



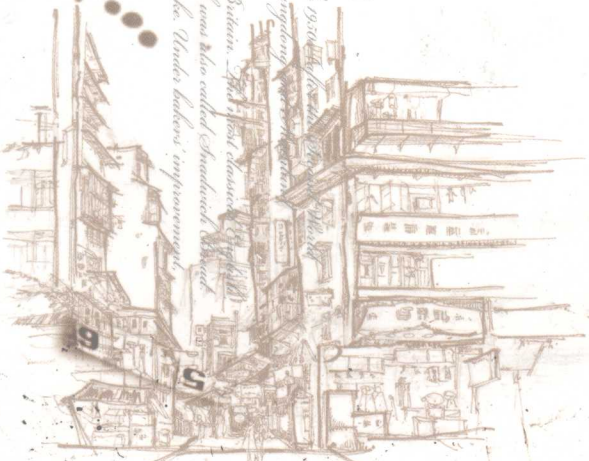
# 香港麵包

Hong Kong Breads

*Bread was brought into Hong Kong in the 19th century by the British. There were three types, English, Guangdong and Portuguese. It was called 'Hong Kong' and sold by British. And the name 'Hong Kong' was used to describe the bread. It was called 'Hong Kong' and sold by British. And the name 'Hong Kong' was used to describe the bread.*



邱勇靈 編著 *Yau Yung Ling*



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# 香港麵包

邱勇靈

*Yau Yung Ling*

Hong Kong Breads

# 前言

## Preface

完成了我第一本作品《日式麵包》，心想對自己的個人專業已留下了一個不錯的回憶和紀念，最大的滿足是大家不吝惜賜予善意的評語，使我獲益良多。事隔數年，經編輯的邀請，再次執筆編寫《香港麵包》一書，時間一拖再拖，心裏難免戚戚然；因為工作真的讓自己忙得不可開交，也為了書中講述香港麵包歷史費盡心機，香港食物發展歷史沒有多少文字記錄，只能借助口述相傳，或是尋找業界老行尊幫忙，將一些零碎的資料細心收集輯錄。雖然結果有點差強人意，但本人亦想杯水車薪地為麵包界略盡綿力，希望其他有心人士努力薪火相傳，延續香港麵包的歷史。

這本麵包書與《日式麵包》的編寫方法略有不同，綜合了同儕和學生們的建議，強化麵包製作摺疊手法的說明，圖解闡釋步驟，並且挑選香港現時麵包店潮流麵包製作的示範。書末簡述香港麵包發展歷史，讓讀者們多點了解香港本土的食品歷史，豐富品嚐的樂趣。由於我多年來於酒店工作，所以製品與街坊麵包店的樣子會略有差別，但是我肯定麵包的味道是相若的。書中還加插了時下日本和台灣流行的竹炭麵包，味道頗特別而賣相富特色；不過，礙於香港人的偏好，竹炭麵包的顏色淡了很多。

最後，我在此感謝太太梁少薇（Eva）和兒子粵烽（Jason）的包容和支持，學生區寶琪（Polly）的協助，還要多謝岳父梁泉和烘焙專家古文輝（Eagle Koo）的資料提供，使這書得以順利完成，謹此致謝。

邱勇靈



I was greatly satisfied with my achievement in my profession as I got an unforgettable memory and record after I had finished my first book Japanese Bread, especially everyone is so generous to me and gave me good feedback. Out of my expectation, I started writing again because of editor's sincere invitation. However I am sorry for delaying the deadline time to time as I was so busy at work as well as the constraints of this book because people passed their skills orally which made the written history of making Hong Kong bread so limited. I tried my best to collect the fragmentary history and asked professional bakers for help so that people who are interested in baking can have a reference, though limited, and help writing a glorious history for Hong Kong bread.

The writing style of this book is different from Japanese Bread. As suggested by my friends and students, I explained the folding steps more, used more pictures to demonstrate and chose the most popular bread in Hong Kong for introduction. I also wrote a brief history of Hong Kong bread. The bread I made here look different from those in local streets as I used to work and cook in hotels for years, but I am sure they are both delicious. Popular Japanese and Taiwan charcoal bread are added. I'd like to introduce them as their taste and look are special. The color is tuned to be lighter to suit Hong Kong people's taste.

