

甜
絲絲



低糖精緻甜點

*Fine Desserts
with*

Less Sugar



馮華青編著

萬里機構

飲食天地出版社出版

甜絲絲
低糖精緻甜點 Funny Desserts with Less Sugar

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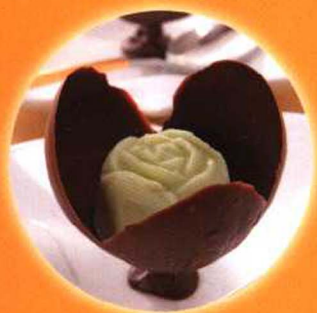
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"追糖記"引領你對糖認識多一點.....

*"Story of sugar" guides you
understand more about sugar.*



少糖甜點趣緻又可口，
款式多多，天天給你帶來驚喜。

*Low-sugar desserts with funny images
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熟悉了做甜品變得很容易。

*Know the five basic techniques
in making sweets,
you can create your own recipes easily.*



馮華青 *Fung Wa-ching*

專業烹飪導師，畢業於「伊曼、家政中心」。自小醉心廚藝，喜歡四處尋找美食和參加比賽以磨練廚藝，又喜愛創作甜品小點以饗親友。在2003年「李派林煮出新意念—家常菜創作比賽」中，獲冠軍榮譽。她又曾於馬來西亞學習當地美食，因此對馬拉菜有一番見解。

Fung Wa-ching is a cooking teacher. She graduated from "Kitty's Cookery & Catering". Cooking and seeking tasty dishes are her hobbies. She likes to make creative sweets and snacks to entertain her family and friends. Moreover, she always joins in different competitions to polish her cooking skill. Fung was the champion of 'Lea & Perrins Cooking Contest - 2003'. She has been to Malaysia to study Malay dishes.

低糖精緻甜點

Fine Desserts with Less Sugar



馮華青編著 萬里機構·飲食天地出版社出版

前言 Foreword

Having been a cookery teacher for more than ten years, my ambition is training "Culinary Trainers". Actually I make painstaking efforts to teach these students. Therefore, I am more demanding and stricter to those to-be trainers. Since the programme last for a year, it is hard for those who don't have a heart in cooking to persist and complete it. Over the years, there are not many students who have successfully completed the whole programme. Amongst them, Fung Wah-ching is an exemplifying graduate with flying-colour who has successfully become a culinary trainer. Since she was not very fond of Chinese food at the beginning, it is especially hard for her to overcome different technical and psychological challenges and finally turned into a good trainer with a passion for cooking.

Her adventurous and innovative personalities are fully expressed in her creations. This dessert cookbook is not her debut publication. In her previous cookbook, one can easily find her enthusiasm for cookery with each recipe carefully designed. This book is no exception and is another masterpiece of hers. Every step of the creation process, from ingredient selecting, colour matching, setting to processing, is meticulously executed with additions of many creative elements. It is an attractive culinary teaching material with tempting dishes suitable for all.

Her stamina to strive for perfection is her key to success. Hope that she will keep it up and become an invaluable asset of the culinary industry.

Kitty Choi

從事烹飪教學工作十多年，「烹飪導師培訓班」可以說是我的理想和心血。對這個培訓班的學員，我的要求比較高和嚴格。由於整個課程為期一年，如果對烹飪學沒有濃厚興趣者，便很難堅持到底。

多年以來，能成功完成整個課程的學員雖然不算太多，但也不算少。在眾多學員當中，能以優異成績結業而成功踏上烹飪導師之路的，馮華青便是其中出色一員。尤其因為她當初是個不喜愛中菜的人，能克服很多技巧和心理挑戰，最後成為一個烹飪技巧高超的好導師，實在十分難得。

她勇於嘗試、大膽創新的精神，在其作品中表露無遺。這本甜點書，並不是她的第一本著作。從過往的作品中，你不難發現她對烹飪的熱誠，每個食譜都花盡心思。今次也不例外，同樣是匠心之選。從選材、色澤、造型及製作過程，都一絲不苟，並加入很多創作元素。是一本老少咸宜，使人一見便垂涎欲試的烹飪教材。

成功非僥倖，不怕失敗，屢敗屢戰的精神，是她優越過人之處，期望她能好好珍惜，烹飪界實在需要多一點這樣的接班人才。

蔡潔儀

序言 Preface

Since the old days, dessert has always added zest to one's taste buds and its charm is everlasting. Over the years, there were many chefs dedicated themselves to the creation and making of desserts, creating many different sweets and enhancing culinary techniques. Nowadays, people concern more about their diets. Some think that dessert contains so much sugar that it can easily make people fat. However, the real cause for being overweight is the intake of excess sugar. If one can maintain a balanced diet, he/she does not have to worry about it.

On the other hand, there are many people who consider dessert not good for the body. Actually, dessert has various functions. Since many desserts are made of fruit, they can help digestion, preventing constipation and stimulating the movement in intestines when taken after meals. Besides, quite a number of reports have pointed out that eating sweets like chocolate can relieve stress and liven one up.

Through this book, I hope you will have a better understanding on dessert and will be able to enjoy it rather than avoiding. In addition to providing well-tested recipes, I also try on using non-calorific sweeteners, natural colourings and functional food to satisfy the demand of modern people. Moreover, value-added information about different types of sugar is also included in the appendix for your reference.

It is hoped that you can appreciate the art of making dessert and be able to share this sweetness with your loved ones.

Taking this opportunity, I would like to thank Ms Kitty Choi, Ms Yuen Mei Fong, Ms Wong Ying Ying, Ms Cheung Ching Fun, Miss Luk Hoi Yin and Dr. Luk Shiu Fai.

Fung Wa Ching

從古至今，甜食為口味帶來新鮮感，所以它的魅力歷久不衰。每個時代裏，都有許多導師專心鑽研甜點製作，創製了林林總總的新甜點，也改進了烹調技巧。現代人愛吃，同時也極為注重健康，大家往往以為甜點有過多糖份，容易令人肥胖。事實並非如此，甜點雖然含糖份，只要均衡飲食就毋需擔心攝取過多糖份。

很多人認為甜點對身體百害而無一利。甜的食物其實有很多功用，只是人們對它的誤解吧！許多甜點主要用生果製成，飯後享用可消滯，減少便秘，增加腸道蠕動。此外，不少研究報告指出進食甜食如朱古力，有減壓作用和保持身心愉快。

我寫作這書的目的是希望大家對甜點有更深入的了解，能從欣賞角度去品嚐甜點，不再避如蛇蠍，並為您帶來一些既美味又新穎的甜點。本書獨特之處，除了精心研究食譜外，亦嘗試使用代糖、天然色素和功能食物以滿足現代人的需要，同時附有不同糖類的資料，務求令讀者除了懂得烹調外，還能獲得有關糖和甜點的知識。

最後，希望大家一起來體會做甜點的心，讓自己及身邊的親人也嚐到一份甜蜜。

在製作本書期間得到蔡潔儀校長、袁美芳女士、黃盈瑩女士、張靜芬女士、陸愷妍小姐和陸兆輝博士的鼓勵和支持，特此鳴謝。

馮華青

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林林總總的甜食如冰淇淋、巧克力、蛋糕、糖水甜湯……等，在現今的社會是極為常見的食物，可知道古代人類是否有幸能享用這等美食嗎？

Nowadays, a great variety of desserts, like ice-cream, chocolate, cake, sweet soup, are widely available.

Do you know whether our ancestors in ancient time had also enjoyed such delicacies?

1. 糖的出現 *The Birth of Sugar*

遠古的人類，生活艱難，過着茹毛飲血、採食野果的生活。隨着經驗的累積和學懂了鑽木取火的方法，到了石器時代，人類已開始掌握一定的烹調方法，感受到熟食的滋味，從而漸漸對飲食文化關注起來。我國早在商代已有飲食文化的記載。時代轉變，烹調技巧不斷發展和食材變得多樣化，使食品更為美味。

食物的五味就是酸、甜、苦、辣、鹹。《禮記》記載在中國遠至商，周朝代甜味的主要來源只是棗、栗、飴糖（澱粉經酵素反應而生成有甜味的液體）和蜂蜜。直至春秋，長江流域以南始有甘蔗的出現。在不斷需求下，人們開始廣種生果和發展養蜂業以增加甜味的供應來源。技術落後，使蔗糖未能大量生產，直至唐代從印度輸入製糖技術，蔗糖才能普及，使甜點獲得更大發展和不再是貴族的專利食物。到了宋代，已有專營點心的公眾食店提供甜點，甜味食品的種類已開始多元化。

歐洲地處溫帶，氣候不適合，甘蔗未能廣泛種植，蔗糖成為貴重商品，流行於上層社會，甚至被認為是一種有效的藥物。自1492年哥倫布發現新大陸，歐洲人覺察到加勒比海一帶氣候炎熱多雨，適宜種植甘蔗，於是便從非洲大量輸入黑奴來種植甘蔗。蔗糖產量激增，並可大量輸往歐洲各地，成為當時國家的重要稅收。它的普及和用途廣泛，適合搭配紅茶、果醬、巧克力和糕餅，所以迅速地受到平民歡迎。

甜菜頭的根部含糖份高，適宜在溫帶生長，亦是糖的原材料來源之一，不過仍未被發掘出來，直至十八世紀中葉拿破崙時期，發明了提煉甜菜頭的技術，降低了從美洲經大西洋輸入蔗糖的需求，美洲對歐洲的重要性和政治性便下降了。甜菜頭糖普及應用，造就了甜食製品在社會廣泛流行，擴闊了甜點製作的空間，製品也變得多元化和大躍進了。

自工業革命後，科學和工業技術急速發展，特別是食品科學的研究大大進步，導致食物製作也進入了新紀元。近三、四十年，不同功用的食品添加劑相繼出現，甚至於把食品科學融入烹飪學裏，使食物在烹調時更易達到色、香、味和口感等要求。此外，電冰箱的發明除了可延長食品的貯藏期，還可以把甜食品種更見豐富和烹調形式改變，提升甜點烹調和品嚐層次。

In ancient times, people lived a difficult life and had to rely on wild animals and fruits to survive. With the accumulation of experience and knowledge, they discovered how to start a fire by rubbing wood sticks against each other. In the Stone Age, people started to manipulate some cookery techniques and able to have a taste on food. Therefore, they began to care about the culture of eating. As early as the Shang Dynasty, there had already been a historical record of eating culture. As time goes by, the continuous development of culinary techniques and enrichment of ingredients made food produces more and more delicious.

Food tastes can be classified into five types, namely, sourness, sweetness, bitterness, spiciness and saltiness. According to Classic of Rites, back to the days of Shang and Zhou Dynasties, sweetness was mainly derived from berries, chestnuts, maltose (the sweet liquid obtained from the fermentation of carbohydrates) and honey. It was until Chunqiu Period that sugar cane started to appear in the south of the Long River. Under the persistent need for sugar, people began to grow fruits and develop breeding industry to meet the increasing demand. However, due to backward agricultural techniques, sugar canes could not produce in bulk. It was in Tang Dynasty that the sugar-making techniques entered China from India. This made cane sugar readily available to all and thus, furthering the development of dessert. In Song Dynasty, there were even specialized snack stores offering desserts to the general public and the types of desserts started to diversify.

As Europe is in the temperate zone, it is not suitable for the growth of sugar cane. Therefore, in the old days, sucrose was an expensive product in Europe. Only the upper social classes could enjoy sweets. Sugar was even considered an effective drug. Since the discovery of a new continent by Christopher Columbus in 1492, Europeans found that the Caribbean area was so hot and humid that it was suitable for growing sugar cane. They therefore imported lots of black slaves from Africa to plant it there. With the surge in production, sugar cane could be transported to different European countries in large quantities and became a major source of tax income to the states at that time. Its generalization and extensive usage in the making of tea, jam, chocolate and cake, made it rapidly become popular among the masses.

Beetroot is suitable to be grown in the temperate zone. As its root contains high sugar content, it is also a major source of sugar which had long been hidden in the past. It was until the Napoleonic period in the 18th century that people invented the beetroot extraction technique. From then on, the importance of America on the supply of sugar to Europe was lowered. The widespread use of beetroot sugar does not only enable the spread of desserts in the society but also enlarge the room for dessert making with a wider range of produces created.

After the Industrial Revolution, science and industry were quickly developed, especially in food science, which had attained significant improvement and brought food processing to a new era. Over the last thirty to forty years, various food additives with different functions were developed one after the other, and food science had even been included in the culinary art as it can simplify the processing of food while making the dish delicious and good looking more easily. Besides, the invention of refrigerator has not only prolonged the shelf life of food but also facilitated the creations of different desserts. Meanwhile, the improvement of culinary methods has elevated the standard of cookery and tastes.

II . 糖的告白 Facts about Sugar

近年，人們不但追求食物可口，還著重它能否合乎健康要求，所以對甜點可說是愛恨交織。由於傳統的甜味來源是由蔗糖等碳水化合物得來，它能幫助人體產生每天所需的能量外，還會提升血糖含量，因而對血糖的調節系統構成壓力；過剩的糖份會轉化為脂肪，令體重增加。當脂肪在血管積聚，容易導致有心血管毛病。面對兩難的困境，人們開始選吃「好」的碳水化合物——即升糖指數值 (GI index)較低的食物，因為難捨甜點的引誘，人工代糖應運而生，漸漸普及和變成糖的替代品。

日常飲食中，人們會從食物原材料：或從烹調過程不知不覺地攝取食物添加劑。由於認知不深，於是許多時便對它存有負面觀念，其實添加劑種類繁多，並不是全都對身體有損害，適當應用能改善食品的質素，可提高營養價值、食品風味和保存期等。

追求飲食健康的情況下，人們注意到食物質素能影響身體狀況，這樣便引來了「功能食物」的概念。早期定義是指某些含豐富維生素和礦物質的強化食品；現在則指食物的某些成份能改善身體體質，例如綠茶(含茶多酚)、人參(含人參皂甙)、番茄(含有茄紅素)……等。

許多城市人希望能品嚐美味的甜點，亦希望那些製品能含有「好」的碳水化合物元素，或是現今的功能食物，所以各樣食材如甜味料、增稠劑、膠凝劑等必須有一定的認識和理解。現今的甜食會加入一些功能食品或改用代糖，以幫助攝取獨特營養成份和減少糖份吸收，大家可以歡愉地品嚐了。

In recent years, while pursuing mouth-watering food, people are aware of its nutritive value to the body. Since carbohydrate generated sweetness, like cane sugar, is the source of sweetness in traditional desserts. Besides providing the required energy for our daily life, it will also raise the sugar content in blood and thus, have adverse effects on the regulatory system for sugar in blood. Excessive sugar will be transformed into fat and increase body weight. When fat accumulates in blood vessels, it will easily cause harm on heart and vessels. In face of a two-edged sword, people start to choose "good" carbohydrates, for instance, food with lower glycemic index. However, people find desserts so irresistible that artificial sugar is invented and has gradually become a common substitute for sugar.

In everyday life, people involuntarily take in food additives from the ingredients or in the cooking process. Due to a lack of knowledge about it, people often have a negative impression on food additives. Actually, they come in many different types, of which most are harmless to human. If properly applied, they can enhance the quality, nutrition value, distinctive taste and shelf life of food.

In the pursuit of a healthy diet, people notice that food quality can influence the healthiness of the body. This led to the birth of the concept of "functional food". In early days, it was defined as the body-strengthening food which was rich in vitamins and minerals. Nowadays, it refers to certain food content which can help to improve the health conditions of the body, for example, green tea (contains tea polyphenols), ginseng (contains ginsenosides), and lycopene in tomatoes.

Lots of urban dwellers want to enjoy delicious desserts which contain "good" carbohydrates elements or modern functional food. In light of this, it is essential to have certain degree of understanding on different food ingredients, like sweeteners, thickeners and gelling agents. Nowadays, to facilitate the

intake of unique nutrition content with less sugar, modern desserts usually have added some functional food or substituted the sugar with non-calorific sweeteners, and so we can all enjoy them heartily.



你懂得欣賞我嗎？

The Art of Dessert Appreciation

說到弄甜點，現在潮流愛玩花式、少甜和利用不同的裝備來突出食品的吸引力，所以一碗、一碟、一叉或一匙的搭配都十分講究，這可從細微處看出弄甜點者的巧思和個人品味。品味的好壞、漂亮與否，直接影響品嚐者對該甜點的評價。因為甜點不是只供下午時間享用，也會用作一頓餐宴後的完結，它的味道、造型和賣相都需要細心料理，才能贏得品嚐者讚賞。

To make the dessert more attractive, people like to use playful style, less sugar and different techniques and tools. Therefore, the mix and match tableware has to be artfully arranged to show the taste and personality of the dessert-maker and the dessert presentation will directly affect the evaluation of the consumer on the dessert. Since dessert is not only served in the afternoon but also at the end of a banquet, its flavour, style and presentation have to be carefully prepared in order to earn the praise of its consumers.

以下項目針對提升甜點品味的建議：

Suggestions on enhancing the appearance of desserts are as follows:

慕斯類 Mousse

由於甜點趨勢以小份量和精巧為主，擺設高檔精簡，所以慕斯適合用香檳酒杯或小型玻璃杯作盛器，可增強透徹精緻高貴的氣質。

As the trend of desserts tends to be small in size and sophisticated in a classy and simple setting, mousse can be placed in a champagne glass or small glass to enhance its delicate elegance.

布丁類 Pudding

奶凍、布甸(布丁)和凍糕等冷凍甜點，為了提高人氣效果，愛用「和風」來包裝，因為「它」的溫柔甘美、微甜味道深受人們喜愛，加上精巧造型如切成小一點或利用模具更能突出它的獨特和細緻溫柔，深深顯現着它的「美」與「好」。一般的美化裝飾用料會選上抹茶粉、新鮮香草或甘納豆點綴，營造出柔和溫馨的感覺。

For cold desserts, like blancmange, pudding and cold pudding, people love to adopt Japanese-style, which looks soft and beautiful and is lightly sweet in taste. With a delicate style-setting, like cutting it up into petite dices or using moulds, their unique delicate tenderness of "beauty" and "goodness" can be exemplified. Some garnishing like green tea powder, fresh herbs or Japanese sticky beans are generally used to create a touch of softness and sweetness.

酥餅類 Pastry

一般的批撻或酥點具有強烈的立體感，只需要用上簡單的朱古力裝飾，或是以少量高級生果與香草來點綴，配上木紋盛器增加自然風味，或以玻璃盛器增強透射或空間感覺，讓甜點的高度和空間更突出。如果採用立體的生果、雪糕(冰淇淋)緊密結合在一起，讓人們需要花一點時間觀賞或思考何處開始享用，除了刺激視覺，也會對美味感覺有所冀望，增加品嚐和進食樂趣。

Generally speaking, pie, tarts and pastry are well-structured in appearance and simple decoration with some chocolate or a small amount of exquisite fruit and herbs will do. On the other hand, an appropriate selection of container is equally important, for example, a wooden container can enhance its natural style while a glass container can strengthen the effects of translucency and space, and thus further enhancing the height and features of the dessert. If fruit and ice-cream are combined together, the consumer will have to spend more time on appreciating the dessert and then figure out how to enjoy it. As a result, it will not only stimulate the visual sense, but also increase the longing for its delicious taste as well as the fun of eating.

東南亞糕點類 South East Asian Dessert

充滿神秘的民風，與歐陸風味迥然不同，因而勾起品嚐者的好奇心和冒險精神來享用。它的素材採用了椰汁、木薯粉、花、香料或香草，刻意營造出食物的獨特味道，熱情奔放，充滿田園風味。

Just the opposite of Europe, East Asia is more mysterious in cultures and its desserts can induce the curiosity and adventurous spirit of the diners. They make use of coconut milk, tapioca flour, flowers, spices or herbs to foster a distinctive taste in a passionate and natural way.

健康甜點類 Healthy Sweets

有些人對奶類製品產生敏感，為了適應不喜歡奶類材料的品嚐者，改用豆漿弄成甜點，增減甜度及增添隱性風味，提升品味，也予人有一份清新和健康感覺。

To suit the needs of those who are allergic to milk produce, some desserts are made of soy bean milk. By adjusting the sweetness and texture, it can not only improve the taste of desserts but also project a fresh and healthy feeling.

季節性的糕點類 Seasonal Dessert

不時不食是廚師烹調格言，雖然食材受制於時令，並不會局限甜點的創意，反而更能突顯食品風味和品味，有助廚師弄起甜點更得心應手，因為時令食材無論品質、味道和形狀會很容易滿足烹調要求，事半功倍。

"Eat the food in season" is the motto of chefs. Although the seasonal change may restrict the use of certain ingredients, it will not limit the creativity for desserts. On the contrary, it may highlight the style and taste of food. Since seasonal food can better satisfy the requirements of cooking, in terms of quality, taste and shape, it can help the chef to make successful dishes more easily.



弄出絕妙美食的必備用具 Essential Tools

1. 一般做蛋糕必備之用具 *Common Cake Making Tools*

- 1 不鏽鋼盆／鋁盆：盛載物料、蛋糊料或是烘烤食物。
Stainless steel container : for holding ingredients, egg batter or for baking.
- 2 量杯：用以量度容量單位。
Measuring cup : for measuring the volume of ingredients in measurement units
- 3 滾動切割器：切出齶齒形狀的花邊。
Rolling cutter : for cutting pastry into pieces with zigzag edges.
- 4 刮刀：清理麵漿或蛋漿，免浪費。
Scraper : to clean batter thoroughly so as to reduce waste.
- 5 半圓挖刀：用以將物料中心挖空或作舀球狀之生果。
Fruit baller : for shaping fresh fruit into small round balls.
- 6 油掃：入焗爐前作掃油或掃蛋漿之用。
Pastry brush : for glazing, brush with oil or egg liquid, before baking.
- 7 玻璃碗：用作盛載容液。
Glass bowl : for holding liquid.
- 8 圓形蛋糕模：基本糕模。
Round cake mould : basic cake mould.
- 9 桿麵棍：用以將麵糰輾薄。
Rolling pin : for rolling out pastry.
- 10 蛋拂：作用是將材料拂至均勻。
Hand whisk : for whisking the liquid ingredients thoroughly.
- 11 蛋糕刀：有齶齒的，用作切蛋糕。
Saw knife : for cutting cakes.
- 12 抹刀：用以將忌廉劑在蛋糕表面而得以平滑或使凍餅表面平滑。
Palette knife : for smoothing cake mixture or cream on cake surface.
- 13 方形易潔鑊(鍋)：一般用以燒日式蛋卷。
Square : shaped non-sticky pan - for making Japanese egg rolls.



做甜點前的
預備課
Preparatory
Course on
Dessert Making

II . 焗餅的常用工具 Common Tools for Cake Baking

- ① 不黏布：可置焗爐焗，不需噴油；用作搓餅、開粉的檯墊亦可。
Silpat : can be placed on the base of a baking tray to prevent sticking. It can also be used as a table mat for dough kneading and mixing.
- ② 磅：用以量度重量單位。
Scale : used to weigh ingredients in measurement units.
- ③ 鋇花器：鋇一般作蛋糕的小型裝飾。
Shape cutter : used to cut out small shapes for garnishing.
- ④ 電動攪拌器：用以製作蛋糕。
Electrical blender - for the making of cakes.
- ⑤ 唧袋及唧嘴：互相配合使用，唧出不同形狀的忌廉或奶油。
Piping bag and piping tubes : can be used to pipe out cream or butter in different shapes.



III . 造型獨特的模具 Special-shaped Moulds

- ① Silicone玫瑰模：可作冷凍及入焗爐用(-58°F至500°F)，不黏，易脫模。
Silicone rose mould : can be both frozen and baked (-58°F至500°F), non-sticky and easily removed.
- ② 塑膠蛋模：用作倒朱古力蛋。
Plastic egg mould : to used for the making of Easter eggs.
- ③ 鋇花模：形狀有正方形、圓形、星形。
Pattern cutters : available in different shapes, such as square, round and star.
- ④ 底面動物朱古力模：用作倒朱古力模，冷凍亦可以。
Animal-shaped chocolate mould : can be used for the shaping of chocolate. It can also be used for freezing.
- ⑤ 圓形冰模：用以造球形果凍或冰。
Round ice mould : for the making of jelly or ice balls.





不能缺少的甜點材料

Indispensable Ingredients for The Making of Desserts



I. 乳製用料 Milk Produces

- ① 淡忌廉 Whipping Cream
- ② 植脂奶油 Whip Topping
- ③ 高鈣豆漿 Hi-calcium Soy Bean Milk
- ④ 純鮮奶 Whole milk
- ⑤ 植物牛油 Margarine
- ⑥ 馬斯卡邦芝士 Mascarpone Cheese

II. 糖用料 Sugar Ingredients

- ① 金獅糖漿 Golden Syrup
- ② 蜜糖 Honey
- ③ 糖霜 Icing Sugar
- ④ 果糖 Fructose
- ⑤ 代糖(阿士巴甜) Aspartame
- ⑥ 代糖(三氣蔗糖) Sucralose
- ⑦ 葡萄糖 Glucose
- ⑧ 紅糖 Red sugar
- ⑨ 斑蘭糖粉 Pandan Icing Sugar
- ⑩ 椰糖 Coconut Sugar
- ⑪ 液體葡萄糖 Liquid Glucose
- ⑫ 肉桂糖 Cinnamon Sugar



III. 粉類材料 Powder Ingredients

- ① 鷹粟粉 Corn-flour
- ② 自發粉 Self-raising Flour
- ③ 高級麵粉 High Quality Flour
- ④ 白玉粉 Shiratamako
- ⑤ 吉士粉 Custard Powder
- ⑥ 小麥胚芽 Wheat Germ
- ⑦ 玉米粉 Yellow Corn Meal





IV. 凝固劑材料 Gelling Ingredients

- ① 魚膠粉(明膠) Gelatine Powder
- ② 大菜(瓊脂) Agar Agar
- ③ 蒟蒻粉 Glucomannan Powder
- ④ 果子凍粉 Jelly Powder
- ⑤ 魚膠片 Gelatine Leaf

V. 提升味道的材料

Flavour-enhancing Ingredients

- ① 綠茶粉 Green Tea Powder
- ② 肉桂粉 Cinnamon Powder
- ③ 薑粉 Ginger Powder
- ④ 桂花 Osmanthus Fragran
- ⑤ 開心果仁碎 Pistachio Nut (chopped)
- ⑥ 艾草 Artemisia Argyi
- ⑦ 杏仁粉 Almond Powder



VI. 雜乾果和果仁材料

Mixed Dried Fruit and Nuts Ingredients

- ① 美國新鮮椰絲 US Fresh Desiccated Coconut
- ② 紅草莓乾 Dried Strawberry
- ③ 南瓜子仁 Pumpkin Seed
- ④ 杏脯乾 Dried Apricot
- ⑤ 野生藍莓乾 Dried Wild Blueberry
- ⑥ 糖薑 Ginger Sugar
- ⑦ 夏威夷果仁 Macadamia Nut
- ⑧ 松子仁 Pine Seed

VII. 各式餡醬材料 Filling Ingredients

- ① 果膠糖 Jelly
- ② 罐頭栗子蓉 Canned Chestnut Paste
- ③ 豆磷脂 Lecithin
- ④ 無糖黑芝麻醬 Unsweetened Black Sesame Paste
- ⑤ 海藻醬 Seaweed Paste
- ⑥ 日本紅豆 Japanese Red Beans
- ⑦ 紅柚米 Red Rice
- ⑧ 玫瑰糖 Rose Sugar
- ⑨ 番紅花 Saffron





VII . 鮮果材料 Fresh Fruit Ingredients

- ① 黑莓 Black Berry
- ② 熱情果 Passion Fruit
- ③ 草莓 Strawberry
- ④ 紅加侖子 Red Currant
- ⑤ 紅桑子 Raspberry
- ⑥ 沙田柚 Citrus Grandis
- ⑦ 藍草莓 Blueberry

VII . 酒類 Liquor

- ① 熱情果酒 Passion Fruit Wine
- ② 奇異果酒 Kiwi Fruit Wine
- ③ 秣酒 Rum
- ④ 桂花陳酒 Osmanthus Fragan Wine
- ⑤ 君度橙酒 Cointreau



VII . 香草材料 Herbal Ingredients

- ① 斑蘭葉——氣味清香，有降膽固醇作用
Pandan Leaf - Refreshing fragrance, can lower cholesterol level
- ② 百里香——含麝香草酚，可消除疲勞，促進消化
Thyme - Contains thymol which can relieve fatigue and facilitate digestion
- ③ 薄荷葉——有醒腦提神的作用
Peppermint Leaf - Can have energizing effects
- ④ 紫蘇葉——以葉大為佳，能消痰利肺，定哮喘
Purple common perilla leaf - Large-leaf ones are the best, can facilitate respiration, eliminate phlegm and ease tachypnea.

