

小烤箱美食

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前言

香港寸金尺土，地方有限，不能放置大型焗爐（烤箱），令到一群熱愛烘焙的“粉絲”只能望門興嘆，不能盡情釋放烹飪的熱情，大煮特煮。幸運地，隨着一股製造甜品熱潮的強勢下，許多生產小型家庭電器的廠商洞悉商機，製造出許多輕巧時尚的小焗爐，通稱“小烤箱”，讓我們這群烘焙愛好者繼續開心有“焗”。

市面上的小烤箱，有些帶有微波功能。不過我卻愛用傳統功能，特別是有上、下發熱線或石英管作導熱媒體的。最好選用可以隨意選擇能關掉上火、下火、全開或全熄的焗爐，因為能靈活運用和處理食品的效果。

現今世界講求環保和飲食健康，利用焗爐作烹調工具，清潔、衛生又方便。它擁有翻熱、烹調，甚至附有蒸氣的功能，能配合少油、少炸等健康烹調的要求，用途多而廣泛，適應現代人的需要。

由於家居地方有限，都市生活繁忙，所以書中食譜以簡單、容易處理和隨時能購買的材料為依歸，有些甚至預先處理便可以輕鬆烹煮，隨時可以享受美味食物。

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香辣醬油雞翼

Chili Chicken Wings



2~3人 • 2~3 persons

10~12分鐘 • 10~12 minutes

材料

雞中翼10-12隻
洋葱絲100克

醃料

海鹽1茶匙
鮮露1茶匙
糖1湯匙
生粉1茶匙
老抽½茶匙
橄欖油1湯匙
Tabasco辣椒汁1茶匙
雜胡椒碎適量

Ingredients

Mid-joint chicken wings
10-12pcs
Onion shreds 100g

Marinade

Sea salt 1 tsp
Seasoning sauce 1 tsp
Sugar 1 tbsp
Cornstarch 1 tsp
Dark soy sauce ½ tsp
Olive oil 1 tbsp
Tabasco 1 tsp
Ground mixed pepper
as needed

做法

- 1 雞中翼解凍後，用少許檸檬汁撈勻待5分鐘，沖洗乾淨。
- 2 燒水一鍋，放入雞翼飛水，加入醃料拌勻，置冰箱中冷凍1-2小時。
- 3 焗爐預熱2-3分鐘，在焗盤上先放洋葱絲，再鋪上雞翼焗10-12分鐘。

Cooking method

- 1 Defrost the chicken wings, mix well with a little lemon juice, let stand for 5 minutes, rinse thoroughly.
- 2 Boil a pot of water, scald the chicken wings, add the marinade, stir well, cool in refrigerator for 1-2 hours.
- 3 Pre-heat the oven for 2-3 minutes, put the onion shreds onto the oven tray first, then the chicken wings, bake for 10-12 minutes.

心得Tips

- 1 小烤箱的火力比較猛，烘烤時要多關注食物狀況，如果遇到表面或底部出現燒焦情況，可用錫紙蓋面或立即關掉上火或下火。
- 2 每具焗爐的火力會有差異，應該先了解家中焗爐的火力，而調校烹調時間。
- 1 Pay attention to the food condition during baking, as the heat of the oven is rather strong. If the surface or bottom of the food is burnt, you may use foil to cover it or switch off the upper or lower fire immediately.
- 2 As the heat of different ovens may vary, you should find out the strength of your oven, and adjust the cooking time accordingly.

2~3人 • 2~3 persons

15~20分鐘 • 15~20 minutes

材料

雞腿4-6隻
檸檬片3-4片(裝飾或伴食)

醃料

鹽½茶匙, 糖2茶匙
鮮露1茶匙
雞粉½茶匙
海鮮醬1茶匙
蛋白1隻
生粉1茶匙
黑胡椒碎1茶匙
蒜鹽½茶匙, 酒1茶匙
橄欖油1湯匙

檸檬蜜糖水

檸檬汁1茶匙
熱水1茶匙
蜜糖1湯匙

Ingredients

Chicken drumsticks 4-6pcs
Lemon slices 3-4 slices
(for decoration or serve together)

Marinade

Salt ½ tsp, Sugar 2 tsp
Seasoning sauce 1 tsp
Chicken powder ½ tsp
Hoi sin sauce 1 tsp
Egg white 1 pc
Cornstarch 1 tsp
Ground black pepper 1 tsp
Garlic salt ½ tsp, Wine 1 tsp
Olive oil 1 tbsp

Lemon honey water

Lemon juice 1 tsp
Hot water 1 tsp
Honey 1 tbsp

做法

- 1 雞腿解凍，用少許檸檬汁撈勻待5分鐘，沖洗乾淨，抹乾水份。
- 2 把醃料拌勻，加入雞腿內撈勻，置冰箱中冷凍1-2小時。
- 3 掃面材料拌勻，備用。
- 4 焗爐預熱2-3分鐘，放上雞腿焗13-15分鐘。
- 5 取出雞腿，刺入竹籤而沒有血水流出現，掃上檸檬蜜糖水，回爐焗2-3分鐘便可。

Cooking method

- 1 Defrost the chicken thighs, mix well with a little lemon juice, let stand for 5 minutes, rinse thoroughly, wipe dry.
- 2 Stir the marinade well, add the chicken thighs and mix well, cool in refrigerator for 1-2 hours.
- 3 Stir the ingredients for wiping the surface well, set aside.
- 4 Pre-heat the oven for 2-3 minutes, put the chicken thighs into the oven for 13-15 minutes.
- 5 Take out the chicken thighs, poke with a bamboo stick and no bleeding, wipe with lemon honey water, put back to oven for 2-3 minutes, and then ready to serve.

心得Tips

縮減烹調時間，可在雞腿厚肉部份，用小刀劃幾道縫，容易入味和快熟。

To shorten the cooking time, you may cut the thick part of the chicken thighs with a small knife several times. This will shorten the marinating and cooking time.

香檸燒雞鉗

Roasted Chicken Drumsticks with Lemon Slices



海鹽燒辣味蝦

Roasted Chili Prawns with Spicy



2~3人 • 2~3 persons

8~10分鐘 • 8~10 minutes

材料

大花蝦4-6隻

醃料

海鹽 $\frac{1}{2}$ 茶匙
味椒鹽 $\frac{1}{4}$ 茶匙
酒1茶匙
糖2茶匙
鮮露1茶匙

伴食

檸檬3-4角

Ingredients

King prawns 4-6pcs

Marinade

Sea salt $\frac{1}{2}$ tsp
Salt pepper seasoning $\frac{1}{4}$ tsp
Wine 1 tsp
Sugar 2 tsp
Seasoning sauce 1 tsp

Serve with

Lemon wedges 3-4pcs

做法

- 1 花蝦洗淨，挑腸，抹乾備用。
- 2 醃料拌勻，放入蝦肉，醃5分鐘
- 3 焗爐預熱2-3分鐘，放入花蝦焗8-10分鐘或至熟，取出與檸檬角同食。

Cooking method

- 1 Rinse the king prawn thoroughly, devein, wipe to dry, set aside.
- 2 Stir the marinade well, add into the prawns, let stand for 5 minutes.
- 3 Pre-heat the oven for 2-3 minutes, put the prawns into the oven for 8-10 minutes or until done, take out and serve with the lemon wedges.

心得Tips

可以在蝦背剖開一點，容易使蝦肉入味和快熟。
Cut a shallow slit at the back of the prawns, which will make the prawns get done quicker and flavor being absorbed easier.

2~4人 • 2~4 persons

25分鐘 • 25 minutes

材料

連殼生蠔4隻
煙腩肉3-4片
洋蔥碎30克
瑞士芝士碎50克

調味

海鹽½茶匙
黑胡椒碎1茶匙
Tabasco辣椒汁1茶匙

Ingredients

Oysters in shells 4pcs
Bacon 3-4 slices
Chopped onion 30g
Emmenthaler cheese 50g

Seasoning

Sea salt ½ tsp
Ground black pepper 1 tsp
Tabasco 1 tsp

做法

- 1 生蠔洗擦乾淨，備用。
- 2 煙腩肉切碎，放焗爐內焗至香脆，需時10分鐘，取出備用。
- 3 用煙腩肉的油，加入洋蔥碎焗5分鐘。
- 4 把生蠔分別放上調味、煙肉碎和洋蔥碎，再撒上芝士。
- 5 焗爐預熱2-3分鐘，放入生蠔焗8-10分鐘或至熟，即可。

Cooking method

- 1 Rinse and wipe the oysters thoroughly, set aside.
- 2 Mince the smoked bacon, put into the oven until crispy, about 10 minutes needed, take out and set aside.
- 3 Make use of the frying oil of the streaky bacon, add chopped onion, bake for 5 minutes.
- 4 Add seasoning, chopped bacon and onion to the oysters, sprinkle the cheese over.
- 5 Pre-heat the oven for 2-3 minutes, put the oysters into the oven for 8-10 minutes or until done, then ready to serve.

心得Tips

- 1 表面必須焗至乾身和金黃色，效果才理想。
- 2 煙肉可改用即食煙肉碎，會省時一點。
- 1 For ideal effect, the surface needed to be baked until dry and golden in color.
- 2 You may use instant chopped bacon instead to save time.

