

芝士蛋糕的诱惑

*The
Temptation of
Cheesecakes*



潘行庄编著

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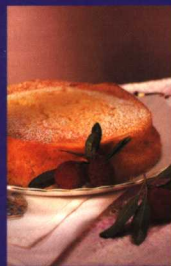
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special sauces to serve
with cheesecakes.*



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制法简单，款式多，选择多，随时
大显身手也可以；

*Fruity cheesecake, cheesecake with
liqueur, European cheesecake...easy
steps to follow, plenty of choices, you
can make them anytime you want.*



趣味小故事，加深读者
品尝与制作乐趣。

*Fun facts and stories
about different cheese and
ingredients, enhancing
reader's interests in
cheesecake 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




芝士蛋糕是我最爱吃的甜品之一，当你在品尝过一口香滑浓厚的芝士蛋糕后，没有人能不爱它！所以它的魅力真的是无法抵挡呢！事实上，无论在饼店的玻璃柜里，或是在五星级酒店的自助餐餐桌上，芝士蛋糕都成为众多嗜甜者的捕猎对象。人们对它的喜爱已不仅限于吃，很多人甚至到处寻找配方来动手自做，于是有些人会上烹饪班或参考相关烹饪书籍，买材料回家烹制，这正反映出人们以不同方式来表达对芝士蛋糕的喜爱。

我的表达方式就是撰写一本关于芝士蛋糕的书，在出版社的帮助下和多月来的资料搜集和试验，这本书终于诞生了！整个过程如同生孩子般，感觉有辛苦、期待和喜悦，可说苦乐自知，现在这个“孩子”得以“顺产”，全赖一班工作人员的努力和支持。首先要多谢摄影师 Johnny，感谢他为这书所付出的心思、努力和时间；其次，还有不断鞭策我完成稿件的编辑，我在此衷心多谢他们。

在此，希望大家喜欢这本书，并且在阅读时，能够分享我的喜悦！

潘行庄



Foreword




Cheesecake is one of my favourite desserts. It's aroma and smooth silky texture is such that most people find it irresistible after just the first bite. It is probably the most sought-after dessert in buffet tables in top-notched hotels and cake shops. People get so hooked on its taste that they would go out of their way looking for the best cheesecake recipe. Others would attend cooking class and later experiment at home. People somehow have their own way of expressing their passion for this delicacy.

I express mine by writing this book. With the help of my able publisher and months of research and trial, it is now finally completed. The whole process is like having a child - a mixed feeling of joy, expectation and pain. I am truly grateful that my "baby" is now born!

This book would not be successfully completed without the hard work of these two people: Johnny, my photographer who dedicated his heart and soul on this project, and my editor who is ever so co-operative and knowledgeable.

I wish you will like this book and share my joy!

Joanne Poon



目次

2	序言	Foreword
6	(一) 芝士蛋糕的小故事	Little Story about Cheesecake
8	(二) 材料酱料大检阅	Descriptions of Cheeses
12	(三) 基本饼底做法1、2、3	Three bases generally used in Cheesecakes
15	令人着迷的芝士蛋糕制作	Cheesecakes Recipes

水果味的

芝士蛋糕



18	香柠芝士冻饼	Delightful Lemon Cheesecake
20	香芒芝士蛋糕	Mango Cheesecake
22	肉桂苹果芝士蛋糕	Cinnamon Apple Cheesecake
24	杏梅芝士蛋糕	Apricot Cheesecake
26	蓝莓芝士蛋糕	Blueberry Cheesecake
28	焗香蕉核桃芝士蛋糕	Banana and Walnut Cheesecake
30	草莓扭纹芝士蛋糕	Strawberry Ripple Cheesecake
32	青柠芝士蛋糕	Key Lime Cheesecake
34	香橙蜜柑芝士蛋糕	Orange and Mandarin Cheesecake

Fruity Cheesecake

酒味

芝士蛋糕



38	醉酒葡萄芝士蛋糕	Rum and Raisin Cheesecake
40	意大利苦杏酒芝士蛋糕	Amaretto Cheesecake
42	金万利芝士蛋糕	Grand Marnier Cheesecake
44	百利甜酒芝士蛋糕	Bailey's Cheesecake
46	美酒蜜桃芝士蛋糕	Peaches in Sauterne Mascarpone Cheesecake
48	黑葡萄甜酒芝士蛋糕	Creme de Cassis Cheesecake

