

清新餐后甜品

*Refreshing
after Dinner Treats*



潘行庄编著

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糖的发现始于何时？雪糕和雪芭做法如何？步骤清晰显现眼前；

When did sugar find in the world? Show you how to make ice-cream and sobert step by step.



高杯甜品、冷冻甜品、蛋糕与脆饼、鲜果的感觉……制法简单，款式多，选择多，随时大显身手也可以；

Goblet and bowl desserts, frozen desserts, cake and pastries and fruity sensation ...easy steps to follow, plenty of varieties, you can make them anytime you want.



知识百宝箱，加深读者品尝与制作乐趣。

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

About Author

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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序言



我十分喜欢制作甜品，它不但味道甜美，而且能令人在制作过程中获得无穷的乐趣。我认为甜品是一餐中最令人盼望和期待的一环，倘若不能在餐后尝到美味的甜品，这一顿饭必定美中不足。高级餐馆通常会把甜品与主菜菜牌分开，以示对甜品的重视。甜品能安抚人们的不安情绪，亦是治疗忧伤的良药。我不是说每顿晚餐都必须有甜品，但在重要的庆典、与朋友共聚的派对或是在餐馆用膳时，至少是必不可少吧！

烹调甜品可说是烹调的艺术，它不但需要熟练的烹调技巧，还要拥有敏锐的艺术感觉，才能把食与艺互相辉映。从烹调甜品中，我找到了满足感和挑战，那就是怎样去配合不同食物的味道和质感，装饰和摆设，以反映个人的风格和品味。

在这里，我诚意推荐这本书给你们，希望你们也能与我一样，喜欢甜品，并享受做甜品的乐趣。

谨以此书，答谢父母——潘钧和谭佩英给予我的支持与爱护。

潘行庄



Foreword



Desserts interest me always, both for tasting and for the sheer joy of making it. To me, it is the most anticipating course in a meal. A dinner would not be complete without some kind of refreshing dessert being served at the end. Fine restaurants always present their desserts in separate menu to show the importance. It is a sort of comfort food which is soothing and gratifying. People always say, "I have no room for dessert!" My own feeling is that they should spare some room for this delicious delicacy, as long as it is not consumed after every dinner, especially for those who are on diet. It plays an important role in celebrations, parties or dining out in fine restaurants.

Dessert-making is the fine art of cooking which requires skilful technique and artistic mind-set; and I find it rather satisfying and challenging in the process. The way you are using different flavours and textures on the dessert reflects your style and personality.

I am proud to recommend this book to all my readers. I wish you will enjoy it.

I would like to dedicate this book to my parents, James and Angela whose love and concern for me is highly appreciated.

Joanne Poon

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糖的故事

糖

是所有甜品和糕点的灵魂。时至今日，作为最基本的原料，糖对一般人来说可以很容易买到，但是在数千年前，糖却是昂贵的奢侈品。糖源自波利尼西亚，渐渐传开到东南亚和印度。糖正式在历史上出现约在公元前510年，当波斯国王大流士入侵印度时，在印度河畔发现了甘蔗，他们称之为“不用蜜蜂采花，也能提供蜜糖的芦苇秆”。之后，阿拉伯人入侵波斯，并把生产糖的技术也带回埃及，而“Sugar”一词，就是来自阿拉伯语。到中世纪时，阿拉伯人把糖带到西班牙和其它欧洲国家，以致甘蔗的种植方法和糖的生产方法也传到了西方。

古时，先把甘蔗打碎，再把其汁液煲滚后凝结成糖。今天，世上有两种天然糖的来源：甘蔗和甜菜。甘蔗是热带草科，需要猛烈阳光和大量水分才能成功生长，成熟甘蔗约有10%的成份为糖分；甜菜则是温带两年生的植物，成熟甜菜约有17%的糖分，然而每公顷的收获远低于甘蔗，成本比较高。

商业制造出来的糖分差不多全是工厂里精炼出来的白糖。白糖一般可分为砂糖、糖粉和糖霜；此外还有黄糖，一种在生产过程中保留了大量甘蔗成份的糖；方糖则是由糖水凝结而成，再用模型压缩成方糖粒。



Sugar is the soul of all desserts and Pastries. It is a basic commodity, which many of us can have easy access today. However, it was a luxury item once many thousands years ago. Sugar is believed to have originated in Polynesia and was spread along routes to Southeast Asia and India. A definite reference of sugar can be traced back to as early as 510 B.C., when the soldiers of the Persian Emperor Darius invaded India where they found sugar cane growing on the banks of the River Indus. They called it “the reed which gives honey without bees”. Much later, Arab people invaded Persia and took the secret of producing sugar along with them to Egypt. The word “sugar” is actually derived from an Arabic word. The cultivation of sugar cane along with the production of sugar was introduced to the west during the middle age, when the Arabs brought sugar to Spain and the rest of the Europe.

In ancient times, sugar was produced by breaking up sugar cane and boiling it to produce sugar crystal. Today, we have two natural sources of sugar: sugar cane and sugar beet. Sugar cane is tropical grass, which requires strong sunlight and abundant water for successful growth. Typical sugar content for mature cane would be around 10% by weight. Sugar beet is a temperate climate biennial root crop. Typical sugar content for mature beets is around 17% by weight. However, the yield of beet per hectare is much lower than for the cane.

Almost all of the commercially manufactured sugar is white granular sugar that may have been refined in factories. These sugars are known as granulated sugar, castor sugar and icing sugar. Other types of sugar, such as brown sugar are made by retaining much of the molasses during processing. Cubed sugar is made by molding granulated sugar with sugary liquid to bind the crystals together.

