

曾鏡雄 著

- ◆ 吃出健康！吃出美麗！
- ◆ 經典甜點的養生功效與宜忌！
- ◆ 貼心叮嚀，不失敗的烹調秘訣！

# 私房養生養顏

*Sweet Indulge*  
*Health and Beauty*

甜品



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私房

養生  
養顏

甜品

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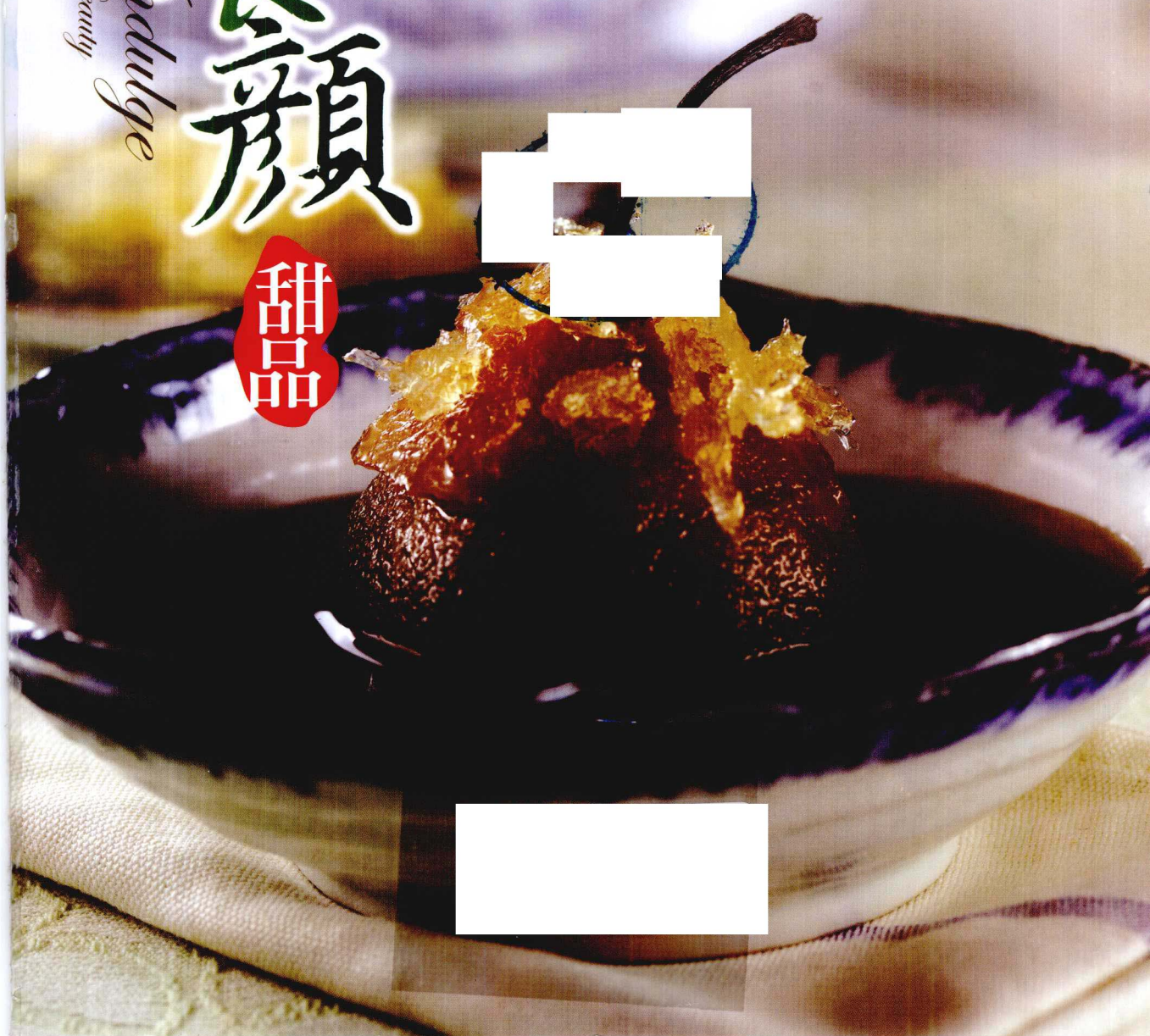


