

梦幻 巧克力

Chocolate
Fantasia

潘行庄编著

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三款巧克力酱汁做法清晰介绍，巧克力调温步骤逐步显现眼前；

Show you how to make three delicious chocolate sauces and tempering the chocolate step by step.



糖果篇、蛋糕篇、曲奇篇、甜品篇等，制法简单，款式多，选择多，随时可以大显身手；

Confections, Cakes, Cookies and Desserts ...easy steps to follow, plenty of varieties, you can make them anytime you want.



趣味小常识，加深读者品尝与制作乐趣。

Fun facts and stories about chocolate, enhancing reader's interests in chocolate making and tasting.

About Author 作者简介

潘行庄 中学时代留学英国，因一次家政课而爱上烹饪，其后毕业于加拿大英属哥伦比亚省大学，主修“家庭及营养科学系”的家政科。她曾于煤气烹饪中心任职家政主任，现在是“By Joanne Stylish Baking”的创办人，亦是香港烘焙专业协会会员。她曾先后担任香港临时市政局和食物环境卫生署主办的“健康食谱”及“健康烹饪比赛”评判。

Ms. Joanne POON has loved cooking since she was in high school in U.K. She later graduated from the University of British Columbia in Canada, majoring in Home Economics of Faculty of Family and Nutritional Science. She was a full-time home economist of Towngas Cooking Centre and a member of the Hong Kong Bakery and Confectionery Association. She is now the founder of "By Joanne Stylish Baking". She was a member of the panel of judges for the Healthy Menu and Healthy Cooking Competition organised by the Provisional Urban Council and the Food and Environmental Hygiene Department separately.

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Chocolate Fantasia

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世界图书出版公司

上海·西安·北京·广州

序言



出版社要求我写一本以巧克力为题的食谱书，我兴奋莫名，因为我是一名超级的巧克力迷。巧克力是一种多变化的材料，我敢大胆地说，世界上众多材料中，巧克力是最受欢迎的一种。人们总喜欢把巧克力形容为“罪恶”和“诱惑”，每当吃上一口，便会挡不住它的诱惑。

品尝到美味的巧克力，总能勾起我许多美好的回忆。我仍然能回忆起自己亲手做的第一个巧克力蛋糕，送给朋友作为生日礼物，收到蛋糕时，她的兴奋表情还深深印在我的脑海中。巧克力亦象征了很多喜庆节日和特别的日子——与家人和朋友共度的圣诞节，与心爱的人共享甜蜜温馨的情人节，以及所有的生辰和周年纪念……

巧克力拥有悠长的历史，在古时候是珍贵罕有的食物，只有少数特权阶级的人才能享用。如今，巧克力经历了悠久的岁月，变成今天大家都可轻易拥有的东西。我希望，读者阅读此书后，能学会制作各种巧克力美食，深入了解巧克力的“七十二变”，从而欣赏巧克力这种神奇的美食。

在这里，我衷心感谢万利食品有限公司赞助Valrhona巧克力作为书中的食材。

最后，我把这本书献给Johnny和Cecilia，感激他们牺牲6个星期天，与我一起完成拍摄的工作。

潘行庄

Foreword



I was so thrilled when my publisher asked me to do a book on chocolate since I am a super fan of it, which is a versatile ingredient to work with. I dare say that “chocolate is one of the most sought-after ingredients in the world”. People always describe it as “sinful” and “seductive” because you would get hooked once you try the first bite.

The sweet velvety taste of chocolate evokes many fond memories. I can still remember the happy look on my friend’s face when I presented her with the first chocolate birthday cake I made. Chocolate symbolizes joyful festivities and special occasions, like Christmas with friends and families, a sweet valentine with someone you like or love, birthdays, anniversaries and so on.

Chocolate has a long history and it used to be a rare commodity reserved for only the privileged few. It came a long way to become what we have today. I hope you will learn to appreciate chocolate more after you read this book.

I wish to take this opportunity to thank Maxley Food Company Limited for providing all the wonderful Valrhona chocolate I used in this book. Finally, I would like to dedicate this book to Johnny and Cecilia for sacrificing several Sundays to work with me on this book.