芝士煙肉燒蠔

Roasted Oysters with Cheese and Bacon



鹽燒翡翠螺

Salt-roasted Jade Spiral Shells



2~4人 • 2~4 persons

10~12分鐘 • 10~12 minutes

材料

翡翠螺 4-8隻
粗鹽 1包
清酒 1-2湯匙

調味

味椒鹽 適量

Ingredients

Jade spiral shells 4-8pcs
Coarse salt 1 pack
Sake 1-2 tbsp

Seasoning

Salt pepper seasoning as needed

做法

- 1 翡翠螺擦洗乾淨，備用。
- 2 焗爐預熱2-3分鐘，用1張錫紙墊在盤上，放上粗鹽，焗熱。
- 3 取出，插上翡翠螺回爐焗5-8分鐘，再次取出淋上清酒，回爐焗2-3分鐘。
- 4 享用時，可灑點味椒鹽調味。

Cooking method

- 1 Wipe and rinse the Jade spiral shells thoroughly, set aside.
- 2 Pre-heat the oven for 2-3 minutes, lay a sheet of foil on the tray, cover with coarse salt, bake until hot.
- 3 Take out, plunge the Jade spiral shells into the salt, put back into the oven for 5-8 minutes, take out again and sprinkle with sake, back to oven for 2-3 minutes.
- 4 Sprinkle with salt pepper seasoning for flavoring when serve.

心得Tips

- 1 選螺的原則：必須新鮮。不新鮮的螺會帶有腥臭味道，不宜食用。
- 2 烤螺必須完全熟透，否則容易引起腸胃不適。
- 1 Choose fresh Jade spiral shells, otherwise there will be odour smell and not suitable for consumption.
- 2 Bake the spiral shells to well done, otherwise stomach upset may occur.

2~4人 • 2~4 persons

10~12分鐘 • 10~12 minutes

材料

和牛肉150克
蒜頭2粒
橄欖油1-2湯匙

醃料

鮮露1茶匙
保衛爾牛肉汁1茶匙
日式燒肉汁1茶匙
糖1茶匙
生粉1茶匙
橄欖油1湯匙

Ingredients

Japanese beef 150g
Garlic 2pcs
Olive oil 1-2 tbsps

Marinade

Seasoning sauce 1 tsp
Bovril 1 tsp
Japanese sauce for BBQ meat 1 tsp
Sugar 1 tsp
Cornstarch 1 tsp
Olive oil 1 tbsps

做法

- 1 蒜頭洗淨，切薄片，備用。
- 2 醃料拌勻，塗抹在牛肉上，待5分鐘。
- 3 焗爐預熱2-3分鐘，在焗盤上放上蒜片和牛肉，再淋上橄欖油，焗5-6分鐘，熄爐，待1-2分鐘取出即成。

Cooking method

- 1 Rinse the garlic thoroughly, cut into thin slices, set aside.
- 2 Stir the marinade well, coat the beef, let stand for 5 minutes.
- 3 Pre-heat the oven for 2-3 minutes, put garlic slices and beef onto the tray, sprinkle with olive oil, bake for 5-6 minutes, switch off the oven, let stand for 1-2 minutes, then ready to serve.

心得Tips

挑選牛肉時，肉質的脂肪要多而均勻，那麼烤出來的牛肉便會又嫩又滑了。

When choosing the beef, pick the one with more fat and the fat being evenly distributed, then the baked beef will be tender and smooth.

香蒜燒和牛肉

Roasted Japanese Beef with Garlic



芝士西蘭花焗薯

Baked Potatoes with Cheddar Cheese and Broccoli



2~4人 • 2~4 persons

25~30分鐘 • 25~30 minutes

材料

美國焗薯(中) 2個
西蘭花 50克
濃味車打芝士 4片
即食煙肉碎 1-2湯匙

調味

上湯 1杯
鹽 ¼茶匙
胡椒粉 適量

Ingredients

American potatoes (medium) 2pcs
Broccoli 50g
Cheddar cheese 4 slices
Instant chopped bacon 1-2 tbsp

Seasoning

Stock 1 cup
Salt ¼ tsp
Pepper as needed

做法

- 1 美國焗薯洗淨，放清水中煮15分鐘至八成熟，剖開備用。
- 2 西蘭花用上湯焯煮3-4分鐘，過冷，備用。
- 3 焗爐預熱2-3分鐘，把焗薯放在焗盤上，按序放上西蘭花、芝士和煙肉碎焗8-10分鐘即成。

Cooking method

- 1 Rinse the American potatoes thoroughly, put in water and boil for 15 minutes until the potato is 80% done, cut open and set aside.
- 2 Scald the broccoli in the soup stock for 3-4 minutes, rinse with cold water, set aside.
- 3 Pre-heat the oven for 2-3 minutes, put the potatoes onto the oven tray, then add broccoli, cheese and chopped bacon according to the sequence, bake for 8-10 minutes, then ready to serve.

心得Tips

- 1 想要焗薯的味道集中，可以把原隻焗薯用叉子刺孔，裹上錫紙放入焗爐焗熟，時間會長一點，不過味道會更濃郁。
- 2 西蘭花連調味同置碗中，蓋上錫紙，放焗爐烤煮10分鐘也可以。
- 1 To make the potato tastier, you may prick the whole potato with a fork, wrap it with foil and bake in the oven until done. This may takes longer time, but the taste will be richer.
- 2 You may also put the broccoli in the bowl with the seasoning, cover with foil, put into oven and bake for 10 minutes.

2~4人 • 2~4 persons

25~30分鐘 • 25~30 minutes

材料

新薯3-4個
煙肉片2片
洋葱50克
蒙沙拉芝士
(披薩芝士) 100克
葱1條

調味

蒜鹽½茶匙

Ingredients

New potatoes 3-4pcs
Bacon slices 2 slices
Onion 50g
Mozzarella cheese
(Pizza cheese) 100g
Spring onion 1 pc

Seasoning

Garlic salt ½ tsp

做法

- 1 新薯煮8分鐘或放焗爐內焗10分鐘，約八成熟，取出對半剖開，小心挖去薯肉成小碗形。
- 2 煙肉切碎，焗至香脆。葱洗淨切粒，洋葱切碎。
- 3 焗爐預熱2-3分鐘，在薯皮分別放入蒜鹽、煙肉碎、葱粒和洋葱碎，再撒上芝士碎焗5分鐘，至芝士融化而呈金黃色便可。

Cooking method

- 1 Cook the new potatoes for 8 minutes or bake in oven for 10 minutes, until about 80% done, take out and cut open, remove the flesh carefully to make a bowl-like shape.
- 2 Mince the bacon, bake until crispy. Rinse the spring onion thoroughly and dice. Mince the onion.
- 3 Pre-heat the oven for 2-3 minutes, add garlic salt, chopped bacon, spring onion dice and chopped onion onto the potato peels, sprinkle with grated cheese, bake for 5 minutes until the cheese melts and in golden color, then ready to serve.

心得Tips

市面也有現成薯皮售賣，不過自己親手弄的薯皮，味道會甘香一點。

Ready to serve potato peels are available in the market also, but DIY potato peels are more tasty.

香焗薯皮

Baked Potato Peels



蜜汁燒香腸伴薯角

Honey Roasted Sausages with Potato Wedges



2~4人 • 2~4 persons

25~30分鐘 • 25~30 minutes

材料

豬肉香腸4-6條
新薯2-3個
油1-2茶匙

新薯調味

番荳碎10克
蒜鹽1茶匙
牛油50克

桂花蜜糖汁

蜜糖/麥芽糖1湯匙
熱水1茶匙
桂花糖1茶匙
檸檬汁1茶匙

Ingredients

Pork sausages 4-6pcs
New potatoes 2-3pcs
Oil 1-2 tsp

Seasoning for the new potatoes

Chopped parsley 10g
Garlic salt 1 tsp
Butter 50g

Sweet osmanthus honey sauce

Honey / maltose 1 tbsp
Hot water 1 tsp
Sweet osmanthus sugar 1 tsp
Lemon juice 1 tsp

做法

- 1 薯仔洗淨切角，拌入調味，放入已預熱的焗爐焗8-10分鐘或至熟。
- 2 桂花蜜糖汁拌勻，備用。
- 3 焗爐預熱2-3分鐘，把已塗油的肉腸放入焗爐烤10-12分鐘或至熟。
- 4 取出豬肉腸，掃上桂花蜜糖汁，回爐焗3-5分鐘至甘香鬆脆狀。

Cooking method

- 1 Rinse the potatoes thoroughly and cut into wedges, mix with seasoning, put into the pre-heated oven and bake for 8-10 minutes or until done.
- 2 Stir the sweet osmanthus honey sauce well, set aside.
- 3 Pre-heat the oven for 2-3 minutes, put the oil-coated sausages into the oven for 10-12 minutes or until done.
- 4 Take out the pork sausages, wipe with sweet osmanthus honey sauce, put back into the oven and bake for 3-5 minutes until crispy.

心得Tips

桂花蜜糖汁含糖份，容易搶色，所以必須小心掌管爐火，否則容易燒焦。

Sweet osmanthus honey sauce contains sugar which will be easily get burnt, so be careful with the strength of the oven and prevent get burnt.

