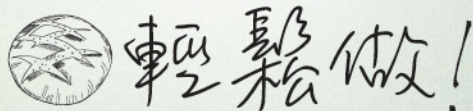


# 有營麵包



BAKING MADE EASY & HEALTHY





# Introduction 簡介



黃凱詩小姐 - 營養師  
Ms. Cynthia Wong - Nutritionist



黃芷晴小姐 - 營養師  
Ms. Nicole Wong - Nutritionist

## 麵包機 — 均衡飲食新開始

麵包, 在很多國家裡, 都屬於主糧, 是為人們提供人體所需碳水化合物即能量的來源。但相對於生活在香港的都市人, 最常吃麵包的時間往往在遲起床的早上, 或在一個忙過不可開交的中午。

其實, 麵包種類多著呢! 如果能自己親手打, 親手搓麵糰, 也是令人情緒釋放的好方法。但在這個分秒必爭的都市裡, 能夠全程動手做真正有營的麵包, 談何容易。幸好科技的先進, 配合一部小巧的麵包機, 可以製作的麵包數目, 何只是一個方包呢! 在這本食譜裡面, 我們會用最有益的材料, 製造出芝士法包、伯爵茶蛋糕外, 還有朱古力旋風麵包。大家不妨從這部麵包機開始, 學習飲食的均衡及多元化吧!

黃凱詩

食譜製作及編撰:  
尚營坊 NutraCare Consultancy



## Restart Your Balanced Diet with the Bread Maker

Bread is treated as a staple in many countries, as it provides people with the major source of energy – carbohydrate. However, for the bustling Hong Kong people, bread is often eaten in a hurry – when they get up late in the morning, or when they are so busy at work.

In fact, there is a wide variety of delicious bread available for us to enjoy. It will be a relaxing and enjoyable activity if you can knead the dough and make the bread by yourself! However, in this bustling city, "every minute counts", it is not very practical for you to complete the whole process of "hand-making" your own nutritious bread. The great news is with the advance of technology, you can now make different kinds of bread with just a small bread maker, and not confined to making just a white toast. In this recipe book, we will show you how to make cheese French bread, earl grey tea cake and chocolate swirl bread etc., using the most nutritious ingredients. Let's start a balanced and varied diet now with this bread maker!

Cynthia Wong

# MENU

## 2. 簡介 Introduction

## 3. 目錄 Menu

## 4-5. 基本烘培程序 The basic baking procedures

## 6-7. 基本材料簡介 Ingredients highlight

## 8. 芝士法包 Cheese French Bread

## 9. 番茄乾意式香草麵包 Italian Sun-dried Tomato & Herb Bread

## 10-11. 粟米火腿麵包 Corn & Ham Bread

## 12. 藍莓合桃全麥包 Whole Wheat Blueberry Walnut Bread

## 13. 朱古力旋風麵包 Chocolate Swirl Bread

## 14-15. 柚子蜜包 Yuzu Honey Bun

## 16. 草莓雲呢拿果醬 Strawberry Vanilla Jam

## 17. 伯爵茶磅蛋糕 Earl Grey Pound Cake

## 18. 辛辣豬肉鬆 Spicy Pork Floss

## 極品無糖系列食譜 Supreme Sugar Free Series Recipes

## 20. 清烏龍紅莓燕麥麵包 Light Oolong, Cranberry & Oats Bread

## 21. 竹炭烏龍茶麵包 Charcoal Oolong Bread

## 22-23. 白茶綠茶辮子麵包 Braided White & Green Tea Bread

## 24-25. 十八茶芝麻卷 18 Tea Sesame Roll

## 26. 茉莉烏龍茶提子麵包 Jasmine Oolong Tea Raisin Bread

## 27. 玄米茶烏冬 Genmaicha Udon



# The Basic Baking Procedures



## 基本烘焙程序



### 烘焙前：只需簡單步驟 Before baking: The only steps required



將攪拌刀裝到麵包桶底部的轉軸上。  
Fix the kneading blade onto the drive shaft.



準備並準確稱量所有材料。  
Prepare & measure all ingredients accurately.



首先，加入水或其他液體。  
Add in water or liquid first.



再加入乾的材料（如糖、鹽、麵粉等）。  
Then add in the dry ingredients (e.g. sugar, salt & flour etc.)



最後，在麵粉頂端挖一小洞，倒入酵母。  
Lastly, make a small hole on top of the flour & add the yeast within.



把麵包桶放到麵包機內。  
Place the bread pan in position.



選擇所需要的預設程式。  
Select the desired preset program.



按「START」鍵，啟動工作。  
Press the "START" button.



### 烘焙中：麵包機自動操作 During baking: The machine takes care the rest



攪拌 Mixing



揉捏 Kneading

#### 攪拌及揉捏 Mixing & kneading

攪拌刀將所有材料拌勻並揉捏成富有彈性的麵糰。  
The kneading blade mixes all the ingredients thoroughly. Once the dough has been formed, kneading will take place to provide elasticity to the dough.

#### 發酵 Rising

麵包機提供一個穩定的環境讓麵糰發酵並膨脹至兩倍大小。  
The breadmaker provides a stable environment for the dough to rise and double in size.



