

# JAPANESE BREADS WITH HOSHINO NATURAL YEAST

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## 日本星野天然酵母麵包

渡邊美紀 著

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🌀 Natural, healthy bread with rich texture and the aroma of fermented rice liquor

🌀 讓麵包充滿釀造的米香，品嘗天然健康、醇厚的口感



FULL OF WHEATY AROMA

充滿小麥的香氣





## 序



由マルエツ株式會社營運的日本料理 & 文化教室「いーとぴあ」，美紀老師擔任「星野天然酵母麵包」的烘焙講師，已有 10 年時間（2004 年至 2014 年）。マルエツ株式會社於日本全國擁有 292 間店舖，主導很大的市場佔有率。當中日本料理 & 文化教室「いーとぴあ」面向顧客，並且是重要及獨特的地方，向客人傳遞「健康的飲食生活」、「享受使用安全、安心的食材製作料理」等重要的理念。美紀老師的「星野天然酵母麵包」教室，與以上理念一致，是非常優秀的烹飪教室。

美紀老師的教室，嚴選含較少添加劑的食材，傾注她的時間和感情帶出天然的味道，製作出來的麵包帶着光輝，與市面所見麵包有所不同。美紀老師製作如此出色的天然酵母麵包，每次也讓我感到很滿足！

在課堂上，美紀老師並非單純說明每項步驟的過程，而是解釋為何此步驟對「製作安全美味的麵包」的必要性，務求令學生完全理解製作健康麵包的方法及理由。

此外，美紀老師除了是星野天然酵母麵包的探究者，也會研發更多更新的天然酵母麵包。在假日，她甚至特地到名古屋知名的天然酵母麵包店，直接向店員詢問製作方法和材料，每日也傾注時間及心思研發新食譜。

學生們評價美紀老師是一位令學生不厭倦、充滿變化、製作多樣且美味的天然酵母麵包講師，是「いーとぴあ」內人氣最盛的教室老師。

美紀老師不僅是一位優秀的天然酵母烘焙講師，從她平時細心對待食材、器具，以及與學生相處方式，教導他們「放入口的食物」之上「更重要的精神」，看出她讓人尊敬的地方，是一位非常優秀的老師。

這次得悉她在香港出版食譜書，我衷心感到歡欣雀躍。希望透過這本書，令真正的星野天然酵母麵包在香港推廣開去，同時也將美紀老師的想法～～「為了重要的人，想手作安心又美味的麵包」，即使是一個人，也可以傳遞到其他人身上。

接下來十分期待美紀老師活躍於「世界性」，我也從日本為她應援！

竹井裕子

日本料理 & 文化教室「いーとぴあ」館長（Director）



## 序



很高興 Miki 老師選我為她寫這篇介紹文——關於她和她做麵包的事情，我從她身上真的學會了很多。

兩年前，我第一次踏進 Miki 老師的教室，覺得跟我以前學做麵包的課堂經驗很不一樣。從選材、使用比例、揉麵糰、麵包造型方法，到發酵時間的判斷等…… Miki 老師除了教導「如何」實現食譜中的步驟，還很細心地解釋製造麵包時各方面的「為何」。當我做麵包的次數越多，越領略做麵包是一門科學，製作當中蘊含很多理論，而且每個步驟互相影響至最後成品，其中複雜的變化，對於新手的我真的很難掌握。很感謝 Miki 老師毫不吝嗇地把她多年製作麵包的心得和我分享，耐心教導我每個注意的步驟。因此，每次上課都能成功烤焗超好吃的麵包，還以為是從麵包店買回來的，而且還確實地感受到學會了麵包的新知識。每次在 Miki 老師的課堂上，我都很忙碌，因為實在有太多筆記和小撇步要全部記下來！

Miki 老師是第一個將「星野天然酵母」介紹給我的人。記得 Miki 老師說，天然酵母有很多種類，她相信亞洲人使用同樣在亞洲培養的天然酵母，會更適合身體消化和吸收。於是她持續用心地研究星野酵母十多年，並將這種酵母運用在自己的食譜中。而且 Miki 老師不加入古怪添加劑的態度，希望讓更多人認識麵包回歸天然風味口感的方法。

Miki 老師熟悉歐式和日式麵包，她的食譜將兩者融合，所以製作的麵包甚至連吃不慣歐式麵包的人也會喜歡。而且 Miki 老師在香港居住和任教了一段時間，熟悉這個地方的氣候，憑她的經驗更能設計適合本地人口味，以及適合在香港製作的麵包食譜。

從 Miki 老師身上，除了感覺到跟她溫柔外表不相符的深厚製作麵包功力外（笑！），還有她對做麵包單純的熱誠和喜愛。我已經等 Miki 老師出版麵包書好久了，現在終於等到了！

Lydia



# 我，遇上了，星野天然酵母！

## I MET HOSHINO NATURAL YEAST AND IT CHANGED MY LIFE!



和星野天然酵母相遇，是 17 年前～ 2000 年。

在東京一間著名的麵包店品嚐後，令自己對麵包的感受有很大的衝擊，與之前烤焗的一般酵母麵包不同，口感和風味完全不一，而且讓人驚訝的是，天然酵母麵包能品嚐到小麥香氣和天然的甜味，我才知道這些香甜的麵包加添了「星野天然酵母」。為了學習星野天然酵母麵包，我特地到該麵包店經營的專業教室「トゥルナージュ」學習。

在那兒學習的經驗，對自己來說都是新鮮的。

天然酵母比一般酵母需要更長的烤焗時間及工夫，因為「トゥルナージュ」經營自己的麵包店，所以幾乎學習到所有製作麵包的工序。麵包店的職員每個早上會確認當日的氣溫和濕度，縱然忙碌也會抽一小時確認酵母的發酵狀態，就像守護子女的父母，注入愛情製作麵包。這樣傾注時間和工夫，用天然素材製作的麵包，仔細咀嚼會感受到無與倫比的美味。這令我明白到，要烤焗健康美味的麵包，投放如「愛情」般的時間和工夫，是非常重要的。

