

Cool Dessert

清凉小品

魏琴 著

享受一季清凉



现代食谱

中国轻工业出版社

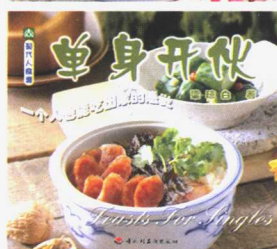
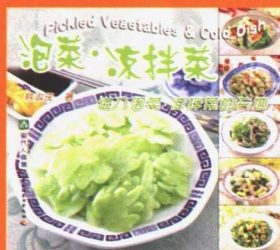




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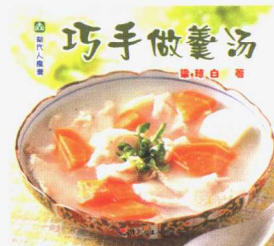
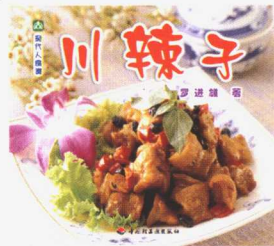


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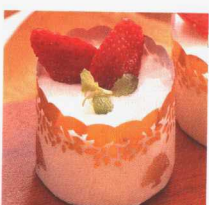
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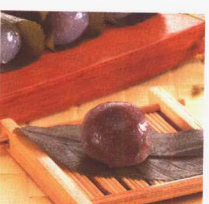


现代人食谱



Cool Dessert 清凉小品

享受一季清凉



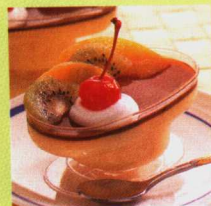
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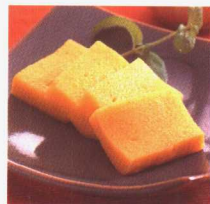


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Contents



点·小帮手

Ingredients & Kitchen Tools



珍珠粉



明胶



琼脂



麦芽糖浆



葛粉



药蕁果冻粉



发酵乳酸菌粉



苏打粉



奶酪粉



姜黄



药蕁条



七味辣椒粉



葛冬粉



盐渍櫻叶



干薄荷叶



干紫玫瑰花



干柠檬草



干欧甘菊



干薰衣草



干桂花



仙草干



石花菜



爱玉子

材料说明 Ingredients

● 珍珠粉 Jelly-T

又名“吉利丁”(Jilly-T)，植物性胶质，白色粉末，无异味，透明度极佳，常用于果冻上。使用时先与糖混合均匀，再加入沸水中煮溶，胶汁在室温下放凉即能结冻。口感介于琼脂与明胶之间。

Flavorless floral colloid. It is a kind of white powder, which is often used to make jelly for its excellent transparency. Before use, mix well with sugar, it is dissolved in water, heated, and then cooled under room temperature. The taste is between agar-agar powder and gelatine.

● 明胶 Gelatine

又名“吉利丁”(Gelatine)，动物性胶质，黄色粉末，有些微异味，适用于香味较浓的食品，常用于冷冻西点如木斯等。使用时加入4倍水搅拌均匀，再煮沸使其溶解，或是与4倍水搅拌均匀后以隔水加热的方式，使其溶化再与其他材料混合，放入冰箱冷藏才会凝结，口感软黏有弹性，风味佳。

Animal colloid. It is a kind of yellow powder with a special smell. It is often used to cook refrigerating western food such as mousse. It is dissolved in 4 times of water, boiled and cooled by refrigerating. Its taste is soft and elastic.

● 琼脂 Agar

植物性胶质，提炼自海藻，透明度略黄，常用于日式果子、羊羹或杏仁豆腐，使用时加4倍水搅拌均匀，然后煮沸使其溶解，或是与糖混合均匀，再加入沸水中煮溶，放凉即能成冻，口感脆，较缺乏弹性与筋度。

Floral colloid, seaweed derivative, is often used to make Japanese snacks, jelly or almond tofu. It is dissolved in 4 times of water, boiled, or mixed with sugar, then cooked in boiling water. The taste is crisp, lacks of elasticity.

