

Instant & Light Meal

简易

食谱中英对照

西式面点

黄倩霞 编著 福建科学技术出版社

■摩登厨房系列■

在家中轻易做出海鲜包、
鲍鱼挞、姜梨派……



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著作权合同登记号：图字13-2003-55

原书名：《方便易制西式面点》

本书中文简体字版由香港万里机构出版有限公司授权福建科学技术出版社在中国大陆地区出版、发行

图书在版编目(CIP)数据

简易西式面点／黄倩霞编著．—福州：福建科学技术出版社，2004.8

(摩登厨房系列)

ISBN 7-5335-2411-X

I.简… II.黄… III.面点，西式—制作
IV.TS972.116

中国版本图书馆CIP数据核字(2004)第030736号

书 名 简易西式面点
摩登厨房系列

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出版发行 福建科学技术出版社
福州市东水路76号，邮编350001
www.fjstp.com

经 销 各地新华书店

印 刷 美雅印刷制本有限公司

开 本 889毫米×1194毫米 1/32

印 张 3.5

字 数 78千字

版 次 2004年8月第1版

印 次 2004年8月第1次印刷

书 号 ISBN 7-5335-2411-X/TS·233

定 价 15.00元

书中如有印装质量问题，可直接向本社调换

现代人生活节奏急速，但忙里偷闲，自己动手依书炮制各款精选美食，既是一种调剂，也给家庭增添了温馨，值得提倡。

物料的充裕和中西文化融会的文化背景，反映到现代家庭的餐桌上，就形成了选料广泛、做法多变、中西合璧、别具一格的现代家常菜特色。

虽然饮食潮流与口味会不断发生变化，厨房设备和用具也日新月异，但烹饪作为一种生活艺术，从操作过程来说不外分为选料、加工、切配、烹调 and 美化装饰等五个环节，只要配合得好，便可产生一道道色香味形俱佳的精彩美馔，有关食谱也能经受得起时间的考验。

摩登厨房系列针对读者的需要，分门别类为现代城市人精选食谱，它们均具有物料购买容易、制作过程简单、美味可口而又营养丰富的特色。

我们希望这套丛书能引领读者熟悉现今的入厨操作，对煮食过程有更进一步的认识，从而领会到烹饪世界有趣的一面。

西式面点

Pasta and Pastry

从来没想到面点可以有那么多颜色及形状。到欧洲自由旅行时，常到小街窄巷逛逛，希望有意外的发现。终于远远地看到一间店铺橱窗外摆了一件件色彩缤纷的货品，十分吸引人，以为是一间糖果店，走近才知是一间意大利面点店。

刚走进店内，就已嗅到面点的香味，更令我惊讶的是发现店铺内用不同种类的面点装饰布置，琳琅满目，美不胜收。面点有红的，有绿的，有黄的，还有黑的；形状更是千奇百怪，有的就像蝴蝶结，有的如大小不同的蚬壳，有的像长短不一的螺丝钉，还有如上海馄饨的意大利饺子。我逗留了很久，才依依不舍地离去。

除面条外，诸如派、挞等其他面食品在欧洲也是随处都可购买到的。我觉得一份美味的肉派可以与一份特级牛扒相媲美，肉派甘香可口，令人回味无穷。

对欧洲人而言，烹煮一道美味的面类菜式，或制作一款饼类小食，真是易如反掌，而其中的秘诀，希望可在这里与大家一同分享。

黄倩霞

I have never imagined noodles can be in so many shapes and colours!

While travelling in Europe, I enjoyed roaming the side streets, hoping to discover something wonderful. When finally I saw from afar a shop window filled with jars of fabulously coloured goods, I thought it must be a candy shop. Not until I came close did I realize that it was an Italian pasta shop.

The moment I stepped inside the shop, the sweet aroma of Italian pasta penetrated my senses. The entire shop was decorated by different kinds of pasta, so pleasant to the eyes and appealing to the smell.

The pasta is in red, green, yellow, and even black. The shapes are even more amazing. The one which looks like a tiny bow-tie is farfalle. Conchiglie are sea-shells in various sizes. Fusilli are edible screws in different length. The famous ravioli resembles Shanghai dumplings.

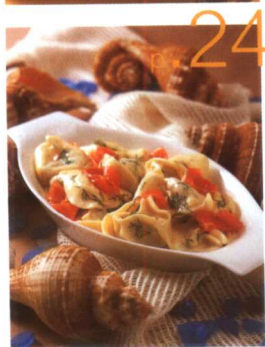
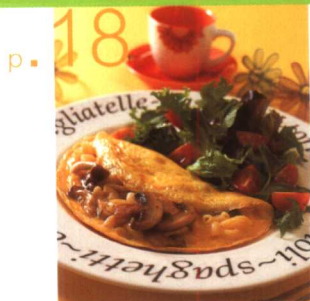
Watching these amazing pasta in different shapes and colours, I lingered on for as long as I could. When I had to leave, I took with me fond memories of these sights and smells.

