

全包點

Chinese Buns

李振良 編著 萬里機構・飲食天地出版社出版



推薦序

Foreword

我認識李振良師傅多年，他從事點心工作三十餘年，是一位資深又專業的點心師，學識淵博，現在是香港學術及職業資歷評審局成員之一，專業地位備受肯定。

我是港九酒樓茶室總工會職業（日／夜）學校主持人，該校是香港政府承認的法定烹飪學校，以培訓飲食業接班人為己任，見李振良師傅為點心行業著書，詳細講解包點製作，推廣香港點心文化，十分欣喜。每天看見他細心指導學員，因材施教，學生獲益良多，都非常愛戴這位老師。

現在《全包點》一書正式面世，預祝一紙風行。

羅有昌

港九酒樓茶室總工會職業（日／夜）學校

I have known Chef Lee Chun Leung for many years. He has worked in the Dim Sum Industry for over 30 years, and is a professional and experienced dim sum chef with rich knowledge. At present, Chef Lee is a member of Hong Kong Council for Accreditation of Academic & Vocational Qualifications. His professional status is widely recognized.

Hong Kong & Kowloon Restaurant and Caf  m Workers General Union Vocational (Day / Evening) School is the only official culinary school in Hong Kong. Our mission is to train culinary professions. On behalf of the school, we are pleased to see Chef Lee writing his first cookery book of dim sum. This book focuses on Chinese bun making and promotion of Hong Kong dim sum culture. Every day, Chef Lee teaches students with great patience in according to their different talents. Our students have learnt a lot during his lessons, and show great respect to him.

Chef Lee's writing, "Chinese Buns", is now published. It is my wish that the book will be very popular.

Law Yau Cheong

Hong Kong & Kowloon Restaurant and Caf  m Workers General
Union Vocational (Day / Evening) School

前言

Preface

在茶樓享受一盅兩件時，包點擔任很重要的角色，如果沒有吃到它，就像缺了甚麼似的，有點失落感覺。隨着時代變遷，包點有劃時代的變化，從簡單的蒸包，到搭配不同的葷素餡料，有鹹有甜，後來又有用鴛鴦麵糰，產生變化，也有大花心思於包面裝飾上。洋為中用，南北混合，造型充滿創意，令包點突破傳統形式，創造出別有一番風味的特色，給人新鮮不落俗套的感覺。

我工餘時於港九酒樓茶室總工會職業(日/夜)學校教授點心製作。上課時，有些學生會因個人原因提出不要混入某些材料。為了切合他們的需要，我會給予意見和建議，按照堂上筆記教他們更改材料回家自做。執筆寫這書時，我選了五十多款包子作實例，針對家庭式做法，讓讀者們能在家裡做出適合個人需要的包子，因為只有自己動手做包才能隨自己的喜好增刪餡料，還有按需要來變化味道，做出稱心滿意的包子。做點心的過程頗費工夫，但它不失為樂敘天倫的親子活動或與朋友聯誼的好工具，在製作過程中的溝通，增強合作默契，大家的關係就會更融洽。

《全包點》一書得以正式發行面世，首先要感謝羅有昌師傅的鼎力襄助，並為這書寫序，也多謝林冠武先生的幫忙，這書才能順利出版，謹此致謝。

李振良

In the Chinese restaurant (so-called "Cha Lau"), when enjoying a pot of tea with two dim sums, Chinese bun plays an important role in "Yum Cha". You must eat "buns", otherwise you feel something being lost. Over times, the Chinese buns have changed - from simple steamed buns to those buns with different types of fillings, including meat and vegetables, savory and sweet taste, or even using mixed (two-coloured) dough to make variance and decorating the bun surface to make it attractive and demonstrate the idea of creativity. The western style of pastry making is applied on the Chinese dim sum making, and both the Northern and Southern Chinese dim sum techniques are adopted, leading to the breakthrough of traditional style of dim sum making and the creation of a special dim sum style which is always new, fresh and never outdated.

