

零失敗
秘方系列

新手入廚 做好餸

Skilful recipes for novice cooks



- 🔪 打好入廚的基礎技巧，下廚無難度
- 🔪 圖文詳述自製蝦膠、魚茸餃、醬料
- 🔪 零失敗小竅門，成為家中煮廚

Forms Kitchen 編輯委員會 編



編者話

Preface

入廚，放鬆心情！

走入廚房，絕對是一項紓緩平日緊張情緒的生活方法。尤其對初下廚的新鮮人來說，能夠完成一道滿意的菜餚或甜點，那份滿足感由心底裏散發出來。

給料理新手的，可嘗試：黑椒豬肉乾、甘蔗雞、雞茸豆腐球、鮮雜果杏仁豆腐……

喜歡挑戰高難度菜式的，可試做：黃金糯米釀雞翼、自製 XO 醬、燒腩仔、金盞海鮮燴、鳳梨酥卷……

書內介紹多款烹調小技巧，如切鴿片、自製魚腐、釀蝦膠、包魚茸餃、迷你月餅等，附詳細步驟圖片，任何菜式、任何技巧，絕對難不到你！

Relax! It's just the kitchen.

A cooking session sure is a way to release the stress of the busy daily life. This is especially true for those who are new to the kitchen. Successfully nailing a dish or a dessert gives them incomparable satisfaction that is hard to put down in words.

For the absolute beginners, try pork jerky with black pepper, chicken sugar cane skewers, deep fried chicken and tofu balls, almond tofu pudding with assorted fruits.

For those more adventurous, try chicken wings stuffed with salted

egg yolk and glutinous rice, home-made XO sauce, roasted pork belly, braised seafood and zucchini in crispy cups, crumbly pineapple pastry rolls.

This book covers many basic cooking skills, such as slicing a squab, making tofu fish puffs from scratch, mincing shrimps, making minced fish dumplings and mini mooncakes. All steps are clearly illustrated so that you won't fret over any new recipe you've never tried or any new trick you've never done before. Enjoy!





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打好入廚基本功， 裝備自己

Equip Yourself with the Basic Cooking Techniques

入廚烹調並非難事，只要掌握基本的入廚小竅門，
你我都可以成為家中的大廚，輕鬆入廚。

*Cooking is not difficult at all. As long as you grasp the
kitchen basics, everyone can be a competent home
cook without breaking a sweat.*



鮮拆蟹肉無難度

Pick Fresh Crabmeat the Easy Way

蟹肉是常用的材料，自製鮮蟹肉鮮甜味美，而且方便快捷，快快動手吧！

〇〇 做法

1. 蟹身及蟹鉗隔水蒸熟，待涼或冷藏 2 小時，容易拆出蟹肉。
2. 用刀略拍蟹鉗，拆出完整的蟹鉗肉。
3. 用剪刀剪出蟹身白殼，用匙羹容易刮出蟹肉。

〇〇 入廚小竅門

★ 蟹肉內的碎殼必須徹底撿出，以免刺傷口腔。



Crabmeat is a common ingredient. Self-made fresh crabmeat tastes sweet and is also easy and convenient to make. Let's do it now!

Method

1. Steam crab body and crab pincers until done. Set aside to let cool and refrigerate for 2 hours.
2. Crack the pincers gently with the flat side of a knife. Shell them and take the pincers out in one piece.
3. Cut the white shell on the crab body with a pair of scissors. Scoop out crabmeat with a spoon.

Cooking Tips

- ★ Any broken shell in the crabmeat must be picked and removed completely so that no one chokes on them.