Joanne Poon

目次

- | | | |
|----|------------------|---|
| 2 | 序言 | Foreword |
| 6 | (一) 巧克力的故事 | Little Story of Chocolate |
| 8 | (二) 材料与酱汁介绍 | Ingredients and Sauces Making |
| 12 | (三) 处理巧克力步骤1、2、3 | Basic Techniques for Chocolate Handling |
| 15 | 缤纷的巧克力食谱 | Fanciful Chocolate Recipes |

糖果篇



- | | | |
|----|---------|-----------------------------------|
| 18 | 松露巧克力 | Chocolate Truffles |
| 20 | 果仁巧克力 | Moulded Chocolate with Nuts |
| 22 | 白巧克力花糖 | White Chocolate Collettes |
| 24 | 礼服巧克力草莓 | Tuxedo Strawberries |
| 26 | 糖姜巧克力堆 | Candied Ginger Chocolate Clusters |
| 28 | 巧克力杏仁块 | Chocolate Almond Barks |

Confections

蛋糕篇



- | | | |
|----|------------|---|
| 32 | 意大利巧克力蛋糕 | Italian Flourless Chocolate Cake |
| 34 | 巧克力栗子奶油蛋糕 | Chocolate and Chestnut Cream Cake |
| 36 | 巧克力橙酒松露蛋糕 | Chocolate and Grand Marnier Truffle Cake |
| 38 | 脆薄巧克力镜面蛋糕 | Glazed Chocolate Fudge Cake |
| 40 | 黑森林奶油蛋卷 | Black Forest Roulade |
| 42 | 香蕉巧克力松饼 | Banana and Chocolate Chips Muffins |
| 44 | 法式巧克力蛋糕条 | French Chocolate Cake Slices |
| 46 | 巧克力肉桂覆盆子蛋糕 | Chocolate Cinnamon and Raspberry Torte |
| 48 | 健康甜枣巧克力蛋糕 | Healthy Chocolate and Dates Cake |
| 50 | 沙加蛋糕 | Sachertorte |
| 52 | 巧克力蜜梨蛋糕 | Chocolate and Sweet Pear Upside Down Cake |
| 54 | 德国巧克力蛋糕 | German Chocolate Cake |
| 56 | 软心巧克力蛋糕 | Molten Chocolate Cake |
| 58 | 餐后巧克力蛋糕 | After Dinner Chocolate Dessert Cake |

Cakes

派与挞篇



- 62 香浓摩卡挞
- 64 密西西比棉花糖派
- 66 巧克力榛了挞
- 68 巧克力杏仁果酱挞

- Rich Mocha Tart
- Mississippi Mud Pie
- Chocolate Hazelnut Tarts
- Chocolate Bakewell Tart

Pies and Tarts

曲奇篇



- 72 双层巧克力条
- 74 巧克力杏仁条
- 76 白巧克力小方饼
- 78 黑白巧克力曲奇
- 80 百万富翁香橙牛油酥
- 82 巧克力裂纹曲奇
- 84 巧克力维也纳曲奇
- 86 巧克力指模饼

- Double Chocolate Bar
- Chocolate and Almond Biscotti
- Blondies
- Ivory and Ebony Chocolate Chips Cookies
- Millionaire Orange Shortbread
- Chocolate Nut Crackles
- Chocolate Viennese Cookies
- Chocolate Thumbprint Cookies

Cookies

香浓饮品篇

- 90 法式香浓热可可
- 92 巧克力奶昔
- 94 巧克力咖啡

- French Style Hot Cocoa
- Chocolate Milk Shake
- Mocha Café

Drinks

甜品篇



- 98 炖巧克力布丁
- 100 巧克力焦糖炖蛋
- 102 热巧克力苏法莱
- 104 自制巧克力雪糕
- 106 黑白巧克力软糕
- 108 巧克力意大利芝士馅薄饼
- 110 巧克力云石巴伐利亚奶油
- 112 香浓巧克力慕斯
- 114 巧克力瑞士火锅
- 116 意大利碎饼巧克力冻糕
- 118 巧克力杯仔布丁

