



【休闲时或情绪低落时，吃甜品是一种可以令人放松的享受。  
本书与你分享各种美味甜品的快乐滋味。】

# 甜品

梁琼白 著

汕头大学出版社



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## 甜品

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家庭美食

05

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## 出版的话

 作者的最大心愿，是期许自己的作品能够永恒流传。因此从写第一本书开始，我便很努力地维护每一部作品的品质，希望它不会因时间久远而贬值。文章千古事，即便是食谱，我也要对自己负责，对读者负责。

但是，十几年下来，出版了四十五本书之后，我深深觉得作者所能掌控的范围，只有在作品交出去之前，一旦到了出版者手中，他们会如何完成这本书，完全无法预知，包括编排方式、封面设计、包装行销，出版者自有他一套专业运作，未必能如自己的意；尤其食谱又是有别于一般书籍的出版品，出版者愿意投注心血关怀的比例并不高，作品能否生存，全取决于它的销售量，尤其在时下食谱书充斥的情况下，出版者无不急就章的以商品定位，何况一本食谱的完成还包括了美编的设计，因此我的四十五本书出现了不同的版本，和不同的印制品质。我真的很感谢所有找我出书的出版家对我的信任，但是，我却没有信心能让这些作品永恒，因为不久就有新的包装品出现，每一本书的价值只在初推出时的新鲜感，如果市场的取向只在表面的包装而不是内容的吸引力是很让人沮丧的。可是我相信我作品的质感可以永恒，如果因为编印过程造成的简陋而戳伤到作品的内涵，便有如人老珠黄的弃妇，何等不甘，因此我希望经由自己的出版能使作品的外在和内在一样美好。

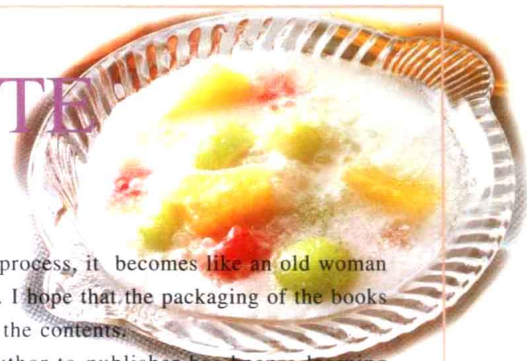
从作者转型为出版者，要学习的地方很多，因此而增加的压力比起当作者的轻松不知添加多少倍。其实我从未想过要从出版赚取更多钱，我的目的只希望自己

的作品能够得到更好的照顾，如果还是交由别人出版，这心愿不可能实现。

“宁缺毋滥”是我对出版的要求，不为出书而出书是我的坚持，无论内容或外在的质感我希望做到表里如一，让膳书房的每一本出版品都是品质的保证。我们有真才实学的技能导正一切食谱的谬误，我们用图文并茂的作品印证文武双全的专家本色，除我之外还有更多的优秀作者用最精湛的内容，最完美的画面，让时间证明我们的实力。“诚实”是我们的守则，无论作品的精致度或是作者的专业度，膳书房提供的是永恒不移的值得信赖，因为食谱不只是图片书，食谱作者不只是厨者，饮食也可以有文化，且让所有的食谱爱好者验证我们的努力，我们期待的永恒，来自所有读者的肯定。



# PUBLISHER'S NOTE



Everyone's greatest wish is for their works to be handed down to succeeding generations. Since I wrote my first book, I have worked hard to maintain the quality of every book which goes through my hands, so that they can endure for all time. "The written word lives for a thousand years" we say, and this is true even of cookbooks. Ultimately, I am responsible to both myself and my readers.

But, after more than a decade in which 45 books were published, I began to think that the writer of cookbooks controls only a part of the process. Once the book is in the publisher's hands, there is no way to predict what the final product will look like. The editing style, the cover design, packaging and marketing are all done by professionals at the publishing company, but not necessarily in accordance with the original plans of the author. This is especially true with cookbooks, which are different than other kinds of books. Few publishers put much effort into doing cookbooks right. Whether your cookbook survives depends on the bottom line, especially in today's competitive cookbook market, where cookbooks are packaged and marketed just like any other product, not with the reverence a book deserves. Today every cookbook undergoes professional design in every aspect of its presentation, which is why each of my books is so different in look, feel and quality. I am truly grateful for the trust and support of my publishers, but I have no confidence that my books will endure forever, because new forms of packaging and marketing appear all the time. Thus, the value of each book lies only in its freshness. If the market emphasizes only the surface of the product, and not the contents, it deeply saddens me. But, I believe the value of my books will last forever. If the content of the book is affected during the

editing and printing process, it becomes like an old woman unwanted by anyone. I hope that the packaging of the books I publish will match the contents.

