

萬里機構・飲食天地出版社出版

糖果與糕餅

Confection & Pastry



創意蛋糕・經典糖果・甜品醬汁
烘焙師與你分享50多款精緻甜點
曾智波 編著 TITAN TSANG

糖果與糕餅

Confection

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曾智波 TITAN TSANG •

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推薦

序 Foreword

何肖琮 Louisa Ho

隨着年齡增長，我開始萌生退出江湖的想法。在事業最高峰時，我已開始將自己的知識和經驗傳授於給下一代，讓畢生心血得以流傳下去，讓這一行業有接班人。

教人是要拿出真心誠意，一個稱職的教師，從不會因為怕學生比自己強，而故意隱藏一些重要訣竅。在我多年的教學生涯裏，出色的弟子很多，而Bobby（曾智波）便是其中一人，從學院畢業到出來社會工作，他都以做到最好為目的。

我一直勉勵學生們，作為青年的烘焙工作者，除了要做好自己本份的工作，更要努力充實自己，多閱讀有用的書籍，多參與與工作有關的活動，如果經濟許可，還要多到國外觀摩，留心世界的趨勢，勤於創作，不怕失敗，要緊記失敗乃成功之母，只要努力便會有好成績。Bobby擁有以上的優點，所以我建議他嘗試寫作。

這本書無論內容，還是糕餅的款式，都充滿年輕的氣息，予人新穎的感覺。Bobby介紹酒店中常見的糕點：有精緻又美味的蛋糕、有誘人而可口的甜點、有令人難以抗拒的朱古力……琳瑯滿目，讓人垂涎不已。

我誠意向大家推薦這本書。



As time goes by and I am getting older and older, I have had an idea to retire. At the peak of my career, I have begun to impart my knowledge to the next generation so as to train professionals in the field of bakery.

Sincerity is an important element in teaching. As a dedicated teacher, I have never hidden any secret of success intentionally due to the reason that I am afraid of my students' performances will be better than me.

I always remind my students that as a young baker, it is important for them to enrich their own knowledge via reading and participation in job-related activities except working hard. If possible, they should participate in overseas bakery events and pay attention on global trends so as to gain useful knowledge. Students should work hard to provide creative products and never afraid of failure. Please be reminded that failure is the mother of success. There will be rewards if you work hard. In view of Bobby (Titan) has the above-mentioned merits, it is suggested that he should try to write a book.

Both the contents of this book and the style of selected bakery products are full of fresh feelings and new ideas. Bobby (Titan) has introduced the products which are commonly found in hotels: delicate cakes, delicious confectionery, flavour chocolate, etc. As all of the products are so attractive, every one would like to try.

I highly recommend this book to you.

前言



Preface



蛋糕和糖果

，都有着一股令人着迷的魔力，不論是用眼睛看一下、用鼻子嗅一下，又或是用舌頭嚐一下，結果都是讓你不能自拔地迷戀。我認為任何人都有機會成為甜品魔法師，成功與否取決於你的投入程度而已。只有努力學習、不恥下問、多想多看、勇於嘗試，才能熟能生巧，遂而擁有能力去創製甜品，就像變魔法一樣，輕易變出美味獨特的甜品，這便正是甜品魔法師的魅力所在。



這書利用簡單精緻的糕餅，讓大家認識到專業的造餅世界裏各種製作技巧、材料用具，甚至是精巧的裝飾，雖然書中食譜採用專業手法，但讀者仍可在家中自做，做到真正的學以致用。另外提醒大家一下，本書製品只供烘製參考，如果想要做出獨一無二的製品，那就必須多動腦筋、多發揮創意了！

也許下一位甜品魔法師就是你！

曾智波





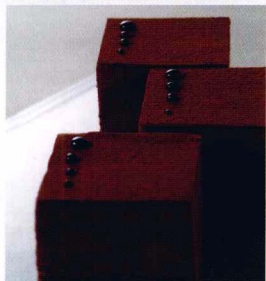
Cake and confectionery products possess magical and tempting elements. You will be easily attracted once you see, smell or taste these products. In my opinion, every person can be a dessert magician. Success or not depends on your degree of passion on these products. Working hard, asking questions sincerely, thinking deeply and looking around, try something new are the keys of success. Practise make perfect. Once you possess the skills, you can produce creative desserts. It is just like playing magics. A charming dessert magician is able to produce unique and delicious desserts easily.

