Layers

Baking with Grégoire Michaud

酥出本色



Grégoire Michaud

萬里機構．飲食天地出版社出版

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Foreword 推薦序

Grégoire has been a dear friend of mine for a long time, and the start of that journey began in the kitchen 13 years ago in 1999 and I am honoured to have been called upon to add my little foreword to such an invigorating and passionate piece of work.

I see that the word 'passion' is often used when describing Grégoire, I have even known him to be described as a little 'mad' amongst other things and none of these words are wrong, I would like to add a few of my own; intuitive, scientific, genius, artistic··· it is these qualities that enable Grégoire to communicate his undying love and devotion to his craft through his recipe books. I have never read a book on pastry that has been so exact and true to the art of baking.

What I love most about Grégoire's work is the pure fact that when you pick up one of his books, you honestly feel as if you are speaking directly to him, his presence is felt on every page from the preface at the start of the book to the minute detail he goes into when explaining the pure science of layering pastry on page13 right down to the last recipe. His innate understanding and knowledge of the product speaks volumes here as it has done countless times in the past within his other publications.

Grégoire and I worked together at the Regent Hotel Hong Kong, from the moment we began to work together there was no mistaking his professional genius and I knew then that we were going to be friends as well as colleagues sharing the same ethics and philosophy about food and the culinary arts. I can say honestly that he is one of the most inspiring chefs I have had the pleasure to work with, his drive and dedication is limitless as is his great need to share with others his knowledge, I can not begin to imagine the amount of people; chefs or otherwise that have been touched by Grégoire's generosity, he is a born educator and teacher and I for one am proud to have known him as a colleague and a close friend.

I know for a fact that any one who picks up this book and shares in Grégoire's enthusiasm for Viennoiserie baking will be drawn in by his undeniable creative spark and some what 'Einstein' inventions (my personal favourite being the Wakame, Prawn and Burnt Lemon Croissant pg 110). Those who are new to the complex procedure of layering dough will find a detailed step by step instruction which will guide them quite comfortably through every stage.

I urge any one to rush home with this book and begin exploring this world of delicate and delicious pastry baking.

Bernhard Mayer, Executive Chef
The Savoy, London

Preface 前言





Laminated dough is fascinating. Producing the perfect layered dough requires precision, discipline and rigor; yet, gestures need to be gentle and measured. The flaky and buttery pastries are nothing less than a complicated mathematical equation taken into a baking art form, which will ultimately end up as a scrumptiously delicious result! Understanding the close relation the different elements of the dough have to form the puffed flaky pastry is the essence of perfectly formed layers.

Layered pastries are famous around the world. Almost every other country has a layered dough specialty, let there be croissants in France, ensaïmadas in Spain or sfogliatelle in Italy. Countless specialties that were created ages ago, but lived through history, maybe with a few more layers, but not a wrinkle.

Like with any popular recipe, people have created, tweaked and adapted the traditional recipes into their own personal favorites; and the same goes for me. Once I could master the dough, the proofing and the baking to produce perfect basics such as simple viennoiserie and pithivier, I couldn't hold myself back and stepped out of my comfort zone to envision a somewhat different approach of layered dough. Faithful to my style; food had to make sense, but it needed to be rather different. With a few innovative techniques and ingredients such as artisan flavored butter in croissant brings a fresh and clean look to viennoiserie, croissant and puff pastry.



This book has a technical part where everything you need to know about layered dough is explained; and of course a myriad of recipes to use them in creative ways. Making layered dough at home is a sort of challenge, but it's just like baking good bread – practice makes perfect. Machines help us to make layers of dough and butter very consistent. At home, your hands and eyes are your precision tools, and your stomach will be the ultimate judge of your achievement.

I hope that by sharing my knowledge with this book, it will inspire you in baking more for your friends and family – bringing a sweet smile on someone's face with a Pain au Chocolat is a precious moment, especially when you used all your heart in the making.

Grégoire Michaud

薄層的麵糰令人着迷。製造一個完美的酥皮麵糰需要精確、規律和嚴密，而搓揉的手勢就要輕柔而有節奏。層狀和牛油狀的酥皮，要經過烘焙藝術的形式，最終成為絕妙的美味，其難度絕不會低過一道複雜的數學方程式。明白構成麵糰的不同元素間的親密關係，才是製成完美酥層的關鍵所在。

千層酥舉世聞名，差不多每個國家也有其特別的酥層製品：法國有牛角包、西班牙有海螺包、意大利有蜆殼包。數不盡的名產皆創造於久遠年代，時至今日仍充滿活力，或許產品增多了一些酥層，但仍平滑而不起皺紋。



如同任何廣泛流傳的食譜一樣，人們會調整和改造這些傳統食譜，以因應個人的口味，我也是如此。一旦我能掌控製麵糰、發酵和烘焙的完整流程而製成基本的麵包，如簡單的維也納千層酥和法國雙碟形的批酥皮，我就無法克制自己地想要從習慣的環境走出去，而開始想像酥層麵糰的不同做法。忠於我的個人風格；食物要有意義，但需要有點兒變化。採用一些新技術，並在牛角包裏加入一些新材料，如手工調味的牛油，可以為維也納千層酥、法國牛角包和千層酥帶來新鮮和清新的形象。

這本書有一部份是有關技術的，與酥皮麵糰相關的任何知識都可在這裏找到，當然還包括以創造性手法運用酥皮麵糰的大量食譜。在家中做千層酥是一種挑戰，但就像製作優質的麵包一樣——熟能生巧。機器有助於我們將每一層酥皮和牛油營造得完全一致。在家裏，你的雙手和眼睛就是精準的工具，你的胃將會是你的成果的最終裁決者。

我希望用這書與你分享我的知識，它會鼓勵你為朋友和家人多一些點烘焙食物——當客人們在品嚐朱古力酥包時露出滿臉笑容，這就是最寶貴的時刻，特別是當這朱古力是你用心製造出來的時候。

閔言樂



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Introduction

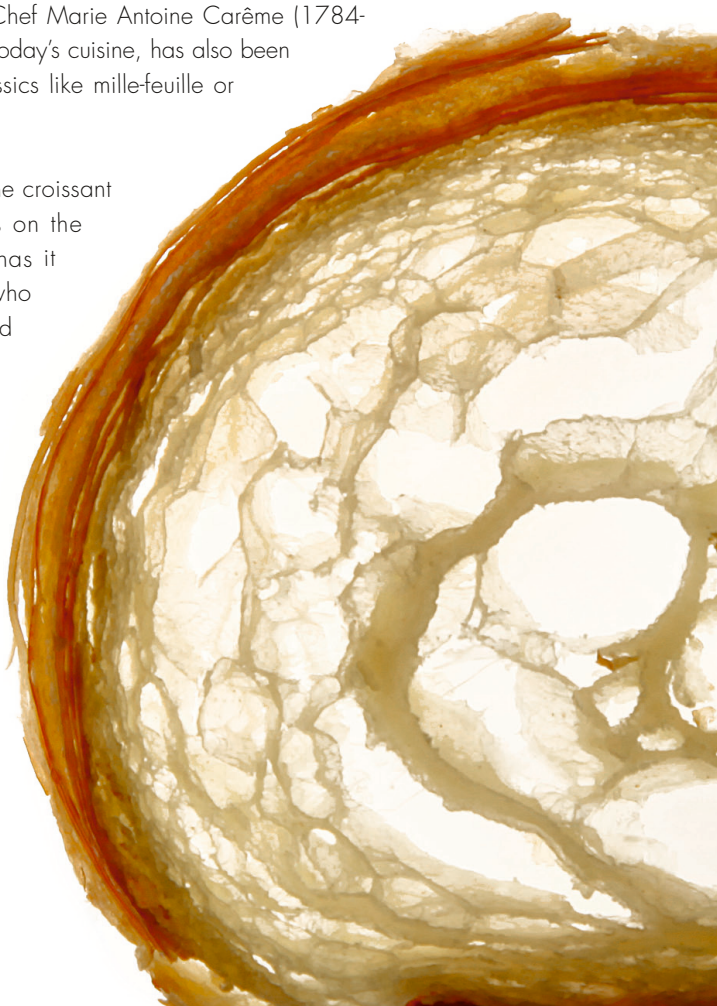
Layered dough has different origins and despite the different ancient literatures relating its beginning, there is very little evidence of its unique birth place, however there are several theories on puff pastry, croissant and viennoiserie.

Puff pastry seems to descent from phyllo pastry which itself shows its first appearance as early as the 11th century in Central Asian Turkic regions. The layering was done with very thin phyllo dough and oil. However, there are references of layered dough in Spain, Italy and Germany where dough was layered with oil and lard to obtain some sort of flakiness. For instance sfogliatelle, the flaky Italian pastry made of water dough and lard originate from the monastery of Santa Rosa (Salerno) during the 18th century. We can deduct that the use of lard came from Europe as its use was restricted in the Middle-East. We thus can attribute the birth of layered dough to phyllo pastry. Another historical event where we could witness the beginning of leavened and layered bread is attributed to French painter, who was formed as a pastry apprentice in his younger age, Claude Gellée (1605-1682) during the 17th century where he apparently created layered bread with layers of dough and butter for his sick father.

Croissant and viennoiserie originate from Austria; the Kipferl, which was shaped similarly to a croissant, appeared as early as the 13th century. The croissant itself is attributed to August Zang (1807-1888) when in 1839, he created different Viennese baked specialties, including Kipferl at his newly opened Viennese bakery in Paris. His success was immediate and French bakers inspired themselves on Zang's creation to develop croissant and viennoiserie as we know it today. Thereafter, the fine bakeries became quickly a breakfast staple throughout Europe. Chef Marie Antoine Carême (1784-1833), father of many culinary classics used in today's cuisine, has also been a major contributor in creating puff pastry classics like mille-feuille or Pithivier in the way we know them today.

Amongst other stories regarding the origin of the croissant shape, the 1683 victory of Christian forces on the Ottomans army during the siege of Vienna has it that the bakers, who stayed up all night and who gave the alarm, baked crescent shaped bread to celebrate their victory.

Ever since, many countries have developed their own specialties throughout history including the earliest Portuguese Pasteis de Nata, the Italian Sfogliatelle or the Austrian Strudel. Layered dough is also present in Chinese cuisine, especially in Cantonese dim sum such as char siu sou (叉燒酥) and other specialties. The first occurrence of such pastries seems to have appeared in a 1330 cookbook published under the Mongol / Yuan Dynasty in Northern China. Today many different provinces in China have their own flaky pastry specialties.

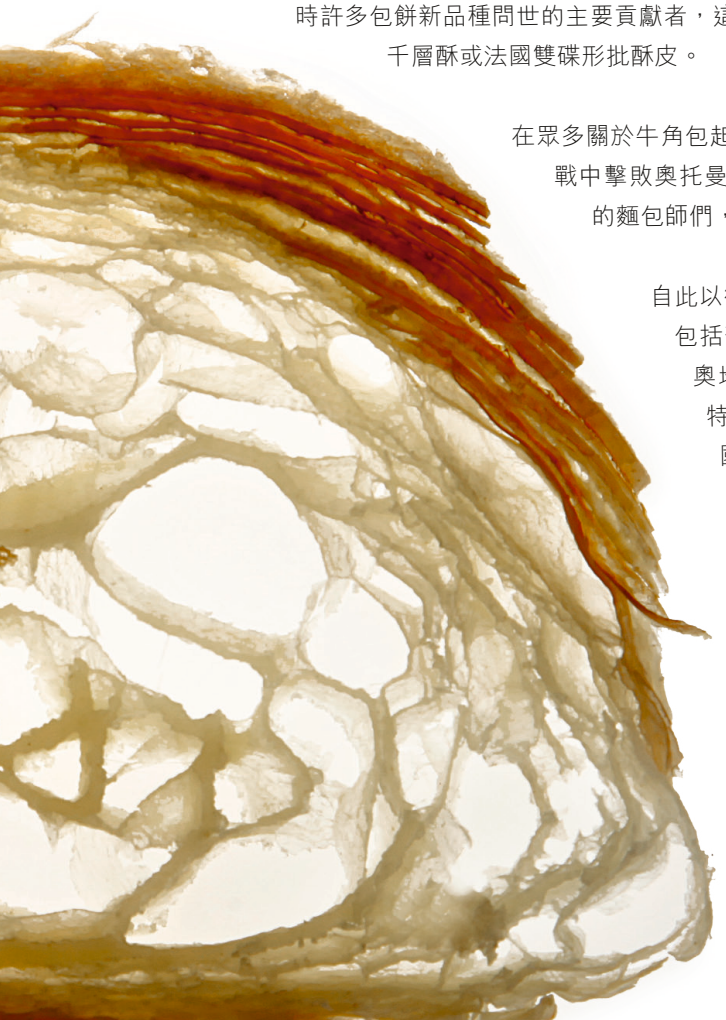


追源說“酥”

酥皮麵糰有不同來源，雖有不同古籍談及其根源，奈何卻少有證明它的唯一出處。反而有數個理論有提及千層酥、法式牛角包和維也納千層酥。

千層酥似乎與早在公元十一世紀於中亞土耳其地區首次現身的希臘千層酥（葉形酥）一脈相承。它的酥層由非常纖細的葉形麵糰和食油製成。不過，也有一些文獻談及西班牙、意大利和德國的麵糰，那些地方麵糰因為用食油和豬油製成，而產生不同種類的薄片酥層。例如那不勒斯千層酥，一種由水麵糰和豬油製成的意大利薄片層酥，就是起源自十八世紀的薩雷爾諾修道院。我們可推斷使用豬油的做法是從歐洲開始的，因為豬油在中東是禁止使用的。因此，酥層麵糰的誕生應歸功於希臘層酥。還有一件歷史事件讓我們可以看到，膨鬆麵包和酥皮麵包的起源與十七世紀法國畫家 Claude Gellée（1605-1682）有關。Claude Gellée 年輕時曾是一名麵包學徒，並曾經為他生病的父親炮製過用麵糰和牛油製的酥層麵包。

法式牛角包和維也納千層酥均源自奧地利，希臘式的新月小麵包與牛角包的造型相似，則早在十三世紀已出現。至於法式牛角包就歸功於李洛能（1807-1888），他在 1839 年已創製不同種類的維也納式烘焙物，包括了在巴黎新店的新月小麵包。李氏的即時成功觸發起法國烘焙師紛紛效仿，繼而發展至今日人所盡知的法式牛角包和維也納千層酥。很快，美味的包餅便成為歐洲早餐桌上的主要食物。馬利・安東尼・卡瑞蒙廚師（1784-1833）是許多沿用至今的經典菜餚之父，也是當時許多包餅新品種問世的主要貢獻者，這些當時的新品種中就包括了我們今天所熟悉的法式千層酥或法國雙碟形批酥皮。



在眾多關於牛角包起源的故事中，有關 1683 年基督教軍隊在維也納之戰中擊敗奧托曼帝國軍隊的故事就提到，徹夜不眠並為大家發警報的麵包師們，曾為了慶祝勝利而烘焗新月形的麵包。

自此以後，有許多國家不斷地發展出他們特有的麵包品種，包括葡萄牙最早期的葡式蛋撻、意大利的蜆殼形麵包和奧地利的餡酥卷。酥層麵糰亦有在中國菜式中出現，特別是廣東點心如叉燒酥和其他製品。這些酥點在中國的最早記載似乎可見於 1330 年蒙古和中國北方的元朝所出版的食譜。今天中國的許多省份也各有他們獨特的酥式點心。



Inside the Layers

酥層裏的秘密

You won't find the key to croissant's soul by hugging it;
Learning the science behind it will.

要找出牛角包精髓的關鍵，僅僅握着它是不夠的，要學習其背後的原理才行。

The **Ingredients** 食材



The key ingredients we're looking at in layered dough are the flour and the fat. These basic ingredients will form what we call the détrempe which defines dough that will be laminated with fat into layered dough. Other ingredients such as sugar, salt, malt, eggs, milk and so on will have less impact on the actual layering, but will influence the texture of the dough itself. For example a puff pastry made of water, flour, salt and butter will be crunchy. On the other hand, a viennoiserie will be flaky, yet the dough layers will be softer due to the addition of eggs, yeast and sugar.

酥層麵糰的主要材料是麵粉和油脂。這些基本材料將會構成我們所說的“水油麵糰”，即麵糰加入油脂後製成薄板狀的酥層麵糰。其他材料諸如糖、鹽、麥芽、雞蛋、牛奶等較少影響到酥層的形狀，但會影響到麵糰本身的質感。例如由清水、麵粉、鹽和牛油做成的千層酥將會變得酥脆。另一方面，加入雞蛋、酵母和糖的維也納千層酥將會出現碎塊，但其酥皮層卻會變得精細。

The flour 麵粉

As a general rule, very fine flour with a good content of protein is preferred. We want to obtain a nice and extensible texture while proofing and baking, but yet, the layers need to be pleasant to eat, with clearly defined layers, and not chewy. Some recipes may call for different flour such as whole wheat or even rye; rougher milled flour might result in not so fine baked goods. For the recipes in this book, we used type 55 flour with a level of protein averaging 12%. Using flour in the range of type 45 to type 65 is fine.

依照一般規範，建議選擇蛋白質含量高的優質麵粉。當我們發酵和烘焙時，希望獲得精細而可擴展的質感，與此同時，那些酥皮層應該層次分明而不黏口，令人提高食慾。有些食譜需要使用不同的麵粉，如全麥麵粉或者甚至黑麥麵粉，較粗磨的麵粉將會產出較不細緻的烘焙製品。在書中，我們會選用平均含 12% 蛋白質的 55 號麵粉。45-65 號範圍之間的麵粉都是可用的。



To produce properly textured pastries, it is important not to overwork the dough at kneading. If such situation occurs, the dough will stretch itself while developing and the outer layers of the pastry might tear apart during proofing or baking. Also, the shape of the pastries will be deformed. When using strong flour for puff pastry, it is recommended to use it on the same day as the flour will gain body after a long rest and the product will not develop as the desired shape. This phenomenon is linked to dough rheology alongside with the sheeting of the dough, and it will be variable depending on the kind of flour used, the temperature and the aforesaid resting time.

要做出質感合適的酥皮，切記不要過度搓揉麵糰。如果這情況發生了，該麵糰會在生發過程中自行伸展，然後在發酵和烘焙中酥糰的外層會撕裂分離。再者，酥皮的外型會變形。如果選用強力麵粉（麵包麵粉）做千層酥，建議在同一天內使用完，因為麵粉長時間放置後會鬆弛，後作的酥皮製品可能不會發展成預期的形狀。這種現象與麵糰塊片周圍的流變特性有關，結果將視麵粉的種類、溫度和前述的鬆筋時間而變化。

The fats 油脂



Different layered dough requires different kind of fats depending on the expected results or recipes. From a quality point of view for croissant, viennoiserie and puff pastry, butter or actually dry butter is seen as the better choice. The most commonly used fats in layered dough are represented in the following table:

不同的酥層麵糰，會因應要求的結果或食譜，而需要使用不同種類的油脂。從品質的角度來看法式牛角包、維也納千層酥和千層酥，一般認為牛油或事實上乾牛油是較好的選擇。酥層麵糰最常用的油脂現列於下表：

Fat 油脂	% fat content 油脂成份	Melting point 熔點	Origin 來源
Butter / Dry Butter 牛油 / 乾牛油	80 to 86 %	32℃ 攝氏 32 度	Cow milk 牛奶
Concentrated butter 濃縮牛油	99.8 %	36℃ 攝氏 36 度	Cow milk 牛奶
Lard 豬油	100%	36℃ to 45℃ 攝氏 36 度至 45 度	Pork 豬肉
Olive oil 橄欖油	100%	Solidify at 6℃ 在攝氏 6 度凝固	Olive 橄欖
Margarine 人造牛油（孖芝蓮）	80 to 85%	39℃ 攝氏 39 度	Vegetable 蔬菜

Butter 牛油

Proper quality butter fat content ranges from 80% to 86%. Dry butter is preferred to create a nice layering and to preserve flavor and texture of the baked product. As shown on the above table, the difference between regular butter and dry butter isn't the fat content, but it lies in the level of hardening fatty acid content. Dry butter contains more of these fatty acids making it harder and more extensible, thus better for the preparation of layered dough such as puff pastry, croissant or viennoiserie.

優質牛油合適的油脂含量範圍為 80% 至 86%。要想創造細緻的層次並保留烘焙製品的味道和質感，就建議選用乾牛油。如上表顯示，一般牛油和乾牛油的差異不在於油脂成份，而是體現在具硬化作用的脂肪酸含量水平。乾牛油中這類種脂肪酸的含量多一些，因此較硬實、較宜伸展，也因此更適合使用於千層酥、法式牛角包麵糰或維也納千層酥。

Some butter are available in rectangle sheets and are especially made for layered dough, however you can use butter block and make your own butter sheet as follow:

1. Have your butter at room temperature.
2. Prepare 2 sheets of plastic and a frame of 1 cm high.
3. Place a plastic sheet on a tray and place the frame on it.
4. Mix your butter to a spread texture and spoon it in the frame.
5. Spread the butter with a spatula as evenly as possible.
6. Cover the butter with the other plastic sheet.
7. Slide a ruler on the plastic to make the butter sheet flat.
8. Store in the fridge for 1 hour.

市面上有一些呈長方形片塊狀的牛油，是專門用於製作酥層麵糰的。不過，你還是可以用一大塊牛油做出自己所需的牛油片，做法如下：

1. 將牛油置於室溫下。
2. 準備 2 片塑膠片和 1 個 1 厘米高的框架。
3. 將 1 片塑膠片放在盆裏，上面再放上框架。
4. 將牛油攪拌成抹醬狀，舀入框架內。
5. 用抹刀均勻地塗抹牛油。
6. 在牛油面蓋上另 1 片塑膠片。
7. 用間尺在塑膠片上滑動以抹平牛油。
8. 放在冰箱中貯存 1 小時。



Concentrated butter on the other hand is higher in fat content and very low in water. That particular condition will give the dough a very well defined layering. However, once the baked product cools at room temperature, it will be less pleasant in texture compared to a product baked with regular butter. The reason is simple: the melting point of concentrated butter is near body temperature, thus when eating, the fat will not melt well in mouth. The same would happen with lard or vegetable shortening, leaving a sticky mouth feel.

另一方面，濃縮牛油則含有高油脂和低水份。這樣的特定條件令麵糰的酥層形態完美而又輪廓分明。不過，與使用一般牛油的製品比較，使用濃縮牛油的烘焙品在室溫下涼卻後，質感上會略遜一籌。原因很簡單，濃縮牛油的熔點與人體的溫度接近；因此進食時，油脂不會在嘴裏熔化。豬油或菜油的脆化製品也有同樣的情況，會在口腔裏留下黏口的感覺。

Mixing and **Kneading** 攪拌與搓揉



Different recipes require different mixing and kneading. The recipes in this book were made using a single-hook spiral mixer with a low speed of 80 rpm and a faster speed of 120 rpm. If you use a home-type planetary mixer with variable speed, the mixing and kneading time might be shorter as the kneading is more intensive.

不同的食譜要求不同的攪拌和搓揉方式。本書中的食譜適合採用單鉤螺旋形攪拌器，該攪拌器配有慢速 80rpm 和快速 120rpm 的兩段攪拌速度。如果你用多速家庭型星式攪拌器，由於搓揉力量較為強勁，攪拌和搓揉時間可能會略短一些。

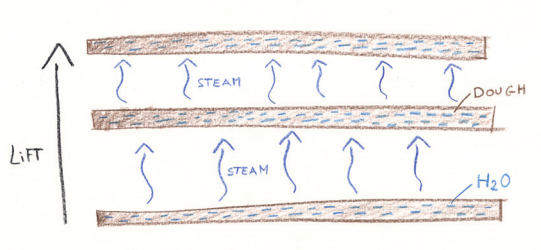
Development and **Textures** 成型和質感

There are two main development methods for layered dough; biological and physical.During baking, the water contained in the dough evaporates into steam. The steam is trapped between each layers of fat. Each layer then pushes the dough to rise until the dough sets in the range of 60°C to 80°C, when the starch complete its coagulation. Most of the expansion happens in the first half of baking time. The butter is then melted and partly migrated towards the baked dough giving the finished product a good flavor of butter. The layers are crisp and well defined, almost like leaves. This is called physical development.

酥層麵糰的成型方法兩種，即生物性成型和物理性成型。當烘焙時，麵糰裏的水份蒸發變為水蒸汽，而那些水蒸汽就會被鎖在油脂層之間。當澱粉完全凝結時，各麵層推動麵糰升起，直至溫度處於 60℃至 80℃的範圍。大部份的膨脹發生在烘焙時間的一半之前。及後牛油會熔化，部份會進入烘焙麵糰令製品產生牛油香味。酥層就像葉片一樣爽脆而層次分明。這叫做物理性成型。

For layered dough like croissant, made with microbiological organism such as commercial yeast or sourdough, the biological rise of the dough from yeast is coupled with the physical development. The layers will be less defined than puff pastry and ideally will create a honeycomb-like texture.

有些酥層麵糰如法式牛角包，其製作過程中需用到有機微生物，諸如商業用酵母或麵種；對於這些麵糰，借助於酵母的生物性發酵與物理性成型是並存的。這些麵糰的酥層與千層酥相比，會少了一些清晰的層次，因此最適合製造如蜂巢般的結構。





Development and texture is a balancing act between the different dough ingredients, the water content, the fat used and the amount of layers. In order to keep the development steady and regular, every dough has to be handled as precisely as possible in terms of thickness, resting time and final rolling before the dough is used.

在不同的麵糰材料、水份含量、油脂種類和酥層數目之間，成型與質感起到了平衡的作用。為了保持穩定而規則的成型，每個麵糰必需從厚度、鬆筋時間和最後輾平方式等各方面精確處理。

The dough leftovers can be re-used. However, they should not be kneaded, but simply placed on top of each others. Re-used dough will not rise as steadily as the original dough, but will suit very well for the production of palmier or tart shells. Poking holes in puff pastry will also decrease the rise as steam will escape from the holes.

殘餘麵糰可被再重用，不過不應該再搓揉它們，只要簡單地把它們放在其他麵糰頂端就可以了。重用麵糰不會像新麵糰般穩定地膨脹，但仍非常適合做棕櫚糕或撻殼等產品。在酥皮上戳孔眼，水蒸汽會從孔眼逃離而令其膨脹度降低。

Malt and **Ascorbic Acid** 麥芽與維他命 C

Malt (liquid or powder) is optional, but often added to flour strong in gluten to soften it a little as well as to bring a stronger coloration to the baked product. Malt is added to a level up to 2% of the flour weight.

Ascorbic acid (vitamin C) may be added to puff pastry to increase the strength of the gluten and make the dough more extensible; however, this practice may result in an increased shrinkage of the dough at baking. Ascorbic acid may be added to a level of 0.5% to 1% per kilo of flour. Ascorbic acid oxidizes flour and too much acid (or lemon juice) will result in brown color crumb after baking, therefore not recommended.

麥芽（液體或粉末）是可選成份，但常常被加入高筋麵粉裏以令麵筋變軟，同時令烘焙後的產品顏色變深。麥芽的比重最多只能佔麵粉總重量的 2%。

在酥皮中添加抗壞血酸（維他命 C）能增加麵筋的強度，並令麵糰變得更有彈性，不過它亦會使烘焙品的收縮增強。其添加量約為每千克麵粉中佔 0.5% 至 1%。抗壞血酸可以使麵粉氧化，加入大量酸性（或檸檬汁）將會導致烘焙後出現棕色碎屑，因此不建議採用。

Layers and **Folding** 酥層和覆摺

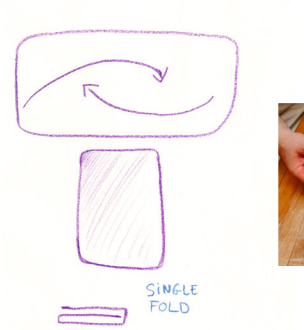
Specialties such as sfogliatelle, strudel or ensaïmadas have a variable number of layers depending on the way they are shaped and rolled. However for puff pastry, croissant and viennoiserie dough, the amount of layers is calculated according to the amount of folds. The number of layers defines the fineness of the product. There are no fixed rules in folding dough, to each its own choice.

因應造型和捲摺方法的不同，特色產品如蜆殼形酥、果餡酥卷或海螺形酥等的酥層數目也會有不同。至於千層酥、法式牛角包和維也納千層酥，酥層數目就依照捲摺數目而計算出來。酥層的數目將決定製成品的質素。麵糰的覆摺沒有固定的規則，完全是麵包師個人的選擇。

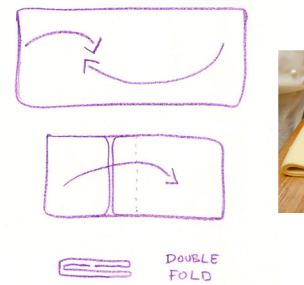
There are two ways to fold dough: Single fold and double fold.

覆摺麵糰有兩個方法：單覆摺和雙重覆摺

Roll each layer to 1 cm thick for folding. Remember to roll the dough slowly to preserve the layers of fat in one piece. When folding the fat into the dough, it is important to dust away any extra flour present on the dough. The number of folds generally depends on the amount of fat. Little fat = fewer









folds, lots of fat = more folds. Usual amount of butter in croissant is about 25% to 50% of the flour weight. Typical croissant dough contains 30% to 35% butter on average; and for puff pastry, typical amount of fat ranges from 40% for the mock puff pastry to 80% or even 100% for the quick puff pastry (Dutch). The amount of fat and the folds must be adapted to the expected results. For example too little fat in a dough with many folds will result in very little layering. As a rule of thumb, we also know that an overly high ratio of fat compared to the amount of dough means less flakiness and smaller volume of the baked product as the dough is suffocating under thick layers of fat preventing it to develop properly.

