

西式 鹹點

DELICIOUS SAVOURY

Bakes

胡惠君 編著

萬里機構・飲食天地出版社出版

新鮮出爐的香噴噴鹹點，
觸動味蕾

派對小吃・薄餅・批撻



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Delicious Savoury Bakes

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推薦序

Foreword

Wendy是我踏入教育界的第一屆學生，印象中的Wendy屬於性格豪邁、態度認真、正直敢言，幹勁十足的人，有些時候會略帶一點火爆味道，但這都無損在我心中的良好印象。從她上學、入行、結婚、生子等多個人生歷程，每樣事項都能鋪排有序，全力以赴。她曾參予多項烹飪比賽，屢獲殊榮。雖然投身於男性為主的行業，卻仍能輕鬆面對，處之泰然，逍遙自在，真的很難得啊！

讀書時，會有一張成績表來標記我們的學習表現和進度。步出校門，當上一個真正的烘焙師，除了得到公司和客人的讚賞外，擁有個人的著作，可算自我評價的表現。我很高興Wendy能著書，表示這學生的才能被別人肯定，作為老師也很欣慰。

隨着孩子們成長，Wendy需要在事業與家庭間作抉擇，她曾與我商討，最終選擇留在孩子身旁。她還開始執起教鞭，現在的她應該知道學海無涯，教學相長，願與她共勉，努力為新一代傳藝授業，也為其個人目標攀上另一境界。

這本《西式鹹點》囊括了薄餅、批撻和派對小吃等烘焙品，內容豐富，深入淺出。我感到十分欣喜，因此誠意向大家推介，希望讀者可嘗試學習書中製品，更期待更多人因而愛上烘焙製品。

何肖琮



Wendy was the first batch of graduates in my teaching life. Her merits deeply impressed me. She is a generous, serious, straightforward and energetic person. Sometimes, she is quite impulsive. However, her personality does not negatively affect her image in my mind. Throughout the time of studying in school, entering the bakery industry, getting marry, giving birth to her son ... She has a well and comprehensive plan. Wendy is enthusiastic and sincere to participate in cookery competition, and won numerous prizes. She is not nervous of working in the relatively male-dominated industry. It is so valuable!

In school, we can use academic results to measure someone's performance and learning progress. After school life, except companies' and customers' praise, writing our own cookery book can be regarded as a self-appraisal for a baker. I am glad to see that Wendy will have her own cookery book. This implies her ability is being recognised. It is a mercy and grace.

As her children have grown up, Wendy has to make a choice between career and family. She had discussed with me on this issue, and she finally has chosen her family. In leisure time, however, she works as a teacher. Now, she should know that learning is continuing and lifelong. It is my wish that she will become an outstanding teacher and provide her knowledge to the next generation. This can be regarded as self-actualization in life target.

Pizzas, pies, tarts and cocktail Canapés are in this content-rich book. Readers can easily make the products by following the instructions. I greatly appreciate this book, and would like to recommend it to readers and encourage everyone to make the bakery on their own. It is my wish that more and more people enjoy baking.

Louisa Ho



前言

Preface

入行至今，從沒想過可以編寫一本烹飪書。不過，能夠與大家分享過往二十多年的入廚經驗和心得，這倒也是一件美事。

猶記當年我完成中學會考課程後，成績不理想，未能順利升讀中六。得悉黃克兢工業學院開設西廚及糕餅製作課程，毅然填下報名表，順利地被取錄，開始了一年制全日課程，展開人生的另一頁旅程。

何肖琮老師（暱稱Miss Ho）算是我的啟蒙老師，她教我認識許多糕餅製作的技巧，為我日後工作打下基礎。日航酒店的勳哥（曹健勳先生）和基哥（徐明基先生）便是我的伯樂，他們在當年男士獨尊的西廚廚房內，納入這個未經世事的小女孩，讓我在凍房裏工作。當時部門主管明哥（容劍明先生）便是我的師父，他教我工作要勤快、不怕吃虧，好好在廚房努力工作。我性格樂天外向，勤學好問，很快便與同事們建立良好關係，得到大家熱心教導，當起小師妹的角色。歲月流逝，不知不覺便在日航酒店工作過了5年光景。

