

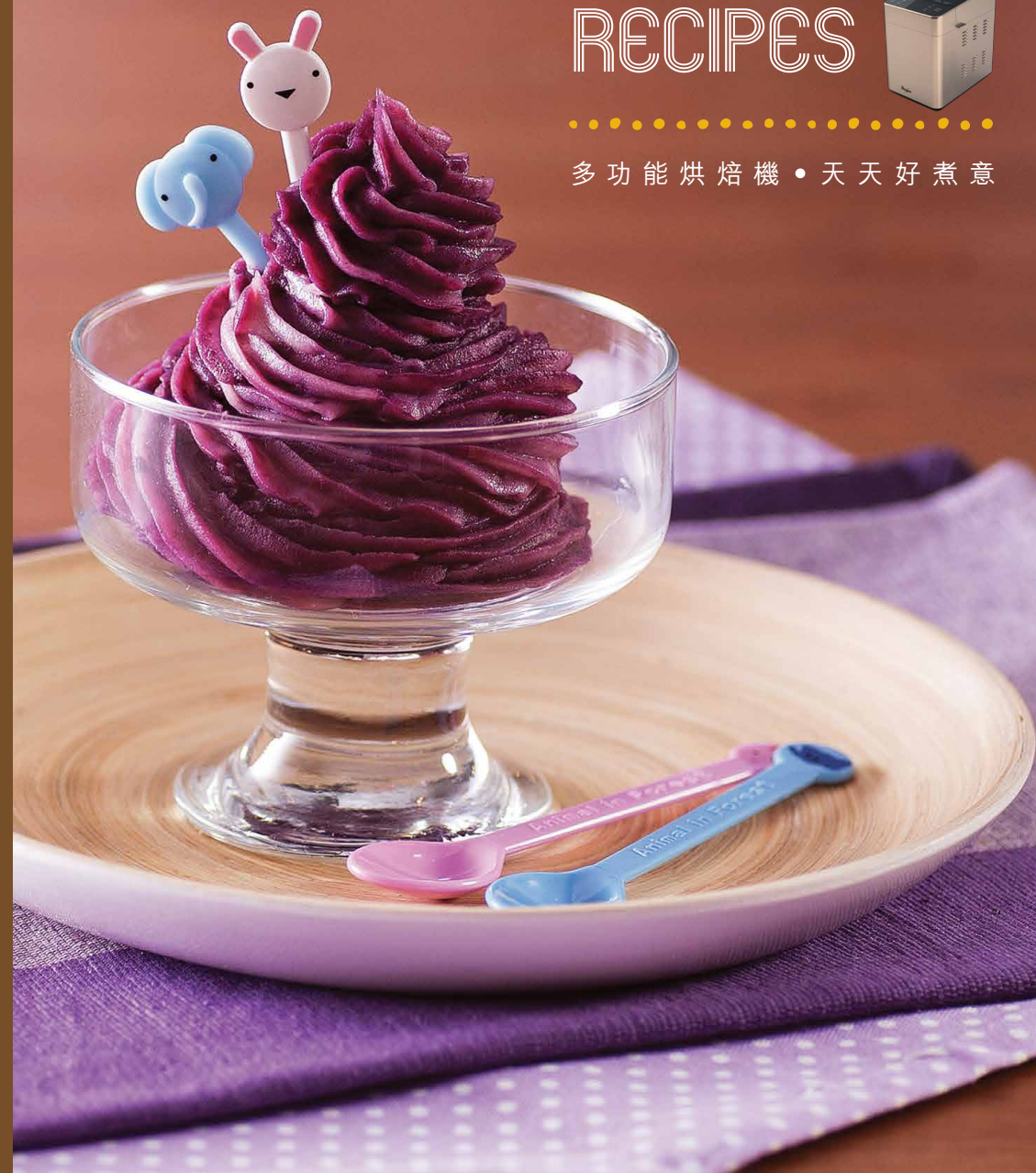


Designed to simplify

# M.A.X PÂTISSERIE RECIPES



多功 能 烘 焙 機 • 天 天 好 煮 意



自家製甜品媽媽—Vanlily Cake

### Homemade Desserts Mom – Vanlily Cake

育有兩子，曾出版自家製甜品烹飪書。

Facebook粉絲人數快將突破10,000人。

Mother of two boys, has published cookbooks on homemade desserts. Facebook fans will soon exceed 10,000.