黑椒豬肉乾

Pork Jerky with Black Pepper



容易指數：☆☆☆☆☆

材料

絞豬肉 500 克

調味料

生抽 2 湯匙

老抽半茶匙

魚露 1.5 湯匙

紹酒 1 湯匙

鹽半茶匙

糖 4 湯匙

蜂蜜 1.5 湯匙

黑椒碎半茶匙

做法

1. 絞豬肉先加入鹽、生抽循一方向攪至起膠，加入餘下的調味料再攪勻。
2. 將絞豬肉放在一張牛油紙上，豬肉面再覆上另一張牛油紙，用木棒擀薄約 2 厘米厚。
3. 移開豬肉面的牛油紙，將豬肉和底紙一起放入已預熱 160℃ 的焗爐內焗約 15 分鐘，再調至 170℃ 焗 20 分鐘，期間反轉 2 次，取出待涼，切片享用。





Ingredient

500 g minced pork

Seasoning

2 tbsp light soy sauce

1/2 tsp dark soy sauce

1.5 tbsp fish sauce

1 tbsp Shaoxing wine

1/2 tsp salt

4 tbsp sugar

1.5 tbsp honey

1/2 tsp ground black pepper

Method

- 1 Add salt and light soy sauce to minced pork. Stir in one direction until sticky. Put in the remaining seasoning and mix well.
- 2 Place pork on a piece of baking paper. Put another piece of baking paper on top. Knead with a rolling pin until the pork is 2 cm thick.
- 3 Remove baking paper on top of the pork. Preheat oven at 160°C. Transfer the pork and the baking paper under it to the oven. Bake for 15 minutes. Turn to 170°C and bake for 20 minutes. Turn the pork upside down twice during baking. Remove and leave to cool. Slice and serve.

零失敗技巧 Successful cooking skills

自製豬肉乾，怎樣才美味？

將絞豬肉醃一夜才烘焙，味道更佳。

What is the secret trick to tasty pork jerky?

Marinate the pork overnight before baking it. It will taste better that way.

要注意哪個步驟？

必須用牛油紙覆蓋豬肉面才擀薄，否則肉碎黏滿木棒；而且，豬肉擀薄後更香口。

Is there any step that needs my special attention?

Cover the pork with baking paper before rolling it out with a rolling pin. Otherwise, the pork would stick to the rolling pin. The pork jerky also tastes better if rolled thinner.



黃金糯米釀雞翼

*Chicken Wings Stuffed with
Salted Egg Yolk and Glutinous Rice*

容易指數：☆☆☆☆☆



材料

急凍雞全翼 4 隻
糯米 2 兩
蝦米 1 兩
鹹蛋黃 2 個
生粉適量
牙籤 4 支

醃料

味椒鹽半茶匙
老抽半茶匙

調味料

鹽 1/8 茶匙
蠔油 1 茶匙
糖 1/4 茶匙
胡椒粉及麻油各少許

做法

1. 糯米洗淨，用水浸 4 小時，隔去水分，蒸 20 分鐘，放入鹹蛋黃再蒸 10 分鐘。鹹蛋黃切粒；蝦米浸軟，備用。
2. 雞全翼解凍，切去雞翅部分，於骨位剪開筋部，沿骨位剪入，慢慢褪出雞翼骨。（參考 p.11）
3. 將去骨雞翼洗淨，吸乾水分，用醃料拌勻醃約半小時。
4. 熱鑊下油，下蝦米及鹹蛋黃爆香，加入糯米及調味料炒勻，待涼。
5. 將步驟（4）的材料釀入雞翼內（約八成滿），用牙籤串起。
6. 雞翼撲上薄薄的生粉，放入熱油炸至金黃色及熟透享用。

零失敗技巧 Successful cooking skills

難以釀入餡料，為甚麼？

我建議選購體型較大的雞全翼，容易釀入餡料。

Why is it hard to stuff the chicken wings?

I suggest using large whole chicken wings for easy stuffing.

若餡料釀得太滿，後果如何？

入鑊炸時，雞翼會收縮，餡料受熱後容易爆瀉，影響賣相及口感，故餡料別釀得太多太滿。

What will happen if stuffed with too much filling?

