

BREAD

面包教室

BREAD * BAKING
CLASSROOM

亢亮◎主编

精品

吉林科学技术出版社

图书在版编目 (CIP) 数据

面包教室 / 亢亮主编. — 长春: 吉林科学技术出版社,
2009. 10

ISBN 978-7-5384-4432-2

I. 面… II. 亢… III. 面包—制作 IV. TS213.2

中国版本图书馆CIP数据核字 (2009) 第160671号



主 编: 亢 亮

策 划: 车 强

摄影指导: 杨跃祥

责任编辑: 车 强 赵 渤

封面设计: 张 跃

美术制作: 郑 旭 董芳芳 曹 雁 史红斌 张 跃 齐海红

出版发行: 吉林科学技术出版社

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发行部电话/传真: 0431-85677817 85635177 85651759 85651628 85600611 85670016

编辑部电话: 0431-85629318 85635176

网 址: www.jlstp.com

实 名: 吉林科学技术出版社

社 址: 长春市人民大街4646号

邮 编: 130021

印 刷: 长春新华印刷有限公司

如有印装质量问题, 可寄出版社调换

889mm×1194mm 16开本 11印张

2009年11月第1版 2009年11月第1次印刷

ISBN 978-7-5384-4432-2

定价: 50.00元



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面包
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推荐序

面包是舶来品,因食用方便、口味多样,在日常生活中颇受人们的喜爱,并已成为中国人餐桌上的常客。事实上,真正的好面包还能为您带来健康和营养均衡的饮食结构。看似简单的面包,其实并不简单,它在不经意间就会透露出您对美食的理解和态度,甚至显示了您的生活品味。

那么,面包是怎样制作出来的?什么样的面包才是“好面包”?与什么食材搭配能使面包更具魅力?本书的作者香格里拉沈阳商贸饭店饼房厨师长、著名烘焙师亢亮先生会与我们分享他的心得。

十多年前我与亢亮先生曾两度为同事,他为人谦和、勤奋好学、孜孜以求、积极进取、努力创新的精神给我留下了深刻的印象。雕琢厨艺,赞美人生,一路走来他将普通的面包制作演绎成了时尚经典艺术,把西方人独享的面包制作专利,创变成了中国大众人人可享用的“木糖醇面包”,为糖尿病患者带来了福音。传统的“医食同源”理念,中西合璧的首创尝试值得称赞和发扬。

早在三千多年前,古埃及人最先掌握了制作发酵面包的技术。他们把和好的面团放在温暖的地方,久了就会发酵、膨胀、变酸,再经过烘烤便得到了比“烤饼”更松软的一种新的面食,这就是最早的面包。随着时代的发展,面包的种类越来越多,按口味分有:酸、甜、咸;按用途分为“主食面包”和“点心面包”;按质感分有:“软面包”“脆皮面包”“松面包”和“硬面包”;而白面包、全麦面包、带馅面包和杂粮面包则是按制作原料来划分的。

中国有句名言叫“食无定味,适口者珍”。最好的面包就是自己亲手做的面包。面包不同种类有各自适宜的场合,在明确具体用途的基础上,选择时要考虑面包的材料、外皮和面包芯的质感,比如好的酵母面包应该有深棕色硬外壳,有弹性且充盈着众多气孔的面包芯,而好的甜面包应该具有柔软的带有金黄色泽的棕色外壳,以及柔软且均匀的海绵状内芯。

面包制作和炒菜不一样,程序标准要精益求精,烘焙是没有调整挽回余地的,进了烤箱就已成定论。为此,本书原料均以中英文对照标明准确数量,制作步骤按流程配分解图,按图索引,图文并茂,深入浅出,并注明“制作要点”,将累积的操作经验传授解密,实属难能可贵。

面包从西方传入中国以后,在口味上也做了一些调整。中国人大多会在早餐时配着牛奶吃面包;或者在西餐前将面包作为餐前小食享用。其实,油醋汁、鱼子酱、蛋黄酱、花生酱、各种芝士、三文鱼、腌肉和蔬菜等,都是搭配面包的好材料。

现今流行的“情感美食”新概念,将我们带进了简单、愉悦、惬意、舒适、自由的西式就餐环境,学会了解品尝面包本来的味道,融合提高选择您自己的生活方式,本书将为您做好铺垫。七十余种面包制作和面包装饰于一体的综合性艺术性教材,会引您创意无穷、大显身手。

祝亢亮先生事业有成。愿此书能将面包艺术推向新的高峰!



