

北京市东城区图书馆



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B A K I

C L A S S

烘焙教室

Creative making of

创意西式蛋糕

Cakes

吴景发 著



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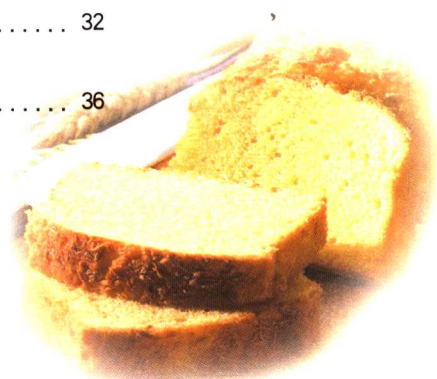
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烘制蛋糕的材料和基本用具

1.
水晶魔芋(蒟蒻)果冻粉
Konnyaku Jelly powder
2.
水蜜桃香精
Peach Essence
3.
水蜜桃色素
Peach colouring
4.
柠檬酸
Citric acid

Ingredients and Basic Utensils of Cake Making

5.
朗姆酒
Rum
6.
咖啡甜酒
Coffee Liqueur

7.
酒浸樱桃
Maraschino cherries
8.
草莓色素
Strawberry colouring
9.
香草香精
Vanilla flavour

10.
发粉
Baking powder

11.
塔塔粉
Cream of Tartar

12.
去核黑樱桃
Pitted dark sweet cherries

13.
胡桃
Pecans

14.
杏仁碎
Nibbed almonds

15.
牛奶
Milk

16.
核桃
Walnuts

17.
杏仁片
Flaked almonds

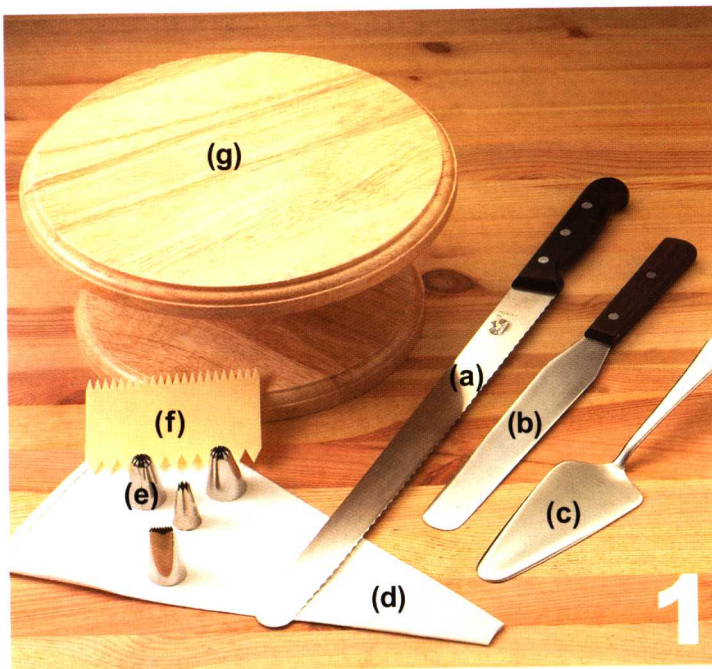
18.
可可粉
Cocoa powder

19.
黑葡萄干
Black raisins

20.
黄葡萄干
Golden raisins

21.
巧克力米
Chocolate rice

22.
黄油
Butter
23.
明胶粉
Gelatine powder



- 牙刀
a. Serrated knife
软抹刀
b. Spatula
蛋糕托勺
c. Cake server
裱花袋
d. Piping bag
不同形状的裱花嘴
e. Different icing nozzles
塑胶梳形装饰抹刀
f. Plastic icing comb
蛋糕转盘
g. Wooden turn table