三年前我來到香港，對於甚少聽到天然酵母麵包，尤其沒有星野天然酵母麵包甚為驚奇。雖然星野天然酵母是現時日本主要的天然酵母，但原來在亞洲的知名度還是很低。星野天然酵母是日本誕生的原有天然酵母，由自然界採取酵母，從米、小麥、麴等育成的酵母種。為了將酵母種製成「生種」，溫度管理和發酵時間需要一定工夫，只要按照及習慣一定程序製作生種，任誰也可使用。

可是，同樣身處亞洲的日本和香港，因為氣候和濕度不同，在香港使用星野天然酵母烘焙的食譜還很少見。若然我能夠製作香港專用的星野天然酵母食譜，不失為一件好事，比用歐美的天然酵母，倒不如使用來自亞洲的天然酵母製作麵包更為合適。抱着這個想法，我將食譜作出修改，決心製作香港專用的星野天然酵母食譜。

三年期間，通過多次試作失敗，以及於麵包教室教授學生的經驗，研究出使用香港選購的材料、適合香港氣候和濕度的食譜，將完全原創的食譜推廣普及，讓更多香港人認識使用天然食材製作美味麵包，真是一大樂事！希望可以分享給令自己珍重的家人和朋友，安心品嚐麵包的一份喜悅！

我希望更多香港人透過這本書，認識讓自己吃得安心又美味的～星野天然酵母麵包。

渡邊美紀

2017 年 4 月



In 2000, I came across Hoshino natural yeast for the first time.

I was thrilled after trying the bread from a famous boulangerie in Tokyo. It tasted different from any yeasted bread I'd ever tried, both in terms of texture and flavours. I was also overjoyed by the lingering wheaty aroma and natural sweetness in the background. I found out later that the trick was Hoshino natural yeast. To learn to bake with this special yeast, I took classes at the baking school Tournage run by the said boulangerie.

Everything I learned there was completely new to me.

Working with natural yeast requires more baking time and effort than regular yeast. As Tournage also ran its own bakery, I got to learn almost everything about breadmaking. Workers at the bakery checked the temperature and humidity every day. No matter how busy they were, they were checking not leaving even one hour how the yeast fermented, like parents taking care of their children. Their love and passion for baking certainly came through in the end products. With much time, energy and only natural ingredients, the bread tastes incomparable. I understood, just like investing time and energy in a romantic relationship, the love and passion behind is key to baking healthy and delicious bread.

Three years ago I moved to Hong Kong. I was surprised that people seldom talked about natural yeast. I was even more shocked to find that Hoshino natural yeast wasn't even available here. Though it is still the most famous natural yeast in Japan, it is literally unheard of in the rest of Asia. It is a yeast extracted from all-natural sources such as rice and

wheat from Japan. To keep the yeast alive, you must spend time on managing the temperature and fermentation time. That being said, it's not particularly difficult as long as you follow the rules and build a habit of feeding and taking care of it. Anyone can do it.

Though Hong Kong and Japan are both in Asia, they differ vastly in climate and humidity. That's why there aren't many bread recipes featuring Hoshino natural yeast here. So I thought it would be nice if I can come up with some Hoshino natural yeast recipes that work well in Hong Kong. Instead of yeast from Europe or the U.S., bread made with natural yeast from Asia should cater better to the palate of Hongkongers. As a result, I modified some recipes I used previously to cater for the specific conditions in Hong Kong.

In the past three years, I kept on experimenting. I also learned much about the ingredients, climate and humidity in Hong Kong while teaching baking classes. I take pleasure in letting more people know about my original recipes and how to make tasty bread with natural ingredients. I would love to share the bliss of watching my beloved family and friends enjoy freshly baked bread without worrying about harmful additives or preservatives.

I hope this book would introduce more Hongkongers to bread made with Hoshino natural yeast – delicious bread that you can consume with the ultimate peace of mind.

Miki Watanabe  
April 2017

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# 烘焙百分比

這本書所有食譜，在材料中均顯示麵糰材料的烘焙百分比。如欲改變麵包重量或是小家庭製作等，只要按照烘焙百分比的基礎就可輕鬆計算出來。

烘焙百分比以麵粉重量作為基礎，將麵粉量設定為 100%，其他材料的重量則以麵粉的百分比計算出來，以下舉例說明：

份量：1 個

材料	百分比	克
北海道產高筋麵粉	100%	250 克
種子島精糖	6%	15 克
天然海鹽	1.5%	3.7 克
水	52%	130 克
星野天然酵母	8%	20 克

## 計算烘焙百分比方法：

250 克高筋麵粉是 100%，15 克原糖計算出 6% 烘焙百分比。（ $250 \text{ 克} \div 100 = 2.5$ ， $15 \text{ 克原糖} \div 2.5 = 6\%$ ）

## 計算材料重量的方法：

按 250 克高筋麵粉，6% 原糖計算出 15 克重量。  
（ $250 \text{ 克} \times 6\% = 15 \text{ 克}$ ）

## BAKER'S PERCENTAGE

The recipes in this book are all presented in baker's percentage. When you alter the weight of the bread, you can easily calculate the amount of each ingredient accordingly.

Each recipe is based on the total weight of flour which is equivalent to 100%. All other ingredients are expressed in percentage in relation to that weight of flour.

For example: Ingredients	Percentage	weight (in grams)
Hokkaido bread flour	100%	250 g
Tanegashima raw sugar	6%	15 g
natural sea salt	1.5%	3.7 g
water	52%	130 g
Hoshino natural yeast	8%	20 g

In this recipe, the bread flour is 250 g (the 100%) and raw sugar is 15 g.

$$250 \text{ g} \div 100 = 2.5$$

(The weight of the sugar divided by 100)

$$15 \text{ g} \div 2.5 = 6\%$$

(the baker's percentage of sugar is 6% in this recipe)

In this recipe, there is 250 g bread flour and 6% raw sugar is 15 g.

$$250 \text{ g} \times 6\% = 15 \text{ g}$$



## 渡邊老師選用的烘焙麵包原材料

### WATANABE MIKI'S GUIDE TO BREADMAKING INGREDIENTS

首先由製作麵包最基本的材料——「麵粉」開始。麵粉大概可分為三個種類，每種類的用量也有所差異。按蛋白質的含量，由多至少排序，可分為高筋麵粉、中筋麵粉及低筋麵粉。

When you start baking, it's essential to understand the most crucial ingredient - flour - first. Basically, there are three types of flour and each has their own use. In the order of decreasing protein content, they are categorized into bread flour, all-purpose flour and cake flour.