中国烹饪大师 张奔腾

Bread, as an exotic, is now favored by Chinese people and moreover with a variety of tastes, becomes the essential food for people's daily life. Actually, the real delicious bread brings health and balanced nutritious structure. The simple dough is not that simple, which obviously embodies your understanding and attitude towards cuisine and even the taste of life.

Then, how the bread is made? Which kind of bread can be named delicious bread? Which auxiliary material is suitable to make the bread yummy? The author of the book, Mr. Kang Liang, Executive Chef of Pastry Kitchen from Traders Hotel, Shenyang by Shangri-la Group will share his experiences and skills with us.

More than ten years ago, I used to co-work with Mr. Kang. His humble, diligent, hardworking and creative spirits have impressed me until now. Keen in cooking and in pursuit of life, Mr. Kang turn the general bread into fashionable and classic art. His Xylitol Bread broke the rules of Westerners possessing the patents of making bread only, which can be accepted by ordinary Chinese people and also as a gospel to diabetic patients. The traditional theory of medicine and food from the same origins, as well as the first attempt of pastry cooking between China and the West are worthy of praising and carrying forward.

Back to 3000 years ago, ancient Egyptians firstly mastered the skills of making and fermenting bread. They put the kneaded dough in a warm place and then bake it into a new pastry softer than baked cake after fermenting, swelling and souring. This kind of dough is the bread in the earliest time. With the development of the society, the bread has a wide range of kinds, which can be categorized by sour, sweet and salty in terms of taste; staple bread and dim sum bread in terms of function; soft, crispy, leavened or tough bread in terms of texture; white, all-wheat, filling or coarse cereals bread in terms of materials.

As a Chinese saying goes, "food with undefined tastes which depends on the tasters to choose." The best bread is made by yourself. Different kinds of bread are made for different situations. On the basis of specific functions, we need to consider the material and texture of surface and core of the bread, for instance, the good fermenting bread should be covered by a dark brown hard skin and filled with elastic and porous core; while the good sweet bread should be covered by a golden brown skin and filled with soft and spongy core.

Making bread is different from cooking dish, which demands high standards of making process. The baking process can not be adjusted after the bread is put into the oven. Accordingly, the materials quoted in this book are noted by accurate quantity and in two languages (Chinese and English). The making process is assorted with pictures for illustrating the key points of the process. The accumulated practical skills imparted in this way are truly a treasure.

Since the bread was brought to China from the West, the taste has been slightly changed. Most Chinese people may eat bread with milk at breakfast or take bread as hors d'oeuvres before enjoying Western food. In fact, oil-vinegar sauce, caviar, mayonnaise, peanut butter, all kinds of cheese, salmon, bacon and vegetables are good materials with bread.

Nowadays the new popular concept of "Emotional Cuisine" brings us to simple, pleasant, nice, comfortable, freely Western-style dining environment, to know and taste the original flavor of the bread, and to improve the ability of choosing your own way of life, while this book can pave you the way. This artistic teaching book integrates more than 80 kinds of bread with bread making and decorating, which may inspire your creativity and offer practical opportunities.

Wish Mr. Kang Liang successful in career and this book can make the Bread Arts to a new height!

