


完美 西点

Louisa BAKERY

Simple to Spectacular

何肖琼 编著 曹继桐 审校

 辽宁科学技术出版社
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PREFACE

在我们日常食品中，西饼和甜品占据了一个很重要的地位。

西式甜品在西餐中排到最后才上桌，这并不是表示它不重要，而是在进食时，吃完这些甜品才算是完美的一餐。吃完甜品，身体充满热量，人也开心些，就算当天有些不愉快的事，经过完美的一餐，烦恼尽消除，人也觉得甜美一些。

所以在这几年中很多人士在业余时间参加一些美食制作课程，学习多种西饼、面包及甜品的制造，除了能丰富个人的技术外，也可以使自己在紧张生活中抽出时间减压，松弛一下。课程完毕后，还有一些色香味俱美的制成品带回家中或办公室与人分享。当别人对你的美妙食品给予赞赏时，那份成功感也从自己的笑容中流露出来。

有鉴于此，我的第二本书也从这方面入手，由浅入深，先是一些简单的饼干制造，再演变成复杂的制成品；更写出一系列做饼常犯的错误及如何加以改正，好让读者能向更高层次挑战，深入了解造饼的奥秘。而在第一本书未谈及到的其他原料，也可从这本书的补充说明中一一看到了。

In our daily food, cakes and pastries occupy a very important position.

Western desserts are usually the last course to be served in a meal. This does not mean they are of the least importance, but they will make the meal a perfection for the enjoyment of the taste-buds. After enjoying the desserts, the body will be filled with energy and that will make the diner more satisfactory. No matter what unpleasant experiences you may have encountered on that day, you may feel much relieved with all the trouble forgotten after having a perfect meal, and may find life pleasanter. That is the reason why the number of people spending time on learning cooking tasty food and making cakes, breads and buns, as well as desserts keeps on increasing. Besides enriching your knowledge in such skills, it helps to relax yourself from daily hectic life, let alone the chance of taking home or to your office the tasty and delicious products to be shared with family members or friends. When they show great appreciation for the nice food, it will certainly bring you a great sense of satisfaction.

For this reason, my second book of the series offers instructions on making pastries, from simple to spectacular ones, starting with easy steps on making biscuits to more complicated products. In this book, I also want to point out the common mistakes in making cakes and pastries and the ways to correct them so that my readers are able to accept more demanding challenges and have a better understanding in the secrets of making bakery. In addition, my readers may also find a supplement on materials for making such delicacies, which have not been mentioned in my first book.

作者简介

烘焙界知名人士何肖琼女士是香港烘焙专业协会的主席，有 40 多年制造面包西饼的经验。她于 1963 年毕业于英国南威尔斯卡迪夫大学食品专业，取得烘焙专业文凭。求学期间，她参加过很多比赛，获奖无数。毕业后，她曾于多间面包西饼制造公司任职厂长，也曾与兄长在中国香港铜锣湾开设几家饼店，其间不断进修及钻研新技术。她还拥有丰富的教学经验，1987 年起任教于黄克竞工业学院，负责烘焙课程、教导理论及实习课程，桃李满门，学生多任职于大酒店及面包西饼公司。

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理论篇

UNDERSTANDING

THE BASICS

Materials and Ingredients

可可与巧克力

Cocoa and Chocolate

可可来自可可树，它主要生长于赤道的亚热带雨林区国家：巴西、斯里兰卡、南美、千里达岛、委内瑞拉和西非等地。

白色的果肉包裹着 30~45 粒如杏仁形的可可豆，含糖分和其他营养物质适合发酵。可可豆经过发酵和晒干，再送到工厂加工。

可可豆经过清洁、烘香（100℃以上）而取得其独特香气和味道，颜色变深。将可可豆的湿度降低，豆壳变干和易碎，豆仁和豆壳容易分离。

可可豆经压碎后碾磨，经加热后释出可可脂，残余的浓稠深褐色酱便是巧克力原浆。

Cocoa is obtained from the tree (Cacao Theobroma), which are grown in tropical rain forest countries around the Equator: Brazil, Ceylon, South America, Trinidad, Venezuela, West Africa, etc.

The fruits, cocoa pod with 30~45 almond shaped beans enclosed in a white fruit pulp, containing sugar and other nutrient material suitable for fermentation. After fermented, the beans are then sun-dried and shipped to manufacturer for processing.

