab is a cooking device that allows you to prepare a wide range of dishes simply by placing ingredients and seasonings inside and heating in a microwave or oven. You can also use it to store food after cooking.

● It is not an airtight container.

How to Use Gourlab

Cooking food



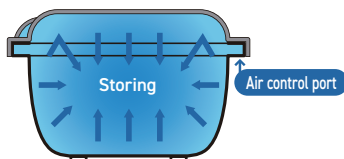
Thanks to Gourlab's unique air control design, the release of steam generated during cooking is appropriately regulated through the air control port. This keeps the pressure inside the container constant and slightly higher, allowing food to be cooked at slightly higher temperatures than usual.

Lid position for cooking



Place the lid on the container so that the air control port is on the side with the vertical ridges on the container.

Storing food

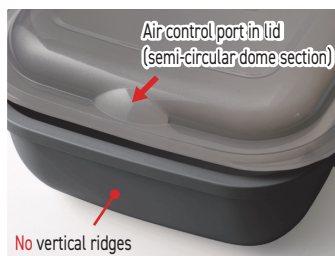


You can use the Gourlab as a container to store uncooked or cooked food in the fridge or freezer.

Food stored in the Gourlab can then be reheated as-is in a microwave.

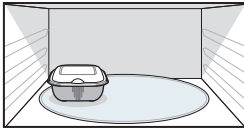
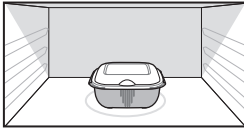
(The same applies for cooking in a microwave.)

Lid position for storing

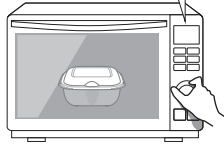
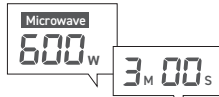


Place the lid on the container so that the air control port is on the side with no vertical ridges on the container.

Cooking in a microwave



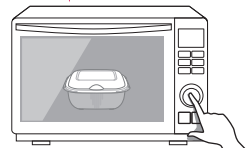
Select the container size and position inside the microwave to suit the type of microwave and amount of food being cooked.



Set the power output and cooking time appropriate for the food.



× Warming
× Gratin



Do not use automatic cooking functions.

Holding the container



Place your fingers below the handles on the container to remove it from the microwave. (Avoid touching or dislodging the lid. Doing so may result in the escape of high-temperature steam.)

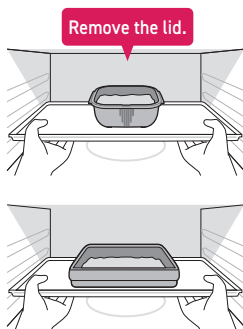
Opening the lid



To avoid scalding your hands or fingers, open the lid from the rear and allow steam to escape to the rear.

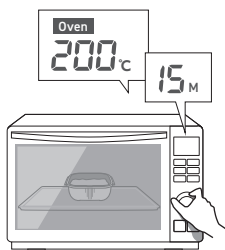
● If the lid is hot and difficult to open, open using an oven glove or cloth.

Cooking in an oven



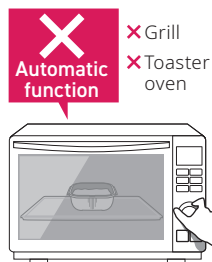
Place on an oven tray after removing the lid.

Check the instruction manual for the cooking appliance for information on accessories and rack positions.



Set to a temperature not exceeding 230°C.

Set the cooking temperature and time appropriate for the food.



Do not use the oven's grill or toaster functions.

Do not use automatic cooking functions.

Plastics used

Styrene resin (syndiotactic polystyrene)	Container, rectangular dish, multi-plate
Polypropylene	Lid, colander

Maximum/minimum temperature

Maximum temperature: 230°C (150°C for lid and colander)
Minimum temperature: -40°C

Country of manufacture	Japan
------------------------	-------

Cleaning

Before using for the first time

Wash thoroughly with dishwashing detergent.

After use (after cooking)

Wash thoroughly using dishwashing detergent.

Using the product with food residue still adhering will make it more difficult to clean.

- Clean using a soft sponge or cloth.
Avoid scouring pads. Scouring pads will leave fine scratches on the surface, making it harder to clean in the future.