2~4人 • 2~4 persons

25~30分鐘 • 25~30 minutes

材料

墨魚膠100克
芋頭200克
固體菜油/豬油50克
澄麵粉1-2湯匙
牛油熔液50克(掃面)

墨魚膠調味

鹽 $\frac{1}{2}$ 茶匙
糖 $\frac{1}{2}$ 茶匙
生粉1茶匙
蛋白1隻
胡椒粉適量
麻油適量

芋頭調味

鹽 $\frac{1}{2}$ 茶匙
五香粉 $\frac{1}{2}$ 茶匙

Ingredients

Cuttlefish paste 100g
Taro 200g
Margarine /
Solid lard 50g
Wheat starch 1-2 tbsp
Melt butter 50g
(wipe the surface)

Seasoning for cuttlefish paste

Salt $\frac{1}{2}$ tsp
Sugar $\frac{1}{2}$ tsp
Cornstarch 1 tsp
Egg white 1 pc
Pepper as needed
Sesame oil as needed

Seasoning for taro

Salt $\frac{1}{2}$ tsp
Five-spice powder $\frac{1}{2}$ tsp

做法

- 1 墨魚膠與調味拌勻，放入冰箱中冷凍30分鐘，備用。
- 2 芋頭去皮，以大火蒸熟約10-15分鐘，取出芋頭，趁熱拌入調味和固體菜油(乳瑪琳)或豬油搓爛成芋蓉。
- 3 墨魚膠分成10份；芋蓉也分成10等份，每份芋蓉包上1份墨魚膠做成盒形。
- 4 焗爐預熱2-3分鐘，每個芋蓉盒塗上牛油熔液焗10-15分鐘至熟透，即成。

Cooking method

- 1 Mix the cuttlefish paste with the seasoning well, put into the refrigerator to cool for 30 minutes, set aside.
- 2 Peel the taro, steam to done over high heat for 10-15 minutes, take out the taro, mix with the seasoning and vegetable oil when it is hot, mash into taro paste.
- 3 Divide the cuttlefish paste into 10 portions, and also the taro paste into 10 portions, wrap each portion of cuttlefish paste with a portion of taro paste and make into a box-shape.
- 4 Pre-heat the oven for 2-3 minutes, wipe each taro box with melted butter and bake for 10-15 minutes until done, then ready to serve.

心得Tips

可隨意改變自己喜愛的餡料。
You may change the fillings as you like.

墨魚荔蓉盒

Cuttlefish and Taro Paste Box



蒜香雜菜

Garlic-roasted Vegetables



2~4人 • 2~4 persons

10~12分鐘 • 10~12 minutes

材料

三色椒100克
鮮冬菇3-4隻
茄子1-2個
任何時菜50克
蒜蓉1茶匙
橄欖油 / 牛油熔液1湯匙

調味

燒汁(任何味道)1茶匙
蒜鹽1茶匙

Ingredients

Green, yellow and
red pepper 100g
Fresh black
mushrooms 3-4pcs
Eggplant 1-2pcs
Any vegetables 50g
Minced garlic 1 tsp
Olive oil / melted butter 1 tbsp

Seasoning

Teriyaki sauce (any flavor) 1 tsp
Garlic salt 1 tsp

做法

- 1 把雜菜洗淨，切件。
- 2 將雜菜件放在錫紙上，再放上蒜蓉和橄欖油，封好。
- 3 焗爐預熱2-3分鐘，放入雜菜焗8-10分鐘，取出加入調味便可。

Cooking method

- 1 Rinse the vegetables thoroughly, cut into pieces.
- 2 Put the vegetable pieces on a foil, add minced garlic and olive oil, seal.
- 3 Pre-heat the oven for 2-3 minutes, put the vegetables into the oven for 8-10 minutes, take out, then add the seasoning, and is ready to serve.

心得Tips

三色椒可以直接放入焗爐燒軟或外皮焦濃，脫去外皮，可拌以意大利黑醋、胡椒粒和橄欖油同享用。
You may roast the green, yellow and red peppers in the oven to soft or burn on the surface, remove the peel, and serve with balsamic vinegar, peppercorn and olive oil together.

2~4人 • 2~4 persons

10~15分鐘 • 10~15 minutes

材料

Fillo千層酥皮5張
蝦仁粒50克
瘦肉粒50克
魷魚粒50克
西芹粒20克
甘筍片20克
薑蓉和蒜蓉2茶匙
牛油熔液2-3湯匙

醃料

鹽½茶匙，糖1茶匙
生粉1茶匙
酒1茶匙
油1茶匙
胡椒粉適量
麻油適量

芡汁

生粉1茶匙，上湯3湯匙

Ingredients

Fillo pastry 5pcs
Shrimp dices 50g
Lean pork dices 50g
Squid dices 50g
Celery dices 20g
Carrot slices 20g
Minced ginger and
garlic 2 tsp
Melted butter 2-3 tbsp

Marinade

Salt ½ tsp, Sugar 1 tsp
Cornstarch 1 tsp
Wine 1 tsp
Oil 1 tsp
Pepper as needed
Sesame oil as needed

Sauce

Cornstarch 1 tsp
Stock 3 tbsp

做法

- 1 把蝦仁粒和魷魚粒用½份醃料拌勻；其餘醃料則與瘦肉粒拌勻，分別飛水備用。
- 2 熱鑊下油，放入薑蓉和蒜蓉爆香，放入瘦肉粒炒、蝦仁和魷魚粒炒透，加入雜菜粒和芡汁炒至濃稠。
- 3 焗爐預熱2-3分鐘，同時地把每張Fillo千層酥皮掃上牛油，重疊一起，放在模具上，置焗爐焗至金黃香脆。
- 4 將海鮮雜燴放在千層酥皮上奉客。

Cooking method

- 1 Mix the shrimp and squid dices with ½ of the marinade, stir well; mix the remaining marinade with the lean pork dices, stir well. Scald the two mixtures separately, set aside.
- 2 Add oil to a heated wok, fry the minced ginger and garlic until fragrant, add the lean pork dices, shrimp and squid dices, fry until well done, add the vegetable dices and sauce, fry until sauce thickens.
- 3 Pre-heat the oven for 2-3 minutes, wipe each Fillo pastry with butter at the same time, stack together and put on the mould, put into the oven and bake until golden in color and crispy.
- 4 Put the seafood mixtures into the puff pastry, and ready to serve.

雜燴脆籃

Seafood Mixtures in Crispy Basket



肉碎焗釀大蘑菇

Baked Big Mushrooms Stuffed with Minced Pork



2~4人 • 2~4 persons

18~20分鐘 • 18~20 minutes

材料

澳洲大啡蘑菇2隻
免治豬肉100克
紅椒粉適量(裝飾)
番荳碎適量(裝飾)

醃料

鹽½茶匙
糖1茶匙
醬油1茶匙
雞蛋1隻
生粉1茶匙
油1茶匙
蒜蓉1茶匙

Ingredients

Australian big brown mushrooms 2pcs
Minced pork 100g
Red pepper powder as needed (for dressing)
Chopped parsley as needed (for dressing)

Marinade

Salt ½ tsp
Sugar 1 tsp
Soy sauce 1 tsp
Egg 1 pc
Cornstarch 1 tsp
Oil 1 tsp
Minced garlic 1 tsp

做法

- 1 免治豬肉與醃料拌勻，置冰箱中冷凍30分鐘。
- 2 大蘑菇洗擦乾淨，釀入免治豬肉，面可撒點紅椒粉。
- 3 焗爐預熱2-3分鐘，放入焗爐焗15-18分鐘或至熟。

Cooking method

- 1 Mix the minced pork with marinade well, put into the refrigerator to cool for 30 minutes.
- 2 Rinse and wipe the big mushrooms thoroughly, stuff with the minced pork, sprinkle the surface with red pepper powder.
- 3 Pre-heat the oven for 2-3 minutes, put into the oven and bake for 15-18 minutes or until done.

心得Tips

- 1 蘑菇使用前才用清水略沖，不宜浸濕，否則會讓蘑菇變壞。
- 2 不用豬肉，可改用魚肉、雞肉或羊肉，效果一樣那麼好。
- 1 Rinse the mushrooms only before use, soaking not recommended, otherwise the mushrooms will rot.
- 2 You may use fish, chicken or lamb meat to replace the pork, the effect is same good.

材料

鯖魚2-4塊(約300克)
北京大葱50克
油1湯匙

醃料

海鹽1茶匙
胡椒粉適量
檸檬汁2茶匙
生粉1茶匙

掃面燒汁

鰻魚燒汁1湯匙
保衛爾牛肉汁1茶匙
味醂2茶匙

Ingredients

Mackerel pieces 2-4pcs
(about 300g)
Peking onion 50g
Oil 1 tbsp

Marinade

Sea salt 1 tsp
Pepper as needed
Lemon juice 2 tsp
Cornstarch 1 tsp

**Sauce for
wiping the surface**

Eel sauce 1 tbsp
Bovril 1 tsp
Mirin (sweet sake) 2 tsp

做法

- 1 鯖魚洗淨抹乾，備用。
- 2 醃料拌勻，塗抹在鯖魚上。
- 3 北京大葱洗淨，切大塊。
- 4 焗爐預熱2-3分鐘，把大葱放在焗盤上，再放上鯖魚塊，淋油後焗10-15分鐘。
- 5 取出鯖魚，把已調勻的掃面燒汁塗抹在魚身，回爐焗至金黃，即成。

Cooking method

- 1 Rinse the mackerels thoroughly, wipe dry, set aside.
- 2 Mix the marinade well, wipe onto the mackerels.
- 3 Rinse the Peking onion thoroughly, cut into big pieces.
- 4 Pre-heat the oven for 2-3 minutes, put the spring onion onto the oven tray, then the mackerels, bake for 10-15 minutes after sprinkle with oil.
- 5 Take out the mackerels, wipe the well-mixed sauce onto the surface, put back into the oven and bake until golden in color, then ready to serve.

心得Tips

把大葱墊底，可避免魚件黏底燒焦，也可讓大葱在烘烤過程中釋出，被魚塊吸收它的香味，引發食慾。

Putting the onion on the bottom can prevent the fish pieces being stuck onto the bottom and get burnt. Meanwhile, the fragrance released by the spring onion in the process of baking can be absorbed by the fish, and induce appetite.

