

Great 妙趣曲奇 Cookies with Fun



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曲奇的起源始于何时？

5种做曲奇的基本技巧
是什么？步骤逐步显现
眼前；

*When were cookies find in
the world? 5 basic skills to
make cookies step by step.*



利用棒状法、手捏法和裱花法等做出
形态不一的曲奇……制法简单，款式
多，选择多，随时大显身手也可以；

*Cookies bars, hand shaped cookies and
pipes cookies make funs with you... easy
steps to follow, plenty of varieties, you
can make them anytime you want.*



知识百宝箱，增加读者
品尝与制作的乐趣。

*Fun facts and stories
about cookies, 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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上海·西安·北京·广州

序言

这本书可说是在我人生中最混乱的时候诞生的。在自资开办的烘焙教室开张后两个月，我便要开始为这本书的图片进行拍摄工作，为了配合教室繁忙的课程编排，我们必须在很短的时间内完成所有食谱拍摄。事实上，在极度紧迫的时间表下工作，对我来说是一件痛苦的事，还要坚持不会因时间仓促而令品质下降或受到影响(你们可从书中的相片中印证)。回想当时，我们甚至在炎热的天气下，老远跑到香港西贡郊外为其中两幅相片取景，只是为了在天然光线及环境下拍摄照片，要比室内用镁光灯更能配合主题的感觉。

“曲奇”是我一直渴望做的题目。它不但制作过程容易有趣，而且也易于携带，更是在任何日子里都适合送人的理想礼物。此外，有许多人喜爱曲奇的原因，是它能存放较长时间仍可保持新鲜呢！

一如以往同系列的三本书一样，我衷心希望你们喜欢这本书，它是我跟工作人员努力的成果。我更希望借此机会多谢为我所有的书默默工作的艺术设计李丽英小姐，她的努力，令我的书成功。

(在此我特别把这本书献给叶伟鸿先生，多谢他在这一年来对我的支持。

潘行庄

Foreword




This book is born at the time when I had experienced the most hectic moments of my life. Just two months after the grand opening of my own baking workshop, we started photo shooting for this book. We had to work speedily so as to finish the whole session in a short time because of my tight class schedule. We insisted, however, never to sacrifice quality at any cost - as you can see by glancing through the pictures of this book.

For better results, we even traveled to Sai Kung for shooting just two pictures, as we thought the natural outdoor environment there was more appropriate than the artificial light in the studio setting.

"Cookies" is a theme I have wanted to do for a long time. They are not only easy and fun to make, but are also perfect gifts in any festivals as they are easy to carry around. What most people like is that they can be stored for a relatively long period of time without getting staled.

Like our last three books in this series, I hope you will appreciate the fruitful results of our workers. I wish to give special thanks to the designer, Ms Carmen Lee, for her beautiful artwork which made all my books a success. I would also like to thank Mr. Anthony Yip, who is always helpful to me as I am a troublesome shooter in the process of making this book.

Joanne Poon



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曲奇



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匙羹

曲奇



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曲奇



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一 曲奇的故事

曲奇一词来自荷兰语“koekje”，意谓“细小的蛋糕”。曲奇的定义，泛指一系列以面粉为主，无论软性或松脆，能以手取起的甜饼。每个国家自有其对曲奇的用字：在英国和澳洲称曲奇为“biscuit”，历史可追溯至拉丁美语“bis coctum”，意即“烘焙二次”；西班牙人称为“galletas”；德国人称为“keks”或“kels”；意大利人则按不同烘焙形式的曲奇命名，包括“amaretti”和“biscotti”……根据饮食历史记载，当时为了测试制作蛋糕的温度，以少量的蛋糕浆来测试炉温，因而引发了曲奇的出现。

曲奇与饼干可视作相同或相异的食物，也是人类史上最古老的食物之一。最早的曲奇式蛋糕可追溯至公元7世纪的波斯（现称为伊朗），它为最先种植甘蔗的国家（它亦以美味的糕饼而驰名）。早期的曲奇仅用面粉和水混合干制而成，罗马人和古埃及人早就食用。

随着科技发达，人们有更多机会旅游至世界不同的地方，曲奇亦开始流行。饼干（硬饼干）是旅行者的理想食物，因为它可以长时期贮放而仍然保持新鲜。曲奇是轻便而耐存的干粮。几百年来，有一种名叫“邮轮上的饼干”，它是一种硬如钢铁的饼食，是船上必备食物，可贮藏多月（在适合条件下，还可保存多年）。多年来，不同种类的饼干应环境变迁而变化。时至今日，饼干的味道和种类多采多姿，有甜的、咸的、纯味的，有馅料的、巧克力糖面或多口味的，一应俱全。



The name “cookie” is derived from the Dutch word “koekje,” meaning “small or little cake.” By definition, a cookie can be any of a variety of hand-held, flour-based sweet cakes, either crisp or soft. Each country has its own word for “cookie.” Cookies are also called biscuits in England and Australia, which comes from the Latin word “bis coctum,” which means “twice baked.” In Spain they’re called “galletas,” Germans call them “keks” or “kels,” and in Italy there are several names to identify various forms of cookies including “amaretti” and “biscotti,” and so on. According to culinary historians, the first historic record of cookies was their use as test cakes. A small amount of cake batter was baked to test the oven temperature.