其後，我轉職到麗嘉酒店，由小師妹變成了師姐，剛開始時真的有點不習慣，隨時間流轉，慢慢便適應了。在這裏工作是新挑戰，以前是人家為我安排工作，現在我卻要負責安排別人的工作。另外，還要參與一些行政工作，每件工作都要邊做邊學：從基本的出餐模式，到如何與上司、下屬和不同部門同事溝通和合作，獲益良多。我就這樣度過了充實又愉快的五年，這五年裏，我和同事齊心合力辦成了一場場令人難忘的Good Show：開業典禮、千人酒會、1997回歸慶典等等。

1998年4月，新機場快將落成，孝哥（姚永孝先生）帶領一班廚師到機場SSP（Select Service Partner）公司做開荒牛，我也是其中一員。所有東西從無到有，都要一段時間去適應，這正是發揮團隊精神的最佳時機。在那裏我學到更多，包括即點餐即做的營運模式。在這種節奏要快得多的工作環境裏，會遇到因客人過多而出現“杯檔”的情況，十分刺激。

上天對我是十分眷顧，我在機場SSP工作了十年，也做了人生兩件大事：一、結婚，二、生孩子。現在我因為照顧小孩，要暫別廚房工作，但這是我喜愛的職業，我終生都會不離不棄。請容許我以率直的個性說句真話：在工作過程中要以實際身體力行，不要怕辛苦。還會遇到態度高傲、不可一世的人和一些錯綜複雜的事，但不管喜不喜歡，都要勇於面對、去接受、去解決，這樣才是成功之道。

胡惠君

I have never thought of publishing my own cookery book. However, it is a pleasure to share my past 20-year experience and tips of cooking with you.

In retrospect, I could not continue my matriculation studies as my HKCEE result was not satisfactory. At that time, the Institute of Vocational Education (Haking Wong) provided western culinary and bakery course. I enrolled in the course and was successfully selected. Thereafter, I had taken a one-year full time course and started a new page of life.

Ms Louisa Ho was my first bakery teacher. She taught me a lot of bakery techniques, which provided a foundation for my future career. Mr. Kungfu Cho and Mr. M. K. Chui of Hotel Nikko Hong Kong were my discoverers at work. At that time, a western culinary kitchen was a male-dominated place. They recruited me (an inexperienced girl) to work in the kitchen. Mr. Jimmy Yung, the unit head, was my mentor. He taught me to be a hardworking and efficiency person. Based on what he taught, my optimistic and hardworking personalities, a good working relationship with colleagues was established. As I was a fresh graduate, they taught me sincerely and patiently. As time goes by, I had worked in Hotel Nikko Hong Kong for 5 years.

Thereafter, I had worked in The Ritz-Carlton Hotel. I was no longer a fresh graduate, but an experienced staff. At the beginning, I was not getting used to the new working environment. Luckily, as time goes by, I had adapted to the new working environment. It was a challenge to work there. In the past, senior staff arranged jobs to me. Now, I had to make arrangement. In addition, I had to take up administration duties such as order goods and follow up the orders. I had gained valuable knowledge throughout the working process: from the basic of providing dishes to customers, communication and cooperation between senior and junior colleagues of different divisions, etc. In these 5 years, I had a pleasant and fruitful working life. Colleagues and I had organized various memorable "Good Shows" such as Opening Ceremony, A Thousand People Banquet and 1997 HKSAR Establishment Day.

In April 1998, Mr. Howard Yiu and I had changed to work in the SSP (Select Service Partner) Company with the establishment of the new Hong Kong International Airport. At the beginning (the opening of the new airport), it was a chaos. All the things were not well-equipped. It took time to adapt to the new working environment. However, it was a good time to show our "Team Work / Spirit". I had learnt new knowledge under this new mode of operation, i.e. provide dishes immediately once receive order. It was exciting to work in this fast-pace working environment as we had to provide dishes to lots of customers in a short period of time.