Simple and delicate cakes and confectionery products are presented in this book so as to let you know various skills, ingredients, equipment and decorations methods used in the professional bakery world. Although professional skills are adopted in the recipes, readers can still apply the knowledge to make the products at home. Please be reminded that the products shown here are for reference only. If you want to produce an unique product, you have to think about and use your own creative ideas.

You may be the next dessert magician!

Titan Tsang





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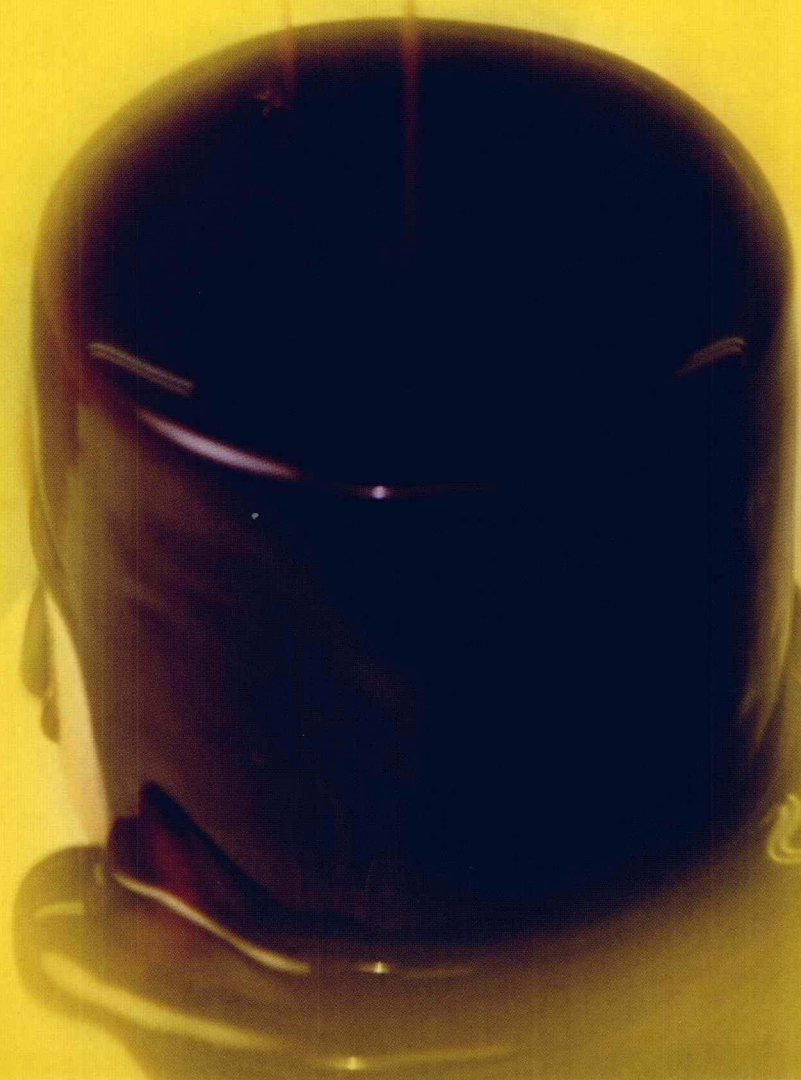
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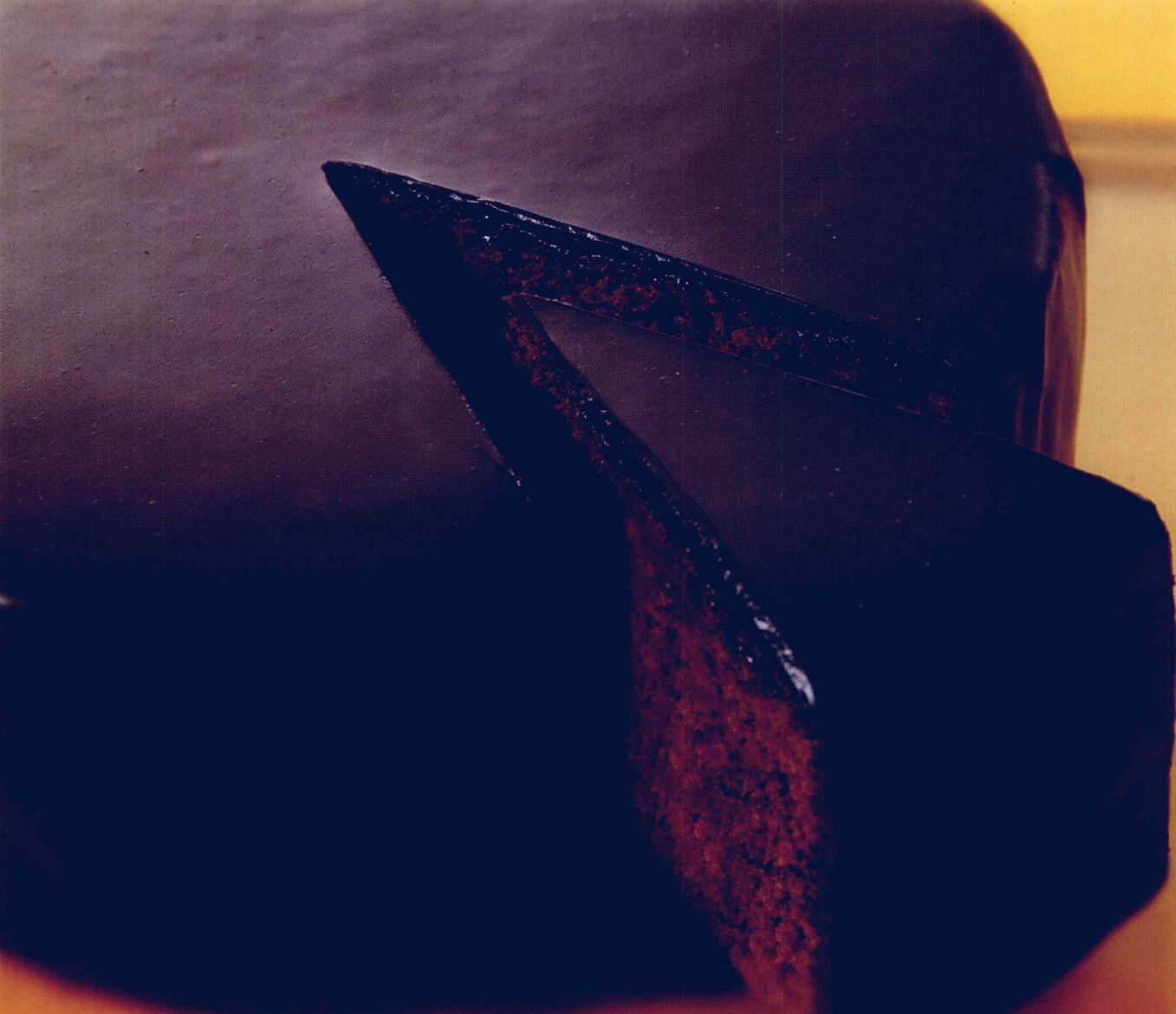
糕餅篇