Going from author to publisher has been a learning process. The pressure is many times greater. Actually, I didn't go into publishing to earn more money. Rather, I hoped to see my books through the publishing process so that the final product was what I had hoped for initially. If I handed them over to someone else to publish, this would never happen.

My guide was the old saying "it is better to leave a defect open for all to see, than to cover it up." I insisted that we were not going to publish for publishing's sake. Regardless of content or packaging, our products had to be of high quality inside and out. The books of Gourmand Press are guaranteed to be of high quality. We have both the talent and hands-on experience to edit properly any type of cookbook. We use both words and pictures to demonstrate the professionalism of our cooking experts. In addition to myself, we have a stable of first-rate authors who present superior recipes to the reader along with the most beautiful photographs. We take the time to utilize all of our resources. Honesty is our policy. Regardless of the quality of the product or the expertise of the author, Gourmand Press provides unchanging value and trustworthiness, because cookbooks are not merely a collection of pretty pictures. After all, the author of the cookbook is not just a cook, and food and drink are a culture of their own. Let cookbook lovers demonstrate the results of our hard work. Our hope that our cookbooks last forever depends on the approval of our readers.

# 序



## 作者简介·梁凉白

广西容县人  
从事烹饪教学及写作20年

### 经历

华视、台视、中视烹饪节目主持人  
汉声电台、中广公司烹饪主讲

### 著作

《花小钱过生活》、《懒人菜》、《俩人伙食》  
《面条儿》、《一块饼》……等作品120册

**我**非常喜欢吃甜食，从小到大，任何带有甜味的食物都能吸引我。结果吃成一口烂牙，换了牙套之后，我仍然继续吃，可是我不胖，可见吃甜食和身材并没有直接关系。

我的学生和朋友都知道我喜欢甜食，因此常常收到各种甜品，最多的是巧克力。我曾有一口气买下十五盒巧克力的纪录。有一次下课时，学生送了一盒巧克力，是我没吃过的口味，一上车就迫不及待的打开了，到家时已经吃了一半。有时候在机场候机时，只要停留半个小时以上，我就会去买一盒巧克力边吃边等，或者找些甜食来填充味觉，只要有甜食陪伴，我便不觉得等待是件痛苦的事了。

在香港有许多甜品专卖店，那是我的最爱，每次去都一定要吃个够才心满意足地离开。广东人称带有汤汁的甜品叫糖水，他们的种类非常多，外型又好看，以至每次都恨不得有个大肚量可以一次吃遍各种口味。而每次到不同的地方旅行，也总想吃吃当地的甜食点心，这种嗜好成了我外出旅游的最大吸引力，有些口味甚至会让我念念不忘，唯一能有深刻记忆的，永远是他们的甜品。

因为爱吃，因此常做，家里的甜品向来不断。休闲的时候，情绪低潮的时候，只有甜食让我觉得是唯一可以放轻松地享受，因此我决定要做一本以甜食为主的食谱，和读者分享各种甜品的好口味，但限于篇幅，我只能选择一些比较容易买到材料，而且做法比较简单的项目，如果要花很多的时间才能完成，就不符合自己做的条件了，因此保留一些困难度高的口味，那些就去买现成的吧，留给职业专业者去表现。如果你有兴趣做更进一步的探讨与学习，往后我们将陆续出版不同题材的食谱供你选择。就以这本甜品作为入门，相信你能成为甜品高手，我愿与你分享甜品的美好经验，如果你也喜欢，相信你必然认同，甜品是最让人快乐的美食吧！



# PREFACE

I enjoy eating dessert very much. Ever since I was a kid, anything sweet would draw my attention. Although most of my teeth have been decayed, I had them fixed but never stop eating dessert. However, I am not fat, it proves that there is no direct connection between dessert and being fat.

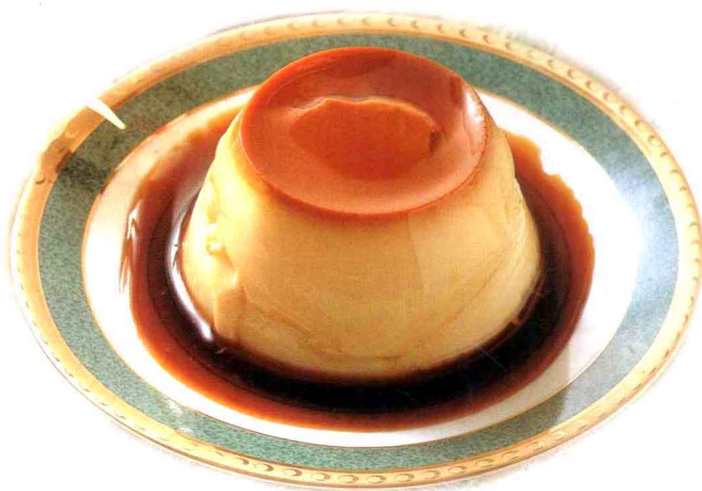
All my students and friends know that I love to have dessert, so I always receive various kinds of desserts. Most of them are chocolate. I had ever bought 15 boxes of chocolate at one time! Once, my student sent me a box of chocolate just brought from overseas, which flavor was new to me. I could not wait to taste it right away. As I just got on the bus, I opened the box and immediately had a taste of it. When I reached home, I had even finished half of it! Every time when I was waiting for the flight at the airport, if at least 30 minutes, I would rush to get a box of chocolate to eat. Or I would try to get something sweet to please my palate. As long as I was accompanied by sweets, I would not feel painful while waiting.