The chicken wing will contract in the process of deep-frying. Too much filling when heated will make the filling burst, giving a poor presentation and taste. Do not stuff more than enough.

Ingredients

4 frozen whole chicken wings
75 g glutinous rice
38 g dried shrimp
2 salted egg yolks
caltrop starch
4 toothpicks

Marinade

1/2 tsp flavoured pepper salt (Aji Shio Koshō)
1/2 tsp dark soy sauce

Seasoning

1/8 tsp salt
1 tsp oyster sauce
1/4 tsp sugar
ground white pepper
sesame oil

Method

1. Rinse the glutinous rice. Soak in water for 4 hours. Drain. Steam for 20 minutes. Put in the salted egg yolks and steam for 10 minutes. Dice the salted egg yolks. Soak the dried shrimp until soft. Set aside.
2. Defrost the chicken wings. Cut off the drumsticks. Cut the tendon off the bone with a pair of scissors. Cut along the bone. Remove the bone slowly. (refer to p.11)
3. Rinse the boned chicken wings. Wipe dry. Mix with the marinade and rest for about 1/2 hour.
4. Add oil in a heated wok. Stir-fry the dried shrimp and salted egg yolk until fragrant. Add the glutinous rice and seasoning. Stir-fry and mix well. Let it to cool.
5. Stuff the chicken wings (in about 80% full) with the filling from step 4. Skewer with the toothpicks.
6. Thinly coat the chicken wings with the caltrop starch. Deep-fry in hot oil until golden and fully done. Serve hot.



1



2



燒腩仔

Roasted Pork Belly



容易指數：☆☆☆☆☆



材料

急凍五花腩 1.5 公斤
粗鹽 300 克

醃料

鹽 1 湯匙
五香粉及沙薑粉各半茶匙
玫瑰露酒 1 湯匙

工具

錫紙 1 張
棉繩 1 條

做法

1. 急凍五花腩放於雪櫃下層自然解凍，放入沸水煮約 10 分鐘，盛起，過冷河，抹乾。

2. 用針插或叉子在五花腩皮戳入，令整塊皮層戳滿小孔。
3. 反轉腩肉，用刀剝入兩刀，約 1.5 厘米深，塗上玫瑰露酒，再擦勻五香粉及沙薑粉，醃約 3 至 4 小時。
4. 錫紙對摺，摺成長條狀，沿五花腩四周圍起，高於五花腩約 2 厘米，用棉繩紮好。
5. 將粗鹽均勻地鋪於五花腩面，約 1 厘米厚。
6. 將整個五花腩放於焗盤，放入預熱焗爐以 200°C 焗約 45 分鐘，取出。
7. 取走面層的粗鹽，再放入焗爐以上火焗約 15 分鐘，至五花腩皮層呈金黃色及香脆，待涼，斬件享用。





Ingredients

1.5 kg frozen pork belly
300 g coarse salt

Marinade

1 tbsp salt
1/2 tsp five-spice powder
1/2 tsp spice ginger powder
1 tbsp rose wine

Tools

1 sheet aluminum foil
1 piece cotton string

Method

1. Defrost the pork belly in the lower chamber of the refrigerator. Cook in boiling water for about 10 minutes. Rinse with cold water. Wipe dry.
2. Pierce the skin of the pork belly with a set of needle or fork to let the entire skin filled with holes.
3. Turn over the pork belly. Make two cuts of about 1.5 cm deep. Spread with the rose wine. Then rub with the five-spice powder and spice ginger powder. Marinate for about 3 to 4 hours.
4. Fold the aluminum foil into a long strip. Surround the pork belly. The top of the aluminum foil should be about 2 cm higher than the pork belly. Tie with the cotton string.
5. Lay the coarse salt evenly on the surface of the pork belly, about 1 cm thick.
6. Put the whole pork belly on a baking tray. Bake in a preheated oven at 200°C for about 45 minutes. Remove.
7. Remove the coarse salt from the surface. Bake in the oven again on upper heat for about 15 minutes until the skin is golden and crispy. Allow it to cool down. Chop into pieces. Serve.