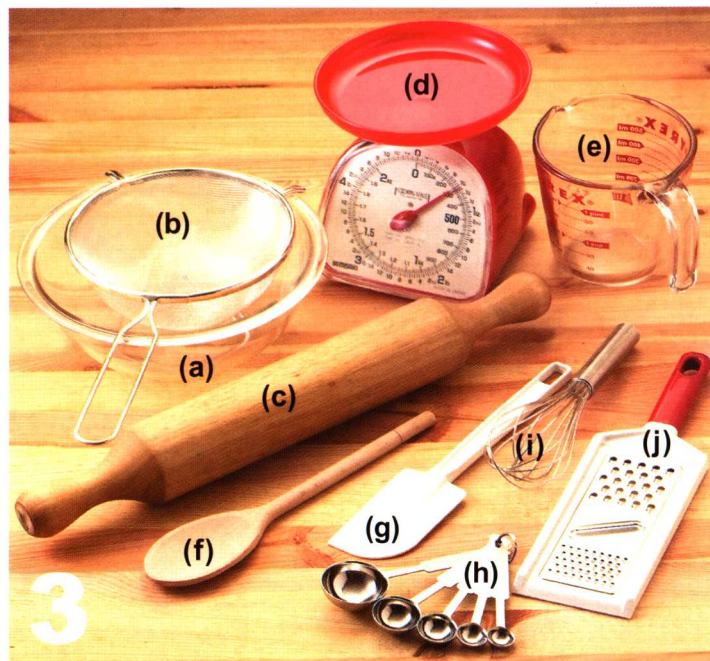


- 纹状空心模具
a. Gugelhupf mould/Fluted tube mould
不同直径的圆形蛋糕模具
b. Different Inches round cake moulds
天使蛋糕 / 戚风蛋糕模具
c. Angel food cake/Chiffon cake mould
方形蛋糕模具
d. Square cake mould
方平浅薄蛋糕模具
e. Shallow cake mould
铁丝网架
f. Wire rack
长形蛋糕模具
g. Loaf tin
蛋糕圈模
h. Cake ring
锡纸制杯子模具
i. Aluminium foil cup mould



- 混合碗
a. Mixing bowl
筛粉器
b. Sieve
擀面棍
c. Rolling pin
称量器
d. Scales
量杯
e. Measuring jug
木制汤匙
f. Wooden spoon
胶刮刀
g. Plastic scraper
量汤匙
h. Measuring spoons
打蛋器
i. Egg Whisk
磨茸器
j. Grater