It was God's blessing. I had worked in the SSP at the airport for 10 years. During that period, I got married and gave birth to my children. Today, I have to take care of my family and say goodbye to my career temporarily. However, Western culinary and bakery is still my favourite career. I shall never give it up. Except hardship during work, we often meet prideful and arrogant persons as well as encounter complicated matters at work. But no matter you like them or not, we should still have the courage to face, accept and solve the difficulties. This is the key of success.

Wendy Woo

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濃郁醇厚、質細如絲、入口軟滑的芝士，氣味芬芳、淡淡青草新鮮味道、隱含獨特風味的香草，仿似與生俱來便為西方烹飪而存在。這兩種看似風馬牛不相及的東西，都是西式鹹點不可或缺的主角，沒有芝士和香草，薄餅會驟失風味，批撻頓失酥香，酒會小吃也失卻了觸動味覺的魅力。一切都來自相互引發彼此食味，添味添色的微妙關係。

Rich flavour, silk-like texture, smooth cheese; aromatic, fresh scent, unique flavour herbs: their innate merits which are perfectly matched with Western culinary. It seems that they are remarkably different, but they are indispensable ingredients in western bakery. Without their existence, pizzas will lose their unique flavour and crispy taste. Cocktail Canapés will also lose their tempting attraction. Cheese and herbs have close relationship, which react with each other to produce special taste.

A 芝士 Cheese

1. 巴瑪善芝士 Parmesan Cheese

是全世界最硬的芝士。來自意大利帕以瑪，稱得上是意大利國寶級芝士，現在也有在其他歐洲國家生產。成熟期需經兩年或以上的時間。

市場上的巴瑪善芝士分為塊狀和粉狀兩種。使用前才磨成粉末或刨薄片狀，味道會較好，並可直接使用。凍盆和熱盆皆宜。



Parmesan cheese is the the hardest cheese in the world. It is a supreme cheese from Parma, Italy. It is now also produced in other European countries. It takes two years or above for aging.

There are two forms of cheese in the market: in pieces or in powder. Grind as powder or shred to small pieces just before use will ensure better taste. This cheese can be used directly in hot or cold dishes.

2. 歌拱索拉芝士 Gorgonzola

屬牛奶芝士，它與法國洛克福芝士和英國史丹頓芝士，並稱為世界三大藍芝士。牛奶味香濃，味道可在鹹芝士中稱霸。歌拱索拉芝士可分兩種：一種是青霉較多的辣味芝士；另一種是青霉較少的甜味芝士。因為它是軟質芝士，味道較濃，一般與其他軟質芝士混合烹調。

Gorgonzola is a kind of milk cheese. Together with French Roquefort cheese and British Strathdon cheese, they are the three most famous blue cheeses in the



world. It is rich in milk flavour, and its taste is the best among savoury cheeses. Gorgonzola can be classified into two types: one is spicier with more blue-green mold, and the other is sweeter with lesser blue-green mold. As its texture is soft and rich in flavour, it is usually mixed with other types of cheeses in cooking.

3. 麗克塔芝士 Ricotta

屬牛奶芝士，利用牛奶的乳清製成，有時它也會用水牛奶或羊奶做原料。味道清淡，卻有牛奶的濃郁香味，常用於意大利麵、意大利雲吞餡料及製作糕餅和甜品等。

Ricotta is a kind of milk cheese. It is a product of milk whey, or sometimes made of cow milk and goat milk. Although its taste is light, it has strong milk smell which is commonly used in pasta, filling of ravioli, cake and dessert recipes.



4. 馬斯卡邦芝士 Mascarpone

屬牛奶芝士，是新鮮芝士一種。乳脂成份較高，香味濃，口感潤滑。它是烹調冷、熱盆和意大利甜品Tiramisu不可缺的芝士。

Mascarpone is a made of milk. It is a kind of fresh cheese. It has a pretty high content of cream, strong smell and smooth in texture, which is commonly used in hot or cold dishes and Tiramisu, an Italian dessert.

5. 莫沙烈拉丹尼芝士 Danish Mozzarella

又名薄餅專用芝士，屬牛奶芝士。質軟，味淡，多用來做薄餅材料，在烘焙加熱過程後，散發出牛奶香味，拉起時呈現絲狀。

Danish Mozzarella is also known as pizza cheese, which is a kind of milk cheese. It has soft texture and light flavour, which is a common pizza ingredient. After baked and sliced, it will distribute the smell of milk and has thread-like texture.



