

迷你小糕點

The Lovely Cakes

黃盈瑩 編著 萬里機構 • 飲食天地出版社出版



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前言

“唉，我甚麼都想吃，卻吃不了那麼多。”

這種抱怨一點也不陌生吧？相信你常聽到，甚至親身感受到。美食當前，卻不能全部盡吃，是有點遺憾。正因為常遇到這種情形，於是我意識到食物份量的重要性。而這對於糕點來說，也是同樣重要。

喜歡糕點的人不少，尤其是女性 and 小朋友。我們大多都愛它五花八門的造型，那些可愛的樣子總能讓人驚喜，而它千變萬化的味道，更是讓人回味無窮。而且，糕點有種特有的魔力，你總會搞不清楚為何只要咬下它，快樂和幸福的感覺便隨之而來。

事實上，人們極少用糕點來飽腹。它通常是日常的小零嘴，你可能在空閒時，想吃一兩件來打發時間；你可能在工作過度時，想吃小兩口舒緩一下疲累；你也可能是在親友聚會時，以它來增加熱鬧的氣氛。因此，糕點的份量是否夠大從來不重要，重要的是色、香、味俱全。而對於貪心的我們來說，這種吃一點、那種試一口，既能解饞，又不至於過飽，才是最理想的。

基於以上要求，本書裏的五十種小糕點，都是以造型多變、份量不多、味道可口為基本因素的。我總愛在閒時做一點和家人分享，有的可以存放一小段時間，於是在下班回家，便能拿出來吃上一兩塊，再配上一杯可口的飲料，一天的疲累都會消失不見，實在是人生的一大享受。我相信，它們也同樣能滿足大家對糕點的要求。

試一試吧！

黃盈瑩

PREFACE

“**A**layou can, how can I? What a biggest serving I've ever seen!"
Doesn't it sound familiar? You say it. You feel it. What a pity if you have to sit on your hands not to go through the entire meal. That's why portion of food is what I take into consideration in the first place.

Cakes and dessert always make people smile for hours, especially women and kids. Things come in fancy colors and charming looks can feel the magic of happiness. With the last bite of it, you still can't figure out how it could be pleasing to the refined palate, way too mystically unique to make it explicit in words.

Cake and pastry are always served as a perfect conclusion to a dining ritual, but, you'd feel guilty as if too much of the finale would declare the judgment that you are not having any food for the rest of the week. But, we usually can't resist their comforting colors, rich aroma and commendable flavor-just want more of a little bite of each temptation on the dessert menu.

This book is dedicated to sharing my recipes of lovely cakes and pastries, delicious in small portion, 50 of them in total. I love to make these little things for my family for whenever they taste them they can feel love. Or better yet, they get relieved of fatigue from a hard day just after enjoying my cakes served with refreshing beverage. I believe you will also be highly satisfied with this hearty book.

Just give it a shot!

Stella Wong

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小糕點小故事

小蛋糕 Small cakes

首先上場的小蛋糕，它的主要成份是雞蛋、砂糖、麵粉和油脂。小蛋糕以柔軟輕盈的質感、和百變的形象奪得女士和小朋友們的歡心。

早期的小蛋糕，樣子有點像麵包，含有蜜糖的甜味，有些還會加入果仁和乾果呢！時代轉變，小蛋糕的樣子越變越漂亮，還加入許多健康材料，味道也越來越精緻。

At the ancient time, small cakes looked liked bread, with honey flavour, sometimes adding in nuts and dry fruits. Time changes, the look of the small cakes become more and more attractive. Now the small cakes are make of many healthy Ingredients, and the flavour becomes more delicate.

Small cakes are made of eggs, caster sugar and fats. They are popular among the ladies and children because of the soft texture, lightweight and creative images.