● 麦芽糖浆 Malt Sugar

呈透明凝胶状，易倒出。

Transparent and easily be poured out.

● 葛粉 Arrowroot Powder

由葛根取出的淀粉，呈块状，煮成糊状后与其他的淀粉相比，质感更透明，葛根也有做散热剂的功能。

Tuberous starch from arrowroot; whose paste after cooked looks more transparent than that from other starch.

● 药蕁果冻粉 Wild Arum Powder

白色粉末，无异味，透明度极佳，常用于果冻上，使用时先与糖混合均匀，再加入沸水中煮溶，胶汁置于室温下放凉即能成冻。

White flavorless powder, often used to make jelly for its excellent transparency. It is dissolved when mixed with sugar, cooked in boiling water.

● 发酵乳酸菌粉 Fermentable lactobacillus Powder

活性乳酸菌，制作酸乳酪的菌种。

Ingredient to make yogurt.

● 苏打粉 Soda

食用苏打粉，可使食材快速软化。

Edible soda which can quickly make food soft.

● 奶酪粉 Cheese Powder

制作奶酪的主要材料，有浓郁的奶香味。

Main ingredient to make cheese.

● 姜黄 Curcuma

中药材，常用于食品中当色素用。中药店有售。
Chinese traditional medicine, often be used as pigment.

● 蒟蒻条 Wild Arum Strips

高纤维低热量，属健康食品。
Healthy food with low heat quantity and enriches fibers.

● 七味辣椒粉 Seven-flavors Chili Powder

日式辛辣调味料。
Japanese seasoning.

● 葛冬粉 Gedong Powder

韧性强，由葛粉与马铃薯淀粉制成。
Made by arrowroot powder and potato starch.

● 盐渍樱叶 Salt-soaked Sakura Leaves

可食用，新鲜樱叶用盐水氽煮，加入少许醋，去除涩味，再浸泡冷藏，使用时用淡盐水以1:10的比例稍微浸泡。
Edible. Blanch leaves, cook in salt water, add a little vinegar, soak and chill. Add salt and water (1:10) and soak before use.

● 干薄荷叶 Dried Mint Leaves

味道清凉，具健胃、镇静功效。
Taste cool, is good to stomach, helps to calm.

● 干紫玫瑰花 Dried Lemongrass

具有消油脂及养颜美容功效，直接冲泡饮用。
Helps to digest.

● 干柠檬草 Dried Parthenolide

可帮助消化。
Sudorific, also remedial to astriction.

● 干欧甘菊 Dried Lavender

有治疗便秘及排汗效果。
Dormitive and helps to calm.

● 干熏衣草 Dried Cassia Blossom

有安眠及镇静功效。
Remedial to cold, cough and diarrhea.

● 干桂花 Dried God Herb

具有治感冒、咳嗽及下痢的功效，可直接冲泡。
Herbaceous plant, remove internal heat and satisfy one's thirst, helps to reduce blood pressure.

● 仙草干（又名凉粉草） Dried God Herb

草本植物，有清热解渴、降血压的功效。
A kind of seaweeds, helps to remove one's internal heat.

● 石花菜 Agar Weed

海藻类的一种。有清凉去火的功效，日本称之为寒天。
A kind of marine algae. Helps to remove one's internal heat.

● 爱玉子 Aiyu Seeds

有消暑、去火功效。
Helps to remove one's internal heat.

器具说明 Tools

● 量杯 & 量匙 Measuring Cup & Measuring Spoon

计量用。
For measuring.

● 电动打蛋器 & 螺旋 & 直型打蛋器 & 刮刀

Electric Eggbeater & Screw & Straight Eggbeater & Drawknife
做点心必备工具。
Necessary tool to make snack.