Cakes

& Pastries



Rich Chocolate Cake

濃朱古力蛋糕

材料 Ingredients

黑朱古力蛋糕

無鹽牛油	70克
砂糖	80克
全蛋	100克
牛奶	40毫升
白脫牛奶	170克
鹽	5克
餅粉	100克
梳打粉	3克
發粉	9克
可可粉	50克

朱古力奶油醬

淡忌廉(35%奶脂)	220毫升
黑朱古力(54%) (切碎)	200克
秣酒	10克
牛油	20克

Dark Chocolate Cake

Unsalted butter	70g
Caster sugar	80g
Whole egg	100g
Milk	40ml
Butter milk	170g
Salt	5g
Cake flour	100g
Baking soda	3g
Baking powder	9g
Cocoa powder	50g

Chocolate Ganache

Whipping cream (35% milk fat)	220ml
Dark chocolate (54%) (chopped)	200g
Rum	10g
Butter	20g

※ 本書食譜所用淡忌廉均為含35%奶脂。

Unless specified otherwise, whipping cream or whipped cream means cream with 35% milk fat in this book.

做法 Method

朱古力奶油醬

Chocolate Ganache

將淡忌廉以慢火煮滾，倒進朱古力粒中，攪至滑身。當朱古力醬降至40°C時，加入牛油及烈酒。

Bring the cream to the boil in a small saucepan. Mix the cream into the chopped chocolate, stir until smooth. When temperature of the mixture reduces to 40°C, add the butter and rum and mix well.



貼士 Tips

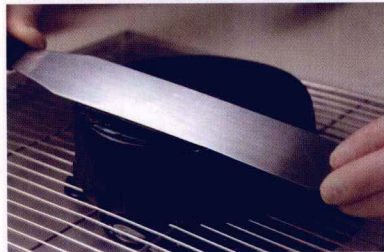
- 1 將竹籤插入蛋糕中心後抽出，若竹籤沒有沾上蛋糊，即代表蛋糕已完全熟透。
- 2 如果嫌這蛋糕太甜，可配上打起的淡忌廉及花茶一起享用。
- 3 這道朱古力蛋糕絕對是最好的下午茶點。

- 1 Insert a clean wooden skewer into the centre of the cake. Remove. If the skewer is clean, the cake is done.
- 2 You may enjoy the cake with whipped cream and herbal tea if you find it too sweet.
- 3 This is a wonderful snack for the afternoon tea.

黑朱古力蛋糕 Dark Chocolate Cake

- 1 將麵粉、發粉、梳打粉、鹽及可可粉篩勻。
- 2 把牛油及砂糖打至淡白色。
- 3 然後分兩次加入全蛋，再加入粉材料，最後拌入牛奶及白脫牛奶。
- 4 把蛋糕糊倒進6吋的蛋糕模內，以180°C焗40分鐘至完全熟透。取出，放架上放涼備用。

- 1 Sift the cake flour, baking soda, baking powder, salt and cocoa powder by a fine sieve.
- 2 Beat the butter and sugar in a bowl until it is foamy.
- 3 Add the egg by twice and mix well. Then add in the flour mixture, milk and buttermilk accordingly.
- 4 Pour the batter into the greased mold and bake at 180°C for 40 minutes until cooked. Remove the cake and allow to cool on a cake rack.



時間：120 分鐘

Time: 120 minutes

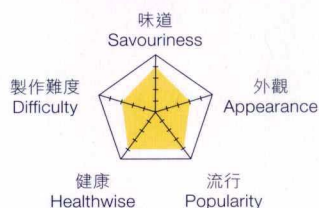
份量：8 人

Serves: 8

工具：一個六吋直徑圓模

Utensil: a 6-inch diameter mold

蛋糕指數 INDEX



組合 Assembly

- 1 將蛋糕切成二等份，在中間塗上黃梅果醬。
 - 2 在蛋糕面及邊抹上朱古力奶油醬，直至剛剛把蛋糕覆蓋好，放入冰箱冷凍30分鐘，讓朱古力奶油醬凝固。
 - 3 將餘下朱古力奶油醬坐在40°C熱水中保溫。待蛋糕冷凍後，淋在蛋糕上，以抹刀抹走過剩的朱古力奶油醬。
- 1 Cut the chocolate cake into two equal layers and spread apricot jam in between the layers.
 - 2 Spread a thin layer of the chocolate ganache on the top and side of the cake. Put it into a refrigerator for 30 minutes until the ganache is firm.
 - 3 Keep the remaining ganache warm over 40°C hot water. Glaze the chilled cake with warm ganache and remove the excess ganach by a palette knife.