In Hong Kong, there are many sweets stores. They are my favorite. Every time I went to Hong Kong, I would eat various kinds of sweets to my satisfaction. Cantonese call any soupy sweet as "sugar water". There are thousands of kinds of sweets that are very well packaged. How I would like to eat them all! No matter where I went traveling, I would try any local desserts I could find. This habit has become the motivator for me to travel overseas. Some flavors were so special that I would never forget. As I am very fond of eating, I make foods very often. You can always find desserts at my home. When I am not working, or when I am in low tide, only desserts can relax me. So I decide to publish a book sharing with readers how

to make delicious desserts. In this edition, I have only chosen some desserts with ingredients you can easily get at food stores. They are easy to make, as I believe people would like to spend just a short time to prepare desserts at home. For those more difficult, buy it ready made by professionals! We will continue to publish more recipes of different kinds for those wishing to learn more. Now let's start with desserts. Trust you can be very good doing it. If you enjoy desserts as I do, I believe you will also agree that there is nothing like desserts that warm both the heart and the stomach.

梁煥白

Liang Chiun-Pai





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FOUR-LAYER COCONUT CAKE



杏仁露 Almond Syrup



## 杏仁露

### 材料

- (1) 南杏仁4两、北杏仁4两、川贝1钱  
(2) 白砂糖2杯、糯米粉半杯、清水1杯

### 做法

1. 南、北杏混合，磨成粉末，加入川贝再磨碎一次，然后倒出。
2. 将磨好的杏仁粉加水5杯调匀，放炉上加热，煮滚再加糖调味。
3. 将糯米粉与清水调匀，待糖煮化时，慢慢淋入，勾芡成微稠状，即可熄火盛出食用。

[注] 本书中的1两 = 37.5克    1钱 = 3.75克    1杯 = 240ml

### 重点提示

1. 坊间可买到现磨好的杏仁粉，取3杯直接使用即可，比较方便，不需经过做法(1)之手续。
2. 用糯米粉勾芡，比较滑爽，也不会沉淀或结块。

## Almond Syrup

### Ingredients

- (1) 2/3 lb. almonds, 1/3 oz. fritillaria (or 3 c. ground almond powder)  
(2) 2 c. white sugar, 1/2 c. glutinous rice flour, 1 c. water

### Method

1. Grind almonds to powder. Add fritillaria and grind again. Pour out. (If almond powder is used, this step can be omitted.)
2. Add 5 c. water to the almond mixture, stir well, and heat up on stove, and bring to a boil, add sugar to taste.
3. Add 1 c. water in glutinous rice flour, and mix well. After sugar dissolves, slowly pour in to make it a bit thick and serve.

### Tips

1. It is more convenient to use ground almonds ready for use, which can be purchased easily at grocery stores.
2. Use glutinous rice flour to thicken the soup, as it will taste smoother and avoid soup getting lumpy.



芝麻糊 Sesame Paste



## 芝麻糊

### 材料

- (1) 黑芝麻半斤
- (2) 糖2杯、糯米粉半杯、清水1杯

### 做法

1. 黑芝麻拣净杂质、洗净,放锅内,干锅小火炒香。
2. 用磨豆机分批将黑芝麻磨碎,放锅内,加水5杯烧开后,改小火,加糖调味。
3. 将糯米粉加清水调匀,慢慢淋入锅内,勾芡成浓稠状即可熄火,盛出食用。

### 重点提示

1. 坊间可买到黑芝麻粉,亦可代用,但为了凸显芝麻香,若用芝麻粉时,最好回锅小火再炒过才用,比较香。
2. 若用果汁机打黑芝麻时,因为刀片大,无法打细,因此煮时要用滤网捞除渣质,才不会存有碎末。

## Sesame Paste

### Ingredients

- (1) 2/3 lb. black sesame seeds
- (2) 2 c. sugar, 1/2 c. glutinous rice flour, 1 c. water

### Method

1. Remove impurities from sesame seeds, rinse. Put sesame seeds in a dry wok, stir-fry over low heat until fragrant, remove.
2. Use bean grinder to grind sesame seeds, not too much each time. Pour into a pan, add 5 c. water, and bring to a boil, then reduce heat to low, add sugar to taste.
3. Mix glutinous rice flour with water, slowly pour into sesame mixture. Once the soup gets thicker, it can be removed from heat. Ready to serve.

