萬里機構・飲食天地出版社出版

超人氣

香港蛋糕

56款

All-time Favourite Cakes

江洛洋 編著 Raymond Kong

超人氣香港蛋糕56款 All-time Favourite Cakes

著者 Author
江洛洋 Raymond Kong

編輯 Editor
郭麗眉 Cecilia Kwok

翻譯 Translator
布美玲 Jennie Po

攝影 Photographer
幸浩生 Johnny Han

設計 Designer
吳明煒　辛紅梅　瓶子 MW Ng, Cindy, Pancy

出版者 Publisher
萬里機構・飲食天地出版社 Food Paradise Publishing Co., an imprint of Wan Li Book Co Ltd.
香港鰂魚涌英皇道1065號東達中心1305室 Room 1305, Eastern Centre, 1065 King's Road, Quarry Bay, Hong Kong.
電話 Tel: 2564 7511
傳真 Fax: 2565 5539
網址 Web Site: http://www.wanlibk.com

發行者 Distributor
香港聯合書刊物流有限公司 SUP Publishing Logistics (HK) Ltd.
香港新界大埔汀麗路36號中華商務印刷大廈3字樓 3/F, C & C Building, 36 Ting Lai Road, Tai Po, N.T., Hong Kong.
電話 Tel: 2150 2100
傳真 Fax: 2407 3062
電郵 E-mail: info@suplogistics.com.hk

承印者 Printer
美雅印刷製本有限公司 Elegance Printing & Book Binding Co Ltd.

出版日期 Publishing Date
二〇〇九年七月第一次印刷 First Printing in July 2009

版權所有・不准翻印 All rights reserved. Copyright © 2009 Wan Li Book Co Ltd.

ISBN 978-962-14-4041-9

超人氣

香港蛋糕56款

江洛洋 Raymond Kong | All-time Favourite Cakes

前言 Preface

踏入烘焙行業不經不覺已度過數十寒暑了，如今回顧年少輕狂的歲月，有喜也有悲。感謝上天對我的眷顧，我不但獲取了友情、家庭、事業和金錢，也得到不少出國見識的機會，到過中東、加拿大和中國內地，一共在外地當了八年餅師，使我大開眼界，也豐富了日後做餅的思考、創意、知識和技術。時至今日，我以推廣烘焙技術和提攜後輩為己任，與更多人分享做餅的樂趣，分享我的經驗。

透過《香港蛋糕》，我想透過圖像和文字與讀者們作交流；更希望藉由文字記錄把香港烘焙業的光輝歷史寫下來，讓年輕人與同行及學生們分享個人工作經驗，多點認識和了解香港蛋糕的發展史，知道其源流、派別、不同年代的蛋糕特色、材料選用、潮流導向和演變。我沒有生花妙筆、華麗詞藻，只以直筆簡潔地、點題式地編寫香港蛋糕的歷史見證，把自己在烘焙業內的經歷和所見所聞，概述出來。因個人識見有限，過程中還拜訪了多位香港資深烘焙界前輩和名人，透過他們的口述完善此歷史部分。為了讓讀者更了解蛋糕的構造，本書把每個蛋糕切件獨立拍照，以一般酒店餅房標準，略略講解其結構和準則，加深大家對做餅基本技術的認識。

最後，我特別要感謝香港蛋糕女皇李曾超群博士、資深烘焙餅師李祺先生和徐明先生以及香港烘焙專業協會會長何肖琼女士提供歷史資料和寶貴意見，還要多謝Fiona、Daniel、Peter和Anita，多謝攝影師Johnny和萬里機構出版有限公司協助，使此書得以順利出版。

江洛洋

I have been working in the bakery industry for several decades. There was happiness and grievance in the past. Thanks for the lord's bless, I obtained my family, friendship, career, wealth and many opportunities to learn abroad. Working abroad in Middle East, Canada and China for over eight years broadened my horizon, and inspired my thinking, creation and techniques. Now, in order to share the funs and experiences with more people, I started teaching.

