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Gourmet Living



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夏日水果午茶乐逍遥

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悠悠下午茶时光

下午茶也许是一日之中最放松最享受的一件事，制作美食也是一种生活享受。以下肥丁将介绍三款天然美味的下午茶。找一个周末，听着喜欢的音乐，亲自泡制幸福的甜点，感受下午茶的艺术。



班兰椰皇炖蛋白 ~ 香滑养颜 Double-boiled Young Coconut with Pandan

以原个椰皇配合新鲜的班兰汁炖蛋白，蛋白嫩滑，还可以吃到软软的椰皇肉，是天然护肤美容食品，当下午茶既可以放松身心，又可养颜，绝对适合爱美的女士们！开椰皇也许令很多人却步，其实只要懂得窍门，像肥丁这么手无缚鸡之力的弱女子也能轻易打开。

用料

班兰叶10克，切碎
牛奶250毫升
椰皇2个
椰汁120毫升
盐少许
砂糖6茶匙
粟粉1茶匙
蛋白3颗
淡忌廉100毫升

Ingredients

10g pandan leaves, chopped
250ml milk
2 young coconuts
120ml coconut juice
a little salt
6 tsp sugar
1 tsp cornstarch
3 egg whites
100ml whipping cream

作法

- 1 把班兰叶碎放入搅拌机中，加入牛奶搅碎(别搅得太烂，会产生苦味)。用筛过滤出班兰汁。
- 2 椰皇侧放在桌上，把椰皇的顶部用刀割开。反转椰皇，底部朝上，有三条明显的凸线连往中心，用刀在离中心约1吋的部分轻轻敲碎，形成一个圆形盖，能轻易掀开，盖留下备用。
- 3 取椰汁，加盐、砂糖及粟粉，拌匀直至砂糖完全溶解。
- 4 蛋白加入椰汁、班兰汁及淡忌廉，以打蛋器拌匀，用筛过滤一次。
- 5 将蛋糊倒入椰皇中，用锡箔纸覆盖表面以防止水蒸气倒流在蛋糊的表面。待蒸锅水滚后，以小火蒸约15分钟即可取出。

Method

- 1 Place pandan leaves into blender. Add milk and blend (do not overmix or the mixture may turn bitter). Strain pandan juice through a sieve.
- 2 Lay coconut on its side. Slice off its top then invert the coconut where you will see three lines at its bottom running through its centre. Work the knife gently at about 1 inch from this centre to form a circular lid that can be removed easily. Retain lid for later use.
- 3 Mix coconut juice with salt, sugar and cornstarch. Stir until

sugar is completely dissolved.

- 4 Add egg whites with coconut juice, pandan juice and whipping cream. Beat with an egg whisk. Strain with a sieve once.
- 5 Place egg batter in coconut. Cover the surface with aluminium foil to prevent the backflow of steam onto the batter. Once the steamer's water boils, switch to low heat to steam for about 15 minutes.

贴士

- 留在筛里的蛋白可用汤匙帮助过滤。
- 冷热享用均可，放凉后可放进冰箱冷藏。

Tips

- A spoon can help to strain the egg whites that are retained in the sieve.
- To consumed it cold, refrigerate once it cools down.

来自香港的肥丁，为照顾家人健康，从白领丽人转为全职主妇，在家烹调各式营养美味的食品。喜欢采用原材料，天然无添加的方法泡制美食，低盐低糖低油，又带点创新。为记录食谱，遂执起相机又拍又写。食谱题材广泛，从早餐的面包，中西家常菜，小食甜品，以及各式自家制作的食材，更多内容详见「肥丁手工坊」：
www.beanpanda.com





台湾芋圆·地瓜圆 ~ Q 软可口 Taiwanese Yam and Sweet Potato Balls

芋圆是台湾九份著名的小吃。这种亮晶晶，圆嘟嘟的甜点，软糯有嚼劲，带有淡淡的芋香，台湾人喜欢把这种质感叫做 Q 吧！和地瓜圆真是最佳拍档。芋圆要新鲜才好吃，煮好冷藏或搓好面团冷藏再煮会使 Q 软感觉大打折扣。