3

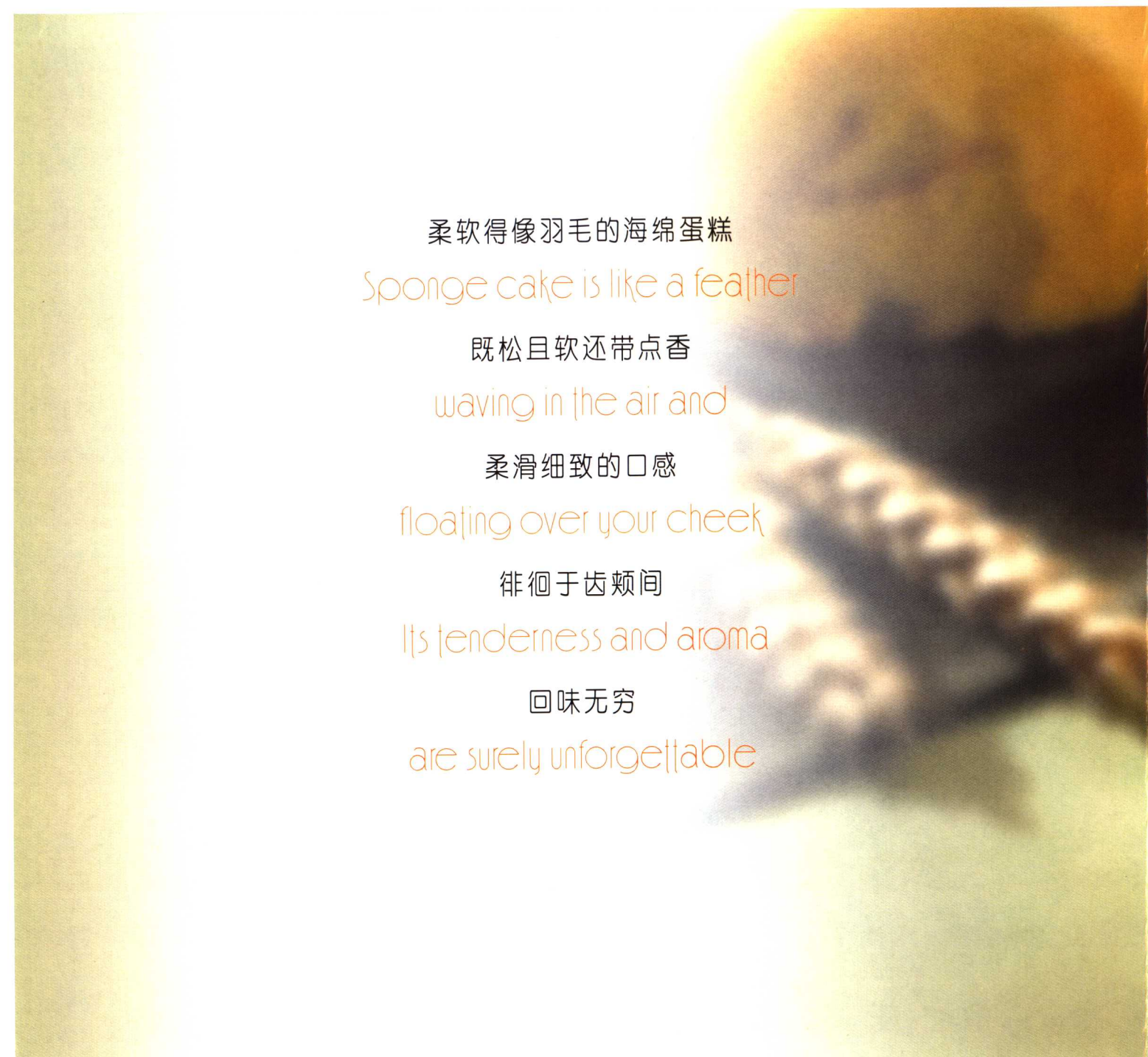


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- 电动搅拌机
a. Standing mixer
铁丝搅拌器
b. Wire whisk
浆状搅拌器
c. Flat beater
钩状搅拌器
d. Dough hook

4

7



柔软得像羽毛的海绵蛋糕

Sponge cake is like a feather

既松且软还带点香

waving in the air and

柔滑细致的口感

floating over your cheek

徘徊于齿颊间

Its tenderness and aroma

回味无穷

are surely unforgettable



Sponge Cake

海绵蛋糕

1. 海绵蛋糕粉海绵蛋糕 SPONGE MIX FLOUR

【做法】 Method

1. 先将(A)放入搅拌碗内。
2. 搅拌(A)成浓稠面糊。
3. 将(B)倒入面糊内。
4. 把面糊搅拌至松发。
5. 加入(C)一起拌匀，再倒入直径约 23 厘米的圆形烘模里，以 180°C 烘 30 分钟即可。

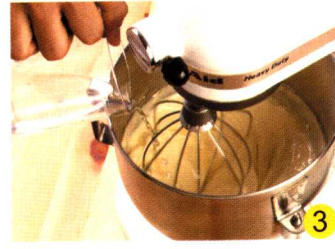


材 料 INGREDIENTS

(A)
250 克 海绵蛋糕粉
4 个 鸡蛋
250g
Sponge mix flour
4 Eggs

(B)
50 毫升 水
50ml Water

(C)
80 克 化黄油
80g Melted butter



【备注】 Remark

食谱内所用的鸡蛋为中等大小鸡蛋，每个去壳后约净重 55 克。

The eggs used in all the recipes are medium size and without shell. The weight of each is about 55g.

Basic Steps of Sponge Cake

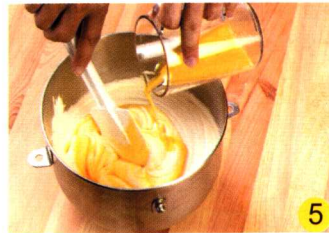
2. 乳化剂海绵蛋糕

EMULSIFIED SPONGE CAKE

【 做 法 】 Method

1. 先将(A)倒入搅拌碗内及拌匀。
2. 再加入(B)搅拌至浓稠。
3. 加入(C)在面糊内。
4. 将面糊继续搅拌至松发和浓稠。
5. 加入(D)拌匀后，倒入直径约23厘米的圆形烘模里，用180°C烘30分钟，烘好后马上将蛋糕从模里取出即可。

1. Pour (A) into the mixing bowl and mix well.
2. Add (B) and whip till thick.
3. Stir in (C) with the batter.
4. Whip the batter till light and fluffy.
5. Mix (D) till well blended. Pour it into a 9" round mould. Bake at 180°C for 30 minutes. Once baked, remove cake immediately from the mould.



【 备 注 】 Remark

若是烘制巧克力海绵蛋糕，可加入2汤匙的可可粉和40毫升水搅拌成糊后，再加入面糊里拌匀即可。

For chocolate sponge cake, mix 2 tbsps of cocoa powder with 40ml of water to form a paste. Then add it into the cake batter. Mix till well blended.



