

甜絲絲



Café 甜點

Exquisite Cafe Desserts



黃盈瑩 編著 萬里機構 飲食天地出版社 出版



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為你的下午茶增添浪漫色彩

To add romance to your afternoon tea



一杯好喝咖啡，可以在哪裏找？想找人去喝杯咖啡，倒不如在家裏炮製一杯獨特咖啡，增加生活情趣。

where to find a tasty coffee? Instead of looking for someone to have a coffee with you, why not just staying at home and make a unique coffee to add interest to life.



一件美味糕餅，充滿 "住家式" 的幸福滋味。
A delicious confectionary is full of home feeling and happiness.



一本café美點書，
助你的下午茶增添浪漫溫馨。

A cookbook for café dessert helps you add romance and warmth to your afternoon tea.



黃盈瑩 *Stella Wong*

自幼愛煮甜品、愛吃甜品，對烘焙食品情有獨鍾，閒時更會撰寫食譜，與同道中人分享製作經驗，現為家政中心烘焙導師和會所興趣小組導師。她的啟蒙老師為高級酒店餅師杜智翔，其後更跟從多位名師學習烘焙技術，常常到世界各地觀摩糕點製作，也會替人做蛋糕和宴會小點。曾著有《開一間甜品店》、《輕食小茶餅》。

Stella Wong, is a passionate of food, devoted herself to bakery and dessert making since her childhood. In leisure time, Stella will write cookery books for her interest, sharing her joys of baking experience with others. At now, she is a part-time cooking instructor of cooking center and interest group of club-house. Her mentor is Mr. To Chi Cheung, a senior pastry chef of 6-stars hotel. For acquires knowledge of food, she had learned the bakery from different pastry chefs and visited around the world to get more inspiration of bakery for fun. Sometimes, she will take order of making cakes and party food. Her first book, "Run Your Dessert House"and"Mini Cakes, Muffins and Pound Cakes in Patisserie" .

Café
甜點

Exquisite

Café Desserts



黃盈瑩編編著

萬里機構 · 飲食天地出版社出版

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前言 Foreword

There are not many coffee shops in Hong Kong. The major market was shared by two or three famous foreign chain stores. Compared with Taiwan, coffee shops in Hong Kong are relatively inferior. Coffee shops in Taiwan sell a great variety of beverages, e.g. mango mocha, waxberry green tea etc. and are not limited to coffee, tea and so on. A cup of coffee or smoothie served with a "slices" or "bars" is not only the most suitable matching but also a perfect food combination for enjoyment. It may drive people to leave their work temporarily, to drop from worry and to enjoy a short period of happiness. This book has made reference to the beverages of Taiwan's coffee shops. For desserts, I use the simple way of preparing, abandon the exaggerative way of decoration with cream. However, I use a great amount of butter and chocolate as the main ingredients for making the desserts. Although I have already reduced the sweetness and fat portion of the recipe, I still recommend you not to over consume them. However, in order to satisfy our intensive fond of food, we may do appropriate exercises after having the desserts, and there will be no problem of eating a bit more. Whenever I am in bad mood, I will have a cup of hot chocolate, which always makes me feel solid and forget all vexation. I later discovered in some documents that chocolate could help to reduce stress, so you may try it when you come across such situation next time.

Here, I would like to thank the editor, Johnny, the photographer; Auntie Cecilia, Ms Fung Wah Ching and Ms Law Wan Sze for their assistance in completing this book smoothly. I would also like to express my special thanks to Maxly Food Company Ltd for their supply of all products of VALRHONA for photo shooting.

A year ago, the lady editor suggested me to write a cook book with "Bars and Slices" as the main theme. I was attracted by this topic and decided to accept this task. However, due to my sluggishness, I stopped from time to time in preparing the book and as a result, delayed in completing the task. After being urged by the lovely lady and a completion deadline fixed, I unexpectedly finished the task at full speed within a few months. This tells us that a person's potential will be unleashed whenever he is put under pressure. So appropriate pressure is necessary in life. If people live without pressure for a long period of time, they will not be enthusiastic and never make progress.