The purpose of writing this book is sharing my job experiences with peers and students. I also hope to exchange techniques with readers through pictures and words. This book is a record of the glorious history of bakery in Hong Kong. So that the youth and new generations can know more about the origin, factions, characters of cakes of different periods, choice of materials, trend and transformation. Without rhetoric wordings, the history of cakes is directly consolidated from interview notes of several famous experienced bakery professionals, with some addition of my own encounter and experiences in baking industry. In order to enable readers to share my baking experience, we took individual pictures of each cake sliced to the standard of hotel's pastry kitchen with brief explanation of structure and standard so as to enhance fundamental baking skill.

Lastly, I would like to thank the bakery queen of Hong Kong, Dr. Maria Lee, experienced bakers, Mr Lee Ki, Mr Tsui Ming and Ms Louisa Ho, (the Chairman of Hong Kong Bakery and Confectionery Association) for their historic information and valuable comments. Besides, I want to thank Fiona, Daniel, Peter, Anita, the photographer Johnny and the assistance of the publisher so that my book can be published smoothly.

Raymond Kong

试读结束，需要全本PDF请购买 www.ertongbook.com

目錄 Contents

2 前言 Preface

6 進入品味 + 色彩的世界 Stepping into the Colourful, Tasteful World of Cakes, Pastries and Tarts .....

蛋糕類 ...

8 天使蛋糕 Angel Cake
10 杏仁圈 Almond Ring
12 栗子蛋糕 Chestnut Cream Cake
14 軟心朱古力蛋糕 Truffle Torte
16 林明頓蛋糕 Lamingtons
18 彩虹卷 Rainbow Roll
20 芒果忌廉蛋糕 Mango Cream Cake
22 黑森林蛋糕 Black Forest
24 沙荷蛋糕 Sacher Torte
26 歌劇院蛋糕 Opera
28 公主蛋糕 Princess Cake
30 多寶餅 Dobo Cake
32 日式芝士餅 Japanese Cheese Cake
34 美國芝士餅 American Cheese Cake
36 焗藍莓芝士餅 Bake Blueberry Cheese Cake
38 日式山葵芝士餅 Japanese Wesabi Cheese Cake
40 德國芝士餅 German Cheese Cake

凍餅類 ...

42 南瓜芝士餅 Pumpkin Cheese Cake
44 士多啤梨乳酪蛋糕 Strawberry Youghurt Cake
46 夏日雜莓乳酪蛋糕 Summer Berry Yoghurt Cake
48 芒果忌廉當 Mango Cream Dome
50 雪糕華子蓮 Ice Cream Vacherin
52 安度露斯蛋糕 Andalouse Torte
54 意大利芝士餅 Tiramisu
56 石榴慕士凍餅 Champagne & Pomegranate Mousse Cake
58 橙香雪芳蛋糕 Orange Chiffen Cake
60 焦糖慕士餅 Caramel Mousse Cake
62 朱古力榛子慕士餅 Chocolate And Hazelnut Mousse Cake

64 白之戀人 White Lover
66 綠茶慕士蛋糕 Green Tea Mousse Cake
68 栗子芝麻凍餅 Chestnut & Black Sesame Mousse Cake
70 拿破崙 Napolean
72 芒果慕斯拿破崙 Mango Mousse Napolean
74 青蘋果慕士餅 Green Apple Mousse Cake
76 菠蘿椰子慕士蛋糕 Pineapple & Coconut Mousse Cake
78 楊枝甘露蛋糕 Mango Cream Mousse With Sago And Pomelo
80 特濃朱古力慕士蛋糕 Double Chocolate Mousse Cake
82 石板街 Rocky Road
84 特濃朱古力班尼士 Double Chocolate Brownies
86 焦糖咖啡班尼士 Caramel Coffee Brownies

批、撻類 ...

88 香蕉馬令 Banana Meringue
90 朱古力撻 Chocolate Tart
92 蘋果批 Apple Pie
94 檸檬雪芳批 Lemon Chiffon Pie
96 羅蘭士芝士撻 Lawrence Tart
98 雜乾果楓糖撻 Maple Syrup Tart With Assorted Nuts And Dried Fruit

件餅類 ...