將每一酥層輾壓至約 1 厘米厚才捲覆。緊記慢慢捲輾麵糰，以使油脂層保持為一整片。當覆摺油脂進入麵糰內時，把黏附於麵糰上的多餘麵粉掃走是非常重要。覆摺數目一般依油脂的數量而定。油脂稀少 = 少一點覆摺；多一點油脂 = 覆摺就多一點。法式牛角包的正常牛油量約為麵粉重量的 25% 至 50%。典型的法式牛角包含牛油量平均為 30% 至 35%。至於千層酥，典型的油脂量從由標準千層酥的 40% 到快速千層酥（荷蘭）的 80% 甚至 100%。油脂和覆摺數量可適當調整以符合預期的要求。例如麵糰裏的油脂太少而覆摺很多會導致酥層非常少。一般來說，我們都知道如果油脂相較於麵糰重量的比率過高，將意味着即薄片層會較少，烘焙品的體積也會較小，因為厚厚的油脂層阻止了麵糰正常成型。

Basic fat ratio and folds for 1 kilo of flour in puff pastry
以 1 千克酥皮麵粉的基本油脂比率與覆摺

500 grams（克）	50%	3 double folds（雙重覆摺）
600 to 700 grams（克）	60% to 70%	4 double folds（雙重覆摺）
800 to 1000 grams（克）	80% to 100%	4 to 5 double folds（雙重覆摺）

The amount of layers is the factor upon which one can measure the fineness of the layers. The more layers, the finer the dough will be. In general, we talk about a rough puff pastry at around 65 layers and a very fine puff pastry above 700 layers. However, it is important to note that if too many layers are created in the bulk dough, they will eventually be discarded when laminated into thin dough. In this case, layers will be invisible and the baked product will feel like short crust dough.

酥層數目是我們用以評判酥片完美程度的指標。酥層越多，麵糰就會越完美。一般來說，我們所說的粗糙的酥皮約有 65 層酥層，而非常優秀的酥皮就有超過 700 層。不過，值得注意的是，如果還在大塊麵糰的階段就已製成太多的分層，則當其被壓製成薄片麵糰時，這些分層最終會被甩斷。在這種情況下，酥層會看不見，而烘焙品就會像酥脆糕點麵糰一樣。

Layers are calculated with the following formulas:
酥層數量可由以下的方程式計算：

$l = (f+1)^n$

l is the number of fat layers, **f** the number of fold and **n** the number of time the dough was folded. You have to take into account that a single fold counts for 2 layers and a double fold gives you 3 layers. For example:

l 為油脂層的數目，**f** 為覆摺數目，**n** 為麵糰覆摺的次數。你一定要考慮到，一個單覆摺計算為 2 層，一個雙重覆摺會有 3 層。例如：

- 3 single folds would be: $(2+1)^3 = 27$ layers
- 3 double folds would be: $(3+1)^3 = 64$ layers
- 3 單覆摺將會有：$(2+1)^3 = 27$ 酥層
- 3 雙覆摺將會有：$(3+1)^3 = 64$ 酥層

Another way to calculate folds is to assume single fold as 3 layers and double folds as 4 layers, thus we can calculate as follow:

另一種計算方法是，單覆摺當作 3 層，而雙覆摺當作 4 層，如此我們計算如下：

- 3 single folds would be: $3 \times 3 \times 3 = (3)^3 = 27$ layers
- 3 double folds would be: $4 \times 4 \times 4 = (4)^3 = 64$ layers
- 3 單覆摺將會有：$3 \times 3 \times 3 = (3)^3 = 27$ 層次
- 3 雙覆摺將會有：$4 \times 4 \times 4 = (4)^3 = 64$ 層次

The resting time between the fold is very important. If you give 2 single fold to start, you can give them one after the other, but you will need about 15 to 20 minutes of fridge rest before giving the third fold. Do not make your dough too cool during the folds, or else the layers of fat might break when rolling down. After folding the dough, it needs time to rest or else your dough and your baked product will be deformed.

兩次覆摺之間的鬆筋時間非常重要。如果你一開始做兩次單覆摺，這兩個覆摺可以連續做，但需要在第三次覆摺前將麵糰置於冰箱鬆筋 15 至 20 分鐘。摺覆時不要讓麵糰太冷，否則油脂層會因捲輾而弄破。當摺覆麵糰時需要時間鬆筋，不然麵糰和已烘焙製品會變形。

During the folding, the dough and the fat need to be at the same texture in order to create perfectly smooth layers; note that similar texture does not imply the same temperature. For example dry butter and puff pastry détrempe won't be at the same temperature once they reached the same texture. The

hardness has to be felt by hand. The fat needs to be flexible but not too soft or else the fat will spill out of the dough once pressed into layers. Also, if the fat is too cold compared to the dough it will break into chunks and the layering won't be consistent.

當覆摺時，麵糰和油脂需要為同一質感，以創造完美幼滑的酥層。注意類似質感並未暗示相同的溫度。例如當乾牛油和酥皮的達至相同質感時，不必處於相同的溫度就會彼此調和。硬度須由人手來感覺。油脂需要有一定的柔韌性，但不能太軟，否則當麵糰壓成酥層時，油脂會從麵糰中溢出。另外，如果油脂相對於麵糰太冷，也會斷裂成碎片，則製成的酥層會失去連貫性。

Judging **Layered Dough** 酥皮麵糰的判斷

When judging a layered dough quality, either for your own, your purchase or as a competition judge, here are the criteria you will be looking for in a puff pastry:

你需要評判酥皮麵糰的品質時，無論是要評估自製的或是購買的產品，抑或是要擔任比賽的評判，以下一些有關千層酥的規條正是你要尋找的：

Layering of raw dough 生麵糰的層次	No air pocket and clear layers between fat and dough 油脂和麵糰之間沒有氣泡和明顯分層
Baked dough yield 烘焙後麵糰含水量	Average of 70% of yield after baking 烘焙後平均含水量是 70%
Shrinkage 收縮	Up to a maximum of 18% after baking 烘焙後最多收縮 18%
Lift 升起	To a minimum of 8% after baking 烘焙後最少升起 8%
Internal structure 內部結構	Well defined layers, no large air pocket 層次分明，沒有大氣泡
Mouth feel 口感	Consistent, no chewiness, melting butter flavor 全體一致，不黏口，散發牛油香味
Color/aspect 色澤 / 外觀	Golden brown/yellow without traces of butter 金棕色 / 黃色， 沒有牛油痕跡



Measuring and **Shaping** 量度與造型

Just like during the production of the dough, cutting the pieces of dough require precision in measuring and shaping for both, puff pastry and croissant dough.

Once the dough is rolled, it is important to lift it from the table to relax it and make sure it is not tense on the table. If the dough is not relaxed, every cut will be deformed. Just like when you fold your dough, resting is very important and you might want to rest the dough for a few minutes before cutting to avoid shrinkage.

無論是做千層酥還是法式牛角包。麵糰切塊的流程與做麵糰一樣，也需要精確的量度和造型。一旦輾開麵糰，必須把它從枱上拿起來，讓它鬆弛，確保它再放回枱上時，不再處於繃緊的狀態。如果麵糰沒有鬆弛，每次切割便會使它變形。正如摺覆麵糰時一樣，鬆筋也是造型過程中一種非常重要的工序，在切割前讓麵糰鬆弛數分鐘，可以避免麵糰收縮。

As you will discover along the many recipes of this book, shapes are very open to creativity and limits are few. Certain shape are classic and others are very free.

Croissants are one of the few where shaping is worth emphasizing on the different techniques.

從本書的許多食譜中，你會看到發覺對造型完全取決於創造力，限制非常少。有一些特定的造型是傳統的、經典的，其他的就完全是自由造型了。法式牛角包是少數值得用來強調不同造型技法的產品。

The steps in shaping croissant starts with rolling the dough at the desired thickness, followed by the relaxation of the dough to avoid it from being deformed, measuring the size you want and cutting the dough using either a knife, a rolling cutter or a croissant rolling pin. An important point in cutting is to ensure very sharp tools, if not; the tools might crush the layering. According to your preference of shaping, some people push the dough and some people pull the dough to shape croissant. In the case of pulling, one must be careful not to over stretch the dough or else it might tear apart during proofing as the rolling of the dough is too tight. It's also possible to use a croissant cutting rolling pin to cut the croissant dough.

法式牛角包的造型步驟，首先是開輾出所需厚度旳麵糰，接着是讓麵糰鬆弛，避免變形，計算所需的成品尺碼，然後用小刀、滾動式切刀或滾動式牛角包棍來切割麵糰。確保切割工具的鋒利非常重要，不然的話，那些工具可能會壓碎酥層。根據各人對造型的偏好，在做法式牛角包時，有些人會推動麵糰，有些人則會拉扯麵糰。當你要用拉扯的手法時，必需注意不要讓麵糰過度伸展，否則麵糰會因為開輾時繃緊，而在發酵時撕裂。另外也可以用牛角包滾輾器來切割法式法式牛角包麵糰。



Pushing/pulling croissant shaping 推/ 拉牛角包造型

Once rolled, the tip of the croissant must be placed well underneath the croissant itself to avoid the tip from popping up during the baking.

一旦麵糰輾開，法式牛角包的頂角部份一定要妥善地置於其自身的底部，以避免它在烘焙過程中彈起。

Pulling 拉

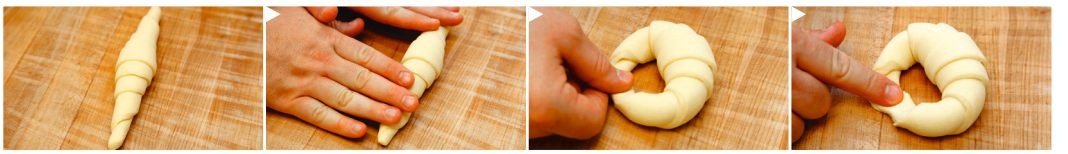


Pushing 推



Curved croissant / straight croissant / fat croissant
彎曲牛角包/ 挺直牛角包/ 肥胖型牛角包

Curved 彎曲



Fat 肥胖型



Egg Washing 蛋液

Egg wash is used to give a shiny look to your baked product or to sometimes stick layers of dough. Different recipes are used for egg wash depending on the expected effect. For the base we use different ratios of whole egg, egg yolks or egg white. Sometimes milk or water is added as well as a pinch of salt to help the egg white and egg yolk to emulsify into a smoother liquid.

蛋液可令烘焙製品呈現光澤，或有時也可用來黏貼酥層。因應所需的不同效果，有不同的蛋液配方可供選擇。蛋液的基礎成份是不同比例的全蛋、蛋黃或蛋白。有時會加一些牛奶或清水，或會撒一小撮鹽，以幫助蛋白和蛋黃乳化成幼滑液體。

Type 類型	Yolk 蛋黃	White 蛋白	Milk 牛奶	Salt 鹽
Light 淺色	1 pc 個	1 pc 個	4 tbsp 湯匙	1 pinch 小撮
Medium 適中	2 pcs 個	1 pc 個	2 tbsp 湯匙	1 pinch 小撮
Dark 深色	3 pcs 個	1 pc 個	2 tbsp 湯匙	1 pinch 小撮

It is important to remember that using the dark type of egg wash will result in a thicker layer of egg wash on the finished product. If the layer of egg wash is too thick, it might end up in a chewy layer on top of the baked product. In order to obtain a shinier result, egg wash can be applied once at mid-proofing and a second layer of egg wash can be applied just before baking.
值得注意的是，使用深色蛋液將會導致製成品的表面現出一層厚的蛋液層。如果蛋液層太厚，製成品的表面層會很黏口。為了得到較有光澤的效果，應在發酵中途掃抹 1 次蛋液，在入爐烘焙前再掃抹第 2 次蛋液。






Proofing 發酵

Proofing must happen at a temperature lower than the melting point of the fat used for layering. If the temperature is too high, the fat will melt and the layers will be lost.

It is recommended to proof at room temperature, covered with a plastic to avoid the product to dry, for as long as needed. That way, the layers of fat and dough develop slowly in a perfect honeycomb texture.

發酵溫度應低於麵糰內所使用油脂的熔點溫度。如果溫度太高，油脂會熔化，而酥層會消失。建議在室溫下發酵，有需要時可在面上蓋膠布以避免製品風乾。這樣，酥層裏的油脂和麵糰慢慢發成完美的蜂巢結構。

Baking 烘焙

Layered dough with yeast will require steam in order to fully develop while the like of puff pastry, relying on physical development will need less or no steam. We tend to use steam with puff pastry when we bake shells such as vol-au-vent. The time of baking will depend on the size of the pieces, but in general we tend to bake croissant in a steady 190°C oven while puff pastry will bake at 210°C to 220°C to start and finish at 190°C, puff pastry needs a higher temperature to develop a proper oven spring.

含酵母的酥層麵糰需要水蒸汽以令麵糰完全發酵。至於類似層皮之類的品種，因為依賴物理性發酵，可以少用甚至完全不用水蒸汽。當烘焙貝殼形包點如夾肉大餡餅時，我們還是傾向水蒸汽。烘焙時間視製品的大小而定，但一般來說，烘焙法式牛角包的穩定爐溫是 190℃，而酥皮的烘焙溫度應由 210℃至 220℃開始，最後以 190℃結束。因為酥皮需要高一點的溫度得以升起達至完美的烤爐烘焙。

Baking needs to be long enough for the inner layers to set and for the outer crust to reach the perfect golden brown color; if the baking is too hot, the outer layer will be baked, but the inner part will most likely collapse after baking. The collapse of the inner part may also happen if the layering was done improperly, for example if the layer of fat is too thick or if it was broken into lumps.

烘焙需要足夠長時間，以令內部層次完善，外表酥脆而達到完美金黃色。如果烘焙溫度過高，外表酥層會正常烘焙，但烘焙後內部很可能塌陷。如果酥層做得不好，例如油脂層太厚或裂成碎塊，內部也可能塌陷。。

Deck oven is fine for the baking of layered dough, however for extra volume, convection oven with a proper heat balance and air circulation increases the lightness of the baked products. Also, baked layered goods will gain a fair amount of volume; each piece must have sufficient space to develop on the baking tray.

櫃式烤爐已經很適合烘焙酥皮麵糰，不過，如果要烘焙特大的容量，具有合適的熱平衡和空氣循環功能的對流烤爐將會為烘焙製品增加光澤。同時，烘焙製品的體積會較為平均，每一件製品在焗烤盤也必須有足夠的空間。

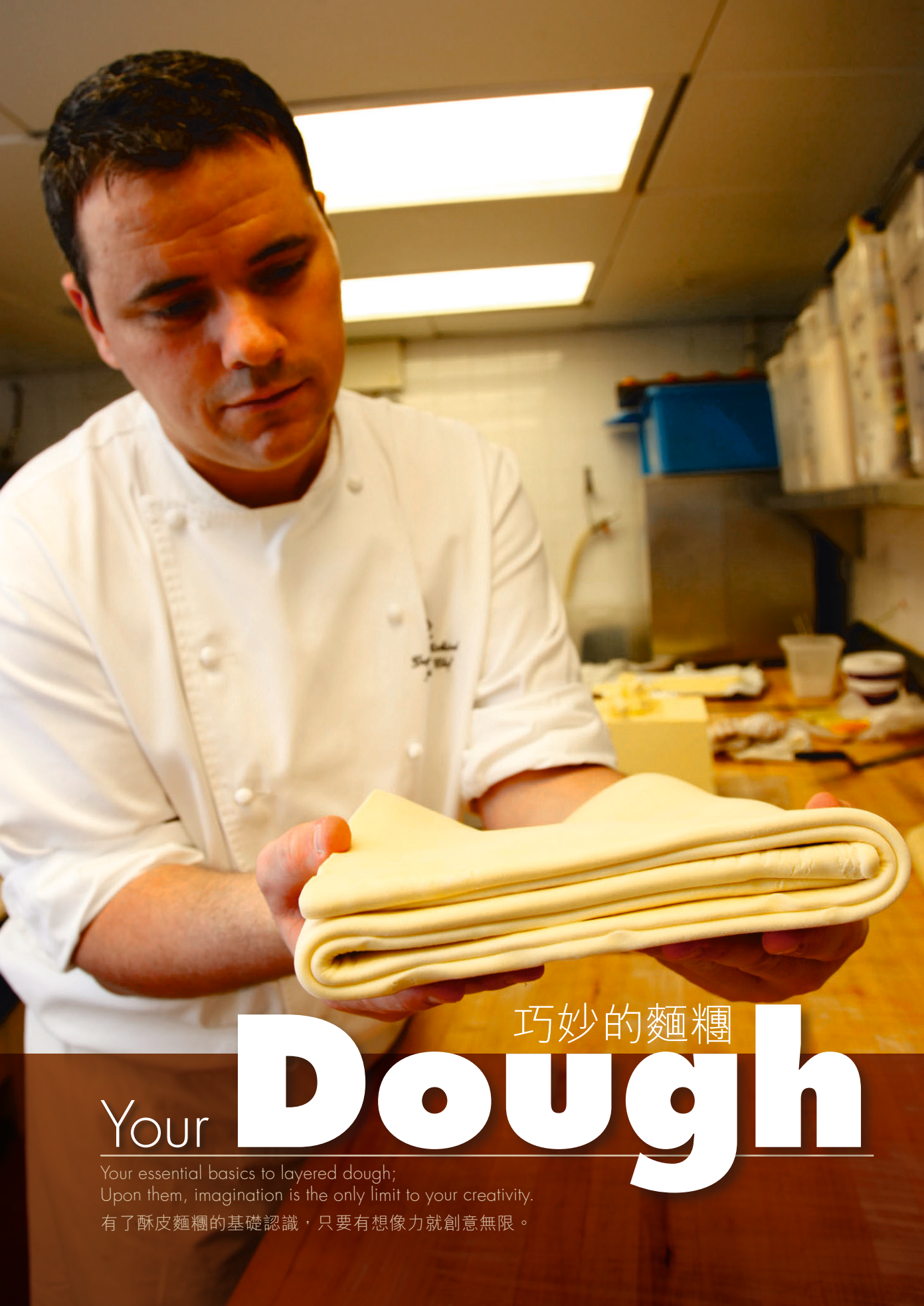
Freezing 冷藏

Puff pastry or croissant dough can be frozen but should be defrosted in the refrigerator. Also, while puff pastry will have a fairly long shelf life in the freezer, croissant dough yeast's will decrease in enzymatic activity much faster.

It's also possible to freeze unleavened dough for a few days if you decide to prepare some spare croissants or puffs. Defrost them in the fridge and allow to proof at room temperature like regular products. Freezing croissant already leavened is a different science altogether.

酥皮或法式牛角包麵糰可以冷藏，但也應該置冰箱內解凍。再者，當酥皮在冰格內可以延長壽命之時，法式牛角包麵糰中的酵母也會更快地降低發酵能力。

如果你決定準備多些法式牛角包麵糰或酥皮，你可以把未發酵的麵糰放在冰格內冷藏數日。麵糰可以在冰箱內解凍，並如一般製品般置於室溫下發酵。冷凍已發酵的牛角包則全然是另一門學問了。



Your Dough

巧妙的麵糰

Your essential basics to layered dough;
Upon them, imagination is the only limit to your creativity.

有了酥皮麵糰的基礎認識，只要有想像力就創意無限。

Croissant dough 法式牛角包麵糰

Ingredients 材料

Ingredients 材料	weight 重量	unit 單位	%
Flour type 55 麵粉（55 號）	900	grams 克	100
White sugar 白糖	60	grams 克	6.7
Sea salt 海鹽	20	grams 克	2.2
Milk powder 奶粉	17	grams 克	1.9
Fresh yeast 新鮮酵母	45	grams 克	5
Water 清水	490	ml 毫升	54.4
Butter(folding) 牛油（捲摺用）	500	grams 克	55.6

Method

1. Mix flour, water, milk powder, sugar and yeast for 6 minutes in slow speed.
2. Change to faster speed and add the salt; knead for a further 4 minutes.
3. The dough should be homogenous, but not fully kneaded.
4. Shape the dough into a flat rectangle, cover it with plastic to avoid drying and store in the fridge for 1.5 hour.
5. As the dough might have risen a bit, press it flat and place the butter sheet on one half of the dough; fold the other half over the butter to encase it in the dough.
6. Give 2 single folds; rest for 20 minutes in the fridge and give 1 more single fold. [Folding reference page 14]
7. After the last fold, keep your dough to rest in the fridge for one hour before using.

做法

1. 混合麵粉、清水、奶粉、糖和酵母，以慢速攪拌 6 分鐘。
2. 稍為加速攪拌，並加入鹽，繼續搓揉麵糰 4 分鐘。
3. 麵糰應搓至均勻同質，但尚未達至充份搓揉。
4. 把麵糰做成扁平長方形，面蓋膠布避免風乾，並置於冰箱內 1.5 小時。
5. 麵糰可能已微微升起，要按平它；在半邊麵糰上放牛油片，再把另半邊麵糰摺過來，蓋在牛油片上方，包好。
6. 做 2 次單覆摺，在冰箱鬆筋 20 分鐘，再做 1 次單覆摺。（參閱第 14 頁）
7. 最後摺覆後，麵糰在使用前須置於冰箱內鬆筋 1 小時。



Worth noting 值得注意

— Always brush the extra flour off the dough before folding the butter in.
— Butter and dough must have the same pliable texture when rolling and folding.

— 在包入牛油前，永遠不要忘記先掃掉麵糰上過剩的麵粉。
— 當麵糰開輾和覆摺時，牛油與麵糰應有相同柔軟的質感。

Viennoiserie dough 維也納千層酥麵糰

Ingredients 材料

Ingredients 材料	weight 重量	unit 單位	%
Flour type 45 麵粉（45 號）	650	grams 克	100
Whole egg 全蛋	100	grams 克	15.4
Sea salt 海鹽	15	grams 克	2.31
Water 清水	170	ml 毫升	26.15
Fresh yeast 新鮮酵母	70	grams 克	10.77
White sugar 白糖	50	grams 克	7.69
Milk powder 奶粉	20	grams 克	3.08
Soft butter 軟牛油	75	grams 克	11.54
Butter(folding) 牛油（捲摺用）	380	grams 克	58.46

Method

1. Mix flour, egg, water, milk powder, the soft butter, sugar and yeast for 6 minutes in slow speed.
2. Increase the speed and add the salt; knead for a further 4 minutes.
3. Check for proper gluten network by stretching the dough and shape the dough into a flat rectangle, cover it with plastic to avoid drying and store in the fridge for 1.5 hour.
4. As the dough might have risen a bit, press it flat and place the butter sheet on one half of the dough; fold the other half over the butter to encase it in the dough.
5. Give 2 single folds; rest for 30 minutes in the fridge and give 1 double fold. [Folding reference page 14]
6. After the last fold, keep your dough to rest in the fridge for one hour before using.

做法

1. 混合麵粉、雞蛋、清水、奶粉、軟牛油、糖和酵母，以慢速攪拌 6 分鐘。
2. 加速攪拌，並加入鹽，繼續搓揉麵糰 4 分鐘。
3. 伸展麵糰以檢查當中的麵筋網絡是否合適，然後把麵糰做成平坦的長方形，蓋上膠布避免風乾，並置於冰箱內 1.5 小時。
4. 麵糰可能已微微升起，要按平它；在半邊麵糰上放牛油片，再把另半邊麵糰摺過來，蓋在牛油片上方，包好。
5. 做 2 次單覆摺，在冰箱鬆筋 30 分鐘，再做 1 次單覆摺。（參閱第 14 頁）
6. 最後摺覆後，麵糰在使用前須置於冰箱內鬆筋 1 小時。



Worth noting 值得注意

— After the last fold, the dough can be kept overnight and be used the next day.
— You can flavor the dough, for example you can dilute 2% to 3% of instant coffee powder in the water to obtain coffee flavor dough.

— 做完最後一次覆摺後，麵糰可以保留一夜，留待第二天使用。
— 你可以為麵糰調味，例如可把 2% 至 3% 即溶咖啡粉加入水中稀釋，令麵糰變為咖啡味道。

Pâte levée tourée (Leavened layered dough)

佩特大提杜爾麵糰（已發酵酥層麵糰）

Ingredients 材料

Ingredients 材料	weight 重量	unit 單位	%
Flour type 45 麵粉（45 號）	250	grams 克	100
Whole egg 全蛋	50	grams 克	20
Sea salt 海鹽	6	grams 克	2.4
Cold full fat milk 凍全脂牛奶	100	ml 毫升	40
Fresh yeast 新鮮酵母	15	grams 克	6
White sugar 白糖	50	grams 克	20
Butter(folding) 牛油（捲摺用）	100	grams 克	40

Method

1. Mix flour, egg, milk, sugar and yeast for 6 minutes in slow speed.
2. Increase the speed and add the salt; knead for a further 5 minutes.
3. Check for proper gluten network by stretching the dough and form the dough into a flat rectangle, cover it with plastic to avoid drying and store in the fridge for 1.5 hour.
4. As the dough might have risen a bit, press it flat and place the butter sheet on one half of the dough; fold the other half over the butter to encase it in the dough.
5. Give 2 single folds; rest for 15 minutes in the fridge and give 1 more single fold. [Folding reference page 14]
6. After the last fold, keep your dough to rest in the fridge for one hour before using.

做法

1. 混合麵粉、雞蛋、牛奶、糖和酵母，以慢速攪拌 6 分鐘。
2. 加速攪拌，並加入鹽，繼續搓揉麵糰 5 分鐘。
3. 伸展麵糰以檢查當中的麵筋網絡是否合適，然後把麵糰做成平坦的長方形，蓋上膠布避免風乾，並置於冰箱內 1.5 小時。
4. 麵糰可能已微微升起，要按平它；在半邊麵糰上放牛油片，再把另半邊麵糰摺過來，蓋在牛油片上方，包好。
5. 做 2 次單覆摺，在冰箱鬆筋 15 分鐘，再做 1 次單覆摺。（參閱第 14 頁）
6. 最後摺覆後，麵糰在使用前須置於冰箱內鬆筋 1 小時。



Worth noting 值得注意

— After the last fold, the dough can be kept overnight and be used the next day.
— This dough is particularly suitable for larger baked pieces as it is flaky, yet less fragile.

— 做完最後一次覆摺後，麵糰可以保留一夜，留待第二天使用。
— 這麵糰特別適合較大的烘焙品，因為它其片層較薄，但卻不易脆裂。

Dutch puff pastry 荷蘭千層酥

Ingredients 材料

Ingredients 材料	weight 重量	unit 單位	%
Flour type 65 麵粉（65 號）	1000	grams 克	100
Butter 牛油	800	grams 克	80
Sea salt 海鹽	24	grams 克	2.4
Water 清水	500	ml 毫升	50

Method

1. Cut the butter into 2cm cubes and keep in the fridge.
2. Melt the salt in the water and mix it with the flour.
3. Mix it into rough dough and add the cubes of butter.
4. The dices of butter must remain in whole pieces.
5. Keep mixing until the dices of butter are evenly distributed.
6. Give the dough 4 double fold [Folding reference page 14] using enough dusting flour; allow a rest of 15 minutes between each fold.
7. After the last fold, keep your dough to rest for 30 minutes before using.

做法

1. 牛油切成 2 厘米的丁粒，保存在冰箱內。
2. 鹽加入清水中溶解，再與麵粉混合。
3. 混合成粗糙的麵糰，並加入牛油丁粒。
4. 牛油丁粒須保持完整的形態。
5. 繼續攪拌，直至牛油丁粒均勻分佈。
6. 對麵糰做 4 次雙覆摺，期間要用足夠的灑粉。每兩次覆摺之間要有 15 分鐘鬆筋。（參閱第 14 頁）
7. 最後摺覆後，麵糰在使用前須放冰箱內鬆筋 30 分鐘。



Worth noting 值得注意

— Dutch puff pastry is also known as quick puff pastry.
— This dough can be made over 2 days (2 folds per day)
— This way of making puff pastry results in less regular layering.
— Ensure your butter to be very cold before mixing into your dough.
— Also, use ice cold water to mix the dough in order not to soften the butter.

— 荷蘭千層酥亦被稱為快速千層酥。
— 這麵糰可用 2 天時間製造。（每天摺覆 2 次。）
— 這種製造酥皮的方法會使常規酥層少一些。
— 混合麵糰前，確定牛油非常冷。
— 還有，用冰水混和麵糰，以確保牛油不軟化。

French puff pastry 法式千層酥

Ingredients 材料

Ingredients 材料	weight 重量	unit 單位	%
Détrempe 水油麵糰			
Flour type 65 麵粉（65 號）	1000	grams 克	100
Butter(soft) 牛油（放軟）	200	grams 克	20
Sea salt 海鹽	30	grams 克	3
Water 清水	450	ml 毫升	45

Beurrage 油酥			
Butter 牛油	750	grams 克	75
Flour type 45 麵粉（45 號）	220	grams 克	22

Method

1. Prepare the beurrage by mixing the butter and the flour into a smooth mixture, without lumps and shape it as a rectangle of 1cm thick.
2. Mix the détrempe into elastic dough and roll it into a rectangle of 2 cm thick.
3. Keep the beurrage and the détrempe in the fridge for 1 hour.
4. Place the rectangle of dough on the butter; roll both elements together on a floured table to 1.5 cm thick.
5. Give 2 double folds, rest for 30 minutes in the fridge and give 1 more double fold. [Folding reference page 14]
6. After the last fold, keep your dough to rest for one hour before using.

做法

1. 油酥準備：牛油和麵粉混合成柔滑狀，沒有結塊，再做成 1 厘米厚的長方形。
2. 混合水油麵糰揉至有彈性的麵糰，開輾成 2 厘米厚的長方形。
3. 把水油麵糰和油酥貯藏於冰箱內 1 小時。
4. 將麵糰放在油酥上，兩種成份一同輾開成 1.5 厘米厚。
5. 做 2 次單覆摺，在冰箱鬆筋 30 分鐘，再做 1 次單覆摺。（參閱第 14 頁）
6. 最後摺覆後，麵糰在使用前放在冰箱內鬆筋 1 小時。



Worth noting 值得注意

— Dough and butter need to be kept in the fridge to be at the same temperature.
— Once the dough is done, it can be rested for one night before using.
— Fragile and more tricky to produce, French method results can be exceptional.