日式燒汁烤鯖魚

Roasted Mackerels with Japanese Sauce



鮮茄燒魚

Roasted Grey Mullet with Tomato



材料

烏頭魚1尾(約450克)
 番茄150克
 洋蔥100克
 橄欖油1-2湯匙

醃料

海鹽1茶匙
 檸檬汁1茶匙
 糖1茶匙
 胡椒粉適量
 百里香3-4條(原條放肚)

伴食

青檸2-3角
 味椒鹽適量
 黑胡椒碎適量

Ingredients

Grey mullet 1 pc
 (about 450g)
 Tomato 150g
 Onion 100g
 Olive oil 1-2 tbsp

Marinade

Sea salt 1 tsp
 Lemon juice 1 tsp
 Sugar 1 tsp
 Pepper as needed
 Thyme 3-4pcs (put into the
 fish maw in whole piece)

Serve with

Lime wedges 2-3
 Salt pepper seasoning
 as needed
 Ground black pepper
 as needed

做法

- 1 番茄和洋蔥分別洗淨，切粒。
- 2 烏頭魚剷洗乾淨，抹乾魚身。
- 3 醃料調勻，塗抹在全魚，然後把百里香放在魚肚內。
- 4 焗爐預熱2-3分鐘，在焗盤放上番茄粒和洋蔥粒，淋上橄欖油，再放上烏頭魚焗15-20分鐘至全熟。

Cooking method

- 1 Rinse the tomato and onion thoroughly separately, and dice.
- 2 Rinse the grey mullet thoroughly, wipe the body to dry.
- 3 Mix the marinade well, wipe onto the fish, put the thyme into the fish maw.
- 4 Pre-heat the oven for 2-3 minutes, put the tomato and onion dices onto the oven tray, sprinkle with olive oil, then put in the grey mullet, bake for 15-20 minutes until well done.

心得Tips

- 1 烏頭魚含油份比較重，適合烤焗。
- 2 如果魚身太大，可切成數塊，方便烤焗，不過魚味會有所偏差。
- 1 Grey mullet contains high content of oil and is suitable for baking.
- 2 If the fish is too big, you may cut the fish into several pieces to make baking more convenient. However, the taste may vary a little bit.

2~4人 • 2~4 persons

10~15分鐘 • 10~15 minutes

材料

台灣九孔鮑魚6-8隻

芫荽水

芫荽頭2-3個
清水 $\frac{1}{3}$ 杯

燒汁

芫荽水2湯匙
雞粉 $\frac{1}{2}$ 茶匙
鮮露 $\frac{1}{2}$ 茶匙
糖1茶匙
日式燒汁1湯匙
味醂1湯匙

Ingredients

Taiwan abalones 6-8pcs

Coriander water

Coriander roots 2-3pcs
Water $\frac{1}{3}$ cup

Sauce

Coriander water 2 tbsp
Chicken powder $\frac{1}{2}$ tsp
Seasoning sauce $\frac{1}{2}$ tsp
Sugar 1 tsp
Japanese sauce 1 tbsp
Mirin (sweet sake) 1 tbsp

做法

- 1 芫荽水材料放煲中煮至濃縮為2-3湯匙份量。
- 2 把燒汁料放煲中煮滾，備用。
- 3 九孔鮑魚洗擦乾淨，備用。
- 4 焗爐預熱2-3分鐘，九孔鮑魚放焗爐焗5-6分鐘，取出掃上燒汁，回爐焗至鮑魚全熟。

Cooking method

- 1 Put the ingredients of coriander water into a pot, cook until reduce to volume of 2-3 tablespoons.
- 2 Put the sauce ingredients into the pot, cook to boil, set aside.
- 3 Rinse and wipe the Taiwan abalones thoroughly, set aside.
- 4 Pre-heat the oven for 2-3 minutes, put the Taiwan abalones into the oven and bake for 5-6 minutes, take out and wipe with the sauce, put back into the oven and bake until well done.

心得Tips

鮑魚的裙邊容易貯藏細菌，必須用牙刷擦洗乾淨。Bacteria usually aggregate at the edges of the abalones, so toothbrush must be used to wipe and rinse thoroughly.

醬汁燒九孔

Roasted Taiwan Abalones with Sauce



香蒜牛油大花蝦

King Prawn with Garlic Butter



2-3人 • 2-3 persons

10-15分鐘 • 10-15 minutes

材料

大花蝦3-4隻

調味

海鹽 $\frac{1}{2}$ 茶匙

糖 $\frac{1}{2}$ 茶匙

胡椒粉適量

蒜蓉沙律醬

炸蒜蓉1湯匙

蒜蓉1茶匙

牛油20克

沙律醬2湯匙

芥末醬1茶匙

Ingredients

King prawns 3-4pcs

Seasoning

Sea salt $\frac{1}{2}$ tsp

Sugar $\frac{1}{2}$ tsp

Pepper as needed

Garlic dressing

Deep-fried minced

garlic 1 tbsp

Minced garlic 1 tsp

Butter 20g

Mayonnaise 2 tbsp

Mustard 1 tsp

做法

- 1 大花蝦挑腸洗淨，背部剖開，加入調味撈勻，醃5分鐘。
- 2 蒜蓉沙律醬拌勻，釀在大花蝦上。
- 3 焗爐預熱2-3分鐘，放入大花蝦焗10-15分鐘或至熟，即成。

Cooking method

- 1 Devein the king prawn and rinse thoroughly, cut open the back, add seasoning, stir well, let stand for 5 minutes.
- 2 Stir the garlic dressing well, stuff onto the king prawn.
- 3 Pre-heat the oven for 2-3 minutes, put the king prawn into the oven and bake for 10-15 minutes or until done, then ready to serve.

心得Tips

如果效果想做好一點，可先把大花蝦略煎後才釀入蒜蓉沙律醬，轉回焗爐烤焗，效果會更理想。

To have a better effect, you may shallow-fry the king prawn first before stuffing with garlic dressing, and put back to the oven.

2~4人 • 2~4 persons

15~18分鐘 • 15~18 minutes

材料

羊扒2-4件
橄欖油1湯匙

敷面料

迷迭香1束
千里香1束
番荳碎1湯匙
蒜蓉2茶匙
牛油1湯匙
梳打餅碎50克

醃料

日式燒汁1湯匙
蒜鹽1茶匙
糖1茶匙
生粉1茶匙
橄欖油1湯匙

伴食

英式芥末

Ingredients

Lamb chops 2-4pcs
Olive oil 1 tbsp

Topping ingredients

Rosemary a bundle
Thyme a bundle
Chopped parsley 1 tbsp
Minced Garlic 2 tsp
Butter 1 tbsp
Ground cracker 50g

Marinade

Japanese sauce 1 tbsp
Garlic salt 1 tsp
Sugar 1 tsp
Cornstarch 1 tsp
Olive oil 1 tbsp

Serve with

English style mustard

做法

- 1 羊扒解凍，放入醃料醃約5-10分鐘。
- 2 把敷面料的香草洗淨，剁幼，加入其他材料拌勻，敷在羊扒上。
- 3 用鑊把羊扒略煎，放在焗盤上。
- 4 焗爐預熱2-3分鐘，放入羊扒焗12-15分鐘至全熟。

Cooking method

- 1 Defrost the lamb chops, add the marinade, let stand for 5-10 minutes.
- 2 Rinse the herbs for topping thoroughly, shred, add other ingredients, stir well, wipe on the lamb chops.
- 3 Slightly pan-fry the lamb chops in a wok, put onto the oven tray.
- 4 Pre-heat the oven for 2-3 minutes, put the lamb chops into the oven and bake for 12-15 minutes to well done.

心得Tips

- 1 沒有新鮮香草可改用乾香草，味道會有所偏差，不過效果也不差。
- 2 羊扒先略煎，可把四面肉質鎖緊，保持肉汁於羊扒內。
- 1 If there are no fresh herbs, dried herbs can be used to replace, the taste may vary, but the effect is not bad.
- 2 Slightly shallow-fry the lamb chops in advance. This can help to fix the meat texture of the surface and keep the meat juice inside.

香燒羊扒

Roasted Lamb Chops with Herbs



芝麻醬汁燒牛扒

Roasted Steak with Sesame Sauce



2~4人 • 2~4 persons

15~18分鐘 • 15~18 minutes

材料

西冷牛扒2件(約300克)
芝麻1-2湯匙

醃料

日式燒汁1-2湯匙
醬油1茶匙
芝麻醬1茶匙
味醂2茶匙
Tabasco辣椒汁1茶匙

Ingredients

Sirloin steaks 2pcs
(about 300g)
Sesame 1-2 tbsp

Marinade

Japanese sauce 1-2 tbsp
Soy sauce 1 tsp
Sesame sauce 1 tsp
Mirin (sweet sake) 2 tsp
Tabasco 1 tsp

做法

- 1 芝麻浸水30分鐘，瀝乾。
- 2 西冷牛扒用刀剁鬆身，放入醃料醃15分鐘。
- 3 把牛扒黏上芝麻，用鑊略煎。
- 4 焗爐預熱2-3分鐘，放入牛扒焗15-18分鐘至全熟。

Cooking method

- 1 Soak the sesame for 30 minutes, drain to dry.
- 2 Chop the Sirloin steaks to tenderize with a cleaver, add marinade and let stand for 15 minutes.
- 3 Stick the steaks with sesame, shallow-fry slightly in a wok.
- 4 Pre-heat the oven for 2-3 minutes, put the steaks into the oven and bake for 15-18 minutes until well done.

心得Tips

芝麻浸水後才用，烤焗時不容易燒焦。
Soak the sesame before bake can avoid burning.