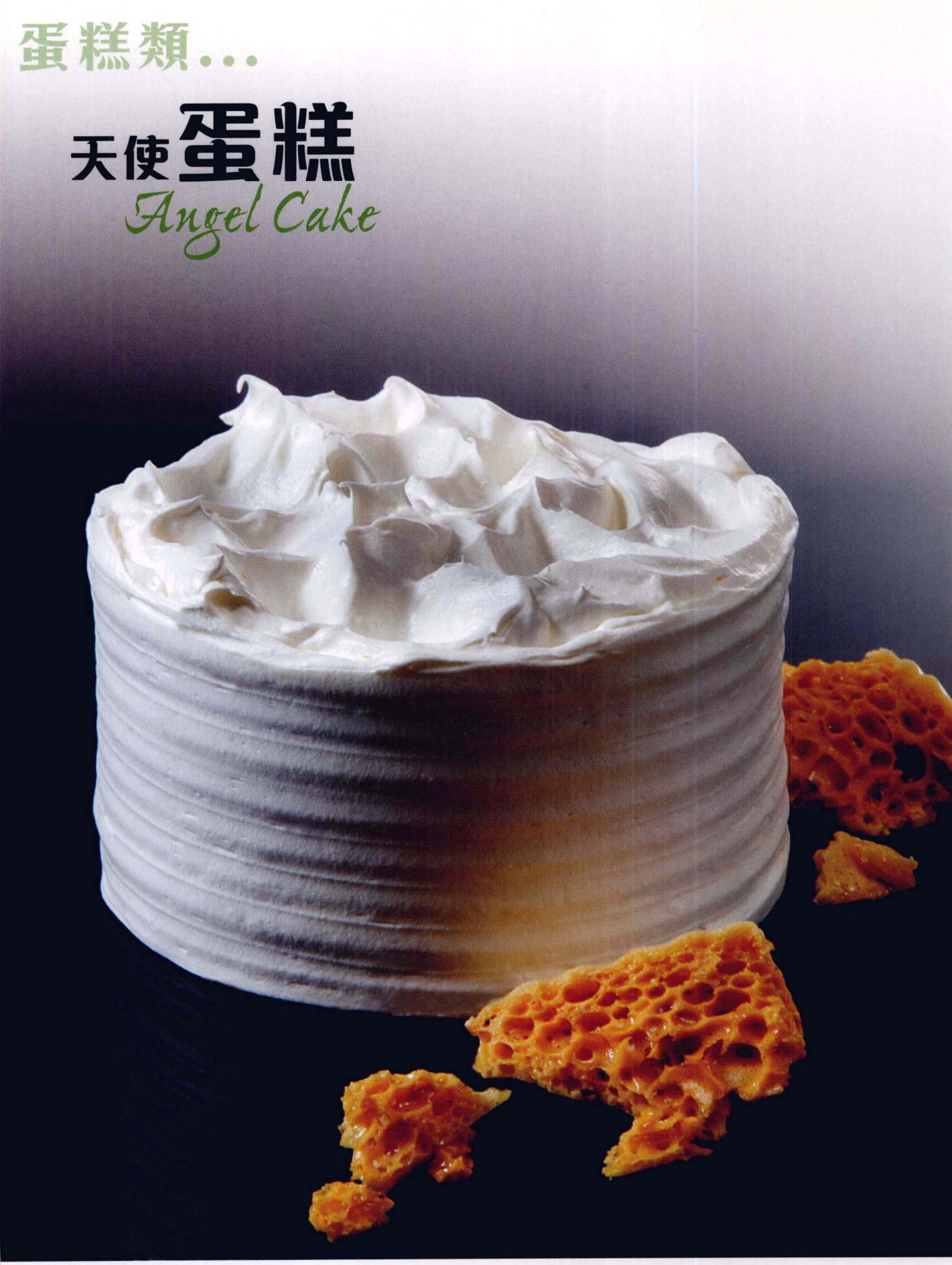
100 忌廉筒 Cream Horns
102 法式冬甩 French Doughurts
104 藍莓士多啤梨卷 Blueberry Strawberry Roll
106 紅豆綠茶卷 Green Tea Roll With Red Bean
108 連沙撻 Linzer Torte
110 人參梳扶厘 Gingeng Souffle
112 心太軟朱古力蛋糕 Molten Chocolate Cake
114 維多利亞 Victoria
116 法式朱古力千層 French Chocolate Layers
118 紅粉佳人 Pink Lady

120 香港蛋糕發展概略 A Brief History of Hong Kong Cake

進入品味＋色彩的世界

Stepping into the Colourful, Tasteful World of Cakes, Pastries and Tarts .....