— 麵糰和牛油需要放入相同溫度的冰箱內貯藏。
— 麵糰做完後，使用前可以鬆筋一晚。
— 層酥一般易碎而難以處理，法國式製法是一個例外。

German puff pastry 德國千層酥

Ingredients 材料

Ingredients 材料	weight 重量	unit 單位	%
Flour type 65 麵粉（65 號）	1000	grams 克	100
Butter(soft) 牛油（放軟）	150	grams 克	15
Sea salt 海鹽	24	grams 克	2.4
Water 清水	500	ml 毫升	50
Butter(folding) 牛油（捲摺用）	700	grams 克	70

Method

1. Mix the flour and first part of butter into a crumbly texture.
2. Melt the salt in the water and mix it with the flour mixture.
3. Knead the dough until you get an elastic texture.
4. Allow the dough to rest for 30 minutes at room temperature, covered.
5. Roll the dough into a rectangle of about 1.5 cm thick.
6. Place the 1 cm thick butter sheet in the center of the dough and fold the corners towards the center to encase the butter in the dough.
7. Give 2 double folds, rest for 30 minutes in the fridge and give 2 more double folds. [Folding reference page 14]
8. After the last fold, keep your dough to rest for 30 minutes before using.

做法

1. 混合麵粉和放軟牛油成鬆散狀。
2. 海鹽放清水溶解，並加入麵粉混合物中。
3. 搓揉麵糰直至呈現彈性質感。
4. 蓋面置室溫下鬆筋 30 分鐘。
5. 開輾麵糰成厚約 1.5 厘米的長方形。
6. 將 1 厘米厚的牛油片放在麵糰中央處，並把四角摺覆至中央，包裹牛油於麵糰內。
7. 做 2 次雙覆摺，置於冰箱內鬆筋 30 分鐘，再做多 2 次雙摺覆。（參閱第 14 頁）
8. 最後摺覆後，麵糰在使用前放在冰箱內鬆筋 30 分鐘。



Worth noting 值得注意

— Don't let the dough rest for too long in the fridge or else the butter will harden and eventually break into pieces at next folding.
— The dough and the butter could be done in square shape with the same method.
— This dough can be done over 2 days (2 double folds per day)

— 不要讓麵糰在冰箱內貯藏太久，否則牛油會太硬實，並最終在下一個摺覆時破碎。
— 麵糰與牛油可以按同樣的方法做成四方形。
— 這麵糰可用 2 天時間製造。（每天做 2 次雙摺覆。）

Mock puff pastry 標準千層酥

Ingredients 材料

Ingredients 材料	weight 重量	unit 單位	%
Flour type 65 麵粉（65 號）	1000	grams 克	100
Butter(soft) 牛油（放軟）	150	grams 克	15
Sea salt 海鹽	24	grams 克	2.4
Water 清水	500	ml 毫升	50
Butter(folding) 牛油（捲摺用）	300	grams 克	30

Method

1. Mix the flour and first part of butter into a crumbly texture.
2. Melt the salt in the water and mix it with the flour mixture.
3. Knead the dough until you get an elastic texture.
4. Allow the dough to rest for 30 minutes at room temperature, covered.
5. Roll the dough into a rectangle of about 1.5 cm thick.
6. Place the 1 cm thick butter sheet in the center of the dough and fold the corners towards the center to encase the butter in the dough.
7. Give 2 single folds, rest for 15 minutes in the fridge and give 1 more single fold. [Folding reference page14]
8. After the last fold, keep your dough to rest for 30 minutes before using.

做法

1. 混合麵粉和放軟牛油做成鬆散狀。
2. 海鹽放清水溶解，並加入麵粉混合物中。
3. 搓揉麵糰直至呈現彈性質感。
4. 蓋面置室溫下鬆筋 30 分鐘。
5. 開輾麵糰成厚約 1.5 厘米的長方形。
6. 將 1 厘米厚的牛油片放在麵糰中央處，並把四角摺覆至中央，包裹牛油於麵糰內。
7. 做 2 次單摺覆，置冰箱內鬆筋 15 分鐘，再做多 1 次單摺覆。（參閱第 14 頁）
8. 最後摺覆後，麵糰在使用前放在冰箱內鬆筋 30 分鐘。



Worth noting 值得注意

— This method is good for savory pies, sausage rolls and other products that don't require too much development and layering.

— 這方法適宜做鹹批、香腸卷和其他無需太多成型和酥層製作的製品。

Flûtes dough 長笛麵糰

Ingredients 材料	weight 重量	unit 單位	%
Flour type 45 麵粉（45 號）	750	grams 克	100
Milk 牛奶	500	ml 毫升	66.7
Fresh yeast 新鮮酵母	100	grams 克	13.3
Sea salt 海鹽	20	grams 克	2.7
Malt 麥芽	10	grams 克	1.3
Butter(folding) 牛油（捲摺用）	150	grams 克	20

Portuguese egg tart dough 葡式蛋撻麵糰

Ingredients 材料	weight 重量	unit 單位	%
Flour type 45 麵粉（45 號）	250	grams 克	100
Butter 牛油	50	grams 克	20
Salt 鹽	3	grams 克	1.2
White sugar 白糖	20	grams 克	8
Water 清水	120	ml 毫升	48
Lard 豬油	100	grams 克	40

Beetroot Layered Brioche Dough 甜菜頭酥層牛油包麵糰

Ingredients 材料	weight 重量	unit 單位	%
Flour type 65 麵粉（65 號）	250	grams 克	100
Dry yeast 乾酵母	8	grams 克	3.2
White sugar 白糖	5	grams 克	2
Salt 鹽	6	grams 克	2.4
Butter 牛油	50	grams 克	20
Cooked beetroot purée 熟甜菜頭茸	150	grams 克	60
Butter(folding) 牛油（捲摺用）	60	grams 克	24

Ensaïmadas 西班牙蝸牛包麵糰

Ingredients 材料	weight 重量	unit 單位	%
Flour type 45 麵粉（45 號）	770	grams 克	100
Fresh yeast 新鮮酵母	35	grams 克	4.55
Vanilla sugar 雲喱拿白糖	165	grams 克	21.43
Water 清水	280	ml 毫升	36.36
Fresh eggs 新鮮雞蛋	240	grams 克	31.17
Olive oil 橄欖油	50	ml 毫升	6.49
Lard(folding) 豬油（捲摺用）	100	ml 毫升	12.99

Sfogliatelle 意大利那不勒斯千層酥麵糰

Ingredients 材料	weight 重量	unit 單位	%
Flour type 65 麵粉（65 號）	460	grams 克	100
Lard 豬油	120	grams 克	26.09
Salt 鹽	4	grams 克	0.87
Honer 蜜糖	10	grams 克	2.17
Water 清水	100	ml 毫升	21.74
Lard(folding) 豬油（捲摺用）	100	grams 克	21.74



法式牛角包

Les Croissants



A honeycomb texture I can see through, enough butter on my hand to make my newspaper transparent.
That's it! I found the right croissant……but wait, how dare you have that spectacular after taste of jamais-vu?

可一望而穿的蜂巢質感，沾滿手的牛油能令報紙變透明。
那就是了！這正是我想要的完美牛角包……但等一等，如果你品嚐的是一個不正宗的牛角包，你又怎麼會發出如此的讚嘆呢？

Le Croissant
經典牛角包

Steps

1 Roll the dough at 3 mm thick on a slightly floured table.

2 Lift the dough and relax it so that it is not tense.

3 Measure the dough and cut triangles of 10 cm in width by 20 cm in height

4 Shape the croissant and leave them straight.

5 Place on a tray with baking paper and egg wash once.

6 Proof at room temperature, covered to avoid the dough from drying.

7 Once fully proofed (approximately 45 minutes at 25°C), egg wash once more.

8 Bake at 190°C, if possible with steam, for about 16 minutes, until golden brown.



步驟

1 在已灑上少許麵粉的枱上，開輾麵糰至 3 毫米厚。

2 提起麵糰並讓它鬆弛（鬆麵筋），令麵筋不繃緊。

3 量度麵糰，並切割成 10 厘米濶 x 20 厘米高的三角形。

4 做成牛角和讓使它們保持挺直。

5 放在已墊上烘焗紙的焗盆上，塗上蛋液。

6 在室溫下發酵，蓋上白布以避免麵糰風乾。

7 麵糰完全發酵（在 25℃溫度下需時約 45 分鐘），再次塗上蛋液。

8 以 190℃爐溫烘焙大約 16 分鐘，直至呈金黃色。如條件許可，附蒸汽同焗。

Worth noting

- Using 1 kilo of dough will give you a dozen of croissant
- You can keep the leftover dough scraps and mix it with your next dough

溫馨提示

- 每 1 千克麵糰可做出 12 個牛角包。
- 你可保留殘餘麵糰碎塊與別的麵糰混合使用。









Dough type: Croissant dough [page 22]
Butter: Dry artisan butter
Shaping : Straight, 80 grams [page 18]
Egg wash: Medium [page 18]

麵糰類別：法式牛角包麵糰（參閱第 22 頁）
牛油：乾手工牛油
造型：挺直，80 克（參閱第 18 頁）
蛋液：適中（參閱第 18 頁）

Yuzu Croissant
柚子牛角包

Steps

1 Roll the dough at 3 mm thick on a slightly floured table.

2 Lift the dough and relax it so that it is not tense.

3 Measure the dough and cut triangles of 12 cm in width by 20 cm in height.

4 Give a 2 cm cut in the middle of the base of the triangle.

5 Slightly pull the base and shape the croissant curved.

6 Place on a tray with baking paper and egg wash once.

7 Proof at room temperature, covered to avoid the dough from drying.

8 Once fully proofed (approximately 35 minutes at 25°C), egg wash once more.

9 Bake at 190°C, if possible with steam, for about 18 minutes, until golden brown.

步驟

1 在輕灑麵粉的枱上，開輾麵糰至 3 毫米厚。

2 提起麵糰並讓它鬆弛（鬆麵筋），令麵筋不繃緊。

3 量度麵糰，並切割為 12 厘米濶 x 20 厘米高的三角形。

4 在三角麵糰底部的中央處切割 2 厘米。

5 稍微拉扯底部，做成彎曲的牛角包。

6 放在已墊上烘焙紙的焗盆上，塗上蛋液。

7 置室溫下發酵，蓋面避免麵糰風乾。

8 一旦完全發酵（在 25℃溫度下需時約 35 分鐘），再塗上蛋液。

9 以 190℃爐溫烘焙約 18 分鐘，直至呈金黃色。如條件許可，附蒸汽同焗。

Worth noting

- Using yuzu is one possibility – any other flavored butter can be used.
- Yuzu croissant matches well salty butter and homemade jam for example.

值得注意

- 應用柚子是一個選擇，其他味道的牛油也可使用。
- 舉例來說，柚子牛角包與鹹味牛油和自家製果醬很相配。






Dough type: Croissant dough [page 22]
Butter: Artisan yuzu butter
Shaping : curved, 70 grams [page 18]
Egg wash: Medium [page 18]

麵糰類別：法式牛角包麵糰（參閱第 22 頁）
牛油：手工柚子牛油
造型：彎曲，70 克（參閱第 18 頁）
蛋液：適中（參閱第 18 頁）





Dough type: Croissant dough [page 22]
Butter: Artisan Seaweed butter
Shaping : Straight, 50 grams [page 18]
Egg wash: Light [page 18]

麵糰類別：法式牛角包麵糰（參閱第 22 頁）
牛油：手工海藻牛油
造型：挺直，50 克（參閱第 18 頁）
蛋液：淺色（參閱第 18 頁）

Seaweed Croissant
海藻牛角包

Steps

1 Roll the dough at 2.7 mm thick on a slightly floured table.

2 Lift the dough and relax it so that it is not tense.

3 Measure the dough and cut triangles of 14 cm in width by 21 cm in height.

4 Shape the croissant and straight it ensuring the tips touch each other's.

5 Place on a tray with baking paper and egg wash once.

6 Proof at room temperature, covered to avoid the dough from drying.

7 Once fully proofed (approximately 35 minutes at 25°C), egg wash once more.

8 Optionally dust some more Espelette chili powder on top of the croissant.

9 Bake at 190°C, if possible with steam, for about 16 minutes, until golden brown.

步驟

1 在輕灑麵粉的枱上，開輾麵糰至 2.7 毫米厚。

2 提起麵糰並讓它鬆弛（鬆麵筋），令麵筋不繃緊。

3 量度麵糰，並切割為 14 厘米濶 x 21 厘米高的三角形。

4 塑造牛角包並使其變挺直，確保兩角的尖端能互貼一起。

5 放在已墊上烘焙紙的焗盆上，塗上蛋液。

6 置室溫下發酵，蓋面避免麵糰風乾。

7 一旦完全發酵（在 25℃溫度下需時約 35 分鐘），再次塗上蛋液。

8 隨意灑少許法國辣椒粉於牛角包的頂部。

9 以 190℃爐溫烘焙約 16 分鐘，直至呈金黃色。如條件許可，附蒸汽同焗。

Worth noting

Superb stuffed with wakame and prawn salad with a hint of lemon juice.

值得注意

- 釀入優質昆布、大蝦和少量檸檬汁沙律享用。









維也納千層酥

La Viennoiserie



Who said you couldn't do it in any other way?
誰説你不能用別的方法製作？

Steps

1 Mix the diced pistachios with the egg white and white sugar and keep aside, covered .

2 Roll the viennoiserie dough at 3 mm thick on a slightly floured table.

3 Lift the dough and relax it; measure and cut squares of 10 cm.

4 Shape the pistachio filling into 1 cm diameter roll and cut it into 10 cm long rolls; place it in the center of the squares.

5 Egg wash the right-hand side edge of the square and fold the square in half.

6 Using a knife or a dough scrapper, cut 4 indents of 1 cm into the dough on the side where the egg wash closes the 2 layers.

7 Fold the bar with the indent cuts outward so it resembles a comb.

8 Place on a tray with baking paper and egg wash once.

9 Proof at room temperature, covered to avoid the dough from drying.

10 Once fully proofed (approximately 30 minutes at 25°C), egg wash once more.

11 Add some diced pistachios/egg white mixture on top of the viennoiserie.

12 Bake at 190°C, if possible with steam, for about 18 minutes, until golden brown.

步驟

1 蛋白、白糖與開心果仁丁粒混合，蓋面並置一旁備用。

2 在已灑麵粉的枱上，開輾維也納千層酥麵糰至 3 毫米厚。

3 提起麵糰並讓它鬆弛，量度麵糰並切割為 10 厘米的正方形。

4 把開心果仁餡做成直徑 1 厘米卷並切割為 10 厘米長卷，放在正方形麵糰的中央處。

5 在正方形的右面塗上蛋液和對摺。

6 在蛋液貼合兩層酥皮的一邊，用刀或麵糰刮刀在麵糰上切出 4 個約 1 厘米的凹口。

7 把麵糰棒摺疊起來，讓凹口方向朝外，形成類似梳子的形狀。

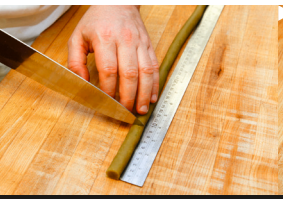
8 放進已墊焗餅紙的焗盆上，再次塗上蛋液。

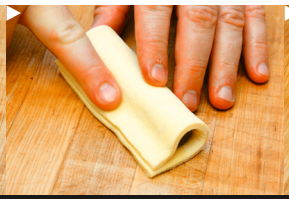
9 在室溫下發酵，蓋面以避免麵糰風乾。

10 一旦完全發酵（在 25℃溫度下需時約 30 分鐘），再塗上蛋液。

11 在維也納酥的面層加點開心果仁粒和蛋白混合物。

12 以 190℃爐溫烘焙約 18 分鐘，直至呈金黃色。如條件許可，附蒸汽同焗。







Dough type: 500 gm Viennoiserie dough [page 23]
Shaping: Comb fold, 70 grams
Egg wash: Light [page 18]
Elements: 250 gm Pistachio filling [page 136]
80 gm diced pistachios
25 gm white sugar
one egg white

麵糰類別：維也納千層酥麵糰 500 克（參閱第 23 頁）
造型：梳子摺疊，70 克
蛋液：淺色（參閱第 18 頁）
成份：開心果仁餡 250 克（參閱第 136 頁）
開心果仁粒 80 克
白糖 25 克
蛋白 1 個

Pain à la Pistache
開心果仁梳子酥

Worth noting

- Using quality pistachios for the filling will make all the difference.
- The diced pistachios and egg white mixture can be flavored with cinnamon or other spices to make your viennoiserie seasonal.

值得注意

- 用上優質開心果仁做餡將會令梳子酥變得與眾不同。
- 開心果仁和蛋白混合物可與肉桂或其他香料調味，製造獨家的時令維也納酥。



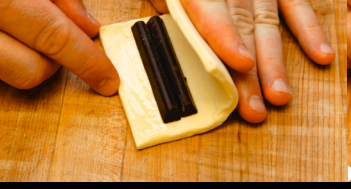
Dough type: 500 gm Viennoiserie dough [page 23]
Shaping: Book fold, 60 grams
Egg wash: Medium [page 18]
Elements: 350 gm Café Noir Chocolate / 40 gm cocoa nibs

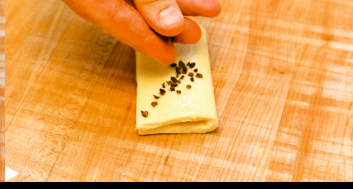
麵糰類別：維也納千層酥麵糰 500 克（參閱第 23 頁）
造型：書式摺疊，60 克
蛋液：適中（參閱第 18 頁）
成份：咖啡黑朱古力 350 克 / 朱古力粒 40 克

Crunchy Café Noir Chocolatine

咖啡黑朱古力酥





Worth noting

- You can use plain dark chocolate sticks readily available in the market.
- Coffee and cocoa nibs bring flavor and texture to your Chocolatine .

值得注意

- 你可用市面售賣的純味黑朱古力棒。
- 咖啡和朱古力粒會為你的朱古力酥帶來風味和質感。

Steps

1 Melt the Café Noir chocolate in a micro wave or over a hot water bath.

2 Cool it down to 27°C and re-heat at 31°C; add the cocoa nibs and mix well.

3 Pour the chocolate in a tray to obtain a 1 cm thick layer.

4 When the chocolate is almost set, cut it into 1cm width and 9cm long bars.

5 Allow the chocolate to set completely before using.

6 Roll the viennoiserie dough at 3 mm thick on a slightly floured table.

7 Lift the dough and relax it; measure the dough and cut squares of 10 cm.

8 Place one bar of chocolate in the middle of the dough.

9 Egg wash the right-hand side edge of the square and fold the square in half.

10 Place on a tray with baking paper and egg wash once.

11 Proof at room temperature, covered to avoid the dough from drying.

12 Once fully proofed (approximately 45 minutes at 25°C), egg wash once more.

13 Sprinkle some cocoa nibs and bake at 190°C, if possible with steam, for about 18 minutes, until golden brown.

步驟

1 用微波爐或坐於熱水中熔化咖啡黑朱古力。

2 冷卻朱古力熔液溫至 27 ℃，並再次加熱至 31 ℃，加入朱古力粒和混合至融和。

3 把朱古力熔液倒進盆中，形成厚約 1 厘米的塊層。

4 當朱古力接近凝固時，切割為 1 厘米濶 x 9 厘米長的條狀。

5 使用前讓朱古力完全凝固。

6 把已灑麵粉的枱上，輾開維也納千層酥麵糰至 3 毫米厚。

7 提起麵糰並讓它鬆弛，量度麵糰並切成 10 厘米見方的正方形。

8 在麵糰中央放上一條朱古力條。

9 在正方形的右方塗上蛋液，對摺。

10 放在已墊焗餅紙的焗盆上，塗上蛋液。

11 置室溫下發酵，蓋面以避免麵糰風乾。

12 一旦完全發酵（在 25 ℃溫度下需時時約 45 分鐘），再次塗上蛋液。

13 撒點朱古力粒，以 190 ℃爐溫烘焙約 18 分鐘，直呈金黃色。如條件許可，附蒸汽同焗。

Demi-sel Caramel Barquette

海鹽焦糖酥

Steps

1 Roll the dough at 3 mm thick and cut rectangles of 6 cm wide and 10 cm long.

2 Lay it in a straight angle U shape mould of about 3 cm wide and 1 cm high.

3 Place a round metal tube of 2 cm diameter on the dough and proof at room temperature for about 20 minutes.

4 Press the tube on the proofed dough a little and keeping the metal tube on, bake at 190°C for about 15 minutes.

5 Once baked, remove the metal tube and allow cooling

6 Pipe the demi-sel caramel cream using a star nozzle and dust a little icing sugar; sprinkle caramel crumbs on the cream.

步驟

1 麵糰輾開至 3 毫米厚，切割為 6 厘米濶 x 10 厘米長的長方形。

2 把麵糰放進一個 3 厘米濶 x 1 厘米高的直角 U 形模具。

3 放一個直徑 2 厘米的圓形金屬管於麵糰上，置室溫下發酵約 20 分鐘。

4 輕輕按壓發酵麵糰上的金屬管，然後將纏着金屬管的麵糰以 190 ℃烘焙約 15 分鐘。

5 烘焙完成後，移去金屬管並冷卻。

6 用星形唧嘴將海鹽焦糖忌廉唧進酥內，在忌廉上灑少許糖霜，撒上焦糖粗粒。

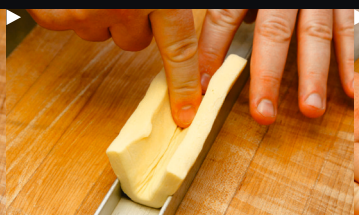
Worth noting

- Very versatile shape to be filled with any type of cream and fruits for breakfast and coffee breaks.
- To ensure the tube to stay down during the baking, tie the tube to the U shape mould with a cotton string.

值得注意

- 造型多變，可填入任何忌廉和水果作早餐和咖啡聚會的餐點。
- 用棉繩繫上金屬管和 U 形模具，確定那金屬管全程會留下烘焙。





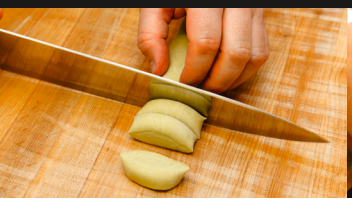
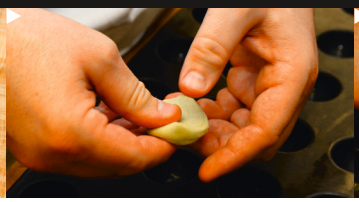
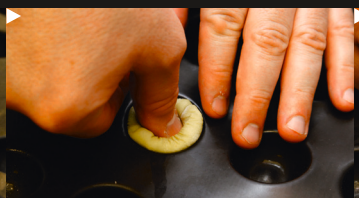



Dough type: 500 gm Viennoiserie dough [page 23]
Shaping: U shape, 60 grams
Egg wash: Medium [page 18]
Elements: 250 gm demi-sel caramel cream [page 136]
40 gm caramel crumbs

麵糰類別：維也納千層酥麵糰 500 克（參閱第 23 頁）
造型：U 形，60 克
蛋液：適中（參閱第 18 頁）
成份：海鹽焦糖忌廉 250 克（參閱第 136 頁）
焦糖粗粒 40 克

Dough type: 350 gm Viennoiserie dough flavored with coffee [page 23]
Shaping: Dome, 2 x 20 grams
Elements: 200 gm cassis cream [page 136]
a handful of coffee beans and gold leaves

麵糰類別：維也納千層酥麵糰 350 克（參閱第 23 頁）
造型：圓頂形，2 x 20 克
成份：黑加侖子忌廉 200 克（參閱第 136 頁）
小撮的咖啡豆和金葉片


Worth noting
- Versatile recipe, the dough can be of different flavor and the cream as well.
- Great bite size Viennoiserie for up-beat coffee break.

值得注意
- 多變的食譜，麵糰可以配搭不同味道和忌廉。
- 美妙的一口維也納麵包是歡樂咖啡聚會的美點。

Cassis and Coffee Lollipop
黑加侖子咖啡棒棒糖酥

Steps

1 Roll the dough at 2 mm thick and cut it in a long rectangle of 7 cm in width.
2 Brush a little egg wash and roll the dough as a snail; cut it into 2 cm thick slice.
3 Press the center of the roll outward and place it in semi-sphere moulds.
4 Proof for about 30 minutes at room temperature (25°C) and bake for 12 minutes at 190°C
5 Once baked, take out of the mould and make sure the color is golden brown; if not, bake a little further out of the moulds.
6 Allow cooling and stuff two halves with the cassis cream, like a sandwich.
7 Apply a little glaze and poke a lollipop stick through the sphere; decorate with a coffee bean and gold leaf.

步驟

1 麵糰輾開成 2 毫米厚，切割為 7 厘米濶的較長長方形。
2 掃上少許蛋液和捲摺為蝸牛形，切為 2 厘米厚片。
3 將麵糰中央向外圍壓，再放進半圓球模具。
4 置室溫下（25℃）發酵約 30 分鐘，再以 190℃烘焙 12 分鐘。
5 一旦烘焙完成，取出模具並確認色澤是金黃色，否則回爐烘焙多點時間。
6 放涼後，在兩半片酥皮之間釀入黑加侖子忌廉至半滿，仿似三文治。
7 塗少許糖漿，用小棒子穿破麵包球，以咖啡豆和金葉片裝飾。



Mango Blackberry Boat
芒果黑莓船

Steps

1 Roll the dough at 3 mm thick, relax it and cut squares of 10 cm side.

2 Fold 2 opposite corners toward the center of the square and stick it with some egg wash; press a little.

3 Proof the dough for about 25 minutes at room temperature.

4 Press the center of the square and pipe some vanilla cream in it.

5 Bake at 190°C, if possible with steam, for about 16 minutes, until golden brown.

6 Once cold, cut the mango into long and thin slices and the blackberries in halves and garnish the center with it. Optionally, you may brush some glaze on the sides of the pastry.

步驟

1 麵糰輾開成 3 毫米厚，鬆筋並切割為邊長 10 厘米的正方形。

2 把兩對角覆摺到四方形中央處，用蛋液黏貼，輕輕按壓。

3 置室溫下發酵麵糰約 25 分鐘。

4 在正方形麵糰的中央處輕壓，唧上雲喱拿忌廉。

5 以 190 ℃爐溫烘焙約 16 分鐘，直至呈金黃色。如條件許可，附蒸汽同焗。

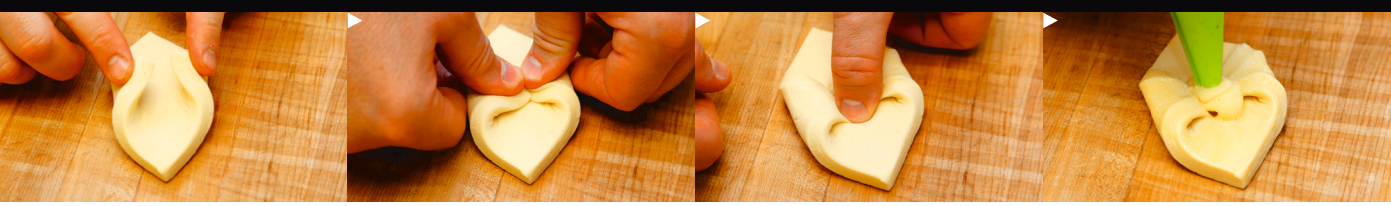
6 一旦冷卻，把芒果切成長而薄片，黑莓切為兩半，撒在中央裝飾。你還可以掃點糖漿在酥點的邊位。

Worth noting

- The pastry cream can be flavored and the fruits can be any.
- Keep the glazing on fruit to a minimal layer and emphasize on the freshness of the fruits instead.

值得注意

- 糕餅忌廉可用不同味道，水果也可用不同品種。
- 塗在水果上的糖汁層盡可能薄，應突顯水果本身的新鮮。



Dough type: 500 gm Viennoiserie dough [page 23]
Shaping: Diamond, 70 grams
Egg wash: Light [page 18]
Elements: 150 gm Vanilla cream [page 136]
1 pc Mango and a handful of blackberries

麵糰類別：維也納千層酥麵糰 500 克（參閱第 23 頁）
造型：鑽石形，70 克
蛋液：淺色（參閱第 18 頁）
成份：雲喱拿忌廉 150 克（參閱第 136 頁）
芒果 1 個和小撮黑莓





Sugar Twist, Hibiscus Sorbet

扭紋糖酥條伴大紅花雪葩

Steps

[1] Take your slab of croissant dough and slice it in 3 mm thick slices, vertically.

[2] Cut the slice into pieces of 8 cm long.

[3] Twist them once and roll them in sugar.

[4] Place on a tray and bake right away at 185°C for about 14 minutes until the pastry is golden brown and all the sugar is caramelized.

[5] Allow to cool before using or storing.

步驟

[1] 用法式牛角麵糰厚片，直切為 3 毫米厚的薄片。

[2] 把麵糰薄片再切為 8 厘米長。

[3] 把麵糰薄片扭曲一次後滾進白糖中。

[4] 放到焗盆上，立即以 185 ℃ 爐溫烘焙約 14 分鐘，直至酥條呈金黃色，以及所有糖變焦色。

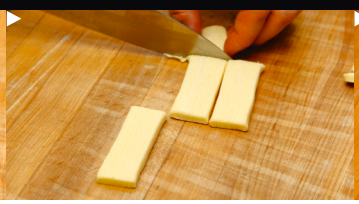
[5] 享用或貯藏前先放涼。

Worth noting

- To obtain a nice caramel, inject some steam in the oven during the baking, it will help to melt the sugar better.
- Since the pastry isn't proofed, it can be kept in an air-tight box for a few days and used as a garnish for ice cream and sorbets for example.

值得注意

- 要獲得優質的焦糖，在烘焙期間需注入水蒸汽，這有助糖較好地熔解。
- 因為酥點不用發酵，它可以放進密氣箱貯藏數日，也可用作雪糕或雪葩的裝飾物。



Dough type: 200 gm Croissant dough [page 22]
Shaping: Twist, 15 grams
Elements: 100 gm Hibiscus sorbet [page 136]
50 gm white sugar
40 gm chocolate cookies crumble

麵糰類別：法式牛角包麵糰 200 克（參閱第 22 頁）
造型：扭條，15 克
成份：大紅花雪葩 100 克（參閱第 136 頁），
白糖 50 克
朱古力曲奇碎 40 克

Steps

1 Prepare the balsamic syrup with 30 ml vinegar, 30 ml water and 30 gm sugar.

2 Slice the strawberries in segments and marinate them with the remaining 20 ml of vinegar and 15 gm of sugar.

3 Cut the dough directly in the chilled slab in slices of 4 mm thick.

4 Divide the slice into parts of about 12 cm long.

5 Around a greased metal tube of 3 cm diameter, roll the dough as a spiral; pull a little while rolling the dough around the tube.