Zhang Benteng
Chinese Cooking Master

作者简介 Introduction of the Author

亢亮, 高级西式面点师, 面包大师。1996年起曾先后在北京香格里拉酒店、上海浦东香格里拉酒店和香港九龙香格里拉酒店学习面包及西式糕点制作工艺, 现任沈阳商贸饭店(香格里拉酒店集团成员) 饼房厨师长。

2005年至2006年在香格里拉酒店管理培训中心任教期间, 他收集整理了世界各地(包括法国、德国、俄罗斯、英国、意大利、土耳其以及东南亚等地) 大量关于西式糕点、面包的制作工艺资料, 边教边学, 不断创新, 收获颇丰。

如今, 亢亮先生集各流派面包制作之大成, 推陈出新, 自成一格。特别是他将灵感与艺术相结合, 洋为中用, 追寻探索美味、营养、健康的新潮流, 将普通的面包带入艺术的殿堂, 堪称“后起之秀”, 中国新生代“面包大师”, 时尚青年的楷模。



Mr. Kang Liang is a senior western pastry chef and bread master. Since 1996, he had worked and studied the process of making western pastry at Shangri-La Hotel Beijing, Shanghai, and Kowloon of Hong Kong. Mr. Kang is incumbent executive pastry chef fully in charge of the Pastry of Traders Hotel, Shenyang (a member of Shangri-La Hotel and Resort Group).

During his teaching days at Management Training Centre by Shangri-La from 2005 to 2006, Mr. Kang collected a mount of pastry making materials related to western cakes and bread around the world (including French, Germany, Russia, United Kingdom, Italy, Turkey, Southeast Asia, etc.). In the process of teaching and meanwhile studying, he tried to find a way to create novelty and achieved the result.

Nowadays, Mr. Kang absorbs the intelligence of all genres of the bread masters to present his own features. In particular, when he combines the inspiration and art, blends the western style into Chinese flavors, constantly pursuits the trend of deliciousness, nutrition and health and introduces the common bread into the grand hall of art, Mr. Kang is named by his peers as the new star in this field and the bread master among the new generation of China as well as the model for the fashionable youth.

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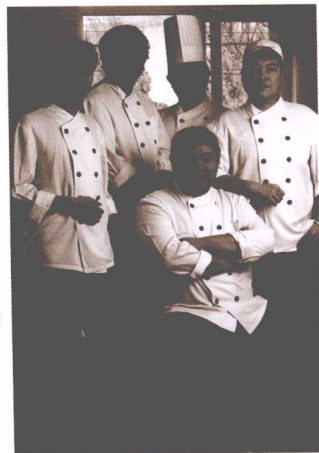
高 伟 李德富 咸树勇 王 明 吕 建 吴 凯 储之光

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鸣谢单位: 沈阳市金粮食品原料有限公司

沈阳市东腾云饼屋

BREAD BAKING CLASSROOM



前言 Preface

面包从西方传入中国已有百年历史,可是,真正流行还是近十几年。中国经济的发展,科技的进步和普及,使很多大、中城市的大街小巷涌现出各具特色的“面包坊”,甚至家庭自制面包也不是奇闻。

本书顺应时代,敢于创新,图文并茂,通俗易懂,分解步骤详细,内容丰富,原料配方准确,中英文对照以便于您学做。

本书为您量身订做的面包,或许会让您找到美丽的秘密。用木糖醇替代甜味剂是本书的一大特点,也是一种创新,它适用于各类人群的需求,让“中国式面包”更营养,更健康!

面包不但是美食,而且是艺术、是文化。本书的第二大特点是集面包制作与面包装饰于一体的综合性“教科书”,并注明“制作要点”,非常适合星级酒店同行和个体面包坊经营者大显身手,美化环境,招揽顾客。

在本书即将出版之际,我特别感谢著名烹饪大师张奔腾先生的知遇之恩,由于他的推荐和帮助使我的技艺及专业知识得到了施展;感谢谭立师傅的指导和厚爱,他教会我很多,使我的灵感得以升华;更感谢香格里拉,它是我事业发展和进步的“天梯”,这一份情缘我会永远铭记于心。

愿此书能给您带来全新的面包制作理念,让我们恋上面包,赞美幸福生活。

亢 亮

E-mail: frank.kang 1978@yahoo.com.cn

Bread was introduced from Western countries to China since one hundred years ago, but its popularity started from a recent decade years. The economic development of China as well as the advancement and popularity of technology urges the emergence of pastry house along the street in many big or middle-sized cities. Moreover, the house-made bread is not an anecdote any more.