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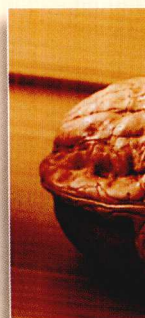
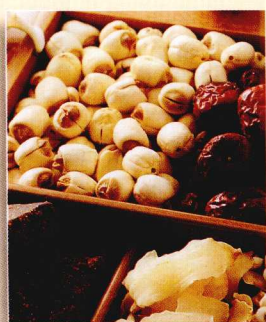
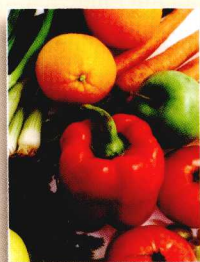
*Sweet Indulge*  
*Health and Beauty*

# 養生 養顏

甜品









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# 序

在忙、忙、忙的生活步調中，有形、無形的壓力打亂了我們的日常作息，使我們的身體出現種種的不適。在“藥食同源”、“食即是補”的觀念指導下，我們可以藉著日常飲食來改善體質，達到養生保健、增進體力，並強化免疫力的功效。

本書以蔬果、堅果、西米露等富含纖維質、維生素和礦物質的天然食材配合養生補氣的中藥材，做出多道養生養顏的甜品。每道甜品皆詳述所用材料、用量及做法，並分析其養生功效和宜忌，另外加附私房叮嚀。希望書中一道道養生養顏的甜品和甜湯，不只溫暖您的胃，更重要的是讓您更加健康！

In our increasingly fast paced society, people are undergoing different kinds of stress and this has many negative effects on our health. A good diet is vital to our health and wellbeing and it has been proven that food can be used as a medicine for healing and nourishing our bodies and giving our immunity a boost.

Fruits, nuts and cereals contain a high amount of dietary fiber, vitamins and minerals. Coupled with nourishing Chinese herbs, these can be turned into desserts that are both delicious and amazingly good for your health. The recipes in this book show you just that and much more! It is a comprehensive guide with clear instructions and information about ingredients plus helpful cooking tips and techniques.

