

甜絲絲

宴會派對甜點

Occasion Desserts



方 芍 堯 編 著 萬 里 機 構 · 飲 食 天 地 出 版 社 出 版

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每個節日，顯現每段不同節日情懷，一字一句包含着對節日的希冀和戀戀情調。每道甜品為您的節日派對點上繽紛色彩，灑滿幸福小星。

Every festival has its own meaning. Each word expresses my feeling and mood on a festival. Each dessert scatters splendor and increases the attractiveness of a festive party.



充滿幸福和浪漫情懷的"結婚宴會"和"情人節"，
弄一盤粉紅甜品，心心共印，
憧憬着"執子之手，與子偕老"的心情。

In happy and romantic "Wedding Banquet" and "Valentine's Day", pink desserts give sweet and long-lasting love feeling.



鬼馬俏皮的反斗萬勝節，扮鬼扮馬，
甜品也要來一點鬼馬裝扮。

In funny and lively "Halloween", people pretend to be strange characters, and desserts are also decorated specially.



聖誕節滿載福音，每一道甜品幻化成一個個摯誠祝福。

In "Christmas", everywhere is full of gospel songs, and every dessert seems to give us sincere blessing.



方 苟 堯 *Fiona Fong*

擁有多年烹飪經驗的資深導師，早年曾到加拿大定居，跟隨多位名師習藝，擅於製作甜品糕點和中菜烹調，現為家政中心導師，閒時會客串做電視台節目和撰寫報章雜誌的食譜。她曾於香港HOFEX2005贏取了國際美食大賽銅獎。

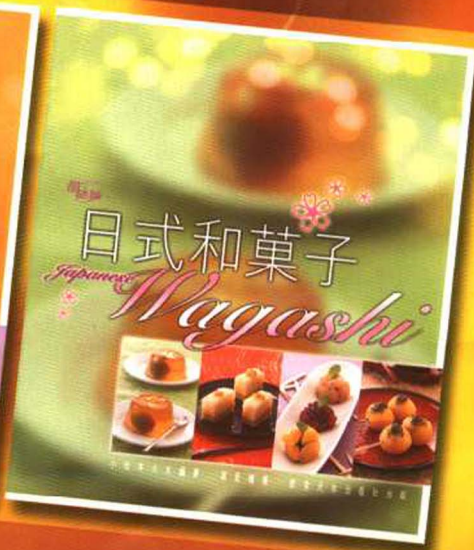
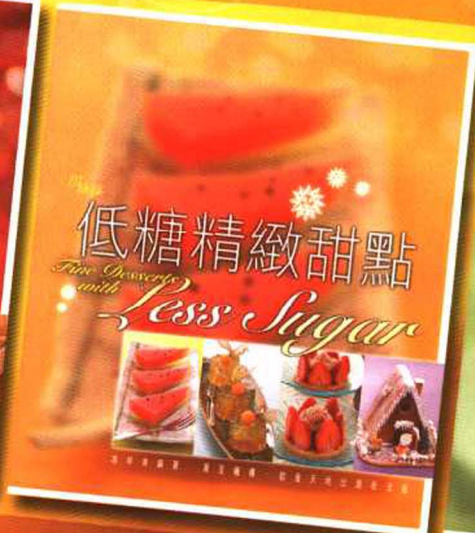
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《熊寶寶的繽紛世界》
《精緻手作蛋糕》
《日式曲奇》

Fiona Fong started her career as cooking instructor and craft-making instructor for 10 years. She is good at dessert making, dim sum making and Chinese cooking. In response to her interest, she established a cooking center of "Cookerycookery" with two best friends and had won a bronze in HOFEX 2005. Meanwhile, Fiona is a part-time food columnist of newspaper and magazines, a guest cooking host in television shows. She participates in writing "Marvelous Doggy Treats's Recipes", "Teddy Bear's Wonderful World", "Seasonal Petit Fours" and "Japanese Cookies".

甜絲絲

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Occasion
Desserts



方 芍 堯 編 著

萬 里 機 構 · 飲 食 天 地 出 版 社 出 版

前言 Preface

Last year, I published my first dessert book, "Seasonal Petit Fours". Different types of desserts are categorised under the theme of four seasons. In order to highlight this theme, I specially made four cookie houses to represent four seasons. This year, I write another dessert book and its idea comes from five festivals: "Chinese New Year", "Valentine's Day", "Children's Day", "Halloween", and "Christmas". I hope that all of you enjoy the making process of these desserts.