In my leisure time, I teach students Chinese dim sum making at Hong Kong & Kowloon Restaurant and Caf   Workers General Union Vocational (Day / Evening) School. Every time in my lessons, some students request not to use particular ingredients in dim sum. In response to their requests, I advise them on how to change the ingredients used in my recipes and do it at home. In this cookery book, more than 50 recipes of Chinese buns have been selected as examples which aim at meeting the needs of households and letting them to make nice buns at home. Only by the way of making buns on your own, you can cross out your unfavourable ingredients or add in favourite ingredients in the recipes at anytime. Also, you can adjust the portion of seasonings to fit your favour and make satisfactory buns. Although dim sum making is a complicated task, it is a good activity to keep the relationship between parents and children, or to maintain friendship and make new friends. Throughout the making process, communication and cooperation between each other can be strengthened, thus resulting in a more harmonious relation.

The book of "Chinese Buns" is officially published now. I hereby to say thank you for the kindness help from the Chinese Chef Law Yau Cheong, write the foreword. Simultaneously, Mr Lam Kun Mo who referred me to the publisher and facilitated the publication of this book. Thank you very much for their help.

Li Chun Leung

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麵種 Sour Dough

麵種是傳統包子的靈魂，沒有麵種的存在，包子會明顯地變得不好吃，不是過硬，便是黏牙。現在的包子很難有昔日茶樓包子的感覺，就是因為很多人不懂得用麵種；倘若遇到師傅手藝欠佳，更是味如嚼蠟，難以下嚥，白白浪費優質材料。

麵種真的那麼神奇嗎？製造方法會不會很難？其實造麵種方法很容易，只是需要有耐性罷了！

The spirit of traditional Chinese buns is sour dough. The absence of "it" implies lost something alike. The texture of buns has changed obviously and turned into poor taste. You would complain the texture is too firm or too sticky on the tooth, and never find back the good taste of "Cha Lau" in the past. If you meet a dim sum chef with poor techniques, the texture of buns is similar to that of a stone which will discourage you to eat buns. The final outcome is the wastage of ingredients. Does the sour dough have amazing powder? Is the making method so easy? The answer is "Yes", but what you need to do is be patience.

材 料

第一次發酵(新種)

麵粉 4兩(160克)
清水 2兩(80克)

第二次發酵

麵粉 4兩(160克)
清水 2兩(80克)
新種 5錢(20克)

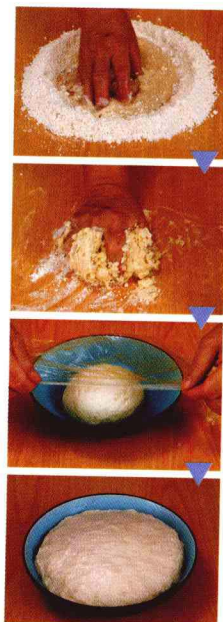
INGREDIENTS

1ST FERMENTATION (the oldest sour dough)

- 160g flour
- 80g water

2ND FERMENTATION

- 160g flour
- 80g water
- 20g the oldest sour dough



■製 法

1. 把第一次發酵材料混合搓勻成糰，置於清潔的密實瓶貯存17小時。
2. 發酵後取出，看一看麵糰是否呈蜂巢狀，意即麵糰糯軟而有明顯的小孔。這便是“新種”，意指第一次發酵。
3. 把第二次發酵的材料拌勻，再放入清潔的密實瓶內貯放17小時，這時的麵種質感會比新種浮軟一點。

■Procedures

1. Mix all ingredients of the 1st fermentation in a mixing bowl and knead into dough. Place in a clean and airtight container for 17 hours.
2. After fermentation of the dough, observe the texture of the dough to see whether it is honeycomb alike. (This means that the dough is very soft with apparent small holes.) This is so-called the 1st fermentation (i.e. "the oldest sour dough").
3. Mix all ingredients of the 2nd fermentation together in a mixing bowl. Place in a clean and airtight container for another 17 hours. (Compared with the dough in the 1st fermentation, the texture of this dough is softer and fluffier.)

成功的要訣
SUCCEEDING TIPS

1. 麵粉和油混合成的糰不能發酵；麵粉和水搓勻，置於室溫下便可自然發酵。
2. 麵種不能完全用掉，必須把一小部份留到下次使用。
3. 麵種不繼續使用，可用密實袋貯於冰格內，能夠保存3個月。當使用時，取出解凍便可。
 1. Mix flour and oil to form a dough which will not be fermented; mix flour and water together under room temperature, the dough will be fermented naturally.
 2. The sour dough cannot be used up. Part of it should be reserved for the next time.
 3. If you do not keep on using the sour dough, remember to place it into an airtight plastic bag and store in a freezer. The dough can be kept for 3 months. When you have to use the dough again, take it out of the freezer to unfreeze it.