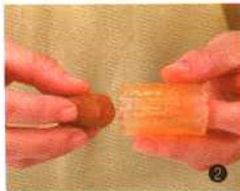


套甜點的技巧(棗蓉水晶卷)

Insertion Technique (Crystal Roll)

紅棗或南棗蒸軟，將棗蓉刮出，再用攪拌機打爛及搓成圓柱狀；果子凍粉水放器皿內待凍，用大小模級出空心柱體，再將棗蓉放入即可。

Steam the red dates or black dates until soft, scoop out its flesh, mash it in blender and then rub it into a cylinder. Mix jelly powder and water in a mixing bowl and leave it to cool down. Use a large mould to cut out a piece of jelly and then cut out a cylinder at its centre with a smaller round mould. Insert the date paste cylinder into the hollow centre of the jelly.



小撻模的造型(肉桂松蓉糕)

Making of a Small Tart Mould (Cinnamon Cake with Pine Seeds)

粘米粉用手磨擦至夠濕及散開才盛入已塗油及灑糖的器皿內，加入餡料後再置蒸籠隔水蒸，蒸時亦要吸夠水蒸氣，做出來的糕才會軟身。

Mix the rice flour with hands until it becomes wet and disintegrated. Put it into a container smeared with oil and sugar, add in the filling and then steam it with a steamer above water to let the cake absorb sufficient steam so as to make it soft.

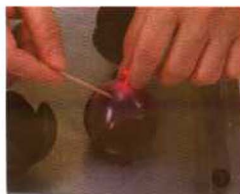


朱古力杯(西芹雪糕朱古力杯)

Chocolate Cup (Chocolate Cup with Celery Ice-cream)

朱古力切碎隔熱水坐溶，將已吹氣的氣球沾上，做成3-4瓣的杯邊，放檯面待凝固，即可用竹籤刺穿氣球。

Melt the chopped chocolate with double boiling, coat the chocolate sauce on a balloon, leave it on a table to solidify and then break the balloon with a toothpick and a cup is made.



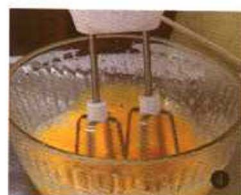
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糕蛋白的驚奇 (雞仔棉花糖)

White Surprise (Chicken Marshmallow)

魚膠粉灑水面，置一旁，不能攪動；待糖水煮好後才用攪拌器將魚膠粉水打至起泡，慢慢地加入糖水打至奶白色及棉花糖狀，加入色素續打至均勻，放入唧袋唧成小雞狀，最後灑上糖霜。

Sprinkle some gelatine powder on the water, leave it and set aside. When the sweet soup is cooked, whisk the gelatine powder liquid with a blender until foamy. Then gradually add in the sweet soup and whisk until milky and marshmallow-like, add in colouring and continue to whisk. Put the mixture into a piping bag to pipe out a little chicken shape and then sprinkle some icing sugar on top.



5

釀甜點的技巧 (番茄凍)

Stuffing Technique (Icy Tomato)

番茄去皮，挖空心，再將做好的餡料傾入，置冰箱冷凍，才可淋上已煮滾的大菜水，使表層即時凝固。

Peel the tomato, scoop out its centre, pour the prepared filling inside, freeze it in the refrigerator until frozen, pour the boiled agar-agar on top and a solidified coat will be formed on the surface immediately.



Tips for
Processing and
Garnishing

讓甜食舞動 你的生活

LIVEN UP YOUR LIFE WITH DESSERTS

當品嚐到一口精巧細緻的甜點，感覺如何？能真正用心感受到那份濃情和心思嗎？或是慢慢咀嚼食物，讓每種味道沾味蕾和漸漸融合一起。生活就如品嚐甜點，變化萬千，充滿驚奇，也要用心感受才能活得精彩，享受真正生活……

How do you feel at a bite of an exquisite dessert? Can you really feel the passion and thoughtfulness inside? Or you chew it so slowly that its flavour blends with every taste bud in your mouth. Life is like a dessert. It has a great variety and is full of surprises. You have to indulge in it in order to enjoy it to the full.



玉子千層疊

EGG LAYERS



材料 INGREDIENTS

草莓汁2湯匙

乾椰蓉20克

雞蛋白160克

鮮奶1杯

糖2湯匙

熟鹹蛋黃(磨成蓉)2-3隻

紅加侖子(裝飾)適量

2 tbsp strawberry juice (clarified)

20g dried desiccated coconut

160g egg white

1 cup milk

2 tbsp sugar

2-3 cooked salted egg yolk

(mashed into paste)

Some red currants (for garnishing)

做法 METHOD

1 草莓汁及椰蓉放碗內拌勻，放進焗爐以低溫烘乾，備用。

Mix strawberry juice and desiccated coconut together in a bowl. Roast it in the oven on low heat until dry. Set aside.

2 調勻雞蛋白：鮮奶及糖放鍋中煮溶，趁熱撞入蛋白內快速攪拌(邊撞邊攪拌)，用篩隔去泡沫，將蛋液盛在容器內，置於竹蒸籠內以慢火隔水蒸熟(約10分鐘)，取出待凍，將雞蛋白分成四等份。

Cook egg white, milk and sugar together in a pot and stir until dissolved. When it is still hot, pour in egg white gradually while stirring rapidly. Sift out the bubbles and pour the egg mixture into a container. Then place it into a bamboo steamer and steam it on low heat for about 10 mins. Take it out and leave it to cool down. Divide the steamed egg white into four portions.

3 一層蛋白放碟上，鋪上一層蛋黃蓉、草莓味的椰蓉，重複，最後加上紅加侖子作裝飾即成。

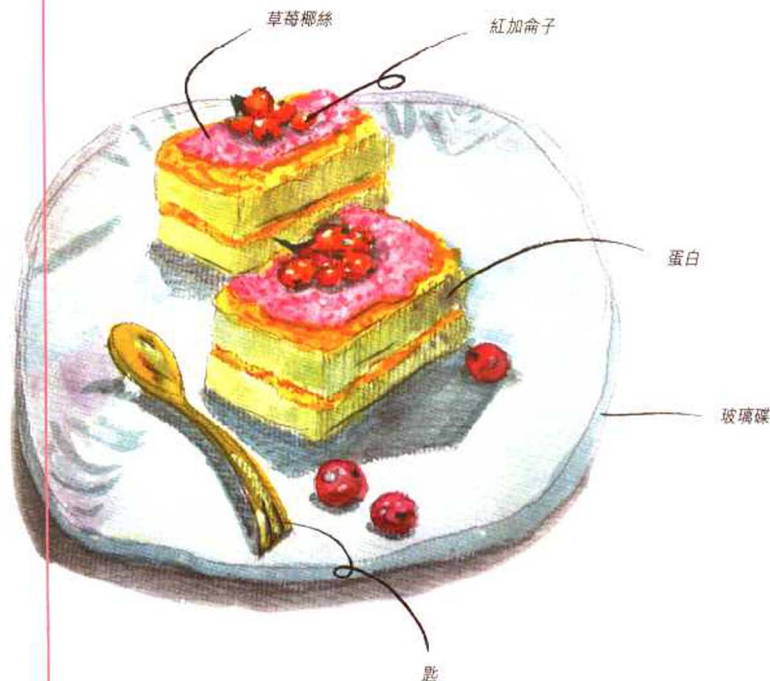
Place one layer of steamed egg white onto a plate, cover it with a layer of egg yolk and then a layer of strawberry flavour desiccated coconut flesh. Repeat steps once and then top it with some red currants for garnishing. Ready to serve.



2件
2 pcs



30分鐘
30 minutes



023

小食類
Snacks



咖
央

柿
餅

STUFFED PERSIMMON CAKE



材料 INGREDIENTS

新鮮日本富貴柿3個

玉米粉100克

防潮糖霜1茶匙

乾柿蒂6個

咖央醬

雞蛋4隻

果糖130克

水¼杯

椰漿200克

鮮奶¼杯

斑蘭葉4塊

鹽⅓茶匙

3 fresh Japanese persimmons

100g yellow corn meal

1 tsp moisture resistant icing sugar

6 preserved persimmons

Coconut Padan Sauce

4 eggs

130g fructose

¼ cup water

200g coconut milk

¼ cup milk

4 pandan leaves

⅓ tsp salt

做法 METHOD

1 柿洗淨去皮切開兩半，刮空中心風乾；玉米粉及糖霜篩勻，備用。
Wash the persimmons, pare and then cut them into halves. Scoop out its core and air dry. Sift corn flour and icing sugar thoroughly, set aside.

2 雞蛋打起；糖及水放易潔鑊煮至成焦糖，加入椰漿、鮮奶、斑蘭葉及鹽用中慢火煮至焦糖溶解至糊狀，離火將蛋液快速拌入至均勻，開火續煮至吉士狀，取出待凍備用。
Whisk the eggs. Cook sugar and water in a non-sticky pan until it turns into treacle. Add in coconut milk, milk, pandan leaves and salt, and cook on medium to low heat until the treacle dissolved into a porridge-like mixture. Remove from heat and stir in the eggs liquid rapidly until well-blended. Turn on the heat again and cook until it is custard-like. Take it out and leave to cool down. Set aside.

3 將咖央釀入柿乾內，合上，再用乾柿蒂封頂。
Stuff the coconut padan sauce into the dried persimmons, close its opening and then seal it with stalk from a preserved persimmon.

4 最後篩上玉米粉糖霜即成。
Sift some corn flour icing sugar on top and serve.

註 Remarks :

- 1 可用日本風乾甜柿代替新鮮富貴柿，以減少風乾所耗的時間。
To save time, the fresh persimmons can be replaced with Japanese Anppo dried Persimmons.
- 2 富貴柿含有番茄紅素對身體有益。
Japanese persimmons contains lycopene which is nutritious to humans.



6個
6 pcs



35分鐘
35 minutes



025

小食類
Snacks

炸雪糕斑戟



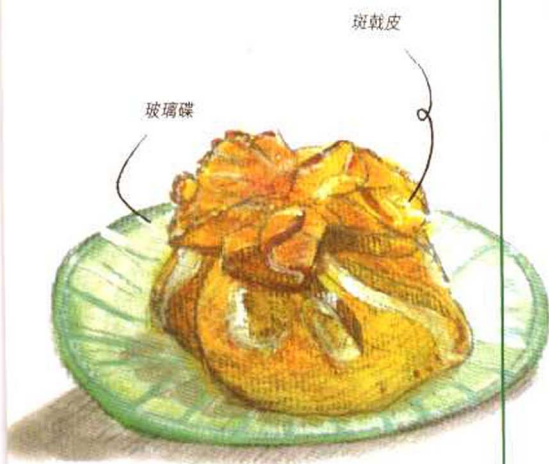
ICE-CREAM PAN CAKE



材料 INGREDIENTS

火龍果2個
芝麻雪糕1杯
雞蛋2隻
糖1湯匙
全脂鮮奶100毫升
麵粉50克
粟米油1湯匙
蘿蔔乾(切長條)2條

2 dragon fruits
1 cup sesame ice-cream
2 eggs
1 tbsp sugar
100ml full milk
50g flour
1 tbsp corn oil
2 dried turnip (cut into long strips)



做法 METHOD

- 1** 火龍果去皮，頂部切開，將中心挖去，填入芝麻雪糕，移放冰箱雪藏半天使硬透，備用。
Pare the dragon fruits, cut open at its top and scoop out its core. Stuff it with sesame ice-cream, freeze it in the refrigerator for half a day until hardened. Set aside.
- 2** 雞蛋及糖打起，梅花間竹地分次加入鮮奶及麵粉，打成麵糊後加入粟米油徹底攪透，煎成薄餅待凍，備用。
Whisk the eggs and sugar together. Add in milk and flour alternately and whisk it into a batter. Then add in corn oil and mix thoroughly. Pan-fry it into pan cakes. Leave them to cool and set aside.
- 3** 薄餅包上已變硬的火龍果雪糕，再用蘿蔔條綁緊。
Wrap some dragon fruit ice-cream with a pan cake and then tie it with a carrot stick tightly.
- 4** 最後放入滾油炸至皮脆即成。
Deep fry the ice-cream pan cake in hot oil until crispy. Ready to serve.

註 Remarks :

- 1** 火龍果含豐富營養，能提高對腦細胞變性的預防，抑制癡呆症的發生，亦具減肥、降血糖及潤腸的作用。
Dragon fruit is rich in nutrients and can help to prevent degenerate of brain cells and thus suppressing Alzheimer's disease. It is also useful to trim up the body, lower blood sugar level and facilitate digestion.
- 2** 可隨意轉換自己喜愛的生果和雪糕。
You may change the combination of fresh fruit and ice-cream to your taste.
- 3** 生果雪糕可預早1-2天做好，待請客時從冰箱取出，包上斑戟皮再炸硬成。
Fresh fruit ice-cream can be prepared one or two days in advance and store it in the refrigerator. You may then wrap it with a pancake and deep-fry it right before serving.



2個
2 pcs



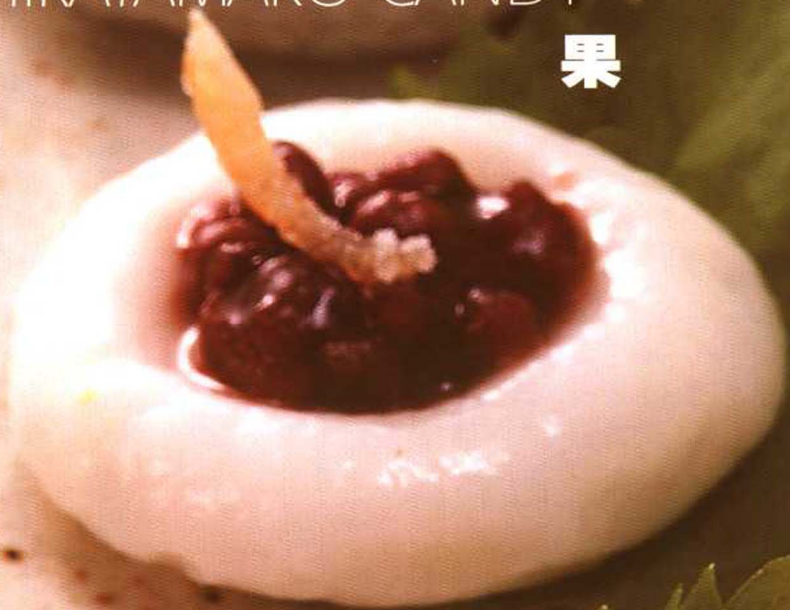
35分鐘
35 minutes



027

小食類
Snacks

白玉
SHIRATAMAKO CANDY
果



材料 INGREDIENTS

白玉粉60克 + 60克 + 60克

糖4湯匙 + 4湯匙 + 4湯匙

鮮奶44克

紅麴米水45-50克

艾草1茶匙

椰汁45-50克

紫蘇葉9塊

日本罐頭紅豆適量

糖漬柚子乾(裝飾)適量

60g + 60g + 60g Shiratamako

4 tbsp+ 4 tbsp+ 4tbsp sugar

44g milk

45-50g red yeast rice water

1tsp Artemisia argyi

45-50g coconut juice

9 purple common perilla leaves

Some Japanese canned red beans

Some sweetened dried grapefruit

(for garnishing)



做法 METHOD

1 白玉粉60克放盆中，加入4湯匙糖拌勻，慢慢加入鮮奶搓至成粉糰，將粉糰放檯面用拳頭搓約1分鐘，使成軟硬適中的粉糰，分出24克小丸子，再搓完按扁，在中心舀一凹位；第二份用紅麴米水，用同樣方法做成粉糰；第三份將白玉粉及艾草放篩內篩勻，再用以上方法加入椰汁做成粉糰，備用。

Put 60g of shiratamako into a bowl, add in 4tbsp of sugar and mix well. Add in milk gradually and knead it into dough. Place the dough on a table and knead it with fist for about one minute, to enhance its texture. Divide it into small balls of 24g each. Rub and then press the ball to flatten. Make a depression in its centre. Mix the second portion of shiratamako with red rice water and make it into pieces of dough with the same method. For the third portion of shiratamak, sift it together with Artemisia argyi with a sieve. Then mix it with coconut juice and make it into pieces of dough with the same method. Set aside.

2 水放鍋內煮滾，放入粉糰煮滾至熟，取出，放進冰水內浸泡直到變凍。

Bring some water to a boil in a pot. Add in the dough until cooked. Take it out and soak into icy water until cool.

3 紫蘇葉放碟上，放上白玉果，在凹位舀入紅豆，飾以糖漬柚子乾即成。

Place the purple common perilla leaves on a plate. Put a piece of shiratamako dough on it and then place some red beans into the depression. Garnish it with some sweetened grapefruit and serve.

註 Remarks :

1 水滾放入白玉果，滾起時加入1杯凍水，待水再滾時，浮面的一定熟透。

Put the shiratamako dough into boiling water. When the dough floats on the water, add in a cup of cold water and continue to cook until the water boils. Dough that floats on water is sure to be well cooked.

2 要白玉果咀嚼時夠韌性，祕訣在搓粉時要細緻一點；浸冰水的作用是當咀嚼時既有嚼頭也不會黏牙。

To make the shiratamako candy more chewy, the shiratamako dough has to be kneaded thoroughly. Besides, soaking the cooked wrapping in icy water can make it more chewy but not sticky.

3 當水加入粉糰時要徐徐加入(邊搓邊加入)，成糰則成；利用不同顏色做成雲石白玉果亦可。

Add the water gently into the dough (add it gradually while kneading the dough). By using different colourings, one even can make a marble-like shiratamako candy.



各3個
3 pcs each



30分鐘
30 minutes



029

小食類
Snacks

椰菜蛋 
COCONUT EGG



材料 INGREDIENTS

大菜絲40克
水4½杯
糖160克
甘筍汁½杯
椰漿120毫升
鮮奶60毫升
雞蛋黃20隻

魚膠粉水

魚膠粉2湯匙
水4湯匙

40g agar agar
4½ cups water
160g sugar
½ cups carrot juice
120ml coconut milk
60ml milk
20 egg yolks

GELATINE WATER

2 tbsp gelatine powder
4 tbsp water

做法 METHOD

- 1 大菜絲洗淨略剪碎，放清水內浸15分鐘，瀝乾；魚膠粉水用熱水坐溶，備用。
Wash agar agar and cut it lightly. Soak it in water for 15 mins and then strain. Put the gelatine water mixture in a bowl and warm it in a basin of hot water until the gelatine dissolves. Set aside.
- 2 大菜及水4½杯放鍋內煮溶，加入糖及魚膠粉水續煮至溶，離火，待稍涼。
Cook agar agar with 4½ cups of water in a pot until dissolved. Add in sugar and gelatine water, and continue to cook until dissolved. Remove from the heat and leave it to cool down.
- 3 取出1杯大菜水，加入甘筍汁拌勻，注入圓形冰模內，做成蛋黃，移放冰箱急凍至凝固，取出，備用。
Take out a cup of agar agar water, add in carrot juice and mix thoroughly. Pour in into a round ice-cube mould to make into egg yolk-like balls. Place it in the freezer until solidified. Take it out and set aside.
- 4 用中慢火煮餘下的大菜水及加入椰漿及鮮奶拌勻至滾。
Cook the remaining agar agar water on low to medium heat. Then add in coconut milk and milk, and stir until it boils.
- 5 蛋模內放入1隻蛋黃，注入椰汁大菜，放冰箱冷凍至凝固即成。
Put in a piece of egg yolk into the egg mould, fill it with agar agar prepared in step 4. Freeze it in the freezer until solidified. Ready to serve.

註 Remarks :

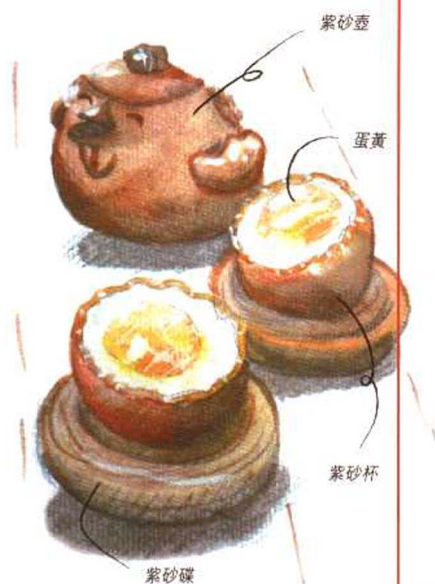
- 1 可利用全蛋模做成整隻雞蛋，先將1隻蛋黃放入蛋模，戴手套在椰汁大菜內合上，蛋內才沒有空氣，取出待凍即成。
It can be made into whole eggs with egg moulds. Place an egg yolk into an egg mould, wear a pair of clean gloves and wrap it with agar agar and coconut juice to remove the air from the egg. Take it out and leave to cool down. Ready to serve.
- 2 當大菜冷卻後便會凝固，所以在凝固蛋黃時要保持餘下的大菜水溫度暖和。
Agar agar will solidify when cooled. Therefore, when solidifying the egg yolk, the temperature of the agar agar liquid has to be kept warm.



20隻
20 pcs



30分鐘
30 minutes

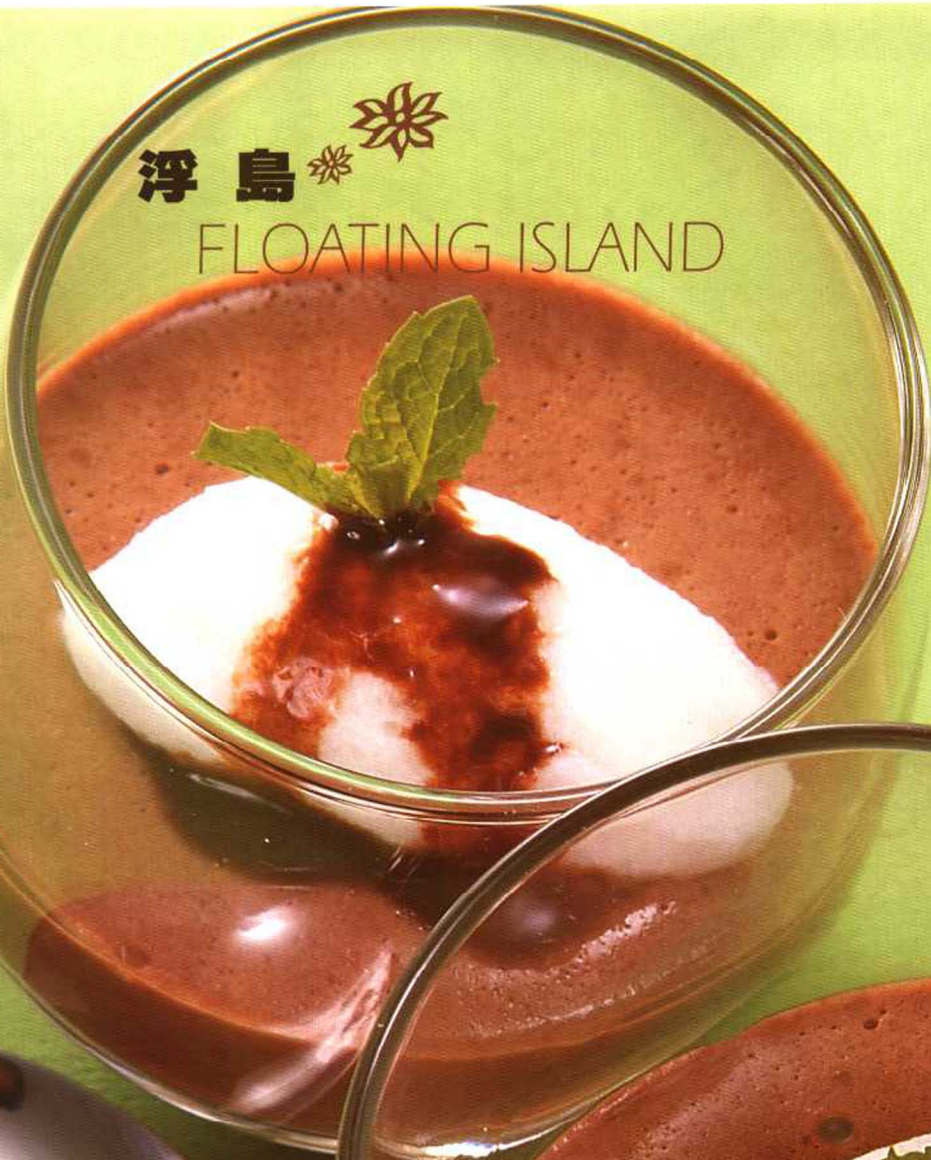


031

小食類
Snacks

浮島 

FLOATING ISLAND



材料 INGREDIENTS

可可粉2湯匙
甜忌廉120克
高鈣脫脂奶粉2湯匙
糖5克
熱情果漿1湯匙
熱情果酒 $\frac{1}{2}$ 湯匙
熱情果肉適量
薄荷葉(裝飾)適量
朱古力漿適量

蛋白球

蛋白2隻
粟粉2茶匙
麵粉1茶匙

2 tbsp cocoa powder
120g whip topping
2 tbsp hi-calcium skimmed milk powder
5g sugar
1tbsp passion fruit purée
 $\frac{1}{2}$ tbsp passion fruit wine
Some passion fruit flesh
Some peppermint leaves (for garnishing)
Some chocolate sauce

EGG WHITE BALL

2 egg white
2 tsp corn flour
1 tsp flour

做法 METHOD

- 1 可可粉、甜忌廉、奶粉及糖放鍋內煮至濃稠，取出待稍涼，加入熱情果漿及酒拌勻置杯內，備用。
Cook cocoa powder, sweetened cream, milk powder and sugar in a pot until it becomes porridge-like. Take it out and leave to cool down. Add in passion fruit jam and wine, and mix well. Place it into cups and set aside.
- 2 蛋白打起，快手加入粟粉及麵粉拌勻。
Whisk egg white. Add in corn flour and flour, stir rapidly until thoroughly mixed.
- 3 燒熱滾水，用湯匙將蛋白舀入滾至熟，取出，放在(步驟1)的朱古力面。
Bring some water to a boil. Scoop egg white with a tablespoon and put it into the boiling water until cooked. Take out the egg white ball and place it on top of the chocolate prepared in step 1.
- 4 一杯舀入少許熱情果肉，另一杯或可放薄荷葉及朱古力漿即成。
Add a little passion fruit flesh into a cup and alternately place some peppermint leaves and chocolate sauce into another. Ready to serve.



2 杯
2 cups



20 分鐘
20 minutes



033

小食類
Snacks

玄米藍莓撻

BLUEBERRY TART IN CRISPY RICE



材料 INGREDIENTS

糯米100克
紅麴米水適量
糖3湯匙
即食吉士100克
鮮奶300克
美國野生藍莓乾40克

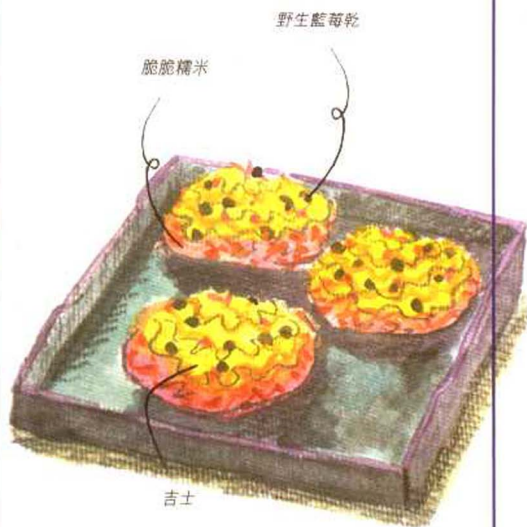
100g glutinous rice
Some red yeast rice water
3 tbsp sugar
100g instant custard
300g milk
40g US dried wild blueberries

做法 METHOD

- 1** 糯米洗淨，用紅麴米水浸過夜使糯米變成紅色，瀝水後拌入糖，放盆內做成很薄的圓形，隔水蒸熟及軟身(約15-20分鐘)，取出後風乾。
Wash the glutinous rice, add in red yeast rice water and soak it overnight until the glutinous rice turns into red. Strain out excess water, blend in sugar and place the mixture onto the base of a round container to make a thin round layer. Steam it above boiling water in about 15 to 20 mins until cooked and softened. Take it out and leave it to cool down.
- 2** 燒熱鑊下油，用8成油溫炸脆，瀝油，備用。
Heat a wok, add in some oil and deep fry the glutinous rice cake in medium hot oil until it becomes crispy. Strain out excess oil and set aside.
- 3** 吉士粉用鮮奶拌勻至杰身，放入唧袋內，備用。
Mix custard powder with milk thoroughly until it becomes creamy. Place it into a piping bag piping bag and set aside.
- 4** 脆米放檯面，唧上吉士，將藍莓乾及脆米粒放入即成。
Place the crispy rice on a table, pipe custard on it, and then place some dried blueberries and crispy rice on top. Ready to serve.

