



Designed to simplify

# M·A·X COMBI STEAMER RECIPES

高溫蒸焗爐 • 天天好煮意



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**Experienced Food Connoisseur - KC**

曾為本港超過74間餐廳撰寫食評，現為「KC真味隨筆」的主編。

Has written food reviews for over 74 restaurants in Hong Kong, now Chief Editor of 'KC's True Taste'.

#### KC的惠而浦高溫蒸焗爐使用體驗：

今次使用惠而浦座檯式高溫蒸焗爐效果令我喜出望外，它的溫度可高達110°C，高溫蒸煮令食物釋放出本身的油份，香口更美味；另外蒸煮模式既可保存食物的營養和色澤，又可減少用油，食得更健康，配合我一直推行的健康飲食之道。惠而浦高溫蒸焗爐集蒸煮、熱風對流及燒烤功能於一身，除了烹調中菜之外，亦兼備西式焗爐的功效，可焗出各式各樣的甜品，令愛烹飪的人發揮無窮創意。

#### KC's experience on Whirlpool m.a.x. Combi Steamer:

Whirlpool's free-standing m.a.x. Combi Steamer is beyond my expectation. Its temperature can be set up to 110°C to release fat in the food, making it more savory. Moreover, the steam mode helps to preserve the nutrients and colours of food. This perfectly meets people's needs for healthy diets which I have been promoting. Whirlpool's m.a.x. Combi Steamer is truly multi-functional as it provides the functions of steam, hot air convection and grill. With just this appliance, you can cook Chinese dishes in addition to western dishes and different kinds of desserts. You will love it as you can create as many culinary delights as you wish.



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# STEAM CHINESE SAUSAGES WITH SEMI-DRIED OYSTERS

## 鴛鴦腸蒸金蠔

材料 **INGREDIENTS** (4人份量 Serves 4)



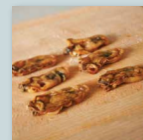
- |       |    |
|-------|----|
| 1. 臘腸 | 一條 |
| 2. 潤腸 | 一條 |
| 3. 金蠔 | 六隻 |

- |                                    |       |
|------------------------------------|-------|
| 1. Chinese preserved sausage       | 1 pc  |
| 2. Chinese preserved liver sausage | 1 pc  |
| 3. Semi-dried oyster               | 6 pcs |

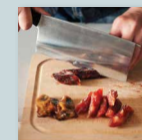
調味料：蜜糖1茶匙，紹酒1茶匙，醬油1茶匙，薑絲適量

Seasoning: 1 teaspoon of honey, Shaoxing rice wine and soya sauce, suitable amount of shredded ginger

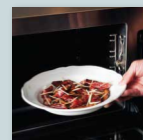
做法 **PROCEDURE**



1. 先將所有調味料混和。用滾水洗淨金蠔並抹乾水份，再加入調味料醃五分鐘。  
Mix the seasoning. Wash semi-dried oysters with hot water and wipe dry. Add seasoning and marinate for 5 minutes.



2. 臘腸和潤腸切段，長度就如金蠔般大小。  
Cut Chinese preserved sausages into pieces of same length as the semi-dried oysters.



3. 選擇「蒸煮」煮食模式，把切好的鴛鴦腸和金蠔加上薑絲放入m.a.x. 高溫蒸焗爐以110°C蒸18分鐘便成。  
Select the 'Steam' cooking method, put shredded ginger on the sausages and oysters and place into the m.a.x. Combi Steamer, then steam at 110°C for 18 minutes.

提示 **TIPS**

1. 微甜的調味料加上臘味的油香會令金蠔變得更鹹香可口。也可以將以上食材放在飯面蒸熟，就成美味的金蠔臘味飯。  
The slightly sweet seasoning together with the Chinese preserved sausages make the semi-dried oysters more savory. You can also steam the above ingredients on top of the rice to make Semi-dried Oyster with Chinese Preserved Sausage Rice.
2. 以110°C高溫蒸煮可讓臘腸釋放更多油份，香口更美味。  
Steaming at a higher temperature of 110°C is effective for the preserved sausages to release more oil and make the dish more tasty.