## FOREWORD

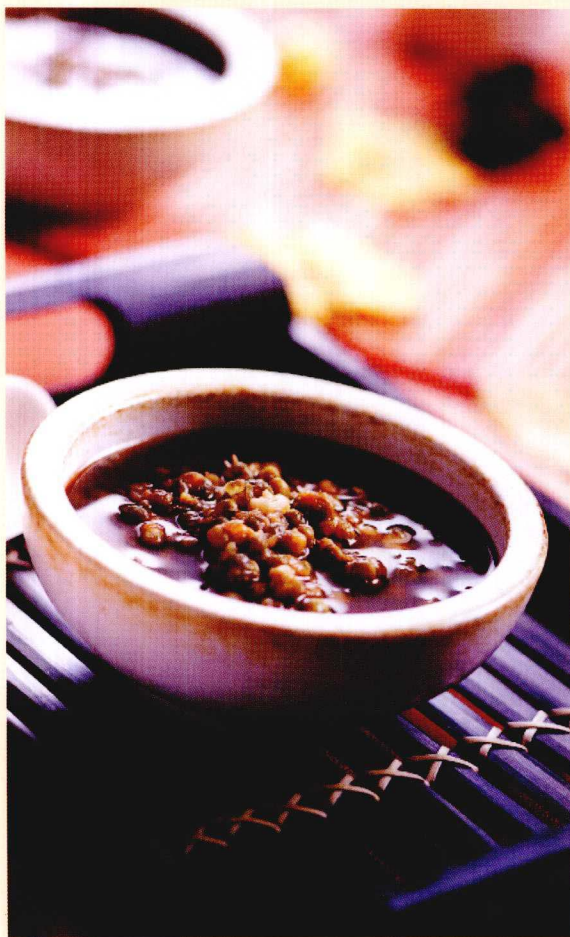






私房叮嚀 Good to know

- 煮綠豆和紅豆湯，糖要在豆煮好後最後才加入，千萬不要一開始就加入糖，否則豆會煮不透。
- 豆先乾炒可縮短煮的時間，且能炒出豆的香氣，煮起來豆味更濃郁。
- When cooking red bean or green bean soups, do not add sugar at the beginning or else the beans will not cook well. Add sugar only when the beans are cooked through.
- Frying the beans (without using oil) first before boiling helps to shorten the cooking time. This also gives a pleasant bean fragrance after being cooked.



## 如何快速熬煮紅豆和綠豆湯？

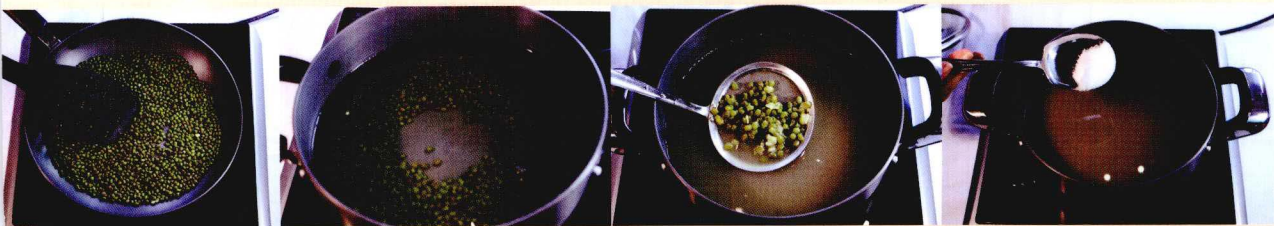
### What is the quickest way to cook red bean or green bean soups?

紅豆和綠豆湯要熬到綿密細緻要花上比較長的時間，這裏和大家分享一個快速、不費時即能煮出綿密紅豆和綠豆湯的方法。

- 1 燒熱鍋，放入綠豆或紅豆乾炒，慢慢翻炒至豆燙手約100°C後熄火，倒入適量清水。
- 2 豆經過一冷一熱，很快就會開花，豆衣脫落浮在面上，用網篩把豆衣撈棄（煮紅豆則不必），讓豆繼續煮至熟爛。
- 3 最後，加糖調味即可。

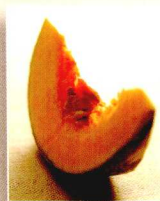
It usually takes a long time to get red or green beans to cook until soft and mushy. Here is an easy shortcut:

- 1 Heat a pot and fry the red or green beans slowly until the beans are hot to the touch (about 100°C). Add water.
- 2 The skins of the beans will come off easily after being subjected to both hot and cold temperatures. Strain away the skins (this is not necessary for red beans). Boil until the beans are cooked through and tender.
- 3 Lastly, sweeten with sugar to taste.





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私房叮嚀 Good to know

- 蘆薈粘液是蘆薈的營養精華所在宜保留。
- 蘆薈的綠皮帶苦味，所以一定要處理乾淨。
- Aloe vera transparent fluid contains the highest amount of nutrients, thus it is best to reserve it.
- Remove the aloe vera skin thoroughly so that it will not be bitter.