Stella Wong

Written in a warm winter night

香港的咖啡店數目不多，主要由兩、三間著名的外國品牌連鎖咖啡店佔據大部份市場；相比於台灣，香港的咖啡店就比較遜色了。台灣咖啡店所售賣的飲品類別有很多，如芒果摩卡、梅子綠茶……不會局限於只售賣咖啡、紅茶等等。享用一杯咖啡或特飲時，配上一件slices或bars，不但是最佳拍檔，還是極完美的食物組合。享受咖啡和小食可驅使人們暫時放下工作，暫忘煩憂，好好享受一刻閒適。這本書參考台灣咖啡店的飲品以作編寫藍本；餅類則採取簡單做法，放棄浮誇的忌廉裝飾，不過主要材料仍然用了大量牛油和朱古力來製作餅食，雖然我已經改良了甜度和減少油脂份量，我還是建議大家不要過量食用。話雖如此，有時為了滿足饞嘴，吃罷後只要做適當運動，那麼，多吃一點也無妨。每當心情低落時，我會沖一杯熱朱古力飲用，頓時我會覺得很充實，所有煩惱迅即消失。後來在一些文獻上找到答案，原來朱古力可助舒緩神經，下次你遇到相類似的情形，也可以試一試。

在此，再次多謝編輯、攝影師Johnny、Auntie Cecilia、馮華青和羅韻詩等各位朋友的幫忙，才可順利完成此書。還要感謝 Maxly Food Company Ltd. 供應本書所有VALRHONA朱古力產品供拍攝之用，特致萬分謝意。

幾句後話：一年前，編輯小姐提議我寫一本食譜書，以條狀蛋糕 (Bars and Slices) 為主題，我最喜歡做蛋糕，所以欣然接受。但由於自己的懶散，邊做邊停，試完又試，九個月過去了，竟然尚未完成。經編輯小姐的軟硬兼施，再三催促下，幸好還能在“死線”前火速完成。由此推論，人身處在有壓力的環境下，潛能會爆發，所以適當的生活壓力是必須的。如果人長期活於沒有壓力的狀況，做事變得欠積極，就不會有進步了。

黃盈瑩

寫於某一個溫暖冬天的晚上

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咖啡館給你是怎麼樣的感覺？

What Feeling Does a Coffee Shop Give to You?

每到Tea time的時候，香醇的咖啡味道，焗爐裏的烘焙香氣，隨着微風悄悄飄送到街上，可能是受到午後和煦陽光的溫柔撫摸，四週氛圍顯得寫意悠閒，人們會不自覺地走進咖啡館，享受一頓輕便小吃，飲用醇香的咖啡，就讓這個下午消磨在咖啡、茶香和美味餅點上，為偷閒的時光譜出浪漫色彩。

Whenever tea time comes, the scent of coffee and the aroma of baked food from an oven, will fuse with the breeze and waft across the street. However, perhaps the genial stroke of sunlight in the afternoon, the atmosphere seems to be full of relaxation and leisure. People will then naturally walk in coffee shops to enjoy some light snacks and a cup of fragrance coffee. Let's spend an afternoon with coffee, tea and delicious confectionaries and to compose some romantic colour in this leisure time.

1. 咖啡館是城市人第二個家

Coffee shop is another home of city people

法國詩人巴爾札克說：“我不在家，就在咖啡館；我不在咖啡館，就在往咖啡館的路上。”咖啡館是法國人每天必到的地方。這與星巴克的總裁Jim Donald於電視訪問中談及咖啡館經營理念相若，他說：“星巴克是每位客人心目中的第二個家，所以許多顧客好像是家人。因此，咖啡館的環境、氣氛和室內設計會以一個舒適的家為藍本，由上網設施、閱讀書桌、闊大的沙發，讓顧客舒適自在地閱讀、閒談和享受片刻寧靜，不時會播送輕音樂，令到緊繃的情緒得以放鬆。”另一大型連鎖咖啡店Pacific Coffee的經營理念也是一樣，咖啡館是城市人的第二個家，所以無論環境、氣氛營造和擺設等，都仿照一個夢想的溫馨家庭，有柔和燈光、美味食物和暖烘烘的感覺。不過，獨立式經營的小型咖啡館給予你不一樣的感覺，每個角落充滿着店主的個人風格，有些會以溫馨家庭式為主；有些會充滿粗獷豪邁感覺；有些會充滿藝術氣息。總括而言，隨着熾熱的咖啡文化不斷擴散，各式各樣的咖啡館在世界角落滋生蔓延，給予許多城市人可供身心靈魂暫時停駐的角落，得以喘息和避靜，所以咖啡館的魅力能讓人暫時放下煩憂，獨享片刻的歡愉，為疲憊不堪的身軀給予歇息的空間。