註 Remarks :

- 1** 紅麴米水：20克紅麴米加水浸過夜。
red yeast rice water: soak 20g of red yeast rice in water overnight. Decant and reserve the water.
- 2** 藍莓乾在大超市有售。同時也可自行製作，只要將100克新鮮藍莓，加入2茶匙糖醃1小時，再用½杯櫻桃酒拌勻浸漬1小時，取出後風乾即成。
Dried blueberries are available in large supermarket. They can also be home-made by mixing 100g of fresh blueberries with 2 tsp of sugar, leave it for an hour and then marinate it with ½ cup of kirsch for another hour. Take out the berries and air dry. Ready to serve.



6件
6 pcs

30分鐘
30 minutes



035

小食類
Snacks

春苑 

CRISPY BALLS WITH
SWEET POTATO



材料 INGREDIENTS

蜂蜜麵包2塊
糯米粉80克
粘米粉20克
水適量

餡料

黃心番薯茸240克
糖3湯匙
蒜蓉1茶匙
淡忌廉2茶匙
無鹽牛油1湯匙
玉桂粉¼茶匙
巴馬臣芝士粉2湯匙
青檸葉(切碎)1塊
雞醬1湯匙

2 slices honeyed bread
80g glutinous rice powder
20g rice powder
Some water

FILLING

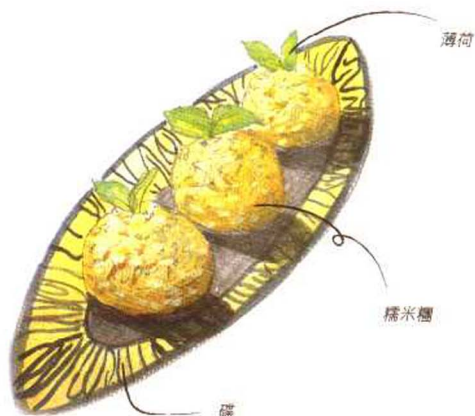
240g yellow sweet potatoes
3 tbsp sugar
1 tsp grated garlic
2 tsp whipping cream
1 tbsp unsalted butter
¼ tsp cinnamon powder
2 tbsp Parmesan cheese powder
1 lime leaf (finely chopped)
1 tbsp chicken sauce

做法 METHOD

- 1 蜂蜜麵包切小丁粒，放冰箱雪至脆，備用。
Cut the honeyed bread into tiny dices, put them into the refrigerator and freeze until crispy. Set aside.
- 2 將所有餡料放攪拌器內打成糰，取出，搓成25克丸子，備用。
Put all the filling into a blender and mix it into dough. Take it out and knead into balls of 25g each. Set aside.
- 3 糯米粉及粘米粉篩勻放碗內，加水搓成粉糰，放大滾水內煮熟，取出。
Sift glutinous rice powder together with rice powder, place it in a bowl, add in water and knead it into dough. Cook it in boiling water until well cooked. Take it out.
- 4 粉糰放檯面搓成軟硬適中，分成約10克重的小粉糰。
Put the dough on a table and knead it until its texture becomes just right, i.e. not too hard and not too soft. Divide it into small balls of 10g each.
- 5 搓圓按扁，包入餡料，滾上麵包粒即成。
Rub it into a ball and then press it to flatten. Wrap in some filling and then roll it on the bread dices. Ready to serve.

註 Remarks :

- 1 糯米皮可用和菓子皮代替，做法可參考櫻花和菓子。
The glutinous rice wrapping can be replaced with wagashi wrapping. The making of wagashi wrapping can be referred to Sakura Wagashi.
- 2 麵包粒切後放紙袋，再放冰箱冷凍2天以上便成脆粒，或用食物脫水機抽乾水份。
Cut the bread into dices, place it in a paper bag and then store it in a refrigerator for two days or more to make it crispy. This process can be replaced with the use an electrical food dehydrator to drain out the water in food.



10粒
10 pcs

30分鐘
30 minutes



037

小食類
Snacks

小食類
Snacks

038



豆



FEAST OF BEANS

之宴



材料 INGREDIENTS

毛豆蓉皮

毛豆蓉20克
白芸豆蓉100克
液體葡萄糖60克
粟米油20克
柚子茶1½茶匙

白芸豆蓉餡

白芸豆蓉120克
液體葡萄糖70克
粟米油20克

WRAPPING

20g hairy beans paste
100g white kidney beans paste
60g liquid glucose
20g corn oil
1½ tsp honey citron tea

WHITE KIDNEY BEANS PASTE

120g white kidney beans purée
70g liquid glucose
20g corn oil

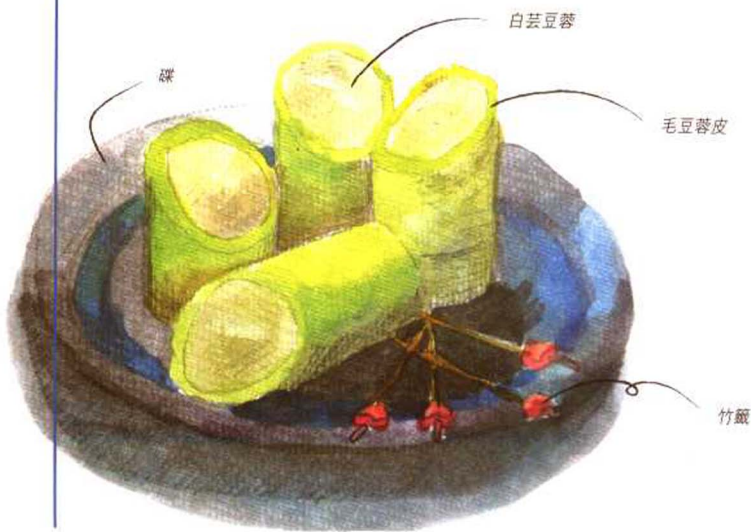
做法 METHOD

- 1 白芸豆蓉、液體葡萄糖及粟米油放鑊內快速炒至稠漿(約10分鐘)，取出待凍，搓成長條，放冰箱冷凍至稍硬，備用。
Stir-fry the white kidney beans paste, liquid glucose and corn oil in a wok rapidly for about 10 mins until it becomes thick. Take it out and leave it to cool down. Knead it into a long stick, place it in a refrigerator until it becomes harder. Set aside.
- 2 毛豆蓉、白芸豆蓉、液體葡萄糖及粟米油放鑊內快速炒至稠漿(約10鐘)，加入柚子茶拌勻，取出待凍，搓成糰。
Stir-fry hairy beans paste, white kidney beans paste, liquid glucose and corn oil in a wok rapidly for about 10 mins until it becomes thick. Add in honey citron tea with stirring. Take it out and leave it to cool down. Knead it into dough.
- 3 毛豆糰放牛油紙上，用麵棍輾薄，將白芸豆蓉捲上。
Place the hairy bean dough on a piece of baking paper, roll it out into a thin sheet with a rolling pin. Place the white kidney beans paste on top and then roll it up.
- 4 最後切成4-5段即成。
Cut the roll into 4 to 5 sections. Ready to serve.

註 Remarks:

毛豆蓉與白芸豆蓉的做法是一樣，只要將兩種豆浸軟後去殼，分別½小時至稔，取出壓成茸。

The making of hairy beans paste is the same as the one for white kidney beans paste. One only has to soak the two types of beans until softened, shell and then blanch it in boiling water for ½ hour until it becomes tender. Take out the beans and mash it into purée.



1條
1 stick



30分鐘
30 minutes



039

小食類
Snacks

素蓉水晶卷

CRYSTAL ROLL



材料 INGREDIENTS

棗蓉40克
糖2湯匙
魚膠粉45克
水200克
果子凍粉2茶匙
檸檬汁2湯匙
葡萄汽酒250克

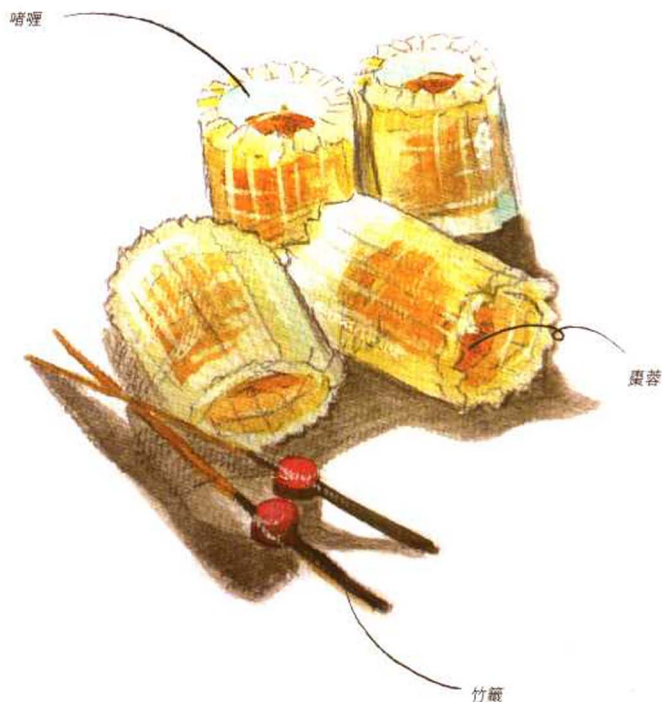
40g date purée
2 tbsp sugar
45g gelatine powder
200g water
2 tsp jelly powder
2 tbsp lemon juice
250g sparkling wine

做法 METHOD

- 1** 棗蓉搓成圓柱形；糖及魚膠粉拌勻，備用。
Rub the date purée into a rod. Mix sugar and gelatine powder thoroughly. Set aside.
- 2** 水放鍋內煮滾，加入魚膠粉糖，再加入果子凍粉拌勻，取出。
Boil the water in a pot, add in gelatine powder with sugar mixture, and then add in jelly powder, and mix well. Remove the pot from the heat.
- 3** 加入檸檬汁及葡萄汽酒拌勻，傾入圓柱體容器內待凍，凝固後級成中空圓筒狀。
Add in lemon juice and sparkling wine and mix well. Pour the mixture into a cylindrical container and leave it to cool down. It will then solidify into a cylinder. Core out the centre to give a hollow cylinder.
- 4** 套上棗蓉即成。
Insert the date purée rod in the centre and serve.

註 Remarks :

紅棗放滾水內煮10-15分鐘至脆，取出將棗蓉刮出再放攪拌機內打爛即成。
Cook the red dates in boiling water for 10 to 15 mins until they become tender. Take them out and scoop out the date flesh. Put the flesh into a blender and grind it into a paste.



4 件
4 pcs



20 分鐘
20 minutes



小食類
Snacks

042

脆綠威化*
CRISPY GREEN WAFERS



材料 INGREDIENTS

花生威化餅7塊
斑蘭糖粉40克
葡萄糖 $2\frac{1}{2}$ 湯匙
檸檬酸1茶匙
白朱古力60克
淡忌廉20毫升

7 peanut wafers
40g pandan icing sugar
 $2\frac{1}{2}$ tbsp glucose
1 tsp citric acid
60g white chocolate
20ml whipping cream

做法 METHOD

- 1** 威化餅一塊開5件；斑蘭糖粉、葡萄糖及檸檬酸用篩勻放碗內，備用。
Divide a wafer into five portions. Sift pandan icing sugar, glucose and citric acid together into a bowl. Set aside.
- 2** 白朱古力切碎，用熱水坐溶，加入忌廉慢慢攪至稠漿。
Chop white chocolate finely and then melt it with double boiling. Add in cream and stir slowly until it thickens.
- 3** 將威化黏上朱古力漿。
Stick the chocolate sauce onto the wafers.
- 4** 取出滾上糖粉即成。
Roll the chocolate wafers on the icing sugar and serve.

註 Remarks :

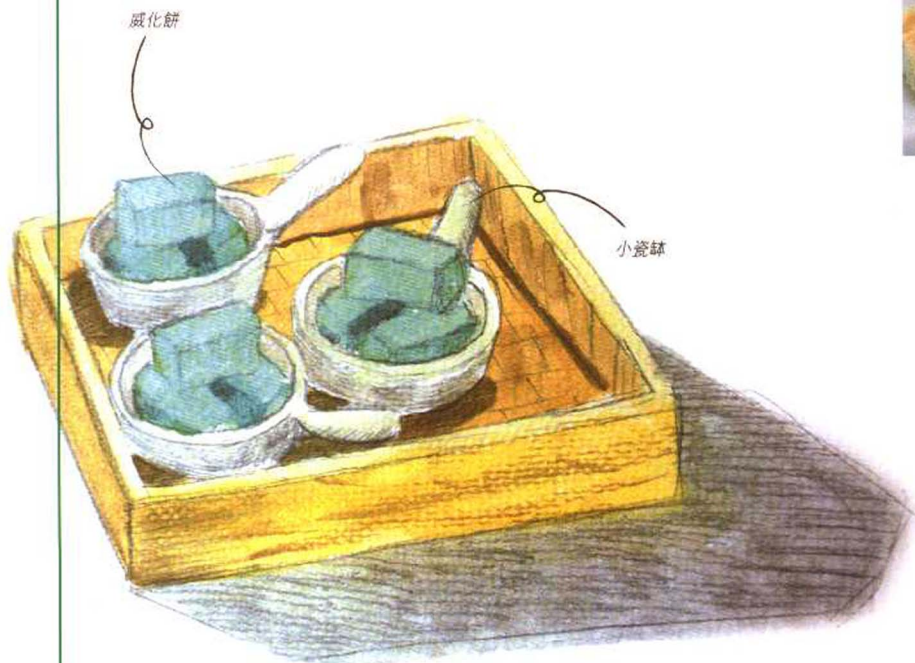
斑蘭糖粉大型超級市場(如Oliver, Great等)有售。
Pandan icing sugar is available in the large supermarket, like Oliver and Great.



35件
35 pcs



20分鐘
20 minutes



043

小食類
Snacks



櫻花
和菓子

SAKURA WAGASHI



材料 INGREDIENTS

皮

麵粉10克
糯米粉20克
粘米粉 20克
糖10克
全脂鮮奶80克
煉奶20克
粟米油15克
草莓香油少許
斑蘭葉香油少許
黃色素適量

餡料

大樹菠蘿籽蓉320克
糖100克
粟米油60克

WRAPPING

10g flour
20g glutinous rice flour
20g rice flour
10g sugar
80g full-cream milk
20g condensed milk
15g corn oil
A little strawberry essence
A little pandan leaf essence
Some yellow edible colouring

FILLING

320g jack fruit seed paste
100g sugar
60g corn oil

做法 METHOD

- 1 麵粉、糯米粉及粘米粉篩勻放碗內，加入糖、奶等拌勻至滑糊狀。
Sift flour, glutinous rice powder and rice powder into a bowl. Fold in sugar and milk and mix until it become a batter.
- 2 將滑糊分成2份，1份加入草莓香油，另1份再分開2份，分別拌入斑蘭葉香油及黃色素。
Divide the mixture into two. Add the strawberry essence to one. Divide another portion into two halves, add in pandan leaf essence and yellow edible colouring to each respectively.
- 3 移放蒸籠以大火蒸約30分鐘至熟，取出待凍，分別搓成軟硬適中的粉糰。
Put the three bowls of mixture into a steamer and steam it over water on high heat for about 30 mins until cooked. Take them out to cool down. Knead each mixture individually until it becomes dough of good texture.
- 4 分成10克粉紅色及重約1克的綠色丸子，備用。
Rub them into 10g-pink balls and 1g green balls. Set aside.
- 5 將餡料放鑊內用慢火快速炒至稠漿，取出待凍，搓勻，分出15克的丸子，備用。
Stir-fry the filling in a frying pan rapidly until it thickens. Take it out and leave it to cool down. Mix it thoroughly and rub it into balls of 15g each. Set aside.
- 6 取1粒粉紅粉糰，搓圓按扁，加入綠色丸子在中央，再按成薄皮，包入餡料，搓圓，壓出坑紋。
Rub a pink ball and then press to flatten. Add a green ball in the centre and press it into a thin sheet. Wrap in some filling and rub it into a ball. Print some lines on it.
- 7 做型後，最後用篩將黃色粉粒做成花蕊放上即成。
Make the yellow balls into fine strings with a sieve. Put some on the balls made in step 6 as stamen. Ready to serve.

註 Remarks :

大樹菠蘿果肉蓉是將大樹菠蘿果肉去核焗脆(約10-15分鐘)，再壓成蓉。
Blanch the jack fruit flesh for about 10 to 15 minutes until it becomes tender and then mash it into paste.



8個
8 pcs



45分鐘
45 minutes

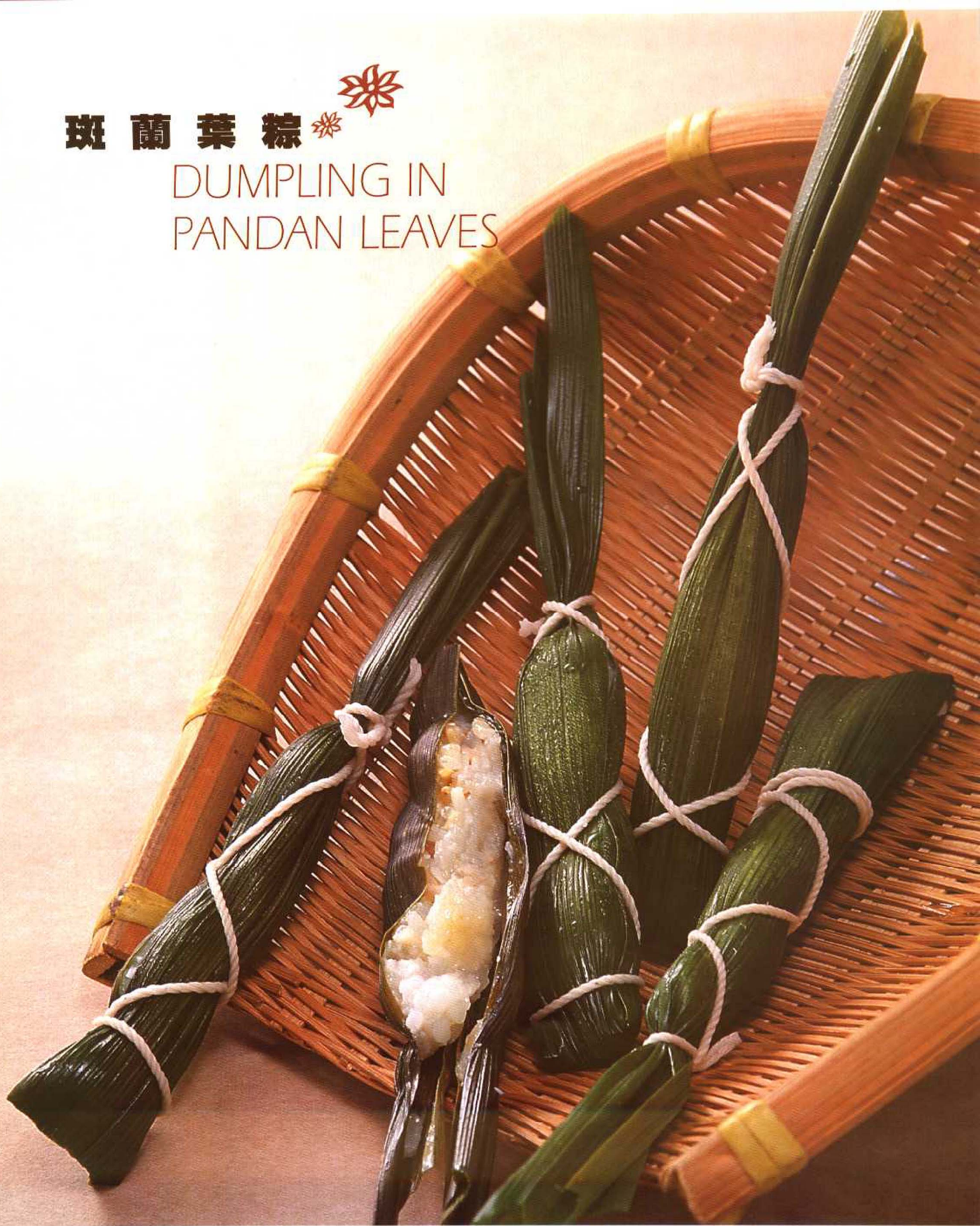


045

小食類
Snacks

斑蘭葉粽

DUMPLING IN
PANDAN LEAVES



材料 INGREDIENTS

大塊斑蘭葉30塊

糯米80克

椰漿2杯

繩1卷

調味

椰糖(切碎)8湯匙

椰絲20克

蝦米(浸透略打碎)30克

花生(略碾碎)40克

30 large pandan leaves

80g glutinous rice

2 cups coconut milk

1 roll string

SEASONING

8 tbsp coconut sugar (chopped)

20g desiccated coconut

30g dried shrimps (soaked and slightly mashed)

40g peanut (slightly mashed)

做法 METHOD

1 斑蘭葉放大滾水拖水至軟身，取出洗淨，抹乾，備用。

Cook the pandan leaves in boiling water until they become soft. Take them out, wash and then pat dry. Set aside.

2 糯米洗淨，用2杯椰漿浸過夜，瀝乾，加入調味拌勻備用。

Wash the glutinous rice and soak it in 2 cups of coconut milk overnight. Strain and then mix it well with the seasoning. Set aside.

3 斑蘭葉摺成兜形，舀入糯米，摺好，用繩紮好。

Fold the pandan leaves into a bowl shape. Stuff in glutinous rice, seal its opening and tie with a piece of string tightly.

4 將包好的粽子放入大鍋內用滾水焗20分鐘即成。

Boil the dumplings in boiling water for about 20 mins and serve.

註 Remarks :

椰糖在一般超級市場有售，售價約\$8-\$12。

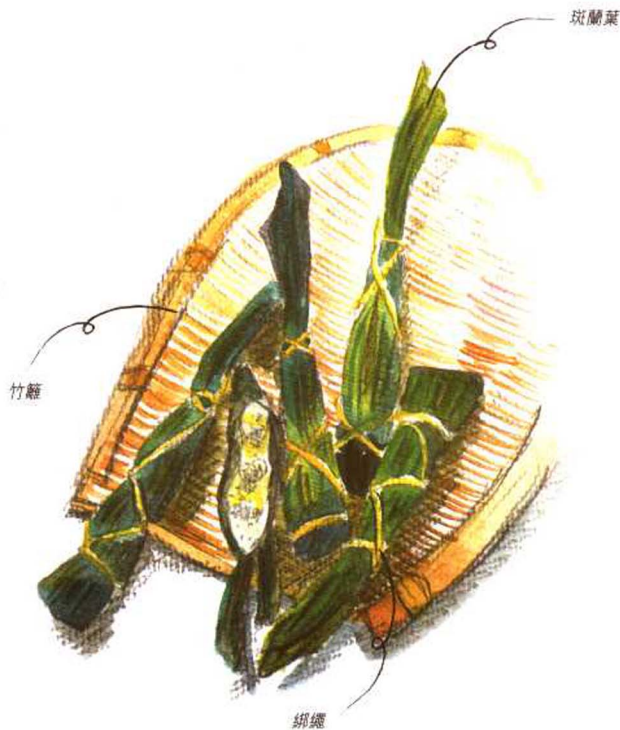
Coconut sugar is available in supermarkets at around \$8 to \$12.



30 條
30 pcs



40 分鐘
40 minutes



榴槤忘返



DURIAN WITH
PURPLE GLUTINOUS RICE



材料 INGREDIENTS

黑糯米160克
鹽1茶匙
芋頭(切丁粒)100克
紫粟米4湯匙
椰糖(切碎)4湯匙
榴槤肉4件

糖水

鮮奶¼杯
椰漿½杯
糖適量
冰粒適量

160g black glutinous rice
1 tsp salt
100g taro (in small dices)
4 tbsp purple sweet corn
4 tbsp coconut sugar (finely chopped)
4 pcs durian flesh

SWEET LIQUID

¼ cup milk
½ cup coconut milk
Some sugar
Some ice cubes

做法 METHOD

1 黑糯米洗淨，用清水浸過夜，瀝乾，放鍋內，加入鹽、芋頭粒、紫粟米及過面水拌勻，以中火煮30分鐘至軟身，加入椰糖煮溶，取出瀝乾，搓成紫米糰，備用。

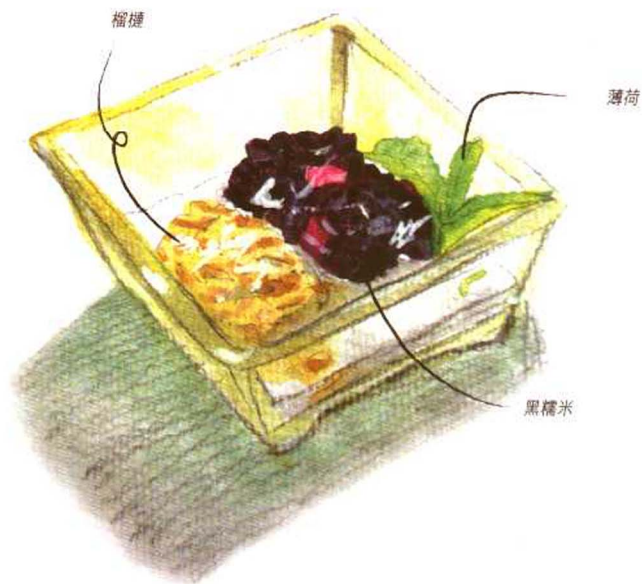
Wash the black glutinous rice and then soak it in water overnight. Strain, put it in a pot, add in salt, taro dices, purple sweet corns, and fill in water until it covers the ingredients. Cook it on medium heat for 30 mins until it becomes tender. Add in coconut sugar and cook until it dissolves. Take it out, strain and knead it into a black glutinous rice cake. Set aside.

2 榴槤撕去外衣，備用。

Tear off the skin of durian. Set aside.

3 將鮮奶、椰漿、糖及冰粒放攪拌機內略攪拌，取出置器皿內，最後加入榴槤及紫米糰即成。

Put the milk, coconut milk, sugar and ice cubes into a blender and mix. Transfer the mixture to a container. Add in durian and black glutinous rice cake. Ready to serve.



4份
4 portions



35分鐘
35 minutes



小食類
Snacks

050



反砂
檸檬皮

SUGARY LEMON ZEST



材料 INGREDIENTS

檸檬皮(切粗條)3個
檸檬酒2湯匙
糖1茶匙
糖120克
水 $\frac{1}{2}$ 杯

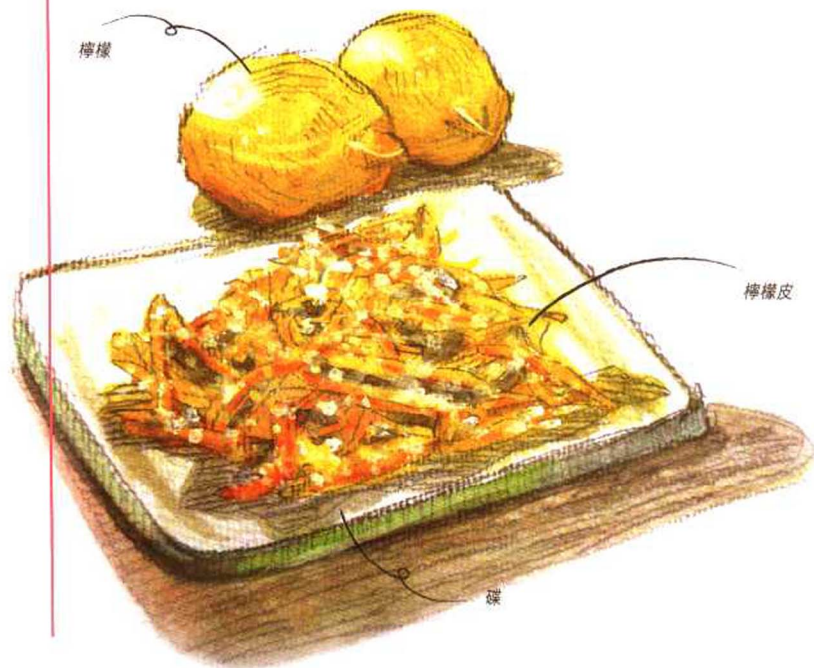
3 lemon zest (cut into thick strips)
2 tbsp lemon wine
1 tsp sugar
120g sugar
 $\frac{1}{2}$ cup water

做法 METHOD

- 1 檸檬皮放鍋內，加適量水煮3-5分鐘，取出過冷，用紙索乾水份。
Put the lemon zest into a pot, add in some water and cook for 3 to 5 mins. Take it out, rinse and blot dry with paper.
- 2 加入檸檬酒及1茶匙糖拌勻，備用。
Add in lemon wine and 1 tsp of sugar, mix thoroughly and then set aside.
- 3 糖及水放易潔鑊內煮溶，再以慢火煮至成硬糖狀態(約180°C)。
Dissolve the sugar in water in a non-sticky pan. Then cook it on low heat until hardened. (about 180°C).
- 4 將檸檬皮回鑊快手炒至糖漿變回砂糖狀即成。
Add the lemon zest to the pan and stir-fry rapidly until the sugar liquid turns into caster sugar form again. Ready to serve.