Praline Orange Mousse

果仁香橙慕斯

材料 Ingredients

果仁脆朱古力片

牛奶朱古力	40克
薄脆片	80克
粗粒焦糖果仁醬	125克

香橙啫喱

橙汁	500克
砂糖	100克
魚膠片	12克

果仁巴伐利亞慕斯

卡士達忌廉	300克
(參閱第108頁)	
幼滑焦糖果仁醬	120克
魚膠片	6克
淡忌廉	350克
(略打起)	

Crispy Feuilletine

Milk chocolate	40g
Feuilletine	80g
Chunky praline paste (a la ancienne)	125g

Orange Jelly

Orange juice	500g
Caster sugar	100g
Gelatine leaves	12g

Praline Bavaroise

Creme patisserie	300g
(refer to p.108)	
Smooth praline paste	120g
Gelatine leaves	6g
Whipped cream	350g, soft peak

薄脆片
Feuilletine



粗粒焦糖果仁醬
Chunky Praline Paste



幼滑焦糖果仁醬
Smooth Praline Paste



做法 Method

香橙啫喱

Orange Jelly

橙汁和砂糖煮滾，放入已浸軟的魚膠片拌至完全溶解，過篩，再倒入餅模中冷藏至凝固。

Bring orange juice and sugar to the boil. Add in the softened gelatine and strain the mixture by a fine sieve. Transfer to a freezer and chill to set.



貼士 Tips

如果買不到薄脆片，可改用粟米片。

You can use corn flakes instead of feuilletine.

果仁脆朱古力片 Crispy Feuilletine

1 將牛奶朱古力隔水加熱融化，加入焦糖果仁醬及薄脆片拌勻。

2 用抹刀把朱古力片混合物抹開，厚約5毫米，放入冰箱冷藏備用。

1 Melt the milk chocolate over a bain-marie. Add in the feuilletine and praline paste and mix well.

2 Use a palette knife to spread the milk chocolate mixture evenly to a thickness of 5mm. Transfer to a refrigerator and chill to set.

果仁巴伐利亞慕斯 Praline Bavaoise

把焦糖果仁醬與卡士達忌廉混合，加入已溶化的魚膠片，拌入已打起的淡忌廉。

Mix the praline paste and the creme patisserie well. Stir in the dissolved gelatine to the praline mixture and then fold in the whipped cream.



時間：180 分鐘

Time: 180 minutes

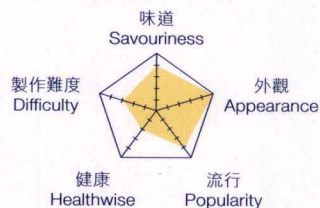
份量：6 人

Serves: 6

工具：1 個 18 厘米 x 12 厘米
模具

Utensil: 18cm X 12cm mold,
1 piece

蛋糕指數 INDEX



組合 Assembly

1 將果仁脆朱古力片放在餅模底。

2 再把果仁巴伐利亞慕斯擠入餅模中，約 $\frac{1}{3}$ 的高度。

3 在中間放入香橙啫喱，再擠入果仁巴伐利亞慕斯至頂部，轉放冰箱冷藏至凝固。

4 餅面噴上朱古力後脫模，放上朱古力裝飾。

1 Place the crispy feuilletine on the bottom of cake mold.

2 Pour the bavaoise into the mold and the depth is about one of third.

3 Put the orange jelly in the middle of cake mold and fill with the bavaoise to the top. Return the cake into the refrigerator again until set.

4 Take out the cake and spray with the velvet on the top before remove the cake mold. Decorate with chocolate garnish.



Milk Chocolate Coffee Mousse

牛奶朱古力咖啡慕斯

材料 Ingredients

打卦滋餅 10片
(參閱第102頁)

咖啡忌廉

淡忌廉 125毫升
蛋黃 60克
砂糖 50克
魚膠片 2克
即溶咖啡粉 8克

牛奶朱古力慕斯

英式忌廉 320克
(參閱第107頁)

魚膠片 8克
牛奶朱古力 200克
淡忌廉 360克(打起)

咖啡鏡面

淡忌廉 100毫升
粟膠 50克
即溶咖啡粉 20克
清水 20克
魚膠片 6克
牛奶朱古力 200克

Dacquoise 10 pieces
(refer to p.102)

Coffee Cream

Whipping cream 125g
Egg yolk 60g
Caster sugar 50g
Gelatin sheet 2g
Instant coffee powder 8g

