

Muffins • 松饼

派 • *Pies*

Cakes • 蛋糕



Dessert

50 passion desserts with 4 moulds

河南科学技术出版社

Winnie姐 著

4 款 饼 模 X 50 种 甜 蜜 滋 味

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• 郑 州 •

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The Four “Golden Classic” Moulds for Baking

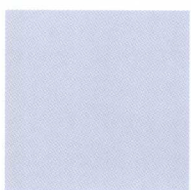
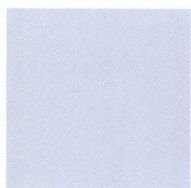
基本烘烤饼模 四大天王

钟爱烘焙蛋糕，爱四处搜罗杯杯盆盆——15厘米蛋糕模、20厘米面包盆、30厘米派盆、天使蛋糕模……满室满柜堆得满满的。

其实，只要家中常备以下四款蛋糕饼模，加上技巧及创意，任何蛋糕、面包、松饼、派挞及酥饼，都能应付自如，轻轻松松品尝西式甜点小吃。

I love baking and I love shopping for my favourite moulds—6-inch round pans, 8-inch loaf tins; 12-inch pie moulds; tube pans for angel food cakes and chiffon cakes... And my kitchen is literally packed with all kinds of moulds.

Having a choice is of course a good thing. But if you can't afford the space and the time to shop for different moulds, just go and grab the following four “golden classics.” They work like magic with a bit of creativity and baking skills. You can then almost churn out any baked goods from your oven, such as cakes, bread, muffins, tarts, pies and pastry. It's time to bake your own Western snacks and cakes without breaking a sweat.



Round cake mould

1 号天王——圆形蛋糕模 (15 厘米)

Classic #1: round cake mould (6")

最基本的蛋糕用具，有不同尺寸，可方便脱去底部，能制成任何蛋糕，但必须准确定量。

可制成：蛋糕、面包、酥饼、奶酪蛋糕。

It is the most basic necessity in baking class 101. They come in different sizes, and some with loose base or springform. You can make any cake with it but you have to adjust to the amount accordingly if you use one in different size.

For: cakes, bread, pastry, cheesecakes



2 号天王——长方形蛋糕模 (20 厘米 x 8 厘米)

Classic #2: rectangular loaf mould (8"X 3")



市面有不同尺寸出售，烘焙时间各异，材料有铝质或不锈钢的。

可制成：蛋糕、面包、奶酪冻饼、面包布丁。

They come in different sizes with different baking time. Most of them are made of aluminium or stainless steel.

For: cakes, bread, no-bake cheesecakes, bread pudding

Loaf mould

Muffin mould

3 号天王——松饼模

Classic #3: muffin mould

有大小之分，有的 6 个杯模，有的 12 个杯模，宜选不锈钢模，传热速度快。烘焙时，先涂油或铺上烤模纸（或铺上松饼纸杯），直接将面糊盛于模内约 8 成满。

可制成：松饼派、蛋挞、咸点、奶酪冻饼。

They also come in different sizes: small ones have 6 cups and large ones have 12 cups. Get one in stainless steel if possible, as it allows the fastest conduction of heat. Always grease the cups or line them with parchment paper before use. (Or, in case you're baking muffins or cupcakes, put in the paper cups first.) Fill the cups up to 80% full with batter.

For: muffins, pies, tarts, savoury snacks, no-bake cheesecakes



4 号天王——派挞模（12 厘米）

Classic #4: pie / tart mould (12 cm)

尺寸大小不同，有可脱底或不可脱底两种，前者容易退出派挞。烘焙挞皮时，应放上烘焙用的豆轻压，以免挞皮涨起。

可制成：派、蛋挞、蛋糕、面包、薄饼。

They come in different sizes and some are made with a loose base for easy unmoulding of the pies. When you blind bake the pie crust without any filling, you should put baking beans over the crust to prevent blistering.

For: pies, tarts, cakes, bread, pizzas



Tart mould

成功烘焙的 必备材料

The Bare Essentials in Successful Baking

充分掌握各种基本材料，了解其特性，必能烘焙出令人赏心悦目的糕饼甜点来！

All baked goods are made of the basic ingredients. As long as you're familiar with them and understand their properties, delicious and presentable cakes and bread are just at your fingertips.

低筋面粉 Cake flour

是制作蛋糕的基本面粉，蛋白质含量低，黏性不强，特质是令蛋糕质地松软。

It's the basic ingredients for making cakes. It is low in protein. Dough or batter made with cake flour is not resilient or sticky. This property makes it perfect for light and fluffy cakes.



发酵粉 Baking powder

又名泡打粉，是制作蛋糕的常用发酵剂，由苏打粉及酸性物质（如他粉）调和而成，酸碱平衡。加入面糊后烘焙，能释放气体，令蛋糕膨胀和松软。

It is a leavening agent in cakes made with baking soda and some kind of mild acid (such as cream of tartar) to balance its pH. It releases gaseous carbon dioxide in the baking process which raises the cake and makes it spongy.

