

小烤箱

Baking with a **美食** *Mini Oven*

萬里機構 · 飲食天地出版社出版 方智敏 編著



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前言

香港寸金尺土，地方有限，不能放置大型焗爐（烤箱），令到一群熱愛烘焙的“粉絲”只能望門興嘆，不能盡情釋放烹飪的熱情，大煮特煮。幸運地，隨着一股製造甜品熱潮的強勢下，許多生產小型家庭電器的廠商洞悉商機，製造出許多輕巧時尚的小焗爐，通稱“小烤箱”，讓我們這群烘焙愛好者繼續開心有“焗”。

市面上的小烤箱，有些帶有微波功能。不過我卻愛用傳統功能，特別是有上、下發熱線或石英管作導熱媒體的。最好選用可以隨意選擇能關掉上火、下火、全開或全熄的焗爐，因為能靈活運用和處理食品的效果。

現今世界講求環保和飲食健康，利用焗爐作烹調工具，清潔、衛生又方便。它擁有翻熱、烹調，甚至附有蒸氣的功能，能配合少油、少炸等健康烹調的要求，用途多而廣泛，適應現代人的需要。

由於家居地方有限，都市生活繁忙，所以書中食譜以簡單、容易處理和隨時能購買的材料為依歸，有些甚至預先處理便可以輕鬆烹煮，隨時可以享受美味食物。

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香辣醬油雞翼

Chili Chicken Wings



2~3人 • 2~3 persons

10~12分鐘 • 10~12 minutes

材料

雞中翼10-12隻
洋葱絲100克

醃料

海鹽1茶匙
鮮露1茶匙
糖1湯匙
生粉1茶匙
老抽½茶匙
橄欖油1湯匙
Tabasco辣椒汁1茶匙
雜胡椒碎適量

Ingredients

Mid-joint chicken wings
10-12 pcs
Onion shreds 100g

Marinade

Sea salt 1 tsp
Seasoning sauce 1 tsp
Sugar 1 tbsp
Cornstarch 1 tsp
Dark soy sauce ½ tsp
Olive oil 1 tbsp
Tabasco 1 tsp
Ground mixed pepper
as needed

做法

- 1 雞中翼解凍後，用少許檸檬汁撈勻待5分鐘，沖洗乾淨。
- 2 燒水一鍋，放入雞翼飛水，加入醃料拌勻，置冰箱中冷凍1-2小時。
- 3 焗爐預熱2-3分鐘，在焗盤上先放洋葱絲，再鋪上雞翼焗10-12分鐘。

Cooking method

- 1 Defrost the chicken wings, mix well with a little lemon juice, let stand for 5 minutes, rinse thoroughly.
- 2 Boil a pot of water, scald the chicken wings, add the marinade, stir well, cool in refrigerator for 1-2 hours.
- 3 Pre-heat the oven for 2-3 minutes, put the onion shreds onto the oven tray first, then the chicken wings, bake for 10-12 minutes.

心得Tips

- 1 小烤箱的火力比較猛，烘烤時要多關注食物狀況，如果遇到表面或底部出現燒焦情況，可用錫紙蓋面或立即關掉上火或下火。
- 2 每具焗爐的火力會有差異，應該先了解家中焗爐的火力，而調校烹調時間。
- 1 Pay attention to the food condition during baking, as the heat of the oven is rather strong. If the surface or bottom of the food is burnt, you may use foil to cover it or switch off the upper or lower fire immediately.
- 2 As the heat of different ovens may vary, you should find out the strength of your oven, and adjust the cooking time accordingly.

材料

雞腿4-6隻
檸檬片3-4片(裝飾或伴食)

醃料

鹽½茶匙, 糖2茶匙
鮮露1茶匙
雞粉½茶匙
海鮮醬1茶匙
蛋白1隻
生粉1茶匙
黑胡椒碎1茶匙
蒜鹽½茶匙, 酒1茶匙
橄欖油1湯匙

檸檬蜜糖水

檸檬汁1茶匙
熱水1茶匙
蜜糖1湯匙

Ingredients

Chicken drumsticks 4-6pcs
Lemon slices 3-4 slices
(for decoration or serve together)