Cheesecake with Liqueur

香浓烘焗

芝士蛋糕



52	纽约式焗芝士蛋糕	Baked New York Cheesecake
54	秋天南瓜芝士蛋糕	Autumn Pumpkin Cheesecake
56	栗子芝士蛋糕	Chestnut Cheesecake
58	白巧克力覆盆子芝士蛋糕	White Chocolate and Raspberries Cheesecake
60	香浓咖啡芝士蛋糕	Coffee Cheesecake
62	奶油曲奇芝士蛋糕	Cookies and Cream Cheesecake

Rich Flavour Baked Cheesecake

64	香草大理石芝士蛋糕	Marbled Vanilla Cheesecake
66	黑森林芝士蛋糕	Black Forest Cheesecake
68	糖姜芝士蛋糕	Candied Ginger Cheesecake

欧陆

芝士蛋糕



72	德国芝士蛋糕	German Cheesecake
74	西西里式芝士挞	Sicilian Ricotta Cheese Tart
76	奥地利芝士蛋糕	Austrian Cheesecake
78	荷兰芝士蛋糕	Dutch Cheesecake
80	法国芝士蛋糕	French Cheesecake
82	芬兰芝士蛋糕	Finnish Curd Cheesecake
84	瑞士芝士蛋糕	Swiss Cheesecake
86	约克葡萄干芝士挞	Yorkshire Curd Tart

European Cheesecake

特色

芝士蛋糕



90	日式焗芝士蛋糕	Baked Japanese Cheesecake
92	抹茶红豆芝士蛋糕	Green Tea and Red Bean Cheesecake
94	黑白巧克力芝士蛋糕	Double Chocolate Cheesecake
96	枫蜜山核桃芝士蛋糕	Maple and Pecan Cheesecake
98	热带芝士蛋糕	Tropical Cheesecake
100	无糖低脂芝士蛋糕	No Sugar, Low Fat Cheesecake
102	豆腐芝士蛋糕	Tofu Cheesecake
104	芝士蛋糕杯	Cheesecake in a Goblet

Special Flavour Cheesecake

节日

芝士蛋糕

108	蛋黄酒芝士蛋糕	Eggnog Cheesecake
110	圣诞蔓越橘芝士蛋糕	Christmas Cranberry Cheesecake

Festive Cheesecake

咸味

芝士蛋糕

114	鲜虾格鲁耶尔芝士蛋糕	Shrimp and Gruyere Cheesecake
116	烟三文鱼芝士蛋糕	Smoked Salmon Cheesecake
118	蟹肉芝士咸饼	Crabmeat Cheesecake

Savoury Cheesecake

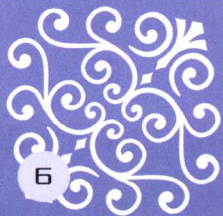
(一)

芝士蛋糕的小故事

传说中，美味可口的芝士的诞生是一个意外。早在12000年前，人们会用皮革、陶器或木制容器来盛载羊奶或牛奶，以作舟车劳顿解渴之用。一天，阿拉伯商人将羊奶倒出，发现原先的羊奶竟变成柔软的半固体状，追查下才知那些容器因为难于清洗，所以鲜羊乳很快变酸凝固，这就是世界上的第一块芝士。

及至罗马时代，军人食物多配有芝士，正因如此，军旅所到之处也会把芝士制作技术一并留下，传遍欧洲各地。由于芝士为欧洲的著名食物，所以很多芝士产品应运而生，“芝士蛋糕”便是当中佼佼者呢！

相传，芝士蛋糕源自希腊时代，并在公元前776年第一届奥林匹克运动会上用来奉客。接着罗马帝国因为版图不断扩张，还把芝士蛋糕从希腊传播到其他欧洲地区。在1872年，美国乳品商在重制法式芝士时，无意中发现了新的芝士品种——鲜奶芝士。到了1912年，James L. Kraft把鲜奶芝士发扬光大，成为举世知名的“Philadelphia”费城鲜奶芝士，是现在制作芝士蛋糕不可缺少的主料哩！



Legend has it that the birth of the delicious cheese was an accident. As early as 12000 years ago, people have been using leather, ceramic and wooden containers for storing goat and cow's milk for beverages during travelling. One day, an Arabian merchant discovered his goat's milk has become a semi solid substance when pouring it. Later he found out why the milk became sour and solidified was because the containers were hard to clean up thoroughly. The residues fermented the milk that turned it into cheese. It became the first piece of cheese in history.

