

甜
絲絲



低糖精緻甜點

*Fine Desserts
with*

Less Sugar



馮華青編著 萬里機構 飲食天地出版社出版

甜絲絲
低糖精緻甜點 Funny Desserts with Less Sugar

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出版者 Publisher
萬里機構 · 飲食天地出版社 Food Paradise Publishing Co., an imprint of Wan Li Book Co Ltd.
香港鯉魚涌英皇道1065號東達中心1305室 Room 1305, Eastern Centre, 1065 King's Road, Quarry Bay, Hong Kong
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發行者 Distributor
香港聯合書刊物流有限公司 SUP Publishing Logistics (HK) Ltd.
香港新界大埔汀麗路36號中華商務印刷大廈3字樓 3/F., C & C Building, 36 Ting Lai Road, Tai Po, N.T., Hong Kong
電話 Tel: 2150 2110
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承印者 Printer
美雅印刷製本有限公司 Elegance Printing & Book Binding Co., Ltd.

出版日期 Publishing Date
二〇〇七年六月第一次印刷 First print in June 2007

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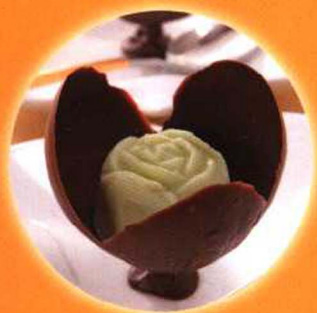
ISBN 978-962-14-3438-8

Published in Hong Kong



"追糖記"引領你對糖認識多一點.....

*"Story of sugar" guides you
understand more about sugar.*



少糖甜點趣緻又可口，
款式多多，天天給你帶來驚喜。

*Low-sugar desserts with funny images
are so delicious and nice.*



介紹5種基本製作技巧，
熟悉了做甜品變得很容易。

*Know the five basic techniques
in making sweets,
you can create your own recipes easily.*



馮華青 *Fung Wa-ching*

專業烹飪導師，畢業於「伊曼、家政中心」。自小醉心廚藝，喜歡四處尋找美食和參加比賽以磨練廚藝，又喜愛創作甜品小點以饗親友。在2003年「李派林煮出新意念—家常菜創作比賽」中，獲冠軍榮譽。她又曾於馬來西亞學習當地美食，因此對馬拉菜有一番見解。

Fung Wa-ching is a cooking teacher. She graduated from "Kitty's Cookery & Catering". Cooking and seeking tasty dishes are her hobbies. She likes to make creative sweets and snacks to entertain her family and friends. Moreover, she always joins in different competitions to polish her cooking skill. Fung was the champion of 'Lea & Perrins Cooking Contest - 2003'. She has been to Malaysia to study Malay dishes.

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前言 Foreword

Having been a cookery teacher for more than ten years, my ambition is training "Culinary Trainers". Actually I make painstaking efforts to teach these students. Therefore, I am more demanding and stricter to those to-be trainers. Since the programme last for a year, it is hard for those who don't have a heart in cooking to persist and complete it. Over the years, there are not many students who have successfully completed the whole programme. Amongst them, Fung Wah-ching is an exemplifying graduate with flying-colour who has successfully become a culinary trainer. Since she was not very fond of Chinese food at the beginning, it is especially hard for her to overcome different technical and psychological challenges and finally turned into a good trainer with a passion for cooking.

Her adventurous and innovative personalities are fully expressed in her creations. This dessert cookbook is not her debut publication. In her previous cookbook, one can easily find her enthusiasm for cookery with each recipe carefully designed. This book is no exception and is another masterpiece of hers. Every step of the creation process, from ingredient selecting, colour matching, setting to processing, is meticulously executed with additions of many creative elements. It is an attractive culinary teaching material with tempting dishes suitable for all.

Her stamina to strive for perfection is her key to success. Hope that she will keep it up and become an invaluable asset of the culinary industry.