# ROAST CHICKEN WITH SHRIMP PASTE



## 蝦醬燒雞

材料 **INGREDIENTS** (5人份量 Serves 5)

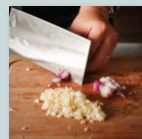


1. 雞  
1. Chicken

一隻  
1 pc

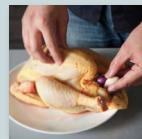
調味料：蝦醬4湯匙，紹酒1湯匙，橄欖油1湯匙，乾蔥頭5粒，蒜頭10粒  
Seasonings: 4 tablespoons of shrimp paste, 1 tablespoon of Shaoxing rice wine and olive oil, 5 pcs of shallot, 10 pcs of garlic

做法 **PROCEDURE**



1. 蝦醬、紹酒及橄欖油充份混和，備用。切碎五粒蒜頭及三粒乾蔥頭再加入蝦醬調味汁備用。

Mix shrimp paste, Shaoxing rice wine and olive oil, put aside. Chop 5 pcs of garlic and 3 pcs of shallot and add to the mixed shrimp paste seasoning.



2. 把剩下來的蒜頭及乾蔥頭塞進雞肚內。

Put the rest of the garlic and shallot into the belly of the chicken.



3. 將已混合好的蝦醬醬汁均勻的塗在雞殼及雞肚內。放入m.a.x.高溫蒸焗爐，選擇「蒸焗」煮食模式，以220°C蒸焗40鐘至雞皮呈焦脆便成。

Put the mixed shrimp paste seasoning evenly onto the outside and inside of the chicken. Place into the m.a.x. Combi Steamer and select the 'Pyro Steam' cooking method to cook at 220°C for 40 minutes until the chicken is golden brown and crispy.

提示 **TIPS**

1. 「蒸焗」煮食模式可做成雞皮脆而不減肉汁充盈的效果，味道及口感比一般先蒸後焗的做法好得多。  
Chicken cooked by the 'Pyro Steam' cooking method is crispy outside and juicy inside. Both the texture and flavor are better than pure steam followed by further baking.

2. 如果家裡人少，吃不完整隻雞，以雞翼代替也可。

If you have a small family and can't finish one chicken, you can use chicken wings instead.

3. 燒好的雞可以斬件奉客，以手撕的形式上檯也可。

The chicken can be served in two ways: cut into pieces or shredded by hand.



# CROISSANT PUDDING

## 牛角包布甸

材料 **INGREDIENTS** (4人份量 Serves 4)



1. 牛角包	4個	1. Croissant	4 pcs
2. 提子乾	20克	2. Raisins	20g
3. 牛油	100克	3. Butter	100g
4. 蛋	5隻	4. Egg	5 pcs
5. 白糖	30克	5. White sugar	30g
6. 全脂奶	500毫升	6. Full cream milk	500ml

做法 **PROCEDURE**



1. 將每個牛角包切成三件，待用。牛油放在金屬小鍋中以小火溶掉。  
Cut each croissant into 3 pieces, set aside. Melt butter in a small metal pot.



2. 以溶掉的牛油去浸牛角包，以令所有牛角包也滲滿牛油。將所有牛角包排進焗盆內。  
Soak croissants in melted butter so that each piece absorbs enough butter. Arrange the croissants in the baking tray.



3. 將打發的蛋、白糖及奶混和，再倒入排了牛角包的焗盆內。最後加入提子乾。將m.a.x. 高溫蒸焗爐預熱至180°C，將焗盆放進蒸焗爐內，選擇「熱風烤焗」煮食模式，以200°C 焗15分鐘至表面呈金黃色便成。  
Beat egg, mix with sugar and milk, then pour into the tray. Add raisins. Preheat the m.a.x. Combi Steamer at 180°C. Put the tray into the Combi Steamer, select the 'Convection' cooking method. Bake at 200°C for 15 minutes until the surface is golden brown.

提示 **TIPS**

- 用放涼了的牛角包比新鮮的效果更好。  
For better result, use cooled croissants rather than fresh ones.
- 可以脫脂奶代替全脂奶，不過後者焗起來味道較香。  
Can substitute full cream milk with skimmed milk, but the former can make the pudding more fragrant.
- 如以細網將糖奶混合物的泡沫隔去，焗出來的效果會更好。  
Strain bubbles out by using a fine sieve to achieve better result.