6 Press the tube on a tray with baking paper; apply the egg wash lightly.

7 Bake without proofing in a 185°C oven for about 14 minutes.

8 Once baked, remove the metal tube carefully.

9 While still hot, brush the balsamic syrup over the pastries and put it back in the oven for 1 minute at 200°C, so the syrup can dry and become shiny.

10 Once cold, pipe a tube of cream in the middle of the pastry and garnish of marinated strawberries.

步驟

1 準備香醋糖漿：白醋 30 毫升、清水 30 毫升和糖 30 克。

2 草莓切片，並浸入剩餘的 20 毫升白醋和 15 克糖中調味。

3 從冷凍麵糰塊中直接切出 4 毫米厚的薄片。

4 再把麵糰薄片切為數段，每段長約 12 厘米。

5 圍繞一個直徑 3 厘米、已掃油的金屬管筒，摺疊麵糰如螺旋形，摺疊時微微拉一點。

6 把金屬管麵糰放在已墊焗餅紙的焗盆，並輕輕塗點蛋液。

7 不需發酵，放進 185 ℃ 的焗爐烘焙約 14 分鐘。

8 完成烘焙後，小心移去金屬管。

9 趁仍然熱燙，掃一些香醋糖漿於酥點，然後回爐以 200 ℃ 烘焙 1 分鐘，糖漿會變乾和呈現光澤。

10 待酥點涼卻，在酥點中央唧入一管忌廉，再加上醃好的草莓作裝飾。






Dough type: 300 gm Viennoiserie dough [page 23]
Shaping: Rolled tube, 40 grams
Egg wash: Light [page 18]
Elements: 150 gm Vanilla cream [page 136]
140 gm Fresh strawberries
50 ml White balsamic vinegar
30 ml Water
45 gm White sugar

麵糰類別：維也納千層酥麵糰 500 克（參閱第 23 頁）
造型：筒卷形，40 克
蛋液：淺色（參閱第 18 頁）
成份：雲喱拿忌廉 150 克（參閱第 136 頁）
新鮮草莓 140 克
意大利白香醋 50 毫升
清水 30 毫升
白糖 45 克

White Balsamic Strawberry

意大利白醋草莓酥



Worth noting

- White balsamic vinegar has the power of Balsamic without the brown color; it brings a surprisingly refreshing twist to the strawberries and to the pastry.
- Syrup glaze can be done with many different flavors; but to apply syrup, the pastry needs to have egg wash applied before baking or else it will soak into the pastry and make it soggy instead of shiny.

值得注意

- 白香醋有黑香醋的力量，而沒有其黑褐的顏色，它能為草莓和酥點帶來令人驚嘆的清新改變。
- 糖漿可做成不同風味，但酥點需要在烘焙前先塗點蛋液，然後才塗抹糖漿，否則糖漿會被吸收而弄濕酥點，反而未能令製品呈現光澤。



Dough type: 400 gm Viennoiserie dough [page 23]
Shaping: Cube, 40 grams
Elements: 180 gm Apricot Jasmine Confit [page 136]
150 gm Vanilla cream [page 136]
10 pieces of apricot jasmine fruit jelly [page 137]

麵糰類別：維也納千層酥麵糰 400 克（參閱第 23 頁）
造型：立體方粒，40 克
成份：杏梅茉莉花花漬 180 克（參閱第 136 頁）
雲喱拿忌廉 150 克（參閱第 136 頁）
杏梅茉莉啫喱 10 塊（參閱第 137 頁）

Apricot Jasmine Carré
杏梅茉莉花四方酥

Steps

[1] Grease the cubical mould of 4 cm size and place them on a baking tray.

[2] Roll the dough at 13 mm thick and cut in square fitting the moulds.

[3] Place the dough in the mould and fully proof for about one hour at room temperature (25°C).

[4] Once proofed, place another heavy tray on the top of the square.

[5] Bake at 185°C for about 18 minutes; check for doneness by removing the top tray.

[6] Once baked, remove from the mould and complete baking for a few more minutes until golden brown.

[7] Once cold, make a hole on the base of the cube large enough to pipe the apricot confit first (half) and the vanilla cream for the other half.

[8] Dust with icing sugar and decorate with the fruit jelly and eventually gold.

步驟

[1] 在 4 厘米長的立體方模具掃油，並放在焗盆上。

[2] 輾開麵糰至 13 毫米厚，並切割成適合模具的正方形麵糰。

[3] 把麵糰放進模具內，置室溫（25℃）下發酵約 1 小時。

[4] 完成發酵，另置一大焗盆於在麵糰的頂部。

[5] 以爐溫 185℃烘焙約 18 分鐘，移去頂部的焗盆檢查麵包成熟的程度。

[6] 烘焙後將酥點從模具內取出，再徹底烘焙數分鐘，直至呈金黃色。

[7] 待製品涼卻，在底部造一個足夠大的洞，先唧入杏梅茉莉漬至半滿，再唧入雲喱拿忌廉至填滿。

[8] 在酥面灑糖霜，並鋪上水果啫喱和最後以金葉作裝飾。

Worth noting

- Ensure the dough to be very well proofed in the mould in order to have it very square.
- Make sure the baking is done at lower temperature and for a longer time or else the dough will collapse after baking.

值得注意

- 為了形成端正的四方形，需要確保麵糰在模具內徹底、完美發酵。
- 確保烘焙過程在較低溫度和較長時間下完成，否則烘焙後的製品會下塌。






Raspberry Bar
紅莓酥條



Dough type: 300 gm Viennoiserie dough [page 23]
Shaping: Long bars, 30 grams
Egg wash: Medium [page 18]
Elements: 100 gm Vanilla cream [page 136]
140 gm Fresh raspberries
A handful of freeze-dried raspberries

麵糰類別：維也納千層酥麵糰 300 克（參閱第 23 頁）
造型：長條形，30 克
蛋液：適中（參閱第 18 頁）
成份：雲喱拿忌廉 100 克（參閱第 136 頁）
新鮮紅莓 140 克
小撮冷凍乾紅莓

Steps

[1] Cut your viennoiserie dough without rolling it in slices of 1 cm thick.

[2] Lay the dough in a straight angle U shape mould.

[3] Allow to proof for about 45 minutes at room temperature (25°C).

[4] Apply egg wash once and bake at 190°C for about 16 minutes, with steam if possible.

[5] Once cold, brush a little glazing on the pastry and pipe random dots of vanilla cream.

[6] Cut the raspberries in halves and place them on the dots of vanilla cream; sprinkle with dried berries.

步驟

[1] 切割沒有摺疊過的維也納千層酥麵糰，至 1 厘米厚的薄片。

[2] 把麵糰放進直角 U 形的模具。

[3] 置室溫（25℃）下發酵約 45 分鐘。

[4] 塗上蛋液一次，用 190℃的爐溫烘焙約 16 分鐘。如條件許可，附蒸汽同焗。

[5] 製品涼卻後，掃少許糖漿於酥點上，隨意點上雲喱拿忌廉。

[6] 把紅莓開半放在雲喱拿忌廉點上，撒上乾紅莓。



Worth noting

- Ensure a well proofed dough before baking or else it will be dry.
- Add more dots of cream and add mixed berries on the bar to have it more attractive.

值得注意

- 烘焙前要確保發酵良好，否則製品會很乾涸。
- 在酥條上加多一些忌廉點及添加雜莓，以令其更吸引人。





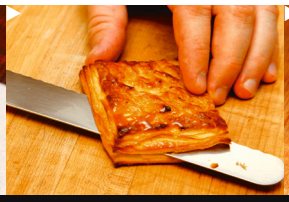
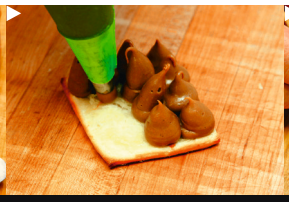




Dough type: 300 gm Viennoiserie dough [page 23]
Shaping: Square, 40 grams
Elements: 180 gm Espresso cream [page 137]
4 fresh figs and a spoonful of icing sugar

麵糰類別：維也納千層酥麵糰 300 克（參閱第 23 頁）
造型：立體方粒，40 克
成份：特濃咖啡忌廉 180 克（參閱第 137 頁）
新鮮無花果 4 粒和糖霜 1 茶匙




Worth noting

- Ensure to use soluble icing sugar in order to make a nice caramel.
- Packing a larger piece of viennoiserie is a great treat to offer to your guest if they arrive from a long flight for example.

值得注意

- 確保使用可溶解的糖霜，以製成優質的焦糖。
- 如果你的客人剛經歷過長途飛行，在當中夾一大片維也納千層酥是對客人的極佳款待。

Arabica and Figs Parcel
阿拉比卡咖啡無花果包裹

Steps

1 Roll the dough at 4 mm thick and cut squares of 8cm, making sure they will fit your box. Place the dough into 8cm square greased metal moulds.

2 Proof for 30 minutes at room temperature (25°C) and bake at 190°C for about 15 minutes.

3 Once cold, cut the square in half and dust the top with a thin layer of icing sugar.

4 Heat up the oven to 260°C, or turn on the grill function from your home oven and caramelize the icing sugar.

5 Once done, allow cooling and slice the square pastry in half.

6 Pipe the espresso cream on the lower part of the pastry and cover with the caramelized top, like a sandwich.

7 Garnish with segment of fresh figs.

步驟

1 輾開麵糰至 4 毫米厚，切割為 8 厘米長的方形，確保它們能適合你的盒子。放進已掃油的 8 厘米方形模具內。

2 置室溫（25 ℃）下發酵 30 分鐘，用 190 ℃的爐溫烘焙約 15 分鐘。

3 製品涼卻後，把正方形酥點開半，在其頂部灑一薄層糖霜。

4 焗爐加熱至 260 ℃，或打開家庭焗爐的烘烤功能，烘烤至糖霜呈焦褐。

5 完成後，待製品冷卻，將四方形的酥點切半。

6 在酥點的下半部份唧入特濃咖啡忌廉，然後蓋上灑有焦糖霜的上半部份，就像一個三文治。

7 放上新鮮無花果塊作裝飾。





Dough type: 500 gm Viennoiserie dough [page 23]
Shaping: Snail, 40 grams
Egg wash: Light [page 18]
Elements: 200 gm Vanilla cream [page 136]
130 gm Soaked dried black currant

麵糰類別：維也納千層酥麵糰 500 克（參閱第 23 頁）
造型：蝸牛形，40 克
蛋液：淺色（參閱第 18 頁）
成份：雲喱拿忌廉 200 克（參閱第 136 頁）
浸泡過的乾黑加侖子 130 克

Black Currant Roulé
黑加侖子卷

Steps

[1] Roll the dough at 3 mm and cut a large rectangle of 14 cm width and the length according to the amount of dough you have.

[2] Spread vanilla cream all over the dough in a 2 mm thick layer.

[3] Sprinkle the black currants evenly and apply egg wash on the lower rim of the rectangle.

[4] Roll tightly, avoiding air pockets and without pulling on the dough in order to keep the shape round.

[5] Cut the roll of dough into slices of about 2 cm wide and place them on a baking tray lined with baking paper.

[6] Proof at room temperature for 45 minutes and bake at 200°C, if possible with steam, for about 15 minutes, until golden brown.

步驟

[1] 輾開麵糰至 3 毫米厚，然後切割為大長方形，濶 14 厘米，長度則根據你麵糰模量而定。

[2] 用雲喱拿忌廉抹滿麵糰表面，成 2 毫米厚的塗層。

[3] 均勻地撒滿黑加侖子，並在長方形麵糰的下部邊沿塗蛋液。

[4] 捲摺繃緊一點，避免氣泡，並不應拉扯麵糰，以保持圓形。

[5] 把麵糰切割為 2 厘米濶的薄片，再放進已墊焗餅紙的焗盆內。

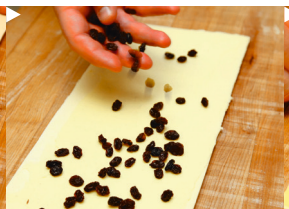
[6] 置室溫下發酵 45 分鐘，在 200℃下烘焙約 15 分鐘，直至呈金黃色。如條件許可，附蒸汽同焗。

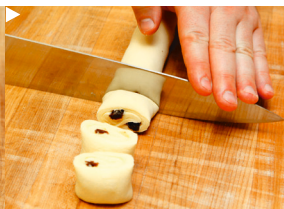
Worth noting

- A different version of the classic pain au raisin with black currant.
- Soak your dried black currant in dark rum or in black tea for a few days prior usage.

值得注意

- 不同版本的典型純葡萄乾麵包混入黑加侖子。
- 把乾黑加侖子浸入黑蘭姆酒或黑茶，待數日才使用。



Dough type: 400 gm Viennoiserie dough [page 23]
Shaping: Folded, 40 grams
Egg wash: Medium [page 18]
Elements: 220 gm Coconut cream [page 137]
A handful of shredded dried coconut and some apricot jam

麵糰類別：維也納千層酥麵糰 400 克（參閱第 23 頁）
造型：摺疊，40 克
蛋液：適中（參閱第 18 頁）
成份：椰子忌廉 220 克（參閱第 137 頁）
小撮乾椰絲和一些杏梅果醬

Viennois Coconut
維也納椰子酥

Steps

[1] Roll the dough at 2.5 mm and cut it into triangle of 8cm wide by 16 cm long.

[2] Cut a long indent 2 cm from the base of the rectangle.

[3] Pipe the coconut cream in the center of the triangle and fold the tip back to the base.

[4] Pass the tip in the cut indent and pull it a little.

[5] Proof for 45 minutes at 25°C and apply egg wash once.

[6] Bake at 190°C for 16 minutes with steam if possible; once baked, brush some apricot jam and sprinkle a little dried coconut for garnish.

步驟

[1] 輾開麵糰至 2.5 毫米厚，切割為濶 8 厘米 x 長 16 厘米的三角形麵糰。

[2] 由長方形麵糰底部切一長 2 厘米的凹口。

[3] 在三角形中心唧入椰子忌廉，將尖端摺覆回到底部。

[4] 將尖端穿過切割的凹口，輕輕拉扯。

[5] 在 25℃下發酵 45 分鐘，塗上蛋液。

[6] 在 190℃下烘焙約 16 分鐘，如條件許可，附蒸汽同焗。烘焙完成後，掃上一些杏梅果醬及撒點乾椰絲作裝飾。

Worth noting

- The coconut filling stays moist and delicious for a long period of time.
- Ensure well proofed dough before baking to have a good layering and avoid a dry product.

值得注意

- 椰子餡長時間擺放仍能保持濕潤和美味。
- 烘焙前確定麵糰發酵良好，以獲取優質酥層及避免製品乾涸。







Blueberry Malt Crumble
藍莓麥芽金寶

Steps

1 Roll the dough at 4 mm and cut square of 6 cm side.

2 Proof the dough at room temperature (25°C) for about 30 minutes.

3 Apply egg wash once and press the center of the square with your thumb to make a space.

4 Pipe a bit of vanilla cream and cover with fresh blueberries.

5 Cover the blueberries with malt crumble.

6 Bake at 190°C, if possible with steam, for about 17 minutes.

7 Once cold, dust with icing sugar; serve with some blueberry sauce.

步驟

1 輾開麵糰至 4 毫米厚，切割成邊長約 6 厘米的正方形。

2 置室溫（25℃）下發酵約 30 分鐘。

3 塗上蛋液後，用拇指按壓正方形的中央處，以造一空間。

4 唧一點雲哩拿忌廉並覆蓋一些新鮮藍莓。

5 在藍莓上再覆蓋麥芽金寶。

6 在 190℃下烘焙約 17 分鐘，如條件許可，附蒸汽同焗。

7 涼卻後，在製品灑上糖霜，附藍莓醬汁一同上枱。

Worth noting

- To make the malt crumble, use liquid dark malt or dark malt powder.
- Frozen blueberries can also be used in the recipe, but to avoid excessive juice, cook them with a little sugar beforehand.

值得注意

- 製造麥芽金寶，可採用黑麥芽液體或黑麥芽粉。
- 冷凍藍莓也可以用在食譜中，但為避免過多果汁，使用前加少許糖烹煮一下。







Dough type: 600 gm Viennoiserie dough [page 23]
Shaping: Square, 60 grams
Egg wash: Light [page 18]
Elements: 250 gm Vanilla cream [page 136]
180 gm Fresh blueberries
150 gm Malt crumble [page 137]

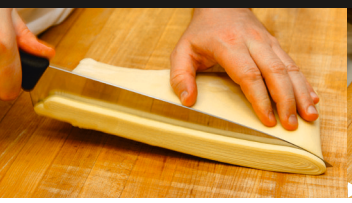
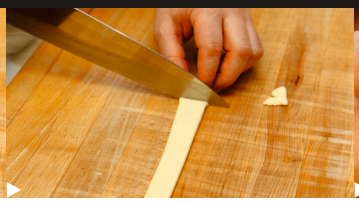
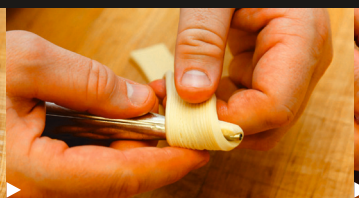
麵糰類別：維也納千層酥麵糰 600 克（參閱第 23 頁）
造型：正方形，60 克
蛋液：淺色（參閱第 18 頁）
成份：雲哩拿忌廉 250 克（參閱第 136 頁）
新鮮藍莓 180 克
麥芽金寶 150 克（參閱第 137 頁）





Dough type: 400 gm Viennoiserie dough [page 23]
Shaping: Cone, 40 grams
Elements: 250 gm Chestnut cream [page 137]
80 gm Candied chestnut
50 gm Cinnamon meringue [page 137]

麵糰類別：維也納千層酥麵糰 400 克（參閱第 23 頁）
造型：圓錐形，40 克
成份：栗子忌廉 250 克（參閱第 137 頁）
糖漬栗子 80 克
肉桂蛋白糖 50 克（參閱第 137 頁）


Worth noting

- Clever take on Mont-Blanc, you might want to coat the inside of the cone with cocoa butter or white chocolate in order to keep the shell fresh.
- The chestnut cream contains rum, but it's possible to make a simple chestnut paste mixed with whipped cream to fill the pastry.

值得注意

- 勃朗峰的一種聰明手法，是可以在圓錐體的內部塗點可可牛油或白朱古力，以保持酥殼新鮮。
- 栗子忌廉包含蘭姆酒，但也可以簡單地用栗子醬混合已拂起的忌廉唧入酥點內。

Le Mont-Blanc 勃朗峰

Steps

1 Cut slices of 3 mm thick directly in your slab of viennoiserie dough.

2 Roll the dough around the metal cone mould and place them on a baking tray.

3 Bake right away at 190°C for about 14 minutes until golden brown.

4 Once baked, allow cooling and fill the cone with a little bit of chestnut cream, then add some broken meringue pieces and candied chestnut and fill with more chestnut cream.

5 Repeat the filling step until the cone is full; coat the base with meringue dust.

6 Present it standing up and dust some icing sugar on the top, like snow.

步驟

1 在你的維也納千層酥麵糰厚片上直接切割出 3 厘米厚的薄片。

2 環繞圓錐形金屬模具捲摺麵糰，然後放在焗盆上。

3 立即以爐溫 190℃烘焙約 14 分鐘，直至呈金黃色。

4 烘焙後，讓它涼卻，唧入少許栗子忌廉於圓錐形酥點，然後加點破碎蛋白糖和糖漬栗子，再填入多點栗子忌廉。

5 重複填餡料步驟直至圓錐體注滿，塗糖蛋白碎於底部。

6 以直立形上枱，在頂部灑一些糖霜，仿如飄雪。



Dough type: 300 gm Viennoiserie dough [page 23]
Shaping: Cylinder, 60 grams
Egg wash: Medium [page 18]
Elements: 150 gm Carrot cake [page 137]
150 gm Blueberry cake [page 138]
150 gm Banana cake [page 138]

麵糰類別：維也納千層酥麵糰 300 克（參閱第 23 頁）
造型：圓柱體，60 克
蛋液：適中（參閱第 18 頁）
成份：甘筍蛋糕 150 克（參閱第 137 頁）
藍莓蛋糕 150 克（參閱第 138 頁）
香蕉蛋糕 150 克（參閱第 138 頁）

Les Petits Cakes
小蛋糕

Steps

[1] Prepare greased metal cylinder mould of 5 cm diameter and 6 cm height.

[2] Cut the different baked cakes into cylinder of 4 cm diameter and 5 cm height.

[3] Roll the dough at 2.5 mm thick and cut it in rectangle strip of 5 cm wide and 15 cm long; also cut discs of dough of 5 cm diameter.

[4] Apply egg wash on the rectangle dough and wrap it around the cake tightly.

[5] Place a round disc of dough in the base of the mould and place the wrapped cake on it; finally, cover with another disc of dough so that all the cake is wrapped.

[6] Allow proofing for 30 minutes at room temperature (25°C) and place a baking paper on top of the moulds, then covered with another heavy tray.

[7] Bake at 190°C for about 18 minutes.

[8] Once baked, remove the ring and allow cooling before serving.

步驟

[1] 準備一直徑 5 厘米 x 高 6 厘米的已掃油圓柱形金屬模。

[2] 把不同味道的蛋糕切割為直徑 4 厘米 x 高 5 厘米的圓柱形。

[3] 輾開麵糰至 2.5 毫米厚，切割成濶 5 厘米 x 長 15 厘米的長方條，再切割出數塊直徑 5 厘米的圓碟形麵糰。

[4] 在長方形麵糰塗點蛋液，再沿圓柱形蛋糕緊緊包好。

[5] 將一片圓碟形麵糰放在模具底部，上面放上經包裹的蛋糕，最後蓋上另一片圓形碟麵糰，把整個蛋糕完全包好。

[6] 置室溫（25℃）下發酵 30 分鐘，並在模具面蓋一片焗餅紙，再蓋另一大焗盆。

[7] 放入焗爐以 190℃烘焙約 18 分鐘。

[8] 烘焙完成後，脫模。進食前先涼卻。

Worth noting

- The tray on top serves to keep the dough inside the mould to produce a perfect cylinder.
- Other cake or even baked breads can be used inside the viennoiserie dough.

溫馨提示

- 置頂的焗盆可確保令麵糰不掉出模具，從而產出完美的圓柱形。
- 其他蛋糕，甚至烘焙過的麵包，都可放進維也納千層酥麵糰的內部。







Damascus Rose and Vanilla Crown
大馬士革玫瑰香草皇冠

Steps

1 Roll the dough at 2.5 mm thick and cut rectangles of 21 cm wide and as long as possible with the dough you have.

2 Spread a 2 mm thin layer of rose cream all over the rectangle.

3 Fold the rectangle in half horizontally and press a little.

4 Cut the rectangle into slices of 1.5 cm wide and twist the stripes.

5 Join the two ends of the twist as a crown and place it in a Savarin mould.

6 Proof for about 45 minutes at room temperature (25°C).

7 Bake at 190°C, with steam if possible, for about 15 minutes.

8 Once baked, take out of the mould and dust with icing sugar and dried Damascus rose petals.

步驟

1 輾開麵糰至 2.5 毫米厚，切割出長方形麵糰，其濶度為 21 厘米，長度以麵糰的長度為準。

2 在長方形麵糰表面塗滿一層 2 毫米厚的玫瑰忌廉。

3 把長方形麵糰水平對摺，並輕輕按壓。

4 切出濶 1.5 厘米的薄片，並扭曲成條紋狀。

5 將扭曲麵條的兩端連成皇冠形，放置在薩亞蘭模具內。

6 置室溫（25℃）下發酵約 45 分鐘。

7 在 190℃下烘焙大約 15 分鐘，如條件許可，附蒸汽同焗。

8 烘焙完成後，脱模，灑糖霜和風乾的大馬士革玫瑰花瓣。

Worth noting

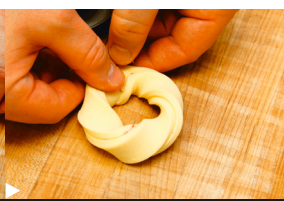
- Special flavor for the morning, this Viennoiserie will particularly match hot chocolate for example.
- Twisting is a very classic way to shape Viennoiserie, although not baked in a Savarin mould.

溫馨提示

- 作為早餐的特色風味，維也納麵包特別適合與熱朱古力之類搭配。
- 維也納千層酥麵糰雖然不是用薩亞蘭模具烘焙出來的，但扭曲式造型卻是其非常傳統的製作方法。







Dough type: 400 gm Viennoiserie dough [page 23]
Shaping: Twisted crown, 50 grams
Elements: 250 gm Vanilla rose cream [page 138]

麵糰類別：維也納千層酥麵糰 400 克（參閱第 23 頁）
造型：扭曲皇冠形，50 克
成份：雲喱拿玫瑰忌廉 250 克（參閱第 138 頁）



Raspberry Mint Vol-au-vent

紅莓薄荷酥盒

Dough type: 300 gm Viennoiserie dough [page 23]
Shaping: Vol-au-vent, 50 grams
Egg wash: Medium [page 18]
Elements: 150 gm Raspberry mint cream [page 138]
100 gm Genoise [page 138]
200 gm Fresh raspberries,
15 gm sugar
A few fresh mint leaves

麵糰類別：維也納千層酥麵糰 300 克（參閱第 23 頁）
造型：盒形，50 克
蛋液：適中（參閱第 18 頁）
成份：紅莓薄荷忌廉 150 克（參閱第 138 頁）
海綿蛋糕 100 克（參閱第 138 頁）
新鮮紅莓 200 克
白糖 15 克
新鮮薄荷葉少許



Steps

[1] Prepare 2 greased metal rings per vol-au-vent, one of 5 cm diameter and one of 6 cm diameter; both of 1 cm high.

[2] Roll the dough at 2 mm thick and cut stripes of 1.2 cm wide and 16 cm long.

[3] With the remaining dough, roll a little thinner and cut disc of 6 cm diameter.

[4] Wrap the dough around the smaller ring and press a little on the closing point.

[5] Place on the baking tray and place the larger ring around the dough.

[6] Allow proofing for 30 minutes at room temperature (25°C) and bake for 12 minutes at 190°C. Once baked, remove the metal rings.

[7] Separately, bake the discs of dough for 10 minutes (not fully baked). Once baked, apply egg wash the whole surface and place the ring of dough on it.

[8] Bake for a further 4 minutes to finish the baking and have the egg wash set.

[9] Fill raspberry mint cream to one third of the vol-au-vent; add a thin slice of Génoise and garnish with half raspberries marinated with the sugar and the mint chopped as a chiffonade.

步驟

[1] 每個酥盒準備 2 個已掃油的金屬圈模，1 個直徑 5 厘米，1 個直徑 6 厘米，兩者高度都為 1 厘米。

[2] 輾開麵糰至 2 毫米厚，再切割為濶 1.2 厘米 x 長 16 厘米的條狀。

[3] 剩餘的麵糰，輾薄一些後切割出直徑 6 厘米的圓塊。

[4] 沿着較小的圈模包上麵糰，在收口位置輕壓。

[5] 放在焗盆上，並將較大一點的圈模套上麵糰。

[6] 置室溫（25℃）下發酵 30 分鐘，用 190℃烘焙 12 分鐘。烘焙完成後，脱去金屬模。

[7] 把圓塊麵分別烘焙 10 分鐘（不完全烘熟），完成後，在表面全面掃點蛋液，並放上圓環形麵糰。

[8] 烘焙多 4 分鐘至成熟及蛋液凝固。

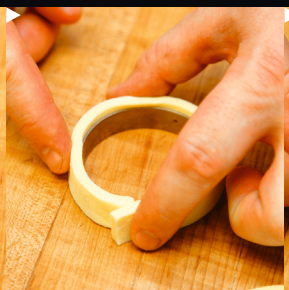
[9] 用紅莓薄荷忌廉填滿酥盒的 1/3，加一薄片意大利海綿蛋糕，並以半份糖醃紅莓和沙菜絲般的薄荷碎作裝飾。

Worth noting

- Super flexible shell, beside fruits and cream, it can also be served warm with savory filling.
- The thickness of the dough needs to be minimal in order to leave enough room for the filling and the cream.

溫馨提示

- 超級靈活多變的盒子，除水果和忌廉外，它也適合配鹹味的熱餡料。
- 麵糰厚度應盡可能薄，以留出足夠空間填入餡料和忌廉。






Cinnamon Doughnut
肉桂油炸圈

Steps

[1] Roll the dough together with the sugar and cinnamon powder sprinkled all over the dough until you reach 10 mm thick.

[2] Cut rectangle stripes of 1 cm wide and 10 cm long.

[3] Tie the dough as a simple knot and allow proofing for 40 minutes at room temperature (25°C)

[4] Heat up the deep frying oil at 190°C and fry the doughnut, flipping them around until they are uniformly brown.

[5] Optionally dust with sugar and serve with the hot chocolate sauce.

步驟

[1] 將白糖和肉桂粉灑滿麵糰，並輾開至 10 毫米厚。

[2] 切割為濶 1 厘米 x 長 10 厘米的長方形條。

[3] 把麵條綁成簡單結，置室溫（25℃）下發酵 40 分鐘。

[4] 炸油加熱至 190℃，放入麵糰油炸，翻轉直至呈均勻的金黃色。

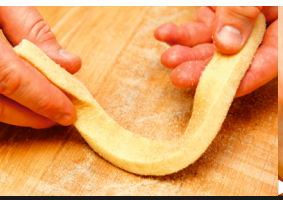
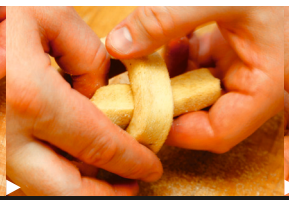
[5] 可灑上白糖及配上熱朱古力醬一起上台。

Worth noting

- Simple take on doughnut, or should I say dough-knot.
- Serve it with several sauces; dust it with icing sugar or cinnamon sugar.