Thanks so much to my wife Eva, my student Polly and my son Jason for their toleration and help in shooting, my father-in-law Leung Chuen and professional baker Mr Eagle Koo for providing information. Without you, this book cannot be finished.



Yung Ling YAU



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### 香港麵包的源流和特色 Secret of Hong Kong Bread's History

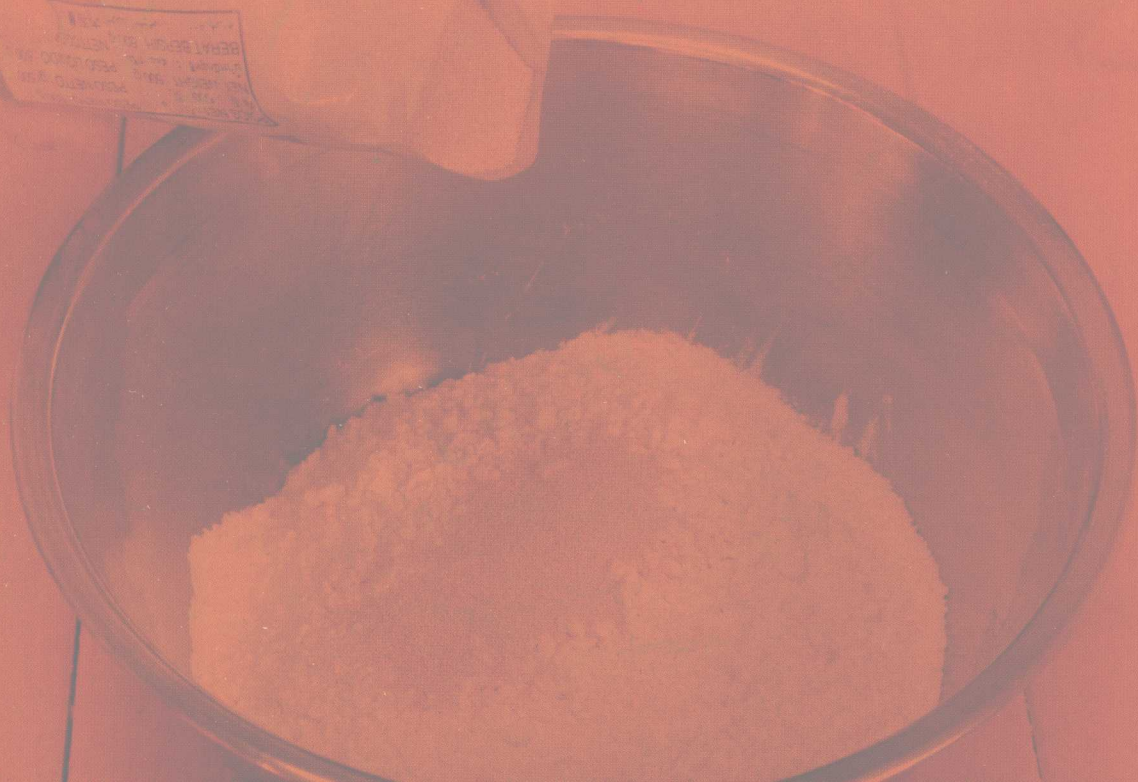
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當酵母遇上優質麵粉時

*When Yeast Meets High-Quality Flour*







活力十足的酵母遇上暖水、空氣和糖時，產生一連串的化學反應，再與優質麵粉和牛油混合起來，經細心搓揉結合，彈性十足、質感幼滑的麵糰就此產生，柔順地讓你搓圓壓扁，隨心意扭曲造型，變身為香港土產麵包。

When yeast meets warm water, air and sugar, they give a series of chemical reactions. Mix them with high-quality flour and butter, then you can make any shapes you like and create your Hong Kong bread.