Kitty Choi

從事烹飪教學工作十多年，「烹飪導師培訓班」可以說是我的理想和心血。對這個培訓班的學員，我的要求比較高和嚴格。由於整個課程為期一年，如果對烹飪學沒有濃厚興趣者，便很難堅持到底。

多年以來，能成功完成整個課程的學員雖然不算太多，但也不算少。在眾多學員當中，能以優異成績結業而成功踏上烹飪導師之路的，馮華青便是其中出色一員。尤其因為她當初是個不喜愛中菜的人，能克服很多技巧和心理挑戰，最後成為一個烹飪技巧高超的好導師，實在十分難得。

她勇於嘗試、大膽創新的精神，在其作品中表露無遺。這本甜點書，並不是她的第一本著作。從過往的作品中，你不難發現她對烹飪的熱誠，每個食譜都花盡心思。今次也不例外，同樣是匠心之選。從選材、色澤、造型及製作過程，都一絲不苟，並加入很多創作元素。是一本老少咸宜，使人一見便垂涎欲試的烹飪教材。

成功非僥倖，不怕失敗，屢敗屢戰的精神，是她優越過人之處，期望她能好好珍惜，烹飪界實在需要多一點這樣的接班人才。

蔡潔儀

序言 Preface

Since the old days, dessert has always added zest to one's taste buds and its charm is everlasting. Over the years, there were many chefs dedicated themselves to the creation and making of desserts, creating many different sweets and enhancing culinary techniques. Nowadays, people concern more about their diets. Some think that dessert contains so much sugar that it can easily make people fat. However, the real cause for being overweight is the intake of excess sugar. If one can maintain a balanced diet, he/she does not have to worry about it.

On the other hand, there are many people who consider dessert not good for the body. Actually, dessert has various functions. Since many desserts are made of fruit, they can help digestion, preventing constipation and stimulating the movement in intestines when taken after meals. Besides, quite a number of reports have pointed out that eating sweets like chocolate can relieve stress and liven one up.

Through this book, I hope you will have a better understanding on dessert and will be able to enjoy it rather than avoiding. In addition to providing well-tested recipes, I also try on using non-calorific sweeteners, natural colourings and functional food to satisfy the demand of modern people. Moreover, value-added information about different types of sugar is also included in the appendix for your reference.

It is hoped that you can appreciate the art of making dessert and be able to share this sweetness with your loved ones.

Taking this opportunity, I would like to thank Ms Kitty Choi, Ms Yuen Mei Fong, Ms Wong Ying Ying, Ms Cheung Ching Fun, Miss Luk Hoi Yin and Dr. Luk Shiu Fai.

Fung Wa Ching

從古至今，甜食為口味帶來新鮮感，所以它的魅力歷久不衰。每個時代裏，都有許多導師專心鑽研甜點製作，創製了林林總總的新甜點，也改進了烹調技巧。現代人愛吃，同時也極為注重健康，大家往往以為甜點有過多糖份，容易令人肥胖。事實並非如此，甜點雖然含糖份，只要均衡飲食就毋需擔心攝取過多糖份。

很多人認為甜點對身體百害而無一利。甜的食物其實有很多功用，只是人們對它的誤解吧！許多甜點主要用生果製成，飯後享用可消滯，減少便秘，增加腸道蠕動。此外，不少研究報告指出進食甜食如朱古力，有減壓作用和保持身心愉快。

我寫作這書的目的是希望大家對甜點有更深入的了解，能從欣賞角度去品嚐甜點，不再避如蛇蠍，並為您帶來一些既美味又新穎的甜點。本書獨特之處，除了精心研究食譜外，亦嘗試使用代糖、天然色素和功能食物以滿足現代人的需要，同時附有不同糖類的資料，務求令讀者除了懂得烹調外，還能獲得有關糖和甜點的知識。

最後，希望大家一起來體會做甜點的心，讓自己及身邊的親人也嚐到一份甜蜜。

在製作本書期間得到蔡潔儀校長、袁美芳女士、黃盈瑩女士、張靜芬女士、陸愷妍小姐和陸兆輝博士的鼓勵和支持，特此鳴謝。

馮華青

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林林總總的甜食如冰淇淋、巧克力、蛋糕、糖水甜湯……等，在現今的社會是極為常見的食物，可知道古代人類是否有幸能享用這等美食嗎？

Nowadays, a great variety of desserts, like ice-cream, chocolate, cake, sweet soup, are widely available. Do you know whether our ancestors in ancient time had also enjoyed such delicacies?