零失敗技巧 Successful cooking skills

為何在肉面剗入兩刀？

將玫瑰露酒、五香粉及沙薑粉抹入切口內，讓調味徹底滲入五花腩肉，肉香撲鼻！

Why score the meat by making two cuts on the surface?

This is to allow rose wine, five-spice powder and spice ginger powder to penetrate the meat through the cuts, making it fragrant!

鋪上大量的粗鹽，肉會太鹹嗎？

絕對不會！因為用錫紙圍着腩肉周圍，粗鹽只會對皮層做成效果，絕不會令肉質有所影響。

Will the meat be too salty by covering with a great amount of coarse salt?

Absolutely not! The pork belly is surrounded by aluminum foil. Only the skin will be affected but not the meat.

粗鹽有何作用？

大量的粗鹽可吸取腩肉皮層的水分，烤焗後外皮更香脆可口！

What is the use of coarse salt?

Abundant salt can help absorb the moisture in the skin layer of the pork belly. The roasted skin will be crunchier.

為何用叉子戳於五花腩皮層？

五花腩用叉子戳後及烤焗，皮層卜脆酥化！

Why pierce the skin of the pork belly with a fork?

It is to make the roasted skin crispier and tasty!



雞茸豆腐球

Deep Fried Chicken and Tofu Balls



容易指數：☆☆☆☆☆





材料

布包豆腐 1 塊
圓形豆腐泡 12 個
雞肉 3 兩
蔥粒 1 湯匙

醃料

生抽半湯匙
糖半茶匙
胡椒粉少許
粟粉 1 茶匙

蘸汁

大紅浙醋 1 小碟

做法

1. 雞肉洗淨，剁成茸，下醃料拌勻，炒熟備用。
2. 布包豆腐壓成茸，加入雞肉及蔥粒拌成餡料。
3. 豆腐泡剪開一小角，用手輕輕反向後（白色向外），將適量雞茸豆腐餡釀入中空位置。
4. 燒滾油，下雞茸豆腐球用中火炸至金黃色，瀝乾油分，伴蘸汁享用。

Ingredients

1 cloth-wrapped tofu
12 round deep-fried tofu puffs
113 g chicken meat
1 tbsp chopped spring onions

Marinade

1/2 tbsp light soy sauce
1/2 tsp sugar
ground white pepper
1 tsp cornflour

Dipping sauce

1 small plate red vinegar

Method

1. Rinse the chicken meat. Chop into puree. Mix well with the marinade. Stir-fry until done. Set aside.
2. Mash the tofu. Add the chicken meat and spring onions. Mix well as filling.
3. Cut a small corner of the tofu puffs. Slowly flip the inside over (with the white side facing outwards). Stuff some of the fillings in the middle to become a ball.
4. Heat oil in a wok. Deep-fry the balls over medium heat until golden brown. Drain well. Serve with the dipping sauce.



零失敗技巧 Successful cooking skills

可用牛肉代替雞肉嗎？

可用免治牛肉代替，省卻剁肉的步驟。

Can we use beef instead?

To save the time of chopping step, you can use minced beef.

釀入餡料後立即下油鍋炸嗎？

建議放一會才炸，避免餡料容易溢出。

Is it to deep-fry the ball right after it is stuffed?

Set aside for a while before deep-frying to avoid the filling coming out.

豆腐球需要炸兩次嗎？

不需要，因豆腐泡已炸了一遍，減去部份水分。

Is it necessary to deep-fry the ball twice?

No, the tofu puff has been deep-fried reducing part of the water.