● 羊羹模 Youkan Mold

除了制作羊羹外，也可用于蒸物，隔板可轻易取出，非常方便。
For making youkan, or steaming. Enables easy removal of objects from steamer.

● 造型模具 Cookie Cutter

制作果冻或布丁时，增添造型变化的工具。
For cutting jelly or pudding.

● 筛网 Sieve

过滤杂质用。
For removing foam.

● 滤勺 Filter Spoon

去除浮沫用。
For scooping liquid into mold.

● 汤勺 Spoon

舀汤汁入模用。
For scooping liquid into mold.

● 温度计 Thermometer

测量温度用，烘焙材料店可买到。
For measuring temperature.



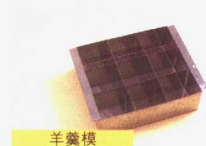
量杯



量匙



电动打蛋器 & 螺旋 & 直型打蛋器 & 刮刀



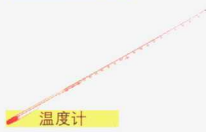
羊羹模



造型模具



筛网



温度计



滤勺



汤勺

Red Beans Jelly

甘纳豆寒天

材料

- (1) 砂糖 80 克、琼脂 1 大匙、麦芽糖浆 1 大匙、咖啡粉 1 大匙、水 460 克
- (2) 砂糖 80 克、琼脂 1.5 大匙、麦芽糖浆 1.5 大匙、水 690 克
- (3) 蜜红豆粒 适量

Ingredients

- (1) 80 g granulated sugar, 1 T agar, 1 T malt sugar, 1 T coffee powder, 460 g water
- (2) 80 g granulated sugar, 1.5 T agar, 1.5 T malt sugar, 690 g water
- (3) Sweet red bean as needed

作法 Methods

- 1. 材料 (1) 的咖啡粉和水混合拌匀，并煮沸，琼脂与砂糖混合均匀，加入煮溶 (图1)，再加入麦芽糖浆搅拌均匀，关火，倒 1/2 量入模型中，待凉凝固。
- 2. 将材料 (2) 中的水煮开，加入混合均匀的琼脂与砂糖煮溶，再放入麦芽糖浆搅拌均匀，关火。
- 3. 倒少许作法 2 的成品于作法 1 的成品上 (图2)，撒上红豆粒 (图3)，待表面凝结，重复上述作法。
- 4. 最后一次注入另 1/2 量的作法 1 的成品，待凉凝固，即可切块食用。

- 1 Mix coffee powder with water from ingredient (1) well, cook until boiling, mix agar with sugar well then put into boiling water until melt (fig.1), add malt sugar to mix well, remove from heat and pour 1/2 into mold, let cool and set.
- 2 Cook water from ingredients (2) until boiling, add mixed malt sugar and granulated sugar to cook until it dissolves, add malt sugar to stir well. Remove from heat.
- 3 Pour some of method 2 onto method 1 (fig.2), sprinkle red beans (fig.3), repeat above process until the surface set.
- 4 Add another 1/2 of method 1, let it cool and set, cut into pieces and serve.

Tips 小 秘 诀

作法 2 的成品要注入作法 1 的成品时，注意温度不可太高，否则温差太大，会使两种液体混在一起。

When pour method 2 onto method 1, the temperature cannot be too high, or the two kinds of liquids will mix by temperature difference.



Black Date Milk Jelly

黑枣牛奶冻

材料

- (1) 鲜奶 400 克、黑枣数粒、砂糖、水适量、肉桂粉少许
(2) 砂糖 55 克、玉米粉 35 克、香草精、盐少许

Ingredients

- (1) 400 g fresh milk, black date as needed, granulated sugar and water as needed, cinnamon as needed
(2) 55 g granulated sugar, 35 g corn flour, vanilla extract and salt as needed