In addition to pasta, pies, tarts, and pastries are other food products found almost everywhere in Europe. A delicious meat pie with tangy fillings and crispy pastry is comparable to a scrumptious steak.

For a European, to prepare a delectable dish of pasta or to bake a wonderful pastry is as easy as ABC but full of little tricks. In this book, I am going to share with you all the secrets and mysteries about pasta and pastries. Enjoy yourselves!

Pauline Wong

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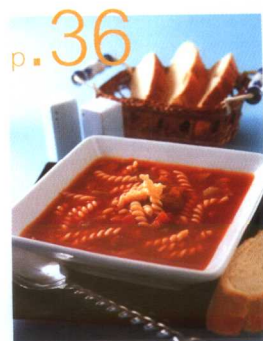


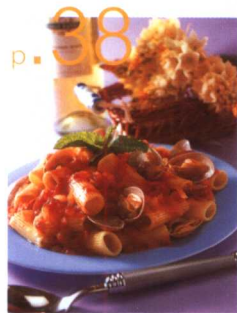
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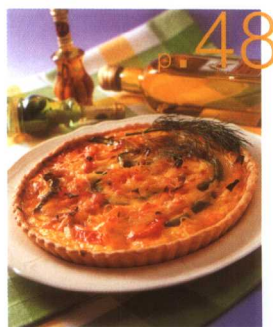
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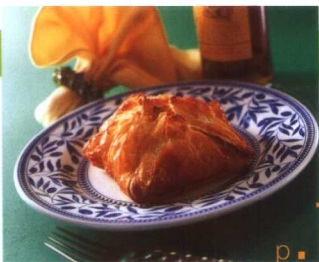
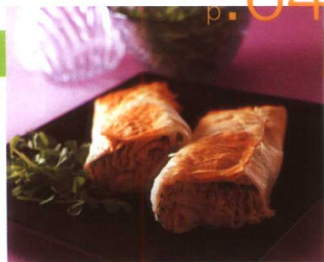
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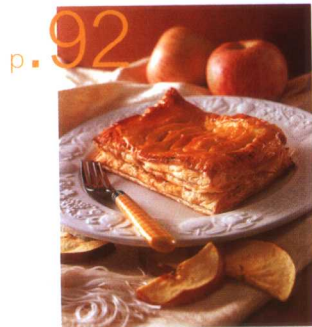
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西式粉面和即用饼皮介绍 *Introduction of Pasta and Pastry*

意大利面点 Italian Pasta

意大利面点是最受意大利人欢迎的食品。它可搭配任何食物及汁料食用，由早餐杂菌煎蛋卷至通粉蛋色拉；由头盘香草馄饨至大盘白酒青蚝伴菠菜面，均深受食家欢迎。

Pasta is one of the most popular courses on Italian menus. Pasta can be served and accompanied by a great variety of ingredients and sauces. From Assorted Mushroom Omelette with Pasta for breakfast, to Ravioli in Pesto for hot deurve, or Mussels in White Wine Cream Sauce with Tagliatelle in the main dish. All the recipes are ever so popular.

现在的意大利面点已不是意大利人的专有食物，在世界各国，随时都可尝到美味的意大利风味面点。意大利面点种类繁多，有不同的形状，配上不同的汁料，其味无穷，营养价值高又简单易制。

Nowadays, pasta is no longer the privilege of Italians only. We can taste delicious pasta anywhere in the world, including Hong Kong. Pasta comes in different types, different shapes, different sizes and different flavors. It is high in nutritional value and is convenient to prepare.

传统意大利面点是用纯小麦制成。意大利人多选用粗粒小麦粉——一种硬小麦粉，它可使面点质感更佳及有口感。

Traditional pasta is made from 100% wheat flour. Most Italians would choose "Durum Wheat Semolina", a kind of ground hard wheat, which makes cooking pasta "al dente" easier. "Al dente" in Italian means "smooth and firm".



新鲜的或干的意大利面在市场上均十分普遍。但手工制的新鲜面点较昂贵，而机制面点和干面条则随处有售，便宜得多。自制面点，其实并不难，每100克粗粒小麦粉或“00小麦粉”加入1只蛋及少许盐，搓成细滑柔软的粉团，反复碾薄，即可做成不同形状的意大利面点。

In Hong Kong, both fresh and dried pasta are commonly sold. Fresh pasta costs more due to higher costs in manpower and storage. Machine-made or dried pasta is less expensive and is available in most shops and supermarkets. Home-made pasta is simple and easy. Here are some simple steps to follow:

Just add 1 egg and a pinch of salt to 100g of "Durum wheat semolina" or "00 wheat flour". After mixing the ingredients, we have to knead the dough until it is very smooth. Then, roll the dough repeatedly until it becomes thin and even. The dough is ready to cut into different sizes and shapes for cooking.