### A 甜包麵糰 SWEET DOUGH

#### 材料

- 筋粉(麵包粉)1磅(16安士 / 448克)
- 糖 4安士(112克)
- 依士(酵母) 1/4 安士(7克)
- 牛油 / 豬油 1.5 安士(42克)
- 暖水 6 安士(¾ 杯 / 187.5毫升 / 168克)
- 蛋 1 隻(約50克)
- 牛奶 2 安士(1/4杯 / 56克 / 62.5毫升)
- 食用色素少許(蛋黃色 / 檸檬黃色均可)
- 麵包添加劑(麵粉改良劑)4克

#### 做法

1. 將所有材料放在盆中搓勻，再放在檯上搓至光滑、有彈性而不黏手為準。
2. 搓好麵糰放在盆中，用保鮮紙蓋着，待發酵約30分鐘，取出摺拍數下放氣，繼續發酵約30分鐘，便可取出分割造型。

#### INGREDIENTS

- 448g Bread Flour
- 112g Sugar
- 7g Yeast
- 42g Butter/Lard
- 168g Warm Water
- 1 Egg (about 50g)
- 56g Milk
- Some Food Coloring (Egg yellow/ Lemon yellow)
- 4g Bread Additive

#### METHODS

1. Put all ingredients together, mix wel. Put the mixture on table, knead into small dough, don't make it too sticky.
2. Put the dough into a container, cover with cling film, leave it for 30 minutes. Fold and press lightly for few times, leave it for 30 minutes then cut into shapes.





### 麵包魔法師的提示

- 1 甜包麵糰含糖份比較高，糖的作用可使麵糰質感變得柔軟細緻，經搓揉後有助加強麵糰的伸延能力。
- 2 牛奶會直接影響到麵糰的軟硬程度，會因麵糰的纖維網絡軟化而結纏一起。
- 3 甜包餡料多採用果泥、豆泥或含澱粉重的莖植物，如番薯、芋頭或南瓜等。
- 4 憑創意造型或扭纏麵糰做出不同款式麵包。

### TIPS

- 1 Sweet dough contains more sugar which can turn the dough be more smooth and flexible after rubbing.
- 2 Volume of milk affects dough's hardness. The gluten will mix together if the dough is too soft.
- 3 Fruit paste, bean paste and plants rich in amyllum (sweet potato, taro or pumpkin) are common filling of sweet bread.
- 4 Use your creativity, make your own bread with special shapes.

## B 鹹包麵糰 SALTY DOUGH

烹調時間：15分鐘 份量：800克  
Making Time: 15 mins Weight: 800g

### 材料

- 筋粉（麵粉包）1磅（16安士 / 448克）
- 糖 2安士（56克）
- 依士（酵母）1/4 安士（7克）
- 牛油 / 豬油 1.5 安士（42克）
- 暖水 8 安士（1杯 / 250毫升 / 224克）
- 牛奶 2 安士（1/4杯 / 56克 / 62.5毫升）
- 鹽 1/3 安士（約9.5克）
- 麵包添加劑（麵粉改良劑）4克

### INGREDIENTS

- 448g Bread Flour
- 56g Sugar
- 7g Yeast
- 42g Butter/Lard
- 224g Warm Water
- 56g Milk
- 9.5g Salt
- 4g Bread Additive

### METHODS

Same as sweet dough.

### 做法

鹹包麵糰的搓製法與甜包相同。

### 麵包魔法師的提示

- 1 一般麵包師會以香草、香料或肉類等作餡料。
- 2 鹹包麵糰含鹹份，質感比較硬，故包的造型會以簡單為主，盡量不讓麵糰以扭繩結纏，否則當麵包經烘烤後變得結實，因為糾結一起的麵糰不易脹大而變得鬆軟，可是嚼勁十足。
- 3 麵糰的鹽份會令麵包縮小和減慢麵糰的發酵過程，不過能增添麵包皮的顏色。
- 4 夏天因為氣溫高，濕度高很適合酵母活動，麵糰會很容易脹發；相反地，在冬天因為天氣乾燥、溫度低、酵母活力會緩慢，阻延麵糰的脹發，時間會花一點。

### TIPS

- 1 Most bakers use vanilla, seasonings or meat as filling.
- 2 Salty dough contains more salt which makes bread hard, try to make the shape simple and not to twist the dough too much so that the bread will not be too hard.
- 3 Salt in dough makes the bread contract and can shorten fermenting time but can make bread's skin more colourful.
- 4 Summer is a good time for fermentation because of high temperature and humidity. On the contrary, fermenting period is shorter in winter due to dry weather.