天使蛋糕
Angel Cake



材料

- 已拂打忌廉150克

清蛋糕

- 蛋黃2個
- 砂糖20克（蛋黃用）
- 蛋白2個
- 砂糖25克（蛋白用）
- 低筋麵粉50克
- 清水25克
- 菜油30克
- 泡打粉¼茶匙

脆糖粒

- 砂糖100克
- 粟膠25克
- 清水25克
- 梳打粉6克

做法

1. **清蛋糕** | 蛋白打起，分次加入砂糖，打至堅挺，備用。將蛋黃與砂糖混合打至呈淺黃色，加入菜油和清水攪拌，再拌入已過篩的低筋麵粉和泡打粉。再用刮刀把蛋白分次輕輕拌入蛋黃混合物內。倒入焗模內，放入已預熱至170℃的焗爐內，烘焗約25~30分鐘，待涼。
2. **脆糖粒** | 砂糖、粟膠和清水一同煮至金黃色，離火。加入梳打粉，快手攪拌至膨脹力減慢，然後迅速倒入已鋪好牛油紙的焗盆，待約25分鐘至凝固，分成小份。
3. **組合** | 蛋糕橫切成兩片，中間抹上已打好的忌廉，疊起。再在蛋糕四週塗抹忌廉裝飾。吃時才灑上脆糖粒。

註

1. 脆糖粒會容易回潮，所以吃時才可加入。
2. 貯放脆糖粒，宜放在密封盒或瓶，保持乾燥。

INGREDIENTS

- 150g whipped cream

Sponge Cake

- 2 egg yolks
- 20g sugar (for yolks)
- 2 egg whites
- 25g sugar (for whites)
- 50g soft flour
- 25g water
- 30g shortening
- ¼tsp baking powder

Crumble Caramel

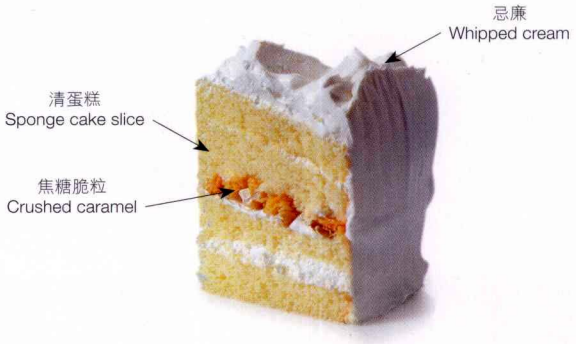
- 100g sugar
- 25g glucose
- 25g water
- 6g baking soda

METHOD

1. **Sponge Cake** | Beat the egg whites with sugar added in several times until very stiff. Beat the egg yolks and sugar until light yellow. Add the oil and water to even. Sieve in soft flour and baking powder. Use a scraper to fold the egg white foam into the egg yolk mixture gently. Pour the mixture into a cake mould. Bake for 25~30 minutes at 170℃. Once done, unmould the cake and let it cool on a rack.
2. **Crumble Caramel** | Cook the sugar, glucose and water in a pot until golden brown. Remove from heat. Stir in baking soda quickly. Pour the mixture into the tray with a piece of baking paper. Rest for 25 minutes until solid. Divide into small pieces.
3. **Assembly** | Slice the cake in half, spread some whipped cream between the layers and on the whole cake. Accompany with crumble caramel when serve.

REMARKS

1. The crumble caramel gets moist easily. So, place the crumble on the cake when serve.
2. Keep the crumble caramel in air-tight box or jar to maintain dry.