- Steamed Chocolate Pudding
- Chocolate Crème Caramel
- Hot Chocolate Souffle
- Home-made Chocolate Ice-cream
- Black and White Chocolate Paie
- Chocolate Pancake with Mascarpone Filling
- Chocolate Marble Bavarian Cream
- Rich Chocolate Mousse
- Chocolate Fondue
- Dolce Torinese
- Chocolate Pot de Crème

Desserts

(一)

巧克力的小故事

巧克力的历史可追溯至若干世纪前，墨西哥的阿兹特克人(Aztecs, 墨西哥的印第安人)已开始有饮用带辣味的冻可可记录。阿兹特克人视可可豆等同货币与酬神的祭品，所以当时价值非常昂贵。公元1500年，西班牙殖民者科尔特斯在加勒比海发现了巧克力，遂引进到欧洲。当科尔特斯把这带有苦涩味道的巧克力献给西班牙皇帝时，西班牙朝廷当时的反应不大。及后，他们发现把糖和香草加入巧克力后，味道出奇地好，巧克力很快在上流社会流行，成为广受欢迎的食品，革命性的巧克力时代从此开始。

19世纪，先进科技让苦涩的可可豆变成能吃的巧克力，更利用机械磨豆取代人力磨豆。到了1928年，德国巧克力生产商康纳·候顿(Coenraad Van Houten)把能从可可豆榨出可可油的巧克力研磨机变成专利。自此，昂贵的巧克力，成为普通大众也可享用的美食。

巧克力的制造过程由收获可可豆开始，之后投入工厂生产，经过工人筛选、评级和清洁等程序，把可可豆以250℃至300℃不等的温度烘焙至爆裂，去壳，接着是搅碎、研磨和加热，经炒熟研碎后成巧克力浆。

巧克力浆混合糖、牛奶和其它调味剂后，经过精炼和调温，煮成绵润幼滑的巧克力，便可运到市场上售卖。



The history of chocolate can be dated back to centuries ago.

The Aztecs in Mexico who are known to be the first people to consumed cocoa beans. They drank a beverage called xocolatl, which means bitter water. It was a mixture of raw cocoa nibs with chili pepper and is largely consumed in ceremonial occasions. Cocoa beans were so valuable to the Aztecs, that they used them as currency and offerings to god. Chocolate was then discovered and brought to Spain in 1500s by a Spanish explorer called Hernando Cortez. The Spanish court shown little enthusiasm when Cortez introduced the cocoa to the king due to its bitter taste. Later they discovered the addition of sugar and vanilla improved the flavour dramatically and it soon became very popular among the wealthiest. A new era in the history of chocolate consumption has established.



In 19th century, the modern technology has turned the raw bitter cocoa beans into eating chocolate. Machines for grinding beans were invented to replaced human labor. In 1928, a Dutch chocolatier, Coenraad Van Houten patented his chocolate press for separating cocoa butter from the beans and grounding the cocoa solid into cocoa powder. Since then chocolate was no longer a luxury item and be affordable by lower class people as well.

The production of chocolate starts from harvesting the cocoa beans. They are shipped to the factory and sorted, graded and cleaned by the workers. The beans are then roasted at 250 °C to 300 °C. The roasted beans are then cracked to remove the husks. The next step is to blend, mill and heat the cocoa nibs down to chocolate liquor. The liquor is mixed with sugar, milk solid and flavorings. It is then refined and tempered to give a smooth shiny product, which is the chocolate we get in the supermarket.