煮出高质量的意大利面点的小诀窍：

- (1) 烹煮时须用大量水，以免面点黏着成团，水内加盐作调味。
- (2) 水内加入1至2汤匙油可防止面点黏着成团。
- (3) 不可将煮熟的意大利面点久存，以免影响质感。
- (4) 烹煮意大利面点时，应不断搅拌，烹煮时间要视其粗细而定。
- (5) 酱汁预备好后，才可开始烹煮意大利面点。
- (6) 在预备做冷菜时，应将面点冲水，去掉面点表面的淀粉，并冷藏。
- (7) 在预备热盘时，将面点沥去水分后应即拌入酱汁享用。
- (8) 选用50克/人意大利面点作头盘分量，80~100克/人作主菜分量。

To cook quality pasta dishes:

- (1) Cook pasta in a large amount of boiling water. Add some salt to flavor the pasta.
- (2) Add 1-2 tablespoons of oil to prevent pasta from sticking together.
- (3) Don't let cooked pasta rest for too long, as the residue heat will overcook the pasta.
- (4) Stir frequently. Cook the pasta until "Al dente" (i.e. smooth and firm). Time required may vary according to the size and shape of the pasta.
- (5) Don't start cooking the pasta until your sauce is nearly ready.
- (6) For cold dishes, rinse the pasta with cold water to remove the starch on the outside, and then chill well.
- (7) For hot dishes, drain the pasta and stir in sauce immediately for serving.
- (8) How much to serve allow 50g pasta per person as a starter and 80-100g as a main dish.

酱汁的配合也是烹调美味意大利面点的关键。较细的意大利面点，多配合较稀的且香滑的汁料，如熏肉奶油汁、香草汁。而粗的意大利面点，因体积较大，需要较有质感且浓稠的酱汁来配合，如传统肉酱汁、蚬肉鲜茄汁等，更可增加意大利粗面点的美味及口感。

The sauce which accompanied pasta is another key factor in pasta dishes. As a general rule, we will use thin and smooth sauce, like carbonara sauce and pesto sauce, to accompany thin pasta. For thick pasta, we may choose thick and chunky ones, like traditional Bolognese sauce and fresh tomato clam sauce so as to enhance the flavor and texture of the ingredients.

意大利面点的种类如下：

Types of pasta available in the market:

1) 较细的意大利面点 Thin Pasta

——意大利细面(发丝面)、实心意粉。

- Capellini (Angel Hair), Spaghetti.



实心意粉 (Spaghetti)



意大利细面 (Capellini)

发丝面是最细的一种意大利面条，约1.2毫米粗；实心意粉有不同粗细，一般1.8~2毫米粗，1号实心意粉是最粗的一种。

Angel hair is the finest type of pasta. Capellini is around 1.2mm thick, Spaghetti varies in size around 1.8mm to 2mm, where #1 is the thickest type.

2) 较粗的意大利面点 Thick Pasta

——意大利细板面、意大利宽扁面、球面、千层面。

- Linguine, Fettuccine, Tagliatelle, Lasagne.

这是一类宽度不同的面条。意大利细板面约3毫米宽；意大利宽扁面约5毫米宽；球面是将8毫米宽的面条卷成球形；千层面是最宽的一种，它是将粉团碾薄后切成长方形而成。

Linguine is around 3mm thick, Fettuccine is 5mm thick, tagliatelle is around 8mm thick, lasagne is made from the oblongs cut from the sheet of pasta dough.



千层面 (Lasagne)



球面 (Tagliatelle)

3) 管筒/通心意大利面点 Tube/Hollow Pasta

——细通粉、直通粉、粗通粉、管筒通粉。

- Macaroni, Penne, Rigatoni, Cannelloni.

细通粉是最为普遍的一种,

有不同粗细可供选择; 直形的是直通粉或笔尖通粉, 直径约8毫米; 较粗的是约13毫米粗的粗通粉; 最粗的一款是管筒通粉, 直径约30毫米, 可供填入肉酱材料。



直通粉 (Penne)



细通粉 (Macaroni)



粗通粉 (Rigatoni)

Macaroni is the most common type of tube pasta. There are different sizes available. The straight one is known as penne, around 8mm in diameter. The thicker one is called rigatoni, 13mm thick. The thickest one is cannelloni, 30mm in diameter, to be filled with meat sauce.

4) 调味意大利面点 Flavored Pasta

——意大利墨汁面、菠菜面、香草面、茄汁面、薯蓉枣。

- Squid Ink Pasta, Spinach Pasta, Herbed Pasta, Tomato Pasta, Gnocchi.