试读结束，需要全本PDF请购买 www.ertongbook.com

杏仁圈

Almond Ring

材料

蛋糕

- 雞蛋6隻
- 砂糖100克
- 牛油40克（熔化）
- 低筋麵粉120克

奶油忌廉

- 牛油200克
- 糖霜50克
- 杏仁酒適量

杏仁糖

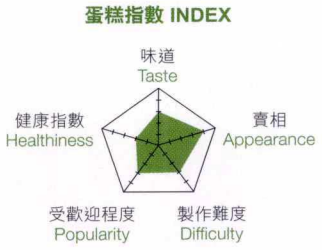
- 砂糖100克
- 清水10克
- 杏仁碎粒240克（烘香）

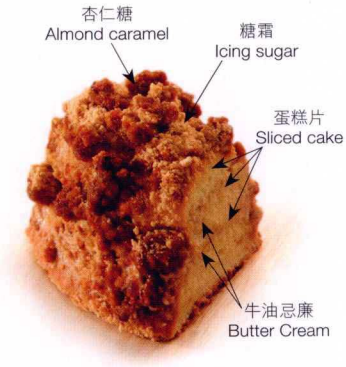
飾面

- 杏仁粉

製作

1. **蛋糕** | 蛋黃和糖打至濃稠，輕手拌入低筋麵粉，再倒入牛油拌勻，倒進餅模用180℃焗20~25分鐘。
2. **牛油忌廉** | 牛油與糖霜打滑，加入杏仁酒。
3. **杏仁糖** | 糖和清水同煮到金黃色，加入杏仁碎粒攪勻，倒入不黏布，涼凍後壓碎。
4. **組合** | 蛋糕涼後橫切成三片，每片均塗上牛油忌廉，疊起，在最外層塗上奶油忌廉，在四週灑上杏仁粉和杏仁糖。





INGREDIENTS

Cake

- 6 eggs
- 100g caster sugar
- 40g melted buttter
- 120g soft flour

Butter Cream

- 200g butter
- 50g icing sugar
- A few drops of Amaretto

Almond Caramel

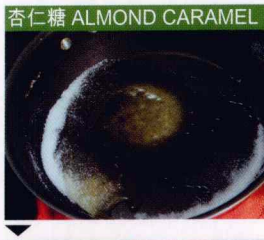
- 100g caster sugar
- 10g water
- 240g chopped almond (roasted)