6. 莫沙烈拉水牛芝士 Mozzarella di Buffalo

屬新鮮芝士，無鹽，用水浸着，多用來做沙律或薄餅。主要出產地是意大利拿坡里，以前多用水牛奶來製造，現則多用了乳牛奶，味道較為清淡，容易入口。

Mozzarella di Buffalo is a fresh cheese without salt and soaked in water. It is commonly used in salad or pizza. The major producer is Napoli of Italy. In the past, it was usually made of buffalo milk. Now, it is usually made of cow milk. The flavourite is lighter and it is easily accepted.

7. 斯卡莫札芝士 Scamorza

屬牛奶芝士，有彈性，加熱後可拉出絲狀，味道清淡容易入口，常用於熱盆烹調，在做薄餅時烤酥脆來吃也很可口。這種芝士分兩種，一種是原味發酵的，新鮮未經加工；另一種則發酵完成後進行煙燻過程。

Scamorza is a kind of milk cheese with high elasticity. After heated and sliced, thread-like strings occur. Its flavour is light, which is easily accepted and commonly used in hot dishes and pizzas. There are two types of Scamorza cheese: one is fermented naturally, fresh without artificial processing; the other is being smoked after fermentation.



8. 瑞士細孔 / 古魯耶芝士 Gruyere Cheese

屬牛奶芝士。原產地為瑞士伯爾尼州，歷史悠久。它是硬芝士一種，味道濃郁，可用做芝士火鍋的其中一種材料，亦可做三文治、沙律、薄餅和熱盆烹調。

Its origin is Switzerland with long history. Gruyere cheese is a kind of milk cheese and a hard cheese. It has rich flavour. It is one of the ingredients of cheese hot-pot, and commonly used in sandwiches, salads, pizzas and hot dishes.



9. 瑞士大孔芝士 / 艾美達爾芝士 Emmental Cheese

屬牛奶芝士。原產地為瑞士，現在多個國家都有出產，是硬芝士一種。味道濃郁，但比起細孔芝士略淡，也是芝士火鍋其中一種材料，特色是有大氣孔在芝士裏面，亦是卡通片中老鼠常吃的芝士。

Its origin is Switzerland. But now, many countries produce Emmental cheese. It is a kind of milk cheese and hard cheese. It has rich flavour. Compared with Gruyere cheese, it's flavour is lighter. It is one of the ingredients of cheese hot-pot. With large hole inside is the major characteristic. In cartoons, it is mouse's favourite choice.

10. 山羊芝士 / 羊奶芝士 Goat Cheese

顧名思義，以羊奶製作，屬小型尺吋的芝士，有多種形狀和外觀。乳脂高，味道複雜，帶酸味和羶味，它是軟芝士，營養價值很高。一般要經鹽水浸泡60天後，再發酵三星期才成熟。成熟的羊奶芝士，表面微硬，帶有藍黑色霉菌，可加點香草及黑椒覆蓋表面。

Obviously, goat cheese is made of goat milk. It's size is small and has different shapes and appearances. The fat content is high with complex flavour (sour and special flavour). It is a kind of soft cheese with rich nutrient content. Generally, it has to be soaked in salty water for 60 days and thereafter fermented for 3 weeks. Aging goat cheese has hard surface with dark blue-grey mold. You can add herbs and pepper on top.



11. 車打芝士 Cheddar Cheese

原產地是英國，現在已有多個國家出產。車打芝士是硬芝士一種，用牛奶製造，最少要一年的發酵成熟時間。有淡黃色或米色的，產自美國和加拿大某些地區的製品呈現深橙色。味道中濃，廣受大眾接受，在超級市場很易買到。多用來做三文治、漢堡包和沙律，也可用於烹調，效果很好。



Its origin is Britain. But now, many countries produce this kind of cheese. Cheddar cheese is a kind of hard cheese, which is made of milk. It takes at least one year fermentation and aging time. Its colour is light yellow or beige. Cheddar cheese from the US and Canada has dark orange colour. Cheddar cheese has medium flavour. It is popular and can be easily bought in supermarkets. Cheddar cheese is commonly used in sandwiches, hamburgers and salads. It is also good to be used in cooking.