溫馨提示

- 簡單理解油炸圈，或者可以稱作麵糰結。
- 可伴以多種醬汁，也可灑點糖霜或肉桂糖。




Dough type: 300 gm Viennoiserie dough [page 23]
Shaping: Knot, 30 grams
Elements: 60 gm Chocolate sauce [page 143]
A spoonful of cinnamon powder
40 gm white sugar

麵糰類別：維也納千層酥麵糰 300 克（參閱第 23 頁）
造型：結形，30 克
成份：朱古力醬 60 克（參閱第 143 頁）
肉桂粉 1 茶匙
白糖 40 克



Coated Raw Almond

朱古力生杏仁餡酥筒

Dough type: 400 gm Viennoiserie dough [page 23]
Shaping: Long tube, 70 grams
Elements: 250 gm Almond filling [page 138]
200 gm Milk chocolate coating [page 139]
A few caramelized hazelnuts

麵糰類別：維也納千層酥麵糰 400 克（參閱第 23 頁）
造型：長管形，70 克
成份：杏仁餡 250 克（參閱第 138 頁）
牛奶朱古力塗層 200 克（參閱第 139頁）
焦糖榛子少許

Steps

[1] You will need metal pipe of 3 cm inner diameter and 12 cm long.

[2] Roll the almond filling as a tube of 1 cm diameter.

[3] Roll your dough at 2 mm thick and cut it as a rectangle of 9 cm wide and 11 cm long.

[4] Wrap the dough around the almond filling and wrap it with a baking paper of 14 cm long so that it comes out from both ends.

[5] Proof at room temperature (25°C) for 30 minutes; wrap with aluminum foil tightly around the proofed tube.

[6] Bake at 200°C, if possible with steam, for about 18 minutes.

[7] Once baked, carefully remove the foil and slide the baked tube out.

[8] Allow cooling, and place in the freezer for 15 minutes.

[9] Meanwhile melt the chocolate coating at around 38°C.

[10] Insert a toothpick on the middle of the tube and use it as a handle to dip the tube in the melted coating.

[11] Shake the excess chocolate and allow setting on a non-stick paper.

[12] Optionally cut both ends to show the inside and garnish with caramelized hazelnut.

步驟

[1] 需要 1 枝內徑 3 厘米 x 長 12 厘米的金屬管。

[2] 把杏仁餡捲成直徑 1 厘米管狀。

[3] 輾開麵糰至 2 毫米厚，切割為濶 9 厘米 x 長 11 厘米的長方形。

[4] 將麵糰包上杏仁餡，再裹上長 14 厘米的焗餅紙，所以麵糰從兩端都可推出。

[5] 置室溫（25 ℃）下烘焙 30 分鐘，並用錫紙將已發酵的麵管緊緊包住。

[6] 以爐溫 200 ℃烘焙 18 分鐘，如條件許可，附蒸汽同焗。

[7] 烘焙完成後，小心移去錫紙，滑出麵管。

[8] 冷卻之後，放入冰格內冷凍 15 分鐘。

[9] 同時於 38 ℃左右熔解朱古力塗層。

[10] 在麵管的中央插入一根牙籤，用作手挽，將麵管浸入已溶解的牛奶朱古力塗層。

[11] 搖落多餘的朱古力到一張不黏紙上凝固。

[12] 可選擇切去兩端，展現內部，並以焦糖榛子裝飾。

Worth noting

- To obtain a perfect straight tube, freeze the almond filling tube and work with very cold dough. That way, you will keep all the elements very straight.
- You can use different nuts filling and different chocolate coating, such as dark chocolate coating with a walnut / orange filling.

溫馨提示

- 要獲得完美直管，須冷凍杏仁餡和用極冷的麵糰工作。那樣，你將會保持所有的成份都非常挺直。
- 你可以採用不同果仁餡料和不同朱古力塗層，例如黑朱古力塗層加核桃或橙味餡。



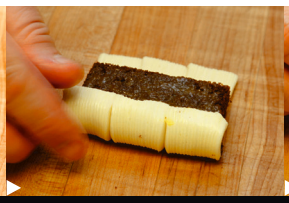




Dough type: 300 gm Viennoiserie dough [page 23]
Shaping: Rectangle, 50 grams
Egg wash: Medium [page 18]
Elements: 220 gm Sacher Cake [page 139]
30 ml Apricot Syrup [page 139]
30 gm Apricot Jam
18 ml Water

麵糰類別：維也納千層酥麵糰 300 克（參閱第 23 頁）
造型：長方形，50 克
蛋液：適中 （參閱第 18 頁）
成份：沙架蛋糕 220 克（參閱第 139 頁）
杏梅糖漿 30 毫升（參閱第 139 頁）
杏梅果醬 30 克
清水 18 毫升




Worth noting

- A personal favorite for afternoon break, I like adding some apricot liquor to the soaking liquid after boiling.
- When wrapping the dough, ensure it is tight around the cake and don't cover both ends of the cake.

溫馨提示

- 作為下午茶時段個人愛好的風味，我會在浸泡液體煮沸後加一點杏梅酒。
- 當包裹麵糰時，確保它們能緊貼蛋糕，且不要把蛋糕兩端都覆蓋。

Steps

1. Boil once the water mixed with the apricot jam.
2. Cut the Sacher cake into rectangles 3 cm wide, 9 cm long and 1.5 cm high.
3. Soak the warm apricot mixture into the cakes.
4. Cut directly in the slab of dough, vertical slices of 3mm thick and divide in 10 cm long segments.
5. Wrap the cakes with 3 bands of dough each and place on a baking tray.
6. Allow a short proofing of about 10 minutes, apply egg wash once.
7. Place optional rectangle mould or metal bars around the dough in order to keep it more rectangle.
8. Bake at 190°C for 16 minutes, remove the metal moulds.
9. Brush the apricot syrup on the hot pastries and put them back in the oven for an extra 2 minutes to set the syrup.

步驟

1. 清水與杏梅果醬混合煮沸。
2. 把沙架蛋糕切割為濶 3 厘米 x 長 9 厘米 x 高 1.5 厘米的長立方體。
3. 將溫暖的杏梅混合物浸透到蛋糕內。
4. 從麵糰厚片上直接切割出 3 毫米厚的薄片，再分切為 10 厘米長的麵糰。
5. 每塊蛋糕上包 3 塊麵片，置於焗盆上。
6. 短暫發酵 10 分鐘，塗上蛋液。
7. 可選用長方形模具或金屬條圍繞蛋糕，以保持長方形形狀。
8. 用 190 ℃烘焙 16 分鐘，移去金屬模。
9. 掃點杏梅糖漿於熱餅點，回爐烘焙多 2 分鐘至糖漿凝固。

Sacher Cake Wrap

沙架蛋糕包



Caramelized Nuts Stars

焦糖果仁星星

Steps

1 Roll the dough at 3 mm thick and cut free form stars using a sharp knife.

2 Proof at room temperature (25°C) for about 40 minutes.

3 Apply egg wash once and press the center of the star half way down with your thumb.

4 Pipe the vanilla cream in the middle and bake at 190°C for 18 minutes.

5 Once baked, place the freshly caramelized nuts in the middle of the stars.

6 Decorate with an optional gold leaf and caramelized almonds.

步驟

1 輾開麵糰至 3 毫米厚，用鋒利的刀切割出自由形式的星形片。

2 置室溫（25 ℃）下發酵約 40 分鐘。

3 塗上蛋液，並以拇指按壓星形麵糰的中央至半凹陷。

4 在中間處唧入雲喱拿忌廉，在 190 ℃下烘焙 18 分鐘。

5 烘焙完成後，於星形星餅點的中央放上新鮮焦糖果仁。

6 可隨意用金葉和焦糖杏仁裝飾。

Worth noting

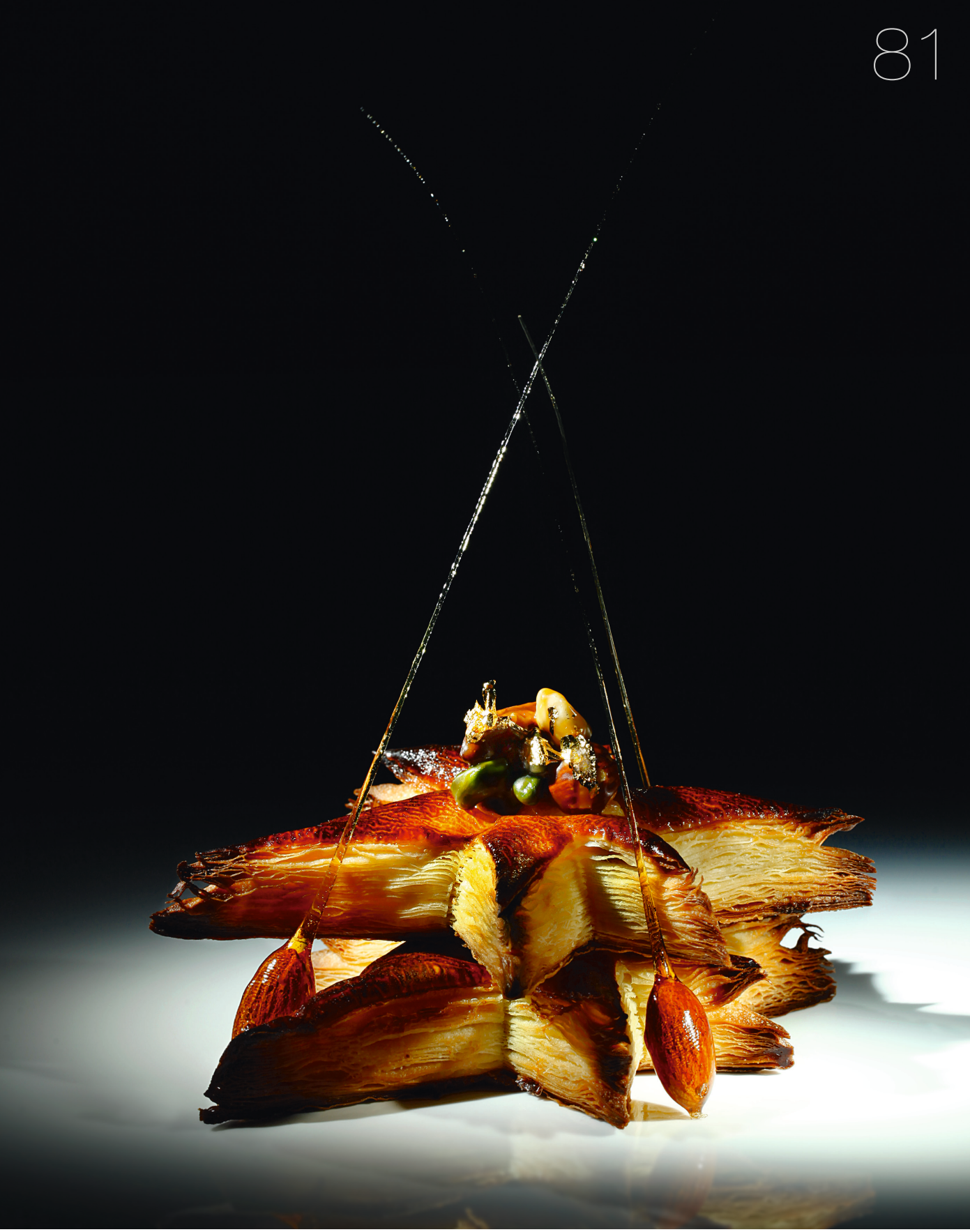
- Fruits can be used instead of nuts in the center of the stars.

溫馨提示

- 可用水果取代星星中央的果仁。







Dough type: 300 gm Viennoiserie dough [page 23]
Shaping: Star shape, 50 grams
Egg wash: Medium [page 18]
Elements: 200 gm Vanilla Cream [page 136]
50 gm Caramelized nuts [page 139]

麵糰類別：維也納千層酥麵糰 300 克（參閱第 23 頁）
造型：星形，50 克
蛋液：適中 （參閱第 18 頁）
成份：雲喱拿忌廉 200 克（參閱第 136 頁）
焦糖果仁 50 克（參閱第 139 頁）

Steps

1 Roll the matcha (green tea) dough at 3 mm thick and cut a rectangle of 12 cm wide and 40 cm long.

2 Apply egg wash on the bottom edge of the rectangle.

3 Spread the cooked red bean on the whole surface of the dough.

4 Roll the rectangle into a snail and press both ends together to close the wreath.

5 Apply egg wash on the crown and cut every 2 cm an indent of 1 cm large through the middle of the roll.

6 Fold each cut at 45 degrees on top of each others, forming a sort of flower.

7 Sprinkle black sesame on the surface and bake at 185°C, if possible with steam, for about 25 minutes.

步驟

1 輾開綠茶麵糰至 3 毫米厚，切割為濶 12 厘米 x 長 40 厘米的長方麵糰。

2 在長方形麵糰的底角掃點蛋液。

3 把熟紅豆撒於全塊麵糰的表面。

4 將長麵糰捲為蝸牛狀，把兩端壓捏一起成花環狀。

5 塗點蛋液於冠狀麵糰，在麵糰中間處，每隔 2 厘米就切 1 厘米凹口，環繞一圈。

6 每個切口從上以 45 度按摺微斜，形成花形。

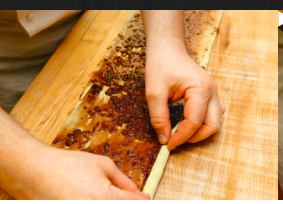
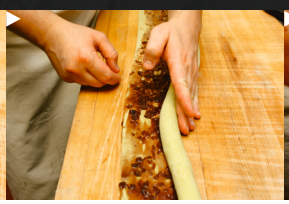
7 在表面灑上黑芝麻，用 185℃烘焙 25 分鐘，如條件許可，附蒸汽同焗。

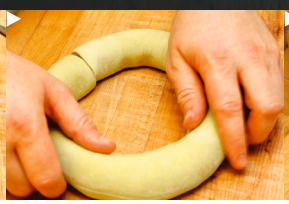
Worth noting

- Add 2 % of Matcha powder per kilo of flour in your dough recipe to obtain the green tea dough.
- Cooked Azuki beans are readily available on the market and are of great quality to be used in these sorts of pastries.

溫馨提示

- 在你的麵糰配方內，每千克麵粉用量加入 2% 的抹茶 粉，就可得到綠茶麵糰了。
- 市面上有已煮熟的日本紅豆，品質非常好，可用於此種酥餅。




Dough type: 500 gm Matcha pâte levée tourée dough [page 24]
Shaping: Wreath, 500 gm
Egg wash: Medium [page 18]
Elements: 200 gm cooked red bean [page 139]
A handful of black sesame

麵糰類別：抹茶佩特大提杜爾麵糰 500 克（參閱第 24 頁）
造型：花環形，200 克
蛋液：適中（參閱第 18 頁）
成份：熟紅豆 200 克（參閱第 139 頁）
黑芝麻小撮



Matcha Tea, Azuki Bean Wreath

抹茶紅豆圈



Lemon, Ricotta and Pecan Braid

香檸芝士山核桃辮子酥條麵包

Steps

1 Roll the dough at 2.5 mm thick and cut a rectangle of 14 cm wide and 45 cm long.

2 Brush a little egg wash on the base of the rectangle and spread the ricotta on the whole surface of dough, sprinkle the chopped lemon skin and chopped pecan nuts and raisins as well.

3 Roll the dough as a snail and cut the braid in 2 halves.

4 Shape the braid with the two rolls and join both ends to form a crown.

5 Place it on a tray and add one outer ring and one inner ring to the crown.

6 Proof at room temperature(25°C) for 45 minutes and bake at 180°C, if possible with steam, for about 40 minutes, until golden brown.

7 Decorate with candied lemon zest and fresh berries.

步驟

1 輾開麵糰成 2.5 毫米厚，切割為濶 14 厘米 x 長 45 厘米的長方形。

2 在長方形麵糰底部掃點蛋液，並在表面塗滿維哥達芝士，撒上碎檸檬皮和山核桃碎和提子乾。

3 捲摺麵糰如蝸牛狀，切開麵糰為兩半。

4 用兩條麵糰糰編成髮辮形，並將兩端聯結為冠狀。

5 放進焗盆上，在冠形麵糰內外分別加上環形模。

6 置室溫（25℃）發酵 45 分鐘，用爐溫 180℃烘焙 40 分鐘，直至呈金黃色。如條件許可，附蒸汽同焗。

7 用糖檸檬皮和新鮮莓作裝飾。

Worth noting

- Easy and simple bread to do, the filling can be done with different flavored pastry cream or fruits.
- To obtain a visually more impressive braid, use 3 threads to create the braid.

溫馨提示

- 做法簡易的麵包，餡料可用不同風味的糕餅忌廉或水果來製作。
- 如想獲得令人過目難忘的鬆辮，可使用 3 條繩狀麵糰創造鬆辮。



Dough type: 600 gm Pâte levée tourée [page 24]
Shaping: Split braid, 600 grams
Egg wash: Medium [page 18]
Elements: 350 gm Ricotta cheese
30 gm Candied Lemon Skin
120 gm Pecan nuts
40 gm Raisins

麵糰類別：佩特大提杜爾麵糰 600 克（參閱第 24 頁）
造型：分叉辮子形，600 克
蛋液：適中（參閱第 18 頁）
成份：維哥達芝士 350 克
糖檸檬皮 30 克
山核桃 120 克
提子乾 40 克

Steps

1 Roll the dough at 4 mm thick and relax it to avoid shrinking; cut rings of 8 cm diameter; place the discs of dough on a baking tray.

2 Proof for 20 minutes at room temperature and press the center of the tart with your fingers, leaving a 1 cm rim around the tarts.

3 Apply egg wash on the rim; spread a layer of one centimeter thick of peanut cream.

4 Bake the tart at 195°C for about 14 minutes.

5 Once baked, garnish with a lot of chopped candied peanuts on the cream.

步驟

1 輾開麵糰至 4 毫米厚，鬆筋以避免收縮。切割為直徑 8 厘米的圓形麵皮，放焗盆上。

2 置室溫發酵 20 分鐘，用手指在中央按下，在每塊撻皮糰預留 1 厘米的邊緣。

3 在邊緣塗點蛋液，抹上 1 厘米厚的花生忌廉。

4 以 195℃烘焙 14 分鐘。

5 烘焙完成後，在忌廉上放許多糖花生碎作裝飾。











Salted Peanut Flaky Tart

鹹味花生撻



Worth noting

- The peanut cream can be done with hazelnut or other nuts paste.
- Add the candied peanut just before serving as the caramel will absorb humidity and become soggy.

溫馨提示

- 製作花生忌廉時可加入榛子或其他果仁醬。
- 上枱前才加入糖花生，因焦糖會吸入潮氣而變得顯軟。

Dough type: 300 gm Pâte levée tourée [page 24]
Shaping: Flat round, 30 grams
Egg wash: Medium [page 18]
Elements: 200 gm peanut cream [page 139]
40 gm candied peanuts [page 140]

麵糰類別：佩特大提杜爾麵糰 300 克（參閱第 24 頁）
造型：平圓形，30 克
蛋液：適中（參閱第 18 頁）
成份：花生醬忌廉 200 克 （參閱第 139 頁）
糖花生 40 克（參閱第 140 頁）

Dough type: 200 gm Pâte levée tourée [page 24]
Shaping: Roll in cocotte, 30 grams
Egg wash: Light [page 18]
Elements: 60 gm Cheese custard [page 141]
40 gm golden raisins
20 ml aged balsamic vinegar mixed with 20 ml 1:1 sugar syrup

麵糰類別：佩特大提杜爾麵糰 200 克（參閱第 24 頁）
造型：砂鍋卷，30 克
蛋液：淺色（參閱第 18 頁）
成份：芝士吉士 60 克 （參閱第 141 頁）
金葡萄乾 40 克
陳年香醋 20 毫升與糖漿 20 毫升混合，比例是 1:1







Worth noting
- Use thick balsamic vinegar to mix with the syrup in order to obtain a proper glaze.
- Great presentation and creative bread to be served as a bread "basket" in a restaurant.

溫馨提示
- 用醇厚香醋混合糖漿是為了獲得適合的糖汁。
- 外觀和創意都俱佳的麵包，餐館會用籃子盛載上桌。

Aged Balsamic and Raisins Cocotte
意大利陳醋葡萄乾鍋酥

Steps

1 Roll the dough at 3 mm thick and cut a rectangle of 5 cm wide and 25 cm long.

2 Spread the custard evenly on the dough and sprinkle with golden raisins.

3 Roll the dough from the width to obtain a large snail and place it in your small greased cocotte.

4 Proof at room temperature (25°C) for about 40 minutes and apply egg wash once.

5 Bake the cocotte at 200°C for about 18 minutes, if possible with steam.

6 Once baked, brush the dough with the balsamic vinegar syrup and bake it a further half minute – repeat the brushing 2 to 3 times.

步驟

1 輾開麵糰至 3 毫米厚，切割為濶 5 厘米 x 長 25 厘米的長方形。

2 在麵糰上均勻地塗抹吉士醬，撒上金葡萄乾。

3 從濶邊捲摺成大雙蝸牛狀，放進已塗油的砂鍋中。

4 置室溫（25 ℃）下發酵 40 分鐘，塗蛋液 1 次。

5 置砂鍋麵卷於焗爐，用 200 ℃烘焙約 18 分鐘，如條件許可，附蒸汽同焗。

6 烘焙完成後，塗上陳年香醋糖漿於麵糰，回爐烘焙多半分鐘，如是者做 2 至 3 次。



Worth noting

- The tart can be done with different fruit fillings following the same recipe.
- Different fruits may need more or less pectin as they contain different level of natural pectin and starch.

溫馨提示

- 跟從同一食譜，可用不同水果餡料做撻。
- 根據不同水果中天然果膠和澱粉含量的差異，可增加或減少果膠用量。







Dough type: 350 gm Viennoiserie dough [page 23]
Shaping: Rectangle tart mould
Egg wash: Medium [page 18]
Elements: 450 gm spiced pineapple filling [page 140]

麵糰類別：維也納千層酥麵糰 350 克（參閱第 23 頁）
造型：長方形撻模，25 克
蛋液：適中（參閱第 18 頁）
成份：香辣菠蘿餡料 450 克 （參閱第 140 頁）



Spiced Pineapple Tart
香辣菠蘿撻



Steps

1 Roll one third of the dough at 1.5 mm thick and store it in the fridge.

2 Use the other part of the dough rolled at 2.5 mm to line a rectangle tart shell; punch holes with a fork and cut off the extra dough from the side.

3 Bake the tart a blanc for about 18 minutes, with baking beads.

4 Fill the spiced pineapple filling in the tart to 3/4 of the height.

5 Using a very sharp knife, cut 5 mm wide stripes from the dough stored in the fridge previously.

6 Place the stripes horizontally on the tart, leaving 5 mm space between each.

7 Apply egg wash on the stripes and without proofing, bake the tart in a 180°C oven for about 25 minutes.

8 Allow the tart to cool, and take it out of the mold.

步驟

1 輾開 1/3 份麵糰至 1.5 毫米厚，貯藏在冰箱內。

2 用其餘麵糰輾開至 2.5 毫米厚，放進長方形撻模，用叉子刺孔，切去周邊多餘的麵糰。

3 烘焙珠放在麵糰上，然後入爐烘焙撻殼 18 分鐘。

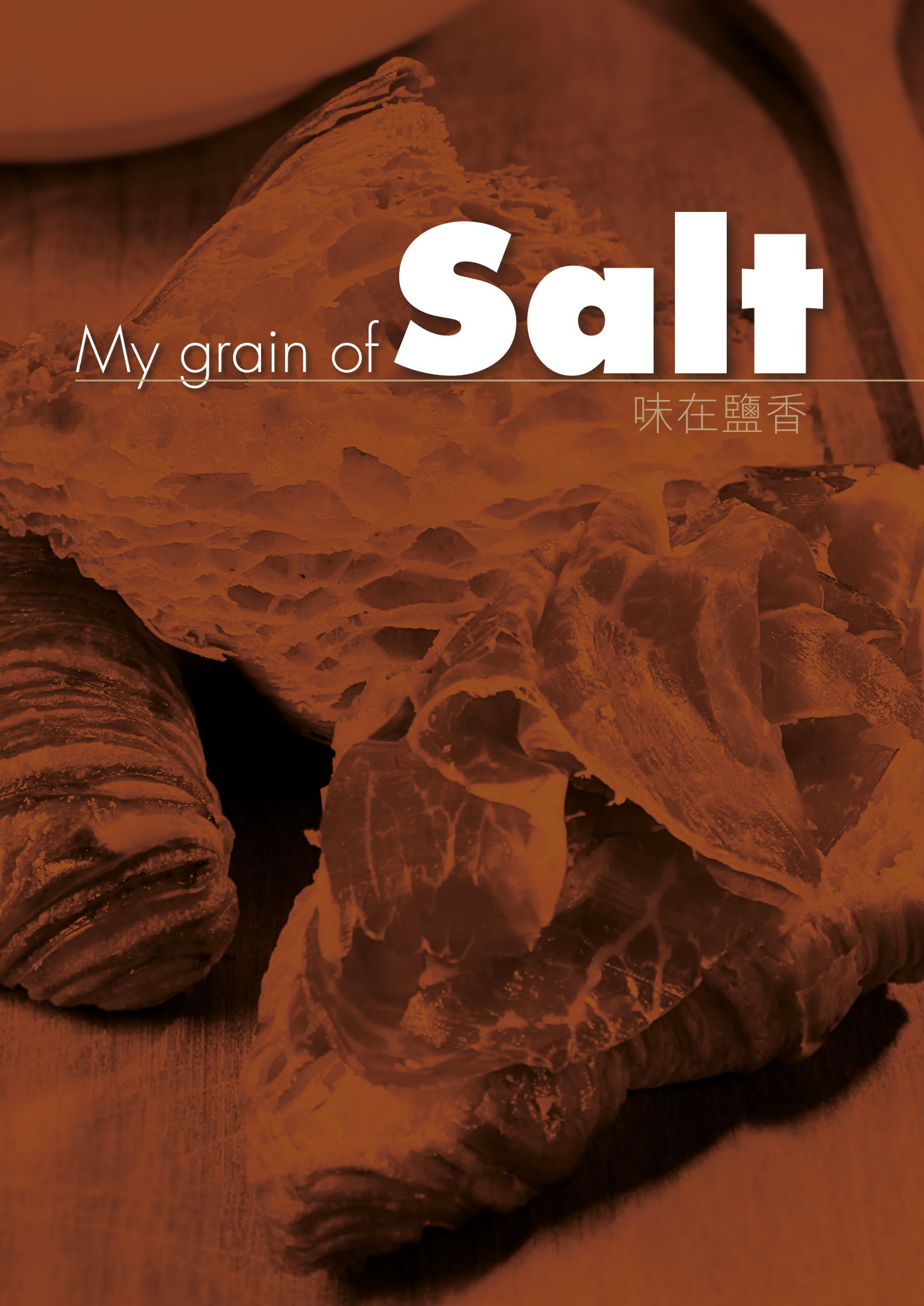
4 填入香辣菠蘿餡料，至撻高的 3/4 處。

5 用非常鋒利的刀把早前冰凍的麵糰切割為濶 5 毫米麵條。

6 將麵條平放在撻上，每條相隔空間為 5 毫米。

7 塗蛋液於麵條，無需發酵，放撻入爐，用爐溫 180℃烘焙 25 分鐘。

8 讓撻涼卻，並從撻模取出。


My grain of Salt
味在鹽香

Touching and tasting layered pastry awakes senses.
Sweet creation ultimately leads me to savory; caramel and salt, cherries and tomato..... every ingredient has a story to tell – it's only a matter of giving them enough ground to express themselves, freely.

當觸摸和品嚐千層酥時喚醒了感官。甜點創作最終引領我感受到鹽香。焦糖與鹽，櫻桃與番茄……每種食材的背後都有一個故事，我們只需給它們以足夠的空間，去自由地表現自己。





Dough type: 400 gm Croissant dough layered with Espelette chili butter [page 22]
Shaping: Croissant, 30 grams
Egg wash: Medium [page 18]
Elements: 450 ml Tomato and Cherry soup [page 140]
A few slices of Iberico Kintoa Ham
Some baby greens

麵糰類別：法式牛角包麵糰配法式辣味牛油酥層 400 克（參閱第 22 頁）
造型：牛角形，30 克
蛋液：適中（參閱第 18 頁）
成份：番茄和櫻桃湯 450 毫升 （參閱第 140 頁）
堅杜亞火腿數片
鮮嫩沙律菜

Espelette Chili Croissant and Kintoa Ham

Chilled Tomato and Cherry Soup

法式辣味牛角包伴堅杜亞火腿凍番茄車厘湯

Steps

1 Roll the dough at 3 mm thick and cut triangle of 6 cm wide and 12 cm long.

2 Cut a 1 cm indent on the base of the triangle and roll it as a straight croissant.

3 Proof for 35 minutes at room temperature and egg wash once; optionally dust some Espelette chili powder on the top.

4 Bake at 190°C for about 16 minutes, with steam if possible.

5 Once cooled, cut the croissant in half and garnish of sliced Kintoa ham.

6 Serve together with the chilled tomato and cherry soup.

步驟

1 輾開麵糰至 3 毫米厚，切割為濶 6 厘米 x 長 12 厘米的三角形。

2 在三角麵糰的底邊切割出 1 厘米的缺口，捲摺為挺直牛角。

3 置室溫發酵 35 分鐘，塗蛋液 1 次，可選擇灑一些法式辣椒粉在麵糰頂部。

4 用 190℃ 烘焙 16 分鐘，如條件許可，附蒸汽同焗。

5 冷卻後，把牛角包橫切半，放上堅杜亞火腿片作裝飾。

6 與番茄和櫻桃凍湯一起上枱。

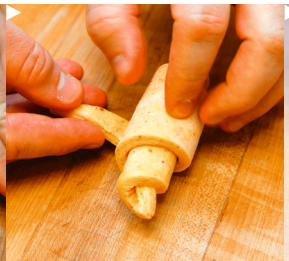
Worth noting

- Amazing combination for the summer, this recipe uses Griottes cherries, but black cherries from Espelette could also be used as part of the recipe.
- Kintoa Ham brings a serious kick into the combination of chili, cherry and tomato.