# BAKED FISH FILLETS WITH GRAPEFRUIT AND CHAMPAGNE



## 西柚香檳脆焗魚柳

材料 **INGREDIENTS** (4人份量 Serves 4)



1. 鮮魚	1條	1. Fish	1 pc
2. 鮮蜆	4隻	2. Clam	4 pcs
3. 西柚肉	3件	3. Grapefruit flesh	3 pcs
4. 車厘茄	3粒	4. Cherry Tomato	3 pcs
5. 三色椒	各1/5個 (切粒)	5. Bell peppers of three colours (Diced)	1/5 each
6. 紅洋蔥	1/4個 (切粒)	6. Red onion (Diced)	1/4 pc
7. 雞湯	1/2杯	7. Chicken stock	1/2 cup
8. 香檳	50-80ml	8. Champagne	50-80 ml
9. 新鮮蒔蘿	1棵	9. Fresh dill	1 pc
10. 番茜碎	1湯匙	10. Chopped parsley	1 tablespoon
11. 麵包糠	5湯匙	11. Bread crumbs	5 tablespoon
12. 牛油	50克	12. Butter	50 g

醃料：粗鹽和橄欖油適量、西柚皮一個 (磨茸)

Marinate: small amount of coarse salt and olive oil, 1pc of grapefruit skin (mashed)

## 做法 **PROCEDURE**

- 鮮魚用粗鹽和西柚皮抹勻稍醃，加橄欖油浸過面，醃過夜。  
Marinate the fish with coarse salt and grapefruit skin, pour olive oil to cover the fish. Marinate overnight.
- 洋葱粒、三色椒粒爆香加雞湯煮三分鐘成湯汁。牛油加蒔蘿、番茜碎及麵包糠拌勻，塗在魚皮上。  
Sauté onion, bell peppers and add the chicken stock to cook for 3 minutes to make the sauce. Mix the butter with dill, parsley and bread crumbs and spread on the fish skin.
- 焗盤中先放入湯汁、鮮蜆、西柚肉及車厘茄，再放入魚。放入 m.a.x. 高溫蒸焗爐，選擇「蒸焗」煮食模式，以200℃焗15-20分鐘，注入香檳再焗5分鐘即可。  
Place the sauce, clams, grapefruit flesh and cherry tomatoes into the baking tray, then place the fish. Place into the m.a.x. Combi Steamer and select the 'Pyro Steam' cooking method to cook at 200°C for 15-20 minutes, add the champagne and cook for another 5 minutes.

## 提示 **TIPS**

- 魚可選鱸魚、盲鰱或海青斑等鮮魚。  
Can use fresh fish like sea bass, barramundi or green grouper.

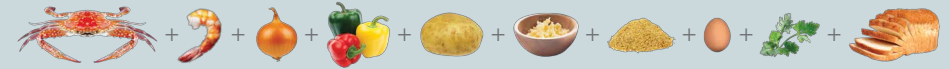


# CHEESE AND CRAB MEAT TOAST



## 芝士蟹肉蝦多士

材料 **INGREDIENTS** (4人份量 Serves 4)



1. 紅花蟹	1隻 (約1斤)	1. Spotted sea crab	1 pc (around 1 catty)	調味料： 糖、鹽、黑胡椒粉各少許 Seasonings: 1 pinch of sugar, salt and black pepper
2. 海蝦	4隻	2. Shrimp	4 pcs	
3. 洋蔥	1/2個	3. Onion	1/2 pc	
4. 三色椒	各1/3個	4. Bell peppers of three colours	1/3 each	
5. 薯仔	1/2個	5. Potato	1/2 pc	
6. 芝士	4-6湯匙	6. Cheese	4-6 tablespoon	
7. 麵包糠	4-6湯匙	7. Bread crumbs	4-6 tablespoon	
8. 蛋	2隻	8. Egg	2 pcs	
9. 番茜	少許	9. Celery	Small amount	
10. 方包	4片	10. Sandwich bread	4 pcs	

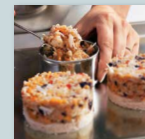
## 做法 **PROCEDURE**



1. 紅花蟹、蝦和薯仔同時放入m.a.x.高溫蒸焗爐以100°C蒸10分鐘。取出紅花蟹和蝦拆肉；取出薯仔壓成薯茸。洋蔥、三色椒切粒。用模具將方包切成圓形，待用。  
Put the spotted sea crab, shrimps and potato into the m.a.x. Combi Steamer and steam at 100°C for 10 minutes. Unshell the crab and shrimps. Mash the potatoes. Dice the onion and bell peppers. Cut the bread into round shape with the mould and set aside for later use.



2. 將蟹肉、洋蔥、三色椒和薯茸混合拌勻。加入芝士、蛋、麵包糠和調味料拌勻。  
Mix the crab meat, onion, bell peppers and potato mash. Add cheese, egg, bread crumbs and seasonings to the mixture.