#### 烘烤 Baking

最後是烘烤程序，並設有「淡」、「標準」及「深」三種烤色選項可供選擇。  
The final stage is baking. The crust color can be chosen from light, medium or dark.



### 烘焙後：新鮮健康麵包出爐 After baking: Fresh & healthy bread ready

#### 1. 取出麵包 Taking out the bread

帶上隔熱手套輕輕晃動麵包桶直至麵包滑出。  
Always use oven mitten to gently shake the bread pan until bread falls out.

#### 2. 麵包降溫 Cooling of bread

取出麵包後必須放在放涼網架，等待麵包溫度下降後方可切出理想形狀。  
It is important to allow the bread to cool down on wire cooling rack before cutting for best shaping.

#### 3. 切麵包 Cutting of bread

可使用有鋸齒的麵包刀，長而鋒利的刀較易把麵包切開。  
Use a wave-style bread knife. A long and sharp knife is more preferable.





# Ingredients

基本材料



# Highlight

簡介

## 1. 雞蛋 Eggs

加入雞蛋可以改善麵包纖維組織，並富有營養使麵包發得更大，具有特殊的蛋香味。

Eggs can improve bread texture, provide nourishment and enable larger bread size.

## 2. 牛油 Butter

牛油能使麵包的質地更軟，使麵包的保鮮期延長，加入牛油時應先熔化或切成小粒狀。

Butter can make softer bread and extend storage life. It should be melted or chopped to small particles before using.

## 3. 水 Water

水經過和麵粉攪拌，麵糰會出筋。製作麵包的水溫在20-25°C較合適。為了提高發酵速度，製作「快速麵包」需要溫水45-50°C。

水也可以用鮮牛奶代替，同時增加麵包的風味和改善麵包的烤色。

Water will cause the dough to be more elastic after mixed with flour. Ideal water temperature should be between 20-25°C.

However, for "Ultra Fast" menu, the water temperature should be between 45-50°C. Water can be replaced with fresh milk, which will enhance bread flavor and improve crust color.

## 4. 砂糖 Granulated sugar

糖對於增加麵包的甜味和著色是很重要的。同時，它還是酵母的養料來支持麵包的發酵。

Sugar is a very important ingredient to increase sweetness and color. It is also a nourishment for yeast

## 5. 鹽 Salt

鹽對於改善麵包的口味，以及提高烤色是非常重要的，但鹽也會抑制酵母的繁殖，在配方中不能加入太多的鹽。

Salt is necessary for improving the bread flavor and crust color. However, it will also restrain yeast from rising. Never use too much.

## 6. 酵母 Yeast

酵母通過麵糰的發酵過程，產生二氧化碳氣體，使麵包的體積增大，內部組織鬆軟。酵母的快速繁殖，需要糖和麵粉中的碳水化合物為養料。

Yeast will produce carbon dioxide during rising, which will expand the bread and make the inner fiber softer. To increase the activity of yeast, sugar and carbohydrate in flour is required as nourishment.

## 7. 高筋麵粉 Bread Flour

在麵包發酵時，能保持麵糰體積膨脹後的強度，不會向下塌陷，是製作麵包最重要的配料。

During rising, it provides elasticity to the dough and keep the bread from collapsing after rising. It is the most important ingredient of making bread.

## 8. 中筋麵粉 Plain Flour

又稱多用途麵粉。適用製造麵條類。

It can also be called all purpose flour and is suitable for making noodles.

## 9. 低筋麵粉 Soft Flour

又稱蛋糕麵粉。適用製造蛋糕，餅乾，西點等食品。

It can also be called cake flour and is suitable for making cake, biscuit & pastry etc.







## Cheese French Bread

### 芝士法包

#### 材料 (8片份量) Ingredients (For 8 slices)

1. 水	160毫升	1. Water	160ml
2. 牛油	5克	2. Butter	5g
3. 砂糖	20克	3. Granulated sugar	20g
4. 鹽	6克	4. Salt	6g
5. 香草	1克	5. Herb	1g
6. 高筋麵粉	250克	6. Bread flour	250g
7. 即溶酵母	3克	7. Instant yeast	3g
8. 低脂芝士絲	20克	9. Low fat shredded cheese	20g

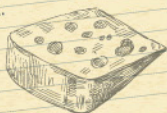
預設程式: ② 法式麵包  
烤色顏色: 標準烤色  
**Preset program:** ② French  
**Crust color:** Medium

#### 做法 Procedure

- 順序將1-7的材料放入麵包桶。  
Place ingredients 1-7 in sequence into the bread pan.
- 選擇「法式麵包」預設程式，然後按「開始」。  
Select the "French" preset program and press "START".
- 當麵包機顯示「1:00」時，用噴水壺於麵糰表面噴水3-4下，然後灑上低脂芝士絲。  
When the display shows "1:00", spray water onto the dough surface and add in the low fat shredded cheese.

#### 溫馨提示 Smart Tips

- 建議使用即溶酵母，因發酵效果較好。  
It is recommended to use instant yeast as it provides better rising result.