Cookies or biscuits, in one form or another, are one of the oldest foods known to man. The earliest cookie-style cakes are thought to date back to the 7th century A.D. Persia (now Iran), one of the first countries to cultivate sugar (luxurious cakes and pastries in large and small versions were well known in the Persian empire). The earliest form of cookies were probably just flour and water, mixed and dried, eaten by Romans and Ancient Egyptians.

Cookies became popular as people started to explore the world. Biscuits (hardtack) became the ideal traveling food because they stayed fresh for long period of time. Cookies was a portable food that had a long storage life and was perfect for traveling. For centuries, a “ship’s biscuit” which was like an iron-like cracker, was a necessary food on ship because it could last for months (even years under the right conditions). In time, different kinds of biscuits change according to different circumstances. Today, biscuits can be sweet, savory, plain, filled, chocolate coated or a combination of these.

Little Story of Cookies



二 曲奇面团制法 1、2、3

棒状法 (Cookies Bar)

- 1 把面团压在已涂油的饼盘上。
Press the dough into a greased square tin.
- 2 用手尽量把面团碾开。
Try to spread the dough as much as you can by hands.
- 3 小心弄平四角和中心位置。
Carefully flatten the center and the corners with fingers.
- 4 置入焗炉烘焗。
The dough is now ready to bake.



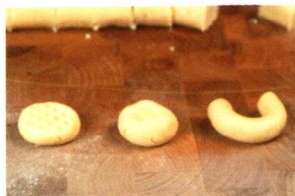
匙羹法 (Dropped Cookies)

- 1 把材料打成糊状。
Beat the ingredients into a thick batter.
- 2 用匙羹或雪糕勺舀起混合物。
Scoop the mixture with a spoon or an ice cream scoop.
- 3 放在已涂油的焗饼纸上。
Place the batter on a greased and lined baking sheet.
- 4 相隔2.5厘米，可放上另一个面团。
Placing the next dough 2.5cm apart from the previous one.



手捏法 (Hand Shaped Cookies)

- 1 把面团碾成直径2.5厘米管状。
Roll the dough into 2.5cm thick tube.
- 2 切成16等份。
Cut the dough evenly into 16 portions.
- 3 将一份面团揉成球状。
Roll each portion into a ball.
- 4 做出指定形状。
Shape each ball into the required shape.



冰箱法 (Ice-box Cookies)

- 1 从冰箱取出曲奇饼面。
Take the frozen dough out from the freezer.
- 2 用利刀切出约0.5厘米厚的曲奇。
Cut the dough into 0.5cm thick cookies with a sharp knife.
- 3 放在已涂油的焗饼纸上。
Place the cookies on a greased and lined baking sheet.



Basic Techniques for Cookies Making



裱花法 (Piped Cookies)

- 1 把材料混合打成软糊状。
Beat the ingredients together into a soft batter.
- 2 将粉糊放入已套上裱花嘴的裱花袋内。
Place the batter into a piping bag with a nozzle put inside.
- 3 推走空气，尽量把粉糊推至裱花嘴上。
Force the air out by pushing the batter towards the tip of the nozzle.
- 4 裱出花状于已涂油的焗饼纸上。
Pipe the batter into rosettes on a greased and lined baking sheet.
- 5 每隔2.5厘米，再裱一粒。
Pipe the cookies 2.5cm apart from each other.



棍碾法 (Rolled Cookies)

- 1 用手轻轻压平面团。
Slightly flatten the dough by hands.
- 2 用木棍把面团碾开。
Roll out the dough by rolling pin.
- 3 面团碾成所要的厚度。
Roll out the dough to desired thickness.
- 4 用饼模印出曲奇饼形状。
Cut out the dough with cookie cutter.



三 曲奇的包装

胶袋包装 (In a PE Bag)

装饰：用丝带扎紧袋口装饰。

Close the opening by tying a ribbon around it.



礼物盒包装 (In a Gift Box)

装饰：用丝带扎住封口，打上蝴蝶结，附上礼物卡。

Tie the opening with ribbon and make a bow. Put a gift card by the side.



玻璃瓶包装法 (In a Glass Jar)



Packing
the Cookies



棒状曲奇

Cookies Bar