If odors persist in the container

Pour a mixture of vinegar and water inside the container and place the lid in the position described in “Lid position for cooking” (p. 5).

Refer to the table below for amounts and times.

Container	Water	Vinegar	Heating time (600 W)
Large container	600 ml	1 tablespoon	8 minutes
Small container	150 ml	1/2 tablespoon	3 minutes 30 seconds

If the container becomes stained

Some foods may stain the container. This does not impair the quality or performance of the product.

Clean using kitchen bleach.

- Clean in accordance with the instructions provided for the bleach product.

Characteristics of Microwave Cooking

How microwave ovens work

Microwave ovens use radio waves called microwaves to vibrate the water molecules in food. The frictional heat generated by this vibration heats the food from inside.

Points to note for microwave cooking

The heating times and cooking methods provided in any recipe are guidelines.

These may also vary depending on the specific microwave. Start with a shorter heating time and add more time as needed while checking on how the food is cooking.

The heating time should be proportional to the weight of the food.

Doubling the amount of food will typically double the heating time. However, as mentioned above, variations may occur. Adjust the time as needed while checking on the food.

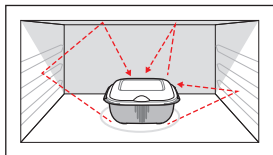
Make incisions in foods with a skin or membrane before heating.

Heating food in a microwave turns the moisture in the food into steam, which can cause food enclosed in a skin or membrane to burst or explode. Make incisions before heating to allow steam to escape before heating.

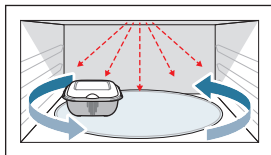
Keep the interior of the microwave clean.

Microwaves act on stains and any food residue inside the microwave, extending heating times. If heating performance declines, check the interior to ensure it is free of food, liquid residue, and grease, including on the ceiling. Wipe clean as indicated in the microwave oven instruction manual.

If food heats unevenly, try adjusting the position of the container or how food is arranged inside.



Without turntable



With turntable

Gourlab Cooking Styles

You can use Gourlab to cook in six different ways: stewing, baking, frying, steaming, rice cooking, and boiling.

A single Gourlab lets you cook in multiple ways.



Visit our website
for an extensive range of recipes.

Inspiration when you're unsure about what to cook
or for home lunch ideas.

Check our official Instagram account and Cookpad.

▼ Click here for details:



Instagram



Cookpad

Some basic recipes are provided here for your Gourlab! ▶▶▶

Karaage Fried Chicken

Healthy oil-free karaage fried chicken



Cooking time

Within **5** minutes
(excluding standing time)

Microwave

600 W
3 minutes

Ingredients (1 serving)

120 g chicken thighs (cut into six 20 g pieces)

1/2 tablespoon soy sauce

1/2 tablespoon mirin

A 1/4 teaspoon chicken broth powder

1/4 teaspoon grated garlic/garlic paste

1/4 teaspoon grated ginger/ginger paste

Potato starch (suitable amount)

Steps

1. Pierce the chicken pieces several times with a fork, then place in a plastic bag or container (or bowl). Mix in **A**, then allow to stand for 15 minutes at room temperature.
2. Use the rectangular dish (or a tray) to coat the chicken pieces with the potato starch, then shake off any excess.
3. Place the multi-plate in the large container, then lay the chicken piece on top with the skin side facing up. Place the lid on the container and microwave for 3 minutes at 600 W.

《Handy Gourlab tips》



Multi-plate

Place this inside the container to allow any oil to drip down for a healthier dish.

* Use is optional.



Rectangular dish

Use this as a tray for coating the chicken in potato starch.

Grilled and Salted Mackerel

Easy odor-free microwave baked fish



Cooking time

Within **5 minutes**
(excluding standing time)

Microwave

600 W
2 minutes
30 seconds

Ingredients (1 serving)

1 mackerel fillet (100 g)

Steps

1. Make a cross cut in the skin side of the mackerel, sprinkle evenly with a little salt, then allow to stand for 5 minutes. Use a paper towel to thoroughly absorb the moisture from the mackerel.
2. Place the multi-plate in the large container, then place the mackerel on top. Place the lid on the container, then microwave for 2 minutes 30 seconds at 600 W.

«Handy Gourlab tips»



Multi-plate

Placing this inside the container allows any oil to drip down for a healthier dish.