The beans are cleaned and roasted (over 100℃) to get the distant aroma and flavour, the colour will become darker. Moisture of the beans reduces and the husk becomes dry, brittle and easier to remove.

The cocoa beans are broken up into nibs and ground, heated and the cocoa butter is released, the residual is a thick and reddish brown paste called cocoa liquor. This is also known as cocoa mass.

巧克力的两大分类

Two main types of chocolate are available

- ① **专业巧克力 (俗称真巧克力)**: 巧克力浆依次与可可脂、糖和奶固体混合拌匀。经过搓揉、滚动、精磨、搅拌、固化等程序，造成幼滑的巧克力。“Couverture”一词来自法文的 couvrir，意思是“覆盖”或“淋上”。这种巧克力成分含有 31%~32% 的可可脂，最高含量可达到 70% 以上。由于浓度高，所以具有光泽，凝固坚硬。巧克力的质量按照可可豆的等级、种植年份和收成效果。它的作用是淋面、倒模和切割成造型装饰，在使用前一定要调校温度。

Couverture chocolate The cocoa mass is blended with cocoa butter, sugar and milk solid accordingly. After kneading, rolling, refining and conching a smooth creaming chocolate is obtained. The term “Couverture” comes from the French word couvrir, meaning “to cover” or “to coat”. It means the chocolate must have 31%~32% of cocoa butter content of the total composition. It can go up to 70%. It sets very hard with a high gloss. Quality is dependent on the grade of cocoa bean, the year of plantation and harvest. It is mainly use for coating, moulding and cutting into decorative shapes. It needs to be tempered before used.

- **专业黑巧克力**是直接由巧克力浆制成，不含糖分，具有强烈的苦味，有些品牌会多加入可可脂；多用于含高甜度的配方中。

Plain dark couverture chocolate is straight chocolate liquor. It contains no sugar and has a strong bitter taste. Extra cocoa butter is added in some cases. It is used to flavour items that have other sources of sweetness.

- **甜味巧克力**是将苦味巧克力添加不同分量的糖。糖与巧克力的比例一般为1:1。如果糖的百分比低,在零售市场上甜味巧克力便称为半甜巧克力。

Sweet chocolate is bitter chocolate with addition of sugar in varying amounts. Normal proportions are with equal parts of sugar and chocolate liquor. If the percentage of sugar is lower, sweet chocolate is sometimes called semi-sweet in the retail market.

- **牛奶巧克力**是甜味巧克力加入奶固体,一般用作淋面巧克力和制作不同类的糕点。

Milk chocolate is sweet chocolate in which milk solids has been added. It is usually used as a coating chocolate and in various confections.

- **白巧克力**包含了可可脂、糖、奶固体,一般用于制造糕点。

White chocolate contains of cocoa butter, sugar, and milk solids. It is used primarily in confectionery.

- ② **烘焙巧克力 / 混合巧克力 (俗称假巧克力)**: 它用菜油取代可可脂,添加乳化剂(卵磷脂)来防止巧克力的油脂分离。这是一种价钱实惠,无需调校温度,容易处理的巧克力。它的缺点是缺乏香味、欠光泽和缺乏口感。烘焙巧克力分为黑巧克力、牛奶巧克力和白巧克力等不同种类。

它主要用在蛋糕和酥饼的淋面以及装饰上。

Baker's chocolate or Compound chocolate: contains vegetable fat instead of cocoa butter. Emulsifier such as lecithin has been added to prevent the fat from separating from the chocolate. It is a cheaper form of chocolate. It is easy to handle and need not to be tempered. However, they do not have the flavour, gloss and the eating qualities of good chocolate. Baker's chocolate is available in dark, milk and white forms.

It is mainly used for coating cakes and pastries, and for decoration use.

可可脂是巧克力在生产程序中挤压巧克力浆时提取的脂肪,作用是稀释淋面巧克力使其流畅。也用于制作巧克力胶和巧克力雕塑喷油剂。

Cocoa butter is the fat that is pressed out of chocolate liquor when cocoa is processed. It is used to thin down melted coating chocolate to a proper consistency. To make modeling paste and for the spraying of the chocolate showpieces.