芋圆用料

芋头100克，去皮，切粒
砂糖2茶匙
地瓜粉(番薯粉)30克
在莱米粉10克
清水30-50毫升(视乎面团的湿度加减水份)

地瓜圆用料

地瓜(番薯)100克，去皮，切粒
砂糖1茶匙+1/2茶匙
地瓜粉(番薯粉)30克
在莱米粉10克
清水30-50毫升(视乎面团的湿度加减水份)

桂花黑糖姜茶用料

清水250毫升、姜5片、桂花1汤匙、黑糖40克

芋圆和地瓜圆的作法

- 1 把芋头和番薯以中火蒸20分钟，用叉子压成泥。
- 2 把芋泥放入碗中，加入砂糖搅拌，然后加入番薯粉和在莱米粉，揉成面团，边揉边看情况加入水份。地瓜圆的做法也是一样。
- 3 面团搓揉到表面光滑，切成四份。每份搓成长条形，再切成约1.5公分的粒状，用手将切边轻捏成圆角。
- 4 烧一锅滚水，水滚后放入芋圆和地瓜圆，以中火煮至浮起，再煮1分钟，捞起后放入冰水中可令质感更Q。捞起后加入姜茶即可。

桂花黑糖姜茶的作法

- 1 锅中清水加入姜片和桂花，以小火煮至姜味渗出。
- 2 加入黑糖，煮至溶解。

Yam Ball Ingredients

100g yam, peeled and diced
2 tsp sugar
30g sweet potato starch
10g rice flour
30 to 50ml water (amount depends on the dough's moisture content)

Sweet Potato Ball Ingredients

100g sweet potatoes, peeled and diced
1 tsp + 1/2 tsp sugar
30g sweet potato starch
10g rice flour
30 to 50ml water (amount depends on the dough's moisture content)

Ginger Tea Ingredients

250ml water
5 pcs ginger
1 tbsp osmanthus flower
40g brown sugar

Making the yam and sweet potato balls

- 1 Steam yam and sweet potatoes over medium heat for about 20 minutes. Use fork to smash into a paste.
- 2 Place yam paste into a bowl. Add sugar and mix. Then add sweet potato flour and rice flour to knead into dough. While kneading, add water as needed. Apply the same method for the sweet potato balls.
- 3 Knead dough until surface is smooth. Divide into 4 portions. Shape every portion

into a long roll. Then cut into approximately 1.5-cm granules. Gently use hand to knead the cut edge into a round corner.

- 4 Bring a pot of water to a boil. Once boiling, add the yam and sweet potato balls to cook over medium heat until they surface. Continue cooking for 1 minute then transfer them into ice water to make their texture chewier. Remove and add ginger tea.

Making the ginger tea

- 1 Add ginger and osmanthus flower to a pot of water. Cook over low heat until ginger flavour is released.
- 2 Add brown sugar and cook until it dissolves.

贴士

- 番薯粉可用木薯粉代替。
- 在莱米粉可用生粉代替，用在莱米粉的芋圆比较挺实，用生粉(太白粉)则较柔软。
- 可添加仙草冻，口感更加丰富。

Tips

- Tapioca starch can be used in place of sweet potato starch.
- The rice flour can be replaced with potato starch. The use of rice flour makes the yam balls sturdier. The balls will be softer with potato starch.
- For a richer taste, add grass jelly.