* Use is optional.

Cooking tip

Increase cooking times slightly for larger fillets.

Rice

A delicious single serving of easy to prepare microwave rice



Cooking time

Within **30** minutes
(excluding soaking
time)

Microwave

600 W
4 minutes
+
200 W
14 minutes

Ingredients

150 g rice
220 ml water

Steps

1. Rinse the rice, then allow to soak in water for at least 30 minutes. Use the colander (or a sieve) to drain the water.
2. Place the rice in the large container, add the water, place the lid on the container, then place the container on the rectangular dish (or a tray). Microwave for 4 minutes at 600 W.
3. Microwave for 14 minutes at 200 W.
4. Remove from the microwave oven and allow to stand for 10 minutes (do not remove lid).

«Handy Gourlab tips»



Colander

Using this in the large container will make it easy to drain the rice after soaking.



Rectangular dish

Use this dish to catch any spills while cooking.

Curry

A single serving of curry ready in no time at all



Cooking time

Within **10** minutes

Microwave

600 W
4 minutes

Ingredients (1 serving)

- 1/2 (50 g) potato
- 1/6 (25 g) carrot
- 1/4 (50 g) onion
- 40 g pork, thinly sliced
- 20 g Japanese curry roux
- Salt and pepper to taste
- 150 ml boiling water

Steps

1. Dice the potato into 7-8 mm cubes. Cut the carrot into 5 mm thick semicircles, then slice the onion thinly in the direction of the fibers. Cut the pork into 4 cm strips, then season with salt and pepper. Cut the curry roux into rough cubes.
2. Place all ingredients in the small container. Add boiling water, gently mix everything together, then place the lid on the container.
3. Place the container on the rectangular dish (or a tray). Microwave for 4 minutes at 600 W, then mix all ingredients well.

«Handy Gourlab tips»



Rectangular dish

Use this dish to catch any spills while cooking.

Cooking tip

Cutting vegetables smaller/finer will result in faster cooking.

Stewed Hamburger Steak

A fast, savory stew

Cooking time

Within 10 minutes

Microwave

600 W
5 minutes
+
600 W
3 minutes



Ingredients(2 servings)

- 200 g ground beef and pork mixture
- 1/4 (50 g) onion
- A** 3 tablespoons breadcrumbs
- 3 tablespoons milk
- Salt and pepper to taste
- 5 tablespoons tomato ketchup
- 3 tablespoons Worcestershire sauce
- B** 2 teaspoons sugar
- 2 teaspoons stock granules
- 1/2 teaspoon potato starch
- 1/2 pack (50 g) shimeji mushrooms

Steps

1. Chop the onion finely. Cut off the base of the shimeji mushrooms.
2. Place **A** into the large container (or a bowl). Mix and knead thoroughly. Divide into four equal portions, then shape into oval patties about 3 cm thick. Remove any pockets of air. Make a dimple in the center of each patty.
3. Place the patties in the large container. Make sure they don't overlap. Mix **B** and pour over the patties, then top with the shimeji mushrooms.
4. Place the lid on the container and microwave for 5 minutes at 600 W. Flip the patties and spoon the surrounding sauce over them. Replace the lid, then microwave for another 3 minutes.

Cooking tip

Cooking times may vary depending on your microwave. Check how the meat is cooking and adjust the cooking time accordingly to ensure it is fully cooked.

Spaghetti Napolitan

Easy pasta with less washing up



Cooking time

Within 10 minutes

Microwave

600 W

5 minutes

30 seconds

Ingredients(1 serving)

- 80 g spaghetti
- 1 (35 g) bell pepper
- 1/4 (50 g) onion
- 2 sausages
- 500 ml boiling water
- 1 teaspoon salt
- 1/2 tablespoon olive oil
- 3 tablespoons tomato ketchup
- A** 1 tablespoon Worcestershire sauce
- 10 g butter
- Parmesan cheese to taste

Steps

1. Cut the bell pepper, onion, and sausages into thin strips, then snap the spaghetti strands in half.
2. Place the bell pepper, onion, and sausages into the large container and add the boiling water, salt, and olive oil. Place the lid on the container. Place the container on the rectangular dish (or a tray), microwave for 5 minutes 30 seconds at 600 W, then drain the water.
3. Rapidly mix in **A** while the spaghetti mixture is hot. Top with Parmesan cheese.

