



## /原種（水量70%）/

### 第一天

酵母液50克、全麥粉50克放進容器中混合均勻，放置在室溫（約28℃）發酵約4小時至膨脹約兩倍，放進雪櫃保存。

### 第二天

從雪櫃取出容器，加入水35克、全麥粉50克，混合均勻，放置在室溫發酵至膨脹約兩倍，放進雪櫃保存。

### 第三天

從雪櫃取出容器，加入水35克、全麥粉50克，混合均勻，放置在室溫發酵至膨脹約兩倍，放進雪櫃冷藏一晚便可使用。

### 保存和續養

原種放進雪櫃保存，每次使用後要續養，取出多少便要補回多少，即使沒有使用，一星期也要續種1次以補給營養。

假設取出60克原種，便要補回水42克、高筋麵粉18克，混合均勻後，放置在室溫發酵至膨脹約兩倍，然後放進雪櫃保存。

計算方法： $60 \times 0.7 = 42$ 克水           $60 - 42 = 18$ 克高筋麵粉

持續續養時，高筋麵粉和全麥粉隔次使用；若感覺發酵力減弱，可在續養時把水轉換成酵母液。

乘0.7的原因是原種是70%水量

# BUTTER ROLL



/小餐包/ 樸實無華，圓圓挺挺，可愛

可做12個小餐包

## 麵糰

高筋麵粉.....300克 100%  
上白糖.....30克 10%  
鹽.....4.5克 1.5%  
全蛋.....37.5克 12.5%  
水.....135克 45%  
牛油.....30克 10%  
原種.....90克 30%

## 造型用

全蛋.....適量



### 回溫

從雪櫃取出整盆麵糰，放在28℃室溫中回溫0.5-1小時，要視乎情況作出調整。  
如從雪櫃取出時未完成發酵，可放在室溫至膨脹率達2.5倍為止。



### 分割・鬆弛

用刮板把麵糰準確分割成12份。用手輕壓，排出麵糰空氣，滾圓，蓋上濕布或保鮮盒，讓麵糰鬆弛20-30分鐘。

滾圓是把麵糰四邊往中央摺，摺口朝下，用手包着麵糰轉動，滾成表面緊致的圓球狀。

# SOYMILK ENGLISH MUFFIN

/豆乳馬芬/ 醇美，蘊含豆乳清香

可做7個直徑8cmx高2.5cm的豆乳馬芬

## 麵糰

高筋麵粉.....170克 85%  
米粉.....30克 15%  
上白糖.....8克 4%  
鹽.....3克 1.5%  
豆乳.....120克 60%  
牛油.....6克 3%  
原種.....60克 30%