## Italian Sun-dried Tomato & Herb Bread

### 番茄乾意式香草麵包

#### 材料 (4個份量) Ingredients (For 4 pieces)

1. 水	160毫升	1. Water	160ml
2. 橄欖油	15毫升	2. Olive oil	15ml
3. 砂糖	25克	3. Granulated sugar	25g
4. 鹽	5克	4. Salt	5g
5. 香草	1克	5. Herb	1g
6. 高筋麵粉	250克	6. Bread flour	250g
7. 即溶酵母	3克	7. Instant yeast	3g
8. 番茄乾	30克	8. Sun-dried tomato	30g
9. 迷迭香	1克	9. Rosemary	1g

預設程式: ⑧ 發麵糰  
烤色顏色: 不適用  
**Preset program:** ⑧ Dough  
**Crust color:** N/A

#### 做法 Procedure

- 順序將1-7的材料放入麵包桶。  
Place ingredients 1-7 in sequence into the bread pan.
- 選擇「發麵糰」預設程式，然後按「開始」。  
Select the "Dough" preset program and press "START".
- 當麵糰已製成，取出並放在灑上高筋麵粉的枱上，用手按壓麵糰以排出空氣，搓入切粒的番茄乾。  
Once the dough is ready, place it on a table sprinkled with bread flour and gently knead the dough to remove air bubbles. Then add in diced sun-dried tomato.
- 用膠刮板將麵糰分割成4等份，滾圓，放在鋪上牛油紙的焗盤上，用保鮮紙蓋著靜置15分鐘。  
Use a plastic scraper to cut the dough into 4 equal pieces and roll into balls. Place them onto the baking tray with butter paper, cover with food wrap and allow 15 minutes of resting.
- 將麵糰用麵糰擀桿擀平，用手指在麵糰上插滿小洞，灑上迷迭香。  
Roll the dough flat and poke holes on the dough with fingers. Then sprinkle with rosemary.
- 麵糰放回鋪上牛油紙的焗盤上，用保鮮紙蓋著進行最後發酵（約30分鐘）。  
Place the dough back onto the baking tray with butter paper and allow further rising of about 30 minutes.
- 預熱焗爐至200°C。然後焗約15分鐘至金黃色。  
Preheat the oven to 200°C and bake for about 15 minutes until golden brown.

#### 溫馨提示 Smart Tips

- 意式香草麵包表面可放上不同材料如芝麻、芝士、橄欖以製作出不同口味的香草麵包。  
Apart from sun-dried tomato, different ingredients such as sesame, cheese and olives etc. can be used to produce different flavors.





## Corn & Ham Bread

### 粟米火腿麵包

預設程式: ⑧ 發麵糰 + ⑫ 烘烤  
烤色顏色: 標準烤色

Preset program: ⑧ Dough + ⑫ Bake  
Crust color: Medium

#### 材料 (4個份量) Ingredients (For 4 pieces)

1. 水	160毫升	1. Water	160ml
2. 牛油	15克	2. Butter	15g
3. 砂糖	25克	3. Granulated sugar	25g
4. 鹽	4克	4. Salt	4g
5. 奶粉	6克	5. Milk powder	6g
6. 高筋麵粉	250克	6. Bread flour	250g
7. 即溶酵母	3克	7. Instant yeast	3g
8. 粟米粒	50克	8. Corn kernel	50g
9. 火腿 (切粒)	2片	9. Ham (Diced)	2pcs

#### 做法 Procedure

- 1 順序將1-7的材料放入麵包桶。  
Place ingredients 1-7 in sequence into the bread pan.
- 2 選擇「發麵糰」預設程式，然後按「開始」。  
Select the "Dough" preset program and press "START".
- 3 當麵糰已製成，取出並放在灑上高筋麵粉的枱上，用手按壓麵糰以排出空氣。  
Once the dough is ready, place it on a table sprinkled with bread flour and gently knead the dough to remove air bubbles.



將麵糰滾圓，放在鋪上牛油紙的焗盤上，用保鮮紙蓋著靜置15分鐘。  
Roll the dough into a ball. Place it onto the baking tray with butter paper, cover with food wrap and allow 15 minutes of resting.



將麵糰用麵糰擀桿平，灑上粟米粒和火腿粒。  
Roll the dough flat and sprinkle corn kernel and diced ham on top.



將麵糰輕輕捲起。  
Gently roll the dough up.



用膠刮板將麵糰分割成4等份。  
Use a plastic scraper to cut the dough into 4 equal pieces.



將麵糰放回麵包桶內，用保鮮紙蓋著進行最後發酵（約30分鐘）。  
Place the 4 dough back into the bread pan, cover with food wrap and allow further rising of about 30 minutes.

- 9 選擇「烘烤」預設程式，然後按「開始」。  
Select the "Bake" preset program and press "START".



#### 溫馨提示 Smart Tips

1. 如果麵糰變得太黏，可加入麵粉。如果麵糰變得太乾，可加一點水。  
If the dough becomes too sticky, add some flour. If it becomes too dry, add a bit of water.