《Handy Gourlab tips》



You can drain the water via the air control port without removing the lid.
(Beware of the hot water.)

Cooking tip

Snap the spaghetti strands in half to fit in the large container.

Roast Beef

Easy authentic meat-based dishes in the microwave



Cooking time

Within **10 minutes**
(excluding standing time)

Microwave

600 W
3 minutes
+
600 W
2 minutes
30 seconds

Ingredients

200 g block of beef round (brought to room temperature)

2 tablespoons white wine

1/4 teaspoon salt

Pepper to taste

10 g butter

A 1/4 teaspoon stock granules

Salt and pepper to taste

Vegetables of choice

Steps

1. Rub salt and pepper all over the block of beef.
2. Place the seasoned beef into the small container and pour the white wine over it. Place the lid on the container, then microwave for 3 minutes at 600 W.
3. Allow the container to stand for 5 minutes with the lid left on so that the meat cooks in the residual heat.
4. Remove the meat from the container. Add **A** to the meat juices left inside. Remove the lid and microwave for a further 2 minutes 30 seconds.
5. Slice the beef and arrange on a plate. Add vegetables and drizzle the gravy over the meat.

Cooking tip

Letting it stand for 5 minutes to cook using its residual heat will result in more tender meat.

Potato Salad

Cook and store in the same Gourlab!



Cooking time

Within **10** minutes

Microwave

600 W
5 minutes

Ingredients

- 2 (250 g) potatoes
- 1/2 (50 g) cucumber
- 1/4 (50 g) onion
- 2 slices of ham
- 5 tablespoons mayonnaise
- Salt and pepper to taste

Steps

1. Peel the potatoes, then cut them in half. Place inside the large container, place the lid on the container, and microwave for 5 minutes at 600 W.
2. Slice the cucumber thinly. Sprinkle with salt (not included in the ingredients). Slice the onion thinly, and cut the ham into thin strips.
3. Roughly mash the cooked potato with a masher (or fork), then season with salt and pepper.
4. Drain the moisture from the cucumber slices. Add to the mashed potatoes, then mix in the sliced onion, ham, and mayonnaise.

«Handy Gourlab tips»



Turn the lid in the opposite direction to store the potato salad in the fridge.

Using the container as a serving bowl after cooking reduces cleanup tasks.

Mapo Tofu

Cooking Chinese dishes is simple too!

Cooking time

Within **5** minutes
(excluding standing time)

Microwave

600 W
3 minutes



Ingredients (1 serving)

- 1/2 block (200 g) silken tofu
- 50 g ground pork
- 5 cm Japanese leek
- 50 ml boiling water
- A** 1/2 tablespoon tianmianjiang sweet bean sauce
- 1/2 tablespoon doubanjiang paste
- 1 red chili pepper (deseeded and halved)
- 1 teaspoon grated garlic/garlic paste
- 1 teaspoon grated ginger/ginger paste
- 1 teaspoon potato starch
- 1 teaspoon sesame oil
- Chili oil to taste
- Japanese pepper to taste

Steps

1. Wrap the tofu in a kitchen towel. Place on the multi-plate with a weight on top for at least 30 minutes to drain the water. Cut into 2 cm cubes. Finely chop the Japanese leek.
2. Mix **A** in the large container. Add hot water and ground pork and stir to break up the meat.
3. Add the drained tofu and Japanese leek. Place the lid on the container, then microwave for 3 minutes at 600 W.
4. Gently stir. Add the chili oil and Japanese pepper.

Cooking tip

Tofu can also be easily drained in a microwave.

- (1) Wrap the tofu in two layers of kitchen towel.
- (2) Place the tofu in the large (or small) container, then microwave for 2 minutes at 600 W without the lid.

Baked Cheesecake

You can also use this with an oven—ideal for cake baking.



Cooking time

Within **60 minutes**
(excluding cooling time)

Oven

180°C
45 minutes

Ingredients

- 200 g cream cheese
- 200 g fresh cream
- 2 medium eggs
- 70 g sugar
- 1 tablespoon lemon juice
- 4 tablespoons (36 g) cake flour

Cooking tip

Always place the container on an oven tray when cooking in the oven.

* The lid is not oven-safe.