### Vanlily的惠而浦多功能烘焙機使用體驗：

家中有小朋友的媽媽們，時常會為小孩子的飲食大費周章。自從用上惠而浦多功能烘焙機後，令我更容易為孩子烹調不同菜式。尤其是嬰兒食品，因為只需把洗淨的食材放進機內，即可自動磨成蓉，無需用人手攪拌，方便快捷。同時它既有蒸糕功能，可以煮出各式各樣的中式糕點，亦配備烹調米飯及烤焗蛋糕功能，真正一機多用。另一個好處是它體積細小，輕易存放，體貼我們這些香港小家庭環境。

### Vanlily Cake's experience on Whirlpool m.a.x. Pâtisserie:

Managing the diets of kids has always been a headache for moms with small kids. Preparing different kinds of food for my kids has become much easier after I started using Whirlpool's m.a.x. Pâtisserie. Preparing baby food is now very convenient, as I only need to put washed ingredients in the appliance and they will be grounded automatically. In addition to the conventional rice cooking and cake functions, it can also steam Chinese puddings.

Whirlpool's m.a.x. Pâtisserie is so compact, which is very suitable for the crowded living environment of small families in Hong Kong.



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# POTATO AND SWEET POTATO MASH



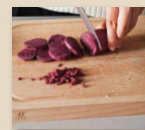
## 薯仔蕃薯蓉

### 材料 INGREDIENTS (3杯 3Cups)



1. 薯仔	1個	1. Potato	1 pc	預設程式: ① 嬰兒食品
2. 紫心蕃薯	1個	2. Purple sweet potato	1 pc	烤色顏色: 不適用
3. 水 (薯蓉)	30毫升	3. Water (Potato mash)	30ml	Preset program: ① Baby Food
水 (紫心蕃薯蓉)	120毫升	Water (Sweet potato mash)	120ml	Crust color: N/A

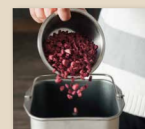
### 做法 PROCEDURE



1. 薯仔和蕃薯各洗淨及去皮，切粒。  
Wash potato and sweet potato, then peel and dice.



2. 將薯仔粒及30毫升水放入烘焙桶，蓋上烘焙桶蓋子，然後放入烘焙機內做成蓉。選擇「嬰兒食品」預設程式，然後按「開始」。  
Put diced potato and 30ml water into the pâtisserie pan with the lid on. Select the 'Baby Food' preset program and press 'Start'.



3. 蕃薯粒做法跟薯仔粒相同，但水份需要120毫升。  
Repeat step 2 above for the diced sweet potato but with 120ml of water instead.



4. 取出後一同放入唧袋，並唧入碗內。  
Take out the potato and sweet potato mash and put in the squeeze bag. Squeeze out shapes into a bowl.

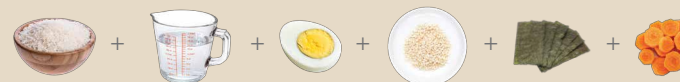
### 提示 TIPS

- 水份可根據小朋友的年齡而作出調整，年紀愈小，應增加水份，造成較稀的糊，以便吞食。  
You can adjust the amount of water according to the age of your child. The smaller the child, the more water you should add to make a thinner paste which is easy to swallow.
- 唧出可愛圖案，有助引起小朋友食慾。  
Squeeze out interesting shapes to arouse the appetite of your children.

# SESAME ONIGIRI

## 芝麻飯糰

材料 **INGREDIENTS** (8個 8Pieces)



- |        |       |                    |                 |
|--------|-------|--------------------|-----------------|
| 1. 米   | 280毫升 | 1. Rice            | 280ml           |
| 2. 水   | 500毫升 | 2. Water           | 500ml           |
| 3. 雞蛋黃 | 1隻    | 3. Egg yolk        | 1 pc            |
| 4. 芝麻  | 適量    | 4. Sesame          | Suitable amount |
| 5. 紫菜  | 適量    | 5. Roasted seaweed | Suitable amount |
| 6. 紅蘿蔔 | 適量    | 6. Carrot          | Suitable amount |

預設程式: ⑤ 米飯  
烤色顏色: 不適用  
Preset program: ⑤ Rice  
Crust color: N/A

做法 **PROCEDURE**



1. 白米洗淨，加入水後放入烘焙桶。選擇「米飯」預設程式，然後按「開始」。  
Wash rice, add water and put in the pâtisserie pan. Select the 'Rice' preset program, then press 'Start'.



2. 煮熟雞蛋，取出雞蛋黃，壓碎備用。  
Boil egg, take out the yolk and mash. Set aside.



3. 蛋黃壓碎後加入米飯中拌勻，包上保鮮紙做成飯糰。  
Mix mashed egg yolk with the cooked rice. Wrap in plastic wrap and knead into onigiri.