Baking soda

苏打粉

Baking soda

膨胀剂之一，令蛋糕膨胀和松软。与水混合后，释出二氧化碳（尤其与酸性材料混合更甚），但不宜使用超过食谱注明的分量，以免影响效果。

It works the same way like baking powder as a leavening agent that raises a cake. Some recipes call for baking soda (and not baking powder) because of the presence of acid in other ingredients. Make sure you do not use more baking soda than specified in a recipe.



Cocoa powder

可可粉

Cocoa powder

巧克力块去除可可脂后，磨成粉末而成，不含甜味。可可粉可制作各种巧克力味蛋糕、曲奇、小吃等。

It's the chocolate minus the cocoa butter and ground into fine powder. It tastes chocolaty but without any sweetness. Cocoa is used in many chocolate baked goods, such as cakes, cookies or snacks.



细白砂糖

Castor sugar

比普通的砂糖更细，纯度高，用于制作蛋糕，易溶解。

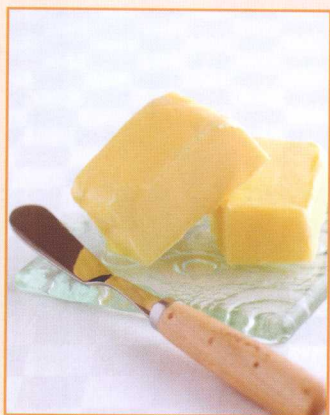
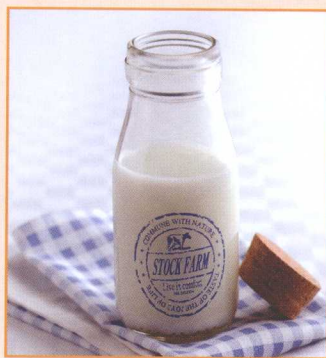
Finer and purer than regular granulated sugar, castor sugar is used in cakes because it dissolves and incorporates with other ingredients more readily.



Castor sugar

鲜奶 Milk

常用全脂奶，令蛋糕散发淡淡奶香味。
Unless otherwise specified, always use whole milk for its characteristic flavour.



牛油 Butter

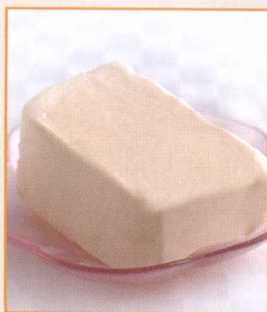
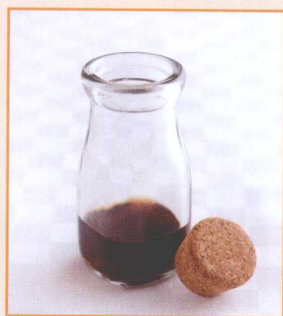
能增加蛋糕及派皮的弹性及松软度，增添香气。市面有无盐及有盐牛油两种，前者经常被选用。使用前放于室温下，效果较佳。

Butter adds resilience, softness and a delightful fragrance to the cake and pastry. Butter comes in salted or unsalted types and most cake or pastry recipes call for unsalted one. For the best result, always leave butter at room temperature before use.

云呢拿香油 Vanilla essence

由植物香草提取的香精，添加数滴，令蛋糕散发香味，也可使用香草香精代替，香味更佳。

It is the essential oil extracted from natural vanilla pods. Just a few drops would add an aromatic depth to your cake. You may also use vanilla pods instead. Though more expensive, they taste even better.



奶油干酪 Cream cheese

制作奶酪蛋糕的主要材料，味道温和，奶酪味淡，适合制作任何冻饼及糕饼。使用前宜放于室温下。

The basic ingredient for the filling in cheesecake, cream cheese is mild and light in taste. It can be used in any baked or no-bake desserts. Always bring it to room temperature before use.

令味蕾兴奋的 原材料

The Flavour Boosters

在蛋糕或甜点内添加特殊香味、口感的材料，能提升与众不同的效果。

Besides the basic ingredients, you may add certain flavour boosters to give your cake or dessert a special texture and a signature touch.



原味酸奶 Plain yoghurt

由牛奶发酵而成，营养价值高，而且能丰富蛋糕的质感，提升味道。

It is partly fermented milk with high nutritional value. It makes a cake moister and creamier while giving a butter taste.

枫浆 Maple syrup

加拿大的枫树糖浆，保留了枫树的香气，甜度不及蜜糖，但热量低，含维生素及矿物质。

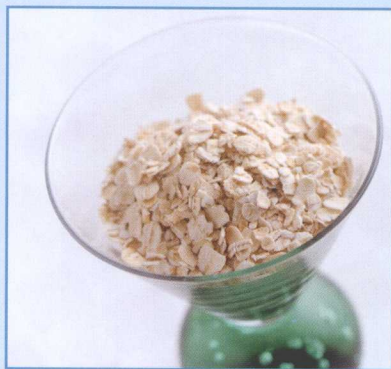
It is the condensed sap from Canadian maple trees. It tastes mildly smoky and woody but it is not as sweet as honey. Maple syrup is low in calories but high in vitamins and minerals.