芝士蝴蝶酥

Cheese Palmier



容易指數：☆☆☆☆☆



* 可製成 40 件

材料

急凍酥皮 1 包（解凍）
麵粉 2 湯匙
雞蛋 1 個
合桃碎適量
Brie 芝士 100 克

做法

1. 芝士切成幼粒；合桃切碎。
2. 灑少許麵粉於工作枱，將酥皮擀薄成厚約 4 毫米、25 厘米 x 25 厘米的正方形。
3. 酥皮抹上蛋液，將芝士、合桃碎平均地鋪於酥皮上，從上下兩邊向內捲起，相疊。
4. 放入冰格雪約 1 小時，取出，切約半厘米厚。
5. 放於鋪上牛油紙的焗盤內，放入已預熱焗爐用 200°C 焗約 18 分鐘，取出，攤涼後享用。

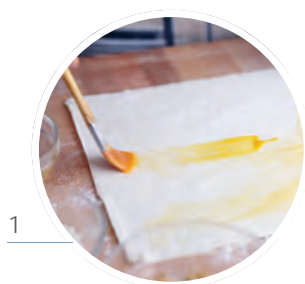
* makes 40 pastries

Ingredients

1 pack frozen puff pastry
2 tbsp flour
1 egg
chopped walnuts
100 g Brie cheese

Method

1. Dice the cheese finely. Chop the walnuts.
2. Sprinkle some flour on the counter. Roll out the puff pastry into a 25 cm square, about 4mm thick.
3. Brush egg wash on the puff pastry. Arrange the diced cheese and chopped walnuts evenly over the pastry. Roll from both ends toward the centre.
4. Refrigerate for 1 hour. Slice into half cm thick pieces.
5. Arrange on a baking tray or cookie sheet lined with baking paper. Bake in the preheated oven at 200°C for 18 minutes. Leave it to cool and serve.



零失敗技巧 Successful cooking skills

有甚麼成敗關鍵的竅門？

捲酥皮時不要捲得太實，宜鬆手，這可提供足夠空間讓酥皮膨脹。

Is there any trick to this recipe?

Just don't roll the puff pastry too tightly. Otherwise, the pastry won't have room for puffing up and you'd end up with dense palmiers, not fluffy ones.

用 200°C 的爐溫，不會太高嗎？

用比較高的爐溫，蝴蝶酥才容易鬆起。

Baking the cheese palmier at 200°C, is it a bit too hot?

No, it's not. Actually, the puff pastry tends to rise and puff up better at high temperature.



迷你藍莓果仁月餅

*Mini Mooncakes with
Blueberry and Assorted Nuts*

☁️ 容易指數：☆☆☆☆☆



材料

皮料

麵粉 150 克
糖膠 100 克
粟米油 1/4 杯
鹼水 1/4 茶匙
濃普洱茶 1 湯匙

餡料

合桃 60 克
杏仁 50 克
榛子 40 克
夏威夷果仁 40 克
糖冬瓜 50 克
蜜餞果皮 20 克
藍莓乾 50 克
粟米油 25 毫升
凍滾水 45 毫升
糖霜 50 克
糕粉 30 克
杯酒 1 湯匙

塗料

蛋黃 2 個
粟米油 1 茶匙
水 1 茶匙（與糖 1 茶匙調勻）
* 調勻所有材料

做法

餡料

1. 焗香果仁，切碎。
2. 所有材料（除糕粉）拌勻，最後加入糕粉拌勻；餡料搓成每個約 30 克圓粒。

綜合做法

1. 餅皮：麵粉放在深碗內，加入糖膠、油、濃普洱茶、鹼水拌勻，搓成粉糰，靜置 1 小時。
2. 將粉糰搓成長條形，再分割成每份約 15 克的小粉糰。
3. 將小粉糰壓薄，包入餡料成月餅的雛形，然後放入已灑粉的餅模中，按壓，脫去餅模。
4. 月餅上噴水，放入已預熱 210℃ 的焗爐內焗約 8 分鐘，取出月餅，餅面塗上蛋液，轉用 180℃ 焗約 10 分鐘，取出掃蛋液，再焗 10 分鐘即成。