1. 糖的出現 *The Birth of Sugar*

遠古的人類，生活艱難，過着茹毛飲血、採食野果的生活。隨着經驗的累積和學懂了鑽木取火的方法，到了石器時代，人類已開始掌握一定的烹調方法，感受到熟食的滋味，從而漸漸對飲食文化關注起來。我國早在商代已有飲食文化的記載。時代轉變，烹調技巧不斷發展和食材變得多樣化，使食品更為美味。

食物的五味就是酸、甜、苦、辣、鹹。《禮記》記載在中國遠至商，周朝代甜味的主要來源只是棗、栗、飴糖（澱粉經酵素反應而生成有甜味的液體）和蜂蜜。直至春秋，長江流域以南始有甘蔗的出現。在不斷需求下，人們開始廣種生果和發展養蜂業以增加甜味的供應來源。技術落後，使蔗糖未能大量生產，直至唐代從印度輸入製糖技術，蔗糖才能普及，使甜點獲得更大發展和不再是貴族的專利食物。到了宋代，已有專營點心的公眾食店提供甜點，甜味食品的種類已開始多元化。

歐洲地處溫帶，氣候不適合，甘蔗未能廣泛種植，蔗糖成為貴重商品，流行於上層社會，甚至被認為是一種有效的藥物。自1492年哥倫布發現新大陸，歐洲人覺察到加勒比海一帶氣候炎熱多雨，適宜種植甘蔗，於是便從非洲大量輸入黑奴來種植甘蔗。蔗糖產量激增，並可大量輸往歐洲各地，成為當時國家的重要稅收。它的普及和用途廣泛，適合搭配紅茶、果醬、巧克力和糕餅，所以迅速地受到平民歡迎。

甜菜頭的根部含糖份高，適宜在溫帶生長，亦是糖的原材料來源之一，不過仍未被發掘出來，直至十八世紀中葉拿破崙時期，發明了提煉甜菜頭的技術，降低了從美洲經大西洋輸入蔗糖的需求，美洲對歐洲的重要性和政治性便下降了。甜菜頭糖普及應用，造就了甜食製品在社會廣泛流行，擴闊了甜點製作的空間，製品也變得多元化和大躍進了。

自工業革命後，科學和工業技術急速發展，特別是食品科學的研究大大進步，導致食物製作也進入了新紀元。近三、四十年，不同功用的食品添加劑相繼出現，甚至於把食品科學融入烹飪學裏，使食物在烹調時更易達到色、香、味和口感等要求。此外，電冰箱的發明除了可延長食品的貯藏期，還可以把甜食品種更見豐富和烹調形式改變，提升甜點烹調和品嚐層次。

In ancient times, people lived a difficult life and had to rely on wild animals and fruits to survive. With the accumulation of experience and knowledge, they discovered how to start a fire by rubbing wood sticks against each other. In the Stone Age, people started to manipulate some cookery techniques and able to have a taste on food. Therefore, they began to care about the culture of eating. As early as the Shang Dynasty, there had already been a historical record of eating culture. As time goes by, the continuous development of culinary techniques and enrichment of ingredients made food produces more and more delicious.

Food tastes can be classified into five types, namely, sourness, sweetness, bitterness, spiciness and saltiness. According to Classic of Rites, back to the days of Shang and Zhou Dynasties, sweetness was mainly derived from berries, chestnuts, maltose (the sweet liquid obtained from the fermentation of carbohydrates) and honey. It was until Chunqiu Period that sugar cane started to appear in the south of the Long River. Under the persistent need for sugar, people began to grow fruits and develop breeding industry to meet the increasing demand. However, due to backward agricultural techniques, sugar canes could not produce in bulk. It was in Tang Dynasty that the sugar-making techniques entered China from India. This made cane sugar readily available to all and thus, furthering the development of dessert. In Song Dynasty, there were even specialized snack stores offering desserts to the general public and the types of desserts started to diversify.