註 Remarks :

- 1 若沒有煮糖用的溫度計，可利用清水1杯，將糖漿滴入，取出時糖粒是硬的和起沙粒的，便可將檸檬皮回鑊兜炒。
If candy thermometer is not available, you can test the sugary liquid with a cup of water. When the sugary particles are hard and sandy, you can put the lemon zest into the pan and stir-fry.
- 2 煮檸檬皮的目的是去除苦澀味。
Cooking the lemon zest is to remove its bitterness.



180 克
180g



40 分鐘
40 minutes



051

小食類
Snacks

印度果醬撻

INDIAN JAM TART



材料 INGREDIENTS

餛皮

糯米80克
番紅花 $\frac{1}{2}$ 茶匙
水適量
糖1湯匙

果醬

西梅(略切)50克
生薑(切片)7克
代糖(三氯蔗糖)適量
鹽少許
水50克
生芒果肉(切條)35克
青蘋果(切條)50克
“Heinz”醋 $\frac{1}{2}$ 湯匙

PASTRY

80g glutinous rice
 $\frac{1}{2}$ tsp saffron
Some water
1 tbsp sugar

JAM

50g plums (slightly chopped)
7g raw ginger (sliced)
some sucralose
A little salt
50g water
35g fresh mango flesh (cut into sticks)
50g green apple (cut into strips)
 $\frac{1}{2}$ tbsp “Heinz” vinegar

做法 METHOD

1 糯米、番紅花及適量水拌勻浸過夜，瀝乾，放盆內鋪平約 $\frac{1}{4}$ 厘米厚，用星模鍛出星形及1厘米闊的星框，灑上糖，隔水蒸熟(約20分鐘)，取出待凍，略吹乾，將1星形底及框重疊，炸脆成撻模，備用。

Mix the glutinous rice, saffron and some water thoroughly and leave it overnight. Strain, place it evenly in a tray of about $\frac{1}{4}$ cm in thickness. Cut out some stars with a star mould and star-frames of 1cm wide. Sprinkle some sugar on top, steam it over water for about 20 mins until well cooked. Take it out and leave it to cool down. When it becomes a bit dry, stack the star base on the frame and deep-fry it into a tart mould. Set aside.

2 西梅、生薑放鍋內，加入代糖、鹽及水，用慢火煮至西梅變軟，加入生芒果肉及蘋果肉續煮成果醬，最後加入醋快速拌勻，離火待凍。

Put the plums and ginger in a pot. Add in sucralose, salt and water, and cook it on low heat until the plums become soft. Add in mango flesh and apple flesh, and continue to cook into a jam. Fold in vinegar and stir quickly. Remove from the heat and leave it to cool down.

3 將果醬舀入撻模內，加上裝飾即成。

Stuff the jam into the tart mould, add some garnishing and serve.

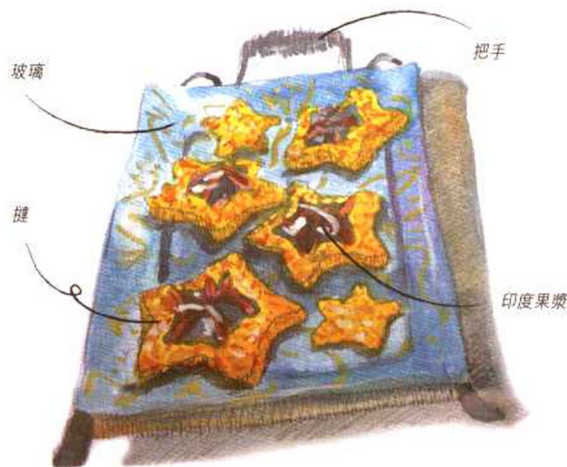
註 Remarks :

1 將番紅花浸水能取其中天然的黃色素，使糯米上色。這樣便能免用人造的黃色素。

Soak saffron in water to get its natural yellow colouring, which can be used to colour the glutinous rice, in replacement of artificial colouring.

2 代糖的用量約相等於60克蔗糖的甜度。

The sweetness on the amount of sucralose used equals to 60g of cane sugar.



6個
6 pcs

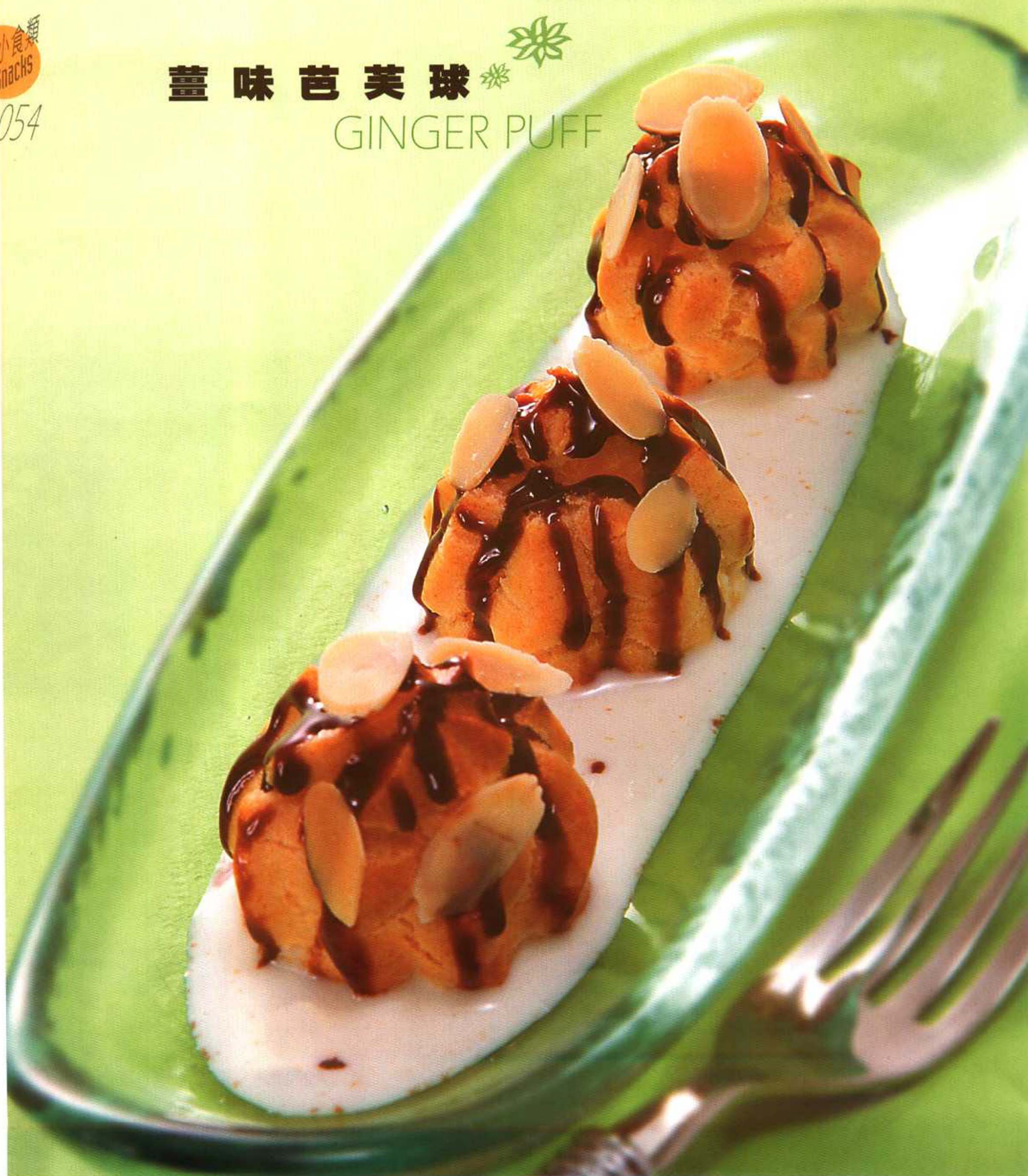
45分鐘
45 minutes



053

小食類
Snacks

薑味芭芙球  
GINGER PUFF



材料 INGREDIENTS

麵粉50克，玉米粉25克
臭粉 $\frac{1}{8}$ 茶匙，杏仁片適量
牛油50克，熱水100毫升
糖 $\frac{1}{2}$ 茶匙，鹽少許，蛋液80克
鮮奶100毫升

薑汁吉士餡

吉士粉2湯匙，鮮奶90毫升
雞蛋黃2個，淡忌廉180毫升
糖30克，薑粉2茶匙

朱古力漿

朱古力40克，淡忌廉20克

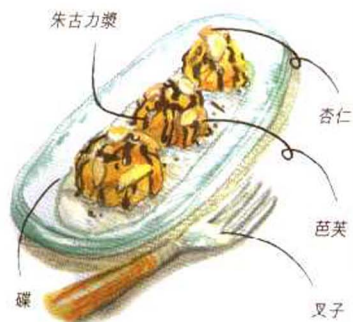
50g flour, 25g yellow corn meal
 $\frac{1}{8}$ tsp ammonium hydrogen
carbonate
some almond flakes, 50g butter
100ml hot water, $\frac{1}{2}$ tsp sugar
A pinch of salt, 80g egg liquid
100ml milk

GINGER CUSTARD FILLING

2 tbsp custard powder, 90ml milk
2 egg yolk
180ml whipping cream
30g sugar, 2 tsp ginger powder

CHOCOLATE SAUCE

40g chocolate
20g whipping cream



做法 METHOD

- 1 麵粉、玉米粉及臭粉篩勻；杏仁片置焗爐烘至微黃；朱古力切碎隔熱水坐溶，加入淡忌廉拌透至杰做成朱古力漿，放唧袋內，備用。
Sift flour, yellow corn meal and ammonium hydrogen carbonate together. Bake the almond flakes in an oven until it becomes lightly brown. Cut the chocolate into fine pieces and melt it over hot water. Add in unsweetened cream and mix thoroughly until it becomes a chocolate sauce. Put it in a piping bag and set aside.
- 2 牛油、熱水、糖及鹽放鍋內煮滾，快手拌入已篩粉料使成粉糰，取出，放檯面。
Cook the butter, hot water, sugar and salt in a pot until it boils. Fold in the sifted powder rapidly and make it into dough. Take it out and put it on a table.
- 3 蛋液分3-4次摺入粉糰內直至均勻，放唧袋內，唧在已掃油焗盆上，再置預熱焗爐以210°C焗25-30分鐘至漲大，取出待凍。
Divide the egg liquid into 3 or 4 portions and fold them into the dough one after the other until it is mixed well. Put it into a piping bag and pipe it out onto a baking tray. Bake it in a preheated oven at 210°C for 25 to 30mins until it expands. Take it out and leave it to cool down.
- 4 吉士粉用少許鮮奶調勻，加入蛋黃拌透；其餘鮮奶、淡忌廉及糖放鍋內煮溶，徐徐拌入吉士粉漿，再用慢火煮稠，最後加入薑粉拌透，待凍，放入唧袋內，再唧進芭芙。
Mix the custard powder with a little milk thoroughly and then fold in egg yolk. Cook the remaining milk, whipping cream and sugar in a pot until it dissolves. Fold in custard paste gently and cook it on low heat until it becomes creamy. Add in ginger powder and mix well. Leave it to cool down. Put it into a piping bag and pipe the cream into the puff.
- 5 鮮奶100毫升放攪拌機內打至起泡放碟中，放入芭芙，唧上朱古力漿，最後放上杏仁片即成。
Whisk the milk in a blender until it becomes foamy. Place it onto a plate, add in a puff, some chocolate sauce on top, garnishing it with some almond and serve.

註 Remarks :

臭粉有刺鼻的氣味，是餅食糕點常用的酸度調節劑和膨脹劑。
Ammonium hydrogen carbonate has an irritating smell but it is generally used as an acidity regulator and raising agent in the making of cakes.



30 分鐘
30 minutes

25 個約 3 厘米芭芙
25 pcs of about
3 cm each



055

小食類
Snacks

綠茶煎堆

GREEN TEA DUMPLINGS



材料 INGREDIENTS

豆沙20克
芝麻50克
糯米粉80克
水70克

綠茶豆蓉餡

白芸豆蓉180克
液體葡萄糖120克
粟米油40克
綠茶粉1茶匙

20g red bean paste
50g sesame
80g glutinous rice powder
70g water

GREEN TEA AND BEAN PASTE

FILLING

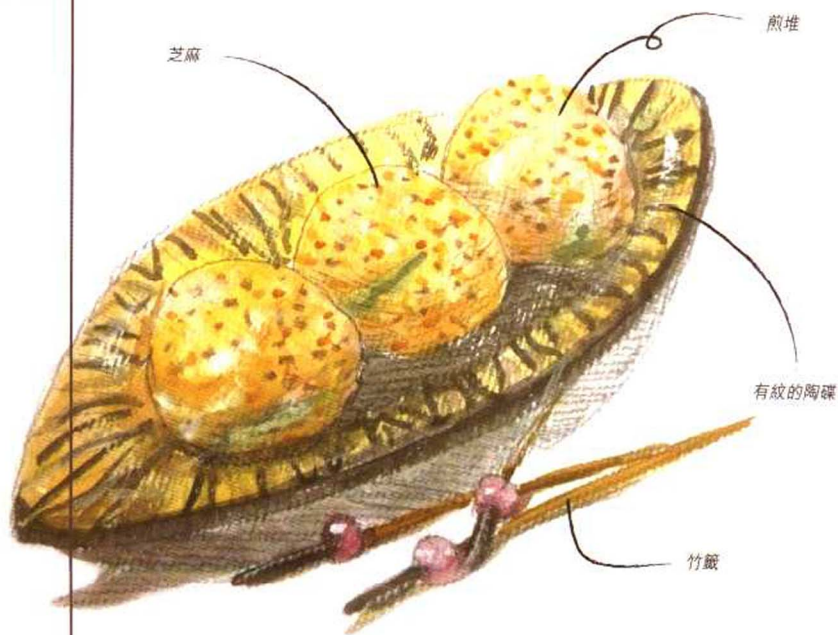
180g white kidney beans paste
120g liquid glucose
40g corn oil
1 tsp green tea powder

做法 METHOD

- 1 綠茶豆蓉餡材料放鑊內以慢火炒至稠漿(約10分鐘)，取出待凍，分成每份重約6克，備用。
Put the green tea and bean paste filling ingredients into a pan and stir-fry it on low heat for about 10 mins until it thickens. Take it out and leave it to cool down. Knead it into portions of 6g each. Set aside.
- 2 豆沙分成每份2克；芝麻浸濕瀝乾放碟上，備用。
Knead the red bean paste into portions of 2g each. Soak the sesame, strain and then place it on a plate. Set aside.
- 3 糯米粉放碗內，慢慢地加入清水搓成粉糰，分成每個粉糰重約8克。
Put the glutinous rice powder into a bowl and add in water gradually. Knead it into dough and then divide it into portions of about 8g each.
- 4 將豆沙、綠茶豆蓉及糯米粉糰按次續層包上，搓圓，最後滾上芝麻。
Wrap in red beans, green tea and bean paste, and glutinous rice dough respectively. Rub it into a ball, roll it over the sesame.
- 5 燒油鑊，用八成油溫將煎堆炸至浮起即成。
Deep-fry it in medium-hot oil until it floats. Ready to serve.

註 Remarks :

凡炒餡料最好放冰箱待1天才用，待它回油後使用，效果更佳。
After stir-frying the filling ingredients, place it in the refrigerator for a day before use for the best results.



10粒

10 pcs



30分鐘

30 minutes



057

小食類
Snacks

生果
壽司



FRUIT SUSHI



材料 INGREDIENTS

糯米160克
芒果2個
沙田柚¼個
椰漿½杯
鹽¼茶匙
紅加侖子適量

160g glutinous rice
2 mangoes
¼ citrus grandis
½ cups coconut milk
salt ¼ tsp
some red currants

做法 METHOD

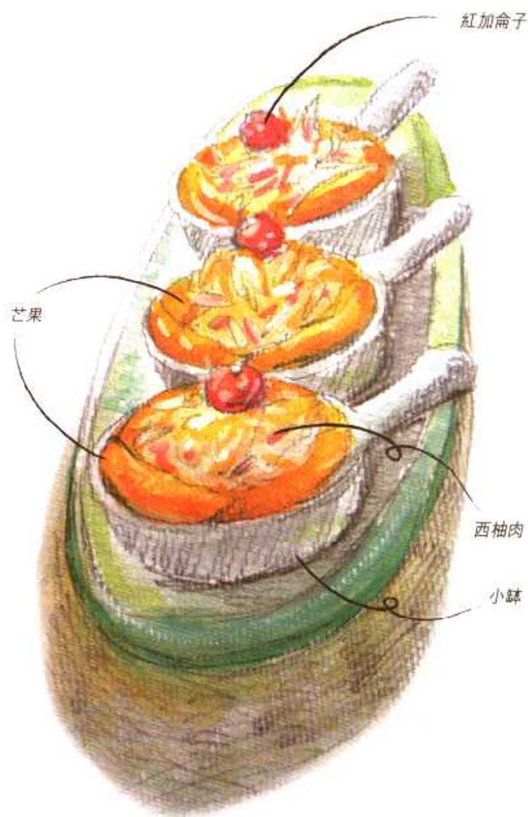
- 1 糯米洗淨浸過夜，瀝乾。
Wash the glutinous rice and soak it in water overnight, and then strain.
- 2 把已浸透的糯米置蒸籠隔水蒸熟(約30分鐘)，取出，做成飯糰。
Place the soaked glutinous rice in a steamer and steam it over water for about 30 mins until well cooked. Take it out and make it into rice buns.
- 3 芒果切片；沙田柚撕碎，備用。
Cut a mango into slices and tear the flesh of citrus grandis into tiny pieces.
- 4 椰漿及鹽放鍋內煮滾，待凍，備用。
Put the coconut milk and salt into a pot and bring it to boil. Leave it to cool down and set aside.
- 5 飯糰放器皿內，加入椰漿，圍上芒果片及放上沙田柚碎，最後放上紅加侖子即成。
Place the rice buns in a container, pour in coconut milk. Put the mango slices and grapefruit flesh around it, and garnish it with red currants. Ready to serve.



20份
20 portions



30分鐘
30 minutes



薑之花 
GINGER EGG ROLLS



材料 INGREDIENTS

糖薑100克
生粉4茶匙
麵粉1茶匙
燕麥粉½茶匙
清水8湯匙
雞蛋白105克(約4隻)
蘿蔔乾4條

100g sugary ginger
4 tsp tropical starch
1 tsp flour
½ tsp oatmeal powder
8 tbsp water
105g egg white (about 4 eggs)
4 strips dried turnip

做法 METHOD

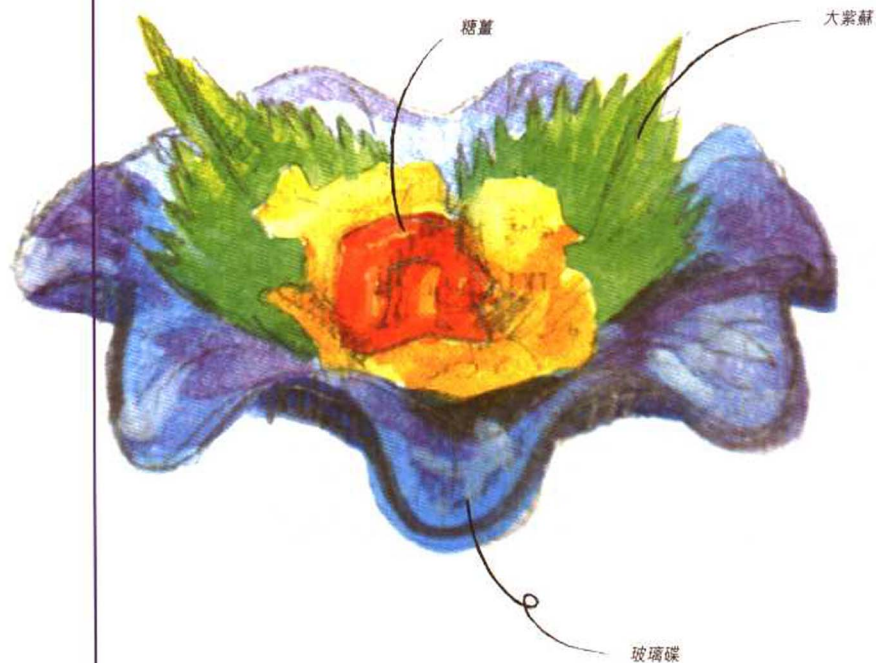
- 1** 糖薑切碎，搓成25克丸子，備用。
Finely chop the ginger sugar, knead it into balls of 25g each and set aside.
- 2** 生粉、麵粉、燕麥粉及水開勻，加入雞蛋白拌透，舀走泡沫，備用。
Mix the tropical starch, flour, oatmeal powder and water thoroughly. Fold in egg white, scoop out the bubbles and set aside.
- 3** 燒熱方形易潔鑊，塗油，將一杓蛋白漿放入，煎成薄蛋皮，取出。
Heat up a square non-sticky pan, smear some oil on it, put in a ladle of egg white and pan fry it into a thin wrapping. Take it out.
- 4** 包入糖薑，再用蘿蔔乾紮好。
Wrap in the ginger sugar and then tie it up tightly with a dried turnip strip.
- 5** 燒油至8成熟，將蛋白皮包尾部翻下炸至香脆即成。
Heat up some oil to medium-hot, put in the egg white roll with its end at the bottom and deep fry until it becomes crispy. Ready to serve.



4個
4 pcs



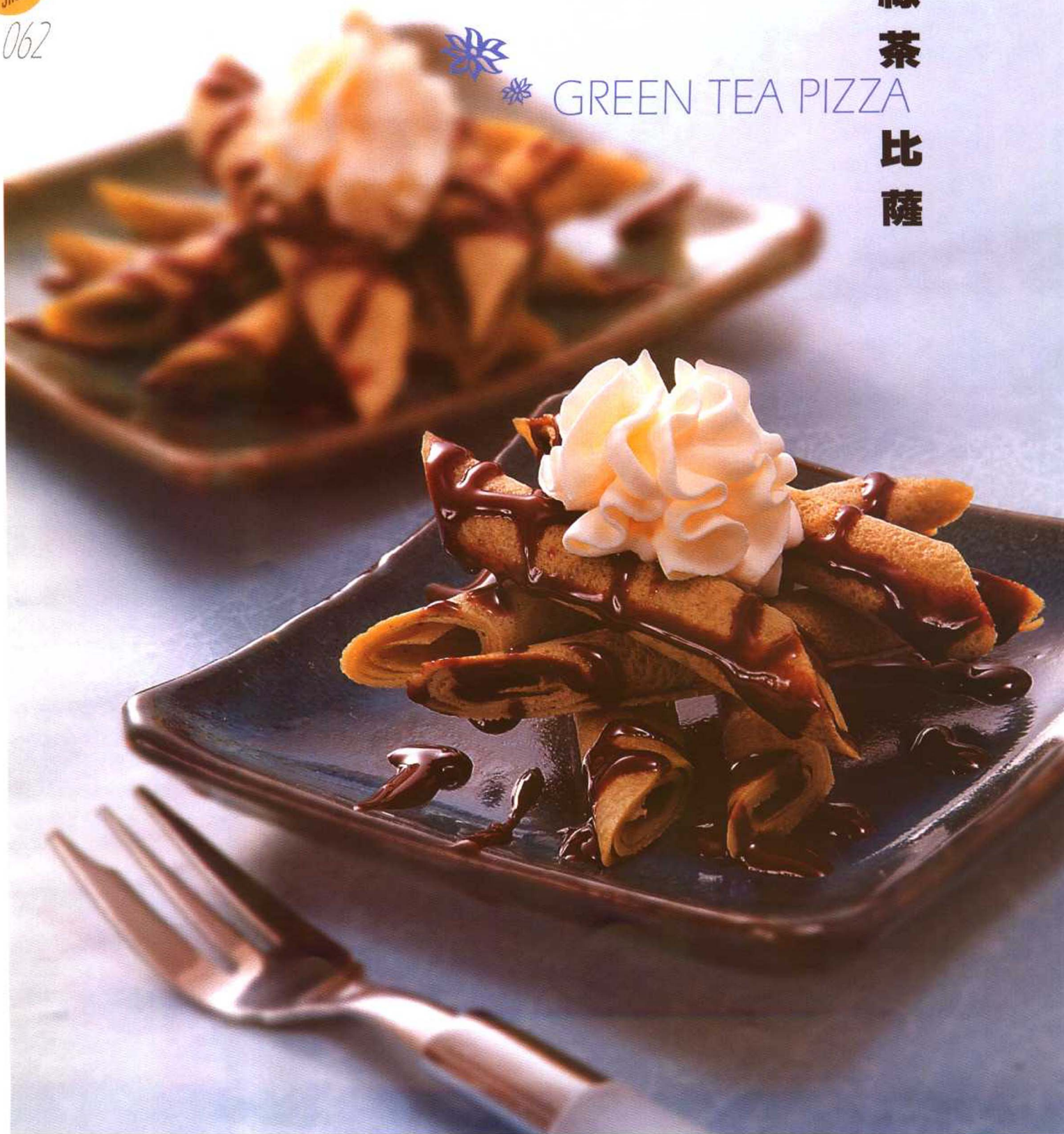
30分鐘
30 minutes



綠
茶
比
薩



GREEN TEA PIZZA



材料 INGREDIENTS

麵粉50克
綠茶粉½茶匙
雞蛋2隻
糖23克
無糖高鈣豆漿100毫升
粟米油1湯匙
朱古力漿適量
淡忌廉適量

50g flour
½ tsp green tea powder
2 eggs
23g sugar
100ml unsweetened hi-calcium soy
bean milk
1 tbsp corn oil
Some chocolate sauce
Some whipping cream

做法 METHOD

- 1 麵粉、綠茶粉同篩勻；雞蛋及糖打起。
Sift the flour together with green tea powder. Whisk the eggs with sugar.
- 2 淡忌廉打起放入唧袋內，置冰箱冷凍，備用。
Whip the whipping cream and then put it into the piping bag. Place it in the refrigerator and set aside.
- 3 粉類及豆漿交替地分次加入蛋糊內拌勻成麵糊，最後加油拌透，備用。
Add the powder ingredients and soy bean milk alternately into the egg mixture and stir it into a batter. Fold in oil and set aside.
- 4 燒熱方形易潔鑊，下油，將麵糊煎成薄餅，捲起成綠茶蛋卷，備用。
Heat up a square non-sticky pan, add in oil, pour in the batter and pan-fry it into a pan cake. Roll it up into a green tea egg roll and set aside.
- 5 將蛋卷排放碟上，淋上朱古力漿，唧上淡忌廉即成。
Place the egg rolls on a plate and pour the chocolate sauce over it. Pipe some whipping cream on top and serve.

註 Remarks :

綠茶是功能食品的一種，具抗癌和抗衰老的效益。

Green tea is a functional food which can prevent cancer and aging.