At the beginning, I thought that it was more relaxing to write this book as I gained much experience last time. However, I encountered some difficulties in certain moments. How to make a breakthrough in dessert making, and create special, fancy and trendy desserts under the principle of simplicity were my great concerns. It was uneasy to strike a balance between these two ends. Then I reminded myself that making desserts was an enjoyable activity. Lastly, I made the fancy desserts published in this book.

In recent years, bite-sized desserts are in vogue in Hong Kong. In a first glance, this kind of dessert helps avoid wastage. However, the production of these small, delicate desserts is an arduous task because we need to put great effort on design, assembly and decoration. Otherwise, the uniqueness and attractiveness of these desserts cannot be shown.

This book places much emphasis on small desserts, especially the "Wedding" part, in order to bring out the romantic feeling; in the "Halloween" part, the main idea is to bring out the special, bold and creative feeling.

In short, making creative desserts brings me great satisfaction. This book is an expression of my feeling towards festivals. It is my wish to bring you all into this fantastic dessert world. I would like to take this opportunity to thank photographer Johnny, assistant Josie, and Wan Li Book Co., Ltd. for their kind assistance, and the support from readers and students. They have all made it possible for me to publish this book. I hope that this book gives you all a happy, romantic dessert dream.

Fiona Fong

Summer 2007

去年，我首次出版了一本個人甜品書——《精緻手作蛋糕》。當時我利用了四個季節來區分各款甜品，為了突顯該書的主題，特地做了四間不同主題的餅屋，加強四季的時令氣氛。無獨有偶，今年我又做了一本甜品書，不過今次我用了五個大節日——“春節”、“情人節”、“兒童節”、“萬聖節”和“聖誕節”來作為全書創作意念的根源，希望給予我的擁戴者另一個開心做甜品的旅程。

我帶着躊躇滿志，意志激昂的心情迎接這項新任命，心想有了上次的經驗，理應輕鬆一點，但是事實並不如此，反而感覺到有點裹足不前。因為每撰寫一個食譜時，我都希望能突破對上一次的創作空間，並且抱着簡單易做的原則，富有特色和緊貼潮流的創作理念，創製每一道美味甜品。由於秉持着這股信念，反而讓創作過程變得如履薄冰，未能如魚得水，瀟灑行事。最後，決定放手一搏，隨心而為便算了。

近年，香港流行的甜品都是“細細件，容易食”。表面上，這樣做雖然不會浪費食物，但是做起來卻倍覺艱辛，因為無論造型或搭配，更需要花點心思和更見精緻，不能苟且。否則，甜品便完全顯不出它的獨特感覺和迷人魅力。

本書集中在迷你甜品上，尤其是“結婚”這部份，它帶出一點點的創作者的心意和浪漫風格；在“萬聖節”的部份中，就充份帶出鬼馬和大膽的創意，讓您融入其中。

總括而言，我全程投入於創作，因而帶來極大的滿足。這本書充滿個人對節日的幻想和希冀，藉由甜品製作，帶領讀者們進入奇幻的甜品旅程。回望製作過程，多謝攝影師Johnny和助手Josie的協助，更多謝萬里機構出版有限公司給予我出版此書的機會，也多謝各位讀者和學生們給予莫大的支持。希望這本書能給大家一個開心又浪漫的甜品夢。

方芳堯

寫於2007年夏

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每逢出席宴會和派對，總被餐桌上的精美小點、甜品、朱古力的魅力誘惑，甚麼減肥、瘦身之說或與甜食說聲“拜拜”的意志立即變得薄弱，饞嘴醜態頓時展現人前，一幕幕失儀之態不停上演，花俏小餅的魅力真是凡人沒法擋。究竟花俏小餅是甚麼一回事呢？

In banquets and parties, we are always attracted by fancy cakes, desserts and chocolates, and try to taste all of them. The thought of keeping fit, watching our weight, avoiding eating sweet food are thrown / put aside. The glamour of petit fours is irresistible. What are petit fours actually?