As Europe is in the temperate zone, it is not suitable for the growth of sugar cane. Therefore, in the old days, sucrose was an expensive product in Europe. Only the upper social classes could enjoy sweets. Sugar was even considered an effective drug. Since the discovery of a new continent by Christopher Columbus in 1492, Europeans found that the Caribbean area was so hot and humid that it was suitable for growing sugar cane. They therefore imported lots of black slaves from Africa to plant it there. With the surge in production, sugar cane could be transported to different European countries in large quantities and became a major source of tax income to the states at that time. Its generalization and extensive usage in the making of tea, jam, chocolate and cake, made it rapidly become popular among the masses.

Beetroot is suitable to be grown in the temperate zone. As its root contains high sugar content, it is also a major source of sugar which had long been hidden in the past. It was until the Napoleonic period in the 18th century that people invented the beetroot extraction technique. From then on, the importance of America on the supply of sugar to Europe was lowered. The widespread use of beetroot sugar does not only enable the spread of desserts in the society but also enlarge the room for dessert making with a wider range of produces created.

After the Industrial Revolution, science and industry were quickly developed, especially in food science, which had attained significant improvement and brought food processing to a new era. Over the last thirty to forty years, various food additives with different functions were developed one after the other, and food science had even been included in the culinary art as it can simplify the processing of food while making the dish delicious and good looking more easily. Besides, the invention of refrigerator has not only prolonged the shelf life of food but also facilitated the creations of different desserts. Meanwhile, the improvement of culinary methods has elevated the standard of cookery and tastes.

II . 糖的告白 Facts about Sugar

近年，人們不但追求食物可口，還著重它能否合乎健康要求，所以對甜點可說是愛恨交織。由於傳統的甜味來源是由蔗糖等碳水化合物得來，它能幫助人體產生每天所需的能量外，還會提升血糖含量，因而對血糖的調節系統構成壓力；過剩的糖份會轉化為脂肪，令體重增加。當脂肪在血管積聚，容易導致有心血管毛病。面對兩難的困境，人們開始選吃「好」的碳水化合物——即升糖指數值 (GI index)較低的食物，因為難捨甜點的引誘，人工代糖應運而生，漸漸普及和變成糖的替代品。

日常飲食中，人們會從食物原材料：或從烹調過程不知不覺地攝取食物添加劑。由於認知不深，於是許多時便對它存有負面觀念，其實添加劑種類繁多，並不是全都對身體有損害，適當應用能改善食品的質素，可提高營養價值、食品風味和保存期等。

追求飲食健康的情況下，人們注意到食物質素能影響身體狀況，這樣便引來了「功能食物」的概念。早期定義是指某些含豐富維生素和礦物質的強化食品；現在則指食物的某些成份能改善身體體質，例如綠茶(含茶多酚)、人參(含人參皂甙)、番茄(含有茄紅素)……等。

許多城市人希望能品嚐美味的甜點，亦希望那些製品能含有「好」的碳水化合物元素，或是現今的功能食物，所以各樣食材如甜味料、增稠劑、膠凝劑等必須有一定的認識和理解。現今的甜食會加入一些功能食品或改用代糖，以幫助攝取獨特營養成份和減少糖份吸收，大家可以歡愉地品嚐了。

In recent years, while pursuing mouth-watering food, people are aware of its nutritive value to the body. Since carbohydrate generated sweetness, like cane sugar, is the source of sweetness in traditional desserts. Besides providing the required energy for our daily life, it will also raise the sugar content in blood and thus, have adverse effects on the regulatory system for sugar in blood. Excessive sugar will be transformed into fat and increase body weight. When fat accumulates in blood vessels, it will easily cause harm on heart and vessels. In face of a two-edged sword, people start to choose "good" carbohydrates, for instance, food with lower glycemic index. However, people find desserts so irresistible that artificial sugar is invented and has gradually become a common substitute for sugar.