## 如何避免在切蘆薈時，讓它從手中滑掉？

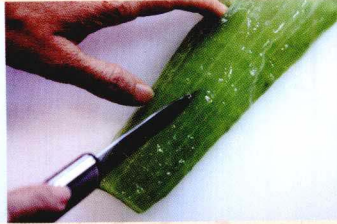
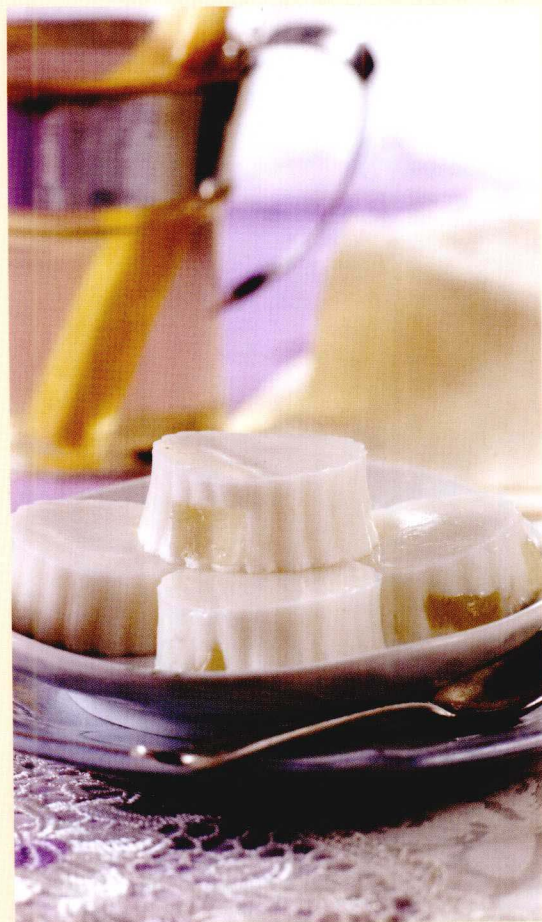
### When cutting aloe vera, how do you avoid it from slipping off your hand?

蘆薈果肉黏滑，切起來很容易“滑掉”，更別說要切成大小一致又整齊的丁狀了。這裏教大家如何切出漂亮的蘆薈果肉丁。切蘆薈時，宜使用塑膠刀或不銹鋼刀，避免使用鐵質刀，因為鐵質刀會使蘆薈氧化變質。

- 1 切除蘆薈兩邊的葉刺和其中一面的外皮。
- 2 用刀在蘆薈果肉上縱橫切小方塊，力度要控制得好，不要把底層的皮切斷。
- 3 最後再縱切把蘆薈果肉丁取出。

Aloe vera flesh is very slimy and slippery, thus it can be tricky when trying to cut them into neat equal pieces. Follow these steps for easy cutting. And use a plastic or stainless steel knife to avoid oxidation of the gel.

- 1 Trim away the thorns on both sides, and remove one side of the skin.
- 2 Make horizontal and vertical slits on the flesh but do not cut through the skin.
- 3 Cut off the pieces of flesh vertically from the skin.







## 私房叮嚀 Good to know

- 先用小火煮西米露，然後熄火讓西米露繼續浸泡在鍋內，可以利用鍋內的餘溫讓西米露慢慢熟透。
- 煮好的西米露用冷水沖涼，經過熱脹冷縮的過程，西米露變得更結實有彈性，吃起來更Q彈爽口。
- Cooking the sago first over low heat then allowing it to steep in the pot enable the sago to cook through slowly.
- Rinsing the cooked sago under cold water gives the sago a more chewy and bouncy texture.



## 如何煮出顆粒飽滿又不糊的西米露？

### How to cook sago so that they are cooked through but not mushy?

西米露滑嫩可口，大人和小孩都愛吃，但是小小的西米露可是非常“難搞”的，不是煮至糊成一片，就是裏頭未熟透，到底要怎麼才能煮出顆粒飽滿又晶瑩剔透的西米露呢？

- 1 燒開一鍋水，倒入西米露。
- 2 用小火煮約5分鐘，煮的時候用湯杓略拌。熄火燜約20分鐘。
- 3 當西米露煮至透明狀時就表示熟透了，撈出西谷米用冷水沖涼。

Sago has a soft and chewy texture that is very popular among both adults and children. Here's how to cook sago that is neither overcooked nor uncooked at the center.