“Petit fours”的小故事 The Story of “Petit fours”

“Petit fours”不是食物的名稱，它是代表着多類型嬌小、色彩繽紛的蛋糕和曲奇。時至今日，人們會把“petit fours”定義為速遞食品公司的商品般，泛指一口而食，配合季節時令裝飾，覆蓋上多層朱古力，口感有點像蛋糕似的糖果蜜餞的統稱。

“Petit fours” are not the name of food. They refer to a wide variety of small, fancy cakes and cookies. Some people today think that petit fours are like those food products delivered by those mail-order food companies, and generally defined them as bite-sized, seasonally-decorated, chocolate-covered and multi-layered cake-like confections.

早在十八世紀時，根據Careme（善於製作小餅的法國餅師）闡述“petit fours”一詞的由來，據說當時的焗爐是由磚造成，利用極慢火來烹調而成的嬌細甜品；或是大型蛋糕烘烤後取出，待溫度降低，切成小件，加上裝飾，都稱為“petit fours”。在法國路易十四世或文藝復興時代，這類花俏小餅如夾心軟糖、杏仁糖、糖糕、杏仁脆糖和糖鮮果等，創製精巧，十分盛行。在創製過程前，翻動糕餅書來增加製作概念，配合天賦想像力，並以大型裝飾或實物，利用巧手以微型手法表現在甜品上，所以製品以精細，仿真度高或造型別緻為甜品特徵。典型現今享用方法，宜與咖啡或在餐後進食。

Dated from the 18th century, "petit fours" were defined as small fancy biscuits, cakes or confectionery items according to Careme (a French pastry chef who was good at making small cake items). At that time, ovens were made of bricks. Petit fours are cooked at a very low temperature, or they are made when large cakes are taken out and sliced into small pieces after they cool down. In the reign of Louis XIV or during the Renaissance, bonbons, dragees, marzipans, pralines and crystallized / candied fruits were in vogue for their delicacy. These products required imagination and flair by pastry chefs to reproduce large-scale decorations in miniature. They are typically served with coffee or at the end of a meal nowadays.



Do You
Know
"Petit
fours"?