多變的包子麵糰 Varieties of Bun Dough

包子的主要麵糰只有數款，不過懂得麵糰特質和搓揉方法，互相搭配使用，可以變出許多特別的包子。現在，先教大家如何搓揉麵糰，才進入包子製作，一定要用心搓麵糰啊！

Chinese buns mainly have several types of dough. If you understand features and kneading methods of dough as well as usages, you can create different buns with specialty. Let us learn how to knead dough before making buns. You should knead the dough carefully.

糖皮 (叉燒包皮)

Tong Dough (so-called Cha Shiu Bun Dough)

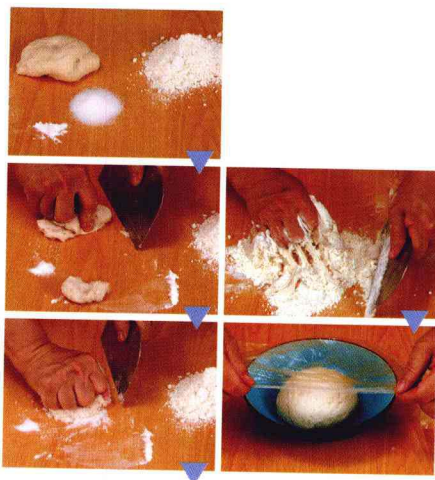
時間 **TIME** : 15 分鐘 min • 份量 **QUANTITY** : 2 斤 catties (1280g)

材料

麵種	1斤 (640克)
砂糖	6兩 (240克)
臭粉	1錢 (4克)
鹼水	1/4湯匙
清水	1兩 (40克)
豬油	2錢 (8克)
麵粉	6兩 (240克)
泡打粉(發粉)	2.5錢 (10克)
生粉	5錢 (20克)

INGREDIENTS

- 640g sour dough
- 240g sugar
- 4g ammonia powder
- 1/4 tsp alkali liquid
- 40g water
- 8g lard
- 240g flour
- 10g baking powder
- 20g tapioca starch



■ 製 法

1. 先將砂糖、麵種、臭粉和鹼水混合，用手搓揉至糖完全溶解。
2. 加入其餘材料搓揉成軟滑粉糰。

■ Procedures

1. Mix sugar, sour dough, ammonia powder and alkali liquid together in a mixing bowl, knead by hand until the sugar is totally dissolved.
2. Add in other ingredients and keep on kneading until the dough to be soft and smooth.

這種麵糰已含麵種成份，可以即做即用。

This type of dough includes sour dough. You can use it immediately after kneading.

饅頭皮

Mung Tau Dough

時間 **TIME** : 15 分鐘 min • 份量 **QUANTITY** : 1.5 斤 catties (960g)



材料

麵粉	1斤 (640克)
泡打粉(發粉)	1.5錢 (6克)
酵母粉(依士)	1.5錢 (6克)
砂糖	3兩 (120克)
油	2錢 (8克)
清水	4-5兩 (160-200克)

Ingredients

- 640g flour
- 6g baking powder
- 6g yeast
- 120g sugar
- 8g lard
- 160g-200g tael's water

■ 製 法

麵粉與泡打粉篩勻，開穴，加入其他材料，搓揉成軟滑粉糰。

■ Procedures

Sift flour and baking powder together, make a well, add in other ingredients and knead into smooth and soft dough.

1. 可用壓麵機把麵糰的空氣壓出，質感會變得軟滑一點。

2. 麵糰可即做即包，但是包子造型後要發酵1小時。

1. Use a dough machine to make the dough flat and remove the air out of the dough. The texture of the dough becomes softer and smoother.

