

烘 焙 工 房



歐陸

健康麵包

European Bread

王宏 編著

萬里機構 · 飲食天地出版社出版



烘焙工房

歐陸健康麵包 · European Bread

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專業烘焙師利用五種常用麵糰，教您做出新鮮麵包。

法包麵糰，易學難精，回味無窮；

黑裸麥麵糰，味道醇香，有嚼勁，歐陸麵包的必然之選；

軟包麵糰，質感綿密如絲絹般細緻，讓您吃不停口；

牛角包/丹麥包麵糰，層次分明，無論質感和味道，永遠能滿足每一個味蕾的要求。

每天都可以在家中享受麵包香氣繚繞的情景，您還在等甚麼？動手吧！

Professional patisserie chef teaches you how to make fresh homemade bread with five types of commonly used dough:

Baguette dough: easy to make but take time to perfect;

Rye flour dough: aromatic and chewy, a popular choice for euro-bread;

Soft flour dough: soft and smooth silky texture, irresistible;

Croissant/ Danish pastry dough: distinctive texture and taste, satisfying.

Let's start and make some aromatic homemade bread now!



王宏

資深包餅師，擅長麵包製作，師承多位外國專業包餅師，為了把烘焙技術提升，不斷鑽研書本、觀摩參訪各國烘焙展覽，並與外國包餅師作技術交流。

工作簡歷：

1987-1989 龍島食品有限公司
1989-1990 君悅酒店
1990-1992 港麗酒店
1992-1993 港島香格里拉酒店
1993-1994 悅來酒店
1994-1996 中國廣州皇室堡餅店
1996-1997 富麗華酒店
1997至今 君皇麵包有限公司

Mr Wong Wang is an experienced baker who has learnt various bread-making techniques from a number of professional bakers from abroad. In order to elevate his own skill and knowledge, he has incessantly done book researches, visited many exhibitions on bakery and exchanged techniques with international bakers.

Work Experience:

1987-1989 Lucullus
1989-1990 Grand Hyatt Hotel
1990-1992 Conrad Hotel
1992-1993 Island Shangri-La Hotel
1993-1994 Panda Hotel
1994-1996 Guangzhou Royal Castle Bakery
1996-1997 Furama Hotel
1997- now King's Bakery Ltd.

歐陸健康麵包

European Bread



王宏 編著 萬里機構 · 飲食天地出版社出版

前言：一個麵包師對麵包的堅持

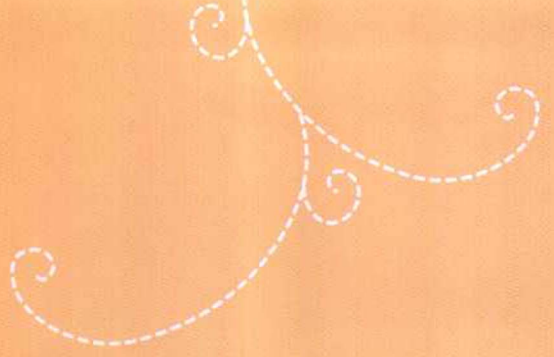
Preface: The faith of a baker

陣陣香氣飄蕩空氣中，吸引過路的人駐足在麵包店前，饞饞地看着一盤盤剛出爐的麵包。那些麵包脹鼓鼓的、滿身金黃柔嫩的光澤，加上濃郁的麵麥和牛油的香氣瀰漫店堂，讓人不由得產生一股立即咬一口的衝動。麵包出爐之時，店裏總是有一條輪購的人龍。我相信，任何一個麵包師看到這種情景都會感動不已的，因為自己做的麵包得到大家的賞識嘛！

從事麵包製作接近二十年了，由一名學徒做到五星級酒店的總麵包師，還開了屬於自己的麵包店，自有一份滿足感。回首過去，曾經和許多不同國籍的麵包師共事，他們分別來自瑞士、美國、德國、法國、澳洲、紐西蘭、比利時和台灣等等。在技術交流的過程中，發現西方麵包與東方麵包有着很大的分別。西方麵包注重質感和嚼勁，每一口都那麼耐嚼，每一口都溢滿濃郁的麥香，真是越吃越香。麵包中還包含了大量高纖維的裸麥和雜乾果等，低糖、低油脂、保貯期長，是比較健康的品種；東方麵包則着重花式，要求質感鬆軟，餡料也千變萬化。因為着重柔軟的質感，強調可口的味道，所以麵包中糖和油脂的含量也相對較高。有見及此，我便取二者之長，互相配合，一方面秉承西方麵包注重健康的理念，堅持採用天然材料；另一方面也會像一般東方麵包師那樣顧及質感和口味，使麵包鬆軟度適中，達到既健康又可口，創製出結合中西麵包優點的“歐陸健康麵包”。而它們確實廣受客人歡迎，贏得不錯的口碑。