# 牛角酥 CROISSANT

烹調時間：45分鐘 份量：900克  
Making Time: 45 mins Weight: 900g

## 材料

- 筋粉(麵包粉)400克
- 麵粉100克
- 紅酵母(紅依士)10克
- 雞蛋1隻
- 糖10克
- 牛油50克
- 麵包添加劑(麵粉改良劑)5克
- 暖水260克
- 鹽10克

## 夾油

- 牛油200克

## 掃面

- 蛋液適量

## 做法

1. 先將依士及所有材料搓勻，放在檯上搓至光滑而有彈性不黏手。
2. 搓好麵糰用保鮮紙蓋住放入雪櫃冷凍約2小時，取出冷麵糰，包上牛油，用手壓扁，再用擀麵棍輾開，摺3 x 3 x 3次，再放入冷凍櫃雪約1小時。
3. 取出麵糰放軟，便可應用。

## INGREDIENTS

- 400g Bread Flour
- 100g Plain Flour
- 10g Red Yeast
- 1 Egg
- 260g Warm Water
- 10g Sugar
- 10g Salt
- 50g Butter
- 5g Bread Additive

## Butter Square

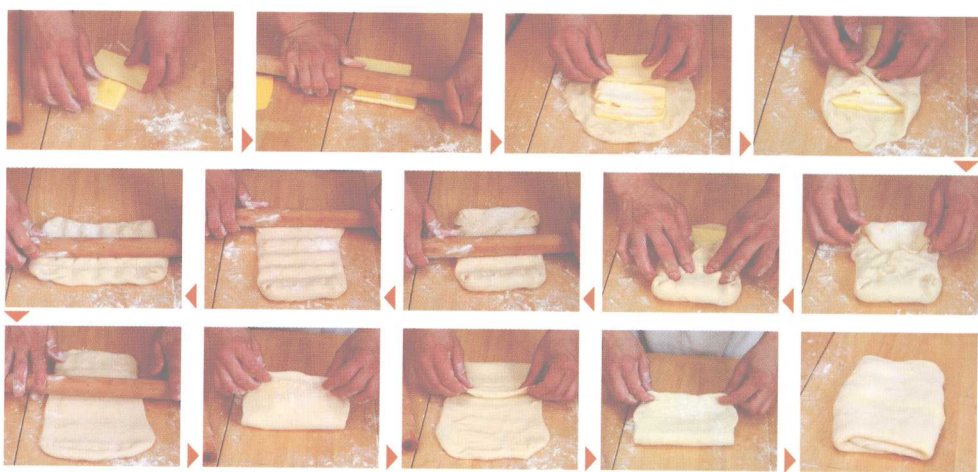
- 200g Butter

## Topping

- Some Beaten Egg

## METHODS

1. Put all ingredients together, mix wel. Put the mixture on table, knead into small dough, don't make it too sticky.
2. Use cling film to cover the dough, chill for 2 hours. Add in butter, press with hands and roll flat with rolling pin. Fold 3 x 3 x 3 times. Set in fridge for 1 hour.
3. Remove from fridge, let soften and use.