#### 需要瞭解麵包膨脹的原理：

當麵粉與水調勻後，並受到搓揉、拌勻的刺激，會形成麵筋，這便是麵糰骨骼的結構（麵粉所含的蛋白質，即是麵筋）。筋膜張開時就如網眼狀的薄膜，被酵母的酒精發酵產生的碳酸氣體抓緊，令麵糰如橡膠一樣可伸展膨脹。這樣可以說明麵筋的形成，蛋白質是不可或缺的。

Then you should understand the chemistry and physics involved in rising bread. When flour is mixed with water and repeatedly kneaded and stirred, the protein chains in the flour are pulled longer. These protein chains are also known as gluten, which is the backbone of the structure of risen dough. When the dough is stretched, the network of protein chains extend into a membrane. The carbon dioxide produced by the fermentation is trapped in the network so that the dough can expand and stretch like rubber. In other words, protein is one of the key elements responsible for rising bread.

### 麵粉 FLOUR



#### 春戀高筋麵粉 / Haruyokoi Bread Flour

北海道產的麵粉，具有優秀的吸水性，做到口感綿軟、濃厚風味的麵包，這和星野天然酵母最合襯（相合性很好），能將酵母的優點發揮極致 [ 蛋白質 12 (±1.0%)、灰分 0.45 (±0.05%) ]。

Bread flour made with Hokkaido wheat absorbs water well and gives the bread extra fluffiness with a rich wheat flavour. This bread flour works perfectly with Hoshino natural yeast and it brings out all the best flavour from the yeast. [Protein content: 12 (±1.0%) Flour Ash content 0.45 (±0.05%)].

## 法包專用中筋麵粉 / All-purpose French Bread Flour

筋性稍低的麵粉，我習慣使用有法式風味的中筋麵粉，做到外皮鬆脆、麵包心濕潤的口感，是初學者容易拿捏的其中一款麵粉，例如「利斯朵」中筋麵粉 [ 蛋白質質量 10.7 (  $\pm 0.5\%$  ) 、灰分 0.45 (  $\pm 0.03\%$  ) ] 。

The gluten of this flour is lower than the bread flour. I usually choose the flour made from France. This flour has a signature of creating bread with a crispy crust and soft, moist center. For beginners, this flour is also very easy to knead. For example, Lys D'Or all-purpose flour [Protein content: 10.7 ( $\pm 0.5\%$ ) Flour Ash content 0.45 ( $\pm 0.03\%$ )].



## 低筋麵粉 / Cake Flour



筋性最少的麵粉，適合製作蛋糕，或混合高筋粉使用。使用北海道產小麥的麵粉，製成品的口感濕潤，如與高筋麵粉混合使用製成麵包麵糰，做出綿軟口感的麵包，例如「多魯奇」低筋麵粉 [ 蛋白質質量 9.3 (  $\pm 0.5\%$  ) 、灰分 0.34 (  $\pm 0.03\%$  ) ] 。

The protein of cake flour is less than the other flour. It is available to make cakes as its low-gluten. The cake flour made from Hokkaido wheat that it holds moisture well. If added to bread recipes, it would give the bread an extra soft, moist texture. For example, Dolce cake flour [Protein content: 9.3 ( $\pm 0.5\%$ ) Flour Ash content 0.34 ( $\pm 0.03\%$ )].

## 春戀全麥粉 / Haruyokoi Whole Wheat Flour

麩皮的含量較多，常用於麵包製作。我習慣使用由北海道產小麥製成的全麥粉，與星野天然酵母最匹配，亦不妨礙麵糰的口感。令麵包充滿香氣，並可品嘗粒粒的質感 [ 蛋白質質量 13.0 (  $\pm 1.0\%$  ) 、灰分 1.80% 以下 ] 。

\* 灰分 (ash) 是指小麥外皮、胚芽所含的礦物質。灰分愈多雖可令麵包帶有濃厚的小麥香氣，但質感較黏膩。

It contains a lot of bran and the germ, using for bread making. I always choose the whole wheat flour made from Hokkaido wheat. This whole wheat flour is most compatible with Hoshino natural yeast and the bread is as fluffy as those made with bread flour. The fine grits of the grain give the bread an extra aroma and texture. [Protein content: 13.0 ( $\pm 1.0\%$ ) Flour Ash content: below 1.80%].

\* Ash refers to the mineral contained in the bran and the germ. Higher ash content in the flour implies stronger wheat flavour in the bread. However, it also makes the dough stickier and more difficult to handle.



## 黑麥粉 RYE FLOUR



由於黑麥粉不含麵筋，所以製作麵包時加入太多份量，或會出現麵包膨脹不起的情況。如想麵糰加添黑麥粉，份量建議佔麵粉量的 10 至 30% 。

Rye flour does not contain any gluten, so that a dough made with too much rye flour may not rise properly. As a general guideline, use 10 to 30% of rye flour in your dough if you so prefer.

## 上新粉 JYOSHINKO RICE FLOUR



將白米搗碎成非常幼細的粉末，不含麵筋，原是用來製作日本糰子的粉料，但今次為了令麵包不會染上烤焗的燒色，特意在烤焗前撒在麵糰表面。

This flour is finely ground Japanese rice with no gluten whatsoever. This flour is mainly used to make Japanese Dango (rice balls). But in this book, it is sprinkled on the bread before baking to lighten the colour.

## 砂糖 SUGAR

### 種子島精糖 / Tanegashima Raw Sugar

將日本種子島產甘蔗直接榨取、結晶成的原糖，純正、無添加，並帶天然的香甜味。

\* 本書食譜使用此糖製作，可改用其他原糖，但香港難以找到上佳的原糖，所以特別推介此款。如使用砂糖，食譜的材料比例及口感有所不同。

This is a pure raw sugar is extracted from famous Tanegashima sugarcane and then crystalized without extra processing or additives. Its characteristic natural sweetness makes it an all-time favourite among bakers.

\* In all recipes in this book, I prefer using this sugar. You may replace it with other raw sugars but quality raw sugar are difficult to come by in Hong Kong. Yet, do not use white sugar as substitute. Otherwise, the bread won't achieve the same texture.