## 造型用

粗粒玉米粉.....適量



# CROISSANT

/牛角/牛角，不能躲起享用，小心嘴角有碎屑

3\*3\*3牛角，可做13個

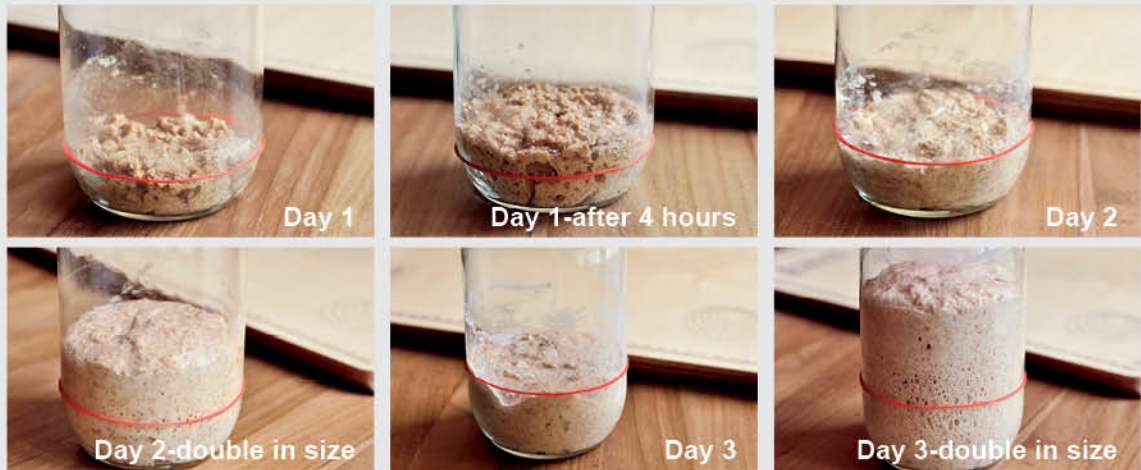
## 麵糰

法國麵包專用粉.....200克 100%  
上白糖.....10克 5%  
鹽.....4克 2%  
水.....40克 20%  
牛奶.....50克 25%  
原種.....60克 30%  
牛油.....10克 5%

摺疊用牛油.....130克 65%  
蛋液.....1個份量（塗面用）



# Sponge ferment (70% water)



## Day 1

In a container, put 50 g wild yeast culture and 50 g wholemeal flour. Mix well. Leave them at room temperature (about 28°C) to ferment for 4 hours until the mixture doubles in size. Keep in the fridge.

## Day 2

Take the container out and add 35 g of water and 50 g of wholemeal flour to the mixture. Mix well and leave it to ferment at room temperature until it doubles in size. Keep in the fridge.

## Day 3

Take the container out and add 35 g of water and 50 g of wholemeal flour. Mix well. Leave it to ferment at room temperature until it doubles in size. Refrigerate overnight. Use the sponge ferment the next day.

## Storing and feeding

You may store the sponge ferment in a fridge indefinitely as long as you “feed” it. Whenever you use part of

the sponge ferment, you should put in the same weight of water and flour as you the ferment you use. Even if you don’t use any, you have to “feed” it once a week to keep the yeasts alive.

For instance, you use 60 g of sponge ferment. You should put back 42 g of water and 18 g of bread flour. Mix well and let the mixture ferment at room temperature until it doubles in size. Then keep in the fridge.

## The calculation works like this

$60 \text{ g} \times 0.7$  (the baker’s percentage of water in the dough) = 42 g of water

Then make up the original volume of the sponge ferment with bread flour:

$60 \text{ g} - 42 \text{ g} = 18 \text{ g}$  of bread flour

To “feed” the yeasts, use bread flour and wholemeal flour alternately. If you feed that the yeasts are not very lively, you may use wild yeast culture in place of water.

# Butter Roll

Rustic and simple, round and cute



Make yourself a sumptuous brunch at home by stuffing the rolls with all kinds of fillings. Slice it in half and sandwich some sliced cucumber and smoked salmon in between. Stuff another with scrambled eggs, grilled mushrooms and smoked ham. Serve them with cream of pumpkin and carrot soup and grilled pumpkin salad. Voila.

(makes 12 rolls)

## Ingredients

300 g bread flour, 100%  
30 g castor sugar, 10%  
4.5 g salt, 1.5%  
37.5 g whole eggs, 12.5%  
135 g water, 45%  
30 g butter, 10%  
90 g sponge ferment, 30%

## Egg wash

whisked whole eggs

## Dough

Warm the butter at room temperature up to 16-18°C.

Soak the sponge ferment in water for 2 to 3 minutes. Beat with whisk until well mixed. Put it into a big mixing bowl of the table-top electric mixer. Add all remaining ingredients (except butter). Knead over low speed with dough hooks until well incorporated. Then knead with high speed until smooth and shiny. Add butter and knead over medium speed until well mixed, soft and smooth.

The dough should be 23 to 24°C after this step.

Check the dough for gluten development by stretching it. If it stretches into a translucent thin membrane, it is good enough. Roll the dough into a sphere. Put it into a plastic tray.

## First rise

Leave the dough at room temperature (28°C) for about 2 hours in the First rise. It should expand to 1.5 times of its original size.

Adjust the rising time according to actual conditions

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### **Punch down**

Turn the dough out from the plastic tray. Fold the four corners toward the centre. Press it back into the plastic tray.

*Punching down the dough helps free up more food for the yeasts and bring in fresh air. It also helps the dough expand further, increasing its elasticity and giving it a finer texture.*

### **Low-temperature rise**

Put the tray of dough into a fridge at 4 to 6°C. Leave it to rise at low temperature for 12 to 24 hours. It should expand in size 2.5 times.