- 1 Bring a pot of water to boil and pour in sago.
- 2 Cook over low heat for about 5 minutes, stirring gently with a spoon, then turn off the heat and let the sago steep for 20 minutes.
- 3 The sago is cooked when the pearls have turned clear. Remove and rinse over cold water.





## “南甜北苦”，南北杏知多少？

### Differences between sweet and bitter almonds

杏仁分為南杏和北杏，南杏潤肺，北杏止咳，兩者一起具協調功能。南杏味甜，北杏味苦有小毒，不可食用過量，一般家常湯水建議以1/3北杏，2/3南杏調配。在烹煮甜品甜湯時亦可只利用有潤肺功能的南杏。

Sweet almond (or sweet apricot seed) moistens the lungs and bitter almond (or bitter apricot seed) cures cough. The two complement the effects of each other well when eaten together. Bitter almond is said to contain a small amount of toxic, thus do not consume in large quantities. A proportion of one part of bitter almond to 2 parts sweet almond is often used for home brewed soups and desserts. Sweet almond may also be used alone when making sweet desserts.



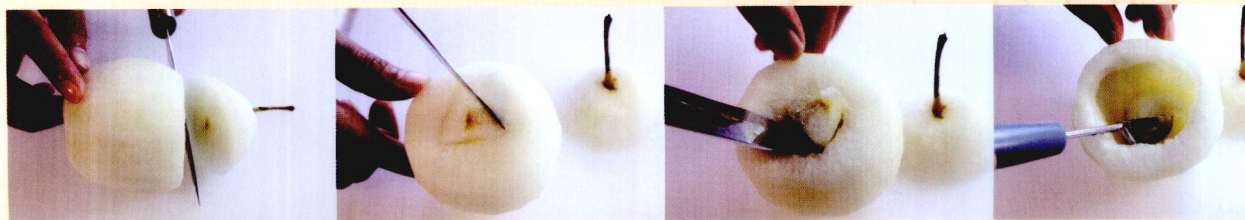
私房叮嚀 Good to know

- 如果您覺得梨盅不容易做，也可以把梨切成塊，再加入其他材料一起燉煮，不過要記得把核切除乾淨，以免煮後糖水有苦味。
- If you find it difficult to remove the core while keeping the shape of the pear intact, you can also cut the pear into pieces and double-boil them with the other ingredients. Remember to cut away and discard the core so that it will not be bitter.

## 燉梨不難，好看又好吃！

### How to double-boil pear?

- 1 在雪梨的頭部1/3處切開，保留蒂成盅蓋。
  - 2 在梨的切口處劃一個三角形的口，切的時候不要破壞梨的結構，然後小心將核掏出來。核必須全部挖出，燉後才不會有苦味。
  - 3 加入川貝、龍眼乾等材料，蓋上之前切下的盅蓋，燉煮約1.5小時即可。烹調私房筆記與您分享！
- 1 Cut away 1/3 from the top of the pear, reserve the top to use as a lid.
  - 2 Carefully cut a triangle and slowly dig out the whole core to eliminate the bitterness after cooked.
  - 3 Add ingredients such as chuan bei and dried longan and cover with the lid to double-boil for about 1.5 hours.





養生甜品甜湯重要角色之一——蛋！

## The Essential Egg

蛋像百變魔術師，配搭不同的食材，就可以變化出千百種好吃的料理，尤其是甜品甜湯，更是常見蛋的蹤影！以下介紹一些蛋的烹調竅門，讓您在做蛋甜品時更加得心應手。

Eggs are so versatile they can be paired with different ingredients to turn into an amazing repertoire of dishes, especially sweet decadent desserts. Follow these guidelines and techniques and you'll have the perfect egg dessert every time.