### 八重山本黑糖 / Yaeyama Dark Brown Sugar

使用含豐富礦物質的沖繩產黑糖。在沖繩八島之中，波照間島產的黑糖（八重山本黑糖）帶柔和的香甜。由於普通黑糖可能加入了焦糖色素，令麵糰變濕，所以這款無添加的黑糖塊更適合製作麵包。

Originated from Okinawa, this sugar has high mineral content. This sugar from Hateruma Island has a particularly gentle sweetness and aroma. Most dark brown sugar sold in supermarkets contains caramel colouring, which would make the dough wetter. This natural dark brown sugar I recommend does not contain additives and works best with our recipes.



### 防潮糖霜 / Moisture-resistant Icing Sugar

經過一段時間也不易溶掉，可減少糖量的使用，是較適合裝飾用的糖霜。

This sugar won't pick up moisture as much as regular icing sugar. You may thus use less icing sugar as a result. It is perfect for garnishing and decoration.



### 三溫糖 / Sanonto - Japanese Soft Brown Sugar

將砂糖的漿汁經過三次煮稠及結晶而成，在煮稠的過程中會散發獨特的香味。

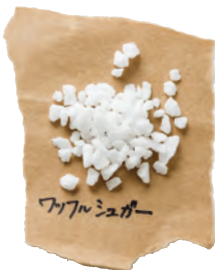
In Japanese 'San' means three, 'on' means heated and 'to' means sugar. This sugar is crystalized and heated three times to achieve its distinctive taste and texture.



## 白糖粒（珍珠糖） / Pop Sugar

烤焗後不會完全溶化，可保留鬆脆的口感，混合後常使用於窩夫和麵包麵糰，或作為表面裝飾之用。

This sugar does not melt completely after baking and retains its crunchy bite. It could be kneaded into waffle and bread dough. Or, you may use it as garnish.



## 堅果 NUTS

加添麵糰之前，以 150°C 烤焗 10 至 15 分鐘，因堅果較易酸化，必須確認使用前已烤焗，最常使用的堅果包括胡桃、杏仁及腰果等。

Before adding nuts to the dough, roast the nuts in an oven at 150°C for 10 to 15 minutes. As nuts get oxidized easily, make sure you roast them right before use. Walnuts, almonds and cashew nuts are commonly used in breads.



## 無鹽發酵牛油 CULTURED BUTTER

這是生產過程中加入乳酸菌發酵而成的牛油，令牛油更充滿濃厚的風味。

Different from regular butter, cultured butter has lactic acid bacteria added to it and is fermented. That gives the butter a rich and deep flavour.

## 杏仁粉 ALMOND FLOUR



加入曲奇和撻皮麵糰，帶有鬆脆的口感；加添磅蛋糕等麵糰，令蛋糕有濕潤的口感，並帶杏仁的香氣和風味。

Almond flour makes cookies or tart shells crispy. You may also add almond flour to pound cakes.

It keeps the cake moist and adds a nutty aroma.

## 雲呢拿豆莢 VANILLA POD

一般的雲呢拿豆莢有「波旁香草」和「大溪地香草」兩種。「波旁香草」帶有柔和的甜味和香厚的氣味，被廣泛用於吉士忌廉等甜品製作。「大溪地香草」則帶濃厚的香甜，尤其帶有茴香般香濃的氣味。



Vanilla pods we see in the supermarkets comes in Bourbon and Tahitian varieties. Bourbon vanilla pod has a mild sweetness and strong aroma. It is mostly added to custard cream and desserts. Tahitian vanilla pod has a stronger sweetness and aroma, with a hint of anise fragrance.

## 肉桂 CINNAMON

一般來說，肉桂大概分為「斯里蘭卡產肉桂」及「中國產肉桂」。因應不同種類的樹木而有異，斯里蘭卡產肉桂的氣味較溫和；中國產肉桂的氣味則較濃烈，可按個人口味選擇適合的肉桂。

It either comes from Sri Lanka or China. Sri Lankan cinnamon is milder in aroma whereas Chinese cinnamon (or cassia bark) has a stronger pungent taste. Pick according to your preference.



# 常用烘焙用具

## THE COMMON BAKING TOOLS



### 麵包模 / Standard Loaf Tin

(長：19.5 x 闊：9.5 x 高：9.5 厘米)  
(H 19.5 x W 9.5 x H 9.5 cm)

可製成約 350 至 400 克重量的麵包，適用於製作吐司麵包。

It makes 350 to 400 g of sandwich loaf.



### 迷你麵包模 / Mini Loaf Tin

(長：13 x 闊：7 x 高：6.2 厘米)  
(H 13 x W 7 x H 6.2 cm)

嬌小的容量，適合製作 70 至 80 克的麵包。

It makes 70 to 80 g of bun.



### 咕咕霍夫烤模 / Kougelpopf Mould

(直徑：14.2 厘米，高：8.2 厘米)  
(Diameter 14.2 cm, height 8.2 cm)

是製作法式 Kougelpopf 的獨特模具，有不同呎吋選擇。

It is a special mould for making the French brioche called kougelpopf and it is available in different sizes.

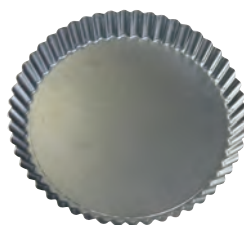


### 迷你咕咕霍夫烤模 / Mini Kougelpopf Mould

(直徑：10 厘米，高：5 厘米)  
(Diameter 10 cm, height 5 cm)

小巧的模具，適合製作份量細小的咕咕霍夫，也可製成鬆餅甜點等。

It makes a smaller kougelpopf and you can make cake muffins with it too.



### 撻模 / Tart pan

(直徑：18.3 厘米，高：2.3 厘米)  
(Diameter 18.3 cm, height 2.3 cm)

製作批撻的專用模具，模底可鬆脫，容易退出批撻。

Its removable bottom allows the tart to be slip off easily without damaging the crust.



### 圈型模 / Cake Ring

(直徑：8.5 厘米，高：3 厘米)  
(Diameter 8.5 cm, height 3 cm)

將麵包放於圈型模內發酵，有助定型及製成渾圓的麵包，也被稱為英式鬆餅模。

You can leave the dough to prove in a cake ring to keep the bread perfectly round. It is also a scone cutter.