Marinade

Salt ½ tsp, Sugar 2 tsp
Seasoning sauce 1 tsp
Chicken powder ½ tsp
Hoi sin sauce 1 tsp
Egg white 1 pc
Cornstarch 1 tsp
Ground black pepper 1 tsp
Garlic salt ½ tsp, Wine 1 tsp
Olive oil 1 tbsp

Lemon honey water

Lemon juice 1 tsp
Hot water 1 tsp
Honey 1 tbsp

做法

- 1 雞腿解凍，用少許檸檬汁撈勻待5分鐘，沖洗乾淨，抹乾水份。
- 2 把醃料拌勻，加入雞腿內撈勻，置冰箱中冷凍1-2小時。
- 3 掃面材料拌勻，備用。
- 4 焗爐預熱2-3分鐘，放上雞腿焗13-15分鐘。
- 5 取出雞腿，刺入竹籤而沒有血水流出，掃上檸檬蜜糖水，回爐焗2-3分鐘便可。

Cooking method

- 1 Defrost the chicken thighs, mix well with a little lemon juice, let stand for 5 minutes, rinse thoroughly, wipe dry.
- 2 Stir the marinade well, add the chicken thighs and mix well, cool in refrigerator for 1-2 hours.
- 3 Stir the ingredients for wiping the surface well, set aside.
- 4 Pre-heat the oven for 2-3 minutes, put the chicken thighs into the oven for 13-15 minutes.
- 5 Take out the chicken thighs, poke with a bamboo stick and no bleeding, wipe with lemon honey water, put back to oven for 2-3 minutes, and then ready to serve.

心得Tips

縮減烹調時間，可在雞腿厚肉部份，用小刀劃幾道縫，容易入味和快熟。

To shorten the cooking time, you may cut the thick part of the chicken thighs with a small knife several times. This will shorten the marinating and cooking time.

香檸燒雞鉗

Roasted Chicken Drumsticks with Lemon Slices



海鹽燒辣味蝦

Roasted Chili Prawns with Spicy



2~3 人 • 2~3 persons

8~10 分鐘 • 8~10 minutes

材料

大花蝦4-6隻

醃料

海鹽½茶匙
味椒鹽¼茶匙
酒1茶匙
糖2茶匙
鮮露1茶匙

伴食

檸檬3-4角

Ingredients

King prawns 4-6pcs

Marinade

Sea salt ½ tsp
Salt pepper seasoning ¼ tsp
Wine 1 tsp
Sugar 2 tsp
Seasoning sauce 1 tsp

Serve with

Lemon wedges 3-4pcs

做法

- 1 花蝦洗淨，挑腸，抹乾備用。
- 2 醃料拌勻，放入蝦肉，醃5分鐘
- 3 焗爐預熱2-3分鐘，放入花蝦焗8-10分鐘或至熟，取出與檸檬角同食。

Cooking method

- 1 Rinse the king prawn thoroughly, devein, wipe to dry, set aside.
- 2 Stir the marinade well, add into the prawns, let stand for 5 minutes.
- 3 Pre-heat the oven for 2-3 minutes, put the prawns into the oven for 8-10 minutes or until done, take out and serve with the lemon wedges.

心得Tips

可以在蝦背剖開一點，容易使蝦肉入味和快熟。

Cut a shallow slit at the back of the prawns, which will make the prawns get done quicker and flavor being absorbed easier.

2~4 人 • 2~4 persons

25 分鐘 • 25 minutes

材料

連殼生蠔4隻
煙腩肉3-4片
洋蔥碎30克
瑞士芝士碎50克

調味

海鹽½茶匙
黑胡椒碎1茶匙
Tabasco辣椒汁1茶匙

Ingredients

Oysters in shells 4pcs
Bacon 3-4 slices
Chopped onion 30g
Emmenthaler cheese 50g

Seasoning

Sea salt ½ tsp
Ground black pepper 1 tsp
Tabasco 1 tsp

做法

- 1 生蠔洗擦乾淨，備用。
- 2 煙腩肉切碎，放焗爐內焗至香脆，需時10分鐘，取出備用。
- 3 用煙腩肉的油，加入洋蔥碎焗5分鐘。
- 4 把生蠔分別放上調味、煙肉碎和洋蔥碎，再撒上芝士。
- 5 焗爐預熱2-3分鐘，放入生蠔焗8-10分鐘或至熟，即可。

Cooking method

- 1 Rinse and wipe the oysters thoroughly, set aside.
- 2 Mince the smoked bacon, put into the oven until crispy, about 10 minutes needed, take out and set aside.
- 3 Make use of the frying oil of the streaky bacon, add chopped onion, bake for 5 minutes.
- 4 Add seasoning, chopped bacon and onion to the oysters, sprinkle the cheese over.
- 5 Pre-heat the oven for 2-3 minutes, put the oysters into the oven for 8-10 minutes or until done, then ready to serve.