This book has the features of complying with the development of society, attempting to create and accompanying the content with excellent pictures for better understanding. In addition, the detailed making process, the abundant content, the accurate ingredient of materials and the Chinese English bilingual text are convenient for you to learn.

The customized bread in this book may lead you to the secret of beauty. One feature of the book is taking place of sweetener by using xylitol, which creatively meets the needs of a variety of people and makes the Chinese bread more nutritious and healier.

The bread is not only a kind of food but also a symbol of art and culture. The second feature of this book is that it is a comprehensive teaching book combining the bread making and decorating and also noted with Making Points, which is more suitable for the star-hotel peers and individual owners of the pastry house to make bread, beautify the environment and attract the customers especially in the Christmas holiday.

At this coming publishing moment, I will deliver my thanks to famous cooking master Mr. Zhang Tengyue whose recommendation and assistance enables me to display my cooking skills and professional knowledge; I will also appreciate the guidance and consideration of master chef Tan Li who helped me to sublimate my inspiration; I will give more heartfelt appreciation to Shangri-La Hotel, which plays the role as my ladder for climbing the mountain of my career, and I will engrave this sentiment in my heart forever.

Wish this book may bring a brand-new idea to make bread. Let's fall in love with bread and admire the happiness of life.

Frank kang



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面包制作的主要原料 *Raw Material Usage*

木糖醇的用途与功能 USAGE AND FUNCTION OF XYLITOL

木糖醇为白色晶体，外表和蔗糖相似，味凉，甜度相当于蔗糖，热量相当于葡萄糖，是未来的甜味剂，是蔗糖和葡萄糖的替代品。

Xylitol is white crystal sugar, appearance and sweetness of which are similar to sucrose, heat of which is equivalent to glucose, and is the future sweetener as well as the alternative of sucrose and glucose.



1.木糖醇做糖尿病人的甜味剂，营养补充剂和辅助治疗剂：

木糖醇是人体糖类代谢的中间体，在体内缺少胰岛素影响糖代谢情况下，无需胰岛素促进，木糖醇也能透过细胞膜被组织吸收利用，供细胞以营养和能量，且不会引起血糖值升高。消除糖尿病人服用后的三多症状(多食，多饮，多尿)，是最适合糖尿病人食用的营养性的食糖替代品。

Xylitol as diabetic sweetaener, nutritional supplement and auxillary treatment;

Xylitol is an intermediate form in carbohydrate metabolism of the human body. Under the situation of lack of insulin in the body affecting glucose metabolism, without insulin promoting, xylitol can also be abosorbed and utilized through the membrane by orgazinations to provide cells with nutrients and energy, and can not cause blood glucose level elevated. The elimination of three symptoms (more food, more drink and more urine) of diabetes after taking the xylitol which is the most suitable nutritious sweeter for diabetes consumption.

2.木糖醇改善肝功能：

木糖醇能促进肝糖元合成，血糖不会上升，对肝病患者有改善肝功能和抗脂肪肝的作用，治疗乙型迁延性肝炎，乙型慢性肝炎及肝硬化有明显疗效，是肝炎并发症病人的理想辅助药物。

Xylitol to Improve liver function;

Xylitol can promote glycogen synthesis so that glucose does not increase. It has significant effects on improving liver functions, preventing fatty liver, and curing persistent hepatitis B, chronic hepatitis B and liver cirrhosis. So xylitol is an ideal supplementary drug for patients with liver complication.