### 麵包專用棉布 / Pastry Cloth (Baker's Couche)

發酵時蓋在麵糰上以免太乾，亦可摺成山丘狀，將較軟的麵糰放在棉布上，令麵糰定型及防止形狀崩壞。

You may cover your dough with it to stop it from drying out. You may also put folds in the pastry cloth and rest softer dough in the fold to help them shape properly and stop them from collapsing.



### 凹凸紋理擀麵棒 / Textured Rolling Pin

表面的凹凸紋理有助均勻地搓揉麵糰，讓麵糰排氣。

The notches on the surface helps degassing the dough while rolling the dough evenly at the same time.



### 刮板 / Scraper

搓揉麵糰時使用，協助將材料拌勻融合，搓成軟滑麵糰。

When you knead the dough, mix the ingredients with a scraper.



### 麵包割刀 / Bread Lame

將薄刃割進麵糰表面，劃出不同的紋理，烤焗後令麵包表層露出不同的質感。

Use it to score the dough before baking. It has a curved, sharp, thin blade that cuts through the crust precisely. The bread tends to have a different texture after baked.



### 麵粉篩 / Flour Sieve

倒進麵粉，輕輕轉動扶手，令麵粉篩勻成幼細麵粉。

It is for sieving flour so that it is free of lumps.



### 毛刷 / Pastry Brush

在麵糰表面掃上蛋漿時，為免傷害麵糰，建議使用柔軟的山羊毛刷更佳。塗抹牛油或其他油分時，可使用矽膠製刷子，方便清洗和保存。

For applying egg wash on dough, use a soft brush made with goat hair so as to avoid damaging the gluten structure. Yet, use a silicon brush to apply butter or oil as it is much easier to clean.



### 刮刀 / Spatula

將材料及粉類混合拌勻，以矽膠製和耐熱合一的刮刀最方便。

It is for mixing the ingredients. Those heat-proof spatulas made of silicon work well.

## 關於星野天然酵母 HOSHINO NATURAL YEAST



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星野天然酵母 / HOSHINO NATURAL YEAST

採用日本產米、小麥和麴等 100% 天然素材培養而成的乾燥酵母種，發酵性較為穩定，而且令麵包風味更濃厚，按照一定的條件，容易做出美味的麵包。

乾燥狀態的酵母原種可於雪櫃冷藏一年；經過起種的生種，可於雪櫃冷藏保存 3 至 4 週。

### 「熟成」的美味

應用日本自古的釀造技術，用由米而來的酵母、日本產小麥、日本產減農藥米、麴和水等育成，令麵包帶有熟成的美味。由於從天然素材慢慢育成的酵母種，可製作出充滿豐厚香氣的麵包、香甜的甜品菓子。

### 與甜點理想配搭

星野天然酵母除了用於麵包製作中，對焗製甜點也有一定好處，可代替梳打粉或即溶酵母。酵母本身帶有自然的甜味，製作甜品時，有助控制砂糖的使用量。另外，由於酵母發酵時出現氣泡，縱使減少了甜品的牛油量，做成批撻時也有香脆的口感。

### 天然酵母和一般酵母之別

#### 一般酵母

生酵母、乾酵母和即溶乾酵母，也可稱作單一酵母，發酵性穩定，起種步驟較簡單，需時亦短，但麵包的味道單調，適用於大量製作的麵包。

#### 天然酵母

採用麵粉（黑麥、全麥粉等）、果實為原料，自然發酵而成的酵母，舉例來說有法國葡萄種、德國黑麥製作的酸種等。另外，由依附在麵粉、果實的微生物自然培養而成的野生酵母，以及混合其他微生物（酢酸菌、乳酸菌、麴菌等）的複合酵母。

天然酵母的培養時間較長、步驟也多，較難控制發酵狀態的穩定性，但由於發酵時產生有機酸，令麵包滲有更濃厚的風味。

Hoshino Natural yeast is made from 100% natural sources, including Japanese rice, and wheat. It is then dried and can be stored in the fridge for a year or so. Once activated, it lasts in the fridge for up to 3-4 weeks.

### **The flavours of maturity**

Hoshino natural yeast is made with the oldest fermentation techniques since ancient time. The yeast is grown from Japanese rice, wheat, starter and water. It gives the bread a flavour of depth and complexity because the yeast is grown slowly from natural ingredients. It also makes great sweets.

### **Best companion for sweet pastry**

Apart from bread, Hoshino natural yeast also replaces baking soda or instant yeast in baked sweets. The yeast has a natural sweetness, so that you can use less sugar. The yeast also generates gases in the fermentation process. Even if you use less butter than usual, the pie and tart shell can still be crispy and light.

## **Differences between natural yeast and regular yeast**

### **Regular yeast**

Raw yeast, dried yeast and instant yeast are called uniform yeast and they are very stable in rising power. They are easy to work with and takes less time to activate. However, they yield bread that is monotonous in taste and less depth in flavour. They are commonly used in bread which is artificially bulk-made.

### **Natural yeast**

Fermented naturally from whole-wheat flour, rye flour and fruits, natural yeast comes from the wild yeasts that exist in nature. Examples include grape starter from France and sourdough starter used in German rye bread. Wild yeast grows on wheat, flour and fruits due to microbial activity. Complex yeast also includes other harmless microbes such as acetobacteraceae, lactobacillales and aspergillus oryzae.

Natural yeast takes longer time to grow and it requires more work to rise. It is also difficult to keep its fermentation process stable. Yet, the organic acids produced in its fermentation actually add to the authentic flavours of the bread.

### **渡邊老師採用星野天然酵母的理由**

#### **Reasons why Miki Watanabe chooses Hoshino natural yeast**

星野天然酵母是 100% 由日本產米、麴製成的酵母種，製成的麵包有濃厚的風味、軟綿綿的口感、充滿齒頰的芳醇味道，帶給你柔和的米麴香氣，更重要的是採用天然素材製成的麵包甜點，讓你看見家人品嚐健康包點時由心而發的笑顏，你也感到非常滿足！

Hoshino natural yeast is made from 100% Japan-grown rice, wheat and wild yeast. The bread made with it has rich flavours, fluffy texture, lingering aromas and a mild yeasty taste. Most importantly, you can rest assured that your bread and desserts are all-natural. It gives you unprecedented satisfaction when you see the smile they put on your family and friends' faces.