## Whole Wheat Blueberry Walnut Bread

### 藍莓核桃全麥包

#### 材料 (8片份量) Ingredients (For 8 slices)

1. 水	160毫升	1. Water	160ml
2. 牛油	15克	2. Butter	15g
3. 砂糖	25克	3. Granulated sugar	25g
4. 鹽	4克	4. Salt	4g
5. 奶粉	6克	5. Milk powder	6g
6. 高筋麵粉	130克	6. Bread flour	130g
7. 全麥麵粉	120克	7. Whole wheat flour	120g
8. 即溶酵母	3克	8. Instant yeast	3g
9. 藍莓乾	30克	9. Dried blueberry	30g
10. 核桃	30克	10. Walnut	30g

預設程式: ③ 全麥麵包  
 烤色顏色: 標準烤色  
**Preset program:** ③ Whole wheat  
**Crust color:** Medium

#### 做法 Procedure

- 順序將1-8的材料放入麵包桶。  
Place ingredients 1-8 in sequence into the bread pan.
- 選擇「全麥麵包」預設程式，然後按「開始」。  
Select the "Whole Wheat" preset program and press "START".
- 當麵包機顯示「2:55」時，將藍莓乾和（手搥成小粒狀的）核桃放進麵包桶內。  
When the display shows "2:55", place the dried blueberries and hand crushed walnuts into the bread pan.

#### 溫馨提示 Smart Tips

- 可先將核桃放入180°C焗爐焗約3分鐘，會令核桃更香脆。  
Walnuts can be baked at 180°C for about 3 minutes for a more crispy effect.
- 使用麵包機可減少維持發酵溫度和控制時間的煩惱。  
Use of bread maker can eliminate the trouble of unstable rising temperature and uncertain rising time.



## Chocolate Swirl Bread

### 朱古力旋風麵包

#### 材料 (8片份量) Ingredients (For 8 slices)

1. 水	160毫升	1. Water	160ml
2. 牛油	15克	2. Butter	15g
3. 砂糖	25克	3. Granulated sugar	25g
4. 鹽	4克	4. Salt	4g
5. 奶粉	6克	5. Milk powder	6g
6. 高筋麵粉	250克	6. Bread flour	250g
7. 即溶酵母	3克	7. Instant yeast	3g
8. 可可粉	10克	8. Cocoa powder	10g

預設程式: ⑧ 發麵糰 + ⑫ 烘烤  
 烤色顏色: 標準烤色  
**Preset program:** ⑧ Dough + ⑫ Bake  
**Crust color:** Medium

#### 做法 Procedure

- 順序將1-7的材料放入麵包桶。  
Place ingredients 1-7 in sequence into the bread pan.
- 選擇「發麵糰」預設程式，然後按「開始」。  
Select the "Dough" preset program and press "START".
- 當麵糰已製成，取出並放在灑上高筋麵粉的枱上，用手按壓麵糰以排出空氣。  
Once the dough is ready, place it on a table sprinkled with bread flour and gently knead the dough to remove air bubbles.
- 用膠刮板從麵糰抽出1/3份麵糰，搓入可可粉。  
Cut off one-third of the dough with a plastic scraper and rub in cocoa powder.
- 將所有麵糰各自滾圓，放在鋪上牛油紙的焗盤上，用保鮮紙蓋著靜置15分鐘。  
Roll both dough into balls. Place them onto the baking tray with butter paper, cover with food wrap and allow 15 minutes of resting.
- 將麵糰各自用麵糰擀平（麵糰的闊度要接近麵包桶的闊度），可可麵糰放在原味麵糰上，並輕輕卷起。  
Roll both dough flat (the width of the dough should be similar to the width of the bread pan). Place the cocoa dough on top of the original dough. Then gently roll them up together.
- 將麵糰放回麵包桶內，用保鮮紙蓋著進行最後發酵（約30分鐘）。  
Place the dough back into the bread pan, cover with food wrap and allow further rising of about 30 minutes.
- 選擇「烘烤」預設程式，然後按「開始」。  
Select the "Bake" preset program and press "START".

#### 溫馨提示 Smart Tips

- 可可粉味道濃郁，而且脂肪量低，只須用上少許便能做到美味而且低脂的朱古力麵包。  
Cocoa powder is rich in flavor while low in fat content. Using a little is sufficient to result in tasty and healthy chocolate bread.







# Yuzu Honey Bun

## 柚子蜜包

預設程式: ⑧ 發麵糰  
烤色顏色: 不適用

Preset program: ⑧ Dough  
Crust color: N/A

### 材料 (6個份量) Ingredients (For 6 pieces)

1. 水	160毫升	1. Water	160ml
2. 牛油	15克	2. Butter	15g
3. 柚子蜜	25克	3. Yuzu honey	25g
4. 砂糖	10克	4. Granulated sugar	10g
5. 鹽	4克	5. Salt	4g
6. 奶粉	6克	6. Milk powder	6g
7. 高筋麵粉	250克	7. Bread flour	250g
8. 即溶酵母	3克	8. Instant yeast	3g
9. 抹茶粉	5克	9. Green tea powder	5g
10. 餅乾條	2條	10. Biscuit stick	2pcs

### 做法 Procedure

- 1 順序將1-8的材料放入麵包桶。  
Place ingredients 1-8 in sequence into the bread pan.
- 2 選擇「發麵糰」預設程式，然後按「開始」。  
Select the "Dough" preset program and press "START".
- 3 當麵糰已製成，取出並放在已灑上高筋麵粉的枱上，用手按壓麵糰以排出空氣。  
Once the dough is ready, place it on a table sprinkled with bread flour and gently knead the dough to remove air bubbles.