2~4人 • 2~4 persons

20~25分鐘 • 20~25 minutes

材料

豬仔骨600克
洋蔥100克
西芹50克
甘筍50克

醃料

海鹽1茶匙
糖2茶匙
酒1茶匙
生粉1茶匙
海鮮醬1茶匙
茄汁2茶匙
Tabasco辣椒汁1茶匙
蜜糖2茶匙
黑胡椒碎1湯匙
雜香草1茶匙
橄欖油1湯匙

Ingredients

Pork ribs 600g
Onion 100g
Celery 50g
Carrot 50g

Marinade

Sea salt 1 tsp
Sugar 2 tsp
Wine 1 tsp
Cornstarch 1 tsp
Seafood sauce 1 tsp
Ketchup 2 tsp
Tabasco 1 tsp
Honey 2 tsp
Ground black pepper 1 tbs
Mixed herbs 1 tsp
Olive oil 1 tbs

做法

- 1 洋蔥洗淨，切圈；西芹和甘筍洗淨，切段。
- 2 醃料拌勻，備用。
- 3 豬仔骨解凍，在肉面劃紋，洗淨，抹乾，塗上醬料醃30分鐘。
- 4 焗爐預熱2-3分鐘，按序放入洋蔥、西芹條、甘筍條和豬仔骨焗20-25分鐘至全熟。

Cooking method

- 1 Rinse the onion thoroughly, cut into rings; rinse the celery and carrot thoroughly, cut into pieces.
- 2 Stir the marinade well, set aside.
- 3 Defrost the pork ribs, cut lines on the surface, rinse thoroughly, wipe to dry, spread on the marinade, let stand for 30 minutes.
- 4 Pre-heat the oven for 2-3 minutes, put the onion, celery sticks, carrot sticks and pork ribs into the oven according to the sequence, bake 20-25 minutes to well done.

心得Tips

烤焗食物，特別是肉類，醃料的糖份會多一點，因為糖可以讓肉質軟滑和色澤光亮。

The marinade for baking food, especially meat will be rather sweet because this will make the texture tenderer and color brighter.

香草燒豬仔骨

Roasted Pork Ribs with Herbs



黑醋蜜糖燒豬腩

Roasted Pork Belly with Black Vinegar Honey Sauce



2~4人 • 2~4 persons

10~15分鐘 • 10~15 minutes

材料

豬腩肉300克 (煲湯後)
油1-2湯匙

黑醋蜜糖汁

黑醋1湯匙
蜜糖1湯匙
鮮露2茶匙
糖1茶匙
老抽1茶匙
味醂2茶匙

Ingredients

Pork belly 300g
(after used cook soup)
Oil 1-2 tbsp

Black vinegar honey sauce

Black vinegar 1 tbsp
Honey 1 tbsp
Seasoning sauce 2 tsp
Sugar 1 tsp
Dark soy sauce 1 tsp
Mirin (sweet sake) 2 tsp

做法

- 1 把煲過湯的豬腩肉切成小件。
- 2 黑醋蜜糖汁拌勻，置煲中煮滾，放入豬腩肉醃20分鐘。
- 3 焗爐預熱2-3分鐘，把油淋在豬腩肉焗10-15分鐘，即成。

Cooking method

- 1 Cut the boiled pork belly into small pieces.
- 2 Stir the black vinegar honey sauce well, put in a pot and cook to boil, add the pork belly, let stand for 20 minutes.
- 3 Pre-heat the oven for 2-3 minutes, pour the oil over the pork belly and bake for 10-15 minutes, then ready to serve.

心得Tips

用煲湯豬肉好處是不浪費，還有肉質比較軟滑，只要加點味道便可以，快捷方便，省時省力。

The advantage of using pork which has been used to boil soup is that you can use the ingredient to its maximum and the meat texture is tenderer, adding some flavor will be fine enough. This is fast, convenient, time-saving and work-saving.

2~4人 • 2~4 persons

20~25分鐘 • 20~25 minutes

材料

酥皮 $\frac{1}{2}$ 包
雞蛋1隻

茄汁意大利粉

意大利粉150克(已煮熟)
雜菜粒2-3湯匙(飛水)
免治豬肉50克(飛水)
蒜蓉2茶匙

意大利粉調味

茄汁1湯匙
黑胡椒碎1茶匙
糖1茶匙
鹽 $\frac{1}{2}$ 茶匙

Ingredients

Puff pastry $\frac{1}{2}$ package
Egg 1pc

Ketchup pasta

Pasta 150g (cooked)
Mixed vegetable dices 2-3 tbsps
(scalded)
Minced pork 50g (scalded)
Minced garlic 2 tsp

Seasoning for pasta

Ketchup 1 tbsps
Ground black pepper 1 tsp
Sugar 1 tsp
Salt $\frac{1}{2}$ tsp

做法

- 1 熱鑊下油，爆香蒜蓉，放入茄汁意大利粉材料炒勻，再加入調味拌勻。
- 2 酥皮碾薄，厚約3毫米，按模具尺碼切2塊，其中一塊放模具上定型刺孔，另一塊留作蓋面用。
- 3 焗爐預熱2-3分鐘，先把已放模具的酥皮焗5-8分鐘，取出，再放上茄汁意大利粉，然後蓋上另一塊酥皮，掃蛋液後刺孔，回爐焗至金黃。

Cooking method

- 1 Add oil to a heated wok, fry minced garlic until fragrant, add ingredients of ketchup pasta and stir-fry well, add seasoning and mix well.
- 2 Grind the pastry thin to about 3 mm thickness, cut 2 pieces according to the size of the mould, put 1 piece onto the mould to shape and prick holes on it, while another piece reserved for covering the surface.
- 3 Pre-heat the oven for 2-3 minutes, put the pastry in the mould into the oven first and bake for 5-8 minutes, take out and add the ketchup pasta into the mould of pastry, then cover it with another piece of pastry, and brush with whisked egg, then prick holes on it, put back into the oven and bake until golden in color.

心得Tips

在酥皮上刺孔，可避免酥皮脹大時不平均。
Prick holes on the pastry can prevent the pastry swelling unevenly.

酥皮焗意粉

Baked Pasta with Pastry



千島醬汁焗三文魚長通粉

Baked Salmon Penne Pasta with Thousand Island Dressing



1~2人 • 1~2 persons

10分鐘 • 10 minutes

材料

即食長通粉1包
三文魚(鮭魚)200克
千島醬汁3湯匙
蒙沙拉芝士
(披薩芝士)100克

調味

黑胡椒碎適量
雜香草1茶匙

Ingredients

Instant penne pasta
1 package
Salmon 200g
Thousand island dressing
3 tbsps
Mozzarella cheese
(Pizza cheese) 100g

Seasoning

Ground black pepper
as needed
Mixed herbs 1 tsp

做法

- 1 即食長通粉按包裝指示烹煮。
- 2 三文魚切件，與千島醬汁拌勻，再與長通粉和調味撈勻，面放芝士。
- 3 焗爐預熱2-3分鐘，把長通粉放入焗爐焗10分鐘至表面呈金黃色，即成。

Cooking method

- 1 Cook the instant penne pasta according to the instructions on the package.
- 2 Slice the salmon, mix well with the thousand island dressing, then stir well with the penne pasta and the seasoning, put the mozzarella cheese on the surface.
- 3 Pre-heat the oven for 2-3 minutes, put the penne pasta into the oven and bake for 10 minutes until the surface golden in color, then ready to serve.

心得Tips

三文魚可改用罐頭三文魚或吞拿魚。
Salmon can be replaced by canned tuna.

1~2人 • 1~2 persons

20~25分鐘 • 20~25 minutes

材料

番茄 1-2個
雜色飯 ½碗
鮮雜菌 50克
松子仁 1-2湯匙
煙肉 2片
薄荷 1-2片 (裝飾)

調味

鹽 ½茶匙
糖 ½茶匙
日式燒汁 1湯匙

Ingredients

Tomato 1-2pcs
Colorful rice ½ bowl
Assorted fresh mushrooms 50g
Pine nuts 1-2 tbsp
Bacon 2 slices
Mint 1-2pcs (for dressing)

Seasoning

Salt ½ tsp
Sugar ½ tsp
Japanese sauce 1 tbsp

做法

- 1 煙肉切碎；松子仁烘香；雜菌洗淨，切碎。
- 2 熱鑊炒香煙肉，加入雜菌粒、雜色飯和松子仁炒勻，加入調味拌勻。
- 3 番茄挖空，放入炒飯。
- 4 焗爐預熱2-3分鐘，放入番茄盅焗10分鐘，即成。

Cooking method

- 1 Mince the bacon; toast the pine nuts; rinse the assorted mushrooms thoroughly, and mince.
- 2 Fry the bacon in a heated wok until fragrant, add the assorted mushroom dices, colorful rice and pine nuts, stir-fry well, add seasoning and mix well.
- 3 Scoop out the tomato, put the fried rice into it.
- 4 Pre-heat the oven for 2-3 minutes, put the tomato into the oven for 10 minutes, then ready to serve.

心得Tips

不用番茄可改用三色椒，效果相若但味道不同。
Tomatoes can be replaced by green, yellow and red peppers, effect is similar but different taste.

雜菌飯番茄盅

Tomato Pot with Assorted Mushrooms Rice



南瓜飯焗魷魚筒

Baked Whole Squid with Pumpkin Rice



1~2人 • 1~2 persons

20~25分鐘 • 20~25 minutes

材料

鮮魷魚1隻
南瓜200克
即食日本紅豆飯½碗
忌廉50毫升

調味

鹽¼茶匙
胡椒粉適量

Ingredients

Fresh squid 1pc
Pumpkin 200g
Instant Japanese
red bean rice ½ bowl
Cream 50 ml

Seasoning

Salt ¼ tsp
Pepper as needed

做法

- 1 南瓜與清水同置煲中煮至爛，加入調味和忌廉拌勻成濃稠狀。
- 2 紅豆飯與南瓜蓉拌勻，待凍。
- 3 魷魚洗淨，保留原隻，焯至八成熟，釀入南瓜紅豆飯。
- 4 焗爐預熱2-3分鐘，放入魷魚飯筒焗10分鐘，即成。

Cooking method

- 1 Put the pumpkin and water into a pot together, cook until mushy, add the seasoning and cream, stir well to thicken.
- 2 Stir the red bean rice and pumpkin mush well, wait to cool.
- 3 Rinse the squid thoroughly, keep in whole, scald to 80% done, stuff with pumpkin red bean rice.
- 4 Pre-heat the oven for 2-3 minutes, put the squid with rice into the oven for 10 minutes, then ready to serve.