# 星野天然酵母起種方法

## STARTER MADE WITH HOSHINO NATURAL YEAST

起種材料	克
星野天然酵母粉（原種）	100 克
水（30℃，飲用水或礦物水）	200 克

\* 比例是酵母：水 = 1：2

\*\* 如製作份量過少會令起種不穩定，  
建議每次起種最少使用 50 克星野天然酵母粉

### 用具

闊口、高身玻璃瓶 1 個  
（先用熱水消毒、待乾備用）

長匙羹 1 隻

### 做法

- 1 在玻璃樽內倒進 30℃ 水，加入星野天然酵母粉，用長匙羹拌勻，至乾燥的酵母粉完全吸收水分，並變成如豆腐渣的稠糊狀態（見圖 1 至 4）。
- 2 玻璃瓶口用保鮮紙密封，戳破數個小洞，讓酵母呼吸空氣，放置在 27 至 30℃ 發酵（在家可放在電視或電腦旁）。
- 3 發酵起 12 小時後，到達發酵的高峰位，瓶內的酵母發脹至最高的位置（見圖 5）。
- 4 由發酵起至約 24 小時後，酵母回復原來的高度，並變得美味（見圖 6）。

*Tips* / 當發現酵母表面冒起多個綿密的氣泡、帶有酒糟香氣、嘗到米麴的味道或果香味，代表發酵完成



*Tips* / 如嘗到酵母發出酸味，則表示發酵過度，不能使用。

### \* 發酵溫度和時間的標準

30℃ 室溫，發酵 24 小時

25℃ 室溫，發酵 30 小時

20℃ 室溫，發酵 48 小時

- 5 當室溫發酵完成，並符合多氣泡、有酒糟味等標準後，將酵母放進雪櫃保存，待酵母休息一晚，可加添麵糰內使用。

*Tips* / 酵母放於雪櫃可保存約一個月，但建議每星期用已消毒的匙羹攪拌一會，令酵母保持活躍。

*Tips* / 保存的首兩星期酵母非常活躍，可用於製作麵包；第三星期適合製作小型麵包；最後一星期適用於薄餅或甜品等，但酵母的氣味及味道比前更佳。

*Tips* / 酵母冷藏後，水及酵母會分離，使用前必須先攪拌，令酵母回復活性。

*Tips* / 雖然酵母的發酵力隨時間減弱，但對於製作高身麵包、硬法包以外的麵包，還是有充份的發酵能力。

*Tips* / 注意星野天然酵母對納豆菌等非常敏感，應遠離納豆、泡菜等發酵品，小心保存。

*Tips* / 切勿將舊酵母與新酵母直接混和，但可同時加到麵糰中使用。

Ingredients	weight (in grams)
Hoshino natural yeast	100 g
water (at 30°C, any drinking water or mineral water will do)	200 g

\* Ratio of yeast : water (by weight) = 1:2

\*\* Use at least 50 g of Hoshino natural yeast to make the starter. It's because the starter is not stable if the batch is too small.

#### Utensils

1 tall wide-mouthed glass jar (sterilized in boiling water; left to dry completely)

1 long spoon

## METHOD

1. Pour water into the glass jar. Add Hoshino natural yeast. Stir with a long spoon till the yeast picks up all water and turns into a thick paste like soy pulp called Okara (see pictures 1 to 4).
2. Seal the glass jar with cling film. Prick a few holes on it to let the yeast breathe. Leave it at 27 to 30°C to ferment. (Consider putting it next to a TV or a computer monitor.)
3. Let the yeast ferment for 12 hours. The yeast should be at the peak of fermentation and expands to the highest point in the jar (see picture 5).
4. After fermenting for 24 hours, the yeast shrinks back to its original volume and it gives a nice smell (see picture 6).

\* Tips: When there are many fine bubbles on the surface of the starter and you can still the aroma of sake lees, alcohol or fruit, the fermentation process has completed.

\* Tips: If the starter smells sour, it has over-fermented and should not be used.

#### \*Fermenting temperature and time:

30°C: ferment for 24 hours

25°C: ferment for 30 hours

20°C: ferment for 48 hours

5. When the fermentation is completed (i.e. bubbly starter with a pleasant smell of sake lees), put the starter in the fridge to rest overnight. Then use it in your dough the next day.

\* Tips: The starter lasts in the fridge for 1 month, but you should stir it with a sterilized spoon once a week to keep the yeast active.

\* Tips: The yeast is very active in the first 2 weeks after the starter is made and it is the prime time to use it in bread. By the third week, it is not that active and still works fine in small dough. By the fourth week, still fine in flat dough like pizza and pastry shells for desserts. On the other hand, the flavour and the taste are getting better.

\* Tips: After the starter has been refrigerated, it tends to separate. Stir it well before use for it to resume its activity.

\* Tips: Though the starter gets weaker along with time, it should still powerful enough for rising bread other than tall loaves and baguettes.

\* Tips: Please note that Hoshino natural yeast is very sensitive to other microbes such as those from Korean Kimchi or Natto beans. Make sure you keep it away from such fermented food.

\* Tips: Do not mix an old batch of starter with a new batch. But you can add both into the dough at the same time.





## 麵糰搓揉的基本程序

### BASIC STEPS IN BREADMAKING

製作鬆軟好吃的麵包，除了懂得選配材料外，搓揉麵糰也是重要的一環，如何將粉料、雞蛋、酵母、水、鹽及糖等混合，令麵包適當地發酵脹大，每一步也不容有失。

To make fluffy and tasty bread, apart from choosing the right ingredients, you'd need to learn a few skills in kneading. The way you mix dry ingredients with eggs, yeast, water, sugar and salt actually reflects in the way the bread rise. No mistake is tolerated.