DECORATIONS

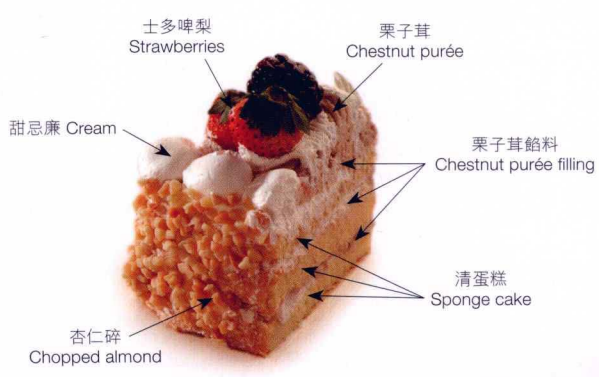
- Some ground almond

METHOD

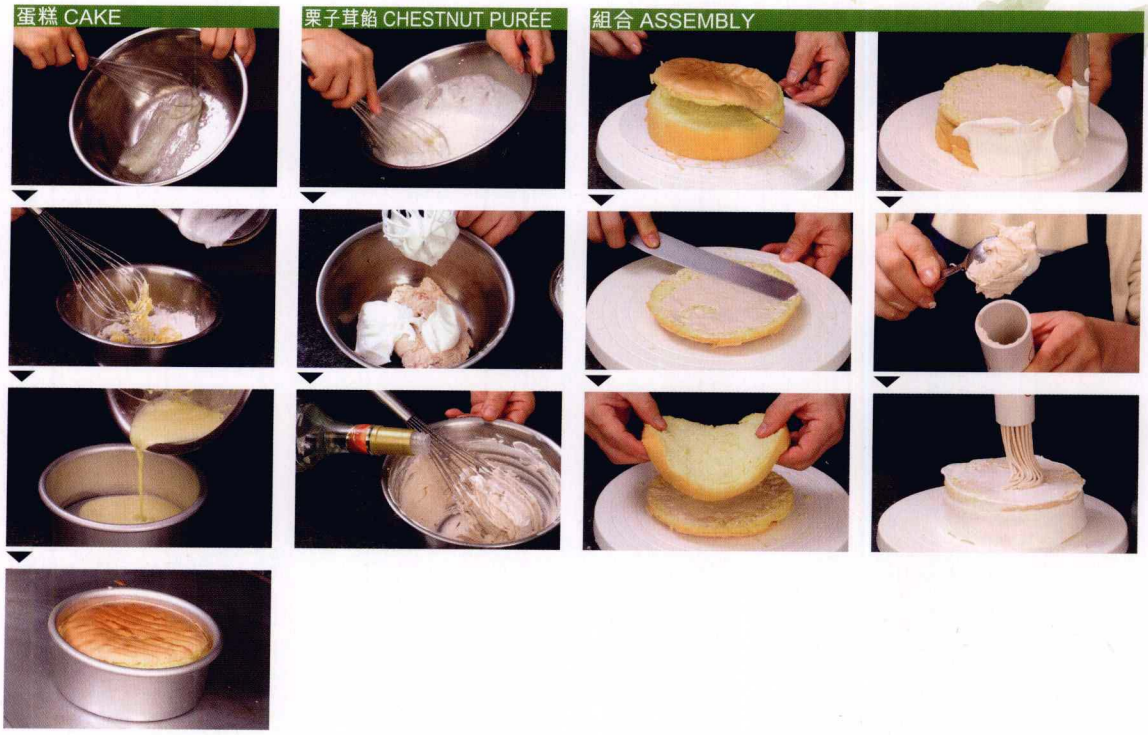
1. **Cake** | Whisk egg yolks and caster sugar to thicken. Fold in soft flour gently. Add melted butter and mix well. Pour into cake pan and bake for 20~25 minutes at 180℃.
2. **Butter cream** | Cream butter and icing sugar together until light and fluffy. Add in Amaretto.
3. **Almond caramel** | Cook caster sugar with water in a pan to golden colour. Stir in chopped almond. Pour on a sitpat. Press to small pieces when cool.
4. **Assembly** | Slice the cake into 3 pieces after cool. Butter thick layer of cream on one side of each slice. Stack up the layers and spread cream over the whole cake. Sprinkle almond caramel and almond nibs on top.



栗子蛋糕
Chestnut Cream Cake



蛋糕指數 INDEX



材料

蛋糕

- 蛋黃4隻
- 菜油50克
- 低筋麵粉90克
- 蛋白4隻
- 砂糖45克
- 清水50克
- 發粉½茶匙
- 砂糖45克

栗子茸餡

- 栗子茸300克（打滑）
- 甜忌廉100克（打起）
- 糖霜50克
- 白櫻桃酒1湯匙

飾面

- 甜忌廉（打起）
- 士多啤梨
- 栗子茸
- 杏仁碎（焗香）

製作

1. **蛋糕** | 蛋黃、糖、菜油、清水拌勻，再將低筋麵粉倒入蛋漿內攪勻成糊狀。蛋白打起，加糖打至企身，再倒入蛋黃混合物慢慢攪勻，倒入餅模，放入焗蓋用160℃焗25~30分鐘。
2. **栗子茸餡** | 把栗子茸與糖霜打至滑身，拌入甜忌廉和白櫻桃酒。
3. **組合** | 蛋糕涼凍後切成三片，每片蛋糕塗上栗子茸餡料，重疊一起成蛋糕。在餅面塗上甜忌廉，栗子茸和士多啤梨，餅邊黏上杏仁碎。

INGREDIENTS

Cake

- 4 egg yolks
- 50g vegetable oil
- 90g soft flour
- 4 egg white
- 45g caster sugar
- 50g water
- ½ tsp baking powder
- 45g caster sugar

Chestnut Purée Filling

- 300g chestnut purée
- 100g whipped cream
- 50g icing sugar
- 1 tbsp Kirsch

TOPPINGS

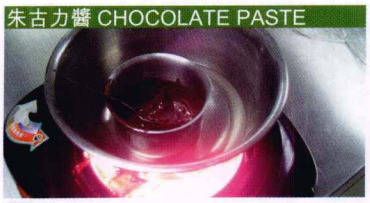
- Whipped cream
- Chestnut purée
- Strawberries
- Roasted chopped almond