心得Tips

釀飯時必須壓實一點才好，可容易切開。

Press hard when stuffing the rice. This will make cutting open easier.

3~4人 • 3~4 persons

8~10分鐘 • 8~10 minutes

材料

法包1條
蟹子適量(裝飾)

香草牛油

蒜蓉2茶匙
牛油50克
雜香草碎20克

雜果沙律

鮮雜果100克
沙律醬100克
煉奶1茶匙

Ingredients

French bread 1pc
Crab roe as needed
(for dressing)

Herb butter

Minced garlic 2 tsp
Butter 50g
Ground mixed herbs 20g

Mixed fruit salad

Mixed fruits 100g
Mayonnaise 100g
Condensed milk 1 tsp

做法

- 1 法包切片；香草牛油拌勻。
- 2 雜果沙律材料拌勻，置冰箱中冷凍1小時，備用。
- 3 把香草牛油塗在法包上。
- 4 焗爐預熱3-5分鐘，放入香草牛油法包焗5-8分鐘或至金黃。
- 5 取出，上面放雜果沙律奉客。

Cooking method

- 1 Slice the French bread; mix the herb butter well.
- 2 Stir the ingredients of the mixed fruit salad well, put in the refrigerator to cool for 1 hour, set aside.
- 3 Spread the herb butter onto the French bread.
- 4 Pre-heat the oven for 3-5 minutes, put the herb butter French bread into the oven for 5-8 minutes until golden yellow.
- 5 Take out, put mixed fruit salad on the surface, then ready to serve.

心得Tips

- 1 雜果沙律的材料先冷凍，到了奉客前才拌勻，效果更佳。
- 2 香草牛油法包必須趁熱享用，否則會變得很硬，不好吃。
- 1 Cool the ingredients of the mixed fruit salad first, and mix only when it is time to serve, the effect will be better.
- 2 Serve the herb butter French bread hot, otherwise the bread will become stiff when cool and not delicious any more.

香草沙律多士

Salad Toast with Herbs



蜜糖葡萄麵包飛碟

Honey Raisins Toastie



1~2人 • 1~2 persons

10~15分鐘 • 10~15 minutes

材料

三文治麵包2-4片
葡萄乾50克
蜜桃粒50克
蜜糖1-2茶匙
清水 $\frac{1}{3}$ 杯
牛油熔液50克

Ingredients

Sandwich bread 2-4 slices
Raisins 50g
Peach dices 50g
Honey 1-2 tsp
Water $\frac{1}{3}$ cup
Melted butter 50g

做法

- 1 三文治麵包切邊，備用。
- 2 葡萄乾與清水同置煲中煮至汁乾，加入蜜桃粒和蜜糖拌勻。
- 3 在模具上塗點牛油熔液，放上三文治麵包，再放入蜜糖葡萄和蜜桃粒，蓋上另1片麵包，壓實。
- 4 焗爐預熱3-5分鐘，放進麵包烤5-8分鐘，即成。

Cooking method

- 1 Cut the edges of the sandwich bread, set aside.
- 2 Put the raisins and water in a pot together and cook until dry, add peach dices and honey, stir well.
- 3 Wipe some melted butter onto the mould, put in the sandwich bread, then add the honey raisins and peach dices, cover with another piece of bread, press hard.
- 4 Pre-heat the oven for 3-5 minutes, put the bread into the oven and toast for 5-8 minutes, then ready to serve.

1~2人 • 1~2 persons

10~15分鐘 • 10~15 minutes

材料

熱狗包 1-2個
豬肉香腸 1-2條
蜜糖 1-2茶匙
青瓜 1條
番茄 1個

醬汁

茄汁 適量
熱狗醬 適量

Ingredients

Hot dog bread 1-2pcs
Pork sausage 1-2pcs
Honey 1-2 tsp
Cucumber 1pc
Tomato 1pc

Sauce

Ketchup as needed
Hot dog sauce as needed

做法

- 1 焗爐預熱3-5分鐘，放入豬肉香腸焗10-12分鐘或至甘香，取出掃上蜜糖回爐焗1-2分鐘。
- 2 青瓜和番茄洗淨，切片。
- 3 焗爐預熱3-5分鐘，熱狗包剖開，放進焗爐焗熱，取出後按序放上番茄片、青瓜片和豬肉香腸回爐焗3-5分鐘。
- 4 享用時啣上醬汁。

Cooking method

- 1 Pre-heat the oven for 3-5 minutes, put in the pork sausage and bake for 10-12 minutes or until crispy, take out and wipe with the honey, put back into the oven and bake for 1-2 minutes.
- 2 Rinse the cucumber and tomato thoroughly, slice.
- 3 Pre-heat the oven for 3-5 minutes, cut open the hot dog bread, put into the oven to bake hot, take out and put on the tomato slices, cucumber slices and pork sausage according to the sequence, put back into the oven and bake for 3-5 minutes.
- 4 Add the sauce when serve.

心得Tips

任何香腸也可以代替，不過鮮肉香腸的味道會更好。
Any kind of sausages can be used, but fresh meat sausages will be better in taste.

熱狗

Hot Dog



焦糖燒多士

Roasted Toast with Caramel



1~2人 • 1~2 persons

6~8分鐘 • 6~8 minutes

材料

三文治麵包2-4片
雞蛋2隻
牛油50克

伴食

葡萄乾20克
金絲糖膠50克

Ingredients

Sandwich bread 2-4 slices
Egg 2pcs
Butter 50g

Serve with

Raisins 20g
Syrup 50g

做法

- 1 三文治去邊，切成2.5厘米 X 2.5厘米，備用。
- 2 雞蛋打散，放入麵包小塊，備用。
- 3 焗爐預熱3-5分鐘，把牛油塗於焗盤上，再放上雞蛋麵包焗3-5分鐘，翻轉，再焗3-5分鐘或至金黃。
- 4 吃時，伴以葡萄乾和金絲糖膠。

Cooking method

- 1 Remove the edges of the sandwiches, cut into 2.5cm x 2.5cm large, set aside.
- 2 Whisk the eggs, add in the bread pieces, set aside.
- 3 Pre-heat the oven for 3-5 minutes, spread the butter onto the oven tray, then put the egg-covered bread onto the oven tray and bake for 3-5 minutes, turn over and bake for another 3-5 minutes or until golden yellow.
- 4 Serve with raisins and syrup when eat.

心得Tips

可任用何乾果代替葡萄乾。

The raisins can be replaced by any kind of dried fruits.

2~4人 • 2~4 persons

15~20分鐘 • 15~20minutes

材料

酥皮1包
雞蛋1隻(打散, 掃面)

香蕉雜莓醬
香蕉1隻
雜莓(藍莓、士多啤梨
和黑莓) 100克
糖20克
清水100克

芡汁
粟粉1湯匙
清水2湯匙

Ingredients

Pastry 1 package
Egg 1pc (whisk, and
wipe on the surface)

**Banana and mixed
berries paste**
Banana 1pc
Mixed berries
(blueberries, strawberries and
blackberries) 100g
Sugar 20g
Water 100g

Thickening
Cornstarch 1 tbsp
Water 2 tbsp

做法

- 1 香蕉壓成果泥, 備用。
- 2 雜莓、糖和清水同置煲中中以中火煮5分鐘, 加入芡汁煮濃稠, 再加入香蕉拌勻。
- 3 酥皮放軟, 碾成厚約5毫米的長方形餅皮, 掃上香蕉雜莓醬, 捲好切件放焗盤。
- 4 焗爐預熱3-5分鐘, 放入酥皮卷, 面掃蛋液焗10-12分鐘。

Cooking method

- 1 Mash the banana into puree, set aside.
- 2 Put the mixed berries, sugar and water into a pot together and cook in medium heat for 5 minutes, add the sauce and cook until thickens, then add in the banana, stir well.
- 3 Let the pastry stand until soft, grind into rectangle shape in about 5 mm thickness, wipe with banana mixed berries paste, roll and cut into pieces, put onto the oven tray.
- 4 Pre-heat the oven for 3-5 minutes, put in the pastry rolls, wipe with whisked egg onto the surface, bake for 10-12 minutes.

心得Tips

如果酥表面或底部的顏色很深, 可熄掉上火或下火, 否則會焦。

If the color of the surface or bottom of the pastry turns pretty dark, switch off the upper fire or lower fire, otherwise the pastry will get scorched.

香蕉雜莓卷

Banana and Mixed Berries Rolls



忌廉脆筒

Crispy Roll with Cream



2~4人 • 2~4 persons

12~15分鐘 • 12~15 minutes

材料

酥皮1包
雞蛋1隻(掃面)
粗沙糖適量
甜忌廉100毫升

Ingredients

Puff pastry 1 package
Egg 1pc (wipe on the surface)
Coarse sugar as needed
Sweet cream 100 ml

做法

- 1 雞蛋打散；甜忌廉打起，備用。
- 2 酥皮放軟，碾成厚約5毫米，長方8厘米 x 闊2厘米的餅皮，捲在牛角模具。
- 3 把牛角筒掃蛋液和灑上粗沙糖，放已墊牛油紙的焗盤上。
- 4 焗爐預熱3-5分鐘，放入牛角筒焗10-12分鐘或至鬆脆，取出涼凍，啣上忌廉。

Cooking method

- 1 Whisk the egg; whip the sweet cream, set aside.
- 2 Let the pastry stand until soft, roll to about 5 mm thick and rectangular shape of 8cm x 2cm large, wrap onto the mould of horn.
- 3 Wipe the horn roll with whisked egg and sprinkle with coarse sugar, put onto the oven tray already laid with a greaseproof paper.
- 4 Pre-heat the oven for 3-5 minutes, put in the cow horn roll and bake for 10-12 minutes or until crispy, take out and cool, add cream.