## 麵包魔法師的提示

- 1 麵糰和夾油運用輾薄和摺疊而產生層次，所以摺疊次數越多層次會很多。不過，如果摺疊次數過量時，麵糰的層次會變得不明，甚至於它的筋性會因壓輾過度而缺乏彈性，並且出現層次不分，做不到預期效果。
- 2 麵糰含有酵母，經發酵後會變得軟綿綿。
- 3 由於麵糰經過一輪輾壓過程，所以必須讓它的筋性鬆弛，才能令包身鬆軟。
- 4 酵母的種類分紅和藍兩種包裝，紅酵母是鹹包專用，藍包裝則是甜包專用。

## TIPS

- 1 The layers are formed by rolling and folding, the more times you fold, the more layers you will have, but don't fold too much as there will be too many layers and makes the dough inelastic.
- 2 The yeast in dough will turn soft after fermenting.
- 3 After rolling, the dough will be more elastic and soft for eat after baked.
- 4 There are two kinds of yeast, the red one is for salty bread and the blue one is for sweet bread.



# D 常用餡料和面料大檢閱 COMMON FILLINGS AND TOPPINGS



白芝麻  
White Sesame



法式蒜蓉粉  
French Garlic Powder



椰蓉  
Coconut Paste



奶粉  
Milk Powder



吞拿魚(鮪魚)  
Tuna Fish



栗子蓉  
Chestnut Paste



紅豆沙  
Red Bean Paste



叉燒餡  
Barbecued Pork



肉鬆  
Dried Meat Floss



南瓜  
Pumpkin



菠蘿酥皮  
Pineapple Pastry



雞尾餡  
Cocktail Bun Paste



墨西哥油(粉忌廉)  
Mexican Cream



沙律醬  
Salad Dressing



飛碟醬  
Jaffle Dressing



## 材料大檢閱 ASSESSING THE INGREDIENTS

### ● 麵粉 FLOUR

麵粉由小麥磨製而成，由於品種不同，經研磨後的粉色、質量、質感或營養成份均有差異，特別不同季節播種會直接影響粉質和筋性（即麵粉含蛋白質）含量作差異。

按照不同加工過程、麵粉的軟硬度或強弱度等特質來決定麵粉的用途。白麵包粉含70%的穀物成份，並含有麥麩和麥芽精華。由於它的筋性不強，一般會用作糕餅、醬汁和曲奇等食物。沒有受漂染的麵粉，顏色呈忌廉般奶白色而有別於一般被漂染過的麵粉的人造白色。

全麥麵粉是100%連小麥穀粒研磨而成，可說是純麥粉（任何物質完全沒有被添加或取走）。它是經過滾筒粗磨而成，並不是利用細磨研碎的麵粉，所以麥麩和麥芽在磨白時會自動自白色內層部份分離，不過，在研磨最終過程會回到麵粉內。

石磨全麥麵粉是傳統研磨麵粉，正確說法是利用兩塊石頭來研磨麵粉。麥麩、麥芽和雜質也會一併地被磨碎，整個研磨過程都以全穀粒在沒有分離下完成，有別於滾筒式磨白麥粉，由於經過長時間的研磨，所以擁有很好的味道，不過有利自然有弊，麥芽的油份會因沒有分離、不斷長時間直接研磨，以至這種麵粉不耐放。

強力麵包粉分有白色或全麥兩類，主要用作做麵包。它含有豐富的蛋白質，當與水混合，形成筋性，到經搓揉後的麵糰呈現彈性。換句話說，當空氣捲入麵糰，烘焙後會產生神奇的軟綿具彈性的效果。

Flour is ground from wheat. The colour, quality, texture and nutrition value vary with the kind of wheat. Wheat grown in different seasons contains different texture and protein levels.

The use of flour, which is also called plain flour or all purpose flour, is decided from its hardness and procession. White flour contains 70% of grain and essence of wheat bran and wheat germ. Usually it is used to make cakes, biscuits, dressing and cookies. Flour which is not bleached is creamy white in colour while bleached flour is artificial white.

Whole wheat flour is 100% ground from wheat without addition. It is milled between rollers but not stoneground, so wheat bran and germ separate from the white inner part during grinding, but they will be mixed into flour in the final part of grinding.