Honore de Balzac, a French poet, said, "When I am not at home, I will be in a café; when I am not in a café, I will be on the way to a café." Café is a place where French must go every day. The idea is similar to the talk made by Jim Donald, the CEO of Starbucks, on a TV programme one day on how to manage a café. He said, "Starbucks is the second home of each customer, so every customer is our family member. The environment of our café, the atmosphere and interior design will be made on the basis of a comfortable home. From internet services, reading tables, broad sofa, we provide customers with a comfortable and free place to read, chat and to enjoy a brief moment of peace. We will broadcast classic music to make you relax. The management concept of another large scale café chain, Pacific Coffee, is also the same. Café is the second home of city people, so its environment, atmosphere and settings are modeled on a warm home. It has soft lightings, delicious food and warm feeling. But, small cafés give you a completely different feeling. Every corner is filled with the unique style of the shop owner. Some are run in warm family type; some are full of rough and heroic feeling; and some are full of sense of art. In brief, the spreading of coffee culture will lead to the setting up of cafés in every corner of the world which provide a resting corner for thousands of people, both physically and mentally. So the charming of a café is that it may let people put away their worry and have a short period of joy. It also provides a resting space for our exhausted bodies.

2. 窩在咖啡館裏的好日子

Good days in a café

一間好的咖啡館，除了提供優質咖啡來撫慰對咖啡因渴求的人士外，它還可以給予時尚與人文氣息兼具的閱讀空間，莘莘學子愛在這裏流連和閒聚；亦是上班族用來工作開會的臨時辦公室；亦是讓城市人暫時逃離喧鬧生活的中轉站；亦可以變成聊大或說三道四的秘密基地……至於咖啡館的店主則是他們的個人夢想，為了逃避工作不遂的狀態，或是為了宣洩懷才不遇的慘況，於是毅然花

大量金錢為自己建造夢想咖啡館，並讓城市裏的諸多閒人得以來此做白日夢或是舒緩工作壓力的安樂窩。對於咖啡館，我們會有太多情感、太多回憶、太多說不完的故事，不如享用一塊小餅，飲用一杯花茶或咖啡，坐於咖啡館的一角，開始聽聽別人說的故事，滿足一下潛在性八卦因子，享受聽是非的樂趣，或許偶有所得呢！哈……哈……哈……

Being a good café, besides providing high quality of coffee to satisfy the needs of customers on caffeine, it also provides room for reading, which is trendy and can fuse with the atmosphere of culture. Students love to wander and gather in a café. A café is therefore also a temporary office for the white collars to hold meeting; a place of transit for people to have a short period of escape from hubbub; it may also be a secret base for chatting etc. As for the owners of café, running café is their own dream. Café is a place of escaping from the failure of work or venting their tragic situation of not being appreciated in work. They therefore resolutely inject a great amount of capital to set up their own dream café and let people with nothing to do to treat it as a snug den for daydreaming or to relieve work pressure. For café, we may have too many emotions, memories, and endless stories. Let's have a small cake and a cup of flower tea or coffee and take a seat at a corner of a café to start listening to a story of someone else and enjoy the joy of gossip. You may achieve something in return.



如何選取優質咖啡？

How to Choose High Quality Coffee?

咖啡豆生長地帶遍佈全球三大洲，不同地理環境、氣候和加工處理程序會直接影響到咖啡的品質。因此，地理環境因素所產生的差異，將會決定咖啡風味的重要關鍵。咖啡豆的地域不同，風味各異，主要分成拉丁美洲、非洲 / 阿拉伯、亞洲 / 太平洋咖啡豆等。

Coffee plantations abound throughout three continents of the world. Quality of beans is dependent not only on the coffee's growing regions and climate,

but also on its method of process. So, difference in geographical conditions is the key point of producing coffee of distinctive flavour. Coffee beans from different regions usually have distinctive flavour. They are mainly divided into Latin America, Africa/Arabia and Asia/Pacific.

1. 不同區域的咖啡豆，味道各異

Coffee beans from different areas will have different flavour

- 拉丁美洲的咖啡豆，主要產區為哥倫比亞拿里諾和瓜地馬拉提瓜，它含朱古力味道和恰當的酸度，因為酸度能中和咖啡的苦澀味道，讓味道平衡，所以給人有股清爽感覺。

Coffee beans from Latin America are mainly produced in Narino of Columbia and Antigua of Guatemala. They have chocolate flavour and balanced PH. As acidity may neutralize the bitter flavour of coffee beans, so this kind of coffee bean has a balanced flavour which provides a fresh feeling to people.