12. 忌廉芝士 Cream Cheese

屬軟芝士，味道清淡，色澤淺白，質感軟滑，不需長時間烹製發酵，可鮮造鮮吃。用作塗麵包、三文治、餐前小吃、甜品和蛋糕都可，尤以冷食最理想。

It is a type of soft cheese, has light flavour and very light colour, soft and smooth texture. Its fermentation and aging time is short. Cream cheese can be served freshly. It is served as bread and sandwich spread, used in appetizers / cocktail Canapés, desserts and cakes, especially good when served cold.



13. 金文不芝士 Camembert Cheese

原產地為法國，用牛奶製成，是經泡洗的芝士，表面略堅硬，內部卻糯軟，黏稠醇厚，滑膩柔軟，入口即溶。用來做薄餅、餐前小吃或配以紅酒，味道更佳。

Its origin is France. Camembert cheese is a product of milk, which is a washed rind cheese. It has hard shell, soft inner part, viscous, smooth and soft. It is easily dissolve in mouth. It is suitable for pizzas, appetizers / cocktail Canapés or tasted with red wine.



14. 希臘發達芝士 Feta Cheese

原產地為希臘，用山羊奶或綿羊奶製成，屬軟芝士。它在鹽水中醃製，味道帶鹹，常用於希臘沙律，冷盆和餐前小吃，有時也會用作烹調或薄餅。

Its origin is Greece. Feta cheese is a product of goat or sheep milk, which is a kind of soft cheese. As it is soaked in salty water during processing, it tastes salty. It is commonly used in Greece salad, cold dishes or appetizers / cocktail Canapés, or sometimes used in cooking and pizza making.



B 香草 Herbs

1. 羅勒 Basil

又名紫蘇，原產地是印度，令更多人認識它的存在卻是歐洲人，尤其是常常使用香草的意大利。紫蘇有清爽略甜的芳香，造成的香草醬非常聞名。它的最佳搭檔是番茄。

Originally from India, basil was widely used by Europeans. It is used for seasoning many Italian dishes. Basil has fresh and pretty sweet scent. It is a basic ingredient of the famous "green sauce" - pesto. Basil is a perfect match to tomato.



2. 意大利芫荽 Italian Parsley

原產地在歐洲，屬芹菜科，是一種葉子較平的芫荽，與一般芫荽比較，它不嗆鼻，香味溫和，可增添食物顏色和新鮮香味。

Originally from Europe, Italian parsley is a kind of celery with flatter leaf. Compared with other parsley, its scent is milder. It can enhance the colour, smell and flavour of food.

3. 洋芫荽 Parsley

與意大利芫荽同屬一科，味道比較濃郁，常用於汁醬裏。當把它切碎灑於沙律和熱盆上，能散發出一陣清香，並可作裝飾用途。

Parsley has strong smell. It is usually used in sauce. Sprinkle chopped parsley on top of salads and hot dishes can bring aroma and act as decoration.



4. 法國芫荽 Chervil

西廚常用之香草材料，同屬芹菜科，有着淡淡甜味，細膩芳香，可加在沙律上或作小吃裝飾，甚至直接食用。

Chervil is common hers in Western cooking. It is a delicate herb related to parsley. It has light sweet flavour and mild scent, which commonly used in garnishing salads or appetizer. People can eat the chervil directly.

5. 薄荷葉 Peppermint

主要產自地中海一帶，不過在歐洲和亞洲亦有生長。薄荷葉有多個品種，有綠薄荷、蘋果薄荷、絨毛薄荷和橙薄荷等，具有特殊清涼感的香草，可用於一般烹調、醬汁、浸醋、飲料和甜品上。若是配羊肉，可去除羶味，並帶出羊肉的鮮味。

Originally from the Mediterranean, the plant is now widespread in cultivation throughout the world. There are different types of mint such as spearmint, applemint, bowlesmint and orangemint. These herbs distribute special cool feeling. It can be used in cooking, sauce, vinegar soaking, drinks and desserts. Mint can also be used to get rid of the bad smell of lamb and enhances the fresh flavour of lamb.