可可粉呈干粉状,从巧克力浆取去可可脂后剩余的部分,主要用于制作糕点。

Cocoa powder is the dry powder that remains after cocoa butter is removed from chocolate liquor. It is mainly used to make confections.



巧克力贮藏 Storage of chocolate

巧克力应该用铝箔纸或塑料袋紧密包裹,贮于干燥和阴凉地方(适合温度为15~18℃ / 59~65°F 而相对湿度为55%~65%,不适宜放在冰箱中)。

Chocolate should be wrapped tightly in foil or plastic bags and stored in a cool, dry place (it is better to be in cool room temperature at 15~18℃ / 59~65 °F with relatively humidity 55%~65%, but not in a refrigerator) .

巧克力斑 Bloom on chocolate

- ① **糖结晶成斑点**: 巧克力容易吸收水分,糖晶粒表层因沾湿而溶解,凝结成灰白晶粒浮现于表面,呈现白色斑点,这是贮藏不当。

Sugar bloom: chocolate is hygroscopic, when sugar crystals on the surface get moistened, the sugar dissolve, cool crystals form on the surface, the chocolate appears white. This is caused by bad storage.

- ② **油脂分离**: 不恰当贮藏和温度错误所导致。例如,将巧克力摆放在阳光照射的地方,热力只能溶解表面而导致淡黄色斑点浮面。错误的调温及搅拌不均导致脂肪结晶不均匀,条纹浮现。

Fat bloom: This is caused by bad storage and wrong tempering. For example, sun-heat is not enough to melt the chocolate, but only the cocoa fat on the surface, that leaves a yellowish white on the chocolate surface. Wrong tempering and uneven stirring lead to uneven distribution of the fat crystals which brings streak on the chocolate.

巧克力的斑点不大影响本身的食味和品质，仍可使用，经制作后能变回原本的颜色。不过，贮藏在极端温差下，仍会出现油脂分离现象。例如：温度由50℃突然降至30℃，可可脂会分离和浮现在巧克力表面，人们便误认为是发霉。

Bloom does not affect the flavour or quality. When used in a recipe, the chocolate will regain its original colour. Fat bloom will again appear if chocolate is in extreme temperature. For example, the temperature decreases from 50℃ to 30℃ suddenly, then the cocoa butter will separate and rise to the top of the chocolate like mold.



专业巧克力的调温 Tempering of Couverture Chocolate

专业巧克力不易操控，由于它对温度、湿度、日光和空气变化非常敏感，故在溶解和冷却过程时，必须小心处理。熔巧克力过程中避免水分或蒸汽滴进巧克力浆中而导致粗糙及破坏它的质感，影响倒模或淋面的功效。

专业巧克力经过加热熔化、冷却等过程，适合倒模或制造糕点，便是调温。

Couverture chocolate is difficult to work with. It is very sensitive to temperature, moisture, sunlight, and air. Melting and cooling must be done with care. Chocolate must be carefully protected from moisture (including steam). Drops of water will thicken the chocolate into rough paste and ruin its texture for dipping or moulding.

The process of preparing couverture chocolate for dipping, moulding is called tempering.

调温的原因 The reason for tempering can be explained as follow

可可脂含有多种不同脂肪，有些稳定性不足的巧克力溶解温度低至28℃，有些稳定性良好则达35℃才能熔解。当脂肪在高温下熔解、冷却后立即凝固。那些脂肪如撒种子般地均匀静止在巧克力浆内，带动其他低熔点的油脂凝固，变做完美结晶体因而导致巧克力呈现光泽及坚固。

在熔解和冷却过程中没有适当调温，不稳定脂肪晶体渐转变成稳定状况下结晶，这会破坏它的光亮，在凝固时，出现油斑。

Cocoa butter consists of many different fats. Some unstable ones melt at a lower temperature of 28℃, some other stable ones need a higher temperature of 35℃ to melt. The fats melt under high temperature, as the melted chocolate is cooled down, they are the first to solidify. They act as seeds around the rest of the chocolate, crystallize all other fats and create a very fine fat crystal structure in the chocolate. These stable fats give chocolate its good gloss and hard brittleness.

If chocolate is melted and cooled down without tempering, the unstable crystals fat gradually changing to stable form, which destroy the gloss and set with fat bloom.

熔解专业巧克力 Melting of Couverture

- 理想的工作室温应处于 20℃。

Ideal workroom temperature should be around 20℃.