心得Tips

牛角筒表面開始出現燒焦現象時，可用1張錫紙蓋面遮擋面火，卻不能熄掉，因為焗酥皮的火力不能太慢。If the surface of the horn seems to be burnt, cover it with a piece of foil to protect it from the fire, but the fire cannot be switched off. It is because the heat cannot be too weak for baking pastry.

材料

牛油90克
糖60克
雞蛋1隻
低筋麵粉130克
杏仁粉20克

裝飾

蛋白1茶匙
糖粉100克
食用色素少許
杏仁粒適量(烘香)

Ingredients

Butter 90g
Sugar 60g
Egg 1pc
Cake flour 130g
Almond powder 20g

Dressing

Egg white 1 tsp
Sugar powder 100g
Edible colouring a little
Almond grains
as needed (toasted)

做法

- 1 牛油和糖打至淡白，加入雞蛋、低筋麵粉和杏仁粉拌勻成粉糰，裹上保鮮紙，待10-15分鐘。
- 2 把粉糰分成15-20克的小粉糰，搓揉成扁圓中空如水泡形狀，放在已墊焗餅紙的焗盤上，放回冰箱冷凍5-10分鐘。
- 3 焗爐預熱3-5分鐘，放入曲奇，用190℃焗15-20分鐘。
- 4 蛋白與糖粉拌勻，加入色素拌勻，塗抹在曲奇，黏上杏仁粒。

Cooking method

- 1 Whip the butter and sugar to pale white, add egg white, cake flour and almond powder, stir well into a dough, wrap with the cling wrap, wait 10-15 minutes.
- 2 Divide the dough into small pieces of dough of 15-20g, rub into flat and circular shape with hollow in the middle (ring-like shape), put onto the oven tray already laid with parchment paper, put into the refrigerator to cool for 5-10 minutes.
- 3 Pre-heat the oven for 3-5 minutes, put in the cookies, bake at 190℃ for 15-20 minutes.
- 4 Stir the egg white and sugar powder well, add the pigment, stir well, wipe onto the cookies; stick the almond grains onto the cookies.

心得Tips

可用2段火力烘烤曲奇，先用190℃焗10-15分鐘，再轉用160℃-170℃慢火烘乾，效果會更好。

2 kinds of heat can be used to bake the cookies. Use 190℃ for 10-15 minutes first, then switch to 160℃-170℃ low heat to bake to dry. Better effect will be obtained.

杏仁脆圈

Almond Crispy Rings



QQ 芝士球

QQ Cheese Balls



2~4人 • 2~4 persons

12~15分鐘 • 12~15 minutes

材料

QQ粉 125克
菜油 12克
牛油 30克 (放軟)
雞蛋 12克
清水 107克
芝士粉 25克

Ingredients

QQ powder 125g
Vegetable oil 12g
Butter 30g (let stand until soft)
Egg 12g
Water 107g
Cheese powder 25g

做法

- 1 將QQ粉、菜油和牛油拌勻。
- 2 加入雞蛋和清水攪至成粉糰，再放進芝士粉拌勻，放擠袋啣在焗盤上。
- 3 焗爐預熱，放入QQ芝士球用上火200℃，下火160℃焗10-20分鐘即成。

Cooking method

- 1 Stir the QQ powder, vegetable oil and butter well.
- 2 Add egg and water, stir into dough, then add cheese powder and stir well, put into the squeezing bag and squeeze onto the oven tray.
- 3 Pre-heat the oven, put in the QQ cheese ball, bake at 200℃ upper fire and 160℃ bottom fire for 10-20 minutes, then ready to serve.

心得Tips

- 1 攪麵糰時應先用慢速攪1分鐘，再下雞蛋和清水攪1分鐘，再用中速攪1.5分鐘。
- 2 粉糰的攪打程序是成功的關鍵。
- 1 When stirring the dough, first stir in low speed for 1 minute, then add egg and water and stir for 1 minute, then stir in medium speed for 1.5 minutes.
- 2 The stirring procedure of the dough is the key to success.

2~4人 • 2~4 persons

15~20分鐘 • 15~20 minutes

材料

牛油60克(放軟)
糖20克
蛋黃½隻
低筋麵粉60克
高筋麵粉60克
發粉(泡打粉)¼茶匙
原粒杏仁適量(烘香)

朱古力醬

朱古力100克
淡忌廉10克
牛油5克

Ingredients

Butter 60g (let stand until soft)
Sugar 20g
Egg yolk ½ pc
Cake flour 60g
Bread flour 60g
Raising flour
(baking powder) ¼ tsp
Whole grain of almond
as needed (toasted)

Chocolate sauce

Chocolate 100g
Whipping cream 10g
Butter 5g

做法

- 1 朱古力與淡忌廉坐水熱熔，加入牛油拌勻，備用。
- 2 牛油與糖打至鬆軟，加入蛋液拌勻。
- 3 把粉材料一同過篩，混入牛油混合物內搓揉成粉糰。
- 4 將粉糰放在牛油紙上，碾成3毫米厚，置冰箱冷凍30分鐘，取出鈹壓成圓形，其中1片中空。
- 5 焗爐預熱3-5分鐘，放入脆餅，用170℃焗15-20分鐘，待涼，倒入朱古力醬，放上杏仁裝飾便可。

Cooking method

- 1 Put the chocolate and whipping cream over hot water to boil to melt, add butter and stir well, set aside.
- 2 Whip the butter and sugar until soft, add whisked egg, stir well.
- 3 Sieve the flour ingredients together, mix with the butter mixture, rub into dough.
- 4 Put the dough onto the greaseproof paper, grind to 3 mm thick, put into the refrigerator to cool for 30 minutes, take out and mould into circular shape, make one of the pieces hollow in the middle.
- 5 Pre-heat the oven for 3-5 minutes, put in the cracker, bake at 170℃ for 15-20 minutes, wait to cool, pour in chocolate sauce, add almond for decoration.

杏仁朱古力醬脆餅

Chocolate Cracker with Almond



鳳梨酥

Pineapple Pastry



2~4人 • 2~4 persons

15~20分鐘 • 15~20 minutes

材料

酥油 150克
糖 50克
雞蛋 1隻
芝士粉 15克
奶粉 30克
低筋麵粉 220克
鳳梨酥餡 540克

Ingredients

Shortening 150g
Sugar 50g
Egg 1pc
Cheese powder 15g
Milk powder 30g
Cake flour 220g
Pineapple pastry filling 540g

做法

- 1 酥油和糖一起攪拌至淡黃色，雞蛋分次打入拌勻。
- 2 所有粉料一同過篩，倒入酥油混合物內拌勻，搓揉成粉糰。
- 3 粉糰分成18份(每份重約30克)，包上餡料，壓在鳳梨酥模，壓平。
- 4 焗爐預熱，放入焗盤上用180℃焗10分鐘或至金黃，翻轉焗8分鐘，即成。

Cooking method

- 1 Stir the shortening and sugar together until pale yellow color, add the egg in several times, stir well.
- 2 Sieve the powder material together, mix into the shortening mixture and stir well, rub into dough.
- 3 Divide the dough into 18 portions, each weighs about 30g, wrap in the filling, put into the pineapple mould, press flat.
- 4 Pre-heat the oven, put the molded dough onto the oven tray and bake at 180°C for 10 minutes or to golden yellow, turn over and bake for 8 minutes, then ready to serve.

心得Tips

市面有不同水果餡現貨，任君選擇。

There are many kinds of fruit filling available in the market, you can choose according to your preference.

4~5人 • 4~5 persons

15~20分鐘 • 15~20 minutes

材料

乾酵母3克
糖3克
清水110克
高筋麵粉100克
低筋麵粉70克
芝士粉30克
鹽2克
雞蛋1隻(掃面)

Ingredients

Dry yeast 3g
Sugar 3g
Water 110g
Bread flour 100g
Cake flour 70g
Cheese powder 30g
Salt 2g
Egg 1pc (wipe on the surface)

做法

- 1 把乾酵母、糖和清水同置碗中靜待2分鐘。
- 2 將所有粉材料一同過篩，倒入酵母水，搓揉成粉糰，裹上保鮮紙，靜置1小時。
- 3 粉糰分成20個，搓幼成條狀，置焗盤上靜待發酵至約2倍大。
- 4 焗爐預熱3-5分鐘，以160℃焗20分鐘或至脆硬，呈金黃色便可。

Cooking method

- 1 Put the dry yeast, sugar and water into a bowl together, wait for 2 minutes.
- 2 Sieve all flour material together into the yeast water, rub into dough, wrap with cling wrap, set aside for 1 hour.
- 3 Divide the dough into 20 pieces, rub thin into stick shape, put onto the oven tray and let ferment to 2 times bigger.
- 4 Pre-heat the oven for 3-5 minutes, bake at 160℃ for 20 minutes or until crispy and golden brown, then ready to serve.

心得Tips

麵糰無論搓好或已造型，必須用保鮮紙蓋面，防止表面風乾。

No matter the dough is shaped or not, it must be covered with cling wrap to prevent the surface from turning dry.