Little Story of Chocolate



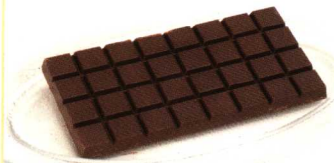
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材料与酱汁介绍

在市面上找到的巧克力，基本上可分作两大类：纯味巧克力和烘焙用巧克力。纯味巧克力是法语的专业名词，泛指高质素的巧克力，含约56%至70%的可可浓度，最少有31%的成分是可可油。烘焙巧克力相较于纯味巧克力，可可油成分较少，甚至是完全没有。生产商会以菜油来替代可可油，除了降低成本，还可在烘焙过程中，让受热程度趋于稳定，不易熔化。巧克力豆便是烘焙巧克力的好例子，在烘焙后仍能保持形状。

纯味巧克力 (Plain Chocolate)

这款巧克力含56%至70%的可可成分，其成分达56%的巧克力为半甜的巧克力；倘若接近70%的巧克力便属苦甜味巧克力。一般会加入糖和香草增添味道。



Chocolates fell in this category contain 56%~70% cocoa solid. Chocolate with 56% cocoa solid is semi-sweet chocolate and those with 70% cocoa solid is bittersweet. Sugar and vanilla flavoring are often added to produce a more palatable product.

牛奶巧克力 (Milk Chocolate)

牛奶巧克力只含40%可可成分，由瑞士糖果制造商彼得·丹尼于1876年发明。这款巧克力是由纯味巧克力加入炼奶混合而成。

Milk chocolate has only 40% of cocoa content, which is invented by a Swiss candy maker, Peter Daniel in 1876. It was made by adding condensed milk to plain chocolate to give a creamy texture.



白巧克力 (White Chocolate)

严格来说，白巧克力不是真正的巧克力，亦不含可可成分。它只是可可油、糖和奶的混合物吧，其熔点比别的巧克力低。

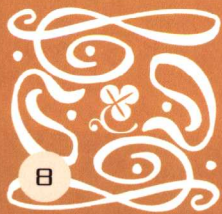


Strictly speaking, white chocolate is not a real chocolate, as it contains no cocoa content. It is a combination of cocoa butter, sugar and milk solid. It melts more readily than other chocolates.

巧克力豆 (Chocolate Chips)

由烘焙巧克力制造而成，不容易在高温下溶化，熔点颇高，适合混在曲奇和松饼烘焙。

They usually made of baking chocolate which is less likely to melt at high temperature. They are ideal for baking cookies and muffins.



There are basically two types of chocolate available in the market-Couverture and Baking Chocolate. Couverture is the French term for fine quality chocolate that contains around 56%~70% cocoa solids, and with a minimum 31% of cocoa butter. On the other hand, baking chocolate has little or no cocoa butter content. Manufacturers replaced the cocoa butter with vegetable fat, which is less expensive and also more stable at baking temperature. Chocolate chips we used in cookies are made of baking chocolate to keep them from melting.

可可粉 (Cocoa Powder)

巧克力浆榨出可可油后，冷却成固体，然后再弄碎，筛成粉末，便是可可粉了。“荷兰式”的处理过程，会加入碱，以加深巧克力的色泽。

Cocoa Powder is made by pressing chocolate liquor to remove cocoa butter. The pressed cocoa solid is then cooled, pulverized and sifted into cocoa powder. “Dutch” process is a treatment of adding alkali to cocoa as to give a darker color.



Ingredients and Sauces Making



低脂巧克力酱汁 (No-Fat Chocolate Sauce)

材料 Ingredients :

糖 100 克, 可可粉 1/2 杯, 即溶咖啡粉 1 汤匙, 水 1/2 杯, 粟米糖浆 (即粟胶) 1/2 杯

100g sugar, 1/2 cup cocoa powder, 1 Tbsp. instant coffee, 1/2 cup water, 1/2 cup corn syrup

制法 Method :

1 糖、可可粉和即溶咖啡粉拌匀于碗中。

Mix sugar, cocoa powder and instant coffee in a mixing bowl.

2 徐徐倒入清水拌匀, 与粟米糖浆同倒入锅内。

Pour in the water and stir well. Transfer the mixture into a saucepan, add corn syrup.

3 慢火将所有材料煮沸。

Boil the mixture over low heat.

4 待冷却后即可使用。

Serve with any dessert, when the sauce is cooled.