用膠刮板從麵糰抽出40克的麵糰，搓入抹茶粉。然後將餘下的柚子蜜麵糰分割成6等份。  
Cut off 40g of the dough with a plastic scraper and rub in green tea powder. Cut the remaining Yuzu honey dough into 6 equal pieces.



將所有麵糰各自滾圓，放在鋪上牛油紙的焗盤上，用保鮮紙蓋著靜置15分鐘。  
Roll all the dough into balls. Place them onto the baking tray with butter paper, cover with food wrap and allow 15 minutes of resting.



將抹茶麵糰用麵糰擀桿平，切割出12片樹葉形狀。  
Roll the green tea dough flat and cut out 12 leaf-shaped dough.



將2片樹葉形麵糰放在每個柚子蜜麵糰上。  
Place 2 leaf-shaped dough onto each Yuzu honey dough.



將2條餅乾條折斷成6小條。於每一個麵糰上插上1小條餅乾條，然後用保鮮紙蓋著麵糰進行最後發酵（約30分鐘）。  
Break the 2 biscuit sticks into 6 small pieces. Place one small piece onto each dough. Then cover with food wrap and allow further rising of about 30 minutes.

- 4 預熱焗爐至200°C。將麵糰焗約15分鐘至金黃色。  
Preheat oven to 200°C and bake for about 15 minutes until golden brown.

### 溫馨提示 Smart Tips

1. 自家製的麵包沒有添加防腐劑，所以只能於室溫下存放2天。  
No preservatives have been added to homemade bread. Thus, it can only be stored at room temperature for 2 days.







## Strawberry Vanilla Jam

### 草莓雲呢拿果醬

#### 材料 Ingredients

1. 士多啤梨	300克	1. Strawberry	300g
2. 雲呢拿條	1支	2. Vanilla Pod	1pc
3. 檸檬	1個	3. Lemon	1pc
4. 代糖	8湯匙	4. Sugar Substitute	8 tablespoons
5. 砂糖	100克	5. Granulated sugar	100g

預設程式: ⑨果醬  
烤色顏色: 不適用

Preset program: ⑨Jam  
Crust color: N/A

#### 做法 Procedure

- 1 士多啤梨去蒂、洗淨、瀝乾水份，切粒，待用。將雲呢拿條直切開半，挖出雲呢拿子，待用。將檸檬榨汁，待用。  
Wash, remove the stalk, dry and diced the strawberries; Cut the vanilla pod vertically into half and scrape out all the black seeds; Squeeze the lemon into lemon juice for later use.
- 2 將士多啤梨粒、雲呢拿子、檸檬汁、代糖和砂糖依次序放進麵包桶內。  
Place the diced strawberries, vanilla seeds, lemon juice, sugar substitute and sugar in sequence into the bread pan.
- 3 選擇「果醬」預設程式，然後按「開始」。  
Select the "Jam" preset program and press "START".
- 4 趁熱把果醬盛入消毒過的玻璃瓶中，封蓋好。（將玻璃瓶子放進滾水內煮約3分鐘以消毒，倒轉瀝乾水份。）  
Pour the jam into a sterilized glass jar when it is still hot. (Sterilize the glass jar by boiling it in hot water for 3 minutes. Reverse the jar for drying)
- 5 將盛入果醬的玻璃瓶倒轉，放置於室溫，待完全放涼，即成。  
Reverse the jar with jam at room temperature until it cools down.

#### 溫馨提示 Smart Tips

1. 用代糖來做果醬可大大減低果醬的熱量。  
The amount of calories can be greatly reduced by using sugar substitute.
2. 將玻璃瓶倒轉可讓餘溫殺掉附在瓶蓋上的微生物，延長果醬的保鮮時間。  
Reversing the glass jar with jam is to allow the residue heat of the jam to kill any remaining microorganisms on the lid to extend storage life.



## Earl Grey Pound Cake

### 伯爵茶磅蛋糕

#### 材料 (8片份量) Ingredients (For 8 slices)

1. 低脂牛油	80克	1. Low fat butter	80g
2. 雞蛋 (拌勻)	2隻	2. Eggs (beaten)	2pcs
3. 脫脂奶	15毫升	3. Skimmed milk	15ml
4. 代糖	8湯匙	4. Sugar Substitute	8 tablespoons
5. 低筋麵粉	180克	5. Soft flour	180g
6. 泡打粉	7克	6. Baking powder	7g
7. 伯爵茶葉	1湯匙	7. Earl grey tea leaf	1 tablespoon

預設程式: ⑩蛋糕  
烤色顏色: 標準烤色

Preset program: ⑩Cake  
Crust color: Medium

#### 做法 Procedure

- 1 將低筋麵粉和泡打粉一齊過篩，待用。將伯爵茶葉磨成粉狀，待用。  
Sieve the soft flour and baking powder together; Grind the earl grey tea leaf into powder form for later use.
- 2 順序將1-7的材料放入麵包桶。  
Place ingredients 1-7 in sequence into the bread pan.
- 3 選擇「蛋糕」預設程式，然後按「開始」。  
Select the "Cake" preset program and press "START".