2件
2 pcs



20分鐘
20 minutes

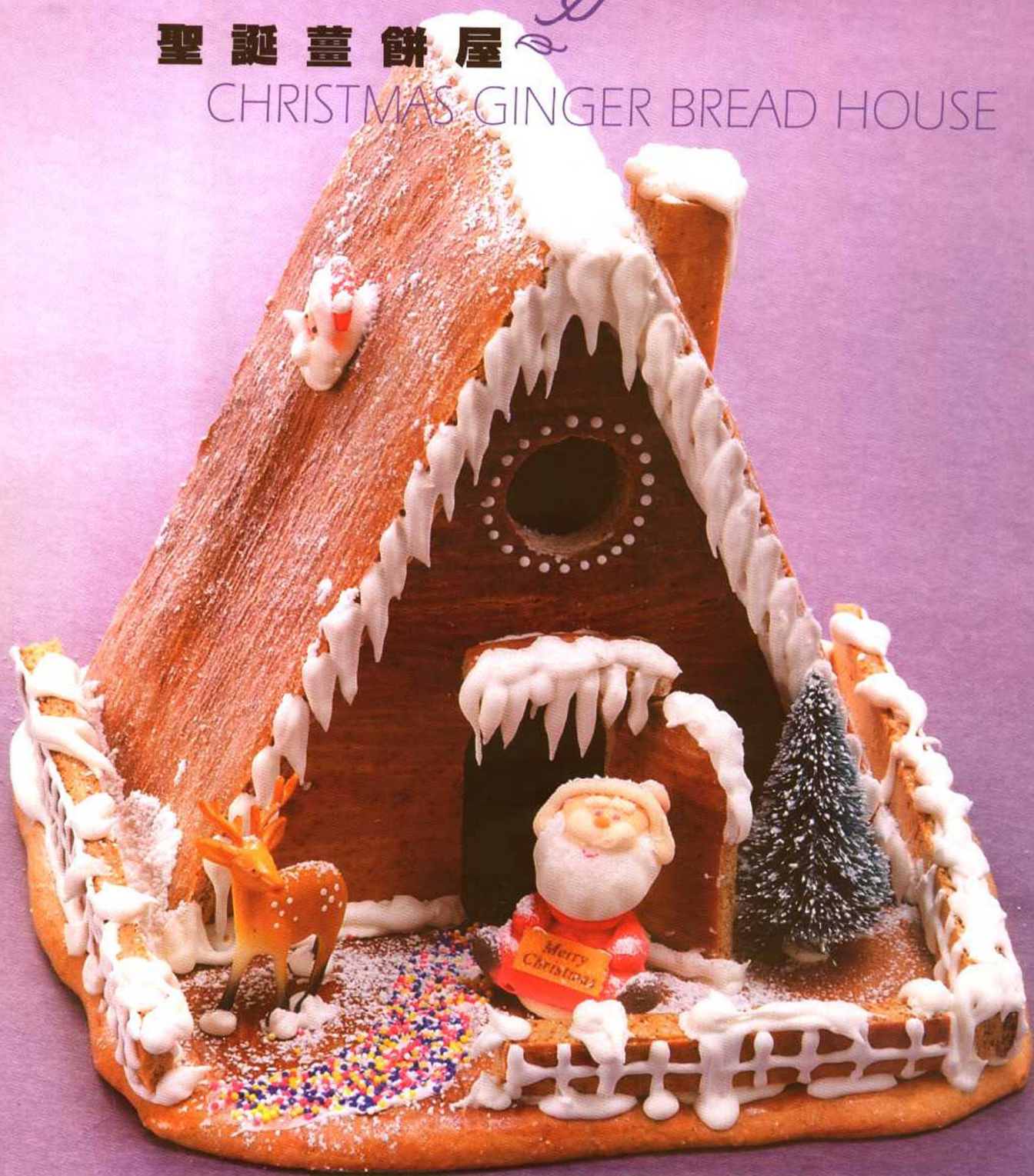


063

小食類
Snacks

聖誕薑餅屋

CHRISTMAS GINGER BREAD HOUSE



材料 INGREDIENTS

麵粉500克
梳打粉6克
薑粉40克
肉桂糖14克
雞蛋1隻
液體葡萄糖140克
紅糖240克
鮮奶100克
聖誕裝飾適量
糖霜適量

假雪
雞蛋白200克
糖粉1200克
白醋½茶匙

塗餅面用

蛋白(拂勻)2隻

500g flour
6g soda powder
40g ginger powder
14g cinnamon sugar
1 egg
140g liquid glucose
240g red sugar
100g milk
Some Christmas decorations
Some icing sugar

FAKE SNOW

200g egg white
1200g caster sugar
½ tsp white vinegar

TOPPING

2 eggs white (beaten)

做法 METHOD

- 1 麵粉及梳打粉篩勻放盆內，加入薑粉、肉桂糖及蛋，用攪拌器打至混合。
Sift flour and soda powder into a bowl. Add in ginger powder, cinnamon sugar and egg. Put the mixture into a blender and mix well.
- 2 液體葡萄糖、紅糖及鮮奶放鍋內煮滾，離火，徐徐傾入麵糊內攪打成薑餅麵糰，取出略搓。
Put the liquid glucose, red sugar and milk into a pot and bring it to a boil, then remove it from the heat. Pour in the batter gradually while stirring it into ginger bread dough. Take it out and knead slightly.
- 3 用麵棍將麵糰輾開(約3毫米厚)，掃上蛋白，放入已預熱焗爐用200°C火力焗15分鐘，取出再掃蛋白，放回焗爐以175°C多焗5分鐘，取出，趁熱切出屋形塊件，稍後利用假雪將塊件黏成薑餅屋。
Roll out the dough with a rolling pin into a sheet of about 3mm thick. Brush some egg white on its surface, place it into a preheated oven and bake at 200°C for 15 mins. Take it out and cut it into appropriate pieces while it is still hot. Later use snow flake to glue the pieces forming the house.
- 4 雞蛋白及糖粉混合打至企身，加入醋再打至糊狀，放唧袋做成假雪，放上聖誕裝飾及灑上糖霜即成。
Whisk egg white and caster sugar together until it becomes stiff. Add in vinegar and whip it into a batter. Place it into a piping bag to make fake snow. Place some Christmas decorations on it and sprinkle it with icing sugar. Ready to serve.

註 Remarks :

- 1 麵糰的厚薄在乎於屋的大小，屋大則厚，屋小則薄；焗的時間亦隨之而有所增減。
The thickness of dough depends on the size of the house to be made, i.e. the larger the house, the thicker the dough. Adjust the baking time accordingly.
- 2 蛋白與糖霜的比例是1:6，白醋的作用是使凝結。
The ratio of egg white to icing sugar is 1:6. White vinegar has a solidifying function.



1個

1 pc

1小時

1 hour



065

糕餅類
Cakes

糕餅類
Cakes

066

橘子
蛋糕

ORANGE CAKE



材料 INGREDIENTS

雞蛋(大)2隻
糖35克
自發粉40克
橙皮蓉½個
橙汁1茶匙
牛油溶液½茶匙
日本糖漬甘栗5粒
熟紅豆適量
杞子適量
青豆8-10粒

糖漬橙皮

橙(直徑約5-7厘米)4-5個
水640克
糖640克
橙酒1湯匙

2 large eggs
35g sugar
40g self-raising flour
½ orange zest (finely grinded)
1 tsp orange juice
½ tsp melted butter
5 Japanese preserved sweet chestnuts
Some cooked red beans
Some lycium berries
8-10 green peas

PRESERVED SWEET ORANGE PEEL

4-5 oranges (about 5-7cm in diameter)
640g water
640g sugar
1 tbs cointreau

做法 METHOD

- 1 橙切開，刮去橙肉，橙皮放鍋內，加入過面水煮5分鐘，取出過冷，備用。
Cut the orange into halves and scoop out its flesh. Place its peel into a pot, fill in water to cover the peel and cook for 5 mins. Take it out and leave it to cool down. Set aside.
- 2 水及糖放鍋內煮滾，關火待凍，加入橙酒，放入橙皮浸漬3小時，取出便成糖漬橙皮，備用。
Boil the water and sugar in a pot. Turn off the heat and leave it to cool down. Add in cointreau and orange peel, and leave it to soak for 3 hrs to give preserved sweet orange peel. Set aside.
- 3 雞蛋、糖打起，篩入自發粉輕手拌勻。
Whip the eggs and sugar until it becomes stiff. Sift the self-raising flour into it and mix it gently with hands.
- 4 加入橙皮蓉、橙汁、橙酒及牛油溶液拌勻。
Add in the orange finely grinded zest, orange juice, cointreau and melted butter, and mix them.
- 5 糖漬橙皮預先放入1粒甘栗、少量熟紅豆、杞子及青豆，再將蛋糕漿倒入(八成滿)。
Place 1 chestnut, some cooked red beans, lycium berries and green peas into the preserved sweet orange peel. Pour the cake batter into it (about 80% full).
- 6 置預熱焗爐以180°C爐溫坐水焗約40分鐘至熟即成。
Preheat an oven and bake the batter above water at 180°C for about 40mins until well cooked. Ready to serve.

註 Remarks :

- 1 橙皮用水煮5分鐘的目的是將苦澀味去除。
Cook the orange peel in water for 5 mins to remove its bitter flavour.
- 2 坐水的目的為使火力平均。
Bake the cake above water to let the heat evenly distributed.



4-5 個
4-5 pcs

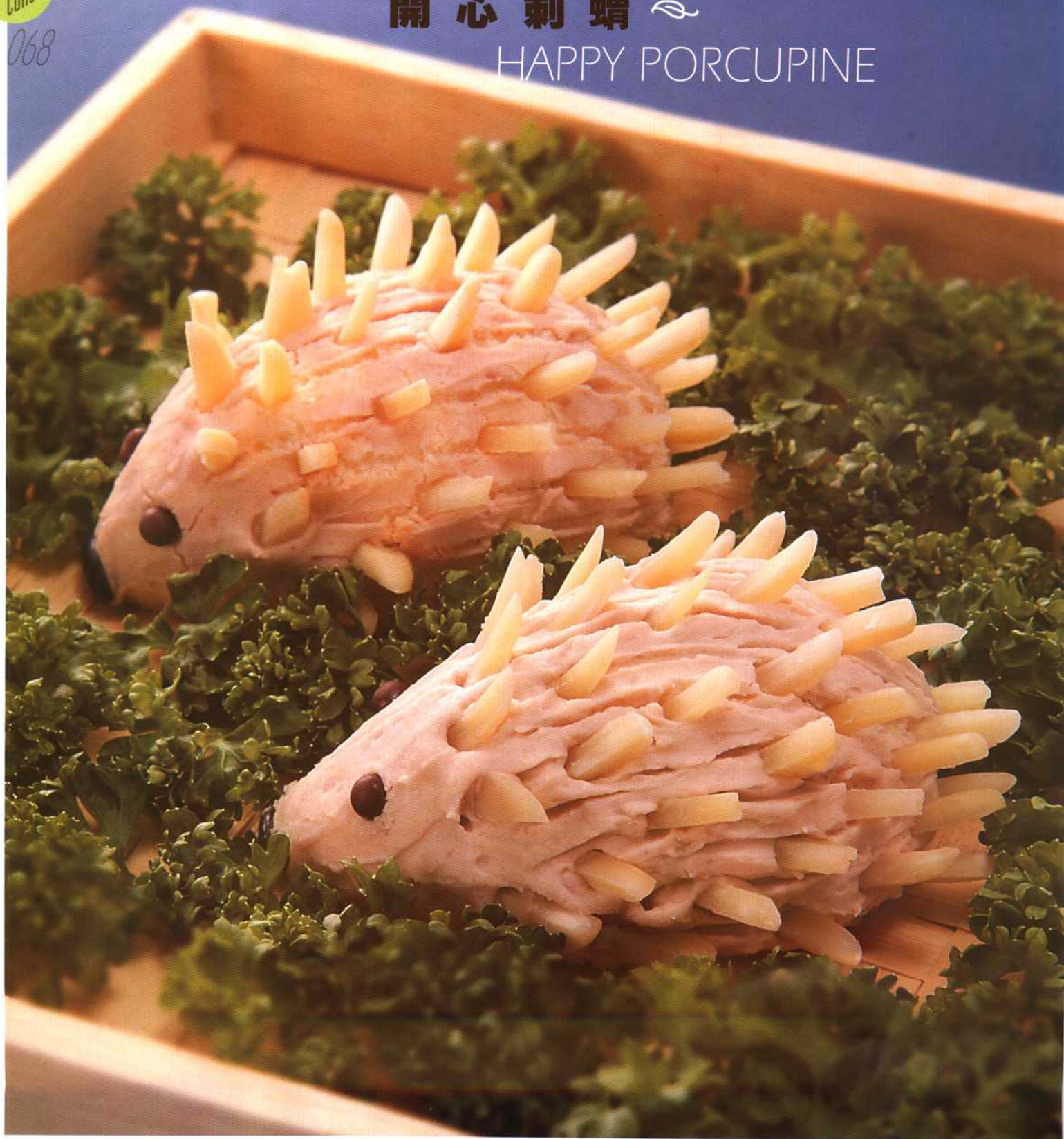


30 分鐘
30 minutes



開心刺蝟

HAPPY PORCUPINE



材料 INGREDIENTS

清蛋糕 (2吋 x 4吋) 6件

杏仁條適量

植脂奶油50克

罐頭栗子蓉50克

秣酒1茶匙

黑朱古力豆12粒

黑腰豆6粒

洋芫荽 (裝飾) 適量

6 pcs plain cake (2 inch x 4 inch)

Some almond sticks

50g whip topping

50g canned chestnut paste

1 tsp rum

12 dark chocolate beans

6 black kidney beans

Some parsely (for garnishing)

做法 METHOD

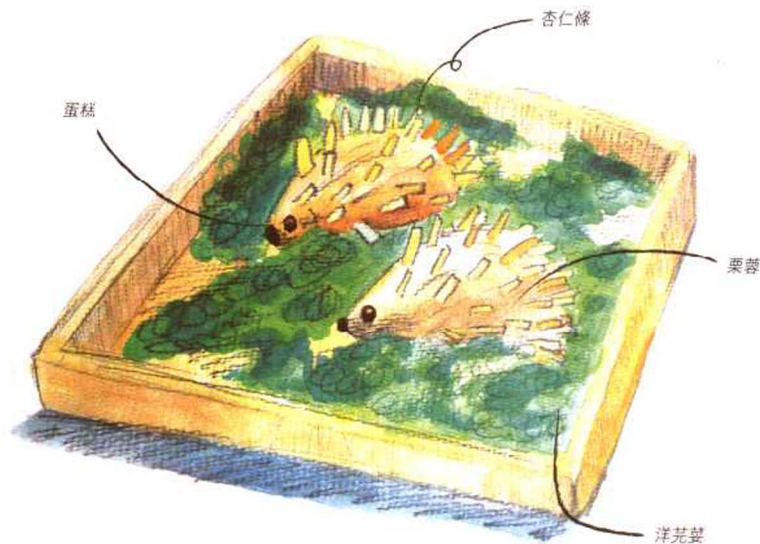
- 1 將清蛋糕切成前尖後闊形狀；杏仁條置焗爐烘至微黃，備用。
Cut the cakes into triangular shape. Place the almond sticks in the oven and bake until light yellow. Set aside.
- 2 奶油打起；栗子茸用打蛋糕器打散，加入秣酒，再加入打起的奶油攪透。
Whisk the whip topping. Whisk the chestnut into paste with a beater, add in rum and then whip topping and blend thoroughly.
- 3 將做好的栗蓉塗在蛋糕四周，用小叉刮出坑紋，插上杏仁條。
Smear the chestnut paste on the sides of the cake, use a small fork to scrape out thin lines, and then insert almond sticks into it.
- 4 在頭的位置分別放上黑朱古力豆及黑腰豆作為眼及鼻。
At its head, place two dark chocolate beans and a dark kidney bean as eyes and nose respectively.
- 5 洋芫荽平均分佈在托盆上，最後放上刺蝟即成。
Spread some parsely evenly onto the tray, place the porcupine on it, and serve.



6個
6 pcs



20分鐘
20 minutes



069

糕餅類
Cakes

紅
莓
栗
蓉
撻

STRAWBERRY AND CHESTNUT TARTS



材料 INGREDIENTS

草莓24粒
甜忌廉50克
罐頭栗子蓉100克
秣酒1茶匙

餅底

麵粉80克
牛油40克
代糖(三氯蔗糖)適量
蛋液20克
鹽少許
雲呢拿香油少許
小麥胚芽30克

24 strawberries
50g whip topping
100g canned chestnut paste
1 tsp rum

CAKE BASE

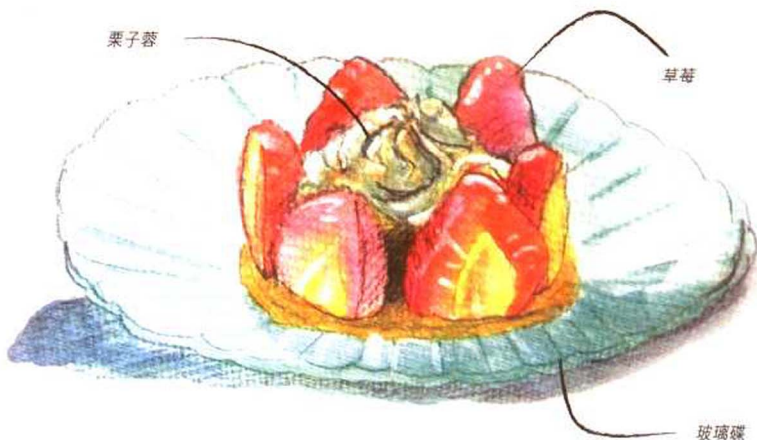
80g flour
40g butter
Sucralose
20g egg liquid
A pinch of salt
A little vanilla essence
30g wheat germ

做法 METHOD

- 1 麵粉篩勻；牛油、糖、蛋、鹽及香油放大碗內拌勻，加入麵粉及小麥胚芽搓成粉糰，置冰箱雪至稍硬。
Sift flour. Place butter, sugar, egg, salt and essence into a large bowl and mix thoroughly, add in flour and wheat germ and knead it into dough. Place it in the refrigerator until it becomes slightly hardened.
- 2 取出粉糰，用麵棍輾薄，釀出圓模，用叉插孔。
Take out the dough, roll it out with a rolling pin, cut it with a round mould, dock the paste with a fork to get an even baking.
- 3 置預熱焗爐以爐溫210°C焗10分鐘，取出待凍。
Place the pastry into a preheated oven and bake at 210°C for 10mins. Take it out and leave it to cool down.
- 4 草莓對切開2；甜忌廉打起，置冰箱備用。
Cut the strawberries into halves. Whisk the whip topping until it becomes firm, and then place it in the refrigerator and set aside.
- 5 栗子蓉、秣酒用攪拌器拌勻，加入已打起忌廉拌透，放入唧袋，備用。
Mix the chestnut paste and rum with a blender. Fold in the whipped cream and then place it in a piping bag. Set aside.
- 6 餅底置檯面，排上草莓，再將栗子蓉唧在中心位置即成。
Place the cake base on a table. Line the strawberries on top, pipe out the chestnut paste at its center and serve.

註 Remarks :

三氯蔗糖(sucralose)用量約等於15克糖的甜度。
mass of sucralose is approximately equal to 15g of sugar in taste.



8 件
8 pcs



30 分鐘
30 minutes



春滿園

GARDEN OF SPRING



材料 INGREDIENTS

松子仁(略壓碎)40克
草莓香油少許
綠色和菓子皮(裝飾)適量
黃色和菓子皮(裝飾)適量

白豆蓉

白豆蓉100克，糖40克
粟米油20克

綠茶蛋糕

麵粉80克，綠茶粉 $\frac{1}{2}$ 湯匙
雞蛋3隻，糖80克，粟米油1湯匙
鮮奶2湯匙，熟紅豆30克

花旗參蛋糕

麵粉80克，花旗參粉1湯匙
雞蛋3隻，糖90克
粟米油1湯匙，鮮奶2湯匙

40g pine seeds (slightly mashed)
A little strawberry essence
Some green wagashi wrapping (for garnishing)
Some yellow wagashi wrapping (for garnishing)

WHITE BEAN PASTE

100g white bean paste
40g sugar, 20g corn oil

GREEN TEA CAKE

80g flour, $\frac{1}{2}$ tbsp green tea powder
3 eggs, 80g sugar
1 tbsp corn oil, 2 tbsp milk
30g cooked red beans

AMERICAN GINSENG CAKE

80g flour
1 tbsp American ginseng powder
3 eggs, 90g sugar, 1 tbsp corn oil
2 tbsp milk

做法 METHOD

1 麵粉、綠茶粉篩勻；雞蛋、糖打起，加入粉輕手拌勻，再加入粟米油及鮮奶拌透；最後拌入熟紅豆，傾入13厘米方形蛋糕盆，置預熱175°C爐溫焗30分鐘，取出，切成2份。

Sift flour together with green tea powder. Whisk eggs and sugar until it becomes firm. Add in powder and mix gently with hands. Add in corn oil and milk and mix well. Finally, fold in cooked red beans, and then pour it into a 13 cm square cake mould. Bake it in a preheated oven at 175°C for 30mins. Take it out and cut it into two halves.

2 用以上製法同樣的做成花旗參蛋糕，備用。

Use the above method to make an American ginseng cake. Set aside.

3 白豆蓉放鑊內，加入糖及粟米油，用中慢火快手炒至稠漿，分成2份，1份將草莓香油搓入，備用。

Place the white bean paste in a pan, add in sugar and corn oil, and stir-fry it rapidly on medium to low heat until it becomes a batter. Divide it into two portions. Put the strawberry essence to a portion and knead thoroughly. Set aside.

4 綠茶蛋糕放檯面，將松子仁碎鋪上，再將花旗參蛋糕疊上，分別用篩將豆蓉壓成條狀，放在蛋糕表面，最後加入裝飾即成。

Place the green tea cake on a table, sprinkle some chopped pine seeds on top and then stack the American ginseng cake on it. Mash the bean paste into fine sticks with a sieve and then place the paste sticks on the cake. Garnish and serve.

註 Remarks :

① 和菓子皮的製法可參考櫻花和菓子。

For making of wagashi wrapping, please refer to the recipe of sakura wagashi.

② 花旗參有多種微量元素和人參皂甙，有抗疲勞的功用。

American ginseng contains various trace elements and ginsenosides, which have energizing effects.



2件
2 pcs



45分鐘
45 minutes



073

糕餅類
Cakes

豆蓉
橘子
兔

ORANGE AND BEAN RABBIT



材料 INGREDIENTS

麵粉340克
天然蜜糖200克
生油125克
鹼水½茶匙

餡料

乾蔥頭(切片)160克
粟米油650克
糖120克
金獅糖漿10克
清水½杯
綠豆粉160克
橙香油少許
日本柚子皮(切碎)16克

340g flour
200g natural honey
125g cooking oil
½ tsp carbonates solution

FILLING

160g dried shallots (sliced)
650g corn oil
120g sugar
10g golden syrup
½ cup water
160g green bean powder
A little orange essence
16g Japanese grapefruit peel
(chopped)

做法 METHOD

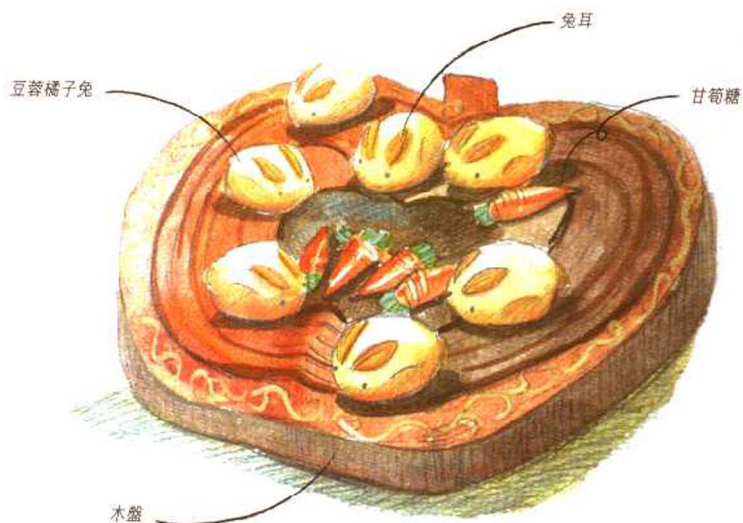
- 1 麵粉篩盆中，加入蜜糖、粟米油及鹼水搓勻，放冰箱冷凍1天，備用。
Sift the flour into a bowl, add in honey, corn oil and carbonates solution, and mix thoroughly. Place it in the refrigerator for a day and set aside.
- 2 將粉糰取出搓成長條，分成每份重12克的小粉糰，備用。
Take out the dough and knead it into a long rod. Divide it into smaller portions of 12g each. Set aside.
- 3 燒熱鑊下油煮熟，將乾蔥頭炸香，瀝油備用。
Heat up a pan and add in some oil. When it is hot, add in the dried shallots and fry until golden brown. Strain out excess oil and set aside.
- 4 油注回鑊中，加糖、糖漿及水拌勻，開火煮至滾，下綠豆粉及香油邊煮邊攪透，取出待凍後加入柚子皮搓勻即成餡料，分成每份重15克小糰，備用。
Pour the oil back to the pan, add sugar, syrup and water and mix thoroughly. Turn on the heat and cook until it boils. Add in green bean powder and essence and stir continuously during cooking. Take it out and leave it to cool down. Then add in grapefruit peel and knead into filling. Divide it into portions of 15g each. Set aside.
- 5 皮輾開，將餡包入搥成兔子形狀，加上耳朵及尾，置預熱焗爐以180°C爐溫焗5分鐘，取出噴水，再焗9分鐘全金黃即成。
Roll out the paste, add in some filling and knead it into a rabbit figurine. Add two ears and a tail to it. Bake it in a preheated oven at 180°C for 5 mins. Take it out, sprinkle with water. Return it to the oven and bake for another 9 mins until golden brown. Ready to serve.



20個
20 pcs



45分鐘
45 minutes



075

糕餅類
Cakes

聖誕
樹

CHRISTMAS TREE



材料 INGREDIENTS

金字塔形清蛋糕6件
甜忌廉 $\frac{1}{2}$ 杯
熟開邊綠豆50克
新鮮椰絲1包
斑蘭葉汁適量
糖星(裝飾)適量

啫喱星

啫喱粉(調色)適量
滾水1茶匙
魚膠粉1茶匙

雪帶

雞蛋白10克
糖霜60克
白醋少許

6 pcs pyramid-shaped cakes
 $\frac{1}{2}$ cup whip topping
50g cooked green beans (cut into halves)
1 packet fresh coconut flakes
Some pandan leaf juice
Some star candies (for garnishing)

JELLY STAR

Some jelly powder
1 tsp hot water
1 tsp gelatine powder

SNOW BAND

10g egg white
60 icing sugar
Some white vinegar

做法 METHOD

- 1 清蛋糕橫切成2份；甜忌廉打起；將 $\frac{1}{4}$ 杯打起甜忌廉加入熟綠豆拌勻成餡料；椰絲放碗內，加入斑蘭葉汁拌勻，移放焗爐以低溫烘乾，備用。
Cut the butter cake horizontally into two halves. Whisk the whip topping until it becomes stiff. Add cooked green beans into $\frac{1}{4}$ cup of whipped cream to make it into the filling. Place the coconut flakes into a bowl, add in pandan leaf juice and mix well. Roast it in an oven on low heat until it becomes dry and set aside.
- 2 啫喱粉及滾水放碗內拌至溶解，加入魚膠粉(坐熱水)拌至溶透，撇走泡沫，再傾入小碟內待凝固，用呈模釀成啫喱星；雞蛋白及糖霜打起，加入白醋打至全身成雪帶，放唧袋，備用。
Mix the jelly powder with hot water in a mixing bowl until it dissolves. Add in gelatine powder (over hot water) and mix until it dissolves. Skin away the foam and pour it into a small dish and let it solidify into a star-shape as a jelly star. Whisk the egg white and icing sugar together until it becomes firm. Add white vinegar and whisk until it becomes a batter. Pour it into a piping bag and set aside.
- 3 蛋糕底放檯上，塗上餡料，將蛋糕頂部蓋上，再在整個蛋糕塗上一層忌廉，再將椰絲鋪上，做成聖誕樹，唧上雪帶。
Place the cake base on a table, spread the filling on it, cover it with the upper part of the cake and then brush a layer of cream on top. Sprinkle a layer of coconut flakes on it and a Christmas tree is done. Pipe out some batter as a snow band.
- 4 最後加上啫喱星及裝飾即成。
Add a jelly star on top for garnishing and serve.

註 Remarks:

將適量斑蘭葉及水放攪拌機內攪拌，隔出渣滓，便成斑蘭葉汁。
Put some pandan leaves and water into a blender, filter out the residue and pandan leaf juice is made.



6個
6 pcs



40分鐘
40 minutes



077

糕餅類
Cakes

肉桂
椰蓉糕

CINNAMON AND COCONUT CAKE



材料 INGREDIENTS

粘米粉80克
水4-4½湯匙
椰子香油少許
肉桂糖適量

餡料

椰糖8克
水2湯匙
新鮮椰絲40克

80g rice powder
4-4½ tbsp water
A little coconut essence
Some cinnamon sugar

FILLING

8g coconut sugar
2 tbsp water
40g fresh coconut flakes

做法 METHOD

- 1 粘米粉放大碗內，續少加入水及香油，用雙手磨擦至粉粒完全散開，直至水加完。
Put the rice powder into a large mixing bowl, add in water and essence gradually. Rub the mixture with hands until the powder particles become loose. Add in water until it is used up.
- 2 椰糖及水放鍋內煮溶，加入新鮮椰絲再煮至濃稠汁收，離火待凍，備用。
Place the coconut sugar and water in a pot and cook until it dissolves. Add in fresh coconut flakes and cook until the liquid thickens. Remove it from the heat and leave it to cool down. Set aside.
- 3 餅模掃油，灑糖，舀¼濕粉入餅模底部，加入餡料，再將濕粉填滿，移放竹蒸籠以大火隔水蒸約20分鐘，取出，扣在碟上。
Smear oil on the cake mould; sprinkle with some sugar; scoop ¼ wet powder into the mould. Add in filling and then pour in the powder until the mould is full. Place it into a bamboo steamer and steam over water on high heat for about 20 mins. Take it out and turn the cake upside down onto a plate.
- 4 最後灑上肉桂糖即成。
Sprinkle some cinnamon sugar and serve.