鬆餅 Muffins

外型像水桶，但形象健康的鬆餅，由雞蛋、砂糖(白糖和黃糖也會用上)、麵粉(糕粉、麵包粉、小麥粉)和油脂混合而成，有時為了增強細緻的質感和味道，忌廉或牛奶也會用上啊！鬆餅的質感細緻，味道濃香，果仁或不同種類的粉類也會混合，加強口感。一般上班族、愛喝咖啡和好奶類飲品的朋友，絕對是它的擁躉。

鬆餅主要分為兩大家族—英式與美式。鬆餅一般會用麵粉(麥粉)、雞蛋、沙糖、油脂(橄欖油、牛油或菜油)、酵母(俗稱依士)、發粉或梳打粉混成粉糊，再放入特製餅模烘烤，所以成品形狀統一均稱。但相貌卻完全不同：美式鬆餅愛用發粉或梳打粉做餅，稱為快速麵包，以杯裝形式出現，標準尺碼為直徑2.5吋(約6.5厘米)，質感粗中帶幼，柔軟中略帶韌度，有強烈的蛋糕香味，色澤金黃，也會混入不同麥粉或乾果材料，味道層次變幻莫測，藍莓鬆餅則最受歡迎、味道最佳的一種；英式鬆餅是典型的紳士派頭，愛用酵母，質感更加細緻纖細，外形扁圓，最大直徑為3¼吋(約8.5厘米)，最小的約1¼吋至2吋(3厘米至5.5厘米)，厚度為½吋(約1.25厘米)，上面有凹凸紋，也會有點粟米粉灑在餅面上，味道單純，可配不同餡料或與果醬、牛油、忌廉等同上，增加味道層次。

英式鬆餅原是廚師為了慰勞有錢人的奴僕的次等食物，做法是把麵包碎、餅乾麵糰碎等和薯茸混合，加入一點酵母，放在煎鍋中烤至金黃。只因偶而被上流社會的家庭吃到，一試難忘，得廣泛流傳開去。而美式鬆餅則以杯型為主，有點像小蛋糕和牛油蛋糕混合物，由於做法和材料很簡單，所以多是在早餐或下午茶享用。

早期的鬆餅一般少甜和少雜類材料，到了20世紀中，鬆餅則混入不同穀物和材料如乾果、果仁。

Muffins look like a buckle and with healthy image. Muffins made up of the combinations of eggs, caster sugar (can be in white sugar or brown sugar), flour (cake flour, bread and wheat flour) and fats. In order to enhance the delicate texture and flavour, chefs will sometimes use cream



The Stories of The Desserts

and milk. Muffins have fine texture, nice aroma, combine with nuts and different kinds of flour. Those workers and people who like drinking coffee, dairy drinks are all its fans.

Muffins can be divided into two main groups, one is American style and the other is British. Generally, combines flour (wheat), eggs, sugar, fats (olive oil or vegetable oil), yeast, baking powder, soda powder and mix to a batter. Pour the batter into a muffin pan and bake. That is the reason of the consistent shape of the muffins.

For the American muffins, the outlook is totally different, appears in cup shape. People like to use baking powder and soda powder. That is why it is called quick bread, which is in 2.5 inch (around 6.5 cm). Texture lies between coarse and fine, with thick texture, strong aroma of cakes and in golden colour. Sometimes, it is made of different kinds of wheat flour or dry fruits, which brings complicated taste. Blueberry muffin is the most popular one and with the best taste.

For British muffins, they are made of yeast that enhances the delicate texture. The maximum standard size is in 3¼ inch diameter (approx 8.5cm) while the minimum one is in 2 inch diameter (approx 5.5cm). The shape is flat, rounded, with ½ inch thickness, ribbed surface, dusted with cornmeal. Taste is flat, and muffin can go with different fillings, fruit jam, butter and cream to enhance the taste.

It is said that bakery chef who wanted to satisfy those maids of rich people made the British muffins. They combined all leftover Ingredients: like breads, biscuits dough scraps, smashed potatoes and yeast, and baked in the pan until golden. There was a coincidence that an upper class family tasted this muffin and loved it. It then spread all around. For the American muffins, seemed to be the mixture of small cakes and butter cakes, which were served for breakfast and teatime as simple making method and Ingredients. The muffins in early stage was less sweetened and mainly in basic Ingredients. Up to 20th century, muffins will be mixed up with different kinds of grain, dry fruits, nuts and flavours.