縱觀市場上的麵包製作書籍不少，卻沒有一本以“中西合璧”為理念的麵包書，實在遺憾。剛好有機會認識到萬里機構的編輯，大家坐下暢談一番之後，決定把本人近20年來的麵包製作理念和經驗，編寫成書，與讀者們分享。為了讓讀者也可以在家焙烤麵包，故把食譜份量和做法改良成家庭式做法，讓有興趣在家做麵包的人士，也可天天在家自製新鮮麵包。

王宏






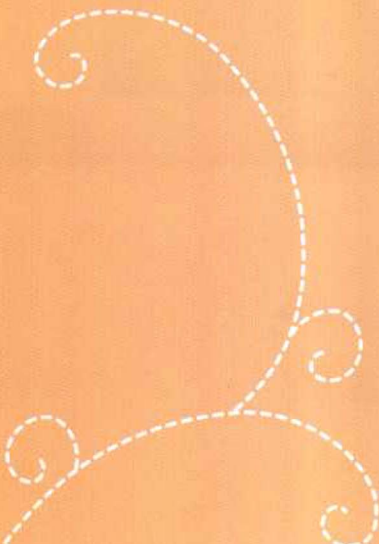



When trays of freshly-baked bread are taken out from the ovens, they can usually enchant the passers-by with the blossoming bodies of bread glazed with a soft golden-lustre. Together with the irresistible aroma of wheat and butter, many people will be tempted to buy one and indulge themselves in it. I am sure that every baker will be deeply touched as his bread is enjoyed and appreciated by others.

Having worked in the bread making business for nearly 20 years, being promoted from an apprentice to a head baker of a five-star hotel and then running my own bakery, I pride myself in it. In retrospect, I have worked with bakers of different nationalities, for instance, Swiss, US, German, French, Australian, New Zealander, Belgian and Taiwanese. During the course of skill exchange, I found that there are big differences between western and eastern breads. Western bread has a fuller texture and each bite of it will fill your mouth with the flavour of wheat. In addition, the bread contains rye and dried fruit, which are high in fibre. Being low in sugar and fat content while having a long shelf life, it is a healthy produce. On the contrary, eastern bread is more sophisticated in style with a softer texture and a great variety of fillings, and therefore, containing higher level of sugar and fat. In the light of this, I have combined the best of both worlds, for instance, upholding the healthy concept of western bread by using natural ingredients while enhancing texture and flavour, in order to create a tasty and healthy "Euro-healthy Bread" which is well-received by all.

However, despite the availability of numerous bread-making books, it is a pity that none of them is written on the basis of "East meets West". After discussing this concept with Wan Li Books Company Limited, I decided to share my knowledge and experience of bread-making for almost 20 years with my readers. To facilitate bread-making at home, I have modified the ingredients of recipes and procedures, hoping that all interested parties can make their own homemade bread everyday.

Wong Wang



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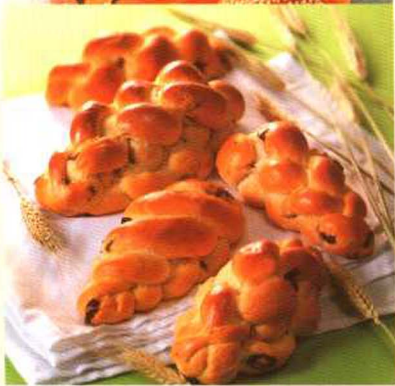
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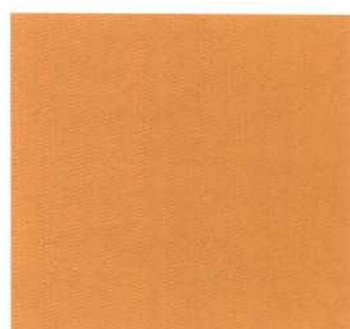
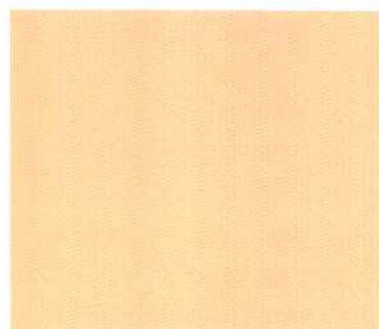
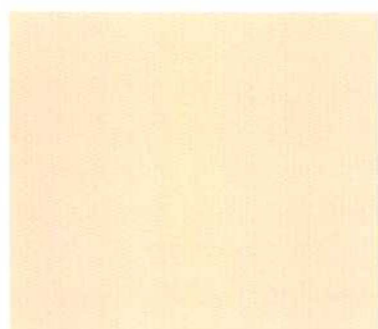
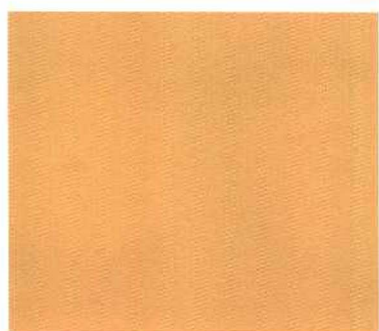
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烘烤歐陸麵包的基礎課