#### 溫馨提示 Smart Tips

1. 低脂牛油較正常牛油少約30%脂肪，用來做蛋糕可大大減低蛋糕的熱量。  
Low fat butter is 30% less fat than normal butter. Thus, the amount of calories can be greatly reduced when used to bake cake.
2. 可以可可粉或抹茶粉代替伯爵茶葉，以製造不同口味的蛋糕。  
Apart from earl grey tea leaf, cocoa powder or green tea powder can also be used instead to produce different flavors.





## Spicy Pork Floss 辛辣豬肉鬆

### 材料 Ingredients

1. 水	600毫升	1. Water	600ml
2. 瘦豬肉	250克	2. Lean pork	250g
3. 薑	4片	3. Ginger	4pcs
4. 代糖	2湯匙	4. Sugar Substitute	2 tablespoons
5. 鹽	5克	5. Salt	5g
6. 老抽	1湯匙	6. Dark soy sauce	1 tablespoon
7. 米酒	1茶匙	7. Rice wine	1 teaspoon
8. 七味粉	1/3茶匙	8. Assorted chili pepper	1/3teaspoon

預設程式: ⑨ 果醬  
烤色顏色: 不適用

Preset program: ⑨ Jam  
Crust color: N/A

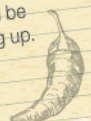
### 做法 Procedure

- 1 將瘦豬肉和薑放入滾水，用中火煮至瘦豬肉酥身。  
Boil the pork and ginger in boiling water at medium heat until the pork is tendered.
- 2 瘦豬肉瀝乾水份，放涼後用手將瘦豬肉撕開成肉絲。  
Drain the pork. Tear the pork into shreds when it has cooled down.
- 3 將豬肉絲和材料3-8依次序放進麵包桶內。  
Place the shredded pork and ingredients 3-8 in sequence into the bread pan.
- 4 選擇「果醬」預設程式，然後按「開始」。  
Select the "Jam" preset program and press "START".

### 溫馨提示 Smart Tips

建議使用可煮食用的代糖，因普通代糖經加熱後味道會改變。

It is recommended to use sugar substitute for baking as the taste of non-baking sugar substitute will be altered after heating up.



# Supreme Sugar Free Series Recipes



極品無糖系列食譜



1. Light Oolong, Cranberry & Oats Bread  
清烏龍紅莓燕麥麵包
2. Charcoaled Oolong Bread  
竹炭烏龍茶麵包
3. Braided White & Green Tea Bread  
白茶綠茶辮子麵包
4. 18 Tea Sesame Roll  
十八茶芝麻卷
5. Jasmine Oolong Tea Raisin Bread  
茉莉烏龍茶提子麵包
6. Genmaicha Udon  
玄米茶烏冬







## Light Oolong, Cranberry & Oats Bread

### 清烏龍紅莓燕麥麵包

#### 材料 (8片份量) Ingredients (For 8 slices)

1. 道地極品清烏龍茶	160毫升	1. Tao Ti Supreme Light Oolong Tea	160ml
2. 牛油	15克	2. Butter	15g
3. 砂糖	25克	3. Granulated sugar	25g
4. 鹽	4克	4. Salt	4g
5. 奶粉	6克	5. Milk powder	6g
6. 高筋麵粉	250克	6. Bread flour	250g
7. 即溶酵母	3克	7. Instant yeast	3g
8. 紅莓乾	30克	8. Dried cranberry	30g
9. 燕麥	10克	9. Oats	10g

預設程式: ① 標準麵包  
烤色顏色: 標準烤色  
**Preset program: ① Basic**  
**Crust color: Medium**

#### 做法 Procedure

- 順序將1-7的材料放入麵包桶。  
Place ingredients 1-7 in sequence into the bread pan.
- 選擇「標準麵包」預設程式，然後按「開始」。  
Select the "Basic" preset program and press "START".
- 當麵包機顯示「3:30」時，將紅莓乾放進麵包桶內。  
When the display shows "3:30", place the dried cranberries into the bread pan.
- 當麵包機顯示「1:00」時，於麵糰表面噴水3-4下並放上燕麥。  
When the display shows "1:00", spray water onto the dough surface and add in the oats.

#### 溫馨提示 Smart Tips

- 如紅莓乾較為大粒，可將紅莓乾切成小粒，以避免紅莓乾沉澱在麵包的底部。  
If the dried cranberries are too large, cut them into smaller pieces to avoid them being deposited to the bottom of the bread.