在制造意大利面点时, 加入不同的材料即可做出不同味道及颜色。有加入墨鱼汁、

剁碎的蔬菜或香草及菜汁等; 薯蓉枣是用75%薯蓉加入薯粉、小麦粉及其他调味品而成, 质地及味道都与传统的意大利面条差别颇大。

In making pasta, we may add different ingredients to flavor, for example, squid ink, chopped vegetables, herbs or vegetable juice. This produces a wide range of colored and flavored pasta. Gnocchi

is made from around 75% mashed potato with potato starch, wheat flour and other flavorings.



意大利墨汁面 (Squid Ink Pasta)



菠菜面 (Spinach Pasta)



薯蓉枣 (Gnocchi)

5) 有馅的意大利面点 Filled Pasta

——意大利馄饨、意大利饺子。

- Ravioli, Tortellini



意大利馄饨 (Ravioli)



意大利饺子 (Tortellini)



可分成两大类：馄饨及饺子，馅料有很多不同的品种可供选择，有鸡肉奶酪、熏肉香草、海鲜等。

Pasta dough is cut differently and shape them in various shapes. Fillings can range from cheese and chicken to smoked ham herbs and seafood.

6) 造型意大利面点 Shaped Pasta

——蝴蝶粉、蚬壳粉、螺丝粉、字母粉。

- Farfalle, Conchiglie, Fusilli.

将粉团做成不同形状，蝴蝶

粉如蝴蝶结，蚬壳粉有不同

大小，螺丝粉就像一枚螺

丝钉，字母粉包括那26

个英文字母。

Pasta dough is shaped differently. Farfalle looks like a bow, conchiglie resembles a shell while fusilli is shaped to a spiral.



蚬壳粉 (Conchiglie)



蝴蝶粉 (Farfalle)



螺丝粉 (Fusilli)

意大利面点，种类繁多，变化万千，本书介绍的23款意大利风味面点就充分展示出其独特的神韵。

This book shares with you the secrets and experience in the joy of serving and cooking pasta. It provides you 23 recipes, each illustrating a different use of this great variety of delicious pasta.

西式饼皮 Western Pastry

加工及烘烤得恰到好处的饼皮，松脆可口、入口即化。再配以或甜或咸的不同馅料，做出不同的形状，更令饼点增添色彩及美味。制作饼皮的主要材料是小麦粉、油及水，材料比例不同就会产生不同的口感。本书介绍了不同款式的饼皮：松饼皮、千层饼皮及印度饼皮；设计出多款特色饼点菜式，有甜美可口的石纹奶酪饼、不容错过且层次分明的海鲜羹、松脆诱人的墨西哥脆肉卷等等，希望各位读者喜欢。

The second chapter introduces to you a great variety of pastry dishes where, Shortcrust pastry, Puff pastry and Filo pastry are used. Different types of pastries vary according to the proportion of wheat flour, fat and water, all of which contribute to the different textures, different usages and different flavors of the pastries. To experience the delicious taste of pastry lingering in our palette, you must try our tasty Chocolate Marble Cheesecake, Layered Seafood Envelop and Crispy Minced Meat Roll.

松饼皮是最多元化的，它用途广并且加工简单。主要是将油与小麦粉一同搓匀，再加入适量水分混和便成。千层饼皮则较复杂，所需油分亦较多，制作时需将水与粉混和后夹入一层油，反复折叠即成。印度饼皮质地较干，油分较少，但皮很薄，烘烤后入口松脆，是另一类饼皮。

Shortcrust pastry is more popular as it is easier to make. It is made by mixing butter, flour and water, then the dough is kneaded until it becomes smooth. It is widely used in making pies, tarts and quiches. Puff pastry is more sophisticated. To give a flaky texture to the pastry, the dough is being folded into layers. This layered pastry is best used in envelops, parcels and vol-au-vents. Filo pastry is a dry and thin sheet. It has the least amount of fat. It becomes crisp and golden after baking, which is best used in parcels and triangles.





千层饼皮 (Puff Pastry)



印度饼皮 (Filo Pastry)



已垫上饼皮的挞模
(Ready-made Tart Base)



饼模
(Ready-made Oreo Biscuit Base)

自制饼皮工序复杂，而且费时。现在，可在超市里购买到各种的冷冻饼皮，如松饼皮、千层饼皮、印度饼皮，甚至已垫上饼皮的挞模或饼模，使自制饼点更加方便简单，值得一试。

Home-made pastry is more complicated and time-consuming. In Hong Kong, ready-made pastries such as shortcrust pastry, puff pastry, filo pastry and ready-lined tarts and pie crusts, are common in supermarkets. They are convenient to use and worth trying.