甜甜圈 ~ 非油炸健康版 Donut



广东话将Donut 直接音译作「冬甩」，和它圆浑可爱形状一点也不相配。肥丁偏爱另一个名字 ~ 甜甜圈，表面撒上糖霜、肉桂粉，或包裹糖衣，入口酥脆松软。原来甜甜圈也有不用油炸的方法啊，而且无须加入膨脹剂和牛油，用烤焗的方法也能做出非常轻盈松软的质感。只要控制糖霜的份量，便是名乎其实际的低卡食品。喜欢甜甜圈但又怕肥的你，一定要试试噢！

用料A

高筋面粉95克 速发酵母2茶匙
低筋面粉20克 砂糖25克
鸡蛋25克 牛奶120毫升

用料B(拌匀)

香草荚1枝，剖开，用刀尖刮出籽
高筋面粉95克
海盐1/3茶匙

用料C

粘米粉适量 糖霜3汤匙
肉桂粉1/5茶匙 细砂糖适量

作法

- 1 用料 A 倒入碗内，酵母和砂糖分别放置碗的两侧，牛奶对准酵母倒入碗内，用木匙搅匀成糊状。
- 2 把用料B倒入用料A，拌匀。揉搓面团至光滑并能延展薄膜。滚圆后放入碗内，覆盖保鲜纸，发酵1小时。
- 3 面团发大两倍，用手指轻压排气，再度滚圆，用拧干的湿布覆盖，静置10分钟。
- 4 取出面团，在台面撒上粘米粉，用擀面棍擀成约20x30公分的长方形。
- 5 用直径8公分的甜甜圈模具压成圆圈。
- 6 在甜甜圈上多撒些粘米粉，排列在烤盘中，盖上湿布，进行第二次发酵，约50分钟。
- 7 预热烤箱至摄氏190度，入炉前再撒少许粘米粉，入炉后降温至摄氏180度烤9分钟。取出，趁热撒上肉桂粉和糖霜，然后撒上细砂糖。

Ingredient A

95g bread flour, 20g cake flour
25g eggs, 2 tsp instant dry yeast
25g sugar, 120ml milk

Ingredient B (mixed well)

1 stick vanilla pod, cut open with
beans scraped out
95g bread flour
1/3 tsp sea salt

Ingredient C

some rice flour, 1/5 tsp ground
cinnamon, 3 tbsp icing sugar,
some castor sugar

Method

- 1 Place Ingredient A in a bowl. Place yeast and sugar separately in the bowl. Pour milk over the yeast. Stir into a paste with a wooden spoon.
- 2 Pour Ingredient B into Ingredient A. Mix well. Knead dough until smooth. It must also be able to stretch into a thin film. Roll into a round shape and place in the bowl. Cover with cling wrap and ferment for 1 hour.
- 3 When the dough has doubled in size, gently press on it with fingers to release some gas. Round the dough again. Cover with a damp cloth that has been wrung dry. Rest for 10 minutes.
- 4 Remove dough. Sprinkle rice flour on the countertop before rolling dough into a 20cm x 30cm rectangle with a rolling pin.

- 5 Use a donut mould with a diameter of 8cm to cut into the round shape.
- 6 Sprinkle plenty of rice flour over the donut. Arrange on a baking dish and cover with a damp cloth. Let it ferment for a second time for about 50 minutes.
- 7 Preheat oven to 190°C. Sprinkle with a little rice flour before placing in oven. Reduce to 180°C and bake for 9 minutes. Remove and sprinkle with ground cinnamon and icing sugar while still hot, then sprinkle with castor sugar.

贴士

- 制作这甜甜圈时，当日室温为摄氏28度，面团温度为摄氏30度。请以此为参考，发酵时间的长短视乎当日室温。
- 甜甜圈必须趁热吃才酥脆，放凉后会变成普通的软面包。喷水再放进烤箱加热，就可以恢复其酥脆口感。

Tips

- The donut was created at a room temperature of 28°C with the dough at 30°C. Use this as a reference for your fermentation duration which depends on the room temperature that day.
- Donuts must be eaten while hot to enjoy their crispness. Once cooled, they become like your ordinary soft bread. To restore their crispness, spray some water on them before heating in the oven.