3. 圓形模具放在圓形方包上，將混合好的薯茸放入模具內，造成圓塊。放入m.a.x.高溫蒸焗爐，選擇「熱風烤焗」煮食模式，以200°C焗20分鐘。最後放上大蝦和番茜即可。  
Place the mould on the round bread then place the mixed potato mash into the mould in order to form a round shape. Place into the m.a.x. Combi Steamer and choose 'Convection' cooking method to bake at 200°C for 20 minutes. Decorate with the shrimp and the celery.

## 提示 **TIPS**

1. 混合不同的芝士如巴馬臣芝士、水牛芝士，味道會更香。  
It is recommended to use mixed types of cheese (e.g Parmesan, Mozzarella) for this dish for best result.

# BAMBOO FUNGUS, MUSHROOM & CHICKEN SOUP



## 竹笙香菇燉雞湯

### 材料 INGREDIENTS (2人份量 Serves 2)



1. 春雞	1隻(約400克)	1. Spring chicken	1 pc (about 400g)
2. 竹笙	25克	2. Bamboo fungus	25g
3. 牛乾菌	5克	3. Porcini mushroom	5g
4. 雞油菌	5克	4. Chanterelle mushroom	5g
5. 杞子	5克	5. Wolfberry	5g
6. 薑	2片	6. Ginger	2 slices
7. 水	5碗	7. Water	5 bowls

調味料: 鹽少許  
Seasonings:  
1 pinch of Salt

### 做法 PROCEDURE



1. 春雞加水放入m.a.x. 高溫蒸焗爐以100°C 蒸10分鐘汆水。  
Add water to the spring chicken and place it into the m.a.x. Combi Steamer to boil at 100°C for 10 minutes.



2. 竹笙、牛乾菌和雞油菌浸水至軟身。  
Soak the bamboo fungus, the porcini mushroom and the chanterelle mushroom in water until they turn soft.



3. 燉盅裡放入薑片、牛乾菌、雞油菌、竹笙、杞子、春雞和5碗水，放入m.a.x. 高溫蒸焗爐以100°C 蒸100分鐘，飲用時加少許鹽作調味即可。  
Place the ginger, the porcini mushroom, the chanterelle mushroom, the bamboo fungus, the wolfberries, the spring chicken and 5 bowls of water into a ceramic pot and place it into the m.a.x. Combi Steamer to steam at 100°C for 100 minutes. Serve with a small amount of salt.

### 提示 TIPS

- 惠而浦m.a.x. 高溫蒸焗爐配備特大1.3公升儲水箱，可連續以100°C 蒸煮180分鐘，不需中途加水，大大提升煮食靈活性。  
m.a.x. Combi Steamer comes with an extra large water tank of 1.3L capacity that allows non-stop steaming at 100°C for 180 minutes without the need to add additional water in the middle of the course of cooking. This feature enhances the efficiency and flexibility of cooking.
- 牛乾菌、雞油菌在city'super、吉之島有售。  
Porcini mushroom and chanterelle mushroom can be bought at city'super and JUSCO.
- 春雞透過汆水，以達到去除血水及油脂的效果。  
To boil the spring chicken in the water in short time can help to remove the blood and fat.



# PRESERVED VEGETABLES WITH BEAN CURD

## 素梅菜豆腐餅

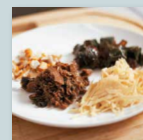
材料 **INGREDIENTS** (2人份量 Serves 2)



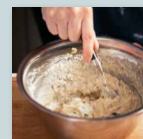
1. 甜梅菜	1棵	1. Sweet preserved vegetables	1 pc
2. 豆腐	450克	2. Bean curd	450g
3. 蛋	1隻	3. Egg	1 pc
4. 皮蛋	1隻	4. Preserved egg	1 pc
5. 鹹蛋黃	1隻	5. Salted egg yolk	1 pc
6. 腐竹	10克	6. Bean curd sheet	10g
7. 蔥花	1湯匙	7. Chopped spring onion	1 tablespoon
8. 生粉	1/2-1茶匙	8. Starchy flour	1/2-1 teaspoon

調味料：鹽、胡椒粉、  
麻油、豉油各少許  
Seasonings:  
1 pinch of salt and  
pepper, small amount  
of sesame oil and soy  
sauce

### 做法 **PROCEDURE**

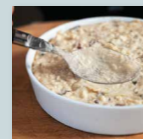


1. 甜梅菜浸水1小時、洗淨，切幼絲。腐竹浸水至軟身，切絲。皮蛋和鹹蛋黃切粒。  
Soak the sweet preserved vegetable in water for 1 hour, wash it and cut into thin shreds. Soak the bean curd sheet until soft then cut into shreds. Dice the preserved egg and the salted egg yolk.