士乾餅 Scone

圓圓扁扁的士乾餅，質感乾硬而鬆鬆散散，有點像中式的光酥餅。最初的士乾餅是含有牛油奶的。現在的士乾餅則主要由上麥粉、大麥、雞蛋、油脂、牛奶、鹽和膨脹劑混合而成。由於搓揉成的粉糰，黏性比較大，所以記得把它放在已灑粉的盤上，不要常常翻動，阻礙發酵。士乾餅的味道可鹹可甜，鹹的可加入香草或芝士；甜的可加入乾果或果仁，冷熱食皆可。

士乾餅是英國蘇格蘭和威爾斯的經典食物，樣子圓圓而細細粒的酵母蛋糕，別名“石頭包”。一語道破士乾餅是從熱石頭烘烤出來。據食物學家推敲，“scone”是來自蓋爾文的“sgonn”，這款早期的發酵麵包先是用熱石頭烤包，後期則改用了煎鍋或入焗爐烘烤成餅。士乾餅多是圓形的，不過有時餅師太忙碌時，就會把麵糰搓成一大團，再用刀切成三角形，或是在小麵糰上劃上十字，烘烤後容易分成四片。另外，連復活節的經典食物“十字包”，亦是士乾餅變臉後的形象。

The flat, rounded scone, feels dry, hard and loose, seems like the Chinese scone. The most primitive recipe of scone contained buttermilk. As time flies, the main ingredients: now are wheat flour, barley meal, eggs, fats, milk, salt and self-raising powder. Combine them all and knead into a dough. Before placing scone onto the tray, spread with flour as it is sticky. Do not attempt to disturb during the rise. My flavour can be salty or sweet, you can make a salty one by adding in herbs or cheese, while you can make a sweet one by adding in dry fruits and nuts. Serve with cold or warm.

Scone is a tiny, rounded, yeast cake, also the classics food of Scotland and Wales. Besides, scone have another name which is "bakestone", combined form from two words "bara" (bread) and "maen" (stone). Superficially, it explains that scone was baked of hot stones. According to the analysis of food experts, "Scone" is originated from the word "Sgonn" of Gaelic*. This bread was baked of hot stones in the early stage. But it then turned to be baked in pan or in oven. Scone usual appearance is rounded. Sometimes, the chef is too busy, who will knead the scone into a dough and cut into triangular shape. Also, he will cut a cross on surface; then split up into four portions. The classics food for Easter Holiday, bannock, is another image of scone.

牛油蛋糕 Butter cake

長枕頭狀的牛油蛋糕，是一種口味濃郁、質感幼滑而又份量十足的蛋糕。它的成份含固體油脂(牛油或植物油)、雞蛋、麵粉和發粉混合，放在長方形小烤盤上烘烤，要記得牛油蛋糕的特徵是上闊下窄，中間有條裂紋。

牛油蛋糕初期的造型如枕頭狀，重達一磅(約450克)，所以又叫“磅蛋糕”。由於牛油蛋糕採用大量牛油混合物，所以有“牛油蛋糕”的稱號。後期為了健康着想和順應潮流，餅師改用菜油或植物油取代牛油，還加入許多特別味道或健康材料(果仁和雜乾果)，讓味道更豐厚，油膩感大減，形象也更時尚了。

Butter cake have a pillar shape, with rich flavour, fine texture and have pretty heavy weight. Butter cakes are combined of solid fats (butter or vegetable oil), eggs, flour and baking powder. Pour butter cake onto the rectangular shape baking pan and bake. And remember that the butter cake is with wide surface and narrow bottom, and there is a cut on surface.

Butter cake early image is like a pillow, weighs one pound (approx 450g). That is why it named as "pound cake". Butter cake has another name "butter

cake" due to butter mixture shares a big portion in the ingredients. For the sake of health, chefs change to adopt white fats or vegetable oil instead of butter. Then, Butter cake becomes much healthier. In order to fit to different conditions and trends, chefs will mix butter cake with many special flavours or healthy ingredients, like nuts and dry mixed fruits. This enriches the taste and reduces the greasily feeling.