2. This dough can be shaped immediately. After shaping, the buns should be rest for 1 hour to ferment naturally.

甜麵糰 (餐包皮)

Sweet Dough (so-called Breakfast Dough)

時間 **TIME** : 15 分鐘 min • 份量 **QUANTITY** : 1.5 斤 catties (960g)



材料

中筋粉(麵包粉) 12兩(480克)
麵粉 4兩(160克)
依士粉 2錢(8克)
砂糖 4兩(160克)
豬油 1.5兩(60克)
雞蛋 1隻
清水 6-7兩(280-320克)

Ingredients

- 480g strong flour (bread flour)
- 160g flour
- 8g yeast
- 160g sugar
- 60g lard
- 1 egg
- 280g-320g water

■ 製 法

全部材料混合搓勻，至麵糰呈彈性，質感幼滑，然後發酵1小時。

■ Procedures

Combine all ingredients together in a mixing bowl and knead into soft and elastic dough, texture should be silky and rest for 1 hour under room temperature.

1. 麵糰搓揉後，置一旁待發酵1小時，麵糰的質感會變得浮軟，必須拍出空氣才可造型。

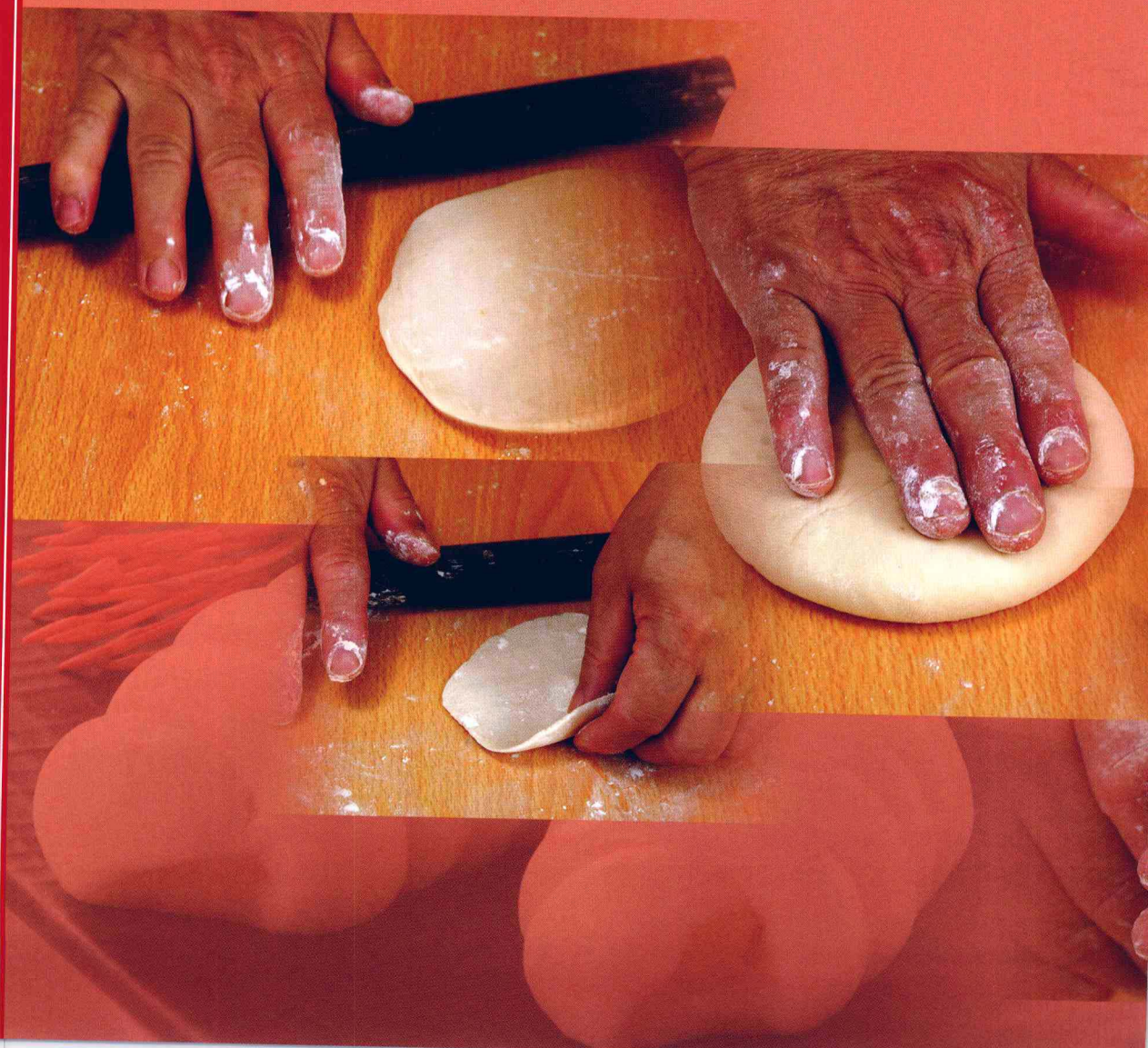
2. 麵糰在發酵時要用膠紙封面避免風乾表面。

1. After kneading the dough, you should set it aside for fermentation for 1 hour. The texture of the dough becomes soft and fluffy. Remove air from the dough by hand before shaping.