6. 法葱 Chive

又名蝦夷葱，產於歐洲、美國和加拿大一帶，屬蔥科，卻比青蔥纖幼，味道也較溫和，略帶辛辣。用法葱切碎烹調熟食或作冷盆裝飾，可增添食物顏色。

Chive is grown in Europe, the USA and Canada. Compared with green chive, it is slimmer and the flavour is milder, but pretty spicy. Chopped chive is used in cooking or cold dish decoration, which enhances the colour of food.

7. 迷迭香 Rosemary

又名露絲瑪利，與羅勒一樣，是具代表性的意大利香草。原產自地中海，它的特點是略帶苦味的濃香，可去除肉類的腥味和增加鮮味，十分適合用來醃製羊扒和肉類。不過，由於其香味較濃，份量要控制適宜。

Similar to basil, rosemary is a famous Italian herb. Its origin is the Mediterranean area. The plant has a strong bitter smell, which can get rid of the bad smell and enhance the fresh flavour of meat. It is therefore suitable for preserving / marinating lamb and meat. As its flavour and scent is strong, be reminded to use appropriate portion.



8. 鼠尾草 Sage

又名 Salvia，屬紫蘇科，帶有青草味和苦味，最適合和忌廉及牛油一同使用。鼠尾草牛油汁可配與肉類一同進食，或將鼠尾草釀入食物中，增加香味。

Sage is also known as salvia, which belongs to the classification of perilla. As it has fresh grass and bitter flavour, it is suitable for using with cream and butter. Sage and butter sauce matches to meat. Or stuff sage in food to enhance the flavour and aroma.

9. 塔里乾 / 他力乾 Tarragon

又名茵陳蒿，原產自歐洲南部，為法國餐常用香草，有清爽香味，與醋非常配合，可用來醃製蔬菜，或做貝類和魚類的醋醃汁；在烹飪上，用塔里乾煮雞肉，味道相當好。不過，當它遇到水氣，導致香味減弱，保存時要特別留心。

Tarragon is grown in Southern Europe, which is a general herb used in French cuisine. It has fresh scent and match to vinegar, which can be used to preserve vegetables, or acts as the sauce of Molluscs and fish. Using tarragon to cook chicken is ideal. But tarragon should be kept carefully as its scent will fade out in humidity.



10. 百里香 Thyme

又名麝香草，為何會取這名字？因為人們從很遠的地方，已可聞到其香味。百里香屬紫蘇科，細葉，有清爽和甘甜氣味，香味較濃，配魚類、肉類和蔬菜類均可，經受長烹製時間烹調，仍能保持香味，因此非常適合做燉煮和烤烘的菜餚。

People can sniff the scent of thyme even they are far away. Thyme belongs to the classification of perilla. It has small leaves, fresh, sweet and bitter aroma, rich flavour, which matches with fish, meat and vegetables. After cooked for a long time, thyme still keeps its scent. Therefore, it is suitable for braising and baking food.



11. 亞雷根奴 / 亞里根奴 Oregano

又名俄勒岡 / 牛至草，原產自亞洲、歐洲和北非一帶，屬紫蘇科植物，氣味甜中帶苦，較為刺激。若與百里香一同使用，效果更佳。亞雷根奴火常用於意大利烹調，尤其是意大利薄餅。不過，由於它不耐熱，若用於燉煮菜，還是乾燥品較好。

Oregano is cultivated in Asia, Europe and North Africa. Its aroma is quite irritative with both sweet and bitter scent. It is ideal to be used with thyme, and applied in Italian cuisines such as pizza. As oregano is not resistant to heat, it is better to use dried products in stewing food.