During the ancient Roman era, cheese was the soldier's main source of food. The troops spread the cheese making technique all over Europe as they travelled. As cheese is a famous food in Europe, so that cheese product became very popular in Europe. Cheesecake is the most popular among all!

Cheesecake is believed to have originated in ancient Greece. In 776 B.C., cheesecake was being served in the first Olympic games. The Roman later spread the art of cheesecake from Greece to other parts of Europe. Not until 1872, an American dairyman invented cream cheese by accident when he was trying to recreate French cheese. Later in 1912, James L. Kraft developed Philadelphia cream cheese, which is the most popular cheese we use today for making cheesecake.

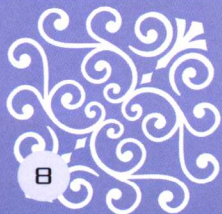
Little Story about Cheesecake



(二)

材料酱料大检阅

芝士味道特别又出色，酱汁令蛋糕食味变化万千，让我们也来数一数吧！



奶油芝士 (Cream Cheese)

牛奶制成的一种鲜奶油芝士，传统生产方法乃以细菌发酵而成。味道清淡，质感光滑柔软，是制造芝士饼的完美材料。

It is a fresh cheese made of cow's milk. It is an acid curd made with starter culture of bacteria. It is a mild and velvety cheese that is perfect for cheesecake making.

高德芝士 (Gouda Cheese)

以荷兰南部的一个小镇高德命名的芝士。这是传统的、滑腻又结实的芝士，扁平轮状，外壳裹有黄色石蜡封层。甜味中带有生果味道，属餐桌芝士，适宜搭配生果和美酒一同享用。

Named after the Dutch town of Gouda where it is made. It is a traditional, creamy hard cheese. It is round with smooth yellow-waxed rind. The flavor is sweet and fruity. It is a table cheese, which is excellent to serve with fruit and wine.



格鲁耶尔芝士 (Gruyere Cheese)

格鲁耶尔是瑞士乡村的名字，这款芝士用没有经过巴斯德消毒的奶为原料制作芝士，酸凝前把原牛奶煮至 34℃，再保存于浓盐水中 8 日，置于室温 2 个月至成熟。

It is the name of a Swiss village. The cheese is a semi-soft unpasteurized cheese, which was made by heating raw milk to 93°F before curdling. The cheese is then cured in brine for 8 days and ripened for 2 months at room temperature.



瑞士芝士 (Swiss Cheese)

这款芝士以大孔闻名，质地软滑，味甜而带坚果味道，适宜与火腿、水果和美酒一同享用。

The cheese is well known by its large holes. The mild, sweet and nutty flavor is best to serve with ham, fruit and wine.



帕尔马芝士 (Parmesan Cheese)

源自意大利帕尔马，深受世人钟爱的一种芝士。选用当地牛奶来加热，置于铜器皿中凝固，凝固后切开，再压入模子里，置于芝士房中待至成熟（约 2 年），才推出市场售卖。

It is one of the world's loved cheese which was originated in Parma, Italy. Milk used for parmesan is heated and curdled in copper containers. Curd is then cut and pressed in moulds. The cheese is then mature for 2 years in a cheese room before go to the market.



乡村芝士 (Cottage Cheese)

这款白色凝乳软芝士产于美国，一般以胶盒形式出售，属酸凝芝士，由温热的牛奶自然凝结而成。它是一种健康芝士，只含有5%~15%的脂肪。

It is a white curd cheese produced in the United States. It usually sold in tubes. It is an acid curd cheese, relying on the natural tendency of warm milk to curdle. It is a healthy cheese as the fat content is only between 5~15 percent.



里考塔芝士 (Fresh Ricotta Cheese)



意大利的里考塔芝士为芝士副产品，为凝乳分离后排出的乳清制品，口味清淡细致、湿润，属低脂含丰富维生素的芝士。

This light Italian cheese is delicate and moist which is made from whey. It is low in fat and contains a lot of vitamins.