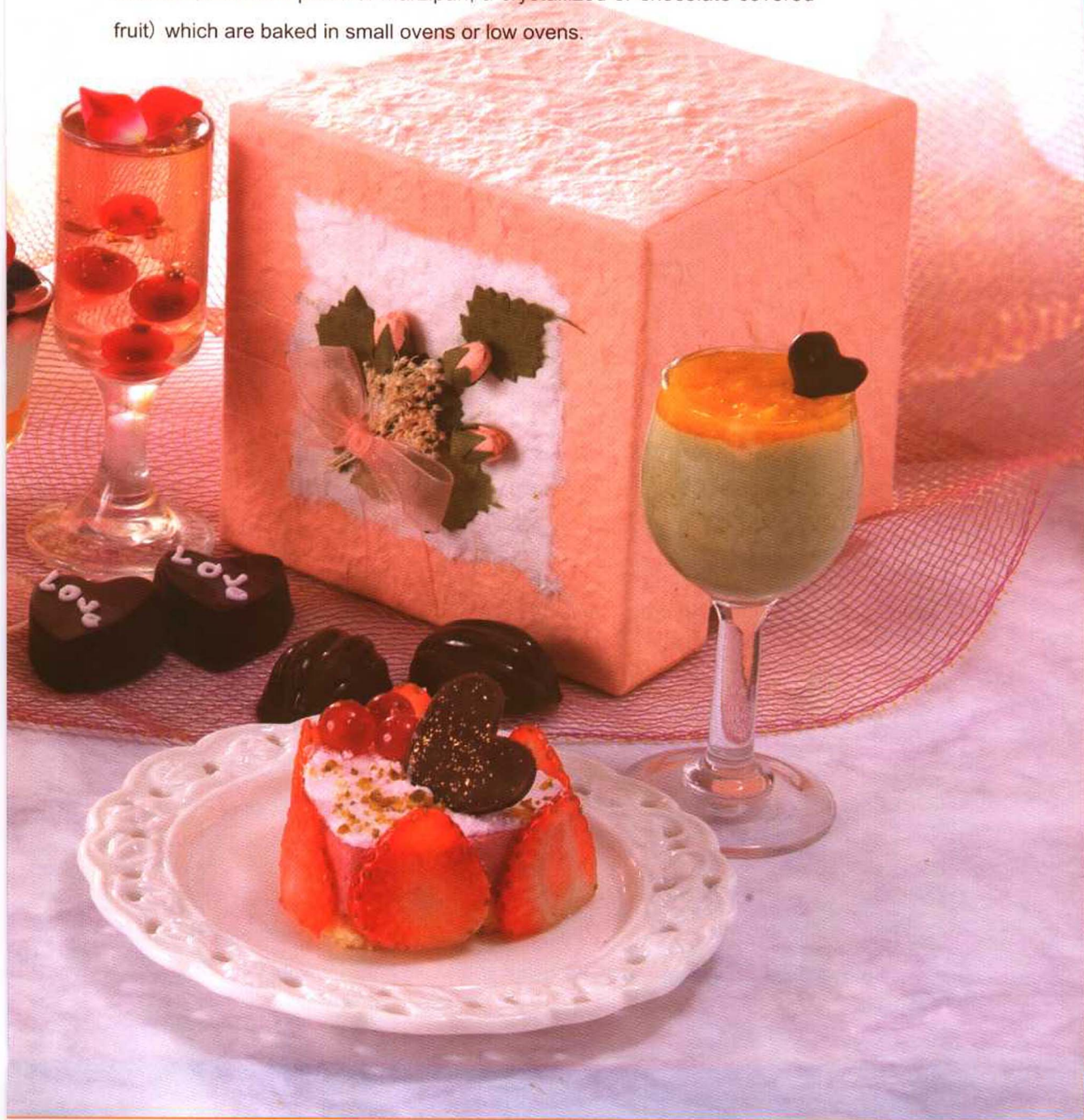
根據考證結果，最早出現“petit fours”的名詞，見於1869年Jules Gouffre的“The Royal Cookery Book”的甜品分類內，當時花俏小餅項目有限，只有少量小餅、夾心軟糖和碎冰等食譜，沒有精緻的糖果。Gouffre在書中列出許多不同的花俏小餅，諸如榛子馬卡龍、開心果馬卡龍、朱古力馬卡龍、馬卡龍梳芙厘、檸檬糖糕或多種味道的杏仁糕等。可見當時的花俏小餅種類集中，花款有限。在1894律師Mr Randolph Guggenheim把“petit fours”列入菜單上，給予紐約時報刊登，“petit fours”正式被視作菜單的一部份。

The oldest reference for the term “petit fours” appeared in Jules Gouffre's “The Royal Cookery Book” in 1869. Gouffre listed these items under the heading “petit fours”: filbert macaroons, pistachio macaroons, chocolate macaroons, macaroons souffles, lemon masssepains / marzipan, different flavoured almond paste loaves, etc. It was evident that the items were limited to small biscuits, bonbons, etc. Fancy candies were not included. In 1894, a lawyer called Mr. Randolph Guggenheim mentioned “petit fours” in a menu, and published in the New York Times afterward.



及至十九世紀末，英國文獻正式記載了花俏小餅源自法國，種類繁多，凡指一件小蛋糕、餅乾或糖果，或用一片杏仁糕、脆糖或朱古力覆蓋在上的水果等，尺碼細小，以烘烤處理於小焗爐或低溫焗爐，或是低溫製作糕餅，能符合以上定義，皆統稱為“petit fours”。

"Petit fours" was French in origin. In the late 19th century, this term was adopted into English documents. They are regarded as small fancy cakes, biscuits, or sweets (such as a piece of marzipan, a crystallized or chocolate covered fruit) which are baked in small ovens or low ovens.





“花俏小餅”與“雜錦小餅”的分別

The Differences between "Petit fours" and "Mignardise"

花俏小餅“petit fours”與雜錦小餅“mignardise”兩者看似一樣，並不完全相同。據知雜錦小餅是廚藝界的專門名詞，泛指多款優雅輕巧的糖果小餅奉於一盤，可說是廣義的花俏小餅，它的組合包括了微細已裝飾的蛋糕、特式曲奇、夾心軟糖和糖水果等。換句話說，同一盤子裏不能有相同的花俏小餅（它的裝飾是否過份浮誇），否則它不算是雜錦小餅。一盤雜錦小餅的表達手法，每件餅食必須細小，糕餅、曲奇和糖果要具有獨特和優質裝飾，才稱得上為雜錦小餅。

"Petit fours" and "mignardise" are not identical. The term "mignardise", as applied to the culinary world, means an assortment of small and dainty confections. This assortment is generally composed of petit fours in a broad sense. "Mignardise" includes tiny decorated cakes, specialty cookies, bonbons and sugar coated fruits. In other words, a plate of identical petit fours confections (no matter how ornate) is not regarded as mignardise. A mixed presentation of small, decorated specialty pastries, cookies and candies is qualified as mignardise.