Stoneground wholewheat flour is traditional ground flour which is ground by two pieces of stone. Wheat bran, germ and other mixed materials are ground while the white inner part is not separated. As it is ground for a long period of time, it is delicious but cannot be stored long because oil in wheat germ is ground directly in the whole process.

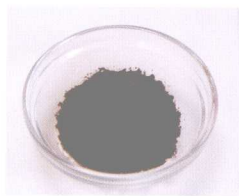
Strong bread flour is used to make bread. There are two types, white and wholewheat. It is rich of protein and when it is mixed with water and rubbed, it is very elastic. In other words, when there is air in dough, the bread will be soft and elastic after baked.



麵包粉  
Bread Flour



全麥粉  
Whole Wheat Flour



黑麥芽粉  
Black Wheat Germ Flour



竹炭粉  
Charcoal Powder



## ● 雞蛋 EGGS

雞蛋是擔負調味調色的功用，紅殼和白殼的品種的營養和功用都沒有差異，只是以級數作大小分類標準。蛋黃色澤和香味會因應飼料、來源地而不同，有所差異。而蛋黃的大小會直接影響到雞蛋的稀濃度，適中的雞蛋約重50克（淨計）。

Egg is used for seasoning and adding colour. Nutrition values of red and white eggs are the same, they are classified in grades in terms of their sizes. Hens' origins and feed affects colours and tastes of egg yolk. Thickness of egg is affected by size of egg yolk. Usually the pure weight of an egg is about 50g.

## ● 糖 SUGAR

糖是醃漬水果的天然防腐劑，亦是調節苦澀味道的平衡劑，同時它是給予麵包香味的添味劑，以及讓產品柔軟，它的特點是使麵糰顯得光滑和細膩。事實上，當糖加熱過程後會產生焦化作用，讓產品外皮呈現棕褐色。所以一般麵包師會在做甜麵包時加入相當份量的糖來軟化麵糰，並調整製品的味道。

Sugar is a natural preservative for pickling fruits, can balance the bitterness, soften the food and help the dough looks smooth. When it is heated, its color may change and thus make the food look brown. Usually, when bakers make sweet bread, they use some sugar to soften the dough and adjust the taste.



糖霜  
Icing Sugar



雪糖粒  
Isolated Sugar

## ● 酵母 YEAST

酵母屬於膨脹劑，可分有新鮮和乾燥兩大類，前者是最常應用在麵包製造的原料，因為它的味道很好，亦是麵包師喜好使用的酵母，色澤呈淡米黃色，帶有甜味、水果香味和很容易被弄碎，貯放在冰箱中而達到兩星期。後者是一種方便貯存和取用的酵母，特別適合用於麵包機器。

Yeast is used for expansion and can be divided into two types, fresh and dried. Fresh yeast is usually used as ingredient of making bread as it taste well. It is pale beige in colour, sweet with fruit fragrance, can be broken into portions easily and stored in fridge for two weeks. Dried yeast is convenient to be stored and used, especially to be used in bread-making machine.



酵母  
Yeast

## ● 油脂 FAT

油脂是從動物脂肪和植物油中榨煉出來的產物，所以天然的油脂不會滲有任何其他化學物質。動物性油脂分有奶油、豬油和魚油。一般用於麵包會選用奶油，它是經牛奶中提煉出來的副產品，含天然純正的芳香味道。豬油經除臭和脫色後作中式麵包的油脂，這由於它的油性較好，具有令產品鬆酥的特質，所以有些中式麵包會採用。植物油屬於流質的狀況，只適合做一些西點，並不適合搓揉麵包之用。

Fat is taken from animal fat and vegetable essence, there is no chemical material in natural fat. Cream, lard and fish oil are animal fat. Cream, which is a by-product of milk and contains a natural fragrance, is usually used to make bread. Lard is rich in oil and can make the food be crisp. It is always used for making Chinese bread after awful smell and colour is removed. Vegetable oil, which is liquid in form, is only suitable for making Western food but not for rubbing into dough.