芝士麵包條

Cheese Bread Sticks



南瓜鬆餅

Pumpkin Muffins



4~6人 • 4~6 persons

15~20分鐘 • 15~20 minutes

材料

牛油60克
糖60克
低筋麵粉60克
高筋麵粉70克
發粉(即泡打粉) 1/2茶匙
雞蛋1隻
南瓜80克
鮮奶50克

Ingredients

Butter 60g
Sugar 60g
Cake flour 60g
Bread flour 70g
Raising flour
(baking powder) 1/2 tsp
Egg 1pc
Pumpkin 80g
Milk 50g

做法

- 1 南瓜以大火蒸熟，壓蓉備用。
- 2 牛油與糖拌至乳白色，加入雞蛋拌勻，倒入鮮奶和南瓜蓉拌勻。
- 3 各式粉材料一同篩勻，加入南瓜蓉混合物拌勻，倒入紙杯內。
- 4 焗爐預熱3-5分鐘，放入鬆餅，用160℃焗15-20分鐘，即成。

Cooking method

- 1 Steam the pumpkin to done in high heat, mash into puree, set aside.
- 2 Stir the butter and sugar to milky white, add egg and stir well, pour in milk and pumpkin mash and stir well.
- 3 Sieve the flour ingredients together into pumpkin mash mixture, stir well, pour into the paper cup.
- 4 Pre-heat the oven for 3-5 minutes, put in the muffins, bake at 160℃ for 15-20 minutes, then ready to serve.

心得Tips

已攪拌的粉漿必須盡快入爐，否則會影響到製品效果。
The already stirred flour paste need to be put into the oven as soon as possible, otherwise the effect of the products will be affected.

4~6人 • 4~6 persons

15~20分鐘 • 15~20 minutes

材料

麵糰

高筋麵粉 100克
酵母 (依士) 2克
砂糖 3克
鹽 1克
水 64克
牛油 4克

餡料

茄汁 3湯匙
沙樂美腸 30克
菠蘿 2-3片 (切粒)
蒙沙拉芝士 100克

Ingredients

Dough

Bread flour 100g
Yeast 2g
Sugar 3g
Salt 1g
Water 64g
Butter 4g

Filling

Ketchup 3 tbsp
Salami 30g
Pineapple 2-3 slices (dice)
Mozzarella cheese 100g

做法

- 1 先將麵糰乾材料混合，再拌入水搓揉成糰，再加入牛油搓至光滑，封上保鮮紙，置旁待發酵40分鐘。
- 2 取麵糰碾成圓麵皮，放在批碟上，刺孔，再作第二次發酵15分鐘。
- 3 焗爐預熱至3-5分鐘，放入薄餅焗5-8分鐘，取出。
- 4 按序放上茄汁、沙樂美腸、菠蘿和芝士，回爐焗10-12分鐘或至金黃便可。

Cooking method

- 1 Mix the dough ingredients together first, add water and rub into dough, then add butter and rub to smooth, wrap with cling wrap, set aside and let ferment for 40 minutes.
- 2 Grind the dough into circular shape, put onto the plate, poke with holes, and let ferment again for 15 minutes.
- 3 Pre-heat the oven for 3-5 minutes, put in the pizza and bake for 5-8 minutes, take out.
- 4 Put on the ketchup, salami, pineapple and cheese according to the sequence, put back into the oven and bake for 10 -12 minutes or until golden yellow, then ready to serve.

心得Tips

麵糰分次發酵，可讓披薩更鬆軟和效果更理想。

Ferment the dough twice. This will make the pizza more tender and obtain better effect.

菠蘿肉腸披薩

Pineapple and Sausage Pizza



焗西米布甸

Baked Sago Pudding



4~6人 • 4~6 persons

12~15分鐘 • 12~15 minutes

材料

西米60克
糖80克
蛋黃2隻
吉士粉20克
粟粉20克
清水450克
牛油40克
鮮奶25克

Ingredients

Sago 60g
Sugar 80g
Egg yolk 2pcs
Custard powder 20g
Cornstarch 20g
Water 450g
Butter 40g
Milk 25g

做法

- 1 西米浸軟，瀝乾，備用。
- 2 把蛋黃、鮮奶、吉士粉和粟粉拌勻。
- 3 清水煮滾，加入牛油、糖、西米和蛋黃混合物一同煮至熟透，倒入已塗牛油熔液的小焗盅。
- 4 焗爐預熱3-5分鐘，放入西米布甸用190℃焗10-15分鐘，即成。

Cooking method

- 1 Soak the sago to soft, drain to dry, set aside.
- 2 Stir the egg yolk, milk, custard powder and cornstarch well.
- 3 Boil the water, add milk, sugar, sago and egg yolk mixture together, boil to well done, pour into the small baking pot which has been spread with melted butter.
- 4 Pre-heat the oven for 3-5 minutes, put in the sago pudding and bake at 190℃ for 10-15 minutes, then ready to serve.

心得Tips

可再加入蓮蓉或豆沙作夾層餡料。

You may add lotus seed paste or red bean paste as filling.

4~6人 • 4~6 persons

35~45分鐘 • 35~45 minutes

材料

鮮奶350毫升
鮮忌廉80克
糖80克
雞蛋4隻

焦糖

糖150克
熱水少許

Ingredients

Milk 350 ml
Fresh cream 80g
Sugar 80g
Egg 4pcs

Caramel

Sugar 150g
Hot water a little

做法

- 1 糖放入鑊中以小火煮至熔化，開始轉變成棕色時，加入熱水繼續煮至溫度達105℃即可。
- 2 鮮奶、忌廉和糖一起加熱至糖溶，但是不能滾沸。
- 3 熄火，加入蛋液拌勻，過濾，放入已盛焦糖的焗盅。
- 4 焗爐預熱3-5分鐘，把焗盅放進焗盤，注水，用150℃焗35-45分鐘至凝固。

Cooking method

- 1 Melt the sugar in a wok at a low heat, add hot water when the color begins to turn brown, continue to cook until the temperature reaches 105℃.
- 2 Heat the milk, cream and sugar together until the sugar melts, but not to boiling.
- 3 Switch off the fire, add the whisked egg and stir well, filter, put in the baking pot which contains the caramel.
- 4 Pre-heat the oven for 3-5 minutes, put the caramel milk onto the oven tray, add water, bake at 150℃ for 35-45 minutes until firm.

心得Tips

因應焗爐的尺碼而決定烹調時間。

Adjust the cooking time according to the oven size.

焦糖布甸

Caramelized Pudding



肉桂蘋果撻

Cinnamon apple tart



材料**搥底**

牛油90克(放軟)
糖45克
雞蛋½隻
低筋麵粉150克

蘋果餡

青蘋果1個(切粒)
葡萄乾少許
核桃碎少許
肉桂粉1茶匙
糖15克

掃面

雞蛋1隻(打散)

Ingredients**Bottom of the tart**

Butter 90g (let stand until soft)
Sugar 45g
Egg ½ pc
Cake flour 150g

Apple filling

Green apple 1pc (dice)
Raisins a little
Ground walnut a little
Cinnamon powder 1 tsp
Sugar 15g

Wipe on the surface with

Egg 1pc (whisked)

做法

- 1 熱鑊下糖加入蘋果粒煮片刻，待涼，放進其他材料拌勻。
- 2 牛油與糖拌勻，加入蛋漿拌勻後，與低筋麵粉搓勻成粉糰，置冰箱中冷凍15分鐘。
- 3 取出½份粉糰，碾平厚約2毫米，放在搥模上，再放上蘋果餡。
- 4 把其餘粉糰碾平，切成長條，鋪在搥面，掃上蛋液。
- 5 焗爐預熱3-5分鐘，放入蘋果搥焗20-25分鐘，即成。

Cooking method

- 1 Add sugar to a heated wok, add apple dices, cook for a while, wait to cool, add other ingredients, stir well.
- 2 Stir the butter and sugar well, add the whisked egg, stir well, rub with the cake flour into dough, put into refrigerator and cool for 15 minutes.
- 3 Take out ½ of the dough, grind flat to about 2 mm thick, put onto the tart mould, then add the apple filling.
- 4 Grind the remaining dough to flat, cut into long strips, put on the top of the tart, wipe with the whisked egg.
- 5 Pre-heat the oven for 3-5 minutes, put in the apple tart and bake for 20-25 minutes, then ready to serve.

心得Tips

搥面的裝飾可利用剩餘麵糰按自己喜好創作。
You can make use of the remaining dough to decorate the tart's surface according to your preference.

選購心水焗爐

焗爐尺碼有大有小，有座地式（全座爐身，以煤氣或電作能源）、座檯式（爐身有如紙箱般大小，安放在檯上）、鑲嵌式（爐身比座檯式大，可安在桌面上或牆壁）和座架式（典型小烤箱，尺碼小，只可作有限度烤焗和翻熱用途）。



不同大小的焗爐

- 1 座地式和鑲嵌式焗爐屬高價爐，有火力和時間調控，兼有一按式功能圖示（一般會預設某些食物的烹調時間，如曲奇、烤雞或燒豬排等），有些會有上火和下火，有些則只有底火，焗爐空間大，可烤焗大量製品或大尺碼食物。
- 2 座檯式焗爐適合一般家庭應用，尺碼適中，可烘烤一般大小的食物，主要利用發熱線或石英管發熱烤焗食物，它亦分有火力指引或圖像示意烹調，並設有上火、下火、全火或全熄火的功能，有些高檔爐還附有風扇把熱力吹遍全爐，讓製品效果更理想。
- 3 座架式小烤箱，爐的容量很小，沒有清晰火力劃分，只有統一火力，只適合翻熱和烤製輕巧美食，不能長時間烘烤，否則會容易造成爐溫過熱的弊病。

焗爐應用小貼士

- 1 使用焗爐前，先取出爐中所有雜物。
- 2 烹調前，預熱焗爐，讓溫度平均，才方可把食物入爐。
- 3 烹調時，應留意食物的情況和變化，按需要來遮蔽食物，以免燒焦。
- 4 如果烹調雞、豬排、牛排或羊排等有油脂飛濺出來的東西，可在爐內墊上錫紙，方便烹調後清洗處理。
- 5 剛烹調完食物的焗爐，可借助餘溫翻熱餅食。
- 6 焗爐用後，先切斷電源，打開爐門，待涼後可用少許清潔劑清潔，並用清水抹乾淨。