- 不应直接接触热源，防止巧克力烧焦。

Chocolate should never be placed in direct contact with the heat source. This is to prevent the chocolate from burning.

- 使用没有沾水或沾油的器皿。

Use clean utensil and free from water and grease.

- 利用隔水加热法（即双重煲坐在热水中）处理，热水温度约 60℃，可避免产生水蒸气（盛载巧克力的器皿要小于热水坐盆，可避免清水进入巧克力浆内）。

Melt chocolate in a double boiler and the water temperature should be around 60℃.

The water must not boil to avoid the generation of steam (The chocolate container should be smaller than that of the water tank. This is to avoid water from getting into the chocolate).

- 小心搅拌巧克力至均匀质地，切勿弄至巧克力浆起泡沫。

Stir the chocolate carefully to get an even texture. Never beat the chocolate to avoid frothy.

- 利用微波炉熔巧克力，宜分多次用低火处理，每完成一次需要取出拌匀。

If using microwave oven for melting chocolate. Melt at a low heat and work in several intervals. Stir well after each interval.

巧克力调温 Tempering Chocolate

熔解黑巧克力温度至50℃；牛奶巧克力或白巧克力至45℃；再冷却黑巧克力温度至32℃；牛奶巧克力或白巧克力至30℃，可采用以下任何一种方法：

Working process is to melt dark chocolate to 50 °C and 45 °C for milk or white chocolate, then cool down dark chocolate to 32 °C and 30 °C for milk or white chocolate. The chocolate is cool down by either one of these method:

- ① 云石面调温法（法式）。

Tempering on marble top (French style) .

- ② 接种调温法（瑞士式）。

Vaccination method (Swiss style) .

- ③ 微波炉调温法。

Tempering in micro-wave oven.

云石面调温法 Tempering on marble top

- ① 把巧克力切成小块。

Cut the block chocolate into small pieces.

- ② 熔解巧克力至 45~50℃。

Melt the chocolate at a temperature between 45 °C to 50 °C .

- ③ 把 2/3 的巧克力溶液倒在云石表面。

Pour 2/3 of the melted chocolate onto the cool marble surface.

- ④ 用曲抹刀和刮刀推开巧克力，直至适合稠度。温度为 26~28℃，巧克力浆开始产生结晶作用。

Keep the chocolate moving by scraping with an angled palette knife and a spatula, work until the chocolate starts to thicken. The temperature will be around 26 °C to 28 °C . Crystallization takes place at this stage.

- ⑤ 把稠的结晶巧克力倒回温暖的巧克力浆中，搅拌至混合均匀，黑巧克力的温度应处于 32℃；牛奶巧克力或白巧克力应为 30℃（也是巧克力最佳使用的温度）。

Pour the pre-crystallized chocolate into the rest of the melted chocolate and stir until it forms an even mixture. The temperature should be of 32 °C for dark chocolate (best working temperature) and 30 °C for white or milk chocolate.

接种调温法 Tempering by vaccination

- ① 将巧克力切成小块或选用巧克力豆。

Chop the chocolate to be melted into small pieces or by using chocolate chips.



② 熔解巧克力至45~50℃。

Melt the chocolate to the temperature 45°C to 50°C.

③ 预削排装巧克力成碎粒或选用巧克力豆。

Then cut fine shreds from a block of tempered chocolate or use chocolate chips.

④ 徐徐加入15%~20%削好的巧克力碎至熔解好的巧克力浆中。

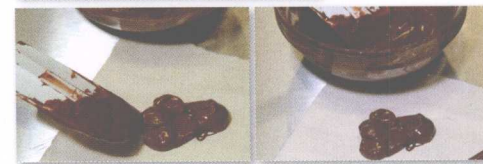
Add 15%~20% shavings of chocolate to the melted chocolate slowly.

⑤ 拌匀巧克力浆直至它的温度降至32℃。避免快速地加入巧克力碎而使巧克力碎未及完全熔解。

Stir the chocolate until the chocolate is cooled down to 32°C. Do not add the shavings too fast or they may not totally melt.

⑥ 当巧克力浆的温度达到32℃时，将未熔的巧克力碎取出。

When the temperature reaches 32°C take out those chocolate that have not yet melt completely.