材 料 INGREDIENTS

- (A)
160克 糖
15克 蛋糕乳化剂
160g Sugar
15g Cake emulsifier
- (B)
5个 鸡蛋
125克 面粉
1茶匙 发粉
5 Eggs
125g Flour
1 tsp Baking Powder
- (C)
40毫升 水
40ml Water
- (D)
75克 化黄油
75g
Melted butter

3. 法式海绵蛋糕及手指蛋糕

FRENCH SPONGE CAKE & SPONGE FINGERS



材 料 INGREDIENTS

(A)

5个 蛋黄

20克 糖

5 Egg yolks

20g Sugar

(B)

5个 蛋白

5 Egg whites

(C)

130克 糖

130g Sugar

(D)

120克 面粉

120g Flour

(E)

80克 溶解黄油

(只用在烘烤“法式海绵蛋糕”)

80g Melted butter

(used in “French sponge cake” only)

【 做 法 】 Method

1. 先将(A)放入搅拌碗内。
 2. 将(A)搅拌至松发、浓稠，待用。
 3. 把(B)放入搅拌碗里。
 4. 把(B)发打至湿性发泡，再加入(C)继续搅拌至稠。
 5. 再打至松软为蛋白浆。
 6. 把已发打的蛋白浆和已搅拌好的(A)一起拌匀。
1. Put (A) in the mixing bowl.
 2. Whip (A) till light and fluffy. Set aside.
 3. Pour (B) in mixing bowl.
 4. Whip (B) till soft peaks are formed. Add (C) and continue to whip.
 5. Beat the egg white mixture till stiff.
 6. Mix the egg white mixture with (A) till well blended.



Basic Steps of Sponge Cake

7. 加入(D)拌匀。(*拌匀此面糊后，便成了烤制“手指蛋糕”的面糊。)

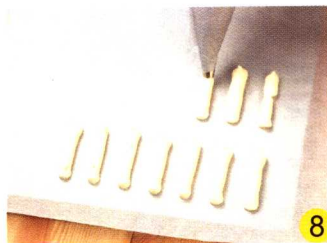
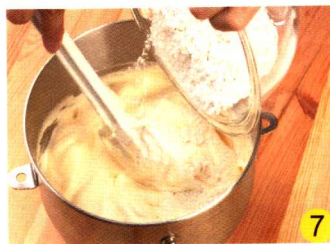
8. 如要烘制手指蛋糕，可用此步骤的面糊，放入裱花袋中，挤成手指形状放在已铺纸的烤盘上，放在烤箱中层，以 200℃ 烘 10 分钟或至金黄色即可。

9. 如要烘制法式海绵蛋糕，则再慢慢拌入(E)搅拌均匀，再倒入直径约 23 厘米的圆形模具里，以 180℃ 烘烤 30 分钟。蛋糕烤熟后，马上从模具里取出即可。

7. Fold in (D) and mix evenly. (*Bake this batter for “Sponge Fingers” after mixing.)

8. If you desire to make the Sponge Fingers, please pipe this batter into finger shapes on the lined tray. Then bake at 200℃ in the middle shelf for 10 minutes or till golden brown.

9. If making French sponge cake, please stir in (E) slowly and mix well. Pour batter into a 9” round mould. Bake at 180℃ for 30 minutes. Remove the cake immediately when it is baked.



4. 传统海绵蛋糕

TRADITIONAL SPONGE CAKE



材 料

INGREDIENTS

(A)

5 个 鸡蛋

150 克 糖

5 Eggs

150g Sugar

(B)

120 克 面粉

120g Flour

(C)

80 克 化黄油

80g Melted butter

【 做 法 】
Method

1. 先将(A)放入搅拌碗内。
2. 将(A)拌匀至松发且浓稠。
3. 倒入(B)拌匀。
4. 慢慢加入(C)拌匀，即可倒进直径约23厘米的圆形模具里，以180℃烘烤30分钟。烤熟后，马上将蛋糕从模具里倒出即可。

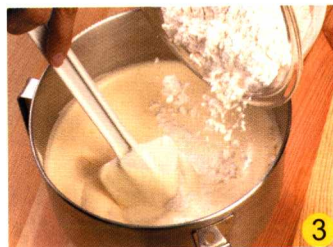
1. Put (A) in the mixing bowl.
2. Whip (A) till light and fluffy.
3. Fold in (B) and mix till well blended.
4. Stir in (C) and mix until well incorporated. Pour batter into a 9" round mould. Bake at 180°C for 30 minutes. Remove it from the mould immediately once baked.