#### 材料秤量

#### MEASURING INGREDIENTS

材料計算的少許誤差，也對製作麵包造成影響，因此必需使用電子秤計量材料，尤其若鹽的份量太多會影響發酵，所以各材料必須計算清楚，令製作過程更順利（如有可計量小數點後 1 至 2 個位的電子秤更理想）。

*Tips* / 計算鹽的重量時，先放容器內量度一次，取走一小撮鹽巴，再大力擲入電子秤容器內，才能感應鹽的份量，準確量度。

While measuring the ingredients, a small discrepancy makes a huge difference when the bread is baked. An accurate electronic scale is highly recommended. Too much salt, in particular, jeopardizes the proving process in major ways. Therefore, each ingredients should be precisely measured for properly risen and baked bread. (It is best if your scale could measure up to 2 decimal places.)

*\* Tips: When you weigh salt for baking, measure it once with the salt in a small dish. Then take out a pinch of salt and throw it forcefully back into the dish. That would stimulate the scale for more accurate measurement.*



◀ Video here ▶



## 麵糰搓揉 KNEADING

乾材料及液體材料分開秤量及拌勻，再將兩者在短時間混合拌成麵糰，放在桌面將麵糰不斷在桌面搓揉至起筋（hard kneading），見麵糰起筋相連，在桌面用手掌反復滾動麵糰至綿軟（soft kneading）。

由於星野天然酵母是以溫柔的搓法、長時間低溫發酵，進行「水和」（意指麵糰內水與麵粉慢慢融合），麵糰同時於發酵時稍為自行起筋，所以搓揉麵糰時，即使麵糰表面有少許不平滑，但發酵時因為「水和」效果，故並無大礙。

*Tips* / 由於香港與日本的氣候有別，在香港製作麵包時，搓揉麵糰最理想的溫度是 22 至 23°C，必須注意控制麵糰材料的溫度，如水温、麵粉溫度等調整（在氣溫較高的季節，可將麵粉、水及其他材料冷藏備用）。

All ingredients should be mixed well within a short period of time. Measure each ingredients separately. Then mix the dry ingredients in one bowl, and wet ingredients in another. Pour wet ingredients into the dry ones. Mix into soft dough. Put dough on counter and start hard kneading it. Hard kneading means pressing and stretching the dough on counter until gluten develops. Then switch to soft kneading by gently rolling the dough with your palms to make a "V" on counter until the dough is soft.

Hoshino natural yeast calls for gentle kneading and prolonged fermentation at low temperature. That allows time for the starch to combine with water in a process called hydration while gluten develops at the same time. When kneading the dough, don't be alarmed if the dough isn't very smooth. It will turn smoother after hydration.

\* *Tips: Japan and Hong Kong differ in climate. The best temperate for kneading dough is 22 to 23°C in Hong Kong. Pay attention to not only the atmospheric temperature, but also the temperature of each ingredient, such as water and flour. Make adjustments if needed. If you make bread in the sweltering summer, you may refrigerate the flour, water and other ingredients before use.*



## 第一次發酵 FIRST RISE

搓圓後放入保鮮袋，盡量排走空氣，於室溫發酵 3 至 5 小時，檢查麵糰有否增大 1.5 倍。然後放入 7 至 9°C 雪櫃發酵 12 至 24 小時育成，完成後見有泡泡。

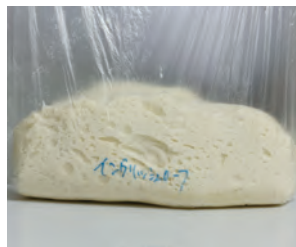
*Tips* / 不要對酵母施壓，慢慢進行低溫發酵對製作理想的麵糰十分重要。

*Tips* / 不建議包入保鮮紙，應給予足夠的空間發酵。

Knead the dough into a boule. Put it in the plastic bag. Drive the air out. Let the dough sit at room temperature for 3 to 5 hours. Check if the dough has expanded 1.5 times. Leave the dough in the fridge at 7 to 9°C for 12 to 24 hours to let the dough slowly prove further.

\* *Tips: Do not rush the fermentation of yeast. In order to make a good dough, allow time for slow rising at a low temperature.*

\* *Tips: I don't suggest wrapping the dough in cling wrap after kneading. There is not enough room for the dough to rise.*



## 分割麵糰 DIVIDING

從雪櫃取出麵糰置於室溫，讓麵糰回溫至接近室溫的溫度。建議使用電子秤，盡量溫柔輕力地將麵糰分成所需等份。

Take dough out from the fridge. Leave the dough at room temperature before dividing. Use a scale to weigh it and divide the dough evenly. To avoid damaging the gluten structure, it's always nice to cut the dough as few times as possible.



## 麵糰休息時間 BENCH TIME

搓圓麵糰並放在麵糰發酵專用布上，置於 32°C 讓麵糰休息，更易成型及控制。

*Tips* / 本書麵糰發酵及休息皆採用發酵機，如家中並無發酵機，可置於 32°C 並用棉布蓋着麵糰，以免麵糰太乾。

Roll each piece of dough into a boule. Let it rest on a baker's couche at 32°C. After resting, the gluten structure is less tense and the dough can be shaped more easily.

\* *Tips: All rises and bench time mentioned in this book are done in a fermentation machine. If you do not have a fermentation machine, you can leave at 32°C and cover it with cotton cloth or canvas, to avoid drying out.*



## 成型 SHAPING

如使用模具前，應先於模具內側抹上起酥油，盡量輕柔地對待麵糰，並盡快完成以免麵糰變乾。

Before putting the dough into any loaf tin or mould, grease the mould with shortening first. Put it in gently to avoid damaging the small air bubbles in the dough. Besides, try to shape it as quickly as you can so that it won't dry out.

## 最後發酵 FINAL PROOF

烘焗前最後一次發酵，又名為第二次發酵，建議於 30 至 32°C、濕度 70 至 80% 的地方進行發酵。

*Tips* / 由於星野天然酵母於超過 40°C 會死亡，必須注意溫度的控制。

This is the last proving step before baking. Allow the dough to prove at around 30 to 32°C. The humidity during this process should be around 70 to 80%.