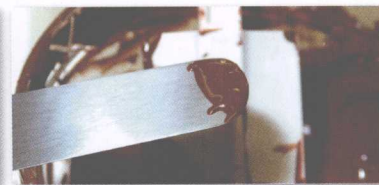
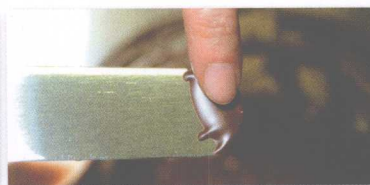
巧克力结晶的测试 To check pre-crystallization

- 把少许巧克力浆沾在刀尖上。如果调温正确，在5分钟内会均匀地凝固在刀尖上呈现光泽（工作室温为18~20℃）。

Spread a tiny amount of chocolate on the tip of a knife. If the chocolate is properly tempered, it should harden evenly within 5 minutes at working temperature 18~20°C and it should have a good gloss.

- 如果调校的温度不适合，巧克力不能凝固，便要继续调温。

If it does not, continue tempering.



微波炉调温 Tempering in micro-wave oven

① 将巧克力切碎或选用巧克力豆。

Chop the chocolate to be melted into small pieces or by using chocolate chips.

② 放入微波炉用中火加热20秒。

Put in micro-wave oven set at medium heat for 20 sec.



③ 取出拌匀。

Take out & stir the chocolate.

- ④ 回置微波炉加热20秒，取出拌匀。重复步骤直至巧克力完全溶解。

Put in micro-wave oven again for another 20 sec., take out and stir the chocolate again, repeat until the chocolate is almost completely melted.

- ⑤ 如果巧克力只差少许未溶解，则回置微波炉中加热10秒便可。

If the chocolate is almost melted, put in micro-wave oven only for 10 sec.

- ⑥ 使用前拌匀。

Stir before use.



可可粉
Cocoa Powder

白巧克力（俗称真巧克力）
White Couverture

合成黑巧克力（俗称假巧克力）
Dark Compound Chocolate

入炉巧克力粒
Baking Chocolate Drops

纽扣形白巧克力
Button White Chocolate

白巧克力片
White Chocolate Flake

巧克力粒
Chocolate Nibs

可可奶油
Cocoa Butter

黑巧克力（俗称真巧克力）
Dark Couverture

牛奶是一种天然食材，用它可制作不同的食物。它含有碳水化合物、蛋白质、脂肪、矿物质和维生素，是整个动物界必需的营养要素。牛奶是烘焙业的另类水分材料。

Milk is a natural substance, whose main function is to serve as food, and there are important advantages to be gained from the use of milk in the preparation of food. It is a food rich in carbohydrate, protein, fats, mineral and vitamins, all of which are essential to the growth of the entire animal kingdom. Milk is another important moistening agent in bakery.

牛奶应用于烘焙制品的功能

Functions of using milk in baked products

① 水分媒体。

Moistening agent.

② 可软化面粉的筋性和增加醇香效果，还可以保持食物湿润和新鲜。

Softening and mellowing effect upon the gluten of flour and helps in keeping the goods moist and fresh.

③ 牛奶内的脂肪应用于蛋糕内，能令食品味道丰富、色泽美观；牛油脂肪有助于食物松脆，改善品质和味道。

The fat: if used in cake, the fat gives richness and gloom to the products. Butter fat will help in shortening the goods and improving texture and flavour.

④ 乳糖不太甜，但能稍稍改变物品的甜度和色泽。

Lactose (milk sugar), although not very sweet, but can slightly improve the sweetness and bloom of the products.

⑤ 营养价值高，包括蛋白质、糖、脂肪和矿物质：主要磷酸盐、氯化物、硫酸盐、碳酸钠、钾、钙、镁、铁和维生素（特别是维生素 A 和维生素 B）。

Nutritional value as it consists of protein, sugars, fat and mineral substance: mainly of the phosphates, chlorides, sulphates, and carbonates of sodium, potassium, calcium, magnesium, iron and vitamins: particularly A and B.