作法 Methods

1. 黑枣、糖及水入蒸锅 (图1), 蒸熟后, 取出放凉。
 - 1 Steam black dates, sugar and water in a steamer until well cooked (fig.1), remove and let cool.
2. 鲜奶 400 克加温至 50~60℃。
 - 2 Heat fresh milk to 50-60℃.
3. 材料 (2) 拌匀, 冲入热牛奶 (图2), 迅速搅拌均匀, 置炉上边煮边搅拌 (图3), 煮开时关火, 入模型待凉, 放入冰箱中冷藏。
 - 3 Mix ingredients (2) well, add heated milk (fig.2), stir well quickly, heat and stir constantly (fig.3), switch off heat until boiling, pour into molds, let cool, refrigerate.
4. 将黑枣摆在牛奶冻上, 撒上少许肉桂粉, 即可食用。
 - 4 Arrange black dates onto milk jelly, sprinkle a few cinnamons and serve.

Tips 小 秘 诀

蒸黑枣时, 水要没过黑枣。

Black dates must be covered by water when steaming.



Wine Cup Jelly

葡萄酒杯冻

材料

葡萄汁 400 克、砂糖 4 大匙、珍珠粉 2 大匙、红葡萄酒 200 克

Ingredients

400 g grape juice, 4 T granulated sugar, 2 T Jilly-T, 200 g red wine

作法 Methods

1. 将葡萄汁煮开 (图 1)，加入已搅拌均匀的砂糖及珍珠粉，煮溶 (图 2)，即可关火。
 - 1 Cook grape juice until boiling (fig.1), add mixed granulated sugar and Jilly-T, cook until melt (fig.2), remove from heat.
2. 加入葡萄酒拌匀后 (图 3)，倒入模型中，待凝固，即可冷藏食用。
 - 2 Add wine to stir well (fig.3), pour into molds, let cool, refrigerate and serve.

Tips 小 秘 诀

葡萄酒若经煮过，香味会挥发不见，但拌入热汁液中，则能充分挥发酒香及少许酒精。

The fragrance of wine will evaporate if wine is cooked, but when it is mixed with hot liquid, fragrance and alcohol will be released.



White Jade Fruits Ice Cream

白玉水果冰淇淋

材料

- (1) 糯米粉 100 克、水 50 克
- (2) 冰淇淋 1 球、西瓜、哈密瓜（挖球状）各数粒、猕猴桃丁少许、蜜豆、汤圆各适量
- (3) 黑糖汁：黑糖 70 克、热水 40 克、麦芽糖浆 1 大匙、白兰地酒 1/4 茶匙

Ingredients

- (1) 100 g glutinous rice flour, 50 g water
- (2) 1 ball ice cream, watermelon and Honeydew melon (scooped into balls) as needed, diced Chinese gooseberry as needed, honey beans as needed
- (3) Dark brown Sugar Liquid: 70 g dark brown sugar, 40 g hot water, 1 T malt sugar, 1/4 t brandy

作法 Methods

- 1. 材料 (1) 混合揉匀 (图1), 分成 10 个, 搓圆, 入滚水中煮熟 (图2), 取出泡冰水冷却后 (图3), 捞出沥干。
- 2. 材料 (3) (酒除外) 混合煮开, 关火后加入酒, 置凉。
- 3. 容器中摆入西瓜球、哈密瓜球、猕猴桃丁、蜜豆及汤圆, 再舀入冰淇淋, 淋上黑糖汁即可。

1 Mix ingredients (1) well (fig.1), divide into ten and knead to make doughs, put into boiling water until cooked (fig.2), remove into cold water until cool (fig. 3), remove and drain.

2 Cook ingredients (3) (except brandy) until boiling, remove from heat, add brandy and let cool.

3 Arrange watermelon balls, honeydew melon balls, diced Chinese gooseberry, honey beans and rice balls in container, add ice cream. Top with dark brown sugar liquid, ready to serve.

Tips 小 秘 诀

煮熟的汤圆立即泡冰水, 口感比较筋道, 且不易粘黏。

Have cooked rice balls quickly go through cool water lest it become very sticky.