In everyday life, people involuntarily take in food additives from the ingredients or in the cooking process. Due to a lack of knowledge about it, people often have a negative impression on food additives. Actually, they come in many different types, of which most are harmless to human. If properly applied, they can enhance the quality, nutrition value, distinctive taste and shelf life of food.

In the pursuit of a healthy diet, people notice that food quality can influence the healthiness of the body. This led to the birth of the concept of "functional food". In early days, it was defined as the body-strengthening food which was rich in vitamins and minerals. Nowadays, it refers to certain food content which can help to improve the health conditions of the body, for example, green tea (contains tea polyphenols), ginseng (contains ginsenosides), and lycopene in tomatoes.

Lots of urban dwellers want to enjoy delicious desserts which contain "good" carbohydrates elements or modern functional food. In light of this, it is essential to have certain degree of understanding on different food ingredients, like sweeteners, thickeners and gelling agents. Nowadays, to facilitate the

intake of unique nutrition content with less sugar, modern desserts usually have added some functional food or substituted the sugar with non-calorific sweeteners, and so we can all enjoy them heartily.



你懂得欣賞我嗎？

The Art of Dessert Appreciation

說到弄甜點，現在潮流愛玩花式、少甜和利用不同的裝備來突出食品的吸引力，所以一碗、一碟、一叉或一匙的搭配都十分講究，這可從細微處看出弄甜點者的巧思和個人品味。品味的好壞、漂亮與否，直接影響品嚐者對該甜點的評價。因為甜點不是只供下午時間享用，也會用作一頓餐宴後的完結，它的味道、造型和賣相都需要細心料理，才能贏得品嚐者讚賞。

To make the dessert more attractive, people like to use playful style, less sugar and different techniques and tools. Therefore, the mix and match tableware has to be artfully arranged to show the taste and personality of the dessert-maker and the dessert presentation will directly affect the evaluation of the consumer on the dessert. Since dessert is not only served in the afternoon but also at the end of a banquet, its flavour, style and presentation have to be carefully prepared in order to earn the praise of its consumers.

以下項目針對提升甜點品味的建議：

Suggestions on enhancing the appearance of desserts are as follows:

慕斯類 Mousse

由於甜點趨勢以小份量和精巧為主，擺設高檔精簡，所以慕斯適合用香檳酒杯或小型玻璃杯作盛器，可增強透徹精緻高貴的氣質。

As the trend of desserts tends to be small in size and sophisticated in a classy and simple setting, mousse can be placed in a champagne glass or small glass to enhance its delicate elegance.

布丁類 Pudding

奶凍、布甸(布丁)和凍糕等冷凍甜點，為了提高人氣效果，愛用「和風」來包裝，因為「它」的溫柔甘美、微甜味道深受人們喜愛，加上精巧造型如切成小一點或利用模具更能突出它的獨特和細緻溫柔，深深顯現着它的「美」與「好」。一般的美化裝飾用料會選上抹茶粉、新鮮香草或甘納豆點綴，營造出柔和溫馨的感覺。

For cold desserts, like blancmange, pudding and cold pudding, people love to adopt Japanese-style, which looks soft and beautiful and is lightly sweet in taste. With a delicate style-setting, like cutting it up into petite dices or using moulds, their unique delicate tenderness of "beauty" and "goodness" can be exemplified. Some garnishing like green tea powder, fresh herbs or Japanese sticky beans are generally used to create a touch of softness and sweetness.

酥餅類 Pastry

一般的批撻或酥點具有強烈的立體感，只需要用上簡單的朱古力裝飾，或是以少量高級生果與香草來點綴，配上木紋盛器增加自然風味，或以玻璃盛器增強透射或空間感覺，讓甜點的高度和空間更突出。如果採用立體的生果、雪糕(冰淇淋)緊密結合在一起，讓人們需要花一點時間觀賞或思考何處開始享用，除了刺激視覺，也會對美味感覺有所冀望，增加品嚐和進食樂趣。

Generally speaking, pie, tarts and pastry are well-structured in appearance and simple decoration with some chocolate or a small amount of exquisite fruit and herbs will do. On the other hand, an appropriate selection of container is equally important, for example, a wooden container can enhance its natural style while a glass container can strengthen the effects of translucency and space, and thus further enhancing the height and features of the dessert. If fruit and ice-cream are combined together, the consumer will have to spend more time on appreciating the dessert and then figure out how to enjoy it. As a result, it will not only stimulate the visual sense, but also increase the longing for its delicious taste as well as the fun of eating.