4. 解開保鮮紙，飯糰底放上芝麻，紫菜及紅蘿蔔作裝飾便成。  
Unwrap plastic wrap, dip sesame at the base of onigiri and decorate with seaweed and carrot.

提示 **TIPS**

1. 做飯糰時可先用食水濕手，令飯粒不會黏住雙手。  
Put some drinking water on your palms before kneading the onigiri to avoid rice from sticking on them.



# GINGER JUJUBE CAKE

## 薑汁紅棗糕

### 材料 INGREDIENTS (1/2磅 1/2Pound)



1. 木薯粉	400克	1. Tapioca Starch	400g
2. 粘米粉	60克	2. Rice flour	60g
3. 糯米粉	20克	3. Glutinous rice flour	20g
4. 冰糖	150克	4. Rock sugar	150g
5. 紅棗	250克	5. Red date	250g
6. 水	850克	6. Water	850g
7. 薑汁	1湯匙	7. Ginger juice	1 tablespoon

預設程式: ② 烘烤  
烤色顏色: 不適用  
Preset program: ② Bake  
Crust color: N/A

### 做法 PROCEDURE



1. 紅棗先浸1小時，去核，加水煮滾後用小火煮約30分鐘至淋身。  
Soak red dates for 1 hour, remove seeds. Add water to the dates and bring to boil, cook with small fire for about 30 minutes until dates are soft.



2. 熄火後焗30分鐘待完全出味，隔出約 500克紅棗水。  
Turn off fire, set it aside for 30 minutes. Strain and reserve 500g of red date soup.



3. 把冰糖加入紅棗水，煮溶放涼後過篩。  
Add rock sugar to the red date soup, boil until the sugar is completely dissolved. Set it aside to cool. Strain with a sieve.



4. 紅棗糖水慢慢加入已混合的粉類中攪勻。  
Add red date sweet soup slowly into the mixed flour, mix well.



5. 把粉漿過篩後加入薑汁拌勻。  
Strain the paste with a sieve, add ginger juice.



6. 將混合物倒入烘焙桶。選擇「烘烤」預設程式，烘烤50分鐘，然後按「開始」。  
Put the mixture into the pâtisserie pan. Select the 'Bake' program, bake for 50 minutes, then press 'Start'.

7. 完成後取出，放涼後可脫模切成件。  
Let the cake cool before removing from the pâtisserie pan. Cut into pieces and serve.

### 提示 TIPS

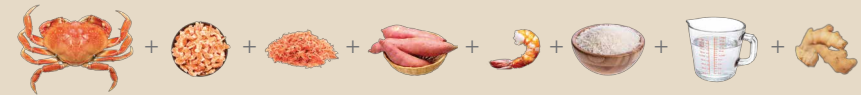
1. 紅棗以新疆的最有名，多吃可行氣活血，對女士尤其有益。  
Red dates from Xinjiang are the most famous. Red dates can improve blood circulation and are particular effective for improving women's health.

# BAKED RICE WITH SEAFOOD AND SWEET POTATO



## 海鮮甜薯焗飯

材料 **INGREDIENTS** (4人份量 Serves 4)



1. 奄仔蟹	1- 2隻	1. Crab	1-2 pcs	預設程式：⑤ 米飯 烤色顏色：不適用 Preset program: ⑤ Rice Crust color: N/A
2. 蝦米	20克	2. Dried shrimp	20g	
3. 櫻花蝦	1湯匙	3. Dried Sakura shrimp	1 tablespoon	
4. 甜蕃薯	1件	4. Sweet potato	1 pc	
5. 鮮蝦仁	8隻	5. Sea shrimp	8 pcs	
6. 米	280克	6. Rice	280g	
7. 水	450克	7. Water	450g	
8. 薑絲	少量	8. Shredded ginger	small amount	

## 做法 **PROCEDURE**

- 甜蕃薯去皮切粒，蝦米加水浸軟。櫻花蝦切碎。  
Peel and dice sweet potato, soak the dried shrimps in water until soft. Minced the dried Sakura shrimp.
- 米、蕃薯粒、蝦米和鮮蝦仁拌勻，加水放入烘焙桶內，表面放蟹及薑絲。選擇「米飯」預設程式，然後按「開始」。  
Mix the rice, sweet potato, dried shrimp and sea shrimp, add water and place into the pâtisserie pan. Place the crab and shredded ginger on the top. Select the 'Rice' preset program, then press 'Start'.
- 海鮮飯上碟，灑櫻花蝦以提升味道。  
Sprinkle with dried Sakura shrimp to enhance the taste.

## 提示 **TIPS**

- 可以因應自己的喜好而減少用水量，從而調節米飯的軟硬度。  
You can adjust the softness of rice by using less water.