溫馨提示

- 令人驚奇的夏日組合，在這食譜中用了 Griottes 櫻桃，但其實也可以應用 Espelette 黑櫻桃。
- 堅伴亞火腿令辣椒、櫻桃和番茄的組合帶勁。







Cod and Cauliflower
鱈魚椰菜花薄脆

Steps

1 Roll the puff pastry at 1 mm thick and bake at 190°C for about 12 minutes, until the dough starts to gain color.

2 Take the tray out of the oven; allow cooling and cut squares of 4 cm.

3 Brush the egg wash and bake a further 3 to 4 minutes to gain color.

4 Cut the cauliflower cremeux in square of 3 cm; and they should be 1 cm thick.

5 Build layers of cauliflower crèmeux together with the square puff pastry.

6 Garnish with the cod ceviche on top; baby dill and some pickled cauliflower slices.

步驟

1 輾開千層酥至 1 毫米厚，用 190℃ 烘焙約 12 分鐘，直至麵糰開始變色。

2 從焗爐取出焗盆，讓其涼卻，切割為 4 厘米寬的正方形。

3 塗蛋液，回爐烘焙多 3-4 分鐘以上色。

4 切割椰菜花忌廉至邊長 3 厘米的正方形，厚為 1 厘米。

5 架起椰菜花塊與千層酥片。

6 上面放刁草酸橘汁鱈魚、嫩刁草和一些醃椰菜花片作裝飾。

Worth noting

- A little herb infused olive oil on the plate is a nice way to finish the dish.
- Build the dish at last minute to ensure the crispiness of the puff pastry.

溫馨提示

- 放少許油浸橄欖刁草在碟上，是完成菜式的美好方法。
- 最後 1 分鐘才搭建酥層，以確保千層酥香脆。







Dough type: 300 gm German puff pastry [page 27]
Shaping: Flat rectangles, 40 gm
Elements: 300 gm Cauliflower crèmeux [page 140]
250 gm Dill cod ceviche [page 140]
Some pickled cauliflower slices [page 140]
A bunch of baby dill

麵糰類別：德國千層酥 300 克（參閱第 27 頁）
造型：平坦長方形，40 克
成份：椰菜花忌廉 300 克 （參閱第 140 頁）
刁草酸橘汁鱈魚 250 克（參閱第 140 頁）
醃椰菜花片（參閱第 140 頁）
一束嫩刁草



Confit Tomato and Quail Egg Tartlet

燴番茄與鵪鶉蛋撻

Steps

[1] Roll the dough at 2.2 mm thick and lay it in the tartlet mould, trim the excess dough from the sides; poke holes on the base using a fork.

[2] Fill the tart with baking beads and blind-bake the tarts at 200°C for about 15 minutes. Remove the beads and cool the tart.

[3] Spread a layer of cheese custard of about 1 cm on the base of the tart.

[4] Add the confit tomatoes cut in halves and bake for a further 8 minutes in a 210°C oven.

[5] Break one quail egg on the hot tart and bake for another 5 minutes, until the egg starts to become white and sets a little

[6] Sprinkle with freshly chopped spring onion, salt and pepper. Serve warm.

步驟

[1] 輾開麵糰至 2.2 毫米和厚，壓在撻殼內，修掉邊緣過多的麵糰，並用叉在底部刺孔。

[2] 在撻皮上放烘焙珠，然後用 200 ℃烘焙 15 分鐘，取走烘焙珠，讓撻殼涼卻。

[3] 塗抹一層厚 1 厘米的芝士吉士於撻底。

[4] 加入開半的漬番茄，回爐用 210 ℃烘焙多 8 分鐘。

[5] 打一個鵪鶉蛋在熱撻內，回爐再烘焙 5 分鐘，直至蛋撻變白並輕微凝固。

[6] 撒上新鮮葱碎、鹽和胡椒，趁暖享用。

Worth noting

- Tomatoes are already confit in olive oil and thus the baking should be short in order to keep their juicy feature intact.
- The quail egg is delicious if not fully baked as it will be nice and runny.

溫馨提示

- 番茄已與橄欖油燴煮，因此烘焙時間應較短，以保證其多汁的風味不受影響。
- 未完全烘熟的鵪鶉蛋尤為美味可口，因為仍處於溫泉蛋的美妙狀態。







Dough type: 250 gm Quick puff pastry [page 28]
Shaping: Individual tartlet, 30 gm
Elements: 150 gm Cheese custard [page 141]
250 gm Confit tomato [page 141]
A few quail eggs,
some spring onion
Rock salt and black pepper

麵糰類別：即用千層酥 250 克（參閱第 28 頁）
造型：獨立小撻，30 克
成份：芝士吉士 150 克 （參閱第 141 頁）
漬番茄 250 克（參閱第 141 頁）
鵪鶉蛋數個
葱適量
岩鹽和黑胡椒

Steps

1 Roll the dough at 3 mm thick and cut rectangles of 14 cm long and 3 cm wide.

2 Place the dough on the tray and cover with the rectangle mould.

3 Bake at 210°C for about 18 minutes. Take the mould away and brush egg wash once; sprinkle the Jardin de Caramel spices.

4 Bake for a further 8 to 10 minutes until golden brown.

5 Brush the baby leek with olive oil and sear it on charcoal grill, sprinkle salt.

6 Lay one puff pastry up-side-down and garnish with pulled pork meat.

7 Add a few pieces of pickled beets in slices on the whole length.

8 Place another puff pastry layer on top and serve together with the grilled leek.



步驟

1 輾開麵糰至 3 毫米厚，切割為長 14 厘米 x 濶 3 厘米的長方形。

2 把麵糰放在焗盆上，蓋上長方形模具。

3 放焗爐用 210℃ 烘焙約 18 分鐘。取走模具，塗蛋液 1 次，灑上焦糖香料。

4 回爐烘焙 8-10 分鐘，直至呈金黃色。

5 掃點橄欖油於迷你大蒜，放炭爐上烤乾，灑鹽。

6 將一片千層酥翻轉，以豬肉鬆裝飾。

7 在千層酥上，從頭到尾放上一些醃甜菜頭片。

8 在上面再放一層千層酥層，與已燒烤的大蒜一起上枱。

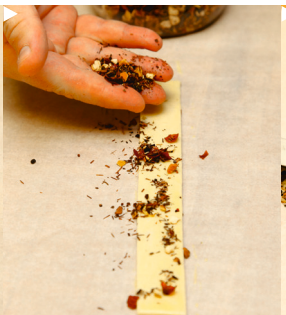
Worth noting

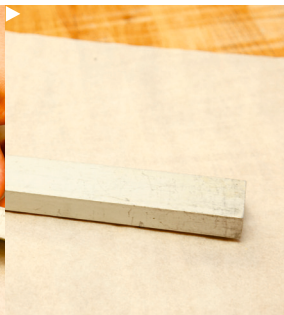
- Braised pork, smoked salt, crunchy pastry, beets and leeks will pair beautifully with a fruity and dry white wine or a yeast white beer.
- Can be done as a mini size for cocktails or coffee breaks – an absolute favorite when freshly made.

溫馨提示

- 燴豬肉、煙熏鹽、易碎的脆餅、甜菜頭和大蒜與果香乾白葡萄酒或白啤酒是美麗配搭。
- 可做成迷你版，作雞尾酒伴酒小食或供咖啡聚會用 —— 新鮮製造，絕對滋味。









Smoked Sea Salt Pulled Pork Friand

Pickled Baby Beets, Charcoal Burnt Leeks

煙海鹽肉鬆酥
伴醃迷你甜菜頭、炭燒大蒜

Dough type: 500 gm French puff pastry folded with smoked sea salt butter [page 26]
Shaping: Baked in mould, 50 grams
Egg wash: Medium [page 18]
Elements: 300 gm Pulled pork [page 141]
3 pickled baby golden beets [page 141]
A few pieces of young baby leeks
One spoonful of Jardin de Caramel Infusion (Parfums de Table)

麵糰類別：法式千層酥夾煙海鹽牛油 500 克（參閱第 26 頁）
造型：連模具烘焙，50 克
蛋液：適中（參閱第 18 頁）
成份：豬肉鬆 300 克 （參閱第 141 頁）
醃迷你金甜菜頭 3 個（參閱第 141 頁）
嫩迷你大蒜數片
Jardin de Caramel Infusion（桌面調味油）1 茶匙



Vianna's Egg Benedict

薇安娜的班尼狄克蛋（水波蛋）

Dough type: 300 gm Croissant dough [page 22]
Shaping: Rolls in mould, 40 grams
Egg wash: Medium [page 18]
Elements: 6 Poached Eggs [page 141]
50 ml Hollandaise sauce [page 141]
A pinch of Espelette Chili
300 gm smoked salmon, cured with dill
50 gm soft butter
One white onion; rock salt and black pepper

麵糰類別：法式牛角包麵糰 300 克（參閱第 22 頁）
造型：放在模具中的卷型，40 克
蛋液：適中（參閱第 18 頁）
成份：水煮蛋 6 個 （參閱第 141 頁）
荷蘭汁 50 毫升 （參閱第 141 頁）
法式辣椒粉少許
煙三文魚 300 克，刁草醃
軟牛油 50 克
白洋葱 1 個，岩鹽和黑胡椒



Steps

1 Shave the white onion into paper thin slices using a mandoline and wash them under running cold water for about 10 minutes.

2 Roll the dough at 2.5 mm thick and cut rectangles of 14 cm wide and 60cm.

3 Spread the soft butter over the whole surface of the dough; roll as a snail and cut slices of 1.5 cm thick.

4 Place the dough in 8 cm diameter and 1 cm tall metal ring.

5 Proof for 40 minutes at room temperature (25°C) and bake at 190°C for about 14 minutes.

6 Leave the roll in the mould and cut the pastry horizontally, following the top edge of the ring.

7 Toast briefly the base of the pastry, garnish with smoked salmon and shaved white onion.

8 Pour the hollandaise sauce on the egg and gratinate them on a small tray, place them on top of the smoked salmon and finish with rock salt and Espelette chili.

步驟

1 白洋葱刨成紙片般薄，並在流動的冷水下沖洗約 10 分鐘。

2 輾開麵糰至 2.5 毫米厚，切割為濶 14 厘米 x 60 厘米的長方形麵糰。

3 在麵糰表面塗抹滿軟牛油，捲摺如蝸牛狀，切成 1.5 厘米薄片。

4 放麵糰於直徑 8 厘米 x 高 1 厘米的金屬圈。

5 置室溫（25℃）下發酵 40 分鐘，用 190℃烘焙約 14 分鐘。

6 讓麵糰卷留在模具，並從金屬圈的頂部平切餅點。

7 短暫烘烤餅點底部，放煙三文魚和白洋葱片裝飾。

8 蛋放在小盤，上淋荷蘭汁，再一起放煙三文魚於頂部，撒岩鹽和法式辣椒粉。

Worth noting

- Build and serve this dish at the last minute to ensure that all elements deliver their true feature.
- Make it your own with either ham, bacon or any other way, but do it on croissant dough!

溫馨提示

- 在最後 1 分鐘才堆砌和出餐，確保上枱時所有元素是真實特色。
- 按個人喜好採用火腿、煙肉或用別的方法做，但必需用法式牛角包麵糰！







Matsutake Bouchée-à-la-reine
松茸皇后酥

Steps

1 Cover the metal tube with a baking paper and roll the puff pastry at 1 mm thick, cut into rectangles fit to be rolled around the tubes; place a second metal tube that is 2 mm larger in diameter than the first one.

2 Wrap tightly in aluminum foil and bake at 200°C for 15 minutes; once the dough is baked, remove the foil and the outer tube, brush some melted butter and bake a further 5 minutes at 210°C to obtain a golden brown color.

3 Clean and slice your mushrooms lengthwise and grill them with olive oil, salt and pepper.

4 Remove the inner metal tube and place the baked tube on a plate.

5 Garnish the tube with Arugula leaves tossed with ponzu lime dressing, grilled mushrooms, and soft-poached quail eggs halves.

步驟

1 用焗餅紙蓋在金屬管上，輾開千層酥至 1 毫米厚，切割成適合的長方形，圍纏到金屬管，放上第二條金屬管，其直徑 2 毫米並大於第一條金屬管。

2 再用錫紙緊包金屬管，放焗爐用 200℃烘焙 15 分鐘。焗好後，移去錫紙和第二條金屬管，掃點牛油熔液，回爐用 210℃烘焙多 5 分鐘，真至呈金黃色。

3 清洗松茸並切為長條，加上橄欖油、鹽和胡椒一起燒烤。

4 移去內部的金屬管，把管狀餅點放在碟上。

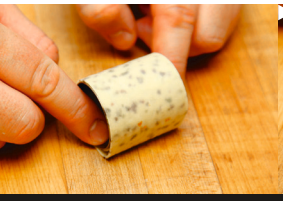
5 芝麻菜葉上加青檸酢醬汁、烤松茸和水波鵪鶉蛋，一起作裝飾。

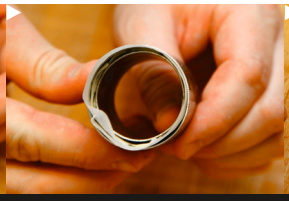
Worth noting

- Matsutake mushrooms are very seasonal (autumn), rare and expensive. Fresh Eringi mushrooms or other mushrooms also work for this dish.
- Once poached, cool your quail eggs and peel them. Then, keep them in light soya sauce before serving.

溫馨提示

- 松茸有很強的季節性（只在秋季出現），稀有而珍貴。新鮮杏鮑菇或其他菇類也可用來做這道菜。
- 鵪鶉蛋煮好後，冷卻去皮，在上枱享用前一直保存在淡醬油中。




Dough type: 400 gm French puff pastry folded with seaweed butter [page 26]
Shaping: Tube, 40 grams
Elements: 4 beautiful matsutake mushrooms
60 ml ponzu lime dressing [page 141]
5 soft-poached quail eggs [page 142]
One bunch of fresh Arugula leaves; rock salt and black pepper

麵糰類別：法式千層酥覆摺海藻牛油 400 克（參閱第 26 頁）
造型：管狀，40 克
成份：漂亮松茸 4 朵
青檸酢醬汁 60 毫升 （參閱第 141 頁）
水波鵪鶉蛋 5 個（參閱第 142 頁）
新鮮芝麻菜，岩鹽和黑胡椒



Pissaladière
法國尼斯洋葱酥



Dough type: 400 gm Dutch puff pastry [page 25]
Shaping: Rectangles, 60 gm
Elements: 300 gm Red onion confit [page 142]
20 pieces Spanish anchovies in oil
One handful of pitted Kalamata black olives
A bunch of baby herbs, confit tomatoes and caper berries

麵糰類別：荷蘭千層酥 400 克（參閱第 25 頁）
造型：長方形，60 克
成份：漬紅洋葱 300 克（參閱第 142 頁）
西班牙油浸醃魚 20 片
去核 Kalamata 黑橄欖一小撮
一束幼嫩香草，漬番茄和刺山柑漿果

Steps

1 Spread the onion confit 4 mm thick on a plastic film, on a tray and freeze it.

2 Roll the puff pastry at 2.2 mm, poke holes and bake at 210°C for 18 minutes, until golden color.

3 Once cold, cut rectangles of 16 cm in length and 3.5 cm wide.

4 Cut the frozen onion confit in 14 cm long and 2 cm width rectangle.

5 Place the frozen onion confit in the center of the puff pastry and garnish with rolled anchovies, black olives, greens, tomatoes and caper berries.

步驟

1 抹一層燴洋葱於塑膠片至 4 毫米厚，放在盤子上，入冰格冷凍。

2 輾開千層酥皮至 2.2 毫米厚，戳洞，放入焗爐用 210℃烘焙 18 分鐘，直至呈金黃色。

3 冷卻後，切割為長 16 厘米 x 濶 3.5 厘米的長方形麵糰。

4 切割冷凍燴洋葱成長 14 厘米 x 濶 2 厘米的長方形。

5 冷凍燴洋葱置於千層酥的中心，以捲鯷魚、黑橄欖、沙律菜、番茄和刺山柑漿果裝飾。

Worth noting

- Classic Southern French tart, the Pissaladière is usually made with yeast dough as a base, but the puff pastry version is also fairly well known.
- In the traditional version, the ingredients are baked together with the dough.

溫馨提示

- 經典法國南部撻，法國尼斯洋葱酥一般用酵母麵糰作底，但採用千層酥的版本也很著名。
- 傳統版本，材料會與麵糰一起烘焙。










Thai Basil Flutes
羅勒笛子酥

Steps

[1] Mix the dough with all the ingredients for 5 minutes in slow speed and 3 minutes in faster speed to obtain firm homogenous dough.

[2] Press the dough into rectangle shape and store it in the fridge for 1 hour.

[3] Ensure the butter to be flexible and fold it into the dough.

[4] Give 2 single fold [page 14] and let rest for 30 minutes in the fridge. Give one more single fold and rest for another 30 minutes.

[5] Roll the dough in a rectangle of 40 cm in width and 2.5 mm thick; spread a thin layer of Thai pesto on half of the dough; sprinkle with finely chopped lemon grass.

[6] Fold the other half of the dough on the part covered with pesto.

[7] Cut the dough into 1.5cm strips and twist them like a screw.

[8] Place on a tray with baking paper and egg wash once; sprinkle with parmesan cheese.

[9] Proof at room temperature for about 20 minutes and bake at 180°C for about 25 minutes, until you obtain a deep brown color.

步驟

[1] 麵糰混合所有配方成份，慢速攪拌 5 分鐘，轉快速攪拌 3 分鐘，以獲得結實同質麵糰。

[2] 按壓麵糰成長方形，貯藏於冰箱內 1 小時。

[3] 確定牛油柔軟、易彎曲，並將其覆摺在麵糰內。

[4] 做 2 個單摺覆（參閱第 14 頁），讓其在冰箱鬆筋 30 分鐘。多做 1 個單摺覆後，回冰箱再鬆筋 30 分鐘。

[5] 輾開麵糰至濶40厘米 x 厚2.5毫米的長方形。塗抹一薄層泰國羅勒於一半麵糰，撒上香茅碎。

[6] 把另一半麵糰覆摺到已覆有羅勒的部份。

[7] 切割麵糰為 1.5 厘米條狀，扭曲成螺旋形。

[8] 放在已墊焗餅紙的焗盆上，塗上蛋液，撒點巴馬爾芝士。

[9] 置室溫下發酵約 20 分鐘，入爐用 180℃ 烘焙約 25 分鐘，直至呈深褐色。

Worth noting

- Superb snack for cocktail or soup accompaniment.
- Don't over proof the dough before baking or the flutes will be deformed.

溫馨提示

- 是伴雞尾酒或湯的極佳搭檔。
- 烘焙前不要過度發酵麵糰，否則長笛會變形。







Dough type: 1portion Flûtes dough [page 29]
Shaping: Twisted sticks, 40 grams
Egg wash: Light [page 18]
Elements: 350 gm Thai Pesto
A few stems of fresh lemon grass
200 gm shredded Parmesan cheese

麵糰類別：長笛麵糰 1 份（參閱第 29 頁）
造型：扭條，40 克
蛋液：淺色（參閱第 18 頁）
成份：泰國羅勒 350 克
新鮮香茅數棵
巴馬爾芝士絲 200 克

Wakame, Prawn & Burnt Lemon Croissant

裙帶菜大蝦烤檸檬牛角包

Steps

1 Cut the croissant diagonally to ¾ of the depth.

2 Mix the soaked wakame with prawns, pickled cucumber, sesame oil, salt and pepper to taste.

3 Stuff the croissant with the above salad and sprinkle sesame seeds and fried wakame.

4 Optionally add some fresh baby herbs and serve with the charcoal lemon wedges.

步驟

1 牛角包對角切割，深度約全包的 3/4。

2 把浸泡裙帶菜、大蝦、漬青瓜、麻油、調味用的鹽和胡椒混合成沙律。

3 將沙律釀入牛角包內，撒點芝麻和油炸裙帶菜。

4 可隨意添加新鮮嫩香草和與炭烤檸檬角享用。

Worth noting

- After cutting the croissant, spread some melted butter on the inside and toast it before stuffing the salad in.
- Squeezing the burnt lemon juice on the sandwich will lift the seaweed and prawn flavor.

溫馨提示

- 切割牛角包後，在內裡抹點牛油熔液，烤焗後才釀入沙律。
- 榨出炭烤檸檬汁於三文治上，能提升海藻和大蝦的味道。

Elements: 4 pcs seaweed croissant [page36]
16 pcs poached prawn
Some sesame oil, salt and pepper
A spoonful of roasted white sesame
Soaked wakame and fried wakame
A handful of Japanese pickled cucumber
4 charcoal grilled lemon wedges

成份： 海藻牛角包 (參閱第 36 頁)
白焯大蝦 16 隻
麻油、鹽和胡椒適量
烘香白芝麻 1 茶匙
浸泡和油炸裙帶菜
日式漬青瓜小撮
炭燒檸檬 4 角



Roasted Garlic & Glazed Vegetables Tostada

粟米餅伴焗蒜和扒雜菜

Steps

1 Roll the dough at 2 mm thick and brush lightly with water.

2 Dust with corn meal and repeat the same step for the other side. Place on a baking tray with baking paper.

3 Cover with baking paper and add a tray on top to keep the dough flat while baking. Without proofing, bake at 190°C for 18 minutes.

4 Once baked, cut discs of 12 cm diameter and cut them in halves.

5 Garnish the tostada with glazed vegetables and roasted garlic.

6 Add some fresh herbs and serve with the romesco sauce.

步驟

1 輾開麵糰至 2 毫米厚和輕輕塗點清水。

2 灑上玉米粉，在另一面重複相同步驟，放在已墊焗紙的焗盤上。

3 蓋上焗紙，再於頂部添加一焗盤，以確保烘焙時麵糰平坦。無需發酵，用 190℃ 烘焙 18 分鐘。

4 一旦烘焙完成，把直徑 12 厘米的圓餅片切為兩半。

5 配以西班牙果仁辣椒沙沙醬、扒雜菜和焗蒜。

6 添加一些新鮮香草和與西班牙果仁甜椒沙沙醬一同上桌。

Worth noting

- You can glaze your vegetable with a little sugar and vegetable stock to keep this dish vegetarian.
- Variation such as asparagus tips and Gruyeres cheese is a great fit for tostadas.

溫馨提示

- 你可以用少許糖和菜湯與蔬菜煮片刻，令它擁有光澤，讓吃素者能享用。
- 用蘆筍尖、古魯耶芝士搭配西班牙果仁甜椒沙沙醬，非常適合。

Dough type: 300 gm croissant dough [page 22]
Shaping: 12 cm diameter disc, 50 grams
Egg wash: Only water
Elements: 50 gm corn meal
100 gm Glazed Vegetables [page 139]
40 gm Romesco Sauce [page 139]

麵糰類別：法式牛角包麵糰 300 克（參閱第 22 頁）
造型：直徑 12 厘米圓麵片，50 克
蛋液：只用清水
成份：粟米粒 50 克
扒雜菜 100 克（參閱第 139 頁）
西班牙果仁甜椒沙沙醬 40 克（參閱第 139 頁）





極品美味

The **extraordinaire...**



The reign of the apple chausson has never been challenged. Nor it will.
I bow to the caramelized flaky layers and applaud the legacy these extraordinaire pastries have left in our ovens to become nothing less than entrenched culinary legends.

蘋果巧酥的崇高地位，過去沒有、將來也不曾受到質疑。

我要向焦糖香脆千層酥致敬。這些極品美味在我們的焗爐裏留下的珍貴遺產，化為了不可動搖的廚藝傳奇，我也要為此向它們歡呼喝采。

Steps

1 Roll the dough at 2.5 mm thick and relax it well to avoid shrinkage.

2 Using a wavy round cutter, cut 4 discs of about 20 cm diameter and brush egg wash on the outer rim of 2 of the discs.

3 Pipe the almond filling from the center with a 1cm diameter piping tips and leave an outer rim of dough of 1.5 cm all around the disc.

4 Place the fève, and press it inside the filling.

5 Add the other disc on top and seal the side of the disc by pressing slightly.

6 Apply egg wash and let the galette dry for 30 minutes.

7 Using a sharp baker's blade or knife, draw the lines starting from the center and going outward and bake at 190°C for 25 minutes.

8 Once baked, dust with icing sugar and caramelize the top in a 250°C oven.



步驟

1 輾開麵糰至 2.5 毫米厚，好好鬆筋，避免收縮。

2 用有波浪紋的圓環切刀，切割出 4 塊直徑約 20 厘米的圓麵皮，並在其中 2 塊圓麵皮的外圍邊緣塗蛋液。

3 用直徑 1 厘米的唧嘴唧出杏仁烘餅餡至麵皮中央處，但在圓片外圍距邊緣 1.5 厘米寬的圓環處則留空，不用唧餡。

4 放上一些 fève，按入餡內。

5 在頂部加入其他圓麵皮塊，輕輕按實邊緣位封口。

6 塗蛋液，讓烘餅風乾 30 分鐘。

7 使用鋒利的烘焙刀片或小刀，在麵糰上的中央處由內至外劃一刀，放焗爐用 190℃烘焙 25 分鐘。

8 完成烘焙後，在頂部灑上糖霜，回爐用 250℃焗至深褐色。

Worth noting

- Fève is a little figurine used traditionally in galette; ensure it is food safe and that it can withstand baking heat. The person who finds the figurine is named king or queen for the day and got to wear a paper golden crown!
- A good period of rest is needed before baking in order to have the galette keeping its round shape.

溫馨提示

- Fève 是按傳統風俗放在法式烘餅內的小雕像。請確保 Fève 符合食物安全並禁得起烘焙的高溫。誰人找到 Fève，就可當上那一天的皇帝或皇后，並戴上紙金冠。
- 烘焙前需要有良好的鬆筋時間，為了使法式烘餅保持圓形。









Galette des Rois
帝皇撻

Dough type: 800 gm French puff pastry [page 26]
Shaping: Round, 350 gm
Egg wash: Medium [page 18]
Elements: 300 gm Almond galette filling [page 142]

麵糰類別：法式千層酥 800 克（參閱第 26 頁）
造型：圓形，350 克
蛋液：適中（參閱第 18 頁）
成份：杏仁烘餅餡 300 克 （參閱第 142 頁）



Steps

1 Roll the dough at 2 mm in a very long shape and cut a long rectangle of 6 cm in width and as long as possible.

2 Brush egg wash on the lower rim of the rectangle.

3 Pipe the cherry filling on the whole length of the dough and roll the dough around it in order to obtain a long tube.

4 Starting from the center, roll the tube into a spiral and place it into a greased tart mould of the appropriate size.

5 Apply egg wash once more and bake at 180°C for about 45 minutes.

6 Once baked, allow cooling, dust with icing sugar and cut in slices.

步驟

1 輾開麵糰至 2 毫米厚而非常長的形狀，切割為濶 6 厘米且長度為最長的長方形。

2 在長方形麵糰的底邊掃蛋液。

3 於麵糰上從頭到尾唧上櫻桃餡，捲起麵糰成長管狀。

4 從中央開始，捲管狀麵糰成螺旋狀，然後放進尺寸適合的已掃油撻模內。

5 再 1 次掃蛋液，入爐用 180℃烘焙約 45 分鐘。

6 烘焙完成後，讓其冷卻，灑上糖霜，切片。

Black Cherry Cinnamon Spiral

黑櫻桃肉桂螺旋卷

Worth noting

- The baking of such a dense piece needs to be longer and at lower temperature in order to have the inner part of dough properly baked.
- The filling can be made of other fruits or even vegetables.

溫馨提示

- 如此厚實的酥點需要在較低溫度下烘焗較長時間，以確保麵糰的內部也獲得適當的烘焙。
- 可用其他水果做餡，甚至用蔬菜都可以。



Dough type: 500 gm Mock puff pastry [page 28]
Shaping: Rolled tart, 500 gm
Egg wash: Medium [page 18]
Elements: 350 gm Cherry filling [page 142]

麵糰類別：標準千層酥 500 克（參閱第 28 頁）
造型：捲摺撻，500 克
蛋液：適中（參閱第 18 頁）
成份：櫻桃餡 350 克 （參閱第 142 頁）

Pecan and Mango Mille-Feuille
山核桃芒果千層酥

Steps

1 Roll the dough at 2 mm thick and poke holes all over the surface.
2 Allow resting 20 minutes and bake at 200°C for about 20 minutes.
3 Dust icing sugar and caramelize the top in a 250°C oven for a few minutes.
4 Once cold, cut the puff pastry in rectangle of 12 cm long and 3 cm wide.
5 Place a pineapple jelly on the plate and stick 2 pieces of puff pastry on each side.
6 Pipe the banana passion fruit cream on the jelly to fill the mille-feuille.
7 Decorate with chopped pecan, shiso leaves, fresh mango discs and pecan infusion.



步驟

1 輾開麵糰至 2 毫米厚，並在表面戳滿孔。
2 讓其鬆筋 20 分鐘，入爐用 200℃ 烘焙 20 分鐘。
3 灑上糖霜，回爐用 250℃ 烘頂部表面數分鐘，至呈深褐色。
4 冷卻後，切割為長 12 厘米 x 濶 3 厘米的長方形。
5 放一片菠蘿啫喱於碟上，兩側各貼上 1 件千層酥。
6 在啫喱上唧香蕉熱情果忌廉以填滿千層酥餅。
7 用花生碎、紫蘇葉、新鮮芒果片和山核桃仁浸汁裝飾。

Worth noting

- Build this dessert at the time of service to ensure the crispiness of the puff pastry.
- You can prepare the caramelized pastry and keep it in an airtight box with silica gel to absorb humidity.