马斯卡普尼芝士 (Mascarpone Cheese)

马斯卡普尼芝士来自意大利卢巴里区，严格来说它不是一种真正芝士，在制作过程中没有经过发酵菌种和凝乳，只用稀奶油和柠檬汁/柠檬酸混合而成。它属软滑而含丰富乳脂的芝士，亦是举世知名的甜品——意大利咖啡芝士饼(提拉米苏)的灵魂原料。

It is from the Lombardy region of Italy. It is the result of adding culture in cream. It is so rich and creamy that makes it the soul of the world famous dessert, Tiramisu.



佛朗美格·福威斯芝士 (Fromage Frais Cheese)

这种洁白、乳脂带潮湿的芝士采用山羊和绵羊奶制成，必须利用乳脂发酵而使奶凝固，却不能成熟，所以芝士食用期较短，宜即买即食。

This white, creamy and moist cheese is made from a mixture of goat's and sheep's milk. The cheese has to be unripened and made from milk coagulated by lactic fermentation. The cheese has a short shelf life, which has to be consumed soon after bought.



Descriptions of Cheeses

Different cheeses have their own distinct flavours and sauces bring out the flavour of cheesecakes. Let's learn about them together.



甜美酱汁令蛋糕味道更出色：一般高级餐厅或酒店会以甜酱汁或香草味的冰激淋伴芝士蛋糕上桌，以平衡味道丰富的芝士，以下所介绍的酱汁最能凸显蛋糕味道。

法国奶黄汁 (Crème Anglaise)

材料 Ingredients

鲜奶1量杯，香草1枝，蛋黄2个，糖50克，粟粉(玉米淀粉)1茶匙
1 cup fresh milk, 1 vanilla bean, 2 egg yolks, 50g sugar, 1 tsp. cornflour

制法 Method

- 1 鲜奶煮热。
Scald the milk in a saucepan.
- 2 香草剖开，取去种子，放入鲜奶内慢火煮10分钟。
Split vanilla bean in half, scrap off the seed and drop into the milk and simmer for 10 minutes over low heat.
- 3 蛋黄、糖和粟粉混合一起。
Beat egg yolks, sugar and cornflour together in a bowl.
- 4 鲜奶与蛋黄混合物慢慢搅匀，煮至浓稠，冷热皆可。
Slowly stir the milk into the yolk mixture and then return to the saucepan, cook until thicken. Serve warm or cold.



建议搭配 SUGGESTED PAIRING

肉桂苹果芝士饼、香蕉核桃芝士蛋糕、枫蜜山核桃蛋糕和糖姜芝士蛋糕……

覆盆子果茸汁 (Raspberry Coulis)

材料 Ingredients

覆盆子3量杯(新鲜/急冻)，糖50克，柠檬1个(榨汁)
3 cups raspberries (fresh or frozen),
50g sugar, juice of 1 lemon

制法 Method

- 1 覆盆子与糖拌匀，以慢火煮至软身。
Put raspberries and sugar in a saucepan and cook gently over low heat until soft.
- 2 用筛子隔去种子，使用前拌入柠檬汁。
Sift the raspberries through with a food mill to get rid of the seeds, stir in lemon juice before serving.



建议搭配 SUGGESTED PAIRING

芬兰芝士蛋糕、法国芝士蛋糕、白朱古力覆盆子芝士蛋糕和芝士蛋糕杯……

醉酒葡萄酒 (Rum and Raisin Sauce)

材料 Ingredients

黄糖100克，清水1/2量杯，朗姆酒1/4量杯，葡萄干(即葡萄干)50~75克
100g brown sugar, 1/2 cup water, 1/4 cup rum, 50~75g raisin

制法 Method

- 1 以中火把黄糖与清水煮溶。
Dissolve brown sugar in water over medium heat.
- 2 加入朗姆酒和葡萄干煮至成熟糖浆状，浸过夜再食用。
Add rum and raisin and cook until syrupy, soak overnight before serving.



建议搭配 SUGGESTED PAIRING

醉酒葡萄芝士蛋糕

莫加朱古力汁 (Mocha Sauce)

材料 Ingredients

鲜奶油1量杯(35%脂肪)，即溶咖啡粉1汤匙，
黑朱古力100克(切碎)
1 cup fresh cream (35% fat), 1 tbsp. instant coffee,
100g dark chocolate (chopped)

制法 Method

- 1 鲜奶油煮滚。
Bring cream to rolling boil.
- 2 黑朱古力和即溶咖啡粉拌匀，冲入热奶油。
Place chopped chocolate and instant coffee in a bowl and pour in the hot cream.
- 3 搅至完全溶解，热用。
Stir to dissolve and serve hot.