* Gaelic為凱爾特人(Celtic)語言，現多在蘇格蘭、威爾斯、愛爾蘭一帶聽到。

朱古力 Chocolate

可可樹適合生長於亞熱帶雨林地區，如巴西、錫蘭(斯里蘭卡)、南美洲、千里達島、委內瑞拉和西非洲等地，它的果實是可可果，每粒果實約包裹着30-45粒可可豆，經提煉和加工後變成不同種類的朱古力製品。由於朱古力的濃度會以哈咕油成份而決定，濃度越高，哈咕油含量也越高。由於咖啡的味道會帶有苦澀和酸度，配合朱古力糕餅最能突出它們的味道，因為朱古力的香氣與咖啡香味十分配合，互相輝映。



Cocoa trees are suitable to grow in subtropical rainforest such as Brazil, Sri Lanka, South America, Trinidad, Venezuela and western Africa, etc. Inside each of the cocoa fruit, 30-45 pieces of cocoa beans could be found. After refining and processing, different varieties of chocolate products could then be produced. The concentration of chocolate depends on the amount of cocoa oil, so the higher the concentration of chocolate, the greater the amount of cocoa oil. As coffee may have bitter and acid taste, so served with chocolate cakes is the best way of bringing out the flavour of coffee.

酥點 Pastry

酥餅類糕餅主要用牛油、雞蛋和麵粉混合而成，味道香濃，質感酥脆，餡料多用了鮮忌廉或水果混合製作，是享用咖啡的最佳配搭。這和咖啡的特質有絕對關係，因為咖啡苦澀味酸，要一點有實在感覺的食物平衡它的味道，讓真正的天然新鮮香味被引發出來。



Pastry is made with butter, eggs and flour. It has a rich flavour and crispy texture. Cream or fruits are common fillings. Pastry is a good matching to serve with coffee. As coffee is bitter and sour, so some coffee needs to be served with food that has a solid taste in order to balance the flavour of it and helps to bring out the natural, fresh and aroma of coffee.

常用工具和材料介紹

製作西點的用具 TOOLS FOR MAKING CAKES

無論你做甚麼樣的西點，廚櫃裏必須齊備基本的用具，為你隨時候命，才能做出美味可口的蛋糕。選購宗旨應以實用、耐久和價錢適中的產品為首。

No matter what kind of cakes you make, the basic tools need to be ready in your kitchen so that you can make delicious cakes. While you choose your tools, the criteria are practical, durable and price is reasonable.



Tools and Ingredients

- ❶ 鋼質打盆：用作打拂、攪拌和混合材料的容器。
Stainless steel bowl: container for whisking, blending and combining of ingredients.
- ❷ 掃：塗抹蛋液、牛油或牛奶，增加食品光澤。
Brush: for brushing eggs, butter or milk. Can glaze on food.
- ❸ 拂蛋器：打拂和混合材料的器具。
Whisk: a tool for whisking and combining.
- ❹ 膠刮刀：用來攪拌材料，把鉢盆的材料完全取出。
Plastic spatula: for folding and scraping ingredients out of the mixing bowl.
- ❺ 篩粉器：用來篩粉類，隔去雜質的器具。
Sifter: for sifting different kinds of flour and powder and impurities.
- ❻ 榨汁器：榨新鮮果汁的器具。
Blender: for squeezing vegetable or fruit juice.
- ❼ 磨皮器：把鮮果表皮磨茸的器具。
Grater: for making zest of fruits.
- ❽ 量匙：量度少量材料器皿。
Measuring spoons: for measuring small-scale ingredients.
- ❾ 釵模：小麵糰造型切割器。
Round cutter: for cutting dough.
- ❿ 削皮器：削出條狀果皮。
Citrus zester: for peeling the fruits and vegetable.
- ⓫ 冷卻網架：承托烤好糕點的有腳網架，讓製品放涼。
Cooling wire rack: for cooling baked products.
- ⓬ 竹籤：測試糕點是否熟透的小工具，如沒有粉漿黏在籤上，即表示已熟透。
Skewer: For testing whether the baked treat is cooked. It is done when there is no batter left on it.
- ⓭ 唧嘴(擠花嘴)：按照唧嘴尺碼、花樣而唧出不同形狀或花紋的工具。
Metal nozzles: for piping different kinds of shape and pattern of batter or cream. Available in different sizes.
- ⓮ 膠抹刀(塑膠切刀)：可用作切割、攪拌、抹平麵糊，也可混合材料或將麵糊抹出放入糕模內。
Plastic palette knife: for cutting, folding and smoothing batter, and scraping batter and ingredients into cake pans.
- ⓯ 唧袋(擠袋)：可以裝入忌廉或麵糊，唧在蛋糕或焗盆上。
Piping bag: for shaping and decorating cream or batter.