### 水煮蛋的時間與熟度：

**(90% cooked)**

9分熟：水滾後  
煮9分鐘。

**(70% cooked)**

7分熟：水滾後煮  
7分鐘。

**(50% cooked)**

5分熟：水滾後  
煮5分鐘。

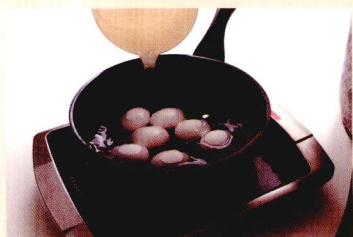
**(Fully cooked)**

全熟：水滾後煮  
上10分鐘。

**(30% cooked)**

3分熟：水滾後煮3分鐘。

### 水煮蛋 Boiled Eggs



1 冰箱取出的蛋，要先放在室溫回溫。蛋放入冷水鍋中，水要超過蛋的高度約2公分。

Keep refrigerated eggs at room temperature for a short while before cooking. Place eggs in cold water. The water level must be higher than the eggs by 2 cm.



2 冷水中加入1茶匙鹽或醋，蛋殼才不易破裂。先以大火煮至水滾後，改以小火煮至喜愛的熟度。

Adding 1 tsp of salt or vinegar to the water will help prevent the eggs from cracking. Bring to boil over high heat, then continue to cook over low heat to your preferred doneness.



3 剛開始煮時要用筷子轉動蛋，以使蛋黃能凝固在蛋的中間。

Stir the water when you start boiling the eggs to help keep the egg yolks at the center.



## 水波蛋 Poached Eggs

蛋打入湯水中，蛋白完整的包覆住蛋黃，就叫水波蛋，香港人稱滾水蛋。

A poached egg is cooked by poaching in water with the egg white clinging onto the yolk.



1 蛋打入碗中。  
Break an egg into a bowl.



2 鍋中水煮滾，用大湯匙輕輕攪動水形成漩渦，把蛋倒入水中。  
Bring water in a pot to boil, use a spoon to stir the water to create a whirlpool and pour the egg into the water.



3 蓋上鍋蓋，以小火煮2分鐘，開蓋後盛出即可。  
Cover with a lid and cook over low heat for 2 minutes. Remove.



私房叮嚀 Good to know

- 蛋花不是人人都能做得好的一個功夫！不新鮮的蛋絕對做不出綿延的蛋花，反而會導致蛋液落湯就散開。其實，可在湯滾之際加入幾滴醋，通過漏勺將蛋液倒入湯中。這樣一來，就能使蛋一入湯即成漂亮的蛋花了。
- Use only fresh eggs to make strands of eggs. When the water has come to a boil, add a few drops of vinegar into the soup, then add the egg mixture through a strainer. A beautiful strands of eggs is formed.

## 蛋花 Strands of Eggs in Sweet Soups

煮蛋花，聽起來容易，但是要煮出一片片柔軟、不糊爛的蛋花，可是要有點小技巧。

Follow these techniques to achieve beautiful strands of eggs that are neither too mushy nor tough.

煮蛋花失敗的原因：

- 1 蛋液倒入湯中，攪拌太早太快，會變成糊糊的一團，開不成花。
- 2 攪拌得太晚，蛋液結得太厚又太粗。
- 3 烹調時間久了，蛋花煮得硬邦邦。

做出漂亮蛋花的秘訣：

- 1 取蛋打入碗中，輕輕略為攪拌。
- 2 將湯煮至沸騰，轉小火，將蛋液慢慢倒入，1分鐘後再輕輕推動，不要太早或太快攪動。
- 3 蛋花一形成，即可熄火。

## Common mistakes:

- 1 Stirring too early and too briskly will turn the beaten eggs into a mushy mess.
- 2 Stirring too late will allow the eggs to overcook and become too thick and tough.
- 3 Cooking too long also makes the eggs turn tough.

## To make pretty strands of eggs:

- 1 Lightly beat eggs in a bowl.
- 2 Bring soup to a quick boil, then turn down the heat and gently drizzle in the beaten eggs, stir gently after a minute. Refrain from stirring too early or too briskly.
- 3 Turn off the heat once you see strands of eggs forming.