心得Tips

- 1 表面必須焗至乾身和金黃色，效果才理想。
- 2 煙肉可改用即食煙肉碎，會省時一點。
- 1 For ideal effect, the surface needed to be baked until dry and golden in color.
- 2 You may use instant chopped bacon instead to save time.

芝士煙肉燒蠔

Roasted Oysters with Cheese and Bacon



鹽燒翡翠螺

Salt-roasted Jade Spiral Shells



2~4 人 • 2~4 persons

10~12 分鐘 • 10~12 minutes

材料

翡翠螺 4-8 隻
粗鹽 1 包
清酒 1-2 湯匙

調味

味椒鹽 適量

Ingredients

Jade spiral shells 4-8 pcs
Coarse salt 1 pack
Sake 1-2 tbsp

Seasoning

Salt pepper seasoning as needed

做法

- 1 翡翠螺擦洗乾淨，備用。
- 2 焗爐預熱 2-3 分鐘，用 1 張錫紙墊在盤上，放上粗鹽，焗熱。
- 3 取出，插上翡翠螺回爐焗 5-8 分鐘，再次取出淋上清酒，回爐焗 2-3 分鐘。
- 4 享用時，可灑點味椒鹽調味。

Cooking method

- 1 Wipe and rinse the Jade spiral shells thoroughly, set aside.
- 2 Pre-heat the oven for 2-3 minutes, lay a sheet of foil on the tray, cover with coarse salt, bake until hot.
- 3 Take out, plunge the Jade spiral shells into the salt, put back into the oven for 5-8 minutes, take out again and sprinkle with sake, back to oven for 2-3 minutes.
- 4 Sprinkle with salt pepper seasoning for flavoring when serve.

心得 Tips

- 1 選螺的原則：必須新鮮。不新鮮的螺會帶有腥臭味道，不宜食用。
- 2 烤螺必須完全熟透，否則容易引起腸胃不適。
- 1 Choose fresh Jade spiral shells, otherwise there will be odour smell and not suitable for consumption.
- 2 Bake the spiral shells to well done, otherwise stomach upset may occur.

材料

和牛肉 150 克
蒜頭 2 粒
橄欖油 1-2 湯匙

醃料

鮮露 1 茶匙
保衛爾牛肉汁 1 茶匙
日式燒肉汁 1 茶匙
糖 1 茶匙
生粉 1 茶匙
橄欖油 1 湯匙

Ingredients

Japanese beef 150g
Garlic 2pcs
Olive oil 1-2 tbsp

Marinade

Seasoning sauce 1 tsp
Bovril 1 tsp
Japanese sauce for BBQ meat 1 tsp
Sugar 1 tsp
Cornstarch 1 tsp
Olive oil 1 tbsp

做法

- 1 蒜頭洗淨，切薄片，備用。
- 2 醃料拌勻，塗抹在牛肉上，待5分鐘。
- 3 焗爐預熱2-3分鐘，在焗盤上放上蒜片和牛肉，再淋上橄欖油，焗5-6分鐘，熄爐，待1-2分鐘取出即成。

Cooking method

- 1 Rinse the garlic thoroughly, cut into thin slices, set aside.
- 2 Stir the marinade well, coat the beef, let stand for 5 minutes.
- 3 Pre-heat the oven for 2-3 minutes, put garlic slices and beef onto the tray, sprinkle with olive oil, bake for 5-6 minutes, switch off the oven, let stand for 1-2 minutes, then ready to serve.

心得Tips

挑選牛肉時，肉質的脂肪要多而均勻，那麼烤出來的牛肉便會又嫩又滑了。

When choosing the beef, pick the one with more fat and the fat being evenly distributed, then the baked beef will be tender and smooth.