The Story of Sugar



冻溶糖 (Cool Sugar)

“冻溶糖”为中国香港革命性首创品种，采用日本先进蔗糖的提炼方法制造，^o惟一能迅速在各式冻饮或冻甜品中溶解的糖类产品。此糖由百分百纯甘蔗汁制造，保留了甘蔗的天然矿物质如钾、镁、钙、钠、铁等，对健康有益。可作热饮调味，还适用甜品或作一般煮食用途。由于它能迅速溶于肉类表面，用于腌肉堪称一绝。

“Cool Sugar” is revolutionary sugar product in Hong Kong (SAR). It is made from a new formula from Japan in producing sugar, which enables it to dissolve rapidly in cold drinks and desserts. Furthermore, 100% made from sugar cane juice that it retains sugar cane's natural minerals such as potassium, magnesium, calcium, sodium and iron. For multi- purposes, it can also be used for hot drinks, desserts and cooking. With its fine texture and the ability to dissolve quickly over meat surface, it is ideal for marinating different types of meats.



纯正砂糖 (White Granulated Sugar)

以优质甘蔗制造，颗粒细小均匀，颜色晶莹剔透，用途广泛，适用于烹调菜肴、腌肉、饮品调味及制作甜品。

Made from premium sugar cane, it is fine-grained and white in colour. The sugar can be used in all occasions for cooking, marinating, sweetening hot drinks and making desserts.

纯正糖粉 (Caster Sugar)

颗粒比白砂糖细小，色泽洁白，质感幼滑，易于溶解，能均匀地与其它配料混和，适宜用作烤焗精致西饼及各式甜点，在糕饼表面常烘出金黄焦糖。

Grain size smaller than white granulated sugar, white in colour and smooth in texture. The sugar is ideal for baking as it dissolves easily and thus mix well with other baking ingredients. It can caramelize evenly for a golden finish when baking cakes and biscuits.



特细糖霜 (Icing Sugar)

颗粒特细，易于溶解，加入天然防结材料，使糖粒不易结块，可用作装饰。无论撒于食物上、生果上或作糖霜外衣，都能使甜品幼滑可口。

An essential ingredient for baking, it is very fine texture and easily dissolve. Its natural anti - caking agent added. Not easy to "cake" and therefore can serve longer shelf life. The smooth sugar can be used in cooking where a very fine texture is preferred. It can be used as a finishing sugar, either for dusting or in an icing.



鱼胶粉 (Gelatine Powder)



为凝固剂，使用前必须先溶于热水中，才能发挥效用。

Use as a setting agent and must be first dissolved in hot water before using.

鱼胶片 (Gelatine Leaf)

鱼胶片是不同形状的鱼胶，多供专业饼师使用。混入热水前，必须先浸入冷水软化才可使用。

Another form of gelatine and usually use by professional chefs. It has to be soak in cold water first before mixing into hot mixture.



Introduction of Ingredients



浓奶油 (Double Cream)

为英国产品，又名重奶油，含有45%~47%的牛油脂肪。
It is an English product, which also known as heavy cream. It contains about 45~47% of butterfat.



搅奶油 (Whipping Cream)

含有35%牛油脂肪，经拂打后，可用作装饰花和甜品馅料。
It contains 35% of butterfat. Once whipped, it can be used for piping and dessert filling.



香草豆 (Vanilla Bean)

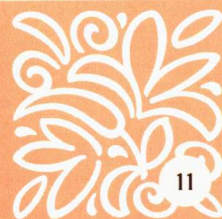
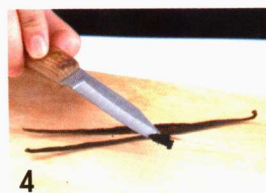
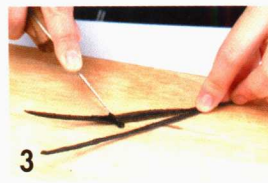
香草是亚热带美洲品种的兰花的果实，阿兹特克人把它放在巧克力内，增强香气。

Vanilla bean is the fruit of a tropical American species of orchid. It was used by the Aztecs to flavor chocolate.



如何分离香草豆? (How to split a vanilla pod?)

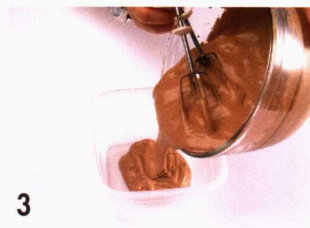
- 1 把香草豆放在木板上，用刀尖在中间位置剖开。
Lay the vanilla pod that on a chopping board, and use the tip of a sharp knife to mark the middle.
- 2 沿着香草豆荚游走。
Run the knife along the pod.
- 3 分开香草豆。
Split the pod open.
- 4 刮出种子使用。
Scrap off the beans and use accordingly.
- 5 豆荚放进砂糖内贮藏，可变成香草砂糖。
Put the vanilla husks into the sugar for storage. The sugar will have vanilla aroma.



自制雪糕和雪泥

雪糕及雪芭基本做法 Steps for Ice-cream and Sorbet

- 1 把雪糕原料冰冻2~3小时，成半凝固状态。
Freeze the mixture for 2~3 hours until semi solid state.
- 2 拂打原料至软滑。
Whisk the mixture with eggbeater until smooth.
- 3 将原料倒入胶盒内，冰冻至硬实，可供食用。
Pour the mixture into a plastic container and freeze until firm and serve.



*食谱中的一杯份量泛指一量杯，即 250 毫升。

In recipes, one cup means one measuring cup, i.e 250 ml.



雪泥基本做法 Steps for Making Granita

- 1 把雪泥原料冰冻一夜成冰块。
Freeze the mixture overnight until icy and firm.
- 2 用叉子刮在冰上。
Scrap the icy mixture with a fork.
- 3 当果汁冰刮成碎冰时，可供食用。
When the ice until grainy, and serve.



Steps in Ice-cream & Granita Making