Elementary Course for Making Euro Bread





基本原料 Basic Ingredients

製作麵包的原料：以麵粉、酵母(依士)、鹽、糖、水等為主料，結合了各種原料的特性，作不同的搭配，經化學作用，造成不同效果，令麵包擁有獨特的質感。

Ingredients of Bread-Making:

Main ingredients are flour, yeast, salt, sugar and water. By manipulating the characteristics of different ingredients, breads of different distinctive features can be made through the chemistry of different combinations of ingredients.



1. 麵粉 Flour

一般的麵包製作都會選用筋度高的麵粉，麵粉筋度高或低，取決於蛋白質的含量。蛋白質含量處於11.5%-14.5%為高筋度麵粉(適合中式齋品、油條)；蛋白質含量處於8.5%-11.5%的為中筋度麵粉(適合作點心、饅頭等)；含量低於8.5%為低筋度麵粉(一般用於生產蛋糕類)。

High gluten flour is generally used for bread making and the protein content of flour determines whether the flour is high gluten or not. If the flour contains 11.5%-14.5% protein, it is considered high gluten and is suitable for making Chinese vegetarian food and deep-fried twisted doughnuts. On the other hand, if the flour contains 8.5%-11.5% protein, it is medium gluten and is suitable for making dim-sum and Chinese buns. If the flour contains less than 8.5% protein, it is low gluten and is suitable for making cakes.

測試方法：市面上的麵粉種類繁多，一般人難以分別高筋度麵粉與低筋度麵粉。在此提供一個簡單的區分方法：由於高筋度麵粉本身較有活性，質感光滑，用手抓起時，不易成糰狀；低筋度麵粉用手抓起時，則容易成糰狀。

Testing Method: It is quite difficult for a layman to differentiate between high and low gluten flour among the various types of flour available. Here comes a simple method - grapping. As high gluten flour is more flexible and smooth in texture, it will not form a lump when a handful of it is grapped, which is just the opposite of low gluten flour.

2. 酵母菌 Yeast

酵母是數千年前由埃及人無意間發現的，當時他們將麵粉、水、薯仔(馬鈴薯)及鹽攪拌在一起，放在熱的地方，發酵後，再加入一些麵粉揉成麵糰，放在土窖中用火煮熟。當時他們並不知道發酵的原理，只懂得做的方法。到了十七世紀後，人們才明白箇中奧妙。

酵母菌分為乾酵母和新鮮酵母，它的作用都是將碳水化合物轉變成二氧化碳及酒精的過程。(每當我們在吃麵包時，有時會覺得麵包含有酸味，此乃麵糰發酵過度所造成的原因。)

Yeast was discovered incidentally by Egyptians thousands of years ago when they mixed flour, water, potatoes and salt together, left the mixture in a hot place for fermentation, folded in some more flour and kneaded it into dough, and then cooked it in a mud cellar with fire. At that time, they didn't know the concept of fermentation but its method. It was until the 17th century that people started to understand the secret behind.

Yeast can be divided into dried yeast and fresh yeast. Its function is to transform carbohydrates into carbon dioxide and alcohol. As dough has to undergo this process of fermentation before it can be made into bread, we can sometimes taste the sourness in bread.

3. 鹽 Salt

鹽除了是用於調節麵包的味道之外，還可抑制酵母菌，用來調整發酵的時間，沒有鹽的麵糰發酵會較快。同時，鹽又能改變麵筋的物理性質，增加其吸收水份的性能，使麵筋膨脹而不致斷裂。

Other than being used to adjust the taste of bread, salt can also be used to suppress the functioning of yeast by slowing down the process of fermentation, for instance, dough ferments faster without salt. Meanwhile, salt can change the physical nature of dough by increasing its water absorption capability, enabling it to expand but not to the point of breaking.