各种乳制品的成分组合

COMPOSITION of MILK PRODUCTS

	水 % Water	脂肪 % Fat	奶固体 (蛋白质、乳糖、矿物质) % Milk solids (protein, lactose, minerals)
鲜奶全脂 Fresh, whole	88	3.5~4	8.5
鲜奶脱脂 Fresh, skim	91	0.3	9
全脂淡奶 Evaporated, whole	72	8	20
脱脂淡奶 Evaporated, skim	72	微量 Trace	28
炼奶 Condensed milk	31	8	20
全脂奶粉 Dried, whole	1.5	27.5	71
脱脂奶粉 Dried, skim	2.5	微量 Trace	97.5

新鲜全脂牛奶 Fresh whole milk

全脂牛奶直接从乳牛体内挤出，没有抽取或添加其他物质（除了加入维生素D）。它含有：

Whole milk is fresh milk as it directly comes from cow. With nothing removed nor added (except when fortified with vitamin D). It contains:

- 水分87.5%
87.5% water
- 乳糖4.6%
4.6% lactose (milk sugar)
- 脂肪（奶脂或牛油脂）3.6%
3.6% fat (known as milk fat or butter fat)
- 酪蛋白或乳凝3.1%
3.1% casein or curd
- 蛋白质0.4%
0.4% albumen
- 矿物质0.8%
0.8% mineral substance

新鲜脱脂牛奶 Fresh skim milk

将全脂奶置一旁静待，牛奶里的脂肪的密度相对其他物质较低，所以会浮在牛奶表面凝成一层乳皮，撇去那层乳皮或是利用牛奶分离器取去乳皮，便是脱脂牛奶。

If full cream milk is allowed to stand undisturbed, the fat being lighter than the other constituents of milk will rise to the top and can be separated by skimming the cream off, or by passing the milk through a mechanical separator. This is known as skimmed milk.

新鲜牛奶和脱脂牛奶的形式

Fresh whole milk and skim milk are available in several forms

消毒牛奶（巴氏德式杀菌）先将牛奶加热至71.7℃达10~15秒把细菌杀死，再立即凉至3~5℃，然后放入已消毒的器皿。该器皿应写上“巴氏德式杀菌处理”、使用日期作提示（贮藏于冰柜3~4℃）。

Pasteurized milk involves the heating of the milk to 71.7℃ for a period of 10~15 seconds to kill bacteria and then immediately cooled down to 3~5℃ and then filled under strict hygienic control into closed containers. The container must carry the inscription "PASTEURIZED" and notice together with the expired date by which it can be used (Store in refrigerator at a temperature of 3~4℃).

均质化牛奶经过均质处理后奶油没有被分离。这个程序是把牛奶强行穿过微细小孔，脂肪小球被迫分开成小微粒，均匀地分布于牛奶中。

Homogenized milk has been processed so that the cream does not separate out from the milk. This is a process by forcing the milk under pressure through very tiny holes, with the result that the fat globules are so finely divided that they remain in suspension through out the body of the milk and evenly distributed.

超高温杀菌牛奶这种牛奶是没有细菌存在的，因经过高温消毒和密封。没有开启的牛奶贮存在室温下便可。

Ultra High Treated Milk (UHT) the milk for sale is germ free, germ proof, and proof against the entry of both light and gases. It can be stored in room temperature when not opened.

淡奶（花奶）分全脂和脱脂两种。首先经过巴氏德式杀菌，然后把水分浓缩至60%，立即降温

至4℃以下入罐、密封和杀菌。淡奶用于制作食物时味道比较浓郁。

Evaporated milk is either in whole or skim. The milk is first pasteurized and then concentrated with about 60% of the water. It is then quickly cooled below 4℃, canned, sealed and sterilized. Evaporated milk has a somewhat cooked flavour.

炼奶是一种全脂奶牛奶的60%水分被除去，再加入大量砂糖。炼奶含有41%糖（蔗糖）。

Sweetened condensed milk is whole milk that has had about 60% of the water removed and is heavily sweetened with sugar. Condensed milk also contains 41% sugar (sucrose).

全脂奶粉是经过喷射式杀菌程序而制成。牛奶由浓缩至被蒸干成细粉状。它的保存期比较短，因为当中的牛油脂肪仍存于产品内，容易使奶粉腐臭。奶粉应买小分量并贮藏于阴凉地方。使奶粉变回牛奶，用450克奶粉与4升清水调匀便可。

Dried whole milk is whole milk made by “spray” process. By which milk is dried to fine powder. It has poor keeping qualities, because it still contains the original butter fat, which can become rancid. Therefore, it should be purchased in small quantities and always stored in a cool place. To reconstitute milk powder: use 450g milk powder to 4 L water.