建 议 搭 配

任何乳酪果冻适用。适合注重健康的人士食用。

摩卡巧克力汁 (Mocha Chocolate Sauce)

材料 Ingredients :

鲜奶油 1 杯, 即溶咖啡粉 1 茶匙, 纯巧克力 150 克 (切碎)

1 cup fresh cream, 1 tsp. instant coffee, 150g dark chocolate, chopped

制法 Method :

1 鲜奶油煮沸。

Bring fresh cream to rolling boil.

2 即溶咖啡粉与巧克力同置碗中。

Pour into the instant coffee and chocolate.

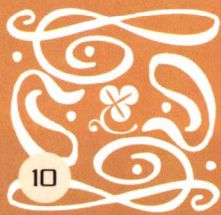
3 把步骤 (2) 之巧克力咖啡粉倒入滚起的鲜奶油搅拌至溶解。

Add step (2) in boiled cream and stir until the chocolate is melted.



建 议 搭 配

与雪糕、蛋糕或薄煎饼食用, 也可用作奶昔材料。



热巧克力汁 (Hot Fudge Sauce)

材料 Ingredients :

黑巧克力 200 克, 牛奶 1/2 杯, 金黄糖浆 1/4 杯, 牛油 25 克,
香草香油 1 茶匙

200 g dark chocolate, 1/2 cup milk, 1/4 cup golden syrup, 25g
butter, 1 tsp. vanilla essence

制法 Method :

1 巧克力放入牛奶里, 以慢火煮溶。

Melt chocolate in the milk over low heat.

2 加入金黄糖浆, 煮 1 分钟。

Add the golden syrup and bring to boil for 1 minute.

3 离火, 拌入牛油和香草香油。

Remove from heat then stir in the butter and the vanilla.

4 热食, 可与雪糕和布丁一起享用。

Serve hot over ice cream or pudding.



建 议 搭 配

英式郡布丁、咖啡冻糕和
华夫饼。



(三)

处理巧克力步骤 1、2、3

熔化巧克力 (Melting Chocolate)

熔化巧克力的理想温度是介于40℃至50℃之间，切忌用水直接加热。应放在碗内置热水上或双层坐熔锅上坐熔。此外，温度过高会使巧克力变焦或呈颗粒状。

The ideal temperature for melting chocolate is between 40℃ to 50℃. Please keep in mind that chocolate cannot be melted over direct heat. It should be done carefully in a mixing bowl over hot water bath, or by a double boiler. Overheating causes chocolate to scorch and grainy.



巧克力调温 (Tempering Chocolate)

只有用在甜品或蛋糕层面的巧克力才要调温，目的是稳定巧克力层浆的可可油，因为它直接影响到巧克力的使用能力。调温后，可可油会稳定成晶体堆，把完成品变得硬实而有光泽。一般而言，黑巧克力会在32℃下稳定，牛奶及白巧克力则在30℃下已能稳定。

Only couverture needed to be tempered before using in coating and dipping. The purpose is to stabilise the cocoa butter content in couverture, as it directly affects the workability of the chocolate. During tempering, cocoa butter will stabilise as crystal mass, which enables the finished product to harden and shiny. Dark chocolate stabilises at 32℃ whereas milk and white chocolate stabilise at 30℃.



简易巧克力调温步骤 (Simple Procedures of Tempering)

- 1 把巧克力切成小块。
Chop chocolate into small pieces.
- 2 将3/4量的巧克力倒入碗中放在热水上坐熔，温度应达至40℃。
Melt $\frac{3}{4}$ of the portion over hot water until it reached 40℃.
- 3 离火后，加入其余1/4量的巧克力，搅拌直至熔化。
Remove from heat and stir in the remaining $\frac{1}{4}$ portion until the chocolate is melted.
- 4 用刀尖蘸上巧克力浆，室温下(约18℃至20℃)在3分钟内凝结即可。
倘若未能达至要求，必须再把浆液搅拌至理想温度。
Dip the tip of a knife into the chocolate and it should be set in 3 minutes at room temperature (18℃ to 20℃), if it is completely tempered. If not, you should keep agitate the melted chocolate until it reached the tempered temperature.



Basic Techniques for Chocolate Handling