4. 水 Water

水在麵包製作中用量僅次於麵粉。功能有水化、溶劑作用，可使各種乾性原料充分混合。如果加入適量的水，可控制麵糰的稠度、柔軟度及黏性。而不同溫度的水，則可以控制麵糰溫度，以配合酵母菌發酵。

In bread making, the amount of water used is slightly less than that of flour. Water can liquidify a mixture and serve as a solvent. It can blend all kinds of dried ingredients together. If an appropriate amount of water is used, it can control the thickness, softness and stickiness of dough. In the meantime, one can also complement the fermentation of dough by applying water of different temperatures.

5. 糖 Sugar

糖對麵包產品有絕對性的影響，具有促進發酵的作用，配方中加入0-5%的糖能促進麵包的發酵，超過5%的含糖量多會抑制麵包的發酵。

糖本身具有軟化物質的特性，所以雖然多糖會抑制發酵，但為維持麵包的柔軟性，在製作中還是會加入適量的糖。含糖量高，麵包的甜度也高，產品也就會重。過量的糖會使麵包無法挺立，在製作時黏手，烘烤時妨礙麵包向上膨脹，如需過量的糖，烘烤時最好有模型，盡量減少水的份量。

Sugar has a definite effect on bread as it can facilitate fermentation. If 0-5% of sugar is added to the recipe, it can enhance the fermentation of dough. However, any amount more than 5% will hinder the process.

Since sugar can soften ingredients, it will suppress fermentation when an excess amount is applied. However,

to maintain the softness of bread, an appropriate amount of it has to be added. If the bread has high sugar content, it will not only increase in sweetness but also in weight. Excessive sugar will damage the firmness in bread, increase the stickiness of dough and deter the upward expansion of bread in baking. If a high proportion of sugar is required, it is advised to place the dough in a mould before baking and reduce the amount of water used.

以上5類主要原料，除了是麵包製作的必需成份，也是影響麵包質量好壞的主要元素。無論是好吃或不好吃的麵包，都離不開這5類原料的調合，接下來的製作過程介紹就額外重要了。

The above five main ingredients made up the essential content of bread and are the major elements directly affecting the quality of bread. Whether the bread is delicious or not, it is determined by the composition of the ingredients. Therefore, special attention is recommended for the following section.

麵包師的提示 Tips from the baker :

本人在出此書過程中，由於時間拖得太長，經過了冬天、夏天兩個對立的季節。而在這二季之中都親手做過麵包，所以發現在家中製作過程中對初學者來說較難控制麵包的發酵及時間，同時也用了多個市場上買回的一般烤爐，發現溫度的差別太大了，故初學者在第一次製作時最好在發酵時先從少到多，較易控制麵包的發酵（我在份量裏為何會用10-15克就是因為此道理）。

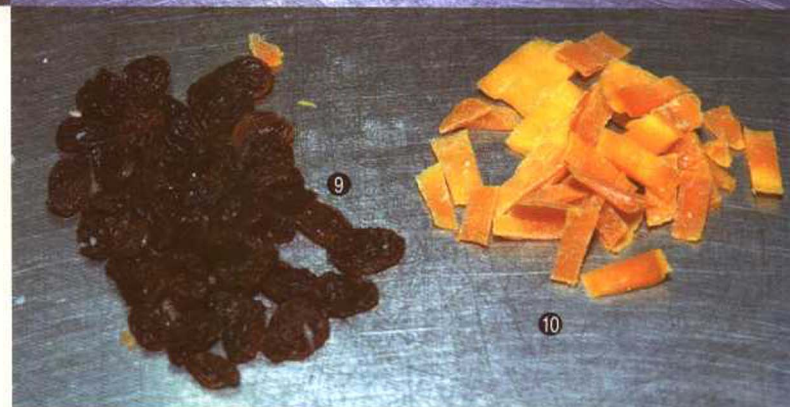
Due to the lengthy process of composing this book, I had some hands-on practice of making bread in the two contrasting seasons of summer and winter and found that it was quite difficult for beginners to have a good control over the fermentation and baking time of bread at home. In addition, there is also a variation of temperature provided by different household ovens available. Therefore, I would like to recommend novices to start from a small quantity in testing fermentation for the first time as it is easier for them to control the process in bread making. (This is the reason why I usually give 10-15g of ingredient in the recipes.)