花俏小餅有沒有標準？

Is There Any Standard for "Petit fours"?

從尺碼而分：典型的花俏小餅約為長1吋(2.5厘米)×闊1吋(2.5厘米)×高1.5吋~2吋(3.75厘米~5厘米)。

Size: Typically, petits fours are approximately 1 inch square (2.5cm x 2.5cm) large and about 1.5 to 2 inches (3.75cm-5cm) high.



層次：每件小蛋糕會有層次之分和會有一層牛油忌廉塗抹表面。

Layer: Petits fours consist of layers of cake and butter cream frosting.

餅面：小餅面層會覆上朱古力淋醬，許多時還會抹上一層淡淡色彩，增加美感。最常用的餅面裝飾是玫瑰糖或糖造裝飾品。

Topping: Petits fours are usually covered with chocolate fondant, or some other form of colour glazing. They are also commonly decorated with candy roses or other sugar embellishments.



種類：花俏小餅可分為兩大類，一是“Petit fours secs”（sec意即乾）和另一是“Petit fours glace”（glace意即冰）。前者包括了一系列的輕巧甜品，諸如特別的精緻曲奇、烘烤瑪玲、馬卡龍和擘酥糕點等；後者泛指冰凍或利用淋醬和抹霜作主要裝飾，或是精緻夾有忌廉的細長點心和撻類。

Category: There are two different categories of petits fours. “Petit fours secs” (sec means “dry”) include a variety of light desserts, such as special dainty cookies, baked meringues, macaroons, and puff pastries. “Petit fours glace” (glace means “iced”) are iced or decorated cakes in some way, such as tiny cakes covered with fondant or frosting, small eclairs, and tartlets.

烹飪方法：傳統製法是先把磚爐燒熱，熄火待降溫，利用餘溫烘烤製品。十八世紀時，焗爐利用煤作燃料，難於控制火力，所以必須熄火以控制溫度。這亦是當時烹製花俏小餅的主要方法。

Cooking methods: Petit fours were traditionally made during the cool down process of brick ovens fired by coal fuel in the 18th century. Coal heat is hard to control as it burns so much hotter than wood. Therefore, turning off the heat is necessary in order to control temperature.

4

如何準備你的甜品宴會？

How Should You Prepare Occasion Desserts?

花俏小餅是傳統派對餅食，許多高級酒店才會供應，往往把小餅擺放在碟上奉客，在餐桌中央位置放上漂亮食物擺設，增加進食氣氛。在家庭宴會上，很少會準備精緻的甜品宴會，因為製造過程頗麻煩，為了維繫與家人朋友的緊密接觸，偶而為之，也頗有生活情趣！

Petit fours are classic party foods. They are seen more often on a plate of pastries at a high class hotel than they are at a home party as their making processes are not simple. However, it does not mean that you cannot make petit fours at home. It is so enjoyable to make your own "petit fours" to your family members, relatives and friends.

動手搞派對前，先確立設宴目的，才能配合環境氣氛營造的佈置，草擬客人名單，再挑選適當食物。

When preparing a party, you should first set the theme of your party. Then you can deal with decorations, prepare the guest list, and choose suitable food.

傳統餐單包括一口而食的手指食物、小型酥餅、加入一些特別典雅和滿足來賓的手工藝糖果。近年，花俏小餅往往成為酒店潮流甜餅，加上外形和顏色吸引，頓變成許多紳士淑女追捧的甜品，所以作為派對或宴會主人，也可以弄一點作為奉客之用。

A traditional menu includes finger food, small pastry item, and some elegant, fancy candy showpieces. In recent years, petit fours have become trendy desserts in hotels as they are so attractive in appearance and colour. You can also make some petit fours to serve your guests in a party.

