

ABSTRACT

A vapor cooker 1 has: a vapor generation heater 52 generating vapor; and a vapor heating heater 41 heating the vapor generated by the vapor generation heater 52 to generate overheated vapor and heating vapor in a heating chamber 20 through circulation, an-article-to-be-heated F being cooked by use of vapor fed into the heating chamber 20. The vapor cooker 1 has: a first cooking step in which the article-to-be-heated F is cooked with supply of electric power to the vapor generation heater 52 being larger than that to the vapor heating heater 41; and a second cooking step in which the article-to-be-heated F is cooked with supply of electric power to the vapor generation heater 52 being smaller than that to the vapor heating heater 41. When the temperature of the article-to-be-heated F exceeds the fat melting temperature zone but is less than or equal to 100 °C, the first cooking step is switched to the second cooking step.