12. 馬祖林 Marjoram

又名牛膝草或馬郁蘭，屬菊科植物，原產於地中海一帶，葉子與亞雷根奴相像，味帶濃香，有甘甜味，乾燥製品常用來煮燉、醃肉，或被釀進食材中一同烹調，帶出其香味。

Marjoram belongs to the classification of chrysanthemum, which is planted in the Mediterranean area. Its leaf is similar to oregano. It has both sweet and bitter aroma, and strong flavour. Its dried product is suitable for cooking and braising, preserving meat and stuffing food.



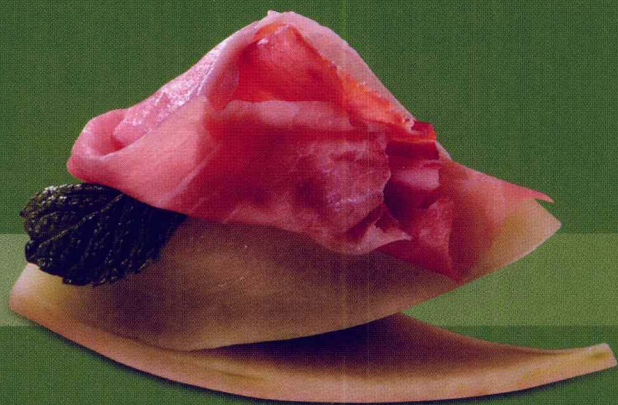
13. 刁草 Dill

又名蒔蘿，屬芹菜科，與芫荽屬同一家族，產於歐洲南部和亞洲一帶。味帶清爽香甜，有獨特香味。常用於烹調湯類、汁醬、沙律和醃製酸瓜。刁草的味道與海鮮是非常配合，可驅除腥味，也可作裝飾，讓食物看起來更具吸引力。

In a similar to parsley, dill belongs to the classification of celery. It is grown in Southern Europe and Asia. It has fresh and sweet flavour, and special aroma, which is commonly used in cooking soup, sauce making, salads and preserved cucumber. Dill is perfectly matched to seafood as it can get rid of the bad smell of seafood. Also, it can be used as decoration to enhance the attractiveness of food.

Cocktail Canapés

Cocktail Canapés



“Canapés” 一字來自法文，意思是一兩口便能夠吃完的餐前小吃，又名“Finger Food”，泛指食物像手指般大小。餐前小吃在晚餐前供應，以作開胃之用，亦是讓客人在餐前淺嘗小食。一般自助餐會把它放置於接待處，由於供應烹製時間較短，故份量會較輕，所用食材也以開胃為主。

以下是幾種常見的餐前小吃：

1. 熱盆小吃，多用餅房的酥皮包着餡料，例如龍蝦、雞肉、蟹肉、三文魚、菌類和火腿等，或以迷你薄餅、批、小烤串、法包多士和迷你漢堡包等形式出現。
2. 冷盆小吃，又名手指多士，用麵包、餅乾、撻或酥皮做底，然後鋪上各種材料，如沙樂美腸、火腿、薄切的熟肉、煙三文魚、魚子醬和蛋類等……。
3. 除了熱盆和冷盆，還有其他各式各樣的小吃，同樣美味可口，例如肉乾、薯片、炸魚丸等酥脆小吃，也有以西芹、甘筍、青瓜、番茄等蔬菜切條，配以芝士等等。

“Canapés” is a French word, which refers to appetizers. It is also known as “finger food” which means that food is in finger size. Canapés are served before dinner, which act as appetizers or snacks. For buffet, they are usually served at reception counter. The cooking time of canapés is short, and the size and quantity of Canapés is small. Ingredients stimulating appetite are usually chosen.

Below are common types of cocktail canapés:

1. Hot appetizers: Usually use pastry with fillings such as lobster, chicken, crab meat, salmon, fungi, ham, or use small pizza, pie, grilled food, French bread or toast, mini hamburgers, etc.
2. Cold appetizers: Also known as finger toast; use bread, biscuit, tart, or pastry as the base, put different ingredients on top such as Salami, ham, sliced cooked meat, smoked salmon, caviar and egg.
3. Apart from hot and cold appetizers, there are different kinds of delicious canapés. These include crispy appetizers such as roast pork, potato crisp and deep-fried fish ball, as well as cut stalks vegetables such as celery, carrot, cucumber and tomato, which are perfectly matched with cheese.