### **Warming up**

Take the tray of dough out and leave it at room temperature (28°C) for 30 to 60 minutes. Adjust the time according to actual conditions

*If the dough hasn't expanded 2.5 times after staying in the fridge for 24 hours, you may let it complete the fermentation at room temperature until it expands enough.*

### **Dividing / Resting**

Cut the dough into 12 equal portions with a dough scraper. Punch down each dough with your hands to press the air out. Round it and cover with damp cloth or a plastic box. Let it rest for 20 to 30 minutes.

*Rounding the dough means folding the edge of the dough toward the centre. Put it the seam side down. Then turn the dough with your palms to roll it into a compact sphere.*

### **Shaping**

Gently press the dough with a rolling pin to press out the air. Then roll it flat. Fold the top and bottom end toward the centre. Flip the dough with the seam side down. Pinch the seam the secure. Then roll the dough into a cylinder about 12 cm long.

From the wider end, roll the dough out into a rectangle about 22 to 24 cm long, while pulling the dough toward yourself. Roll the dough up from the wider end. Pinch the seam to secure.

Line a baking tray with a baking paper or non-stick silicone mat. (or you may use a non-stick baking tray instead). Arrange the dough pieces on the tray with the seam side down. As the dough will rise and expand further, make sure you leave enough room between them.

Spray water on the dough pieces.

*The dough shouldn't be too wet. When you shape the dough, try not to roll too tight either. Otherwise, the rolls won't look chubby and cute as intended. Though the dough doesn't contain much water, the eggs in it help emulsification. As long as the dough rises properly, the rolls will end up fluffy and pillowy after baked.*

### **Second rise (Proofing)**

Leave the dough at 28°C for 1 hour for final proofing. It should expand twice as large when final proofing is done. Brush egg wash over the dough pieces.

*Egg wash is just whole whisked eggs*

### **Baking**

Preheat an oven to 230°C. Put the rolls in the oven and turn to 200°C. Bake for 10 to 15 minutes. Leave the rolls to cool on a wire rack.

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# Soy milk English Muffin

Light, holey, with a soybean scent



(makes 7 muffins, each 8 cm in diameter, 2.5 cm tall)

## Dough

170 g bread flour, 85%  
30 g rice flour, 15%  
8 g castor sugar, 4%  
3 g salt, 1.5%  
120 g soymilk, 60%  
6 g butter, 3%  
60 g sponge ferment, 30%

## Garnish

grainy cornmeal

## Dough

Warm the butter at room temperature up to 16-18°C.

Soak the sponge ferment in soymilk for 2 to 3 minutes. Beat with whisk until well mixed. Put it into a big mixing bowl of the table-top electric mixer. Add all remaining ingredients (except butter). Knead over low speed with dough hooks until well incorporated. Then knead with high speed until smooth and shiny. Add butter and knead over medium speed until well mixed, soft and smooth.

The dough should be 23 to 24°C after this step.

Check the dough for gluten development by stretching it. If it stretches into a translucent thin membrane, it is good enough. Roll the dough into a sphere. Put it into a plastic tray.

## Dividing / Resting

Divide the dough into 8 equal pieces with a dough scraper.

Press each dough with your hand to release the air. Round them. Cover with damp cloth or with a plastic box. Let the dough rest for 20 to 30 minutes.

# Croissant

Make sure you wipe the crumbs off your face if you don't want to share



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The croissants should show clear layers of dough and fluffy honeycomb structure when sliced. They should be crispy and flaky on the outside, but moist and chewy on the inside. All in all, each bite oozes the buttery richness which is the highlight of each croissant.

When you bake the croissants, make sure they are baked through. They can be a bit darker on the outsides, as long as they aren't burnt. Those under-baked croissants are too light in colour and they are too soggy without the crispy texture and buttery aroma.

(makes 13 croissants)

## Dough

200 g French white flour Type 55, 100%  
10 g castor sugar, 5%  
4 g salt, 2%  
40 g water, 20%  
50 g milk, 25%  
60 g sponge ferment, 30%  
10 g butter, 5%

## Other ingredients

130 g cold butter for laminating, 65%  
1 beaten egg (as egg wash)

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