餅模的魅力 CHARM OF CAKE MOULDS

你的蛋糕要吸引人，造型是很重要的。如果選用不同的模具，更可美化糕點。用完後，必須徹底清潔，吹乾後儲藏，方便下次使用。

Image is very important for attracting people to enjoy your cakes. You can beautify bake treats by using different kinds of cake moulds. But, remember to rinse them thoroughly after using. Then, store them once dry.



矽膠餅模 Silicon cake moulds

由矽膠製成的餅模，有耐高溫之能力，又容易退模，可創造出不同的造型和款式，而且價格比較貴，能入焗爐、微波爐和冰箱，適合做蛋糕、凍布甸和啫喱等。

It is a non-stick mould, made up of silicon, resistant to high temperature and easy to remove cakes. Also, it is available in different shapes and styles, suitable for baking cakes in oven, microwave and making cold puddings and jelly in freezer. Price is more expensive.



紙模 Paper moulds

不是經常烘烤蛋糕和鬆餅的朋友，可選購紙模，花款和顏色選擇甚多。選購時須注意那些餅模是否耐熱，適合入爐烘烤。

You can choose to use paper moulds if you will not bake cakes or muffins frequently. There are varieties of paper moulds no matter in styles and in colours which fit for different uses. While selecting, make sure the mould is suitable for baking.



鋁質和不黏底餅模

Aluminium / Non-sticky cake moulds

鋁質餅模受熱快，價錢便宜，使用前必須先塗油，後撲粉，烘烤後的蛋糕才容易退模。不黏底餅模的款式多，大都用於焗蛋糕和鬆餅，價錢中等，退模容易。

It is conductive to heat and price is cheap. Before baking, it is necessary to brush with butter and spread with flour so that cakes can be removed from moulds easily.

糕點的基本材料 BASIC INGREDIENTS FOR TEA CAKES

美味的糕點，變出不一樣的味道，除了用上基本材料，還要懂得精心挑選配料，增加味道和口感變化。

Delicious desserts bring different kinds of taste. So, if you want to bake a tasty one, you need to know the characteristics and natures of the ingredients. Besides, you need to know how to choose other ingredients: to enhance the taste and texture except of the basic one.

粉類 Flour types

- ① 麵粉：由小麥磨成，不經漂染。它含少量蛋白質，筋性比較低，適合做蛋糕、芭芙或批撻等。

Flour: It is ground from wheat, no whitening, containing a few proteins. It's elasticity is weak, which is suitable for making cakes, puffs and pies.

- ② 全麥粉：全麥粒磨成，含豐富蛋白質、纖維和礦物質，營養成份比麵粉高，適合做鬆餅和土乾鬆餅。

Whole meal flour: It is ground from whole wheat grain, rich in proteins, fiber and minerals. It's nutrient is higher than flour, which is suitable for making muffins and scones.

- ③ 高筋麵粉：蛋白質高，故筋性比麵粉重，適合做麵包和土乾鬆餅。

Strong flour: It has high proteins, and elasticity is stronger than flour, which is suitable for making breads and scones.

- ④ 玉米粉：用乾燥的粟米磨成粉末，是無脂肪的健康食品，混入蛋糕漿內，除了增加味道和嚼勁，還有助健康。

Corn meal: It is ground from dry corn, a healthy food that has no fat. It can be mixed into batter so as to enhance the taste, texture and good for health.