東南亞糕點類 South East Asian Dessert

充滿神秘的民風，與歐陸風味迥然不同，因而勾起品嚐者的好奇心和冒險精神來享用。它的素材採用了椰汁、木薯粉、花、香料或香草，刻意營造出食物的獨特味道，熱情奔放，充滿田園風味。

Just the opposite of Europe, East Asia is more mysterious in cultures and its desserts can induce the curiosity and adventurous spirit of the diners. They make use of coconut milk, tapioca flour, flowers, spices or herbs to foster a distinctive taste in a passionate and natural way.

健康甜點類 Healthy Sweets

有些人對奶類製品產生敏感，為了適應不喜歡奶類材料的品嚐者，改用豆漿弄成甜點，增減甜度及增添隱性風味，提升品味，也予人有一份清新和健康感覺。

To suit the needs of those who are allergic to milk produce, some desserts are made of soy bean milk. By adjusting the sweetness and texture, it can not only improve the taste of desserts but also project a fresh and healthy feeling.

季節性的糕點類 Seasonal Dessert

不時不食是廚師烹調格言，雖然食材受制於時令，並不會局限甜點的創意，反而更能突顯食品風味和品味，有助廚師弄起甜點更得心應手，因為時令食材無論品質、味道和形狀會很容易滿足烹調要求，事半功倍。

"Eat the food in season" is the motto of chefs. Although the seasonal change may restrict the use of certain ingredients, it will not limit the creativity for desserts. On the contrary, it may highlight the style and taste of food. Since seasonal food can better satisfy the requirements of cooking, in terms of quality, taste and shape, it can help the chef to make successful dishes more easily.



弄出絕妙美食的必備用具 Essential Tools

1. 一般做蛋糕必備之用具 *Common Cake Making Tools*

- 1 不鏽鋼盆／鋁盆：盛載物料、蛋糊料或是烘烤食物。
Stainless steel container : for holding ingredients, egg batter or for baking.
- 2 量杯：用以量度容量單位。
Measuring cup : for measuring the volume of ingredients in measurement units
- 3 滾動切割器：切出齶齒形狀的花邊。
Rolling cutter : for cutting pastry into pieces with zigzag edges.
- 4 刮刀：清理麵漿或蛋漿，免浪費。
Scraper : to clean batter thoroughly so as to reduce waste.
- 5 半圓挖刀：用以將物料中心挖空或作舀球狀之生果。
Fruit baller : for shaping fresh fruit into small round balls.
- 6 油掃：入焗爐前作掃油或掃蛋漿之用。
Pastry brush : for glazing, brush with oil or egg liquid, before baking.
- 7 玻璃碗：用作盛載容液。
Glass bowl : for holding liquid.
- 8 圓形蛋糕模：基本糕模。
Round cake mould : basic cake mould.
- 9 桿麵棍：用以將麵糰輾薄。
Rolling pin : for rolling out pastry.
- 10 蛋拂：作用是將材料拂至均勻。
Hand whisk : for whisking the liquid ingredients thoroughly.
- 11 蛋糕刀：有齶齒的，用作切蛋糕。
Saw knife : for cutting cakes.
- 12 抹刀：用以將忌廉刷在蛋糕表面而得以平滑或使凍餅表面平滑。
Palette knife : for smoothing cake mixture or cream on cake surface.
- 13 方形易潔鑊(鍋)：一般用以燒日式蛋卷。
Square : shaped non-sticky pan - for making Japanese egg rolls.



做甜點前的
預備課
Preparatory
Course on
Dessert Making