3.木糖醇的防龋齿功能:

木糖醇的防龋齿特性在所有的甜味剂中效果最好,首先是木糖醇不能被口腔中产生龋齿的细菌发酵利用,抑制链球菌生长及酸的产生,其次它能促进唾液分泌,减缓PH值下降,减少了牙齿的酸蚀,防止龋齿和减少牙斑的产生,可以巩固牙齿。

Xylitol to prevent dental caries:

Anti-caries property of xylitol among all of the sweeteners is the best. First of all, xylitol can not be fermented by the bacteria from the dental caries so as to restrain the growth of streptococcus and the generation of acid; furthermore, xylitol can promote the secretion of saliva so to slow down the decline of PH value. Therefore, with the decrease of the etching teeth and the prevention of the dental caries and plaque, our teeth can be consolidated.

4.木糖醇的减肥功能:

木糖醇为人体提供能量合成糖元,减少脂肪和肝组织中的蛋白质的消耗,使肝脏受到保护和修复,消除人体内有害酮体的产生,不会因食用而为发胖忧虑,可广泛用于食品中。

Xylitol to lose weight:

Xylitol can provide human body with energy for synthesizing glycogen so to reduce the consumption of fat and protein in the liver tissue for liver protection and restoration and eliminate harmful ketone in human body. Without concerning that fat caused by dining, xylitol can be widely used in food.

注明:本书中所有可以食用的面包全部使用木糖醇制作,除了士多伦面包和意大利圣诞面包,糖尿病人均可放心食用。

由于工作的原因,经常在餐厅里面对不同需要的客人,有很多时候客人会问我同样的一个问题“你们这里没有无糖面包?”每当这个时候我的内心有一种说不出的感受,也非常的尴尬。尽管我们有提供一些杂粮类的面包,但是它却不能完全地符合所有客人的需求。能不能让所有的客人都可以接受我们的产品呢?这个问题成了我思考的重点。终于,现在我有机会回到沈阳工作,又赶上这次天赐良机,我当然没有理由错过,经过反复的试料配比,终于完成了我多年的梦想。

Remarks: All the bread in this book is xylitol productions, except Stollen and Italian Christmas bread. Diabetics may feel at ease in consumption.

Due to my work in restaurant, I always come across many guests with the same question for me, "Do you have any bread without sugar?" Whenever I answer them, I feel embarrassed. Although we provide bread with different grains, all the guests' needs can not be entirely satisfied. Can we make sure that all of our guest can accept all of our products? It becomes one of my big concerns. As soon as I had the opportunity to work back in Shenyang, I had decided to fulfill my dream. The truth is my dream comes true after many years of hard work.

概述 Summary

Raw Material



盐 SALT

又称氯化钠, 在烘焙中的主要用途是平衡制品的味道, 可以提高面团的筋性。加盐量较大的面团, 发酵过程会相对较慢, 但是它可以为面包皮增添色泽。

It is also known as sodium chloride which balances the flavor of products in the baking process and improves the gluten of the dough. With large amount of salt dough, fermentation process will be relatively slow, but crust will be more lustrous.

清水 WATER

在面包制作过程中是不可缺少的重要组成部分, 它不会影响面包的味道和香味, 但是它可以左右面包的状态, 所以计量时要准确。

Water is an indispensable component in the process of making bread, which would affect the status of bread instead of taste and aroma, so water amount must be accurately calculated.

牛奶 MILK

牛奶的水分含量达87.5%用于调节面包的质感和味道, 由于乳糖和牛奶中的糖分不易被酵母消化, 通常会留在面团内部, 因此, 在面包烘焙时, 会为面包增添颜色。总而言之, 牛奶份量的多少会左右面包的口感和软硬程度。

Water amount in milk accounts for 87.5 percent for regulating the bread texture and flavor. Lactose and sugar in milk can not easily be digested by yeast, and would normally remain in the dough, therefore, in bread baking, they will add color to the bread. All in all, the milk amount involved would decide the taste and the soft extent of bread.