2. Cover the dough with a plastic wrap during fermentation to prevent the dough surface getting dry.

包點工作室

只要懂得搓包技巧，掌握搭配餡料和做包的竅門，並且計妥包子的份量和比例，隨時都可以做出完美包點。



BUN WORKSHOP

To make delicious Chinese buns, you need to learn how to knead buns, mix and match various fillings, make and cook buns tactfully. Also, it is very important to measure and get the correct proportion of ingredients. By doing so, you can make perfect buns at anytime.



Steaming

蒸

"CHA SHIU" BUN
WITH HONEY SAUCE



[蜜汁叉燒包]

時間 **TIME** : 16-18 分鐘 min • 份量 **QUANTITY** : 16 隻 pc

材 料

糖皮 1/2份 (參閱第9頁)

叉燒包芡汁

薑 2片
葱 1兩 (40克)
鹽 2錢 (8克)
砂糖 8兩 (320克)
生抽 2兩 (80克)
老抽 6錢 (24克)
蠔油 3兩 (120克)
麻油 1兩 (40克)
清水 2斤 (1280克)
橙紅粉 少許
胡椒粉 少許
粟粉 2兩 (80克)
生粉 2兩 (80克)

叉燒餡

叉燒 6兩 (240克)
叉燒芡汁 7兩 (280克)

INGREDIENTS

• Half portion of "Tong Dough"
(refer to p.9)

"CHA SHIU" BUN THICKENING

- 2 slices ginger
- 40g scallion
- 8g salt
- 320g sugar
- 80g light soya sauce
- 24g dark soya sauce
- 120g oyster sauce
- 40g sesame oil
- 1280g water
- A pinch of edible orange colour powder
- A pinch of pepper powder
- 80g cornstarch
- 80g tapioca starch

"CHA SHIU" FILLINGS

240g "Cha Shiu"
280g "Cha Shiu" thickening

■製 法

1. 調味料用1/2斤 (320克) 清水調開。(除粟粉和生粉外)
2. 熱鑊下油1兩 (40克) 爆香薑、葱，注入1.5斤 (960克) 清水和橙紅粉滾至料頭出味，撈出料頭，倒入(1)，再次煮滾，倒入粉漿快速推開，並且剷至大滾，呈大水泡狀便可。
3. 叉燒切成指甲片狀，加入已攤涼的叉燒芡汁，備用。
4. 糖皮分成16份，輾開，每小粉糰直徑約7厘米 (約2.5吋)，厚約1/2厘米，四周薄而中間厚。
5. 包上餡料8錢 (32克)，墊上包底紙，放蒸籠以大火蒸6-7分鐘。

■PROCEDURES

1. Stir seasonings (except cornstarch and tapioca starch) into 320g of water in a bowl thoroughly.
2. Heat a wok with a little oil, and add ginger slices and scallion to sauté for a while. Put 960g of water and edible orange colour powder into the wok to boil until you sniff aroma, then remove the ginger slices and the scallion. Add seasoning liquid (step 1) to cook until boiling. Pour in the starch liquid and stir quickly. Keep on stirring until the thickening with big bubbles.
3. Cut "Cha Shiu" into slices and stir in the cooled "Cha Shiu" thickening. Set aside.
4. Divide "Tong Dough" into 16 equal portions. Roll each portion into a diameter of about 7cm (about 2.5 inches) with thickness of 1/2 cm. The surrounding of the sheet should be thin and the centre should be thick.
5. Wrap the 32g of filling and make into a bun shape. Place on a non-sticky paper, and put the buns in a steamer over high heat for 6-7 minutes.