Steps

1. Place the softened cream cheese in the large container. Mix with a whisk until smooth.
2. Gradually add the sugar to the cream cheese while mixing.
3. Beat the eggs and add to the cream cheese mixture in two to three portions. Add the fresh cream and mix everything together.
4. Add the lemon juice, then sift in the cake flour and mix.
5. Tap the container on the work surface to remove any air bubbles.
6. Bake in a preheated oven at 180°C for 45 minutes. (Insert a skewer in the center and confirm that none of the mixture sticks.)
7. Refrigerate after it cools to room temperature.

Water-Free Cooking for Vegetables

The benefits of Gourlab can be experienced everyday with water-free vegetable cooking recipes.

- Simply wash your vegetables, then cook.
- Cooking without water prevents loss of nutrients and retains vibrant colors.
- Vegetables can be mixed or coated directly in the container after cooking to minimize washing up.

Potatoes

2 (250 g)



Wash and cook peeled or with skin intact.

Microwave

600 W
5 minutes

Sweet potato

1/2 (100 g)



1 cm thick diagonal slices

Microwave

600 W
2 minutes
30 seconds

Carrot

1 (150 g)



Peel and cut lengthways into 4 cm long pieces.

Microwave

600 W
2 minutes
30 seconds

Kabocha pumpkin

1/8 (200 g)



Remove the seeds and pith, then cut into 3 cm cubes.

Microwave

600 W
4 minutes
30 seconds

Daikon radish

1/4 (200 g)



Peel and cut into 7-8 mm thick rectangular slices.

Microwave

600 W
4 minutes

Broccoli

1 (200 g)



Cut into small florets.

Microwave

600 W
2 minutes
30 seconds

Exact cooking times will vary depending on your particular microwave oven.

NOTE: Cook for less than the recommended time, then check the results and cook for longer if needed.

Edamame (Green soybeans)

150 g



No preparation required

Microwave

600 W
3 minutes

Okra

10 (100 g)



Remove the green tops.
Sprinkle with salt and rub
on a cutting board.

Microwave

600 W
2 minutes

Bell peppers

4 (100 g)



Cut in half lengthways,
then remove the stalks
and seeds.

Microwave

600 W
1 minutes

Japanese mustard spinach

1 bunch (200 g)



Cut off roots,
and cut in half

Microwave

600 W
2 minutes
30 seconds

Cabbage

1/4 (200 g)



Coarsely chop

Microwave

600 W
4 minutes

Bean sprouts

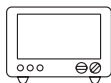
1 (200 g)



No preparation required

Microwave

600 W
2 minutes



Guide to Cooking Times According to Wattage

500 W	600 W	700 W
40 seconds	30 seconds	30 seconds
1 minute 10 seconds	1 minute	50 seconds
1 minute 50 seconds	1 minute 30 seconds	1 minute 20 seconds
2 minutes 20 seconds	2 minutes	1 minute 40 seconds
3 minutes	2 minutes 30 seconds	2 minutes 10 seconds
3 minutes 40 seconds	3 minutes	2 minutes 30 seconds
4 minutes	3 minutes 30 seconds	3 minutes
4 minutes 50 seconds	4 minutes	3 minutes 30 seconds
6 minutes	5 minutes	4 minutes 20 seconds
7 minutes	6 minutes	5 minutes
8 minutes 20 seconds	7 minutes	6 minutes
9 minutes 40 seconds	8 minutes	6 minutes 50 seconds
10 minutes 50 seconds	9 minutes	7 minutes 40 seconds
12 minutes	10 minutes	8 minutes 30 seconds
13 minutes 10 seconds	11 minutes	9 minutes 30 seconds
14 minutes	12 minutes	10 minutes

The cooking times given here are provided as guidance only.

* Actual cooking times will vary depending on the specifications and condition of your microwave.

Cooking times can also vary depending on the type and age of the microwave oven.

Contact Information

Iwatani

Iwatani Materials Corporation

Address: 1-4-1 Shinkawa, Chuo-ku, Tokyo 104-0033

Tel: 03-3555-3214

Office hours: 9 am to 12 noon, 1 pm to 5 pm
Mondays to Fridays (excluding national holidays and Iwatani holidays)

Contact form

<https://www.imcjpn.co.jp/inquiry/index.html>