黄油 BUTTER

也称牛油, 25公斤的牛奶才可以提炼1公斤的高品质黄油, 理想的热溶温度是 $28^{\circ}\text{C}\sim 34^{\circ}\text{C}$, 要注意的是加入面团的黄油应为室温下的, 而且要最后加入面团中, 黄油的脂肪含量为 $82\%\sim 84\%$, 用它制作的面包质感较软, 较滑。

Butter is also known as beef butter. 25kg milk can only be refined from 1 kg high-quality butter. The ideal thermally dissolved temperature is 28degrees to 34degrees. It should be noted that the butter adding in the dough should be under room temperature and also add the dough at last. The bread can be produced softer and more slippery as the fat in butter accounting for 82to 84percent can be produced.

鸡蛋 EGG

不但能丰富面包的味道, 更能增加面包的色泽。以及令面包松软和更具质感, 值得注意的是鸡蛋的用量要计算在面团的总液体重量内。

It not only enriches the taste of bread, but also increases the color of bread. The egg can make bread softer and more textural. Noticeably, the using amount of eggs is calculated into the total weight of the liquid inside of the bread.

面包改良剂 BREAD IMPROVER

它可以缩短面包的生产时间, 有助于增加面包的体积, 面包改良剂由酵素制成, 对面筋和酵母产生作用, 加速酵母发酵。

It can shorten the bread production time, facilitating to increase the volume of bread. The bread improver is made from enzymes, which takes an effect on gluten and yeast and accelerates the fermentation of yeast.

概述 Summary

酵母 YEAST

酵母分新鲜酵母和干酵母两种, 干酵母又分为活跃干酵母和即用干酵母, 本书使用的是即用干酵母, 因为即用干酵母可以与面粉直接混合使用, 有简便快捷的特点。

Yeast has two kinds, fresh yeast and dry yeast. The dry yeast is further divided into active dry yeast and RTU (Ready-To-Use) dry yeast. The RTU dry yeast is used in this book for its features of directly mixing with flour and simple and efficient characteristics.

高筋粉 HIGH-GLUTEN FLOUR

即面包粉, 是面粉中蛋白质含量较高的, 用来制作硬皮面包、披萨饼、百吉饼等, 高筋粉在指间揉搓时会有粗糙感。如果在手中捏成小块, 松手后粉块会立即散开。

High-gluten flour is bread flour which contains a large amount of protein among all flour, used to produce crusty bread, pizza, bagels, etc. The high-gluten flour can be felt rough when fingers rubbing it. If the low-gluten flour is squeezed into a small one, it will turn to dispersed powder as loosing it.

低筋粉 LOW-GLUTEN FLOUR

即蛋糕粉, 质地柔软滑顺, 色泽纯白, 如在手中捏成小块, 松手以后会保持原状。

Low-gluten flour is normally the cake powder, which is soft, smooth and white color. If the low-gluten flour is squeezed into a small one, it will turn to undisturbed status as loosing it.





全麦面粉 WHOLE WHEAT FLOUR

是将整个麦粒研磨而成, 包括麦麸, 胚芽, 内胚乳。全麦面粉不易直接用来制作面包, 需要加入高筋面粉来增加强度。

Whole wheat flour is grinded from the grains, including wheat bran, germ and inner endosperm. Whole wheat flour is not directly used to produce bread which needs to add the high-gluten flour to increase the intensity.

黑麦面粉 RYE FLOUR

由黑麦谷粒中最靠近麦麸的部分研磨而成, 淀粉含量较低, 蛋白质含量较高。

Rye flour is grinded by the nearest part adjacent to the wheat bran in rye grains. The content of starch is low and the content of protein is relatively high.

酸奶 YOGURT

由牛奶(全脂或低脂)经过特殊菌种培养制成, 质地像乳冻, 绝大部分酸牛奶中加入了其他牛奶固形物, 有些则加入了调味剂或甜味剂。

Yogurt(full-fat or low-fat)is made of cultured bacteria, like frozen milk. Most of yogurt is added with other milk solids, or some with flavoring agent or sweetener.