註 Remarks:

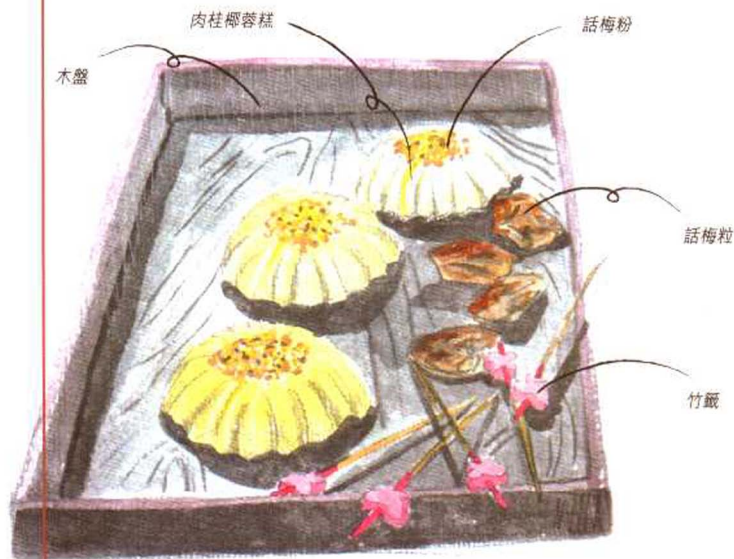
水的份量是粉感覺濕及可散開便可以。
Adjust the amount of water to make the powder wet and loose.



5件
5 pcs



45分鐘
45 minutes



079

糕餅類
Cakes

月光布甸 
MOON PUDDING



材料 INGREDIENTS

植脂奶油150毫升

雞蛋白2隻

檸檬汁2湯匙

雞蛋黃2隻

糖50克

檸檬皮蓉½個

魚膠粉水

魚膠粉1½湯匙

水4湯匙

150ml whip topping

2 eggs white

2 tbsp lemon juice

2 egg yolks

50g sugar

½ lemon zest (finely grinded)

GELATINE WATER

1½ tbsp gelatine powder

4 tbsp water

做法 METHOD

- 1** 奶油打起；魚膠粉及水用熱水坐溶，備用。
Whisk whip topping thoroughly. Warm the gelatine powder and water above hot water until it dissolves and set aside.
- 2** 將雞蛋白打至企身，加入打起的奶油及檸檬汁拌勻，備用。
Whisk the egg white until it becomes firm. Add in whip topping and lemon juice and mix well. Set aside.
- 3** 雞蛋黃、糖打起，加入檸檬皮茸拌勻，再將魚膠粉水拌入攪透。
Whisk egg yolk together with sugar thoroughly. Add lemon zest and mix well. Add in gelatine water.
- 4** 將(步驟2)分3次加入蛋糖溶液內，拌勻。
Add egg white mixture from step 2 in 3 portions into the egg-sugar mixture. Mix thoroughly.
- 5** 傾入玫瑰模內，置冰箱冷凍至凝固即成。
Pour the mixture into a rose-shaped mould. Place it in the refrigerator until it solidifies. Ready to serve.

註 Remarks :

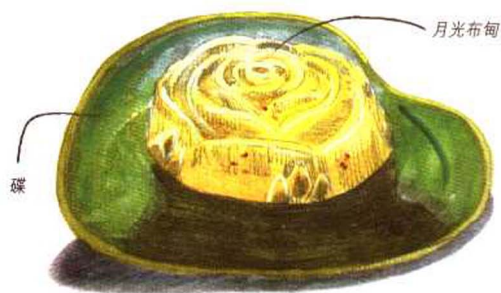
- 1** 要檸檬皮磨得細粒，只要用最細孔的薑磨，將檸檬打圈地磨出最面層的便成。
To grind the lemon zest finely, grind the zest in circular movement on a ginger grinder with finest holes.
- 2** 檸檬含豐富的膳食纖維，對身體有益。
Lemon is rich in edible fibres and is good for health.
- 3** 若想減少糖份，可將10%左右的糖用適量的代糖(阿士巴甜)所取代。
If you want to reduce the sugar content, replace 10% of the sugar with an appropriate amount of aspartame.



6個
6 pcs



20分鐘
20 minutes



081

糕餅類
Cakes



蘑菇



MUSHROOM NOUGAT

鳥

結

糖



材料 INGREDIENTS

燕麥 (打碎) 20克
小麥杯芽 (打碎) 10克
奶粉 80克
夏威夷果仁 (略碾碎) 27克
白色棉花糖 84克
細蛋模適量

20g oatmeal (finely chopped)
10g wheat germ (finely chopped)
80g milk powder
27g macadamia nuts (slightly
mashed)
84g white marshmallow
Some small egg mould

做法 METHOD

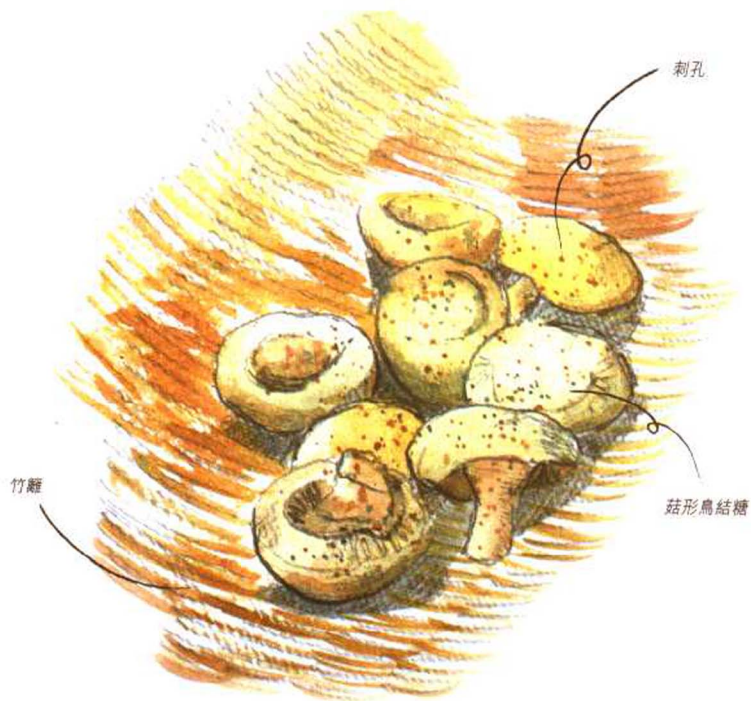
- 1 燕麥、小麥杯芽、奶粉及果仁放碗內拌勻，備用。
Put the oatmeal, wheat germ, milk powder and nuts into a bowl and mix well. Set aside.
- 2 棉花糖放微波爐以中火加熱至熔 (約1-2分鐘)，取出，加入粉料快速拌透。
Place the marshmallow in a microwave oven and heat it on medium heat for about 1 to 2 mins until it melts. Take it out; add in the powder ingredients and stir rapidly until blended.
- 3 取出20克鳥結糖放入蛋模內做成蘑菇頭。
Put 20g of melted marshmallow into an egg mould to make a mushroom.
- 4 另取10克鳥結糖做成直徑約1厘米的圓柱粒，黏在蘑菇頭上，待黏合凝固，取出即成。
Put another 10g of melted marshmallow to make small cylindrical pieces of about 1cm in diameter, stick them onto the mushroom and leave it to solidify. Ready to serve.



10粒
10 pcs



20分鐘
20 minutes



083

糖果類
Confectionery

雞仔棉花糖

CHICKEN MARSHMALLOW



材料 INGREDIENTS

凍滾水 ½ 杯
魚膠粉 ¾ 茶匙
清水 ½ 杯
糖 240 克
雲呢嚨香油少許
紅、黃色素各適量
糖霜適量

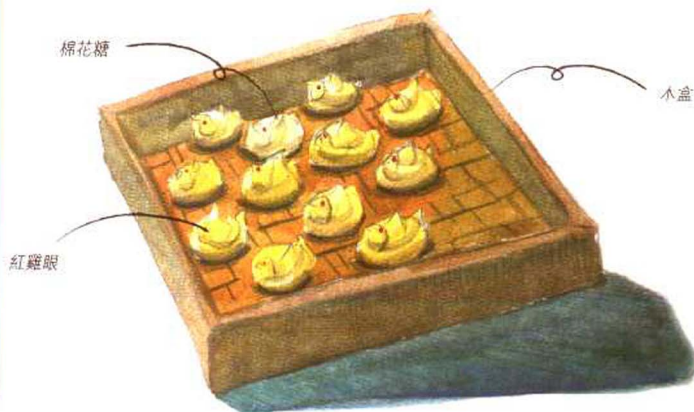
½ cup cooled water (having boiled)
¾ tsp gelatine powder
½ cup water
240g sugar
A little vanilla essence
Some red and yellow colouring
Some icing sugar

做法 METHOD

- 1 ½ 杯凍滾水放盆中，將魚膠粉灑入(不攪拌)，形成啫喱狀後，備用。
Put 1/2 cup of boiled water in a basin, sprinkle in some gelatine powder without stirring it and leave it to settle into jelly form. Set aside.
- 2 清水 ½ 杯將糖煮成軟糖狀(約 116 °C)。
Cook sugar with ½ cup of water until the sugar becomes soft (around 116 °C).
- 3 啫喱一邊攪打，一邊慢慢地以快速將糖漿加入，打成棉花糖狀態(約 8-10 分鐘)。
Stir the jelly and add sugar syrup slowly. Stir in the syrup for about 8 to 10 mins until it becomes marshmallow-like.
- 4 加入黃色素及香油攪打均勻後，轉入唧袋唧成小雞形狀。
Add in yellow colouring and essence; pour it into a piping bag and pipe out a chicken-shape.
- 5 用紅色素點上眼睛，灑上糖霜即成。
Dot eyes on it with red colouring; sprinkle some icing sugar and serve.

註 Remarks :

- 1 做棉花糖要一氣呵成和速度要快，否則凝固了便唧不出形狀，初學者最多可唧約 20 隻。
When making the marshmallow, one has to do all the required steps one after the other rapidly. Otherwise, it cannot be piped out into different shapes when the mixture solidifies. Beginners can only make a maximum of 20 chickens in one go.
- 2 測試糖膠：預備水 1 杯，用筷子將糖膠滴入，取出，按下軟身，無絲狀和不黏手。
Test the syrup: dip a drop of syrup into a cup of water with a chopstick, take it out and check if it is soft and non-sticky.



50 隻
50 pcs



45 分鐘
45 minutes



黑白配
EBONY AND IVORY



材料 INGREDIENTS

糖霜200克
糖粉50克
蛋白17克
液體葡萄糖28克
無糖黑芝麻醬適量
雞蛋白適量

200g icing sugar
50g caster sugar
17g egg white
28g liquid glucose
Some unsweetened black sesame
paste
Some egg white

做法 METHOD

- 1 糖霜、糖粉放大碗內，加入蛋白拌勻，再加入液體葡萄糖搓成糰。
Put the icing sugar and caster sugar in a large bowl. Add egg white and mix well. Add liquid glucose and knead into dough.
- 2 糖糰分成2等份，1份加入適量芝麻醬搓成芝麻糰。
Divide the sweet dough into two halves. Add some sesame paste to one portion and knead it into sesame dough.
- 3 純色糖糰搓分成1大5小的糖糰：1粒約40克大糰(身)，4粒稍小(4隻腳)，1粒小糖糰，做成豬的各部份形狀(眼、鼻、耳和豬尾)。
Divide the other dough portion into 1 larger piece (of about 40g) and 4 smaller pieces for 4 legs and another smaller piece for nose, ears and tail.
- 4 按次序把各部份糖糰逐一黏上蛋白，砌成豬形狀即成。
Coat each part with egg white in the above order to make a pig. Ready to serve.

註 Remarks :

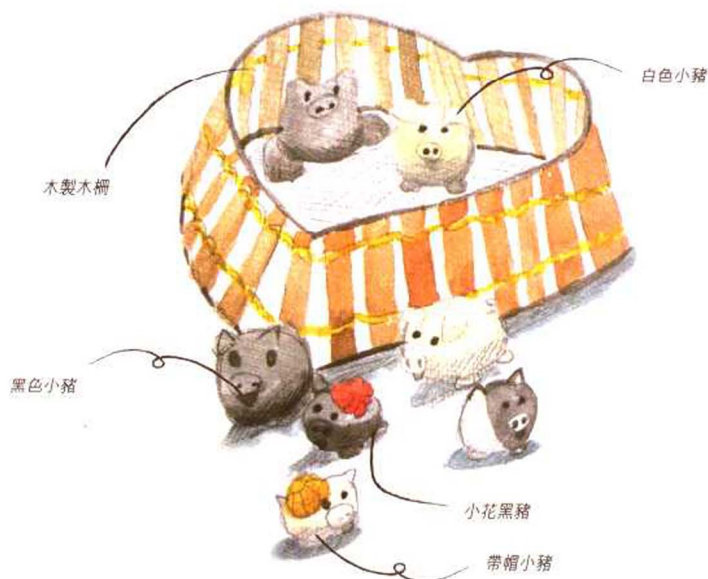
- 1 剩餘的糖糰用兩層保鮮袋封好，以免乾固，可存放室溫地方2-3星期。
Place the remaining sweet dough in two layers of sealed Ziploc to prevent moisture loss. It can be stored at room temperature up to 2 to 3 weeks.
- 2 黑、白糖糰做法一樣，亦可黑與白混合，做成身體有兩種顏色。
The methods for making black and white sweet dough are the same. One can mix black with white to make the body.



10隻
10 pcs



30分鐘
30 minutes



朱古力波板糖



CHOCOLATE LOLLIPOP



材料 INGREDIENTS

白朱古力200克
爆谷1杯
牛油少許
牛油紙1張
夏威夷果仁1杯
木筷子2隻
動物啫喱軟糖適量
朱古力彩針適量

200g white chocolate
1 cup popcorn
A little butter
1 pc baking paper
1 cup macadamia nuts
2 wooden chopsticks
Some animal-shaped jelly candies
Some coloured chocolate pins

做法 METHOD

- 1** 朱古力切碎放碗內，隔熱水坐熔；爆谷及牛油放易潔鑊內拌勻，上蓋加熱做成爆谷，備用。
Chop the chocolate; put it in a bowl. Melt it with double boiling. Mix popcorns with butter in a non-sticky pan thoroughly; cover it with a lid and cook it above heat to make into butter popcorns. Set aside.
- 2** 牛油紙放檯面，將果仁及爆谷分別黏少許朱古力漿，排成自己喜愛的形狀，排好一層後，放上木筷子作手把，重複排上果仁和爆谷，在最面層放上動物啫喱軟糖作點綴和裝飾。
Place the baking paper on the table and coat the nuts and butter popcorns with a little chocolate sauce. Arrange them in a pattern as desired. When a layer is done, put on a chopstick as handle. Repeat arranging the nuts and popcorns on it, and then place some animal jelly candies on top for garnishing.
- 3** 最後灑上朱古力彩針即成。
Sprinkle some coloured chocolate pins and serve.

註 Remarks :

- 1** 可選用任何顏色的朱古力，如粉紅色或黑朱古力。
Select any colour of chocolate, such as pink or dark chocolate as one desires.
- 2** 每放一種材料都以少許朱古力漿作黏力。
When arranging the ingredients, coat a little chocolate sauce on it to make it adhesive.



2個
2 pcs



30分鐘
30 minutes



089

糖果類
Confectionery

昆布糖

DRIED KELP CANDY



材料 INGREDIENTS

昆布(浸發) 320克
糖 160克
甘草粉 40g
水 2杯

調味

海藻醬 2湯匙
醬油 4湯匙
味醂 2湯匙

320g dried kelp (soaked)
160g sugar
40g licorice root powder
2 cups water

SEASONING

2 tbsp seaweed sauce
4 tbsp soy sauce
2 tbsp mirin

做法 METHOD

- 1 昆布、糖、甘草粉及水放鍋內，用慢火煮30分鐘，加入調味再煮至汁濃稠，取出，備用。
Put the dried kelp, sugar, licorice root powder and water into a pot; simmer it on low heat for about 30 mins. Add seasoning until the sauce thickens. Take it out and set aside.
- 2 用掃掃去多餘汁液，疊起約½厘米厚，風乾，切成1厘米x4厘米長度即成。
Brush away excess sauce with a brush; stack up the kelp to about ½ cm thick. Leave it to dry and then cut it into rectangles of 1cm x 4cm and serve.

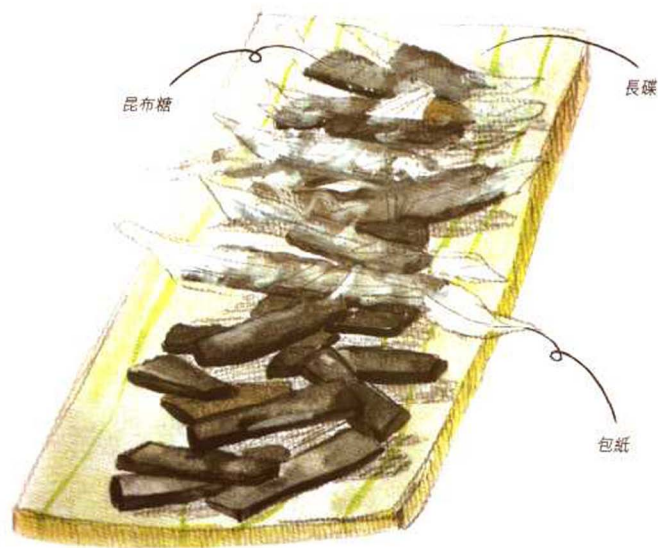
註 Remarks :

- 1 糖的分量可酌量減少，並以適量的代糖(sucralose)補充甜味。
Sugar content can be reduced and replace with appropriate amount of sucralose.
- 2 昆布的脂肪含量低，有豐富的礦物質。有降血壓、血脂和膽固醇的作用。
Dried kelp is low in fat and rich in vitamins. It can help to lower blood pressure, blood fat level and cholesterol.
- 3 若用食物風乾機以慢速脫水3小時即成。
The boiled kelp can be dried with an electrical food dryer on low level for 3 hours and done.



80-100條
80-100 sticks

45分鐘
45 minutes



復活節朱古力蛋屋

EASTER CHOCOLATE EGG HOUSE



材料 INGREDIENTS

黑朱古力660克
白朱古力40克
大蛋模1個
小雞(裝飾)1-2隻
聰明豆(裝飾)適量
和菓子皮(裝飾)適量

660g dark chocolate
40g white chocolate
1 large egg mould
1-2 chick toys (for garnishing)
Some smartie chocolate (for garnishing)
Some wagashi wrapping (for garnishing)



做法 METHOD

- 1 分別將黑、白朱古力切碎，隔熱水煮熔，至攪拌30-31°C，備用。
Chop the dark chocolate and white chocolate separately. Melt them with double boiling and stir them until they are 30-31°C warm, and then set aside.
- 2 將黑朱古力掃在上下兩部份蛋模，待凝固，注入朱古力漿，倒出多餘朱古力漿，倒置檯盤上待凝固，將底部批平。
Brush the dark chocolate on both the upper and lower parts of the egg mould. When it solidifies, fill it with chocolate sauce and then pour out the excess sauce. Place it upside down on a table until it solidifies and then flatten its base.
- 3 將朱古力蛋放於4°C下冷卻約10分鐘，取出脫模，用少許朱古力漿塗邊，將兩邊朱古力蛋合上，再用圓錐模錐出圓洞，同時在圓洞外點上白朱古力作裝飾，備用。
Put the chocolate egg in the refrigerator and chill it for about 10 mins. Take the chocolate egg out of the mould, paint the edge with a little chocolate sauce and then combine the upper and lower parts together. Cut a round hole with a round mould, decorate the outside of the round hole with dots of white chocolate and set aside.
- 4 另將黑朱古力漿批平在牛油紙上(約2毫米厚)，待凝固，用小刀裁成2塊20厘米 x 28厘米，1塊1厘米 x 20厘米的屋頂及14厘米直徑的底部，再砌成小蛋屋，用熱朱古力漿黏上。
Brush some chocolate sauce on a baking paper evenly of about 2mm thick. When it solidifies, use a small knife to cut 2 pieces of about 20cm x 28cm, 1 piece of 1 cm x 20 cm as the roof and a circle of 14cm in diameter as the base and then build it into a small egg house. Stick the pieces together with hot chocolate sauce.
- 5 最後加上裝飾即成。
Add some decorations and ready to serve.

註 Remarks :

- 1 溶朱古力要注意溫度，否則難以起模。
Pay attention to the temperature when melting the chocolate. Otherwise, the mould can hardly be removed.
- 2 用滾水把圓錐模泡熱，抹乾，趁熱錐在朱古力蛋上，切出圓洞。
Soak the round mould in hot water and then pat dry. When it is still hot, cut a round hole on the egg with it.



1份
1 pc

1小時
1 hour



093

糖果類
Confectionery

動物啫喱糖



ANIMAL JELLY CANDY



材料 INGREDIENTS

魚膠粉20克
果膠糖6克
代糖(三氯蔗糖)適量
熱情果漿200克
防潮糖霜適量

20g gelatine powder
6g fructose
Sucralose
200g passion fruit purée
Some moisture resistant icing sugar

做法 METHOD

- 1** 魚膠粉用3湯匙水坐熱水調勻，備用。
Add 3 tbsp of water to the gelatine powder in a bowl and dissolve it by immersing the bowl in hot water. Stir well and set aside.
- 2** 熱情果漿、果膠糖及代糖放鍋內煮滾，加入魚膠粉水續煮至溶。
Put passion fruit jam, fructose and sucralose in a pot and heat it until it boils. Add in gelatine water and continue to cook until it dissolves.
- 3** 用匙撇走泡沫，傾入動物朱古力模內，置冰箱冷藏至凝固，取出。
Scoop out the bubbles with a spoon and then pour it into an animal-shaped chocolate mould. Place it in the refrigerator until solidifies and then take it out.
- 4** 扣出啫喱糖，公仔模的前後面合上，成一個公仔形狀，篩上防潮糖霜即成。
Take out the jelly candy by turning the mould upside down. Combine the front and back parts of the animal jelly together to make up a figurine. Sift some moisture resistant icing sugar on top and serve.

註 Remarks :

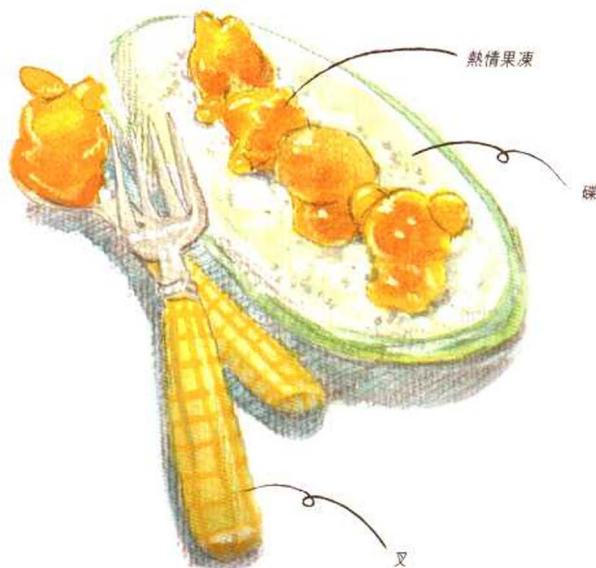
代糖用量約相等於120克糖的甜度
Amount of used sucralose is approximately equal to 120g of sugar in taste.



12件
12 pcs



20分鐘
20 minutes



095

糖果類
Confectionery

冷凍類
Cold Desserts

096

薑汁梳芙厘

GINGER SOUFFLE



材料 INGREDIENTS

花奶100毫升
淡忌廉275毫升
雲呢拿豆1條
糖100克
酸子薑(切絲)18克
酸薑醋50克
薑粉適量
開心果仁適量

100ml evaporated milk
275ml whipping cream
1 vanilla pod
100g sugar
18g pickled baby ginger (shredded)
50g ginger vinegar
Some ground ginger
Some pistachio nuts

做法 METHOD

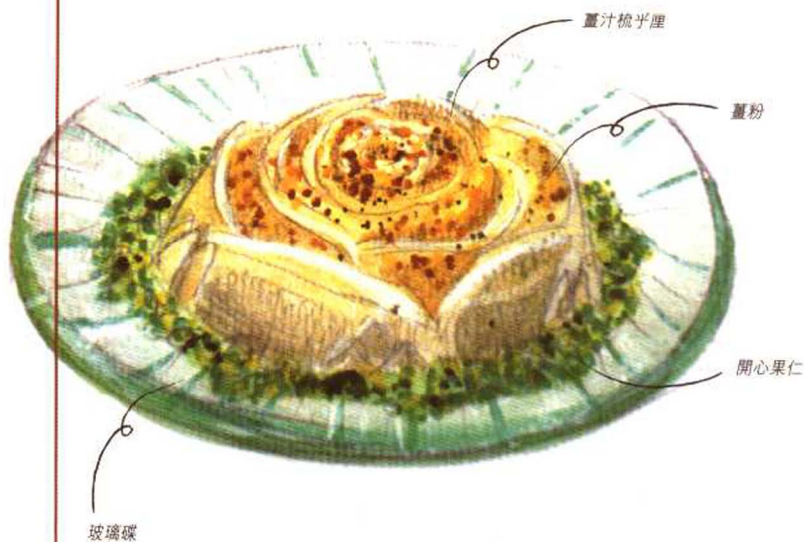
- 1** 花奶及忌廉同置鍋中煮滾，放入雲呢拿豆慢火煮5-8分鐘。
Boil the evaporated milk and cream in a pot; Add vanilla pod and simmer on low heat for 5-8 mins.
- 2** 拌入糖煮滾，關火待涼。
Fold in sugar and bring it to a boil. Turn off the heat and leave it to cool down.
- 3** 把渣滓隔走，加入子薑絲及酸薑醋拌勻。
Filter out the residue; Add shredded baby ginger and ginger vinegar, and mix well.
- 4** 傾入容器內，置冰箱雪藏2-3小時至硬身。
Pour the mixture into a container, put it into the refrigerator and leave it there for 2 to 3 hrs until it hardens.
- 5** 扣出放在碟上，灑上薑粉，伴以開心果仁碎，即可享用。
Turn the container upside down and put the pudding onto a plate. Sprinkle with some ginger powder and garnish with some chopped pistachio nuts. Ready to serve.