材料和工具介紹 Ingredients and Tools

(A) 材料 Common Ingredients



- ① 烘香蒜片 Garlic crisps
- ② 原粒麥粒 Whole wheat
- ③ 核桃 Walnut
- ④ 全麥麵粉 Whole meal flour
- ⑤ 高筋麵粉 High gluten flour
- ⑥ 黑裸麥麵粉 Rye flour
- ⑦ 松子仁 Pine seeds
- ⑧ 南瓜籽仁 Pumpkin seeds
- ⑨ 提子乾 Raisins
- ⑩ 芒果乾 Dried mango
- ⑪ 芝士 Cheese



(B) 常用工具 Common Tools



- ① 磅 Scale
- ② 溫度計 Thermometer
- ③ 篩 Sieve
- ④ 打孔器 Paste punch
- ⑤ 切麵器 Pastry cutter
- ⑥ 手拂 Hand whisk
- ⑦ 焗爐 Electric oven
- ⑧ 唧袋與唧嘴 Piping bag and nozzles
- ⑨ 唧蛋液器 Egg strainers
- ⑩ 刮刀 Scraper
- ⑪ 掃 Brush
- ⑫ 木刮刀 Wooden spatula
- ⑬ 木匙 Wooden spoon
- ⑭ 小刀 Small knife
- ⑮ 麵包刀 Saw knife



麵糰的基本製作

Basic Techniques for the Making of Dough

1 預備 (預熱焗爐、量度材料) Preparation (preheat oven, prepare ingredients)



2 揉糰 (混合材料) Kneading (mix ingredients)



3 醒發 (由初期演變成發酵完成。) Leavening (from the beginning to the end of fermentation)



4 造型 (放氣、摺疊、造型、再次發酵) Shaping (releasing gas, folding, styling and re-fermentation)



5 烘烤 (裝飾、掃蛋、入爐、出爐) Baking (decoration, brushing with eggs, putting into oven, removal)



註 Remarks

麵糰用不完可以怎麼辦？處理方法是在作最後發酵前，放入冷藏格貯藏，保存期約7天。

What to do with leftover? Freeze the dough before final fermentation in refrigerator can make it last for 7 days.

如何分辨麵糰的質感

How to Differentiate the Textures of Dough?

歐陸麵包與東方甜包的最大區分就是東方甜包含有大量的糖和油，配方中較少加入麵包添加劑，因糖量較重故發酵時間也較長。加之為了增加麵包的柔軟可口，需適量地增加水份，反觀，歐陸麵包因其內部組織較結實，在製作中也應酌量減少水份，所以烘烤時最好用蒸氣爐（家庭製作沒有蒸氣爐，在烘烤時最好噴上一些水），然而歐陸式的麵包確實少用糖和油，享用者講求質感，必須達到外脆內軟。

歐陸麵包（特別是家庭式製作）只會增加酵母的比例，因為我們不可能搓好一塊麵糰後，等1小時或更長的時間才來製作，所以製作者一定要留意麵糰的發酵過程，千萬不要讓麵糰過度發酵。

歐陸麵包又因多數加入了添加劑，讓麵糰起了氧化作用，所以影響發酵的時間。對初學者來說加入添加劑可幫補他們因經驗不足，而在製作時出現的一些失誤。

正常的麵糰用手拉時有彈性，組織均勻通透，看似一塊薄而透明的網。麵包出爐後表面有光澤，彈性好，體積脹大，給人一種豐滿的感覺。

The major difference between Euro-bread and eastern sweet bread is that the latter one contains large amount of sugar and oil with less additives, requires a longer fermentation period as it contains more sugar to enhance the softness and taste of bread, and more water has to be added accordingly. On the contrary, Euro-bread has a firmer internal structure and requires less water in the making process and is best to be baked in a steam-oven (if there is no steam-oven at home, spray some water on dough before baking). Besides, it is true that Euro-bread contains less sugar and oil, and has a better texture with a crispy surface enclosing soft flesh inside.

In the making of Euro-bread (especially the homemade one), one will only increase the proportion of yeast when making a larger amount of bread as it is impossible to wait for an hour or longer after the dough is kneaded. Therefore, bakers must be attentive to the fermentation of dough and must not allow over-fermentation on dough.

Since most of the Euro-bread contains additives which facilitate oxidation of dough, this affects the fermentation period required. The addition of additives can remedy the mistakes made by novices due to their lack of experience.

Dough is normally elastic when stretched with hands and has a evenly permeable structure like a thin and translucent net. When it is baked, the bread will have a elastic and full body with a glossy skin, giving a sense of fullness to the consumers.