燕麦 Oatmeal

保留胚芽及麸皮，含维生素B、矿物质及纤维，有助于降低胆固醇，也令蛋糕增添口感。

It is the whole grain of oat including the germ and bran. It is rich in vitamin B, minerals and dietary fibres. It helps reduce cholesterol level. It adds an interesting texture to cupcakes and muffins.



巧克力 Chocolate

香浓的巧克力味最吸引人。不同浓度的巧克力，风味各异，为蛋糕添加魅力。

Rich, sinful and decadent, chocolate is always tempting no matter what form it is in. It comes in different percentage of cocoa and it gives your cake an instant appeal.

奶酪 Cheese

气味香醇，淡淡的奶酪香气，令蛋糕更浓郁丰富，广泛用于西式糕点。

There are numerous kinds of cheese, each has a different sharpness and characteristic taste. Cheese enriches the texture of the cakes and is commonly used in Western savoury snacks and pastries.



核桃、榛仁 Walnuts and hazelnuts

香口、坚实的果仁，令蛋糕拥有不同层次的口感。

These crunchy and nutty kernels add another palatable dimension to cakes.

松饼模 · 多变

小巧的松饼，是初学者的至爱。

用魔法向松饼模一挥，

甜蛋糕、咸小吃、软面包，

千变万变，眼前一亮。



Muffin Mould: Versatility

The small and handy muffins are surely the favourites among novice bakers.

With just a twist, you can use the muffin mould for cupcakes, savoury snacks and buns.

Put a new spin to your muffin mould and wow your guests!



巧克力花生酱扭纹蛋糕

分量：12个

Makes 12 muffins

材料 INGREDIENTS

黑巧克力 75 克，面粉 150 克，
发酵粉 1.5 茶匙，粗粒花生 150
克，盐 1/4 茶匙，牛油 150 克，
细白砂糖 100 克，黄细砂糖 50
克，鸡蛋 3 只，鲜奶 75 毫升

75 g dark chocolate, 150 g flour, 1.5
tsp baking powder, 150 g peanuts,
1/4 tsp salt, 150 g butter, 100 g
caster sugar, 50 g brown castor
sugar, 3 eggs, 75 ml milk

饼面 GLAZING

牛油 1 汤匙，花生酱 1 汤匙，黑巧
克力 90 克，蜂蜜 1 汤匙

1 tbsp butter, 1 tbsp peanut butter,
90 g dark chocolate, 1 tbsp honey



成功秘技

TIPS FOR SUCCESS

巧克力坐入热水时，不要渗入水分。

When you melt the chocolate over a pot of simmering water, make sure you don't accidentally get any water into the chocolate.



饼模变化 MOULD VARIATION

15厘米圆形蛋糕盆。

以190℃烘焙约50分钟。

Use a 6" round cake mould instead.

Bake at 190℃ for 50 minutes.



Peanut Butter Chocolate Marble Muffins

做法 METHOD

1. 面粉、发酵粉及盐拌匀。
 2. 黑巧克力切碎放入盒中，坐入热水内拌至溶，待凉。
 3. 牛油与细白砂糖及黄细砂糖打透至奶油状，加入鸡蛋略打，放入粗粒花生拌匀。
 4. 将步骤 1 的粉料及鲜奶，分两次拌入上述混合物内。
 5. 将混合物分成两份，其中一份与巧克力浆拌匀。
 6. 松饼盆垫上烤模纸，用汤匙分别将两份浆料放入模内，用叉轻轻搅动成云石花纹。
 7. 放入已预热的烤箱，以 190℃ 烘焙约 25 分钟，取出待凉。
 8. 饼面材料放入盒中，坐入热水内拌至溶，浇于饼面即可。
1. Sieve flour, baking powder and salt together.
 2. Finely chop the dark chocolate. Melt them in a bowl over a pot of simmering water.
 3. Beat butter, castor sugar and brown castor sugar until pale. Add eggs and beat until well incorporated. Add the peanuts and mix well.
 4. Add half of the dry ingredients from step 1 and half portion of milk. Stir well. Add the remaining dry ingredients and milk. Mix well.
 5. Divide the batter into two equal portions. Add the melted dark chocolate into one portion and mix well.
 6. Line the muffin tins with parchment paper. Use a spoon to put some chocolate batter and some plain batter into the tins. Stir with a fork gently to create marbling pattern.
 7. Bake in a preheated oven at 190℃ for about 25 minutes. Leave them to cool.
 8. To make the glazing, mix all ingredients in a mixing bowl. Heat the bowl over a pot of simmering water until ingredients melt. Pour the glazing over the muffins. Serve.



Muffin mould

Tart mould

Loaf mould



Round mould

15