4 個
4 pcs



25 分鐘
25 minutes



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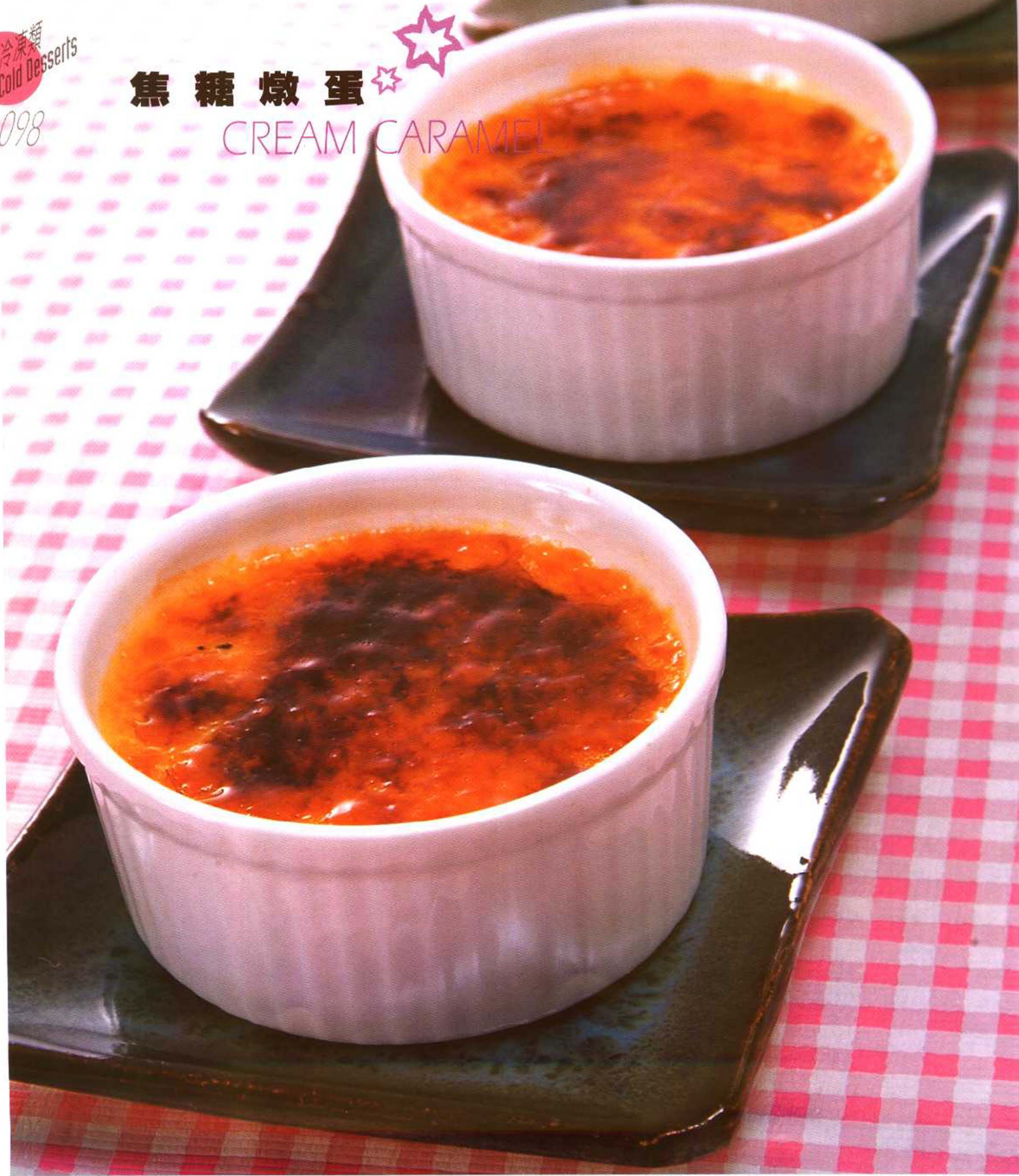
冷凍類
Cold Desserts

冷凍類
Cold Desserts

098

焦糖燉蛋

CREAM CARAMEL



材料 INGREDIENTS

雞蛋黃100克 (5-6隻)
淡忌廉300克
甜忌廉150克
糖20克
紅糖適量

100g egg yolk (5-6)
300g whipping cream
150g whip topping
20g sugar
Some red sugar

做法 METHOD

- 1** 雞蛋黃打散，備用。
Beat the egg yolk and then set aside.
- 2** 淡忌廉、甜忌廉及糖放鍋內煮滾後，再多煮30秒，熄火，加入已攪拌的蛋內攪勻。
Put the whipping cream, whip topping and sugar into a pot and bring it to a boil. Then keep on boiling for another 30 seconds; turn off the heat, add in the beaten egg and mix well.
- 3** 將做好的蛋液放回煲內，用中慢火煮至稍濃稠（用鐵匙作試驗，蛋糊漿能黏在匙底，表示濃稠合適）。
Return the processed egg mixture to the pot and boil on medium to low heat until the liquid thickens. (Test the egg liquid with a key. If the egg batter sticks on the base of the key, it means the thickness is just right.)
- 4** 傾入梳乎里杯中待凍，再移放冰箱冷凍1小時，取出。
Pour the mixture into soufflé cups and leave it to cool down. Then place it in the refrigerator for an hour and then take it out.
- 5** 灑上紅糖（以蓋過面為合），用火槍燒至糖溶，待30秒，表面成焦糖即成。
Sprinkle some brown sugar until it covers the surface of the egg mixture. Burn the surface with a blowtorch until the sugar dissolves. Wait for 30 seconds and a layer of caramel is formed. Ready to serve.

註 Remarks：

- 1** 此燉蛋乃表面呈脆焦糖，越是冰凍越好吃。
Its surface is crispy and best to serve after being refrigerated.
- 2** 若沒有火槍，可用250°C的爐溫，放最頂層焗約3-5分鐘（不需坐水）。
If you don't have a blowtorch, bake the egg mixture in an oven with upper heat at 250°C for 3-5 minutes (no need to place a tray of water below it).



4 個
4 bowls



20 分鐘
20 minutes



099

冷凍類
Cold Desserts

魚樂無窮 
FISH JELLY



材料 INGREDIENTS

甘筍汁50克
果子凍粉60克 (10克供甘筍汁用，50克供椰汁奶用)
椰漿¼杯
花奶¾杯
糖2湯匙
荔枝味果子凍粉100克
水500克
金色糖珠10粒
鮮奶適量

50g carrot juice
60g jelly powder (10g for carrot juice, 50g for coconut milk)
¼ cup coconut milk
¾ cup evaporated milk
2 tbsp sugar
100g lychee-flavour jelly powder
500g water
10 golden candy balls
Some milk

做法 METHOD

- 1 甘筍汁及10克果子凍粉放鍋內煮滾，待稍涼傾少許入魚模內待凝固，備用。
Put carrot juice and 10g of jelly powder in a pot and bring it to a boil. Leave it to cool down a bit, pour a little of it into a fish-shaped mould and leave it to solidify. Set aside.
- 2 椰漿、花奶、糖及50克果子凍粉放鍋內煮滾，待稍涼傾入魚模內，放冰箱冷凍至凝固，備用。
Put coconut milk, evaporated milk, sugar and 50g of jelly powder in a pot and bring it to a boil. Leave it to cool down a bit and pour it into the fish mould. Put it into the refrigerator until it solidifies. Set aside.
- 3 荔枝味果子凍粉加水，用以上方法製成果凍後切條，置碟上。
Add water to the lychee-flavour jelly powder. Process it into jelly with the method above. Cut the jelly made into strips and place on a plate.
- 4 再將魚扣出放碟上，加上金珠作魚眼，最後傾入適量鮮奶即成。
Place the fish-shaped jelly on the plate. Stick the golden candy balls on its head as the eyes and pour some milk over and serve.

註 Remarks :

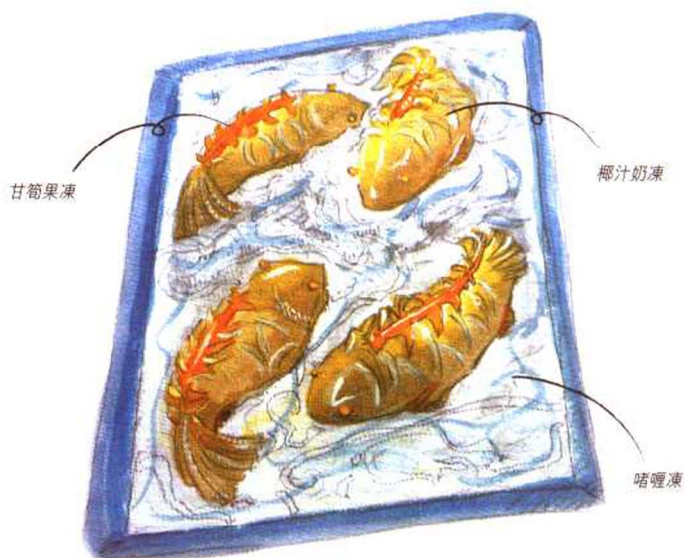
- 1 可隨着個人喜好揀選不同果凍的味道。
You may select any jelly flavour as you like.
- 2 要魚身雪白，可將花奶改為鮮奶。
To make the fish jelly look snowy, replace evaporated milk with fresh milk.



5條
5 pcs



20分鐘
20 minutes

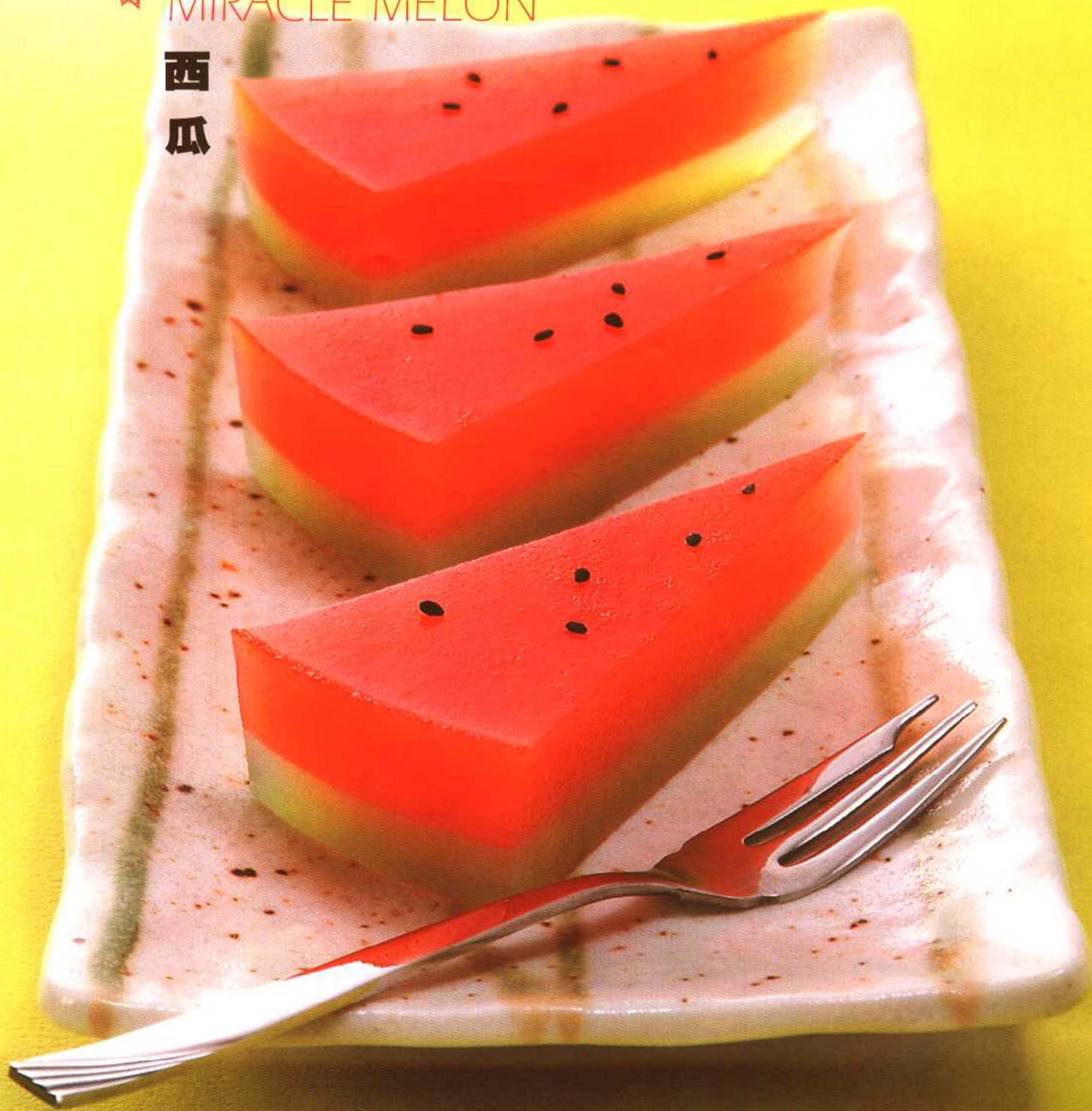




幻影

MIRACLE MELON

西瓜



材料 INGREDIENTS

果皮

果子凍粉16克
大菜粉¼茶匙
水70克
綠色素適量

白玉

果子凍粉40克
大菜粉1茶匙
水1杯

果肉

大菜粉5克
果子凍粉60克
鮮榨西瓜汁2杯
黑芝麻適量

FRUIT PEEL

16g jelly powder
¼ tsp agar agar powder
70g water
Some green colouring

WHITE JELLY

40g jelly powder
1 tsp agar agar powder
1cup water

FRUIT FLESH

5g agar agar powder
60g jelly powder
2 cups fresh watermelon juice
Some black sesame

做法 METHOD

1 果凍粉、大菜粉及水放鍋內邊攪邊煮滾，離火，加入綠色素拌勻，再傾入容器內待凝固，備用。

Put jelly powder, agar agar powder and water into a pot and cook it with stirring until it boils. Remove it from the heat, add in green colouring and stir thoroughly. Pour it into a container and leave it to solidify. Set aside.

2 白玉部份用以上方法，煮滾後徐徐傾入已凝固的綠色果凍容器內，待凝固。Process the white jelly ingredients with the same method above. When it boils, pour it slowly into the container with the solidified jelly for fruit peel. Leave it to solidify.

3 西瓜汁用篩隔渣，將所有材料放鍋內拌勻及煮至滾，再傾入容器內，待凝固後扣出放在碟上。

Filter out the residue of the watermelon juice with a sieve. Put the remaining ingredients into a pot, cook it with stirring until it boils. Pour it into the container and place it in the refrigerator until it solidifies.

4 灑上黑芝麻作西瓜籽，放冰箱冷凍後即可切件享用。

Sprinkle some black sesame on the top as watermelon seeds. Ready to serve.

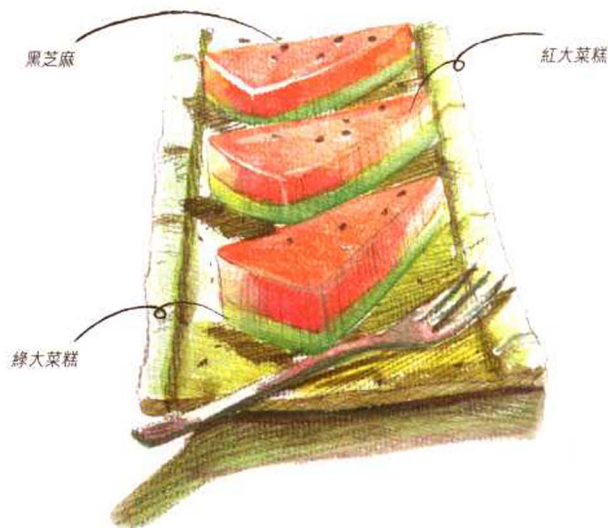
註 Remarks :

① 傾入每一層果凍時要叉孔，否則取出時每一層會分開。

Before pouring in the next layer of jelly, dot some holes on the layer below with a fork. Otherwise, the layers will be separated from each other.

② 果肉部份若不夠甜，可待溶液煮滾後，加入適量代糖(阿士巴甜)。

If the fruit flesh part is not sweet enough, you may add some aspartame in it when the jelly liquid boils.



20 厘米圓盆 1 個
20 cm round mould

20 分鐘
20 minutes



西芹雪糕朱古力杯☆

CHOCOLATE CUPS
WITH CELERY ICE-CREAM



材料 INGREDIENTS

新鮮西芹(切丁粒)400克

氣球(小)20個

淡忌廉210克

糖40克

豆磷脂1克

奶粉80克

煉奶100克

純黑朱古力100克

魚膠粉水

魚膠粉2克

水2茶匙

400g fresh celery (dices)

20 ballons (small)

210g whipping cream

40g sugar

1g lecithin

80g milk powder

100g condensed milk

100g dark chocolate

GELATINE WATER

2g gelatine powder

2 tsp water

做法 METHOD

1 用攪拌機把西芹打成蓉；魚膠粉水調勻；氣球吹大，備用。
Grind the celery into purée with a blender. Mix the gelatine water. Blow the balloons. Set aside.

2 忌廉及糖放鍋內煮至濃稠，加入豆磷脂、奶粉煮滾，下魚膠粉水及煉奶攪透，離火，加入西芹蓉拌勻，傾入雪糕機內攪拌約20-25分鐘，取出，傾入模內置冰箱冷凍成雪糕，備用。

Put cream and sugar into a pot and cook it until it thickens. Add in Lecithin. And milk powder, and bring it to a boil. Add in gelatine water and condensed milk, and stir thoroughly. Remove it from the heat. Fold in celery purée thoroughly, pour it into an ice-cream machine and mix it for about 20 to 25 mins. Take it out, pour it into a mould, and then place it in the refrigerator to freeze it into ice-cream. Set aside.

3 朱古力切碎用熱水隔水坐溶，將吹起的氣球沾上朱古力漿，放在已墊牛油紙的檯面待凝固，將氣球弄破，即成朱古力杯。

Chop the chocolate and then melt it with double boiling. Coat the blown balloons with chocolate sauce and then place them on a table lined with baking paper and leave them to solidify. Break the balls and use them as chocolate cups.

4 雪糕扣出，放入杯內即成。

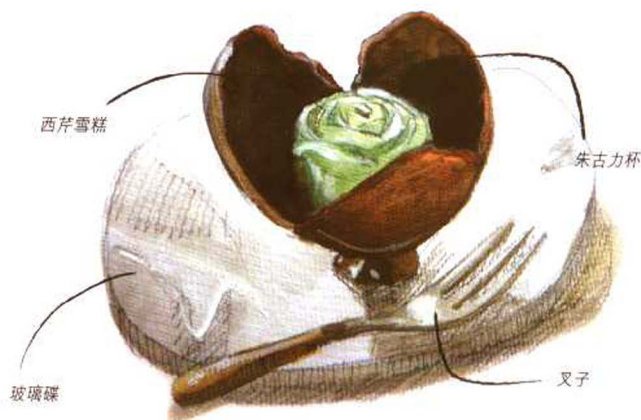
Scoop out the ice-cream and place it into the cups. Ready to serve.

註 Remarks :

若沒有雪糕機，當物料全部混合後放冰箱，每15分鐘取出，用電動攪拌器打鬆，直至軟滑。

If there is no ice-cream machine, put the mixture in the refrigerator and then take it out to stir for every 15 mins with blender until it becomes soft and smooth.

20 杯
20 cups
30 分鐘
30 minutes



桂花龍眼冰

ICY LONGAN WITH
OSMANTHUS FRAGRAN



材料 INGREDIENTS

新鮮龍眼肉 (去籽) 10-12粒

大樹菠蘿 (切粗條) 4件

桂花 1湯匙

桂花陳酒 1湯匙

甜話梅肉 (切碎) 1粒

10-12 fresh longan flesh (cored)

4 pcs jack fruit (cut into strips)

1 tbsp osmanthus fragran

1 tbsp osmanthus fragran wine

1 preserved plum flesh (chopped)

做法 METHOD

1 龍眼肉及大樹菠蘿條放冰箱雪藏至凝固，備用。

Put longan flesh and jack fruit strips in the freezer until they solidify. Set aside.

2 桂花及酒拌勻，再加入話梅肉拌勻成汁料，備用。

Stir osmanthus fragran and the wine thoroughly. Add in preserved plum and mix well. Set aside.

3 將果肉取出，排放碟上，再淋上汁料即可享用。

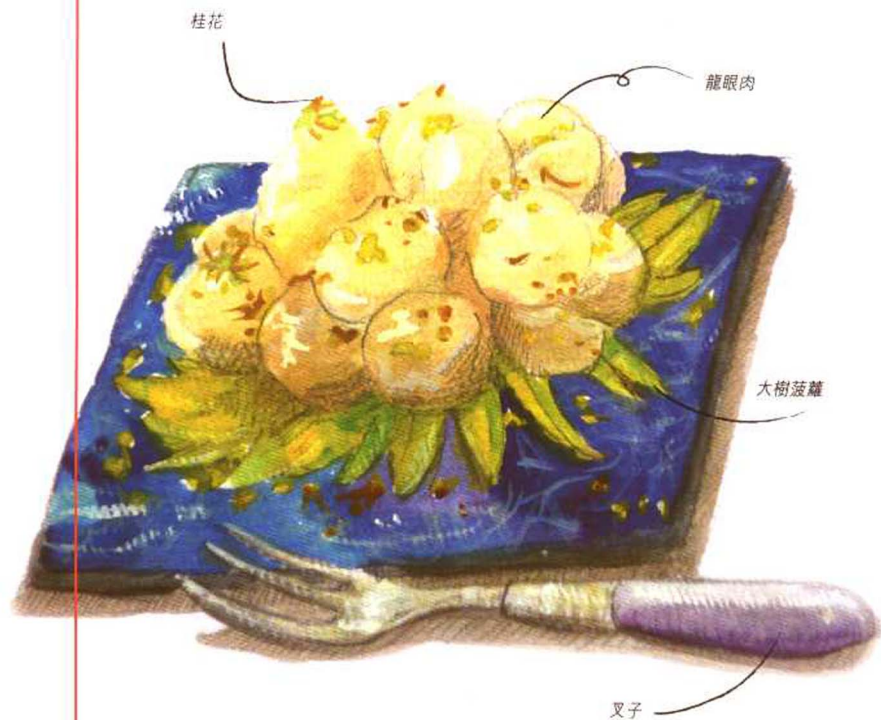
Place the fruit flesh onto a plate, pour the sauce over and serve.



1碟
1 plate



15分鐘
15 minutes



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冷凍類
Cold Desserts

番茄
凍

TOMATO JELLY



材料 INGREDIENTS

荷蘭秣茄10個
淡忌廉60克
魚膠粉1½茶匙
水2½茶匙
Mascarpone芝士40克
代糖(阿士巴甜)**適量
番茄肉蓉140克

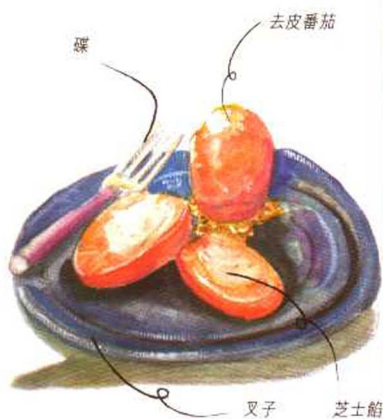
啫喱層

大菜粉2茶匙
水1杯
糖2茶匙
魚膠粉20克

10 US organic roma tomatoes
60g whipping cream
1½ tsp gelatine powder
2½ tsp water
40g Mascarpone cheese
Some aspartame**
140g tomato flesh purée

JELLY LAYER

2 tsp agar agar powder
1 cup water
2 tsp sugar
20g gelatine powder



做法 METHOD

- 1 秣茄去皮，中心刮空；忌廉打起；魚膠粉及水放碗內拌勻，備用。
Pare the US organic roma tomatoes and scoop out the seeds. Whisk the cream. Mix gelatine powder and water in a bowl thoroughly. Set aside.
- 2 芝士加入代糖打至幼滑，加入番茄蓉、打起忌廉及魚膠粉水拌勻，即可傾入秣茄內，移放冰箱冷凍至凝固，取出。
Add aspartame into the cheese and whisk until it becomes smooth. Add in tomato purée, cream and gelatine water and mix thoroughly. Pour it into the tomatoes which are then placed them in the refrigerator until solidified. Take them out.
- 3 大菜粉及水放鍋內煮滾，加入糖及魚膠粉(預先拌勻)，攪至完全溶透。
Put agar agar powder and water in a pot and bring it to a boil. Add in sugar and gelatine powder (mixed) and stir until it is completely dissolved.
- 4 把大菜魚膠混合物淋在秣茄面做成啫喱層即成。
Pour the agar agar gelatine mixture over the jelly-tomatoes. Ready to serve.

註 Remarks :

- 1 秣茄形狀細小及結實，可用普通番茄代替。
USA organic roma tomato is small and firm. It can be replaced with ordinary ones.
- 2 選擇秣茄不能太熟，會影響口感。
Don't choose the over-ripen tomatoes.
- 3 大滾水將秣茄放入煮約1分鐘，取出放入冰水浸片刻即可輕易地將皮去除。
When the water is boiling, put in the tomatoes and cook for about 1 min. Take them out, soak them in icy water for a short while and then their peel can then be removed easily.
- 4 番茄中的維他命E和C及番茄紅素有防癌的用途。
Tomato contains vitamins E and C and lycopene which can help prevent cancer.

** 1克代糖的用量約相等於8克蔗糖的甜度。

1g of aspartame is approximately equal to 8g of cane sugar in taste.



10 個

10 pcs

30 分鐘

30 minutes



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冷凍類
Cold Desserts

雪糕三文治

ICE-CREAM SANDWICH



材料 INGREDIENTS

豆腐雪糕適量
芝麻雪糕適量
麵粉120克
發粉 $\frac{1}{8}$ 茶匙
鹽少許
牛油60克
水1湯匙
淡忌廉50毫升
玫瑰花瓣適量
黑桑子(裝飾)適量
紅加侖子(裝飾)適量

Some bean curd ice-cream

Some sesame ice-cream

120g flour

$\frac{1}{8}$ tsp baking powder

A pinch of salt

60g butter

1 tbsp water

50ml whipping cream

Some rose petals

Some black berries (for garnishing)

Some red currants (for garnishing)

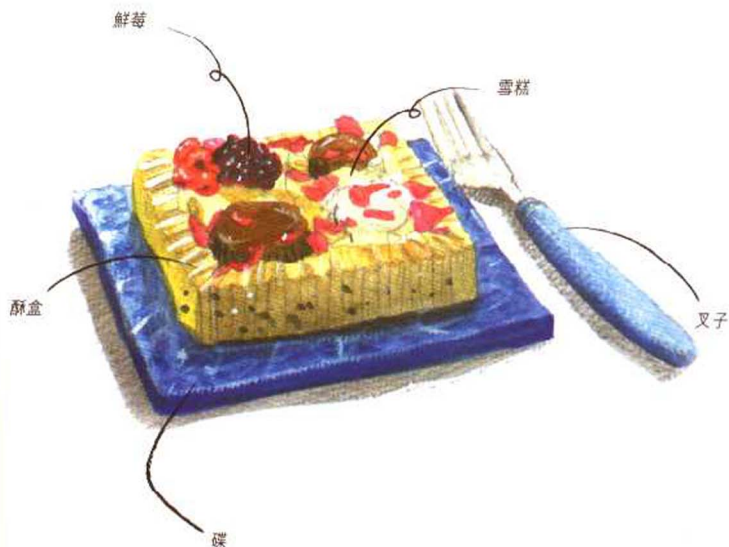
做法 METHOD

- 雪糕舀入模內，置冰箱雪藏備用。
Scoop the ice-cream into a mould, freeze it in the refrigerator and set aside.
- 麵粉、發粉篩勻，加入鹽、牛油及水搓成麵糰，放入15厘米方形框模內壓成盒狀。
Sift the flour and baking powder together. Add in salt, butter and water. Knead it into dough. Put it into a 15 cm square mould to make it into a box-shape.
- 置焗爐以220°C焗20-25分鐘至金黃及熟，取出。
Bake in the oven at 220°C for 20 to 25mins until golden brown and well cooked, and then take it out.
- 淡忌廉打起，放入唧袋，備用。
Whisk the whipping cream until stiff peak; put it into a piping bag and set aside.
- 將雪糕扣出放入餅盒內，再將忌廉啣上。
Remove the ice-cream from the mould by turning it upside down and place it on the box-shaped cake. Pipe out some cream on top.
- 最後灑上玫瑰花瓣及加上裝飾即成。
Sprinkle some rose petals and add some garnishing. Ready to serve.

註 Remarks :

可隨意選擇自己喜愛的雪糕。

Select the flavour of ice-cream to one's taste.



1件

1 pc

30分鐘

30 minutes



玫瑰三豆糕

ROSE CAKE WITH THREE BEANS



材料 INGREDIENTS

玫瑰糖40克
水2½杯
粟米30克
大菜5克
熟紅豆30克
熟眉豆30克
玫瑰花瓣適量

魚膠粉糖

魚膠粉8克
糖50克

40g rose sugar
2½ cup water
30g sweet corn
5g agar agar
30g cooked red beans
30g cooked black eyes beans
Some rose petals

GELATINE WITH SUGAR

8g gelatine powder
50g sugar

做法 METHOD

- 1 玫瑰糖加水1杯用慢火煮3分鐘，隔出渣滓；玫瑰糖水備用。
Simmer rose sugar with a cup of water on low heat for 3 mins. Strain the residue, and then set aside the rose sugar water.
- 2 粟米飛水過冷，備用。
Blanch the sweet corn, rinse and then set aside.
- 3 大菜剪碎浸軟放鍋內，加入1½杯水煮至溶，下魚膠粉糖拌至溶，加入玫瑰糖水續煮滾。
Cut the agar agar into pieces and soak it until soft. Place it into a pot, add in 1½ cup of water and cook until dissolved. Add in gelatine powder with sugar and stir until dissolved. Add in rose sugar water and bring it to a boil.
- 4 將豆和粟米按層次分別放入，最後放入玫瑰花瓣，注入大菜水後待凝固，置冰箱冷凍至凝固，扣出即成。
Put in the beans and sweet corn one by one. Fill in the agar agar liquid and leave it to solidify. Then put on the second layer and repeat this process. On the top, place some rose petals and then store it in the refrigerator until solidified. Ready to serve.

註 Remarks :

- 1 要待大菜全溶透才可放糖，否則大菜難溶。
Agar agar has to be completely dissolved before adding sugar. Otherwise, agar agar can hardly be dissolved. Dot some holes with a toothpick on top of each layer before putting on the next, or the layers will disintegrate when the cake is turned upside down.
- 2 玫瑰花有行氣活血的功效。
Rose can help improve the air (chi) and blood circulation of the body.
- 3 玫瑰花瓣加糖搗碎，置一密封瓶內醃一個月即成玫瑰糖。
Mash the rose petals with sugar and then store it in a sealed air-tight container for a month. After that, it can be used as rose sugar.



