CLAIMS

1. A cooking appliance, comprising an inner pot (104) and a steamer basket (102) removably disposed in the inner pot (104), a bottom of the steamer basket (102) having a closed bottom surface (1002) facing a heat source, characterized in that one or more vent holes (110) are provided in an upper portion of a side wall of the steamer basket (102) to allow steam to enter the steamer basket (102) from a top of the ingredients in the steamer basket (102); and the cooking appliance further comprises a heat insulating layer (108) disposed between a bottom of ingredients in the steamer basket (102) and the heat source, and the heat insulating layer (108) is made of a non-metallic material with thermal conductivity lower than that of the steamer basket (102).

2. The cooking appliance according to claim 1, characterized in that the heat insulating layer (108) is disposed on an outer side of the bottom surface of the steamer basket (102).

3. The cooking appliance according to claim 1, characterized in that the heat insulating layer (108) is disposed on an inner side of the bottom surface of the steamer basket (102), and the heat insulating layer (108) is made of a food-grade material.

4. The cooking appliance according to claim 1, characterized in that a ratio of the thermal conductivity of the heat insulating layer (108) to the thermal conductivity of the steamer basket (102) is less than or equal to 20%.

5. The cooking appliance according to claim 4, characterized in that the non-metallic material is silica hydrogel.

6. The cooking appliance according to claims 1 to 5, characterized in that an upper edge of the steamer basket (102) has a protrusion (114), and the protrusion (114) matches an upper edge (116) of the inner pot (104), such that the steamer basket (102) is placed onto a side wall of the inner pot (104).

7. The cooking appliance according to claims 1 to 5, characterized in that the cooking appliance

further comprises a steamer basket holder (106), and the steamer basket holder (106) is removably disposed in the inner pot (104), such that the steamer basket (102) is placed on a placement surface (1004) of the steamer basket holder.

8. The cooking appliance according to claim 7, characterized in that the heat insulating layer (108) is disposed on a side, facing the steamer basket (102), of the placement surface (1004) of the steamer basket holder (106).

9. The cooking appliance according to claim 7, characterized in that the heat insulating layer (108) is disposed on a side, facing away from the steamer basket (102), of the placement surface (1004) of the steamer basket holder (106).

10. A multi-stage cooking method, characterized in that the multi-stage cooking method is implemented by means of the cooking appliance according to any one of claims 1 to 9, and comprises:

in a first stage, heating water at a bottom of an inner pot (104) to generate steam to heat ingredients in a steamer basket (102), so as to make a temperature of the ingredients rise and be maintained within a first preset temperature range; and

in a second stage, heating, with the steam, the ingredients in the steamer basket (102) to make the temperature of the ingredients rise and be maintained within a second preset temperature range, the second preset temperature range being higher than the first preset temperature range.

11. The multi-stage cooking method according to claim 10, characterized in that the first stage lasts for 20-45 minutes and the first preset temperature range is 60°C-70°C.

12. The multi-stage cooking method according to claim 10, characterized in that the second stage lasts for 10-20 minutes and the second preset temperature range is 85°C-95°C.

13. The multi-stage cooking method according to claim 10, characterized in that heating the ingredients in the steamer basket (102) at first power in the first stage to make the temperature of the ingredients rise and be maintained within the first preset temperature range further comprises:

heating the ingredients in the steamer basket (102) at the first power;

in response to the temperature of the ingredients reaching a lower limit value of the first preset temperature range, stopping heating for a first duration;

continuing to heat the ingredients at the first power; and

in response to the temperature of the ingredients reaching a median value of the first preset temperature range, stopping heating until the end of the first stage.

14. The multi-stage cooking method according to claim 13, characterized in that heating the ingredients in the steamer basket (102) at second power in the second stage to make the temperature of the ingredients rise and be maintained within the second preset temperature range, the second power being greater than the first power, further comprises:

heating the ingredients in the steamer basket (102) at the second power; and

in response to the temperature of the ingredients reaching a median value of the second preset temperature range, heating the ingredients at the second power and at a non-full duty cycle to maintain the temperature of the ingredients to be within the second preset temperature range.