# CHOCOLATE SWIRL BREAD

## 朱古力旋風麵包

### 材料 INGREDIENTS (8片 8Slices)



1. 水	160毫升	1. Water	160ml	預設程式：⑱ 自訂程式 + ② 烘烤 烤色顏色：不適用 Preset program: ⑱ Favourite+ ② Bake Crust color: N/A
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	

### 做法 PROCEDURE

- 順序將1-7的材料放入烘焙桶。  
Place ingredients 1-7 in sequence into the pâtisserie pan.
- 選擇「自訂程式」\*以製作麵糰，然後按「開始」。  
Select the 'Favourite' program\* for dough making 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桿平(麵糰的闊度要接近烘焙桶的闊度)，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 pâtisserie pan). Place the cocoa dough on top of the original dough. Then gently roll them up together.
- 將麵糰放回烘焙桶內，用保鮮紙蓋著進行最後發酵(約30分鐘)。  
Place the dough back into the pâtisserie 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'.

\* 製作麵糰，把「烘烤」及「保溫」時間由60分鐘調校至0分鐘。其他設定不變。  
To make dough, change the 'Bake' and 'Keep Warm' parameters from 60 minutes to 0 minutes. All other parameters can be remained at their default settings.

### 提示 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



# CORN & HAM BREAD

## 粟米火腿麵包

### 材料 INGREDIENTS (4個 4Pieces)



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

預設程式: ⑱ 自訂程式  
+ ② 烘烤  
烤色顏色: 不適用  
Preset program:  
⑱ Favourite + ② Bake  
Crust color: N/A

### 做法 PROCEDURE

- 順序將1-7的材料放入烘焙桶。  
Place ingredients 1-7 in sequence into the pâtisserie pan.
- 選擇「自訂程式」\*以製作麵糰，然後按「開始」。  
Select the 'Favourite' program\* for making dough 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.



- 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.



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



- 將麵糰放回烘焙桶內，用保鮮紙蓋著進行最後發酵（約30分鐘）。  
Place the 4 dough back into the pâtisserie 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'.

\* 製作麵糰，把「烘烤」及「保溫」時間由60分鐘調校至0分鐘。其他設定不變。  
To make dough, change the 'Bake' and 'Keep Warm' parameters from 60 minutes to 0 minutes. All other parameters can be remained at their default settings.

### 提示 TIPS

- 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.





## STRAWBERRY VANILLA JAM

## 草莓雲呢拿果醬

### 材料 INGREDIENTS



1. 士多啤梨	300克	1. Strawberry	300g	預設程式: ⑨ 果醬 烤色顏色: 不適用 Preset program: ⑨ Jam Crust color: N/A
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	

### 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。  
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烘焙桶內。  
Place the diced strawberries, vanilla seeds, lemon juice, sugar substitute and sugar in sequence into the pâtisserie 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.

### 提示 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.

# GENMAICHA UDON

## 玄米茶烏冬

### 材料 INGREDIENTS (4碗 4Bowls)



1. 玄米茶	160毫升	1. 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：⑥ 麵條  
烤色顏色：不適用  
Preset program: ⑥ Noodle  
Crust color: N/A

### 做法 PROCEDURE

- 順序將1-3的材料放入烘焙桶。  
Place ingredients 1-3 in sequence into the pâtisserie 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.

### 提示 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.



# 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	1/3 teaspoon

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

- 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.
- 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.
- 將豬肉絲和材料3-8依次序放進烘焙桶內。  
Place the shredded pork and ingredients 3-8 in sequence into the pâtisserie pan.
- 選擇「果醬」預設程式，然後按「開始」。  
Select the 'Jam' preset program and press 'START'.

### 提示 TIPS

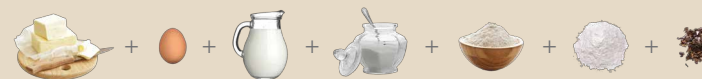
- 建議使用可煮食用的代糖，因普通代糖經加熱後味道會改變。  
It is recommended to use sugar substitute for baking as the taste of non-baking sugar substitute will be altered after heating up.

# EARL GREY POUND CAKE



## 伯爵茶磅蛋糕

### 材料 INGREDIENTS (8片 8Slices)



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：④ 蛋糕  
烤色顏色：不適用  
Preset program: ④ Cake  
Crust color: N/A

### 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; Ground the earl grey tea leaf into powder form for later use.
2. 順序將1-7的材料放入烘焙桶。  
Place ingredients 1-7 in sequence into the pâtisserie pan.
3. 選擇「蛋糕」預設程式，然後按「開始」。  
Select the 'Cake' preset program and press 'START'.

### 提示 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.