5件
5 pcs



30分鐘
30 minutes



桂花雪耳凍糕



OSMANTHUS FRAGRAN AND
WHITE FUNGUS JELLY



材料 INGREDIENTS

桂花1½茶匙(1茶匙(桂花水), ½茶匙(桂花大菜))

水300克

魚膠片8克

雪耳(浸發)40克

大菜(剪碎浸軟)4克

糖60克

1½ tsp osmanthus fragran (1 tsp osmanthus fragran water, ½ tsp osmanthus fragran agar agar)

300g water

8g gelatine sheet

40g white fungus (soaked)

4g agar agar (cut and soaked)

60g sugar

做法 METHOD

1 1茶匙桂花及水100克放鍋內煮滾，上蓋熄火焗2分鐘，隔出桂花，桂花水留用。

Put 1 tsp of osmanthus fragran and 100g of water into a pot and bring it to a boil. Cover it with a lid and leave it for 2 mins. Strain out the osmanthus fragran, leaving behind the osmanthus fragran water and set aside.

2 魚膠片浸軟；雪耳洗淨後飛水過冷，備用。

Soak the gelatine sheet until soft. Wash the white fungus, blanch, drain and then set aside.

3 大菜及剩餘的200克放鍋內煮溶，加入魚膠片及糖續煮至溶，最後加入雪耳、桂花½茶匙及桂花水拌勻煮滾。

Put the agar agar and the remaining water into the pot and cook until dissolved. Add in the gelatine leaf and sugar, and continue to cook until dissolved. Finally, add in the white fungus, ½ tsp of osmanthus fragran and osmanthus fragran water, and stir until boiled.

4 傾入模內，置冰箱冷凍至凝固，扣出即成。

Pour the mixture into a mould, place it in the refrigerator until solidified. Take it out, turn it upside down to remove the mould and then ready to serve.

註 Remarks :

魚膠片在大超市有售，做凍糕用魚膠片比魚膠粉來得晶瑩、通透。

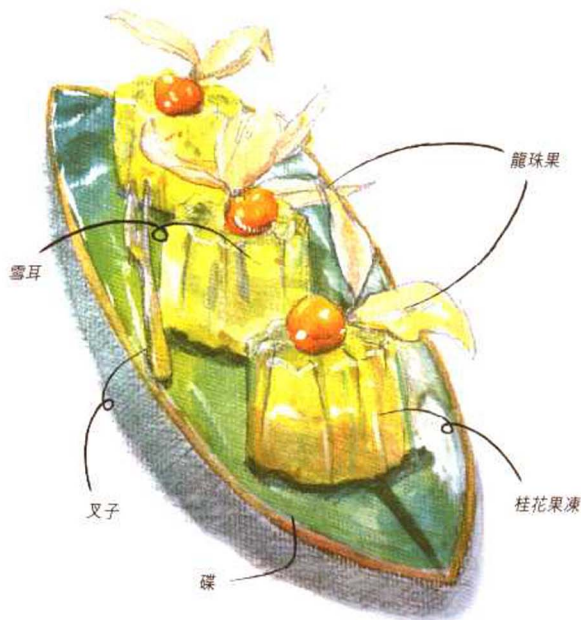
Gelatine sheet is available in large supermarkets. The use of gelatine has better appearance than with gelatine powder.



6件
6 makes



25分鐘
25 minutes



冷凍類
Cold Desserts

116

果凍椰汁糕

COCONUT JELLY



材料 INGREDIENTS

大菜5克
水300克
糖60克
鮮奶 $\frac{1}{4}$ 杯
粟粉30克
椰漿 $\frac{1}{2}$ 杯
果凍(切丁粒)40克

5g agar agar
300g water
60g sugar
 $\frac{1}{4}$ cup milk
30g corn flour
 $\frac{1}{2}$ cup coconut milk
40g jelly (diced)

做法 METHOD

- 1** 大菜剪碎浸軟放鍋內，加入水煮至溶，加糖續煮透。
Cut the agar agar into pieces; soak until soft and then place it into a pot. Add in water and cook until dissolved. Add in sugar and continue to cook until sugar dissolved.
- 2** 用鮮奶 $\frac{1}{4}$ 杯將粟粉調勻。
Mix the corn flour with $\frac{1}{4}$ cup of milk thoroughly into a milk batter.
- 3** 鮮奶粟粉漿加入大菜溶液中慢慢地拌勻。
Add the milk batter into agar agar solution and stir until well mixed.
- 4** 下椰汁，續煮至濃稠糊，離火。
Add in the coconut milk and continue to cook until thickened. Remove it from heat.
- 5** 加入果凍粒拌勻，傾入模內，再置冰箱冷凍至凝固即成。
Add in jelly cubes and stir thoroughly, pour into a mould and place it the refrigerator until solidified. Ready to serve.

註 Remarks :

可選用自己喜愛的果子凍粉(水蜜桃、洛神花茶...)，加水做成果凍。
Choose the flavour of jelly powder to one's taste (peach, roselle tea...), mix it with water and jelly is made.



50件
50 pcs



20分鐘
20 minutes



熱情芒果球

PASSION FRUIT AND
MANGO BALL



材料 INGREDIENTS

餅底

杏仁粉120克，麵粉80克
糖90克，牛油100克
雞蛋2隻

啫喱層

魚膠粉25克，糖70克
大菜(浸軟)8克，清水2杯
無花果漿200克

芒果芝士層

Mascarpone芝士240克
淡忌廉60克，糖30克
芒果漿100克，熱情果肉1個
杏脯肉(切條)80克

CAKE BASE

120g almond powder
80g flour
90g sugar
100g butter
2 eggs

JELLY LAYER

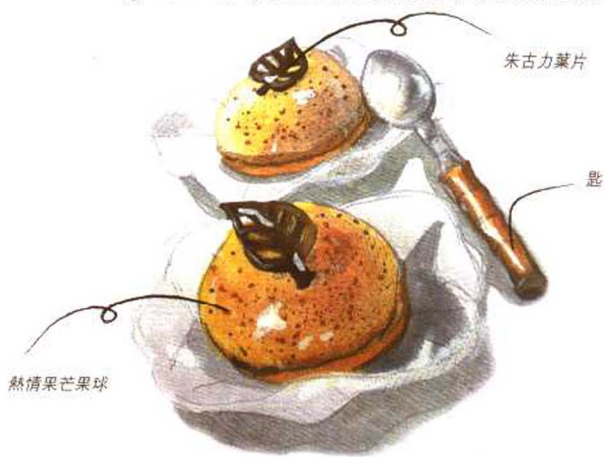
25g gelatine powder
70g sugar
8g agar agar (soaked)
2 cups water
200g fig purée

MANGO CHEESE LAYER

240g Mascarpone cheese
60g whipping cream
30g sugar
100g mango purée
1 passion fruit
80g dried apricot (in strips)

做法 METHOD

- 1 將杏仁粉、麵粉、糖、牛油及雞蛋拌勻，放牛油紙上，用麵棍輾薄(約½厘米厚)。
- 2 麵糰移放已預熱焗爐以180°C焗10分鐘至熟，取出，覈出直徑35厘米圓形，待凍，備用。
- 3 芝士、淡忌廉及糖打起，備用。
- 4 將打起的芝士漿、芒果漿、熱情果肉及杏脯混合攪透，傾入一直徑35厘米的圓碗內，再放冰箱冷凍至凝固，做成芒果芝士層。
- 5 魚膠粉加糖拌勻；大菜剪碎洗淨；清水及大菜放鍋內煮溶，加入魚膠粉糖拌溶，離火待暖，最後加入無花果漿拌勻。
- 6 將芒果芝士層扣出放蒸架上，再將(步驟5)淋上，最後放在杏仁餅上即成。



7件
7 pcs



30分鐘
30 minutes

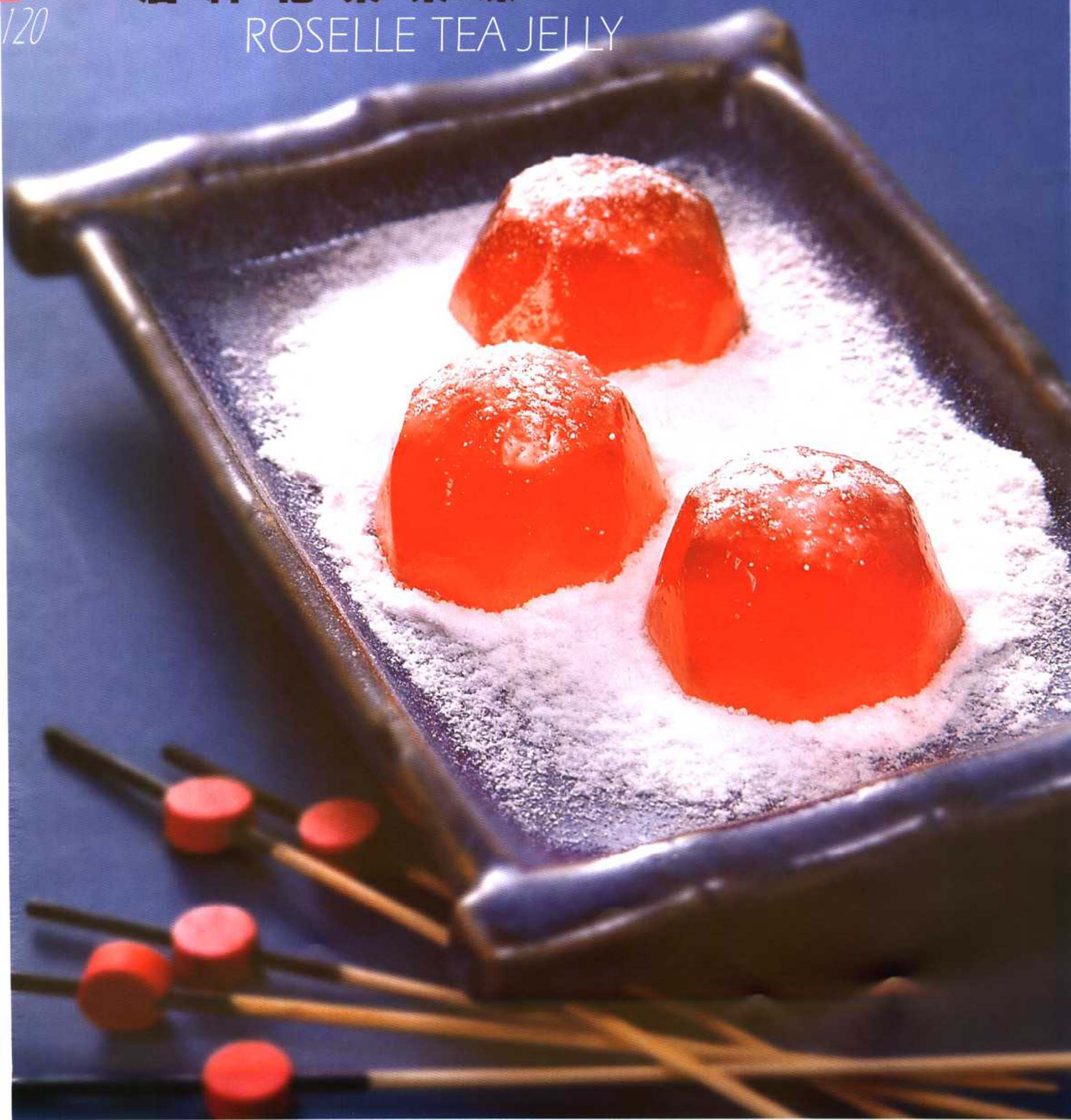


冷凍類
Cold Desserts

120

洛神花茶果凍

ROSELLE TEA JELLY



材料 INGREDIENTS

洛神花茶2½杯
蒟蒻粉30克
果子凍粉30克

洛神花茶

乾洛神花茶3朵
水760克
山楂餅(切碎)30克
話梅粉6克

蘸粉

得力素葡萄糖40克
檸檬酸¼茶匙

2½ cups roselle tea
30g glucomannan powder
30g jelly powder

ROSELLE TEA

3 dried roselle
760g water
30g crataegus cake (chopped)
6g preserved plum powder

DIP POWDER

40g glucose powder
¼ tsp citric acid

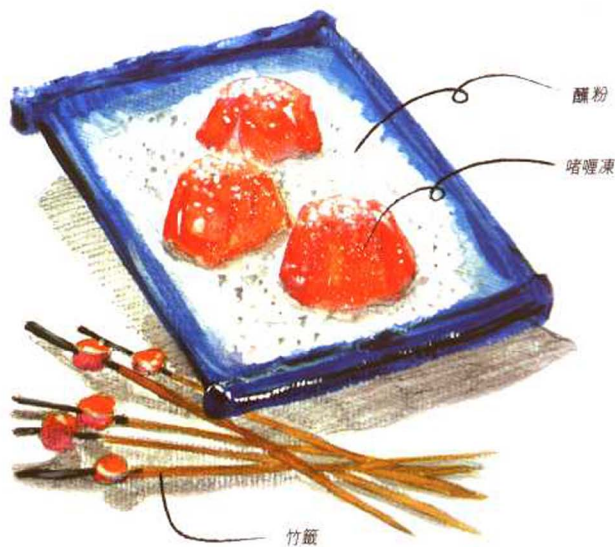
做法 METHOD

- 1 洛神花茶及水放鍋內煮4分鐘，加入山楂餅及話梅粉煮至溶，置魚袋隔出渣滓，留2½杯洛神花茶備用。
Put the roselle tea and water into a pot and cook for 4 mins. Add in crataegus cakes and preserved plum powder and cook until dissolved. Strain out the residue with a soup bag and keep 2½ cups of liquid. Set aside.
- 2 蒟蒻粉及果子凍粉調勻。
Mix the glucomannan powder and jelly powder well.
- 3 蘸粉用篩篩勻，備用。
Sift the dip powder thoroughly and set aside.
- 4 洛神花茶放鍋內煮滾，加入蒟蒻粉及果子凍粉拌溶，即可傾入模內待凍。
Put the roselle tea into a pot and bring it to a boil. Add in the glucomannan and jelly powder until dissolved. Pour the mixture into a mould and leave it to cool down.
- 5 扣出後滾上蘸粉即可享用。
Turn the mould upside down and remove the jelly from it. Roll it over the dip powder. Ready to serve.

註 Remarks :

蒟蒻含膳食纖維，有降膽固醇和降低血壓的效果，亦有助於糖尿病患血糖的控制。

Glucomannan contain edible fibres which can help to lower cholesterol level and blood pressure. It can also help the diabetes patients to control the sugar level.



30件
30 pcs

25分鐘
25 minutes



冰塊豆腐

ICED BEAN CURDS



材料 INGREDIENTS

濃黃豆汁1杯
糖40克
果凍粉50克
魚膠片8克
清水2杯
糖1茶匙
大菜粉1茶匙

1 cup condensed soy bean juice
40g sugar
50g jelly powder
8g gelatine sheet
2 cups water
1 tsp sugar
1 tsp agar agar powder

做法 METHOD

1 黃豆汁、糖及果凍粉放鍋內煮滾至溶，舀去泡沫，傾入方形模內，待凍，便成豆腐，切成8厘米x8厘米大小，備用。

Put the soy bean juice, sugar and jelly powder in a pot and cook until dissolved. Scoop out the bubbles, pour it into a square mould, leave it to cool down as bean curd. Cut it into 8 cm x 8 cm cubes and set aside.

2 魚膠片浸軟放鍋內，加入清水2杯煮至溶，再拌入糖及大菜粉攪透，傾入另一方形模內，再放入已凝固的豆腐(大菜水以蓋過豆腐面)，置冰箱冷凍至凝固，扣出後切件即成。

Soak the gelatine sheet in water until soft and then put it in a pot. Add in 2 cups of water and cook until dissolved. Fold in sugar and agar agar powder and mix thoroughly. Pour it into another square mould; put in the solidified bean curds. Put it in the refrigerator to freeze until solidified. Take out the iced bean curd from the mould and cut into pieces and serve.

註 Remarks :

1 黃豆是功能食物，屬低脂類，有異黃酮素，有降膽固醇和預防骨質疏鬆的作用。

Soy bean is a functional food which is low in fat. It contains isoflavones which can help to lower cholesterol and prevent osteoporosis.

2 濃黃豆汁做法是將4兩黃豆浸過夜，瀝水，黃豆與3杯水同放攪拌機內打成汁，隔出濃黃豆汁即成。

To make a condensed soy bean juice: soak 4 taels of soy bean overnight, drain, mix it with 3 cups of water in a blender into juice, and then strain out the residue.

3 自行購買市面喜愛的豆類製品代替黃豆汁亦可。

The soy bean juice can be replaced with other favourite soy produce available in the supermarkets to one's taste.



6件
6 pcs



25分鐘
25 minutes



123

冷凍類
Cold Desserts

糖和添加劑知多少？

How much do you know about sugar and additives?

昔日，糖是甜點的唯一主角。現在糖的角色不再那麼吃重，因為還有許多元素呢！添加劑的角色也不輕，因為它的家族成員如食物色素、膠凝劑和穩定劑等都在甜點擔當要角。

In the old days, sugar is the only leading player in a dessert. Nowadays, its role has become less important with the adoption of many other elements. Additives also play a significant role in dessert making as they include food colourings, gelling agents and stabilizers, which are important to the success of a dessert.

1. 甜味料 Sweeteners

甜味料是帶給食品甜味的物料，可分為天然和人工合成兩類，也可界定為高熱量或低熱量。常用的甜味料就是廚房的白砂糖，主要成份是蔗糖，它是天然的碳水化合物，廣存於植物，並由葡萄糖和果糖結合而成的雙糖。市面上出售的蔗糖多從甘蔗和甜菜頭提煉出來。

Sweeteners are the materials that have intensive sweet taste, which can be classified into natural or artificial or alternatively grouped according to their heat content. In our daily life, the granulated white sugar in kitchen is most common sweetener and its major component is the sucrose, which is a carbohydrate abundantly in plant. Sucrose is composed of fructose and glucose and generally extracted from sugar cane or sugar beet.

- ① 葡萄糖廣存於動植物的碳水化合物，它是生物體的能量來源，多呈粉狀，可溶於水中，它的甜度約為蔗糖的70% (表一)。

Glucose is another kind of carbohydrate extensively found in animals and plants. It is the energy source of living organisms. It is commonly in powder form, soluble in water and with sweetness about 70% of sucrose (Table 1).

- ② 果糖多存於果實和蜂蜜，甜度較蔗糖為高 (表一)，它的吸水濕性強，故較少用於食品業和烹飪方面。

Fructose is characteristically found in fruit and honey. The sweetness is higher than sucrose (Table 1), which is less frequently used in food industry and cookery.

- ③ 木糖醇是碳水化物的衍生物，甜味較低，不能被口腔中的微生物所分解，故能減少蛀牙的機會。

Xylitol is the derivative of carbohydrate and is less sweet than sucrose. It is not decomposed by gems found in mouth and hence can reduce the chance of dental caries.

(表一) 甜味料的相對甜度

(Table 1) Relative Sweetness of Common Sweetness

甜味料 (Sweeteners)	相對甜度 (Relative Sweetness)	甜味料 (Sweeteners)	相對甜度 (Relative Sweetness)
葡萄糖 (Glucose)	0.7	三氯蔗糖 (Sucralose)	600
果糖 (Fructose)	1.3	安賽蜜 (Acesulfame-K)	200
蔗糖 (Sucrose)	1.0	阿士巴甜 (Aspartame)	200
木糖醇 (Xylitol)	0.7	甘草甜素 (Glycyrrhizin)	50
液體葡萄糖 (Glucose syrup)	0.5	新橙皮甙 DC (Neohesperidin DC)	1500
阿力甜 (Alitame)	2000	糖精 (Saccharin)	300
環己基氨基磺酸鈉 (Sodium Cyclamate)	30	甜菊糖 (Stevioside)	200
索馬甜 (Thaumatococin)	2000		

- 液體葡萄糖，俗稱粟膠，由澱粉經酸或酵素水解而生成的一種葡萄糖及多種中間分解物所組成之透明糖漿混合物，甜度較蔗糖低，甜味溫和，具吸濕性，含甜味，能增稠、抗結晶和具充填的作用。

Glucose Syrup is also called Corn Syrup. It is formed by acid or enzymatic hydrolysis of starch into a transparent viscous liquid containing glucose and a number of oligosaccharides. It is not so sweet as sucrose and has thickening and anti-caking properties.

- 代糖泛指一些只含低熱量而甜度較蔗糖為高的物質，品種有天然和人工合成，以糖精最具代表性，不過使用守則受法律約束，在香港准用的代糖有安賽蜜、糖精、阿力甜、環己基氨基磺酸鈉、索馬甜、阿士巴甜和三氯蔗糖等。本地零售市場上通常只有糖精、阿士巴甜、安賽蜜和三氯蔗糖供市民或糖尿病者食用，其中多以麥芽糖糊精為充填劑，代糖成份約3%左右，所以使用時應根據出產商指引應用。

Low-calorific sweeteners generally have the sweetness higher than sucrose that can be grouped into natural and artificial. Saccharin was the most representative sweetener and the application of these sweeteners is subject to government regulations. In Hong Kong, the permitted sweeteners include Acesulfame-K, Saccharin, Alitame, Sodium Cyclamate, Thaumatin, Aspartame and Sucralose. In the retailing market, only Saccharin, Aspartame, Acesulfame-K and Sucralose are commonly available. The package for sale in retail market usually contains around 3% of the claimed sweetener with maltodextrin as the bulking agent.

糖精 Saccharin

它盛行於六、七十年代，被視為減肥恩物，在高溫下能被分解因而產生苦味，不宜應用於酸性，或必須加熱的食物。自七、八十年代，糖精曾被懷疑是致癌物質，現已陸續被阿士巴甜所取代。

Saccharin was prevailed in 60s-70s last century and it can be decomposed under high temperature to give a bitter taste. It is not suitable for acidic food or those involving heat treatment. It was once suspected to be carcinogenic and has been gradually replaced with Aspartame since 70s-80s.

阿士巴甜 Aspartame

它是廣受大眾歡迎的代糖，不過穩定較差，高溫下易分解，用量會較計算量為高，它適用於冷凍食品，卻不宜用於糕餅製品。由於它能分解出苯丙胺酸，故苯丙酮尿患者實不可食用。

It is a popular sweetener that is always used in cold food. It is less stable and is decomposed at high temperature, which is not recommended for bakery products. To account for its instability, the amount used in food is generally higher than calculated level. As it can be decomposed to form Phenylalanine, people suffering from Phenylketonuria should not intake any Aspartame.

安賽蜜 Acesulfame-K

它又名AK糖或乙酰磺胺酸鉀，高穩定性，在人體內不易分解，屬公認安全（GRAS）的甜味料。它常與阿士巴甜共用以產生協同效應，可用於不同的食品。

Acesulfame-K has high stability and difficult to be decomposed in body. It is a GRAS sweetener. It can be used in various kinds of food and is always used with Aspartame to bring out the synergic effect.

三氯蔗糖 Sucralose

九十年代初，在加拿大率先使用，現已擴展至六十多個國家。它是從天然的蔗糖中提取的白色晶體物質，高甜度、穩定性強，可用於糖果、飲料、烘烤食品如餅食等。經臨床測試三氯蔗糖在人體不易被吸收和不具備危害性。

It was first used in Canada during 1990s and is now widely adopted in over 60 countries. Sucralose is a white crystalline substance manufactured from sucrose. It has intensive sweetness with high stability. It is used in candies, drinks and bakery products.

甘草甜素 Glycyrrhizin

源於甘草根，是天然產物，在高溫下不易分解，甜味獨特，不宜單獨使用，許多時與蔗糖共用。它被界定為公認安全 (GRAS) 的增味劑，常常用作糖果和藥品的香味料。在醫學方面，具有抗炎和抗消化性潰瘍的功效。

Glycyrrhizin is a natural sweetener extracted from liquorice root. The sweetness is particular and is therefore always used with other sweeteners. It is a GRAS taste enhancer and possesses anti-inflammatory properties.

新橙皮甙 DC Neohesperidin DC

多個國家都批准使用，並認為公認安全的增味劑。它的甜度極高且能抑制苦味，在高溫、酸或鹼的情況下均呈穩定，常應用於飲料、乳製品和糖等。

It is a GRAS taste enhancer and approved to be used in many countries. Neohesperidin DC is capable to mask the bitter taste and stable in high temperature, acidic or alkaline media. It is commonly used in drinks, milk products and candies.

甜菊糖 Stevioside

它是從植物提取的甜味料，盛行於八、九十年代，現已被多國禁用。

Stevioside is a compound extracted from plant and has been banned in many countries.

II. 食物色素 Food Colours

它可分為合成 (人造) 和天然兩大類。合成色素的種類繁多。在香港獲准使用的也有許多，其中有苋菜紅、亮藍 FCF、醬色、赤蘇紅、檸檬黃和綠色 S。它們的穩定性高，所用的劑量較天然色素為低。正常的使用和食用情況下，一般不會引起不良的作用。常見的天然色素有花色素類、胡蘿蔔素類、葉綠素等。它們的穩定稍差，使用時要注意烹調的情況如酸鹼和溫度等但是安全性卻較合成的高，所以准許用量一般也較高。本書特別在其中一些甜點介紹了從紅麴米、番紅花、斑蘭葉提取它們的天然色素。

Food colours can be grouped into synthetic and natural colours. There is a wide range of food colours permitted to be used in Hong Kong including Amaranth, Brilliant Blue FCF, Caramel, Erythrosine, Tartrazine and Green S. The synthetic food colours usually have high stability and amount used in food are generally less than natural colours. Under normal practice, the levels in foods are safe to health. Anthocyanins, Carotenes and Chlorophyll are natural colours. They are more safe compared with synthetic colours but are less stable and precaution should be taken in the control of acidity and temperature during cooking.

III. 膠凝劑 Gelling Agents

它是一些在適當條件下經水化後能形成固體凝膠的食物添加劑。除生成凝膠外，許多時也有增稠、穩定和抗結晶等用途。用量一般約為1%，它們的來源主要有動物和植物兩大類。零售上常見的有果膠、明膠、卡拉膠、和瓊脂。

Gelling agents refer to the food additives that under suitable conditions can hydrate to give the gel structure. Very often gelling agents also serve the purposes of thickening, stabilizing and anti-caking in food processing. The application level is generally about 1% and they are mostly originated from animals or plants. Pectin, Gelatine, Carrageenan and agar are gelling agents found in supermarkets.

- 明膠是來自動物的蛋白質。它是淺黃的粉粒，無色也無味。生成的凝膠有透明和富彈性的特點。應用時要注意溫度和酸鹼度對它的影響，故此明膠宜製作時最後加入，而且溫度不宜高於70°C和不可直接溶入酸鹼過高的溶液如果汁或檸檬酸。

Gelatin is a yellowish protein extracted from animal. The gel formed is colorless, tasteless, transparent, and very elastic. It is heat and pH sensitive. Therefore the application temperature should not be above 70 °C and is not recommended to be used in highly acidic or alkaline medium, such as fruit juice.

- 果膠廣泛地存在於植物，特別是生果中，是一種不為人體吸收的碳水化合物。果膠能在酸性的情況下生成凝膠，它也有增稠和穩定的功用。在食品製作中常用於果醬、果凍、飲料和軟糖等食物。果膠可分為高酯果膠和低酯果膠兩大類。它們生成凝膠的條件也不同，高酯的需在pH2.0-3.8和固形物高於55%，所以使用高酯果膠的多是高糖份的食物如果醬。低酯果膠酸度的限制較小（pH2.6-6.8），固形物含量可低至10%，但需加入鈣離子以增強凝膠的強度。

Pectin is the carbohydrate rich in fruit, which is not digestible and not absorbed in our bodies. Pectin can form gel in acidic medium and so it is used in acidic food, such as jam, jelly, soft drinks and fruit candies. There are two classes of pectin, namely high methoxy pectin and low methoxy pectin. High methoxy pectin can form gel at the conditions of pH 2.0 -3.8 and solid content >55%. Low methoxy pectin has less restriction on the conditions of gel formation (pH 2.6 - 6.8) and solid content can be as low as 10%, but calcium ions are to be added to increase the gel strength.

- 瓊脂(大菜)又名洋菜，是來自海藻的膠凝劑，是公認安全(GRAS)的添加劑。它能在無需冷藏的情況下生成透明的脆性凝膠，這膠體在高溫下(85°C)也較難融化。它也有增稠、乳化和穩定的功用。廣泛地用於冷凍、糕點和肉類製的食品。

Agar is a GRAS food additive extracted from marine algae. It can form gel even at room temperature. The gel is transparent, not elastic and can resist temperature up to 85°C. It is widely used in different foods and has thickening, emulsifying and stabilizing functions.

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