Milk Chocolate Mousse

Crème anglaise 320g
(refer to p.107)

Gelatin sheet 8g
Milk chocolate 200g
Whipped cream 360g

Coffee Glaze

Whipping cream 100g
Glucose 50g
Instant coffee powder 20g
Water 20g
Gelatin sheet 6g
Melted milk chocolate 200g

做法 Method

咖啡忌廉

Coffee Cream

- 1 將蛋黃及砂糖混合。
- 2 忌廉煮滾後加入即溶咖啡粉，再倒進蛋黃糊中拌勻，繼續煮至溫度達82℃，加入已溶的魚膠液拌勻後過篩，倒進模中冷藏凝固。
- 1 Mix the yolk and sugar together.
- 2 Bring the cream to the boil and add in the instant coffee powder. Pour into the egg mixture and heat the mixture to 82°C. Add the soaked gelatin in, stir well and strain. Pour in a mold and transfer to a refrigerator until set.



咖啡鏡面

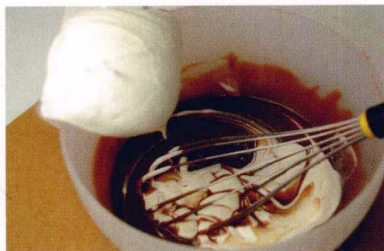
Coffee Glaze

- 1 將忌廉、清水、粟膠及即溶咖啡粉一同煮滾，加入已浸軟的魚膠片混合，倒進牛奶朱古力熔漿中，拌勻，過篩備用。

Bring the cream, water, glucose and instant coffee to a boil in a saucepan. Add the soaked gelatin and stir well. Pour into the melted milk chocolate and sieve with a strainer.

牛奶朱古力慕斯 Milk Chocolate Mousse

- 1 把牛奶朱古力隔水加熱融化。
- 2 把英式忌廉與已及溶解魚膠拌勻，再倒入融朱古力漿拌勻，然後拌入已打起的忌廉。
- 1 Melt the milk chocolate.
- 2 Combine the Crème Anglaise with the melted gelatin together. Stir in the melted chocolate and fold in the whipped cream.



時間：3 小時

Time: 3 hours

份量：10 人

Serves: 10

工具：10 個直徑 5.5 厘米 X 5 厘米的高圓形模

Utensil: 5.5cm(diameter) x 5cm (h) round mold, 10 pieces

蛋糕指數 INDEX



組合 Assembly

- 1 將牛奶朱古力慕斯擠入模中至一半高度，放上咖啡忌廉，擠入慕斯，蓋上打卦滋餅，冷藏凝固。
- 2 脫模後，反轉蛋糕（打卦滋餅在下面），淋上咖啡鏡面及以白朱古力裝飾。
- 1 Pipe in the milk chocolate mousse a half height of the mold. Put the coffee cream, the milk chocolate mousse and the dacquoise accordingly. Transfer to a freezer until set.
- 2 Take out the mousse and unmold. Turnover and pour the coffee glaze on top. Garnish with white chocolate.

White Chocolate Lime Mousse

白朱古力青檸慕斯

材料 Ingredients

海綿蛋糕 8片
(參閱第99頁)

青檸忌廉

青檸汁 130 毫升
清水 70 毫升
砂糖 150 克
全蛋 180 克
蛋黃 20 克
無鹽牛油 80 克
魚膠片 5 克

白朱古力慕斯

英式忌廉 300 克

白朱古力 120 克
魚膠片 6 克
淡忌廉 320 克 (打起)

青檸鏡面

鏡面醬 300 克
青檸汁 10 毫升
青檸皮 2 克



鏡面醬 Nappage

Sponge cake 8 pieces
(refer to p.99)

Lime cream

Lime juice 130ml
Water 70 ml
Caster sugar 150g
Whole egg 180g
Egg yolk 20g
Unsalted butter 80g
Gelatin sheet 5g

White Chocolate Mousse

Crème Anglaise 300g
White chocolate 120g
Gelatin sheet 6g
Whipped cream 320g

Lime Glaze

Nappage 300g
Lime juice 10ml
Lime zest 2g