- 非洲/阿拉伯的咖啡豆，主要產區為肯亞、衣索比亞斯丹摩和阿拉伯聖那里等，它含有獨特香氣，如檸檬、西柚、花香和朱古力味，所以在味覺變化上層出不窮，加上含有果酸香氣，故製品帶有舒服的酸度，能散發高雅的氣味，所以這區的咖啡豆顯得特別稀有、珍貴和完美。

Coffee beans from Africa/Arabia are mainly produced in Kenya, Sidamo of Ethiopia and Sanani of Arabian. They have unique aromas such as lemon, grapefruit, floral aromas and chocolate flavour, so the flavour is complex. As they are having the fragrance of fruits, so products consist of appropriate acidity and distributing an elegant aroma. Coffee beans in this region are therefore rare, precious and perfect.

- 亞洲和太平洋的咖啡豆，味道複雜中帶點優雅，濃度適中，口感幼滑，酸度低，含淡淡大自然香氣，予人平實的感覺。

Coffee beans from Asia/Pacific are of complex and elegant flavour. They are of appropriate concentration, smooth mouthfeel and low acidity. They are having an earthy flavour which gives people a solid feeling.

2. 各具特色的咖啡豆

Coffee Beans

產區 Place of Origin	濃度/特點 Characteristics	味道 Flavour	質感 Texture	搭配食物 Matching Food
哥倫比亞拿里諾 Colombia Narino	適中 Moderate	含核桃香味 With walnut aroma	幼滑 Smooth	硬殼果或焦糖類食品 Nuts or food with caramel
安提瓜 Antigua	完美·豐富 Perfect, rich	帶點精純酸度 Of some acidity	幼滑 Smooth	硬殼果、朱古力、焦糖 或蘋果類食品 Nuts, Chocolate, food with caramel or apple
肯亞 Kenya	適中 / 複雜口感·冷熱 飲用皆宜 Moderate / complex mouthfeel, suitable for serving hot or cold	濃郁兼有水果般的酸度· 含西柚和酒香 Rich with some acidity of fruits, has grapefruits and wine	粗中帶點幼滑 Rough with little bit smooth	水果類食品 Fruits
衣索比亞斯丹摩 Ethiopia Sidamo	適中 Moderate	輕柔的花香·味道清新 With soft flowery fragrance of fresh flavour	粗中帶點幼滑 Rough with little bit smooth	檸檬或香草類食品 Lemon or food with herbs
阿拉伯聖那里 Arabian Sanani	醇厚 Mellow	具酒香·莓果和朱古力 味道 Of wine fragrance, berry- like and chocolate flavour	極幼滑 Fine and smooth	朱古力、水果和香草類 食品 Chocolate, fruits and food with herbs
蘇門答臘 Sumatra	醇厚 / 渾厚口感 Mellow/rich mouthfeel	擁有自然草本或淡淡辛香 味道 Possess of natural herbs or light spicy flavour	幼滑 Smooth	肉桂、牛油、楓葉糖或 燕麥類食品 Cinnamon, butter, marble syrup or oatmeal
蘇拉維西 Sulawesi	濃郁 / 複雜的味道層次 Rich / complex flavour	擁有典雅氣質和淡淡甜味 Possess of classical quality and light sweet flavour	極細緻幼滑 Fine and smooth	芝士、牛油、焦糖和蘋 果食品 Cheese, butter, food with caramel and apple

揀選了優質的咖啡豆後，按它的特質而選用恰當的加工處理方法，如採摘後以水洗式、半水洗式、日曬或烘焙方法等不同方法，經細心處理後的咖啡豆才能充份發揮它的特質。專業咖啡專家認為從選豆、製豆、烘焙和調製咖啡，整個過程必須細心和認真，才能得到完美效果。換句話說，一杯完美的咖啡必須具備最佳香氣、醇度和風味，創造出豐富口感，令人喝後得到歡愉的感覺，所以烘製咖啡的整個過程是一種充滿藝術與科學精神的技術，學問十分深博。

After selection of high quality coffee beans, a suitable method of processing

has to be applied according to its distinguishing characteristic, e.g. wet process, semi dry process, and dry process or roasting in order to bring out its unique flavour. Professional coffee specialist believed that every step of coffee making, starting from picking, processing, roasting and brewing, must be attentive and careful in order to achieve a perfect result. That is to say, a cup of perfect coffee must have the best fragrances, mellowness and flavour, rich mouthfeel and makes one have the feeling of happiness after drinking. So, the entire processes of producing coffee are full of artistic and scientific skills and require an in-depth knowledge.



為自己調一杯獨特咖啡

Making a Cup of Unique Coffee

在家弄一杯醇香咖啡是非常容易的，只要跟從以下程序，你便可以得到美好結果。

It is very easy to make a cup of coffee at home, you only need to follow the following procedures and may then achieve the best result.