脱脂奶粉是一种干制成粉末状的脱脂奶，品种分为普通和即溶（加入清水而迅速溶解。使奶粉变回牛奶，可用450克奶粉与4升清水调匀便可）两种。

Dried skim milk is skim milk that has been dried to a powder. It is available in regular form and in instant form, which dissolves in water more easily. To reconstitute milk powder: use 450g milk powder to 4 L water.

发酵乳制品 Fermented Milk Products

牛油奶是一种加工制品，把一些培养细菌放入已成熟奶油中，置牛油搅乳机内搅拌，在搅拌过程中，细菌会把乳糖转化成乳酸，牛油成分会被分离，浮于渣滓上层的便是牛油奶。与食用苏打粉混合会产生二氧化碳气体，常用于制作烤饼。

Butter milk is the by-product obtained in churning the butter from ripened cream which is cultured by bacteria, which converts the milk sugar to acid. The butter separates out and the left over is called as butter milk. It is mostly used in scone making, which reacts with baking soda, to produce carbon dioxide gas.

酸奶油加入乳酸菌来培养或使其发酵制成，有比较浓厚和轻微刺鼻的味道。这种奶油含有18%脂肪，广泛用于制作芝士蛋糕（乳酪蛋糕）。

Sour cream has been cultured or fermented by adding lactic acid bacteria. This makes it thick and slightly tangy in flavour. It has about 18% fat. It is widely used for making cheese cakes.

乳酪牛奶（全脂或低脂）用特种细菌培养，市场上可找到不同味道的乳酪。

Yogurt is milk (whole or low fat) cultured by special bacteria. Different flavours are available in the market.

奶油全脂奶内的脂肪——不同形式的新鲜奶油存有不同脂肪含量。

Cream Fat contained in whole milk.—— Various types of fresh cream, differ in their fat content, are available.

- 奶油的脂肪含量是30%~40%。

Whipping cream has a fat content of 30% to 40%.

- 轻奶油的脂肪含量是30%~35%。

Light whipping cream has a fat content of 30% to 35%.

- 重奶油的脂肪含量是36%~40%。

Heavy whipping cream has a fat content of 36% to 40%.

- 浓厚奶油的脂肪含量是48%。

Double cream has a fat content of 48%.

注：奶油的标签如果写有“超级巴氏德式杀菌处理”等字样，可比一般奶油贮藏久一点，但是不容易打发。

Remark: whipping cream labeled Ultra pasteurized can be kept longer than regular pasteurized cream, but it is not easy to be whipped well.

芝士 Cheese

奶油芝士（奶油乳酪）是一种柔软、新鲜芝士，但是脂肪含量高达35%，一般用来制作浓厚味道的芝士蛋糕、冷冻甜品和慕斯。

Cream cheese is a soft, unaged cheese, but it has a higher fat content, about 35%. It is used mainly in rich cheesecake, cold dessert and mousses.

马斯卡邦芝士主要制作意大利芝士饼。

Mascarpone cheese is used mainly in making Tiramisu.

丽可塔芝士主要制作甜品。

Ricotta cheese is mainly used in making desserts.

马祖里拉芝士主要制作比萨饼。

Mozzarella cheese is mainly used in making pizza.

切达芝士和帕马森芝士主要制作饼干。

Cheddar cheese and **Parmesan cheese** are mainly used for biscuits.

新鲜液体鲜奶应用在烘焙制作指引上

Guidelines for using fresh liquid milk in baking

- ① 全脂奶含脂肪，所以必须把它与面团用的脂肪量一起计算。

Whole milk contains fat, which must be calculated as part of the shortening in the dough.

- ② 酸性材料，例如柠檬汁、塔塔粉、发粉等不要直接加进牛奶，它会造成凝乳现象。

Acid ingredients, such as lemon juice, cream of tartar, or baking powder, should normally not be added directly into milk, since they will curdle.

乳制品的贮藏 Storage of Milk Products

- ① 新鲜牛奶、奶油、牛油奶、芝士和其他已发酵乳制品必须贮藏在4℃冰箱里。

Fresh milk, cream, butter milk, cheese and other fermented milk products must be kept refrigerated at 4℃.

- ② 未开启的淡奶可贮藏在阴凉地方；开启后的淡奶应放在冰箱里贮藏。