成功的要訣
SURE WINTERS

1. 芡汁一定要完全熟透，否則會變回液體狀。

2. 芡汁必須徹底放涼才可以放入叉燒埋餡，因為攤涼的芡汁會比較硬一點。

3. 可查看叉燒包的分裂處，若不熟，再蒸1-2分鐘。

1. Thickening should be cooked thoroughly. Otherwise, the thickening will become liquid form.

2. The thickening must cool enough when adding in the "Cha Shiu" filling. This is because the cool thickening is firm enough to wrap.

3. Observe leakages of buns to judge whether the buns are cooked. Cook for 1-2 minutes more if the buns are under-cooked.



DOUBLE-BOILED PORK BELLY AND PRESERVED CHOY SUM BUN



[梅菜扣肉包]

時間 **TIME** : 40 分鐘 min • 份量 **QUANTITY** : 24 個 pc

材 料

饅頭皮 1份 (參閱第10頁)

餡 料

甜梅菜 4兩 (160克)

五花腩 ½斤 (320克)

清水 2杯

調 味

薑米 2錢 (8克)

糖 3錢 (12克)

鹽 1錢 (4克)

生抽 ½茶匙

老抽 ½茶匙

胡椒粉 少許

八角 1粒

柱侯醬 1茶匙

芡 汁

生粉 ½茶匙

粟粉 ½茶匙

清水 1湯匙

INGREDIENTS

- A portion of "Mung Tau Dough" (refer to p.10)

FILLINGS

- 160g sweet preserved Choy Sum
- 320g pork belly
- 2 cups of water

SEASONINGS

- 8g chopped ginger
- 12g sugar
- 4g salt
- ½ tsp light soya sauce
- ½ tsp dark soya sauce
- A pinch of pepper powder
- 1 pc star anise
- 1 tsp Hsu Hau paste

THICKENING

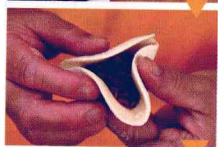
- ½ tsp tapioca starch
- ½ tsp cornstarch
- 1 tbsp water

■ 製 法

1. 五花腩去毛，用刀刮毛，洗淨，飛水，再洗淨，加入調味與腩肉以大火煮熟 (水要過面)，煮約30分鐘或軟，取出切片；原汁加入芡汁煮稠備用。
2. 梅菜略浸，沖洗乾淨 (確保沒有砂石)，擠乾水份，切粒，加入腩肉和芡汁拌勻。
3. 麵糰分成24等份，每小份粉糰輾至直徑約7厘米 (約2.5吋)，厚約½厘米，四周薄而中間厚。
4. 每份小粉糰包上6錢 (24克) 餡料，收摺包口，墊上包底紙，置一旁待1小時發酵，放進蒸籠以大火蒸6分鐘。

■ PROCEDURES

1. Remove hair from pork belly by a cutter, clean and blanch, and wash again. Put pork belly with seasonings and adequate water in a bowl at high heat to cook for 30 minutes or tender. Take out the belly and slice. Mix the gravy with thickening for further use.
2. Clean sweet preserved "Choy Sum" (ensure the preserved "Choy Sum" without sand), squeeze excess water and dice. Then mix with the belly and thickening thoroughly.
3. The dough is divided into 24 equal portions. Each portion is rolled into a diameter of about 7cm (about 2.5 inches) with thickness of ½ cm. The surrounding should be thin and the centre is thick.
4. Each small dough wraps 24g of filling to form a bun shape. Place on a piece of non-sticky paper, and set aside for fermentation for 1 hour. Put the buns in the steamer at high heat to steam for 6 minutes.



1. 燒熱鑊，放入五花腩，皮向下，利用熱力去毛。
2. 造型後的包子要用布蓋住，待發酵，以免風乾頂部。天氣寒冷時發酵時間需要長一點；天氣炎熱，發酵時間會短一些。
3. 當包子發酵後，包腰會呈弧形狀，表示包身發酵時間已足夠。
 1. Heat a clean wok to extremely hot. Put in the pork belly (the skin faces the wok) to remove its hair by heat.
 2. After shaping, the buns should be covered with a plastic sheet during fermentation in order to prevent the bun surface getting dry. In winter, more time is required for fermentation. On the contrary, less time is needed for fermentation in summer.
 3. When the bottom of buns is shown in arc shape, this implies the buns have been fermented and the time required for fermentation is enough.