### Tips

1. Black sesame powder can be purchased at food store. But to get sesame's fragrance, it is suggested that sesame powder be stir-fried before use.
2. If juice mixer is used to grind sesame, as it has larger blades that cannot grind sesame to fine powder, ground sesame should be sifted before use.



椰奶红石榴 Chrimson Surprise





## 椰奶红石榴

### 材料

- (1) 荸荠4两、地瓜粉2杯、生粉2大匙、红色素少许  
(2) 白砂糖2杯、椰奶1罐、清水2杯、冰块少许

### 做法

1. 荸荠去皮、洗净、切丁，将红色素加水2杯溶解后，放入荸荠丁浸泡染色。
2. 将地瓜粉和生粉混合，放盘内，再将染好色的荸荠丁捞出、沥干，放入盛粉的盘内，裹上一层干粉。
3. 水半锅烧开，放入沾了粉的荸荠丁烫煮，透明时即捞出、冲凉、沥干，即成红石榴。
4. 将材料(2)烧开(冰块除外)，放凉后，用一只小碗，放入少许红石榴，再加入椰浆和冰块即成。

### 重点提示

1. 红色素的分量，以筷子尖弄湿，沾一点放入水中即可；杂货店可买到红花米即可代用。
2. 荸荠不要切太大，以免裹粉后更粗。

## Chrimson Surprise

### Ingredients

- (1) 5 oz. water chestnuts, 2 c. yam flour, 2 T. cornstarch, some red food coloring  
(2) 2 c. white sugar, 1 can coconut milk, 2 c. water, some ice cubes

### Method

1. Peel water chestnuts, rinse, and dice. Color water chestnuts by soaking in 2 c. water with red food coloring.
2. Mix yam flour and cornstarch, and put on a platter. Drain the colored water chestnut dices, and put on platter to get coated with the flour mixture.
3. Boil half pot of water, and cook the coated water chestnut dices. When the dices become transparent, remove and run through cool water and drain.
4. Boil ingredients (2) (except for the ice cubes), and let cool. In a small bowl put some water chestnut dices, coconut milk and ice cubes and serve.

### Tips

1. Amount of the red food coloring: moist the tip of a chopstick to get small amount of red food coloring, have it dissolved in water. Red food coloring can be purchased at drugstores.
2. The water chestnuts should be cut to small dices lest they become too big after coating.

小豆糕 Red Bean Parfait





## 小豆糕

### 材料

红豆4两、糖2杯、果胶3大匙

### 做法

1. 红豆洗净, 泡水1小时后, 以清水盖过的分量, 放入电饭锅蒸熟。
2. 待红豆稍凉时, 加水4杯将红豆打成泥, 倒出。
3. 将红豆泥放锅内, 另将果胶、糖加半杯冷水调化, 倒入红豆泥内, 小火加热, 煮到边上微起泡时, 熄火, 倒入长盘内。
4. 放凉, 移入冰箱冰2小时, 凝固时即可扣出, 切块食用。

[注] 1大匙 = 15ml

### 重点提示

1. 可供凝固的果胶可用吉利T, 骨胶有味道较不适合, 或用洋菜1/4小段, 但需用1杯水煮化后才拌入。吉利T较有弹性, 洋菜比较脆。
2. 一定要等红豆凉了, 才可以用果汁机打碎, 否则温度易使机器故障。

## Red Bean Parfait

### Ingredients

5 oz. red beans, 2 c. sugar, 3 T. gelatin

### Method

1. Rinse red beans and soak in water for 1 hour. Add water slightly covering red beans, cook to soft by rice cooker. Remove and let cool.
2. Add 4 c. water in the red beans, grind to mash, pour out.
3. Put red bean paste in a pan. In a separate bowl, dissolve gelatin in 1/2 c. water, pour into the red bean paste. Cook over low heat until red bean paste gets bubbles at edge. Remove from heat, and pour onto a long plate.
4. Let cool, refrigerate for 2 hours. Remove from plate and cut into pieces. Ready to serve.

### Tips

1. Use Jell-O or gelatin to coagulate. Gelatin has an odor so it is not recommended. Or you can use 1/4 piece of agar-agar, dissolve in 1 c. of water, boil up and pour in. Gelatin creates better elasticity while agar-agar makes it more crispy.
2. Must wait until red beans cool off before grinding by juice mixer, for the mixer may be damaged by heat.