溫馨提示

- 這款甜點要在準備上枱的時候才堆砌，以確保千層酥的脆脆口感。
- 你可以預先準備焦糖化餅點，並保存在附有乾燥劑的密實盒貯藏。

Dough type: 350 gm French puff pastry [page 26]
Shaping: Rectangle, 60 grams
Egg wash: Medium [page 18]
Elements: 180 gm Banana, mango and passion fruit cream [page 142]
Rectangle spiced pineapple jelly [page 142]
Pecan Nut Infusion [page 143]
Caramelized pecan nuts, fresh Mango and purple baby shiso leaves

麵糰類別：法式千層酥 350 克（參閱第 26 頁）
造型：長方形，60 克
蛋液：適中（參閱第 18 頁）
成份：香蕉芒果和熱情果忌廉 180 克（參閱第 142 頁）
長方形香辣菠蘿啫喱（參閱第 142 頁）
山核桃仁浸汁（參閱第 143 頁）
焦糖山核桃，新鮮芒果和幼嫩紫蘇葉





Apple and Vanilla Chausson

香草蘋果餡角

Steps

1 Roll the dough at 2.5 mm thick and relax it to avoid shrinkage.

2 Cut 12 cm diameter discs of dough and brush egg wash on the outer rim.

3 Place 2 tablespoon of filling on one half of the disc and fold the other half over the top of the filling. Press a little the edge to ensure the dough sticks.

4 Apply egg wash and allow the chausson to dry for 30 minutes.

5 Using a baker's blade or a sharp knife, cut the line pattern on the dough and bake at 210°C for about 20 minutes.

6 Dust icing sugar on the baked chausson and caramelize it at 250°C for a few minutes.

步驟

1 輾開麵糰至 2.5 毫米厚，鬆筋以避免收縮。

2 切割成直徑 12 厘米的圓片，並在外邊緣處塗蛋液。

3 舀 2 茶匙餡料鋪在圓片麵糰的一半，將另一半麵糰覆摺於餡上，輕輕按壓邊角，確保麵糰緊貼一起。

4 塗蛋液，讓餡角風乾 30 分鐘。

5 使用烘焙專用刮刀或鋒利小刀，在麵糰切割線紋，用 210℃烘焙 20 分鐘。

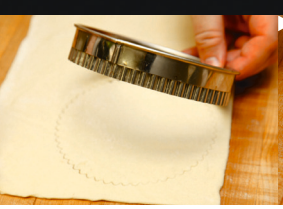
6 灑糖霜於已烘焙的餡角，回爐以 250℃烘烤數分鐘，至呈深褐色。

Worth noting

- Raisins are often added to the apple filling.
- When you caramelize the icing sugar, stay next to the oven and watch it happen as it caramelizes very fast and is easily burnt.

溫馨提示

- 蘋果餡中一般會添加葡萄乾。
- 當烘焙糖霜至焦糖化時，要站在焗爐旁邊，觀察烘焙的過程，因糖霜會很快焦糖化，也很容易燒焦。







Dough type: 500 gm French puff pastry [page 26]
Shaping: Typical chausson, 60 grams
Egg wash: Medium [page 18]
Elements: 250 gm Vanilla apple chausson filling [page 143]

麵糰類別：法式千層酥 500 克（參閱第 26 頁）
造型：典形餡角，60 克
蛋液：適中（參閱第 18 頁）
成份：雲喱拿蘋果餡 250 克 （參閱第 143 頁）




Portuguese Egg Tarts
葡式蛋撻

Steps

1 Rub the flour and the butter to a sandy texture.

2 Dissolve the salt, sugar in the water and add it to the flour.

3 Mix as homogenous dough and let it rest covered for 15 minutes.

4 Roll the dough into a rectangle of 1 cm thick and spread the lard evenly on the whole surface; fold the slab in half and chill for 15 minutes.

5 Roll it down to 1 cm thick, give a single fold; rest for 15 minutes.

6 Roll again at 1 cm thick and give another single fold; let the dough rest for 30 minutes covered with a plastic.

7 Roll the dough at 2 mm thick, spread lard all over the surface and roll it as a snail that reaches about 4 cm diameter.

8 Slice the roll into 3 cm thick portion; lay the dough flat in the tart mould and press them evenly with wet fingers.

9 Fill the tart with the filling to 3/4 of the height and bake at 230°C for 25 minutes until dark brown.

步驟

1 捏搓麵粉和牛油至沙粒樣狀態。

2 鹽和白糖溶於清水中，再加入麵糰混合物中。

3 混合至同質麵糰，封蓋後鬆筋 15 分鐘。

4 輾開麵糰至 1 厘米厚的長方形，在整個麵糰表面均勻地抹開豬油，對摺後冷凍 15 分鐘。

5 輾開為至 1 厘米厚，做單摺覆，鬆筋 15 分鐘。

6 再次輾開麵糰至 1 厘米厚，做另一次的單摺覆，蓋膠布，讓麵糰鬆筋 30 分鐘。

7 輾開麵糰至 2 毫米厚，在整個麵糰表面均勻地抹開豬油，捲成蝸牛狀，直徑約 4 厘米。

8 麵糰卷切為 3 厘米厚，平放於撻模，用沾濕了的手指均勻地按壓。

9 填注餡料，約撻模的高度 3/4，入爐用 230℃烘焙 25 分鐘，直至呈深啡色。

Worth noting

- Lard can be replaced by butter, but lard makes beautiful layers.
- Bake at high temperature to reach the typical burnt spots on top of the tart.

溫馨提示

- 豬油可以牛油替，但豬油做出來的層次漂亮一點。
- 高溫烘焙以令蛋撻的頂部呈現典型燒焦圓點。







Dough type: 1 portion Portuguese egg tart dough [page 29]
Shaping: Round tartlet, 40 gm
Elements: 280 ml Portuguese egg tart filling [page 143]

麵糰類別：葡式蛋撻麵糰 1 份 （參閱第 29 頁）
造型：圓形撻，40 克
成份：葡式蛋撻餡 280 克 （參閱第 143 頁）

Beetroot and Pistachio Layered Brioche
甜菜頭開心果酥層牛油包

Steps

1. Mix all the ingredients for 6 minutes, except the folding butter. Then knead the dough for 4 to 5 minutes in faster speed.
2. Flatten the dough a little and store it in the fridge for 30 minutes.
3. Ensure the folding butter is at room temperature and fold it in the chilled dough.
4. Give 3 single turn to the dough and let it rest for 1 hour in the fridge.
5. Roll the dough at 3 mm thick, brush egg wash over the whole surface and sprinkle with a lot of ground pistachios.
6. Roll it as a snail and cut it in 23 cm long pieces (to fit your rectangle loaf mould).
7. Cut it in half and make a braid; place it in the greased rectangle mould.
8. Proof at room temperature (25°C) for about 35 minutes and bake at 185°C for about 35 minutes.

步驟

1. 除覆摺用的牛油之外，混合其他所有的材料，攪拌6分鐘。然後以較快速搓揉麵糰4-5分鐘。
2. 微微弄平麵糰，放進冰箱存放 30 分鐘。
3. 確認摺覆用的牛油已置室溫，將其捲摺到冷凍麵糰內。
4. 麵糰做 3 單覆摺，讓它在冰箱內鬆筋 1 小時。
5. 輾開麵糰至 3 毫米厚，掃蛋液塗勻表面，撒上許多開心果仁碎。
6. 捲成蝸牛狀，切割為長 23 厘米的麵糰塊（能適合你的長方形條模具）。
7. 切半，編成一條鬆辮，放進已掃油的長方形模具。
8. 置室溫（25℃）下發酵約 35 分鐘，入爐用 185℃烘焙約 35 分鐘。

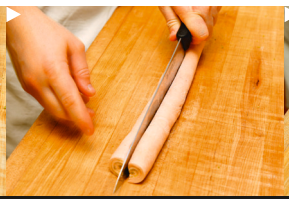
Worth noting

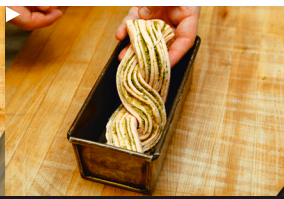
- Superb bread to be served at the dinner table; will match most of your dishes.
- Ensure the beetroot are super well cooked to make the puree properly.

溫馨提示

- 晚餐枱上絕佳的麵包，適合與大部份的菜餚搭配。
- 確保甜菜頭徹底煮熟，才可以做出合適的菜頭茸。







Dough type: 1portion Beetroot Layered Brioche Dough [page 29]
Shaping: Rectangle, 500 gm
Egg wash: Medium [page 18]
Elements: 210 gm Roasted and chopped Pistachios

麵糰種類： 甜菜頭酥層牛油包麵糰 1 份（參閱第 29 頁）
造型： 長方形，500 克
蛋液： 適中（參閱第 18 頁）
成份： 烘焙開果仁碎 210 克



Ensaïmadas
西班牙蝸牛包

Steps

1 Mix the dough for 6 minutes in slow speed with all the ingredients except the lard.

2 Knead the dough for a further 5 to 6 minutes in faster speed.

3 The dough will be very soft; keep it in a container, covered for 30 minutes.

4 Divide the dough into 200 gm ball and allow resting a little.

5 Extend the dough into very thin sheets and brush the melted pork fat on it.

6 Roll the dough as a snail and starting from the center, form a large snail.

7 Allow proofing for about 35 minutes at room temperature (25°C) and bake at 190°C for about 25 minutes.

8 Once baked, allow cooling; slice in halves and stuff with freshly made vanilla cream. Generously dust with icing sugar.

步驟

1 除了覆摺用的豬油，其他所有麵糰材料混合起來，慢速攪拌 6 分鐘。

2 用較快速搓揉麵糰 5-6 分鐘。

3 這麵糰將會很柔軟，放進器皿內，蓋好待 30 分鐘。

4 分割為重 200 克的麵糰球，鬆筋少許。

5 輾開麵糰為非常纖薄的麵片，塗上豬油熔液。

6 捲摺麵糰如蝸牛狀，從中央開始至形成大蝸牛。

7 讓它在室溫（25℃）下發酵約 35 分鐘，入爐以 190℃烘焙約 25 分鐘。

8 烘焙完成後，讓它冷卻，橫切半，釀入新鮮製造的雲哩拿忌廉，一般會灑上糖霜。

Worth noting

- You can stuff different cream instead of vanilla, or you can even glaze the ensaïmadas with chocolate.
- Ensaïmadas is a breakfast staple originating from the Island of Majorca, Spain.

溫馨提示

- 你可以釀入不同忌廉代替雲哩拿，或者均勻地用朱古力淋在西班牙蝸牛包上面。
- 它是源自西班牙 Majorca 島的早餐主食麵包。

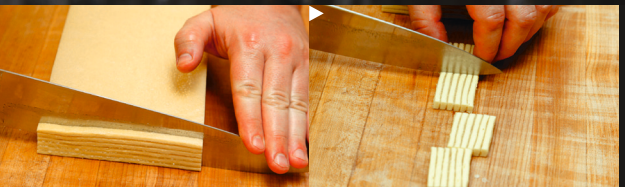


Dough type: 1 portion Ensaïmadas [page 29]
Shaping: Rolled snail, 200 grams
Elements: Icing sugar and Vanilla Cream [page 136]

麵糰類別：西班牙蝸牛包麵糰 1 份（參閱第 29 頁）
造型：捲蝸牛形，200 克
成份：糖霜和雲哩拿忌廉（參閱第 136）







Miss Arlette
焦糖方塊千層酥

Steps

[1] Roll the dough at 1 cm thick and sprinkle some of the sugar all the over the dough. Turn the dough around and repeat the same procedure.

[2] Roll the dough further to 2 mm thick and roll-in the rest of the sugar on both side of the dough.

[3] Repeat the same step and pile the dough up until you reach a 4 cm height; press the dough a little to make sure all the layers combine.

[4] Freeze the dough slab for 30 minutes; once hard, cut it into 5 mm thick slices.

[5] Lay down the slices on a baking tray lined with baking paper and bake at 200°C for about 14 minutes until golden brown and well caramelized.

[6] Serve with your homemade chocolate spread.

步驟

[1] 輾開麵糰至 1 厘米厚，在整個麵糰表面撒白糖。翻轉麵糰，重複相同步驟。

[2] 輾開麵糰至 2 毫米厚，在兩邊沾上剩餘的白糖。

[3] 重複相同步驟，堆砌麵糰直至它達到 4 厘米高；略壓麵糰令麵糰層結合。

[4] 麵糰塊放冰格冷凍 30 分鐘，變硬後，切割為 5 毫米厚的薄片。

[5] 放薄片於已墊焗餅紙的焗盆上，入爐用 200℃烘焙約 14 分鐘，直至呈金黃色及徹底地焦糖化。

[6] 以自製朱古力醬伴吃。

Worth noting

- Adding some steam at the beginning of the baking will help to melt the sugar and give you a better caramel.
- The chocolate spread can be done with different chocolates and nuts.

溫馨提示

- 烘焙開始時先加入一些水蒸汽有助白糖熔解，能獲得比較好的焦糖面。
- 朱古力醬可用不同朱古力和果仁製造。

Dough type: 500 gm Dutch puff pastry [page 25]
Shaping: Rectangle cut, 40 grams
Elements: 200 gm White Sugar
A large jar of homemade chocolate spread [page 143]

麵糰類別：荷蘭千層酥 500 克（參閱第 25 頁）
造型：長方形切割，40 克
成份：白糖 200 克
自製朱古力醬 1 大樽 （參閱第 143 頁）

Sfogliatelle

意大利那不勒斯千層酥



Steps

1 Mix all the ingredients into very hard dough.

2 Using a pasta machine or a dough sheeter, roll the dough 3 to 4 times and fold it again and again until you obtain a sort of very thin pasta dough.

3 Extend it on the table and brush a thin layer of melted lard all over the dough.

4 Carefully roll the dough into a very tight roll to reach a diameter of about 4cm.

5 Store the roll in the fridge for 3 hours.

6 Slice the dough into 5 mm thick slices and push the center out, holding the dough inside your palm and pressing with the other palm to form a sort of cone shape.

7 Pipe the filling inside the pocket and close the base of the cone.

8 Place on a baking tray with baking paper and bake at 185°C for about 20 minutes, dust with icing sugar.

步驟

1 混合所有材料，搓揉為非常硬的麵糰。

2 用造麵機或壓麵機，輾平麵糰 3~4 次，覆摺一次又一次，直至變為非常纖薄的麵糰。

3 把麵糰伸展在枱上，並在整個麵糰表面掃上一薄層豬油熔液。

4 小心捲起麵糰成直徑約 4 厘米的繃緊麵卷。

5 貯放在冰箱 3 小時。

6 把麵卷切成 5 毫米厚的薄片，把中央位置推出，用一隻手掌握起麵糰，用另一手掌壓麵糰，形成圓錐狀。

7 唧餡入圓錐內的口袋，合上底部。

8 放入已墊焗餅紙的焗盆，入爐用 185℃烘焙約 20 分鐘，灑上糖霜。

Worth noting

- The diameter of the roll should be at least 4 to 6 cm to obtain proper size pastries.
- Bake it long and slow in order to have a crunchy pastry, pleasant to eat.

溫馨提示

- 麵卷直徑最少要有 4-6 厘米，才能獲得正常尺碼的餅點。
- 長時間緩慢烘焙，以使餅點酥脆，令人吃得愉悅。



Dough type: 1 portion Sfogliatelle [page 29]
Shaping: Triangle, 30 gm
Elements: 280 gm Sfogliatelle filling [page 143]
Icing sugar

麵糰類別：意大利那不勒斯千層酥麵糰 1 份（參閱第 29 頁）
造型：三角形，30 克
成份：那不勒斯餡 280 克（參閱第 143 頁）
糖霜

Jesuite Glacé
蛋白糖霜脆酥



Steps

1 Roll the puff pastry at 2 mm and spread the vanilla cream as 2 mm thick layer.

2 Cover the cream with another layer of 2mm thick puff pastry.

3 Freeze the slab of dough for 1 hour.

4 Once hard, spread the royal icing evenly over the whole surface, it should be no thicker than 1 to 2 mm.

5 Cut the dough into long triangles and allow defrosting completely.

6 Bake at 180°C for about 17 minutes.

步驟

1 輾開千層酥至 2 毫米厚，塗抹一層 2 毫米厚的雲喱拿忌廉。

2 蓋上另一層 2 毫米厚的千層酥。

3 放入冰格冷凍 1 小時。

4 變硬實後，均勻地在整個表面抹開皇室糖霜，不能厚於 1-2 毫米。

5 切割麵糰為長三角形，讓它完全解凍。

6 用 180℃烘焙約 17 分鐘。

Worth noting

- Freezing the dough helps to spread the royal icing evenly.
- Make sure the royal icing isn't too liquid or else it will make bubble and not be evenly baked.

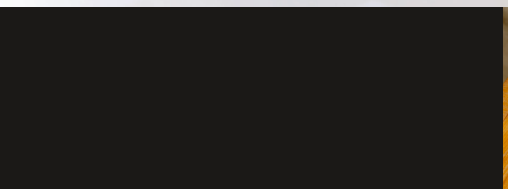
溫馨提示

- 冷凍麵糰有助於皇室糖霜能均勻地塗抹。
- 確保皇室糖霜不能過於流質，否則它會有氣泡且不能均勻地烘焙。

Dough type: 500 gm French puff pastry [page 26]
Shaping: Triangle, 40 grams
Elements: 130 gm Vanilla Cream [page 136]
220 gm Royal icing [page 143]

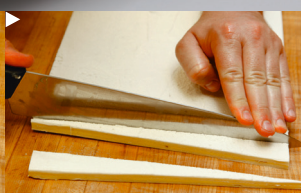
麵糰類別：法式千層酥 500 克（參閱第 26 頁）
造型：三角形，40 克
成份：雲喱拿忌廉 130 克（參閱第 136 頁）
皇室糖霜 220 克 （參閱第 143 頁）















Essential recipes 缺不了的食譜

PISTACHIO FILLING 開心果仁餡

INGREDIENTS 材料

180 gm ground pistachios 開心果碎 180 克
120 gm ground almond 杏仁碎 120 克
200 gm white sugar 白糖 200 克
50 gm glucose 粟膠 50 克
125 ml water 清水 125 毫升

METHOD 做法

Cook syrup with sugar, water and glucose and mix it to the pistachios. Process it in a food processor until you obtain a paste texture.
用白糖、清水和粟膠煮糖膠，然後與開心果碎混合。放進食物攪拌器攪至醬狀。

DEMI-SEL CARAMEL CREAM 鹽味牛油焦糖

INGREDIENTS 材料

115 gm white sugar 白糖 115 克
115 gm liquid cream 液體狀忌廉 115 克
30 gm egg yolks 蛋黃 30 克
120 gm whipped cream 已拂起忌廉 120 克
6 gm gelatin leaves 魚膠片 6 克

METHOD 做法

Soak the gelatin leaves in cold water. Cook the sugar into dark caramel and stop the cooking with the liquid cream. Carefully add the yolks and mix well. Melt the drained gelatin and add it to the mixture. Cool down the mix and fold it into the whipped cream.
魚膠片浸入冷水。煮白糖至呈深褐色，停止烹煮，與液體忌廉拌勻。小心加入蛋黃並拌勻。熔解已浸軟的魚膠片和加入混合物內。涼卻混合物，拌入已拂起的忌廉。

CASSIS CREAM 黑加侖子忌廉

INGREDIENTS 材料

200 gm blackcurrant puree 黑加侖子果茸 200 克
40 gm white sugar 白糖 40 克
16 gm custard cream powder 吉士忌廉粉 16 克
32 gm egg yolks 蛋黃 32 克

METHOD 做法

Mix the sugar, custard powder and yolks into a smooth paste. Warm up the puree and add the paste. Cook it until it thickens.
把白糖、吉士粉和蛋黃拌至為幼滑醬。果茸煮熱和加進吉士醬。烹煮至濃稠。

VANILLA CREAM 雲喱拿忌廉

INGREDIENTS 材料

250 ml milk 牛奶 250 毫升
40 gm custard cream powder 吉士忌廉粉 40 克
80 gm white sugar 白糖 80 克
75 gm butter 牛油 75 克
1 pc egg yolk 蛋黃 1 個
1 pc egg 雞蛋 1 個
1 pc vanilla bean 雲喱拿豆 1 條

METHOD 做法

Boil the milk with half of the white sugar and the vanilla bean cut lengthwise. Mix the custard powder with the other part of white sugar and the eggs. Pour a little of the hot milk into the yolk mixture. Pour it all back into the hot milk and cook it to 82°C. Finally, remove the vanilla bean and add the butter in small dice, melt and mix well.
牛奶與半份白糖煮沸，雲喱拿豆切條。混合吉士忌廉粉、其餘半份白糖、蛋黃和雞蛋。將少許熱牛奶倒進蛋黃混合物，然後倒回熱奶內續煮至 82℃。最後，取出雲喱拿豆，加入牛油丁粒煮溶並攪勻。

HIBISCUS SORBET 大紅花雪葩

INGREDIENTS 材料

150 gm white sugar 白糖 150 克
45 gm glucose 粟膠 45 克
130 ml water 清水 130 毫升
500 gm raspberry puree 紅莓果茸 500 克
100 gm dried hibiscus flowers 乾大紅花 100 克

METHOD 做法

Boil syrup with hibiscus, the glucose, water and sugar. Leave it to infuse for one hour. Blend the syrup with the flowers in a bar blender and mix it to the raspberry puree. Process the mixture in an ice cream machine.
把乾大紅花、粟膠、清水和白糖煮成糖漿。原鍋不動浸 1 小時。糖漿與乾大紅花放入小型攪拌器攪拌，再與紅莓果茸混至融和。接着放進雪糕機加工為雪葩。

APRICOT JASMINE CONFIT 杏梅茉莉花漬

INGREDIENTS 材料

120 gm apricot puree 杏梅果茸 120 克
100 gm fresh apricot 新鮮杏梅 100 克
35 gm wild flower honey 野花蜜 35 克
10 pcs dried jasmine flower 乾茉莉花 10 朵
5 gm yellow pectin 黃色果膠 5 克
5 gm white sugar 白糖 5 克

METHOD 做法

Cut the fresh apricot into segments. Mix the honey and the chopped jasmine flowers in the puree and boil it once. Mix the sugar and the pectin and add it to the puree, cook until it thickens. Finally add the fresh apricot, cook for 2 minutes and leave it to cool down at room temperature.

新鮮杏梅切塊。把蜜糖和茉莉花碎混合加入果茸，烹煮 1 次。將糖和果膠混合，加進果茸，續煮至濃稠。最後加入新鮮杏梅煮 2 分鐘，在室溫下冷卻。

APRICOT JASMINE FRUIT JELLY 杏梅茉莉花啫喱

INGREDIENTS 材料

80 gm white sugar 白糖 80 克
4 gm yellow pectin 黃果膠 4 克
25 gm liquid glucose 流質粟膠 25 克
1/2 tsp citric acid 果酸 1/2 茶匙
100 gm apricot puree 杏梅果茸 100 克
A few drops of Jasmine essential oil 茉莉花香油數滴

METHOD 做法

Boil the white sugar, glucose and fruit puree once. Add the pectin and boil to 106°C. Add the citric acid and the drops of essential oil, mix well and pour into a flat tray. Allow setting at room temperature overnight. Cut with a sharp oiled knife.

把白糖、粟膠和果茸烹煮 1 次，加入果膠續煮至 106℃。再加入果酸和數滴香油，拌勻，淋在平焗盆上，置室溫下過一夜，讓它凝固，用已沾油的鋒利刀切割。

ESPRESSO CREAM 特濃咖啡忌廉

INGREDIENTS 材料

250 ml fresh milk 鮮奶 250 毫升
40 gm custard cream powder 吉士忌廉粉 40 克
80 gm white sugar 白糖 80 克
75 gm butter 牛油 75 克
1 pc egg yolk 蛋黃 1 個
1 pc egg 雞蛋 1 個
12 gm instant coffee powder 即溶咖啡粉 12 克

METHOD 做法

Boil the milk with half of the white sugar and the coffee powder. Mix the custard powder with the other part of white sugar and the eggs. Pour a little of the hot milk into the yolk mixture. Pour it all back into the hot milk and cook it to 82°C. Finally, add the butter in small dice, melt and mix well.

牛奶、半份白糖和即溶咖啡粉煮滾。把吉士粉、其餘白糖、蛋黃和雞蛋混合，將少許熱奶倒進雞蛋混合物拌勻，再回放入熱奶內烹煮至 82℃。最後加入牛油丁粒，拌到熔解融和。

COCONUT CREAM 椰子忌廉

INGREDIENTS 材料

260 gm coconut milk 椰子奶（椰漿）260 克
20 gm dried shredded coconut 乾椰絲 20 克
40 gm white sugar 白糖 40 克
20 gm custard cream powder 吉士忌廉粉 20 克
35 gm egg yolks 蛋黃 35 克
A pinch of salt 鹽小撮

METHOD 做法

Mix the salt, white sugar, custard powder and yolks into a smooth paste. Warm up the puree and add the paste. Cook it until it thickens.

把鹽、白糖、吉士粉和蛋黃拌成幼滑蛋醬。煮熱果茸，加進蛋黃醬，續煮至濃稠。

MALT CRUMBLE 麥芽金寶

INGREDIENTS 材料

100 gm butter 牛油 100 克
145 gm cake flour 低筋麵粉 145 克
6 gm liquid dark malt 流質黑麥芽 6 克
1 tsp dark molasses 黑糖漿 / 蜜糖 1 茶匙
10 gm white sugar 白糖 10 克
2 gm fine salt 精鹽 2 克
20 gm egg yolks 蛋黃 20 克

METHOD 做法

Mix all together, pass through a rough mesh sieve and bake on tray at 180°C for 12 minutes.

所有材料混合，用粗孔隔篩過濾於焗盆，放入焗爐以 180℃烘焙 12 分鐘

CHESTNUT CREAM 栗子忌廉

INGREDIENTS 材料

310 gm sweetened chestnut puree 甜味栗子茸 310 克
120 gm whipped cream 已拂起忌廉 120 克
30 gm white sugar 白糖 30 克
1 pc vanilla bean (scrapped) 雲喱拿豆（剜籽）1 條
60 gm mascarpone 馬士加邦芝士 60 克
15 ml dark rum 黑蘭姆酒 15 毫升

METHOD 做法

Mix the chestnut puree into a smooth cream. Incorporate delicately the mascarpone, the vanilla seeds, the white sugar and the rum. Once you obtain a homogenous cream, add the whipped cream delicately.

栗子茸與幼滑忌廉混合，再結合馬士加邦芝士、雲喱拿籽、白糖和蘭姆酒拌到嫩滑。變為融和的忌廉狀後，捲入已拂忌廉至優美狀態。

CINNAMON MERINGUE 肉桂馬玲（蛋白糖）

INGREDIENTS 材料

180 gm egg white 蛋白 180 克
380 gm white sugar 白糖 380 克
1 tsp cinnamon powder 肉桂粉 1 茶匙
A pinch of salt 鹽小撮

METHOD 做法

Whip the egg white with the cinnamon powder, salt and half of the white sugar. Whip it until soft meringue and add the other half of white sugar. Finish to whip to hard peak and pipe on a baking paper. Bake at 95°C for 4 hours.