如何做出口感順滑的馬蹄糕？

**How to make water chestnut jelly that has a smooth texture and is not lumpy?**

馬蹄粉在下鍋前用水調勻，再慢慢倒入鍋，快速攪拌，這樣就不容易結塊了。

萬一不小心煮出來的馬蹄糕糊粗糙不細滑，可將糕糊倒入平底盤鋪平，放入蒸鍋中蒸10分鐘，粉塊就會溶解。

First dissolve water chestnut powder in a little water before adding slowly into the pot, stir briskly to avoid getting lumps.

If the mixture turns lumpy, pour the thickened paste onto a plate and steam it for 10 minutes to dissolve the lumps.



雪蛤泡冷水或熱水大意不得！

**The right way to soak hashima**

泡雪蛤一定要用熱水，千萬不能用冷水，因為雪蛤遇熱水會凝結起來，煮時才不易散碎。劣質的雪蛤碎小易散，優質雪蛤的形狀呈不規則塊狀，相互重疊，顏色略成琥珀色，有光澤，聞起來微帶腥味。雪蛤泡發後呈棉花團狀，晶瑩剔透有彈性。若是天然野生的雪蛤顏色較深，因為沒有經過加工，所以顏色不統一，有的透明，有的淡黃色。好的雪蛤水發後的發脹率是10-15倍。

It is important to soak hashima in hot water as it coagulates in hot water and will not break part easily when cooked. Poor quality hashima are small in pieces and crumble easily. Those of a superior quality come in overlapping pieces, have the colour of amber with a good sheen and have a slight smell. Hashima turns cottony after soaking in water. Wild hashima has a darker and uneven colour, some are transparent whereas some are pale yellow in colour. Good quality hashima has a swelling capacity of 10-15 times after being soaked.







私房叮嚀 Good to know

- 購買豆漿時要選擇較濃稠的，味道較好。
- 石膏粉水倒入豆漿的動作要快且俐落，倒入後絕不可攪拌，否則會做不成豆花反成豆漿水。
- 蒸豆漿時要蓋上保鮮膜，這樣不會讓水滴入形成洞坑，較美觀。
- Use thicker soybean milk for a better flavour.
- Pour the gypsum and water mixture into the soybean milk mixture quickly and refrain from stirring.
- Cover the soybean milk mixture with cling wrap when steaming for a smooth and even surface.

## 製作豆花簡易又不費時！

### How to make soybean curd at home?

豆花滑溜的口感，光滑細緻的外觀，可說好吃又好看，但想到複雜費時的準備功夫就讓人止步，這裏教你用簡單的材料和簡易的方式，做出香滑可口的豆花。

#### 材料

無糖豆漿1公升

清水120毫升

食用石膏粉3/4茶匙

#### 做法

- 1 豆漿放入大碗中，加入清水100毫升，蓋上保鮮膜。蒸鍋中水燒滾，放入豆漿蒸約15分鐘。
- 2 容器中放入石膏粉和清水20毫升攪勻，倒入蒸好的豆漿中，蓋上保鮮膜，擱置約10分鐘即可。

Nobody can resist a bowl of soft silky smooth soybean curd. The idea of making it at home may sound daunting but it is not hard to do. Here's how:

#### Ingredients

1 litre unsweetened soybean milk

120ml water

¾ tsp gypsum

#### Method

- 1 Pour soybean milk and 100ml of water into a bowl and cover with cling wrap. Bring water to a boil and steam the soybean milk mixture for about 15 minutes.
- 2 Mix well gypsum and 20ml of water, add to the steamed soybean milk mixture and cover with cling wrap. Set aside for about 10 minutes.





## 功效 Effects

潤肺益氣，化痰排膿，治咳止喘，並有利尿，美容，抗氧化功效，亦能保護前列腺功能。

Moistens lungs and nourishes qi, removes phlegm, cures cough, promotes urination, has beautifying and antioxidant effects, prevents prostate problems.

..... 周醫師的話