1



2



3



4

【 备 注 】
Remark

1. 如烤咖啡海绵蛋糕，可在加入化黄油前，加入1汤匙的咖啡精一起拌匀。
2. 如烤巧克力海绵蛋糕，可先将2汤匙的可可粉和面粉一起筛过，而面粉的分量要减20克。但是，因要加入可可粉，因此要将鸡蛋和糖充分搅拌，并且不要长时间搅拌面粉使面糊变稀，否则烘出来的蛋糕不够松软，不好吃。这是制作巧克力海绵蛋糕的难点。

1. To make coffee sponge, add 1 tbsp of coffee paste into the batter before adding the melted butter.
2. To make chocolate sponge, add 2 tbsps of cocoa powder, sieved together with flour, and reduce flour by 20g. Be sure to whip in cocoa powder and flour thoroughly, but not too long, or the batter will sink and the cake will be heavy.

Basic Steps of Sponge Cake

制作海绵蛋糕注意事项

TIPS OF BAKING SPONGE CAKE

1. 制作海绵蛋糕时，可加入不同味道的香精膏。如巧克力、咖啡、橙和柠檬膏等；也可加入 30 毫升的橙汁或柠檬汁和 1/2 茶匙果皮。
2. 所有蛋糕模具均要涂油及铺上烤盘纸。
3. 当蛋糕烤熟后，便要马上将其从烘模具中移出。
4. 海绵蛋糕均要放在烤箱底层去烘烤。
5. 想知道蛋糕是否熟透，可用手轻压蛋糕表层，如有弹性表示即可；也可以用竹签插入蛋糕中测试，若竹签上没有粘附蛋糕表示即可。
6. 以上各种制作基本海绵蛋糕的方法，均适用于任何制作海绵蛋糕的食谱。

1. Basic sponge can be flavoured by adding flavoured paste, eg. chocolate, coffee, orange, lemon paste etc. Orange and lemon juice (30 ml) can be added together with 1/2 tsp of their zest.
2. Grease cake mould and line the bottom with paper before use.
3. When the cake is baked, remove it from the mould immediately.
4. All the sponge cake recipes should be baked on the lower shelf of the oven.
5. The cake is ready when the surface is pressed and springs back. Alternatively, insert a skewer, if it comes out clean, the cake is ready.
6. When referring to a vanilla sponge cake, any of the basic sponge cake recipes may be used.

【 烹调简易度 LEVEL OF COOKING 】		
very difficult to prepare	★★★★★	非常复杂
difficult to prepare	★★★	复杂
easy to prepare	★★	容易
very easy to prepare	★	非常容易



迷你杂果海绵蛋糕



Mini Fruit Sponge Cake

材料

(A)300克糖, 1/8茶匙盐, 1汤匙蛋糕乳化剂 (B)6个鸡蛋,
1茶匙香草香精 (C)250克面粉, 60克玉米粉, 2茶匙发粉
(D)100毫升水 (E)150毫升玉米油 (F)160克杂果干

做法

1. 将(A)拌匀, 然后加入(B)一起搅拌至均匀。
2. 加入(C)并继续搅拌至松发、浓稠。
3. 加入(D)拌匀, 然后加入(E)混合搅拌。
4. 加入(F)拌匀成面糊即可。
5. 先把迷你蛋糕模涂油并撒些面粉, 然后放一些葡萄干和红樱桃在模内。
6. 把面糊倒入蛋糕模里, 大约六成满。
7. 以180°C, 放在烤箱中层烘烤20分钟。
8. 烤熟后马上从蛋糕模中倒出即可。



小贴士

如不想用玉米油, 可改用化黄油或人造黄油。

Ingredients

(A)300g Sugar, 1/8 tsp Salt, 1 tbsp Cake emulsifier (B)6 Eggs, 1 tsp Vanilla flavour (C)250g Flour, 60g Cornflour, 2 tps Baking powder (D)100ml Water (E)150ml Corn oil (F)160g Mixed dried fruit

Method

1. Mix (A) till well blended. Add (B) and mix till well incorporated.
2. Add (C) and mix till well combined then whip till light and fluffy.
3. Add (D) and mix till well blended then add (E) and mix till well combined.
4. Add (F) and mix till well incorporated.
5. Grease and flour the mini cake mould. Place some sultanas and red cherries at the bottom of the mould.
6. Place the batter into the mould until about 60% full.
7. Bake at 180°C on the middle shelf of the oven for 20 minutes.
8. When baked immediately remove it from the mould. Serve.

Tips

Corn oil can be replaced with melted butter or margarine.