## Charcoal Oolong Bread

### 竹炭烏龍茶麵包

#### 材料 (8片份量) Ingredients (For 8 slices)

1. 道地極品烏龍茶	160毫升	1. Tao Ti Supreme Oolong Tea	160ml
2. 牛油	15克	2. Butter	15g
3. 砂糖	25克	3. Granulated sugar	25g
4. 鹽	4克	4. Salt	4g
5. 奶粉	6克	5. Milk powder	6g
6. 竹炭粉	5克	6. Charcoal powder	5g
7. 高筋麵粉	250克	7. Bread flour	250g
8. 即溶酵母	3克	8. Instant yeast	3g
9. 芝麻	5克	9. Sesame	5g

預設程式: ① 標準麵包  
烤色顏色: 標準烤色  
**Preset program: ① Basic**  
**Crust color: Medium**

#### 做法 Procedure

- 順序將1-8的材料放入麵包桶。  
Place ingredients 1-8 in sequence into the bread pan.
- 選擇「標準麵包」預設程式，然後按「開始」。  
Select the "Basic" preset program and press "START".
- 當麵包機顯示「1:00」時，用噴水壺於麵糰表面噴水3-4下，然後灑上芝麻。  
When the display shows "1:00", spray water onto the dough surface and add in the sesame.

#### 溫馨提示 Smart Tips

- 於麵包裡加入無糖烏龍茶可令麵包健康並帶有茶香。  
The adding of sugar free Oolong tea can result in healthy bread and bring out the essence of tea.
- 竹炭粉可在烘焙材料專門店購買。  
Charcoal powder can be bought at specialized baking ingredients store.





## Braided White & Green Tea Bread

### 白茶綠茶辮子麵包

預設程式: ③ 發麵糰  
烤色顏色: 不適用

Preset program: ③ Dough  
Crust color: N/A

#### 材料 (8片份量) Ingredients (For 8 slices)

1. 道地極品白茶	160毫升	1. Tao Ti Supreme White Tea	160ml
2. 牛油	15克	2. Butter	15g
3. 砂糖	25克	3. Granulated sugar	25g
4. 鹽	4克	4. Salt	4g
5. 奶粉	6克	5. Milk powder	6g
6. 高筋麵粉	250克	6. Bread flour	250g
7. 即溶酵母	3克	7. Instant yeast	3g
8. 抹茶粉	5克	8. Green tea powder	5g
9. 雞蛋 (拌勻)	1/3隻	9. Egg (beaten)	1/3pc

#### 做法 Procedure

- 順序將1-7的材料放入麵包桶。  
Place ingredients 1-7 in sequence into the bread pan.
- 選擇「發麵糰」預設程式，然後按「開始」。  
Select the "Dough" preset program and press "START".
- 當麵糰已製成，取出並放在已灑上高筋麵粉的枱上，用手按壓麵糰以排出空氣。  
Once the dough is ready, place it on a table sprinkled with bread flour and gently knead the dough to remove air bubbles.



用膠刮板將麵糰分割成3等份，其中2份麵糰搓入抹茶粉。  
Use a plastic scraper to cut the dough into 3 equal pieces. Rub green tea powder into two of the pieces.



將3份麵糰各自滾圓，放在鋪上牛油紙的焗盤上，用保鮮紙蓋著靜置15分鐘。  
Roll each of the 3 dough into a ball. Then place onto the baking tray with butter paper, cover with food wrap and allow 15 minutes of resting.



用手將麵糰各自搓成長條型 (約20厘米)，兩端搓尖，然後將麵糰並排，白色麵糰置於中間。  
Roll each ball into stripes with pointed ends (about 20cm). Line them up side by side with the white color dough stripe in the middle.



將麵糰一端捏緊，然後編成辮子，尾端捏緊。  
Pinch one end of the dough stripes together and braid, pinching the end together when finished.



將麵糰放回鋪上牛油紙的焗盤上，用保鮮紙蓋著進行最後發酵 (約30分鐘)。  
Place the braided dough back onto the baking tray with butter paper. Then cover with food wrap and allow further rising of about 30 minutes.

- 預熱焗爐至200°C。於麵糰表面掃上蛋液，然後將麵糰放入焗爐焗約20-25分鐘。  
Preheat oven to 200°C. Brush egg mixture on the surface of the braided dough and bake for about 20-25 minutes.

#### 溫馨提示 Smart Tips

- 發酵的時間控制很重要，如發酵時間不足，會導致麵包體積過小，如過度發酵，麵包的組織會變得粗糙，影響口感。  
Time control of dough rising is very important. Insufficient rising time will result in small volume of bread while excessive rising will result in rough bread tissue and affect the taste.







## 18 Tea Sesame Roll 十八茶芝麻卷

預設程式: ⑧ 發麵糰  
烤色顏色: 不適用

Preset program: ⑧ Dough  
Crust color: N/A

### 材料 (7個份量) Ingredients (For 7 pieces)

1. 道地極品十八茶	160毫升	1. Tao Ti Supreme 18 tea	160ml
2. 牛油	15克	2. Butter	15g
3. 砂糖	25克	3. Granulated sugar	25g
4. 鹽	4克	4. Salt	4g
5. 奶粉	6克	5. Milk powder	6g
6. 高筋麵粉	250克	6. Bread flour	250g
7. 即溶酵母	3克	7. Instant yeast	3g
8. 雞蛋 (拌勻)	1/3隻	8. Egg (beaten)	1/3pc
9. 黑芝麻	5克	9. Black Sesame	5g

### 做法 Procedure

- 順序將1-7的材料放入麵包桶  
Place ingredients 1-7 in sequence into the bread pan.
- 選擇「發麵糰」預設程式，然後按「開始」。  
Select the "Dough" preset program and press "START".
- 當麵糰已製成，取出並放在已灑上高筋麵粉的枱上，用手按壓麵糰以排出空氣。  
Once the dough is ready, place it on a table sprinkled with bread flour and gently press the dough to remove air bubbles.