1. 預備

Preparation

調製咖啡前，先揀選適合自己口味的咖啡，然後按個別需要把咖啡豆研磨至適合的粗幼度，以配合沖調器具。

Choose your favourite kind of coffee and grind the selected coffee beans to your preferred texture and place them in the appropriate coffee maker.

- 粗粒咖啡：應用濾壓式咖啡壺

Coarsest coffee: should use Fresh Press

- 中等粗度咖啡：應用平底滴漏式咖啡壺

Midway: should use Coffee Brewer

- 幼細咖啡：應用錐型過濾器

Fine: should use Moka Brewer

- 極細幼度咖啡：應用專業級特濃咖啡機

Finest: should use Espresso Machine

使用刀刃式磨豆機必須邊搖邊磨，研磨後的咖啡粉才能變得均勻。如果咖啡在研磨過程中出現不均勻情況，會直接破壞咖啡的原味和香氣。

咖啡專家建議
Professionist's Advice

When using burr grinders, you have to shake it while grinding so as to "mill" the coffee to a reasonably consistent size which produces a more even extraction, otherwise the original flavour and aroma of coffee will be damaged.

2. 調製

Brewing

- 把優質水煮滾。
- 靜止1~2分鐘，溫度介於90℃~96℃。
- 每次按所需份量沖調，建議180毫升水配10克咖啡粉。
- 最佳飲用咖啡的溫度為86℃。
- Bring water to the boil.
- Let stand for 1-2 minutes until temperature reduced to around 90℃-96℃.
- Make according to your preferred amount, and 180ml water mixed with 10g coffee ground is recommended.
- The best temperature for serving is 86℃.

1. 利用滴壓式的咖啡壺，好處是不用把咖啡豆磨得太幼細，略粗的質感，加入90℃~96℃熱水浸泡2~4分鐘，再將不銹鋼濾網壓下，沖出來的咖啡味道更加幼滑和香醇。

咖啡專家建議
Professionist's Advice

The advantage of using French press is that coffee beans are coarse grind. By adding water of 90℃ - 96℃ into the water, leaving to brew for 2-4 minutes, then depressing the plunger to separate the coffee at the bottom of the jug, coffee brewed in this way is smooth and captures more of the coffee's flavour.

2. 咖啡研磨度和份量搭配有一定標準，太幼細的咖啡粉只會釋出苦澀味，所以無論咖啡和水份比例都會直接影響到咖啡品質。

There is a standard for the fineness of grounds and portion of coffee. If grounds are too fine, they will produce a bitter taste. So, ratio of grounds to water will directly affect the quality of coffee.

咖啡專家建議
Professiona. Advice

3. 咖啡不宜直接上火煮沸，否則製品會過於苦澀，破壞咖啡味道。

Coffee should not be boiled directly with fire, otherwise it will be too bitter and the flavour of it will be damaged.

4. 咖啡置於咖啡機上保溫不宜超過20分鐘。

Brewed coffee should not be left in a coffee maker for more than 20 minutes.

5. 翻熱的咖啡會失掉原有風味。

Re-heating coffee will make it losses its original flaovur.

6. 沖調後的咖啡殘渣應棄去不用，因為殘渣含大量苦味，香味已失。

Coffee debris should not be used after serving as it is bitter and losses its aroma.

3. 貯藏

Storage

濕度和溫度會直接影響到咖啡的品質，所以咖啡必須放在乾燥和低溫地方貯藏，確保不會變質。

Humidity and temperature will directly affect the quality of coffee. So, coffee must store in dry and low temperature rooms in order to preserve its quality.

1. 估計2星期內可飲用完的咖啡份量，應置放在密封容器內，擺放在陰暗處。

咖啡專家建議
Professiona. Advice

For coffee that estimated to be finished within 2 weeks should be stored in a sealed container and placed in a cool area.

2. 暫時不會飲用的咖啡豆應放在冰箱中貯藏。

Coffee beans that will not be consumed in a short period of time should be kept in a freezer.

3. 解凍後的咖啡豆，應儘快飲用，因為解凍過程中，咖啡豆會吸入水份，讓它們喪失風味。

Coffee beans that have been defrosted should be finished as far as possible as the beans will absorb moisture during the process of defrosting and then loss its distinctive flavour.

4. 咖啡儲存期限：咖啡原豆(未經處理)可貯放1年；經烘焙的咖啡豆的貯存約7~14天，如果咖啡豆經研磨後，只可貯放4~5天。

Period of Storage: Whole bean (fresh) may be stored for 1 year; while roasted bean may be stored for 7-14 days. For grind one, it can only be stored for 4-5 days.