糖類 Sugar types

- ① **砂糖**：由白砂糖精煉而成，以優質甘蔗製造，顆粒細小，晶瑩剔透，適合製作西點。
White granulated sugar: It is extracted from white sugar, originated from sugar cane, with a small and crystallized body, good for making western pastry.
- ② **糖霜**：狀如粉末，易於溶解，加入天然防凝固材料，使幼細的砂糖粒不易結塊，可與牛油和水混合，製作西點裝飾。
Icing sugar: It is in powder form, easy to dissolve. This fine sugar will not turned into lumps easily as mixing in natural ingredient. It can be combined with butter and water to make western pastry.
- ③ **金黃幼砂糖**：由純正蔗糖提煉而成，屬原糖的一種，甜度比一般砂糖低，香味比較濃，因為沒有太多加工程序，故比較健康，其製品的色澤呈啡黃色。
Brown sugar: It is extracted from sugar cane, and a kind of natural sugar. The sweetness of the brown sugar is less than white granulated sugar, with better aroma, and brown in colour. As it is made without much processing, the product is comparatively healthier.
- ④ **糖粉**：顆粒比砂糖幼細，色澤潔白，質感幼滑，易於溶解，能與其他配料均勻混合，適合製作蛋白糖霜或灑在製品表面烘焗，呈金黃色澤。
Caster sugar: The size is smaller than white granulated sugar, with crystallized body and fine touch, easily dissolved, and can be combined with other Ingredients:. It is suitable to produce egg white sugar or to spread over the cakes for baking in order to achieve golden colour.
- ⑤ **烘烤蜜糖**：這種可烘烤的蜂蜜，具有清醇香味，烘烤後味道不會變酸。
Bakery honey: With mild pleasant, it can be used for baking but will not turn to sour.



蛋和奶類產品 Eggs and Dairy Products

- ❶ 雞蛋：西點的主要材料，能增加食品的香氣和黏性，令食品不會乾燥。
Eggs: The main ingredient for making pastry, it enhances aroma and stickiness and keeps the moisture.
- ❷ 無鹽牛油（無鹽奶油）：可避免牛油的鹽份影響製品的味道。牛油烤焗後散發出誘人的香氣，或是把製品弄出香酥、淡雅的口感，是營造香氣和口感不可缺少的材料。
Unsalted butter: Excess salt affects taste of products while unsalted one does not have this product and can bring appealing aroma after baked or can make crispy and pleasant flavour. It is absolutely an indispensable ingredient for creating aroma and flavour.
- ❸ 乳酪（優酪乳）：無砂糖的原味乳酪，有助降低製品的油膩感，可助消化，屬健康食品。
Yogurt: It is natural and does not contain sugar, helps reducing the greasily feel of products and helps digestion, which is good for health.
- ❹ 淡忌廉（鮮奶油）：採用口感濃、風味佳，乳脂肪高達40%以上的比較好。
Whipping cream: It is suggested using those contains 40% fat which brings excellent flavour.
- ❺ 牛奶：以原味的濃度為佳。它可增加製品的幼滑度，補充水份，使製品不會太乾身。
Milk: Richness of the natural one is better as it enhances the smoothness and provides water so that products will not be too dry.
- ❻ 車打芝士（切達起司）：烘焗後能散發出香醇的味道。
Cheddar cheese: It gives fragrance after baked.



芳香材料 Aroma

- ❶ 雜香草：混合不同香味的乾燥香草，可提升製品的香氣和味道。

Fine herbs: It is consisted of different kinds of dry herbs which deliver different fragrance that enhances the flavour and aroma of products.

- ❷ 藍罌粟籽：粒子細小，有獨特香味，混入蛋糕漿內增加香味和嚼勁。

Poppy seed: A kind of small seed with special fragrance, it can be mixed up into batter and brings flavour.

- ❸ 伯爵紅茶包：英式茶包，用熱水浸泡3-5分鐘，能散發香濃茶味，混入製品而產生茶香。

Earl Grey tea bag: It is a kind of British tea bag. When it is soaked in hot water for 3-5 minutes, it spreads strong tea fragrance. So, people will combine it into products to bring aroma.

- ❹ 綠茶粉/抹茶粉：未經炒製的茶葉，研磨後成粉末，色澤尚綠，可增加食品的茶香味和色澤，適用於和風味重的製品，如西點、布甸和蛋糕。

Green tea powder: It is ground of non roasted green tea, in green colour, which enhances the fragrance and colour of products. Besides, it is suitable for making products in Japanese style like pastry, puddings and cakes.

- ❺ 燕麥片：健康食品，含水溶性纖維，有助降低膽固醇，促進心臟健康。

Oatmeal: It is a healthy food, reduce cholesterol, rich in soluble fiber, and effectively promote heart health.