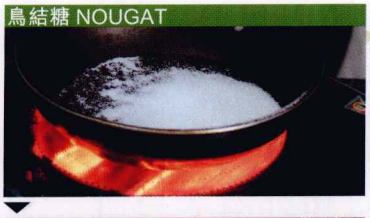
METHOD

1. **Cake** | Whisk egg yolks, caster sugar, vegetable oil and water until fluffy. Fold flour into batter. Whisk egg white and sugar to stiff peak. Fold in egg yolks mixture and mix together. Pour into cake mould. Bake at 160℃ for 25~30 mins.
2. **Chestnut purée filling** | Whisk chestnut purée and icing sugar to smooth. Fold in whipped cream and Kirsch.
3. **Assembly** | Cut the cake into 3 slices after cool. Spread with chestnut purée filling on each sliced cake. Stack up the sliced cake. Spread with cream on the surface. Decorate with chestnut purée and strawberries. Coat with chopped almond on the side.

軟心朱古力蛋糕
Truffle Torte

蛋糕指數 INDEX





材料

蛋糕

- 蛋黃8隻
- 砂糖150克
- 牛油150克
- 鳥結糖60克
- 發粉½茶匙
- 蛋白8隻
- 杏仁糕150克
- 杏仁粉150克
- 低筋麵粉80克

朱古力醬

- 淡忌廉280克
- 白朱古力120克
- 秤酒60克
- 黑朱古力180克
- 牛油80克

鳥結糖

- 砂糖240克
- 杏仁片120克（焗香）
- 清水10克

裝飾

- 糖銀珠
- 杏仁片

製作

1. **朱古力醬** | 淡忌廉煮熱，加入黑、白朱古碎煮滾後攪至呈光澤，拌入牛油和秤酒。
2. **鳥結糖** | 糖煮至焦，加入清水，放入杏仁片攪勻，倒在焗盆待凝，涼凍後壓碎。
3. **蛋糕** | 杏仁糕打軟，將蛋黃分次拌入，攪滑。牛油打軟，與杏仁糕混合物打勻。把杏仁粉、鳥結糖、低筋麵粉、發粉混合，再與杏仁糕混合物攪勻。蛋白打起，加糖打到企身，拌入杏仁糕混合物攪勻。倒入餅模，用180℃焗35分鐘。
4. **組合** | 蛋糕切成三片，塗上朱古力醬，重疊一起，再淋上朱古力醬，用刀背刮上波浪形，放上糖銀珠和杏仁片。

INGREDIENTS

Cake

- 8 egg yolks
- 150g caster sugar
- 150g butter
- 60g nougat
- ½ tsp baking powder
- 8 egg whites
- 150g marzipan
- 150g sliced almond
- 80g soft flour

Chocolate Paste

- 280g whipping cream
- 120g white cholcolate
- 60g rum
- 180g dark chocolate
- 80g butter

Nougat

- 240g caster sugar
- 120g sliced almond (roasted)
- 10g water

DECORATIONS

- Silver candy beads
- Ground almond

METHOD

1. **Chocolate paste** | Scald whipping cream. Add in chopped dark and white chocolate to shine. Fold in butter and rum.
2. **Nougat** | Cook caster sugar into brown colour. Add water. Mix in sliced almond and stir well. Pour into the baking tray and set it. Leave cool and chop it.
3. **Cake** | Whisk marzipan. Stir in egg yolks to soft by several for portions; Cream butter. Mix with marzipan mixture completely. Mix almond slices, nougat, soft flour and baking powder well. Add in marzipan mixture. Whisk the egg white, add in sugar and whisk until stiff. Stir in the marzipan mixture. Pour into a cake pan. Bake for 35 minutes at 180℃.
4. **Assembly** | Slice the cake into 3 pieces after cool. Butter with chocolate paste each. Pile cake slices up one by one. Spread a thin layer chocolate paste outside the whole cake. Use the back of knife to make wavy lines on top. Place sliver candy beads and almond slices upon wavy lines.

试读结束，需要全本PDF请购买 www.ertongbook.com