2. 大碗裡放豆腐，搗爛，加入甜梅菜、蛋、鮮腐竹、皮蛋、鹹蛋黃、鹽、胡椒粉和生粉拌勻。

Place and mash the bean curd in a large bowl. Add in the sweet preserved vegetable, the egg, the bean curd sheet, the preserved egg, the salted egg yolk, salt, pepper and starchy flour and mix well.



3. 盛起，用匙羹輕壓使豆腐餅表面平滑；放入m.a.x.高溫蒸焗爐以100°C蒸10-15分鐘，灑蔥花、麻油和豉油即可。

Dish the mixing and lightly press its surface with a spoon to smooth out. Place the dish into the m.a.x. Combi Steamer and steam it at 100°C for 10-15 minutes. Sprinkle with the chopped spring onion, sesame oil and soy sauce.

### 提示 **TIPS**

1. 可用軟豆腐或布包豆腐。將腐竹捲起後切絲，會較方便。  
Can use soft bean curd or cloth-wrapped bean curd. It is easier to cut the bean curd sheet by rolling them together for shredding.
2. 鹹蛋不要蛋白，以免太鹹。  
Leave out the egg white of the salted egg so that it will not be too salty.
3. 加入生粉混和，可避免太稀。  
Mix in the starchy flour to increase thickness and prevent it from becoming too watery.

# STEAM CRAB WITH EGG WHITE & PRESERVED PLUM IN HUADIAO WINE



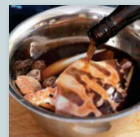
## 話梅蛋白花雕蒸蟹

材料 **INGREDIENTS** (2人份量 Serves 2)

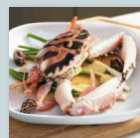


1. 紅花蟹	1隻 (約1斤)	1. Spotted sea crab	1 pc(around 1 catty)	調味料：魚露、麻油1茶匙、雞湯100毫升、糖少許 Seasonings: 1 teaspoon of fish sauce and sesame oil, 100 ml of chicken soup, 1 pinch of sugar. 醃料：花雕酒適量 Marinade: Some Huadiao wine
2. 蛋白	4隻	2. Egg white	4 pcs	
3. 話梅	5粒	3. Preserved plum	5 pcs	
4. 薑片	2片	4. Sliced ginger	2 pcs	
5. 蔥段	2段	5. Sectioned spring onion	2 pcs	
6. 蔥花	少許	6. Chopped spring onion	Small amount	

做法 **PROCEDURE**



1. 花蟹洗淨，加花雕酒浸過蟹身和話梅，醃15分鐘。蛋白放入大碗裡，加魚露、雞湯、糖和麻油拌勻。  
Wash the crab. Add Huadiao wine to cover the crab and preserved plum, marinate for 15 minutes. Place the egg white into a large bowl, add fish sauce, chicken soup, sugar and sesame oil to mix well.



2. 先放薑片和蔥段在碟上，然後放上蟹，放入m.a.x.高溫蒸焗爐以100°C蒸12分鐘（1斤以上花蟹蒸多5-10分鐘）。  
Place the ginger slices and spring onion sections onto a plate. Then place the crab on top and place into the m.a.x. Combi Steamer and steam at 100°C for 12 minutes (for crab above 1 catty, cook for an additional 5 to 10 minutes).



3. 取去薑片和蔥段，注入已調味的蛋白，放入m.a.x.高溫蒸焗爐以100°C蒸8-10分鐘，灑蔥花即可。  
Remove the ginger slices and spring onion sections. Pour the seasoned egg white into the plate and put into the m.a.x. Combi Steamer again and steam at 100°C for another 8 to 10 minutes. Sprinkle the top with the chopped spring onion.

提示 **TIPS**

1. 食物以蒸煮方式烹調，可保存營養、鮮味及色澤。  
The cooking method of steaming can preserve the nutrition, the taste and the colour of the food.
2. 惠而浦m.a.x.高溫蒸焗爐噴注式蒸氣設計，減少形成「倒汗水」，避免食物表面被水沾濕而影響口感。  
With m.a.x. Combi Steamer's innovative steam injection technology, the steam is directly and evenly injected into the steamer cavity which reduces water vapour condensing at the top that drip down and affect the taste and texture of the food.
3. 話梅可提升酒香及花蟹的鮮味。  
Preserved plum can enhance the scent of wine and taste of the crab.