把蛋白、肉桂粉、鹽和半份白糖一同拂起，待拂至軟馬玲（糖蛋白）狀，加入其餘半份白糖，最後續打至呈堅挺，唧在焗紙上，入爐以 95℃烘焙 4 小時。

CARROT CAKE 甘筍蛋糕

INGREDIENTS 材料

340 gm cake flour 低筋麵粉 340 克
5 gm baking soda 梳打粉 5 克
8 gm baking powder 發粉 8 克

7 gm salt 鹽 7 克
45 gm white sugar 白糖 45 克
4 gm cinnamon powder 肉桂粉 4 克
4 pcs eggs 雞蛋 4 個
270 gm shredded carrot 甘筍絲 270 克
150 ml vegetable oil 菜油 150 毫升
150 ml orange juice 橙汁 150 毫升
110 gm pecan nuts 山核桃 110 克

METHOD 做法

Mix all the ingredients together except the pecan nuts to obtain a smooth paste. Add the pecan nuts at the end. Pour the mixture into greased and floured moulds and bake at 180°C for 30 minutes.
除了山核桃外，其他所有材料混合，攪拌至幼滑醬，最後加入山核桃。把混合物倒進已塗油及灑粉的模具，入爐以 180℃烘焙 30 分鐘。

BLUEBERRY CAKE 藍莓蛋糕

INGREDIENTS 材料

190 gm cake flour 低筋麵粉 190 克
140 gm white sugar 白糖 140 克
A pinch of salt 鹽小撮
10 gm baking powder 發粉 10 克
80 ml vegetable oil 菜油 80 毫升
1 pc egg 雞蛋 1 個
80 ml milk 牛奶 80 毫升
150 gm fresh blueberries 新鮮藍莓 150 克

METHOD 做法

Mix all the ingredients together except the blueberries, to obtain a smooth paste. Add the blueberries at the end. Pour the mixture into greased and floured moulds and bake at 185°C for 35 minutes.
除新鮮藍莓外，其他所有材料混合，攪拌至幼滑醬汁，最後加入藍莓。把混合物倒進已掃油及灑粉的模具，入焗爐以 185℃烘焙 35 分鐘。

BANANA CAKE 香蕉蛋糕

INGREDIENTS 材料

160 gm ripe banana 熟香蕉 160 克
80 gm white sugar 白糖 80 克
1 large egg 大雞蛋 1 個
130 gm cake flour 低筋麵粉 130 克
2 gm baking powder 發粉 2 克
2 gm baking soda 梳打粉 2 克
40 gm evaporated milk 花奶 40 克
90 ml vegetable oil 菜油 90 毫升

METHOD 做法

Mash the ripe banana into a paste and mix well with all the other ingredients to obtain a smooth batter. Pour the mixture into greased and floured moulds and bake at 190°C for 30 minutes.
香蕉壓爛，再與其他所有材料混合，拌至幼滑醬，淋在已掃油及灑粉的模具，入焗爐以 190℃烘焙 30 分鐘。

VANILLA ROSE CREAM 雲喱拿玫瑰忌廉

INGREDIENTS 材料

125 ml milk 牛奶 125 毫升
20 gm custard cream powder 吉士忌廉粉 20 克
1 pc vanilla bean 雲喱拿豆 1 條
45 gm white sugar 白糖 45 克
15 gm dried red rose petals, chopped 乾紅玫瑰瓣 15 克，切碎
35 gm butter 牛油 35 克
1 pc egg yolk 蛋黃 1 個
1 pc egg 雞蛋 1 個
A pinch of salt 鹽小撮

METHOD 做法

Boil the milk with half of the white sugar, the rose petals and the vanilla bean cut lengthwise. Mix the custard powder with the other part of white sugar and the eggs. Pour a little of the hot milk into the yolk mixture. Pour it all back into the hot milk and cook it to 82°C. Finally, remove the vanilla.
將牛奶、半份白糖、玫瑰瓣和雲喱拿條同煮沸。把吉士粉、其餘白糖、蛋黃和雞蛋一同混合。把少許熱奶倒進蛋黃混合物內，倒回到熱奶內續煮至達 82℃，最後取去雲喱拿條。

RASPBERRY MINT CREAM 紅莓薄荷忌廉

INGREDIENTS 材料

250 gm raspberry puree 紅莓果茸 250 克
10 gm dried Moroccan mint leaves 摩洛哥乾薄荷葉 10 克
65 gm white sugar 白糖 65 克
20 gm custard cream powder 吉士忌廉粉 20 克
2 pcs egg yolks 蛋黃 2 個

METHOD 做法

Mix the white sugar, custard powder and yolks into a smooth paste. Warm up the puree with the mint leaves and add the yolk mixture. Cook it until it thickens.
把白糖、吉士粉和蛋黃拌成幼滑蛋黃醬。果茸和薄荷葉煮熱，加進蛋黃混合物，續煮至濃稠。

GENOISE 千層海綿蛋糕

INGREDIENTS 材料

100 gm eggs 雞蛋 100 克
70 gm white sugar 白糖 70 克
60 gm cake flour 低筋麵粉 60 克
25 gm melted butter 牛油熔液 25 克

METHOD 做法

Whip the eggs and the sugar into a foamy texture. Incorporate delicately the sifted flour and finally the melted butter. Pour into a greased and floured mould and bake at 190°C for 25 minutes.
雞蛋與白糖拂至泡沫狀，再與已過篩的麵粉細緻地融合，最後加入牛油熔液，倒在已掃油和灑粉的模具，入焗爐以 190℃烘焙 25 分鐘。

ALMOND FILLING 杏仁餡

INGREDIENTS 材料

230 gm ground almond 杏仁碎 230 克
20 gm ground bitter almond 苦味杏仁碎 20 克
250 gm white sugar 白糖 250 克
100 gm egg white 蛋白 100 克

METHOD 做法

Mix all together and process in a food processor until it

reaches paste texture.
所有材料混合放入攪拌機，攪碎成醬汁狀。

MILK CHOCOLATE COATING 牛奶朱古力淋面

220 gm milk chocolate 牛奶朱古力 220 克
80 gm cocoa butter 可可油 80 克
40 gm roasted hazelnut 烘焙榛子 40 克

METHOD 做法

Melt the chocolate with the cocoa butter; add the chopped hazelnut.
牛奶朱古力和可可油混合熔解，加入榛子碎拌勻。

SACHER CAKE 沙架蛋糕

INGREDIENTS 材料

60 gm butter 牛油 60 克
30 gm white sugar for butter 白糖 30 克，牛油用
60 gm egg yolks 蛋黃 60 克
50 gm melted 70% dark chocolate70% 黑朱古力熔液 50 克
60 gm egg white 蛋白 60 克
30 gm white sugar for egg white 白糖 30 克，蛋白用
60 gm cake flour 低筋麵粉 60 克

METHOD 做法

Mix the butter and the white sugar as a pomade texture. Add the yolk and the melted chocolate – blend well. Whip the egg white and the other part of white sugar into a meringue. Blend the butter mixture with the whipped egg whites and the flour. Bake at 185°C for 30 minutes.
牛油和白糖混合至軟膏狀，加入蛋黃和朱古力熔液 —— 至完全混合。蛋白和白糖混合拂起如馬玲，再與牛油混合物及低筋麵粉混和，拌至融和，入焗爐以185℃烘焙30分鐘。

APRICOT SYRUP 杏梅糖漿

INGREDIENTS 材料

125 ml water 清水 125 毫升
45 gm white sugar 白糖 45 克
75 ml apricot juice 杏梅果汁 75 毫升
10 ml apricot liquor 杏梅酒 10 毫升
1/2pc vanilla bean 雲哩拿豆 1/2 條

METHOD 做法

Boil once the water and white sugar with the vanilla bean cut lengthwise. Stop the cooking and add the apricot juice and the liquor. Allow cooling.
清水、白糖與雲哩拿條煮沸 1 次，熄火，加入杏梅汁和杏梅酒拌勻，冷卻。

CARAMELIZED NUTS 焦糖果仁

INGREDIENTS 材料

20 gm Roasted hazelnut 烘香榛子 20 克
15 gm Toasted pistachio 烘香開心果 15 克
15 gm Roasted pecan nuts 烘香山核桃仁 15 克
25 gm white sugar 白糖 25 克
10 gm butter 牛油 10 克

METHOD 做法

Cook the sugar into caramel, add the butter. Mix the nuts into the caramel and allow cooling.
白糖熬煮成焦糖，加入牛油拌勻。再混入雜果仁於焦糖，待涼。

GLAZED VEGETABLES 扒蔬菜

INGREDIENTS 材料

100 gm of assorted vegetable such as baby carrots, beets, artichokes..... 雜菜 100 克，如迷你甘筍、甜菜、雅枝竹
20 ml Chicken stock 雞湯 20 毫升
10 gm butter 牛油 10 克

METHOD 做法

Cook the chicken stock in a sauté pan until caramelized, add the vegetable and toss. Finish with the butter.
雞湯放鍋內煮至變褐色，加入蔬菜至收汁，最後加入牛油拌勻。

ROMESCO SAUCE 西班牙果仁甜椒沙沙醬

INGREDIENTS 材料

1 medium red bell pepper 中紅甜椒 1 個
2 cloves of garlic 蒜頭 2 粒
1 small tomato 小番茄 1 個
60 gm whole blanched almonds 去皮杏仁粒 60 克
1tsp paprika 西班牙紅椒粉 1 茶匙
1 tbsp apple vinegar 蘋果醋 1 湯匙
1 tbsp olive oil 橄欖油 1 湯匙

METHOD 做法

Grill the bell pepper, tomato and garlic to blackened level. Once cold, blend all the ingredients together in a blender until almost smooth. Add salt and pepper to taste, optionally add a bit of chili flakes.
烤紅甜椒、番茄和蒜頭至變黑。待涼，去掉黑皮，把所有材料放進攪拌器內攪至幼滑。加鹽和胡椒調味，可隨意添加少許辣椒粉。

COOKED RED BEANS 熟紅豆

INGREDIENTS 材料

220 gm Azuki beans 日本紅豆 220 克
1.8 lt water 清水 1.8 公升
1/2 orange peel 橙皮 1/2 個
1 vanilla bean cut lengthwise 雲哩拿條 1 條
140 gm red sugar 紅糖 140 克

METHOD 做法

Soak the beans in water overnight. Discard the soaking water. Cook the beans with the 1.8 lt water, vanilla and orange for about 1 hour and 15 minutes. Add the sugar to taste.
紅豆浸水過一夜，隔水。把紅豆和 1.8 公升清水、雲哩拿豆和橙皮同煮 1 小時 15 分鐘，加糖試味。

PEANUT CREAM 花生忌廉

INGREDIENTS 材料

110 gm peanut butter (sweetened) 花生醬（甜）110 克
3 pcs egg yolks 蛋黃 3 個
400 ml milk 牛奶 400 毫升
A large pinch of salt 鹽大撮
25 gm cornstarch 粟粉 25 克

METHOD 做法

Dilute the cornstarch in a little milk. Boil the remaining milk with the salt. Mix the egg yolks in the peanut butter and add it to the milk, mix well and add the cornstarch – cook until it thickens.

以少許牛奶稀釋粟粉。剩餘牛奶加鹽煮沸。蛋黃放入花生醬混合，加進熱牛奶拌勻，再倒入粟粉奶 —— 煮至濃稠。

CANDIED PEANUT 糖花生

INGREDIENTS 材料

180 gm peanut 花生 180 克
60 gm white sugar 白糖 60 克
A pinch of salt 鹽小撮
A few drops of lemon juice 檸檬汁數滴
10 gm butter 牛油 10 克

METHOD 做法

Roast the peanut in the oven. Cook the white sugar, salt and lemon juice into a dark brown caramel. Add the peanuts in the hot caramel and mix well. Finally, add the butter and pull apart the peanuts.
花生放入焗爐烘焙。白糖、鹽和檸檬汁煮至深褐色焦糖。花生加入熱焦糖拌勻，最後加入牛油及拉出花生。

SPICED PINEAPPLE FILLING 香辣菠蘿餡

INGREDIENTS 材料

75 gm white sugar 白糖 75 克
4 gm yellow pectin 黃果膠 4 克
15 gm cornstarch 粟粉 15 克
320 gm fresh pineapple diced 新鮮菠蘿粒 320 克
1/2 pc lemon juice1/2 個檸檬汁
1 pc vanilla bean 雲哩拿豆 1 條
4 pc star anise 八角 4 粒
1 tsp coriander seeds 芫荽籽 1 茶匙
6 pcs cardamom seeds 沙仁 6 粒

METHOD 做法

Cook the pineapple dice and the white sugar with the lemon juice and all the spices for 20 minutes. Near the end of cooking, add the pectin, mix and cook a further 3 minutes. Mix the cornstarch with a little pineapple juice and add to the cooking pineapple. Cook until it thickens; remove the vanilla bean and the star anise. Cool down the mixture.
把菠蘿粒、白糖、檸檬汁和所有香料同煮 20 分鐘。煮至接近尾聲時，加入果膠混合，續煮 3 分鐘。用粟粉和少許菠蘿汁拌勻，加進烹煮中的菠蘿，煮至濃稠。取走雲哩拿豆和八角，讓混合物冷卻。

TOMATO & CHERRY SOUP 番茄和櫻桃湯

INGREDIENTS 材料

450 gm red tomatoes 紅番茄 450 克
½ pc white onion 白洋葱 1/2 個
1 small bellpepper 小甜椒 1 個
1/2 green chili, chopped 青辣椒 1/2 個，切碎
1 tbsp chopped fresh garlic 新鮮蒜茸 1 湯匙
240 gm frozen sour cherries 急凍酸櫻桃 240 克
1 tbsp apple vinegar 蘋果醋 1 湯匙
Salt, black pepper to taste 鹽和黑胡椒作調味

METHOD 做法

Cut the tomatoes, onion, bellpepper, sour cherries and chili; blend it in a food processor until you read a smooth but chunky texture. Add the garlic, vinegar and season with salt and pepper. Serve chilled.
番茄、洋葱、甜椒、酸櫻桃和辣椒切碎，放進攪拌機攪至幼細但仍帶有粗粒狀，加入蒜茸、醋，以鹽和胡椒調味，凍飲。

CAULIFLOWER CREMEUX 椰菜花忌廉

INGREDIENTS 材料

300 gm cauliflower 椰菜花 300 克
380 ml milk 牛奶 380 毫升
25 gm butter 牛油 25 克
Black pepper and salt to taste 黑胡椒和鹽作調味
280 gm Whipped cream 已拂起忌廉 280 克
12 gm Gelatin leaves 魚膠片 12 克

METHOD 做法

Soak the gelatin in cold water. Cook the cauliflower in the milk for about 25 minutes, until well cooked. Drain the milk and blend the cauliflower into a puree, using a bar blender. Season with salt and pepper and add the butter. Add some of the cooking milk to obtain the texture of a smooth puree, not too liquid. Allow the puree to cool and measure 300 gm of puree. Fold it with the whipped cream. Melt the drained gelatin and add it to the mousse. Pour the mixture into a tray and allow chilling in the fridge for 3 hours.
魚膠片浸在凍水中。椰菜花放在牛奶內煮 25 分鐘，至徹底煮熟。濾出牛奶，把椰菜花放攪拌機內攪成菜茸。鹽和黑胡椒放牛奶中調味，並加點牛油。再加些熱奶以獲得幼滑菜茸的質地，不要太流質。讓菜茸冷卻，量出 300 克，拌入已拂起忌廉融和。將已濾過的魚膠片溶解，加進椰菜慕斯內。將混和物倒進焗盆，讓它在冰箱冷凍 3 小時。

DILL COD CEVICHE 刁草鱈魚漬

INGREDIENTS 材料

100 gm sea salt 海鹽 100 克
100 gm white sugar 白糖 100 克
25 gm fresh dill, finely chopped 新鮮刁草 25 克，剁幼
200 gm super fresh cod fillet 超級新鮮鱈魚柳 200 克
15 ml dill oil 刁草油 15 毫升
1/2pc lime juice1/2 個青檸之汁

METHOD 做法

Mix the salt, white sugar and dill until it becomes green and all the essence of the dill are in released. Place the cod fillet in the mixture, well covered and leave it as such for 5 hours in the fridge. Remove the fish from the salt mixture and chop it in small cubes, then toss it with dill oil and lime juice.
鹽、白糖和刁草混合直至變青綠，所有刁草精華被釋放出來。放入鱈魚柳於混合物內，徹底封好，置冰箱待 5 小時。從鹽混合物取出鱈魚，剁為小丁粒，然後加入刁草油和青檸汁醃漬。

PICKLED CAULIFLOWER SLICES 醃椰菜花片

INGREDIENTS 材料

100 gm cauliflower head 椰菜花頭 100 克
100 gm white sugar 白糖 100 克
100 ml water 清水 100 毫升
50 ml white wine vinegar 白酒醋 50 毫升
Dill and horseradish; to taste. 刁草和辣根，調味

METHOD 做法

Boil the white sugar and water once. Add the vinegar, dill

and horseradish. Allow chilling.
Slice the cauliflower using a mandoline and pickle them in the cold liquid overnight.
白糖和清水煮沸 1 次，加入白醋、刁草和辣根拌勻，涼凍。用刨把椰菜花切片，放在凍浸汁浸泡一夜。

CHEESE CUSTARD 芝士吉士

INGREDIENTS 材料
100 gm Brie cheese 布里芝士 100 克
40 gm Goat cheese 羊芝士 40 克
25 gm white sugar 白糖 25 克
120 gm cream 忌廉 120 克
40 gm egg yolks 蛋黃 40 克

METHOD 做法
Boil the cream and melt the cheeses cut in pieces in it. Mix the yolk and the white sugar together and add it to the melted cheese.
忌廉煮沸，芝士切塊並放進熱忌廉熔解。蛋黃和白糖混合加入已熔解的芝士內。

CONFIT TOMATO 漬番茄

250 gm fresh cherry tomato 新鮮車厘番茄 250 克
150 ml olive oil 橄欖油 150 毫升
A bunch of fresh thyme 新鮮百里香 1 束
A large garlic knob, crushed 大蒜頭 1 個，壓碎

BLACK PEPPERCORN 黑胡椒粒

METHOD 做法
Warm the olive oil with the thyme, garlic and peppercorn and allow infusing for a few hours.
Warm the oil at 50°C and add the whole cherry tomatoes in the oil. Stop heating and let it sit at room temperature to cool down for 45 minutes. Drain the oil from the tomatoes; ready to use.
橄欖油、百里香、大蒜和胡椒粒煮至暖和，待浸漬數小時。橄欖油暖至 50℃，加進全粒車厘番茄。停止加熱，置室溫下冷卻 45 分鐘。隔去橄欖油，番茄可備用。

PULLED PORK 豬肉鬆

INGREDIENTS 材料
1 kg pork shoulder 豬肩肉 1 千克
3 tbsp paprika 紅椒粉 3 湯匙
1 tbsp ginger powder 薑粉 1 湯匙
1 tbsp garlic 蒜茸 1 湯匙
1 tbsp mustard powder 芥末粉 1 湯匙
3 tbsp sea salt 海鹽 3 湯匙

METHOD 做法
Mix the spices and rub the meat thoroughly. Leave it covered with a plastic film in the fridge for 2 hours. Place the meat in a roasting pan and bake it at 150° C for 4 hours until the meat is easily pulled apart. Allow cooling a little and pull the meat into threads. Mix it with a little of the braising jus. Serve warm.
香料混合，徹底抹在豬肉上，包上保鮮紙置冰箱待 2 小時。然後把豬肉放入焗爐，用 150℃ 烘烤 4 小時直至肉質容易拉離，待冷卻後，撕為肉絲，再與少許燴肉汁混合，趁暖和時上桌。

PICKLED BABY BEETS 醃迷你甜菜頭

INGREDIENTS 材料
100 gm baby golden beets 迷你金甜菜頭 100 克
100 gm white sugar 白糖 100 克
100 ml water 清水 100 毫升
50 ml white wine vinegar 白酒醋 50 毫升
Juniper berries, bay leaves; to taste. 漿果、月桂葉作調味

METHOD 做法
Boil the white sugar, spices and water once. Add the vinegar. Allow chilling. Slice the beets using a mandoline and pickle them in the cold liquid overnight.
白糖、香料和清水煮沸 1 次，加入醋拌勻，置冰箱冷凍。用刨把甜菜頭切片，浸漬在凍液過一夜。

POACHED EGGS 水波蛋

INGREDIENTS 材料
6 pc fresh eggs 新鮮雞蛋 6 個
400 ml white vinegar 白醋 400 毫升
500 ml water 清水 500 毫升

METHOD 做法
Fill vinegar in 6 separate small round bowls. Break the eggs and place it carefully in the vinegar for 7 minutes. Pour the egg on a perforated flat ladle and carefully place it in the simmering water (not boiling) for 3 to 4 minutes depending on the size of the egg. Once done, put the egg in ice water. Store in fridge; for using reheat the egg for 1 minute in hot water.
把白醋注入 6 個小圓碗，打開雞蛋，小心放入醋中浸 7 分鐘。雞蛋倒進穿孔的扁平長柄杓，小心放進正在慢煮的水中（尚未沸騰），按雞蛋的大小煮 3-4 分鐘，一旦煮熟，就撈起雞蛋轉放到冰水中。貯放在冰箱，使用時取出，浸蛋於熱水中翻熱 1 分鐘。

HOLLANDAISE SAUCE 荷蘭汁

INGREDIENTS 材料
4 egg yolks 蛋黃 4 個
1 tbsp lemon juice 檸檬汁 1 湯匙
110 gm melted butter 牛油熔液 110 克
A pinch of salt 鹽小撮

METHOD 做法
Whisk the egg yolks and lemon juice together until the mixture is thickened and doubled in volume. Place the bowl over a saucepan containing barely simmering water. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume. Remove from heat and add salt.
蛋黃與檸檬汁混合拂打直至濃稠和體積變雙倍。放拂筒於含有快要燒開的清水的鍋內，以牛油熔液慢慢滴入，繼續拂打直至醬汁變稠和變成雙倍體積，離火，加鹽調味。

PONZU LIME DRESSING 醋青檸醬汁

INGREDIENTS 材料
20 ml sweet rice wine 甜米酒 20 毫升
10 ml rice vinegar 米醋 10 毫升
1 tbsp soy sauce 醬油 1 湯匙
A large pinch of bonito flakes 木魚花大撮
40 ml fresh lime juice 新鮮青檸汁 40 毫升

METHOD 做法

Mix all the ingredients and allow resting for 30 minutes before using.
所有材料混合，使用前靜置 30 分鐘。

SOFT POACHED QUAIL EGGS 軟浸鵪鶉蛋

INGREDIENTS 材料

6 quail eggs 鵪鶉蛋 6 個
Salt and water 鹽和清水

METHOD 做法

Bring the water and salt to simmer and cook the eggs for 3 minutes. Chill them in ice bath. Peel once cold and soak them in soy sauce for 20 minutes before using.
清水與鹽燒開，放鵪鶉蛋煮 3 分鐘，放在冰粒上涼凍。待冷卻後削滑身，享用前浸在醬油 20 分鐘。

RED ONION CONFIT 紅洋葱漬

INGREDIENTS 材料

500 gm red onion, chopped 紅洋葱 500 克，剁碎
350 ml red wine (merlot or pinot noir) 紅酒 350 毫升（梅鹿或黑比諾）
2 tbsp olive oil 橄欖油 2 湯匙
2 sprigs of fresh thyme 新鮮百里香 2 棵
4 pcs bay leaves 月桂葉 4 片
60 gm white sugar 白糖 60 克
40 ml balsamic vinegar 陳醋 40 毫升
35 gm butter 牛油 35 克
Salt and pepper to taste 鹽和胡椒作調味

METHOD 做法

Heat the olive oil and cook the red onion a little with the bay leaves and the thyme. Deglaze with the red wine, add the white sugar, and balsamic vinegar and cook for about 30 minutes until very soft. Add the butter, salt and pepper and allow cooling.
橄欖油加熱，放入紅洋葱少許、月桂葉和百里香同煮，以紅酒稀釋鍋底結塊，加入白糖和陳醋烹煮約 30 分鐘直至非常柔軟，加入牛油、鹽和胡椒拌勻，待冷卻。

THAI PESTO 泰國香草醬

INGREDIENTS 材料

2 pcs fresh garlic cloves 新鮮蒜頭 2 粒
30 gm fresh galangal, chopped 新鮮南薑 30 克，剁碎
2 pcs green Thai chili 泰國綠辣椒 2 個
40 gm fresh coriander 新鮮芫荽 40 克
50 gm fresh mint 新鮮薄荷 50 克
110 gm fresh Thai basil 新鮮泰國金不換 110 克
20 ml Thai fish sauce 泰國魚露 20 毫升
20 ml fresh lime juice 新鮮青檸汁 20 毫升
20 ml sesame oil 麻油 20 毫升

METHOD 做法

Blend all the ingredients into a bar blender until you obtain a paste.
所有材料放攪拌機攪碎，直至變為醬汁。

ALMOND GALETTE FILLING 杏仁鹹薄餅餡

INGREDIENTS 材料

200 gm ground almond 杏仁碎 200 克
140 gm white sugar 白糖 140 克
1 pc egg 雞蛋 1 個
50 gm butter, melted 牛油 50 克，熱熔
A pinch of salt 鹽小撮

METHOD 做法

Mix all the ingredients together until you obtain a smooth paste.
所有材料混合攪拌，直至變幼滑醬。

CHERRY FILLING 櫻桃餡

INGREDIENTS 材料

400 gm fresh black cherries 新鮮黑櫻桃 400 克
100 ml orange juice 橙汁 100 毫升
1 pc lemon juice 檸檬汁 1 個
65 gm white sugar 白糖 65 克
25 gm cornstarch 粟粉 25 克
A few drops of almond essential oil 杏仁香油數滴

METHOD 做法

Remove the pit from the cherries. Boil the orange juice with the lemon juice and the white sugar. Mix the cornstarch with a bit of juice and mix it back in the hot juice. Cook it thick. Add the fresh cherries in the hot liquid and finish with the essential oil.
櫻桃去核。橙汁、檸檬汁和白糖煮沸，然後取少許果汁與粟粉混合，倒回熱果汁，續煮至濃稠。加入新鮮櫻桃及滴入香油拌勻。

BANANA, MANGO AND PASSION FRUIT CREAM 香蕉、芒果和熱情果忌廉

INGREDIENTS 材料

180 gm banana puree 香蕉果茸 180 克
280 gm mango puree 芒果果茸 280 克
2 pc passion fruit juice 熱情果汁 2 個
40 gm white sugar 白糖 40 克
16 gm gelatin leaves 魚膠片 16 克
380 gm whipped cream 已拂起忌廉 380 克

METHOD 做法

Mix the fruit purees with the white sugar. Soften the gelatin in cold water. Melt the gelatin in the fruit puree and fold it in the whipped cream. Chill in the fridge for 2 hours. Mix creamy before piping.
果茸與白糖混合。魚膠片浸冷水中軟化，放入果茸中溶解，拌入已拂起的忌廉。置冰箱冷凍 2 小時，使用前先拌滑才放入啫袋啫忌廉。

SPICED PINEAPPLE JELLY 香辣菠蘿啫喱

INGREDIENTS 材料

200 gm mango puree 芒果果茸 200 克
180 gm pineapple puree 菠蘿果茸 180 克
2 pcs passion fruit juice 熱情果汁 2 個
40 gm brown sugar 黃糖 40 克
1 pcs cinnamon sticks 肉桂枝 1 支
1 pcs vanilla bean 雲喱拿豆 1 條
3 gm cardamom seeds 沙仁 3 克
2 pcs star anise 八角 2 粒

2 gm coriander seeds 芫荽籽 2 克
3 pcs tonka bean 薰草豆 3 粒
20 gm cornstarch 粟粉 20 克
11 gm gelatin leaves 魚膠片 11 克
70 ml water 清水 70 毫升

METHOD 做法

Warm the puree with the spices and let it infuse for 45 minutes. Strain and chill. 400 gm of the above infused puree. Cook the fruit puree with the cornstarch to thicken it. Soften and melt the gelatin in the 70 ml of water and add it to the puree. Pour the hot liquid in a tray as a 1 cm layer. Let it chill for 3 hours in the fridge before cutting.
果茸與香料煮熱，讓它們浸 45 分鐘，過濾和冷凍。取以上的果茸浸汁 400 克。果茸浸汁與粟粉拌勻煮至濃稠。魚膠片放進 70 毫升清水浸軟至溶解，再加入果茸內。把熱果汁倒在盤子上成 1 厘米厚的一層，切割前置冰箱冷凍 3 小時。

PECAN NUT INFUSION 山核桃浸汁

INGREDIENTS 材料

60 gm roasted pecan nuts (dark color roast) 烘脆山核桃 60 克（深色）
200 gm cream (35%) 忌廉（35%）200 克
1 pc vanilla bean (cut in half) 雲哩拿豆 1 條（開半）
A generous pinch of salt 鹽 1 撮
30 gm brown sugar 黃糖 30 克
1/2 flat tsp xanthan gum 黃原膠 1/2 平匙

METHOD 做法

Boil once the cream with the vanilla bean, brown sugar, salt and pecan nuts. Leave it on the side of the stove to infuse for 30 minutes. Strain and thicken the sauce with xanthan gum.
忌廉、雲哩拿豆、黃糖、鹽和山核桃同煮沸，置爐旁待浸漬 30 分鐘。濾汁，加入黃原膠至濃稠。

VANILLA APPLE CHAUSSON FILLING 雲哩拿蘋果餡

INGREDIENTS 材料

500 gm reine-des-reinette apple reine-des-reinette 蘋果 500 克
1 pc Tahitian vanilla bean 大溪地雲哩拿豆 1 條
1/2 pc lemon juice 1/2 個檸檬汁
125 gm white sugar 白糖 125 克
25 gm crème fraîche 忌廉 25 克
30 gm butter cut in 5 mm dice 牛油 30 克（5 毫米丁粒）

METHOD 做法

Cook the apple dice with the vanilla bean cut lengthwise and the lemon juice for about 25 minutes, until the apples are fondant. Allow to cool completely and add the crème fraîche and the diced butter.
把蘋果粒、雲哩拿條和檸檬汁同煮 25 分鐘至蘋果熔化，待其完全冷卻，加入忌廉和牛油粒拌勻。

PORTUGUESE EGG TART FILLING 萄撻餡料

INGREDIENTS 材料

500 gm cream 忌廉 500 克
250 ml milk 牛奶 250 毫升
175 gm white sugar 白糖 175 克
4 pcs egg yolks 蛋黃 4 個
1 pc egg 雞蛋 1 個

METHOD 做法

Mix all the ingredients into a smooth batter.
所有材料拌至幼滑醬。

HOMEMADE CHOCOLATE SPREAD 自製朱古力醬

INGREDIENTS 材料

40 gm brown sugar 黃糖 40 克
60 ml water 清水 60 毫升
7 gm pure cocoa powder 純可可粉 7 克
100 gm 66% chocolate 朱古力（66%）100 克
100 gm praline paste 胡桃糖醬 100 克
120 gm butter 牛油 120 克
45 gm roasted hazelnut 烘榛子 45 克
A pinch of salt 鹽小撮

METHOD 做法

Boil syrup with the water and the sugar. Add the cocoa powder and boil once. Out of heat, add the chocolate, the praline paste and the butter. Mix well until smooth; add the roasted hazelnut and the salt. Chill.
清水和黃糖煮成糖膠，加入可可粉煮沸 1 次，離火，加入朱古力、胡桃糖醬和牛油，混合攪拌直至幼滑，加入烘焙榛子和鹽，涼凍。

ROYAL ICING 皇室糖霜

INGREDIENTS 材料

125 gm icing sugar 糖霜 125 克
25 gm egg white 蛋白 25 克
5 ml white vinegar 白醋 5 毫升

METHOD 做法

Mix all the ingredients for about 3 minutes until you obtain a smooth icing texture.
所有材料攪拌 3 分鐘，直至變為幼滑糖質。

SFOGLIATELLE FILLING 千葉酥餡

INGREDIENTS 材料

125 gm fine semolina 優質粗粒小麥粉 125 克
125 gm ricotta cheese 維哥達芝士 125 克
140 gm white sugar 白糖 140 克
1 pc egg 雞蛋 1 個
380 ml water 清水 380 毫升
35 gm confit orange and lemon peel 醃漬橙皮和檸檬皮 35 克
A pinch of cinnamon 肉桂小撮
1 pc vanilla bean 雲哩拿豆 1 條
A pinch of salt 鹽小撮

METHOD 做法

Cook the water with the white sugar, vanilla bean cut lengthwise and salt. Add the semolina and cook it thick for about 5 minutes. Add the cinnamon, ricotta cheese and peels. Mix well, remove the vanilla bean and allow chilling.
清水、白糖、雲哩拿條和鹽同煮，加入粗粒小麥粉續煮約 5 分鐘至濃稠。再加入肉桂、維哥達芝士和醃漬果皮，拌勻，取出雲哩拿豆並冷凍。



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