\* *Tips: Temperature is very important as Hoshino natural yeast will die at temperature over 40°C.*

## 預熱焗爐 PREHEATING THE OVEN

烘焗前請先預熱焗爐，根據焗爐款式不同預熱時間有異。注意焗爐或會出現打開後溫度急降，需要一段時間才能讓溫度回升的情況，為免出現此情況，應預先將焗爐調高 20 至 30°C。

Always preheat the oven before baking. Depending of the type of oven you use, when you open the oven door, the temperature in the oven drops suddenly. It takes some time to heat up to the required temperature again. If this happens to your oven, preheat your oven 20 to 30°C higher than required. Turn it down after the dough is in.

## 烤焗 BAKING

食譜所列的烘焗溫度是實際溫度，如用焗爐溫度計量度較佳。

The baking temperature written on the recipe is the actual temperature of the oven. An oven thermometer might come in handy.



## 麵包保存 STORING THE BREAD

烤焗後待麵包散熱冷卻，如未能全部吃光，可用保鮮紙包起麵包，並放進密實袋排走空氣，放入冰格冷藏。進食時，將麵包取出及自然解凍，噴上水後普通麵包可直接加熱，加添了牛油的麵包則建議用錫紙包好加熱。

After the bread is baked, serve after it has cooled down a little. To store the bread, wrap the bread in cling wrap and put it in an airtight bag. Squeeze the air out the bag before sealing and keep the bread in the freezer. To serve the bread again, leave it at room temperature to thaw slowly. Spray some water on the bread and then warm it up in an oven. If the bread has much butter in it, wrap it in aluminum foil before warming it up in an oven.

### 日本麵包製作小知識 Baking terms for different types of Japanese bread

在日本製包用語中，以下是表示麵包種類的用語：

「リーン」(Lean) 種類麵包，指沒有加添牛油、雞蛋等較原味的麵糰。

「リッチ」(Rich) 種類麵包，指加入了牛油、雞蛋、砂糖等較豐富濃厚的麵糰。

「リーン」(Lean): A plain taste dough that does not contain any egg nor butter.

「リッチ」(Rich): A richer dough that contains butter, eggs and sugar.



## *Chapter 1*

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# BEGINNER

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*P 24 - 59*



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## 與星野天然酵母「相遇」

打開這本書的眾多讀者中，有初次聽見「星野天然酵母」的，縱使知道它的名字，沒親身使用過的也大有人在。

使用星野天然酵母與即溶酵母製作出來的麵包，質感完全不一樣。對即溶酵母經驗者來說，星野天然酵母有一種初次「相遇」的感覺。在此篇章，可了解星野天然酵母優秀的特徵，我特別選用簡單的材料和麵包定型的手法，讓大家從最根本瞭解它。

通過麵包發酵的過程，感受到天然酵母發酵的麵糰，具有「生命」的感覺，經過「搓圓麵糰」等基本動作，也確切感受到麵糰的生命力，從最基本步驟烤製而成的麵包，帶你感受從未體驗過、自然而來的小麥香氣和甜味。

天然酵母的美妙結合，與芳香軟綿的麵包來個初次「相遇」吧！

## MEETING with Hoshino Natural Yeast

You might have never heard of Hashino natural yeast before or even if you know it most of you have never use it. Bread made with Hoshino natural yeast tastes nothing like bread made with commercial yeast. You will feel something like “Meeting for the first time in your life” by using Hoshino natural yeast. In this chapter, we’d cover the outstanding features of Hoshino natural yeast by getting hands on. I picked plain bread recipes with simple ingredients and easy shaping, so that you’d get to understand its characteristics from the ground up.

In the rising process, you’ll feel the dough is living — this is the life that natural yeast gives the bread. When you knead and shape the dough, you can feel it too. Bread made with the most basic steps will bring you close to the quintessence of bread — natural aroma and sweetness of wheat grains — like never before.

Enjoy “Meeting first ever” the real taste and the deliciousness of the bread made with Hoshino natural yeast.

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イギリス食パン





# イギリス食パン

## English Loaf

### 英式吐司麵包

英式吐司麵包沒加添雞蛋、油分，能直接感受星野天然酵母和小麥的味道，切片直接品嚐，或烤成多士、三文治等，也是美味的選擇。

#### 材料

份量：1 個		
材料	百分比	克
春戀 100% 高筋麵粉	100%	330 克
種子島精糖	6%	20 克
天然海鹽	1.5%	5 克
水	52%	170 克
星野天然酵母	8%	26 克

#### 做法

##### 製作麵糰

- 在攪拌盤加入高筋麵粉、鹽及糖，用刮刀拌勻。
- 取另一容器加入水、酵母，一邊拌勻一邊加入高筋麵粉內，攪拌均勻，直至水分消失，用手按壓麵糰並揉成一糰。
- 放在桌面進行起筋搓揉（hard kneading），不斷搓揉至麵糰起筋，在桌面多次滾動麵糰至軟身，完成軟化搓揉步驟（soft kneading）。

##### 第一次發酵

- 麵糰放入盒內，置於室溫發酵 3 至 5 小時，再放入雪櫃（約 7 至 9℃）發酵 12 至 24 小時（見圖 1）。

# 日本星野天然酵母麵包

## JAPANESE BREADS WITH HOSHINO NATURAL YEAST

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萬里機構



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## 喜悦。與天然酵母相遇 幸福。感受熱呼呼的鬆軟麵包

溫柔的雙手搓揉綿軟的麵糰，  
每一刻，感受小麥香氣，  
還有天然酵母麵包帶來的健康美味！

日本麵包烘焙專家渡邊老師，蒐集多年對天然酵母創作麵包的心得，介紹適合香港氣候製作的天然酵母麵包及甜點，由搓揉麵糰、發酵、分割、定型、烤焗，每一步都細緻配合，環環相扣，為摯愛分享自家健康麵包的米麴餘韻。

## Grateful to have met natural yeast Joyful to feel the warmth of freshly baked bread

Gentle hands rolling soft dough  
Greeted by the fragrance of wheat grain with every pull and fold  
Anticipating the irresistible flavour of healthy natural yeast bread

Japanese baking expert Miki Watanabe shares with her readers her years of experience in baking bread with natural yeast. She came up with natural yeast bread and pastry recipes tailor-made for the climate in Hong Kong. From kneading the dough, rising, dividing, shaping to baking the bread, every step is interrelated to others. This is the way to bring joy to your loved ones with healthy home-made bread that exudes a hint of malted rice fragrance.

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