# BANANA AND WALNUT MUFFIN



## 香蕉核桃小鬆餅

材料 **INGREDIENTS** (4人份量 Serves 4)



1. 香蕉	1隻	1. Banana	1 pc
2. 核桃	20克	2. Walnut	20g
3. 麵粉	100克	3. Flour	100g
4. 發粉	1茶匙	4. Baking powder	1 teaspoon
5. 酸忌廉	150克	5. Sour cream	150g
6. 蛋	1隻	6. Egg	1 pc
7. 橄欖油	40毫升	7. Olive oil	40 ml

調味料：糖100毫升  
Seasonings: 100ml of sugar

做法 **PROCEDURE**



1. 麵粉和發粉過篩。香蕉切片，核桃壓碎。  
Sieve the flour and baking powder. Slice the banana and crush the walnuts.



3. 將m.a.x. 高溫蒸焗爐預熱至180°C，將麵糰放入高溫蒸焗爐，選擇「熱風烤焗」煮食模式，以180°C焗30分鐘即可。  
Preheat the m.a.x. Combi Steamer at 180°C, place the dough into the Combi Steamer and select the 'Convection' cooking method. Bake at 180°C for 30 minutes.



2. 大碗裡放蛋、糖、橄欖油和酸忌廉，拌勻，再加入麵粉拌勻。加入核桃碎拌勻，分到小杯裡，最後放上香蕉片。

Place the egg, sugar, olive oil and sour cream into a large bowl and mix well. Add in the flour and mix well. Add in the walnut and mix again. Place the mixing into small cups then add banana slices on the top.

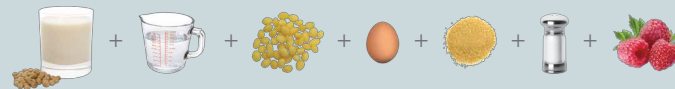
提示 **TIPS**

- 想香蕉味更濃，可加少許香蕉香精油於麵糰。  
To have a richer banana flavor, banana oil essence can be added.

# GINKGO & EGG WHITE SOYBEAN PUDDING

## 銀杏蛋白豆腐花

材料 **INGREDIENTS** (2人份量 Serves 2)



1. 豆漿	400克	1. Soybean milk	400g
2. 水	100克	2. Water	100g
3. 銀杏	10粒	3. Ginkgo	10 pcs
4. 蛋白	4隻	4. Egg white	4 pcs
5. 蔗糖	1-2湯匙	5. Cane sugar	1-2 tablespoon
6. 鹽	少許	6. Salt	1 pinch
7. 紅莓	少許	7. Raspberry	Small amount

做法 **PROCEDURE**



1. 銀杏和蔗糖放入鑊中，加水以慢火煮至黏稠，靜置，形成一層薄薄的焦糖表層。  
Place the ginkgo and cane sugar into the cooking pan. Add in water to cook at low heat until thick. Set aside to form a thin caramelized layer.



2. 豆漿加水 and 鹽拌勻，放入煲內煮至微熱，加入蛋白拌勻，過篩。  
Add water and salt to the soybean milk and mix well. Place it into the cooking pot and cook until warm. Add in egg white, stir well and then sieve it.



3. 豆漿放入蒸盤，放入 m.a.x. 高溫蒸焗爐以 100°C 蒸 20-25 分鐘，加上紅莓在表面，伴以焦糖銀杏來吃。  
Pour the soybean milk into the steam tray. Put it into the m.a.x. Combi Steamer to cook at 100°C for 20-25 minutes. Place the raspberry on the top and served with caramelized ginkgo.

提示 **TIPS**

1. 將鐵匙羹放在豆腐花表面，如沒有下沉便可食用。  
Check the soybean pudding with a stainless steel spoon. It is ready to serve when the spoon does not sink.
2. 喜歡吃甜的話，食用時可再加入蔗糖。  
For those who have a sweet tooth, you are always welcome to serve the pudding with more sugar.
3. 鹽混合蛋白後，可代替石膏粉，有凝固的化學作用，是對身體健康的做法。  
When the salt is mixed with egg white, it can replace gypsum powder to solidify the pudding and it is healthier.