牛油  
Butter

## ● 水 WATER

水是麵糰混合一起的重要媒介。它與小麥麵粉有莫大關係，因為小麥粉含麥谷蛋白質和麥膠蛋白質，當麵粉與水混合，兩種蛋白質會迅速吸水潤脹，經過充分搓揉，摻入大量空氣而產生氧化，因而產生很多二硫鍵分子，逐而在麵糰中形成堅實的網路結構。水的溫度亦會直接影響到麵糰的軟硬度、濕潤度和彈性，以及影響到酵母的活動能力和存亡。

Water is a very important media for mixing with dough. When water is mixed with flour, the two kinds of protein absorb water quickly and expand. When the dough is rubbed thoroughly, much air is added into dough. After oxygenation, the dough is firm. Water temperature also affects the dough's softness, wetness, elasticity and yeast's activity and life.



## B 善用五觀做判斷 MAKE GOOD USE OF YOUR FIVE SENSES

專業麵包師會利用身體五官來評審麵包，以眼、耳、口、鼻、手「五觀」作親身驗證的媒體，再細心觀察、探試和不斷考證，方可訂立出色、香、味、美、型等評審指標。

A professional baker make good use of his/her eyes, ears, mouth, nose and hands, as well as detailed observation, testing and examination to judge whether the bread tastes and smells well as well as looks beautiful.

### ● 目觀 APPEARANCE

專業麵包師會運用雙眼察看製品的外觀，從麵包的外型（完美度、造型和收口）、色澤（麵包的顏色要求因地域而異，例如法包的色澤，在香港和歐洲都有差別）和包身飽滿度（是否堅挺，沒有破損或脹發度足夠，不會塌瀉）來判斷麵包的標準。

A professional baker uses his/her eyes to judge the bread's appearance, colour and size. The shapes, folding and welding affect the bread's appearance. Bread's color varies in different places, like bread made in Europe differ from those in Hong Kong. For bread's size, a baker should judge if it is firm, expand enough without filling running out.

### ● 嗅觀 SMELL

接近烘烤完成，麵包的麥香氣味混合了牛油和雞蛋的香氣會從焗爐散發出來，特別是製品中含有芝士成份和肉餡的麵包，味道相當濃烈，好像呼喚「我要出爐」似的。

When the bread is nearly baked, the fragrance of wheat, butter and egg mix together, especially for the bread with cheese and meat filling.

### ● 嚼觀 MASTICATION

這是最直接判斷麵包是否達到標準的感觀，首要的莫如測試麵包是否熟透。麵包的嚼勁有助評定材料的搭配有多完美；麵包的鬆軟度和口感應符合該款麵包的要求。上等的麵包更應能滿足食客舌頭上的每一個味蕾，讓人回味無窮，齒頰留香。

You can judge the bread directly by your mouth. The first mission is to see if it is well cooked. Then test if it is soft and good to chew. One will be satisfied and remember the bread if it is excellent.

### ● 觸觀 TOUCH

用手觸摸，既直接又有助理性判斷。可先從搓揉麵糰開始，因為麵糰是否搓揉光滑、均勻和富彈性，可說是麵包是否得到完美結果的最關鍵步驟。待麵糰發酵後，可透過接觸和輔以眼觀來判斷麵糰狀況。最後，可用手觸摸已烘烤好的製品，按包身的彈性反應，評估它是否熟透；並把麵包放在手上，利用它的重量來評估熟度。

Touch the bread by hand to see directly if it is up to standard. Test from dough making. If the dough is rubbed smoothly, evenly and elastically, the bread made will be perfect. After fermentation, you can judge the bread by touching and observing its outlook. Lastly, you can see if the baked bread is well cooked by touching it to test its elasticity and holding the bread in hand to know its weight.

### ● 聽觀 LISTENING

在烘烤麵包看似用不上耳朵；不過，我們烘烤時會在焗爐裝上時計，方便通知正在埋頭工作的麵包師，當聽到時計響鬧時，觀察麵包的狀況，所以在製作麵包時也需要用上耳朵來協助烘烤麵包。

Can ears help making bread? Of course. Listen to the timer carefully during baking so that you won't miss the time and overbake the bread.