建议搭配 SUGGESTED PAIRING

百利甜酒芝士蛋糕、咖啡芝士蛋糕、黑白朱古力芝士蛋糕、奶油曲奇芝士蛋糕和香草大理石芝士蛋糕

热鲜草莓汁 (Hot Strawberry Sauce)

材料 Ingredients

鲜草莓500克，柠檬1个(榨汁)，糖100克
500g fresh strawberries, 1 lemon juice, 100g sugar

制法 Method

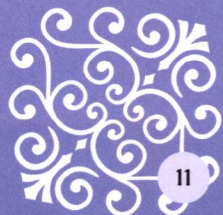
- 1 半份草莓与柠檬汁打成茸，隔渣。
Blend half of the strawberries with lemon juice into puree.
- 2 草莓茸和糖煮滚，其余草莓切细粒。将草莓粒加入草莓茸中。
Bring the puree and sugar slowly to boil. Dice the rest of the strawberries, add to the puree.
- 3 煮约2分钟，趁热享用。
Cook the sauce for 2 minutes, serve hot.



建议搭配 SUGGESTED PAIRING

纽约式焗芝士蛋糕

Cheesecakes taste great when served with sweet sauces. High-end restaurants and hotels usually present their cheesecakes with sauces and sometimes vanilla ice-cream to balance the richness. These are the sauces I think serve extremely well with cheesecakes.



(三)

基本饼底做法 1、2、3

饼干饼底 Biscuit Crumbs Base

材料 Ingredients

饼干100克(消化饼、茶饼、牛油酥饼、杏仁饼、姜脆饼或奥利奥饼干)，牛油50克

100g biscuits (e.g. digestive biscuits, tea biscuit, shortbread biscuits, almond biscuits, ginger snap or Oreo biscuit), 50g butter

消化饼 digestive biscuits



茶饼 tea biscuits



牛油酥饼 shortbread biscuits



杏仁饼 almond biscuits



姜脆饼 ginger snap



奥利奥饼干 Oreo biscuit



制法 Method

- 1 饼干放入食物袋内，辗成饼碎。

Put biscuits in a plastic bag; roll over with a rolling pin until crumbly.

- 2 热熔牛油。

Melt butter gently in a saucepan.

- 3 饼干碎放入牛油中。

Toss the crumbs into the butter.

- 4 把饼干混合物压在饼盘底上。

Press the mixture over the bottom of the spring form tin.

备注 REMARKS

- ① 饼干称重前，先取走奶油馅料。

Remove cream filling before weighing.

- ② 如用牛油酥饼，请减少牛油25克。

If use shortbread biscuits as the base, reduce 25g butter.



海绵蛋糕饼底 Sponge Cake Base

材料 Ingredients

鸡蛋2只, 糖50克, 面粉50克, 牛油熔液2汤匙, 香草香油1/4茶匙
2 eggs, 50g sugar, 50g flour, 2 tbsp. melted butter, 1/4 tsp vanilla extract

制法 Method

- 1 鸡蛋和糖打至挺身。

Whisk eggs and sugar together until fluffy.

- 2 徐徐卷入面粉。

Gently fold in sifted flour.

- 3 混入熔化牛油和香草香油。

Mix in melted butter and vanilla.

- 4 粉糊倾入22厘米 × 22厘米大小的饼纸上。

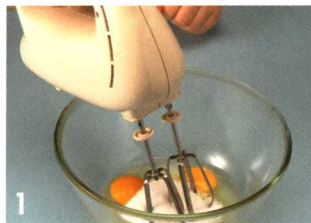
Pour the batter over a greased (22cm × 22cm) baking sheet.

- 5 置于180℃/350℉的焗炉内, 焗12~15分钟。

Bake at (180℃ / 350℉) oven for 12~15 minutes.

- 6 把蛋糕横切成1厘米厚饼底。

Slice the cake horizontally into 1cm thick.



Three bases generally used in
Cheesecakes