Ingredients

Pastry skin

150 g flour
100 g pectin
1/4 cup corn oil
1/4 tsp food-grade lye
1 tbsp strong Pu-er tea

Filling

60 g walnuts
50 g almonds
40 g hazelnuts
40 g macadamia nuts
50 g candied wintermelon
20 g candied citrus peels
50 g dried blueberries
25ml corn oil
45ml cold drinking water
50 g icing sugar
30 g fried glutinous rice flour
1 tbsp rum

Egg wash (mixed well)

2 egg yolks
1 tsp corn oil
1 tsp water (mixed with 1 tsp of sugar first)

Method

Filling

1. Bake all nuts briefly. Finely chop them.
2. Mix all ingredients together (except fried glutinous rice flour). Stir in the fried glutinous rice flour at last. Stir well. Roll the filling with your hands into balls about 30 g each.





Assembly

1. To make the pastry skin, put flour into a deep mixing bowl. Add pectin, oil, Pu-er tea and lye. Mix well and knead into dough. Leave it for 1 hour.
2. Roll the dough into long cylinder. Cut into short sections of dough about 15 g each.
3. Roll out each small piece of dough. Wrap in a ball of filling. Seal the seam well. Press the stuffed dough firmly into a cake mould. Tap the mould a few times to release the mooncake. Repeat this step until all ingredients are used up.
4. Spray drinking water on the mooncakes. Bake in a preheated oven at 210°C for about 8 minutes. Brush egg wash over the mooncakes. Turn the oven down to 180°C and bake for 10 more minutes. Brush a second layer of egg wash on them. Bake for 10 more minutes at last and serve.

零失敗技巧

Successful cooking skills

烘焗月餅時，有何需要注意？

放入焗爐前，緊記噴上水點，以免月餅太乾太硬。

Is there anything that needs my attention when I bake the mooncakes?

Sprinkle water on the mooncakes before baking. Otherwise, they may turn too dry and too hard.

如何挑選餡料？

任何果仁都可製成餡料，只要自己喜歡的即可，悉隨尊便。

How do you choose the filling ingredients?

You can use any nut as the filling. Just choose any type you like.

月餅形狀容易按壓出來嗎？

使用輕便的按壓式月餅模，簡單方便，輕輕一按，月餅花紋清晰明顯。

Is it easy to create the embossment on the mooncakes?

Use a hand-pressed mooncake mould for convenience. Just press it with your hand and the mooncakes will turn out perfect with beautiful embossment.

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Forms Kitchen編輯委員會

美術設計
馮景蕊

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對入廚新手來說，切肉、煮醬、打蝦膠、拆雞翼……似乎有點難度。

要掌握下廚技巧，除了請教大師傅外，依着書內的步驟及竅門細心做，除了鞏固廚藝，也給你信心親手炮製美食，為家人製造驚喜。周末一展身手炮製蝴蝶酥、黑芝麻千層糕……放鬆心情，與親友共享入廚之樂。

無論小吃、家常小菜、中西式鹹甜點心，一日學會一道食譜，你將擁有大廚級的手藝。

For the kitchen novice, slicing meat, making a sauce, mincing shrimp and deboning chicken all sound intimidating.

To acquire cooking skills, you can turn to master chefs for a tip. But you may also simply add this cookbook to your repertoire as a useful reference. Follow the steps and familiarize yourself with the tips. Practise more and you'd grasp the gist of it. You'd also build the confidence to cook for your loved ones. Imagine them waking up to the divine smell of freshly baked homemade palmiers or black sesame layered cake on the weekends. Just take it easy and relish the joy of cooking with your friends and family.

Make it your resolution this year – learn one recipe a day, be it a snack, a home-style stir-fry, a Western dessert, or a Chinese sweet. You sure would have garnered the skills of the masters by the end of the year.



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