用膠刮板將麵糰分割成7等份，滾圓，放在鋪上牛油紙的焗盤上，用保鮮紙蓋著靜置15分鐘。  
Use the plastic scraper to cut the dough into 7 equal pieces. Roll them into balls and place onto the baking tray with butter paper, cover with food wrap and allow 15 minutes of resting.



將每份麵糰用麵糰擀桿平成長三角型，然後輕輕捲起成橢圓型麵糰。  
Roll each dough flat into a long triangle and gently roll up each dough into an oval shape.



將所有橢圓型麵糰放回焗盤上，用保鮮紙蓋著進行最後發酵（約30分鐘）。  
Place all the oval shaped dough back onto the baking tray with butter paper. Then cover with food wrap and allow further rising of about 30 minutes.

- 預熱焗爐至200°C。於所有橢圓型麵糰表面掃上蛋液及灑上黑芝麻，然後放入焗爐焗約15分鐘至金黃色。  
Preheat oven to 200°C. Brush egg mixture and sprinkle black sesame on the surface of the oval dough and bake for about 15 minutes until golden brown.



### 溫馨提示 Smart Tips

- 於麵糰表面掃上蛋液可令焗出來的麵包有光澤和更金黃色。  
Brushing egg mixture on the surface of the dough provides a golden brown color crust with glossy finish.





## Jasmine Oolong Tea Raisin Bread

### 茉莉烏龍茶提子麵包

#### 材料 (8片份量) Ingredients (For 8 slices)

1. 道地極品烏龍茶 (茉莉)	160毫升	1. Tao Ti Supreme Oolong Tea (Jasmine)	160ml
2. 牛油	15克	2. Butter	15g
3. 砂糖	25克	3. Granulated sugar	25g
4. 代糖	2湯匙	4. Sugar substitute	2 tablespoons
5. 鹽	4克	5. Salt	4g
6. 奶粉	10克	6. Milk powder	10g
7. 高筋麵粉	250克	7. Bread flour	250g
8. 即溶酵母	4克	8. Instant yeast	4g
9. 提子乾	30克	9. Raisin	30g

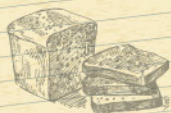
預設程式: ⑤ 甜味麵包  
烤色顏色: 標準烤色  
Preset program: ⑤ Sweet  
Crust color: Medium

#### 做法 Procedure

- 順序將1-8的材料放入麵包桶。  
Place ingredients 1-8 in sequence into the bread pan.
- 選擇「甜味麵包」預設程式，然後按「開始」。  
Select the "Sweet" preset program and press "START".
- 當麵包機顯示「2:40」時，將提子乾放進麵包桶內。  
When the display shows "2:40", place the raisins into the bread pan.

#### 溫馨提示 Smart Tips

- 除了提子乾，可按個人喜歡放入藍莓乾或杏脯乾。  
Apart from raisins, dried blueberries or apricot can be added according to personal preference.



## Genmaicha Udon

### 玄米茶烏冬



#### 材料 (4碗份量) Ingredients (For 4 bowls)

1. 道地極品玄米茶	160毫升	1. Tao Ti Supreme Genmaicha	160ml
2. 高筋麵粉	130克	2. Bread flour	130g
3. 低筋麵粉	130克	3. Soft flour	130g
4. 水	600毫升	4. Water	600ml
5. 冷麵汁	30毫升	5. Soba sauce	30ml
6. 木魚碎	1湯匙	6. Bonito flake	1 tablespoon
7. 蔥粒	1湯匙	7. Spring onion (chopped)	1 tablespoon

預設程式: ① 麵條  
烤色顏色: 不適用  
Preset program: ① Noodle  
Crust color: N/A

#### 做法 Procedure

- 順序將1-3的材料放入麵包桶。  
Place ingredients 1-3 in sequence into the bread pan.
- 選擇「麵條」預設程式，然後按「開始」。  
Select the "Noodle" preset program and press "START".
- 當麵糰已製成，取出並放在已灑上高筋麵粉的枱上，用麵糰擀平，用膠刮板將麵糰切割成麵條。  
Once the dough is ready, place it on a table sprinkled with bread flour. Roll the dough flat and use a plastic scraper to cut into noodles.
- 將麵條放進滾水，用中火煮約5分鐘，然後取出，放進冰水內浸泡約10分鐘。  
Boil the noodles in boiling water at medium heat for 5 minutes. Then soak in ice water for 10 minutes.
- 將麵條瀝乾水份，拌入冷麵汁，灑上木魚碎和蔥粒，即成。  
Drain the noodle. Then pour in the cold soba sauce. Sprinkle bonito flake and chopped spring onion on top.



#### 溫馨提示 Smart Tips

- 切麵糰時要切得幼身，因麵條煮熟後會膨脹。  
When cutting the noodles, it is best to cut them into thinner stripes as the noodles will expand after cooking.





[www.whirlpool.com.hk](http://www.whirlpool.com.hk)



特別鳴謝:  
Special thanks to:

