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BRILLIANCE STEAM OVEN



RECIPE BOOK

BRILLIANCE STEAM OVEN 28L

Tefal®



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RECIPE BOOK



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Spicy Steamed Clams



- 1 Line the baking tray with aluminum foil.
- 2 Mix the onions and garlic with the soy sauce, ketchup, garlic chili sauce and chili sauce.
- 3 Add all clams with the mixture, place them onto the baking tray and place the tray in the centre rack.
- 4 Select the **PYRO-STEAM** function, then set the temperature to 210°C and cook for 10 minutes. (Please note: The time required for the clams to cook depends on the temperature of the clams, if the shells do not open within 10 minutes, keep cooking with the **PYRO-STEAM** function at 5 minute durations until all the clams are cooked)
- 5 Serve with fresh chilies and coriander.

- 400g clams
- ½ onion, chopped
- 2 cloves of garlic, chopped
- 1 teaspoon light soy sauce
- 1 tablespoon ketchup
- 1 tablespoon garlic chili sauce
- 1 tablespoon chili sauce
- fresh chill slices
- fresh coriander



Spinach and Artichoke Stuffed Mushrooms



- 1 Preheat oven to 200°C for 5 minutes by selecting **CONVECT** function.
- 2 Clean and hull mushrooms.
- 3 Combine all other ingredients and mix well.
- 4 Spoon mixture into hulled mushrooms.
- 5 Top with a light sprinkle of Parmesan cheese.
- 6 Line the mushrooms on the baking tray.
- 7 Place the tray on the middle rack and select **PYRO-STEAM** function, cook at 200°C for 10 minutes.
- 8 Serve hot.

- 6 whole Portobello mushrooms
- 100g cream cheese
- 100g frozen spinach, thawed, chopped and well drained
- 1 can artichokes, chopped and drained
- ½ cup Parmesan cheese
- ½ cup Mozzarella cheese



Cantonese Steamed Whole Fish



- 1 Place the fish on a plate and place on the wire rack positioned in the middle of the oven.
- 2 Select the **STEAM** function, steam at 80°C for 15 to 18 minutes. Depending on the size and temperature of the fish when the cooking process starts, steaming time may be longer if required.
- 3 When the fish is cooked, cover the fish with coriander, spring onion and chili slices.
- 4 Heat the oil in a pan until smoking, then pour the oil over the fish.
- 5 Then pour the soy sauce over the fish.
- 6 Serve immediately with steamed Jasmine rice.

- 1 fresh grouper whole fish, descaled and cleaned
- 1 bunch spring onions, sliced
- 1 bunch fresh coriander, chopped
- 1 teaspoon bird's eye chili slices
- 4 tablespoons vegetable oil
- 4 tablespoons light soy sauce



Chwee Kueh (Steamed Rice Cakes)



- 1 Whisk rice flour, wheat starch, cornflour, salt, oil and 300ml room temperature water.
- 2 Add 400ml boiling water and whisk it.
- 3 Pour into a pan and cook over medium-low heat whilst stirring. Cook until the mixture is thick enough to coat sides of pot thinly.
- 4 Pour the mixture into non stick cupcake baking tins. Then place on the wire rack, positioned in the centre of the oven.
- 5 Select **STEAM** function, steam at 100°C for 20 minutes.
- 6 Make the topping by rinsing the chai poh twice. Drain in sieve, pressing to remove excess water and transfer to mixing bowl. Add garlic and dark soya sauce, then mix thoroughly. Heat wok till hot and place chai poh mixture in wok. Add enough oil (about 120ml) to almost cover mixture and fry over medium-high heat till garlic is golden brown. Reduce heat to low, then add sugar and stir till dissolved. Turn off heat, taste and if necessary adjust seasoning.
- 7 When the Chwee Kueh is cooked, allow to cool slightly, unmould and serve with the topping.

- 150g rice flour
- 12g wheat starch
- 12g cornflour
- ½ teaspoon salt
- 2 teaspoons oil
- 300ml room temperature water
- 400ml boiling water
- Topping:**
- 150g chopped chai poh (salted turnip)
- 30g garlic, peel and chop roughly
- ¼ teaspoon dark soya sauce
- 120ml vegetable oil
- 2 tablespoons sugar



Cantonese Cha Siu (BBQ Pork)



- 1 Cut pork lengthways into 2cm thick pieces and prick several times with a knife or cooking skewer.
- 2 Mash red fermented bean curd and combine in a bowl with hoisin sauce, soy sauce, rose wine.
- 3 Place pork and marinade in a sealable bag and marinate in fridge over night to up to two days.
- 4 Preheat oven to 230°C for 10 minutes by selecting **CONVECT** function.
- 5 Place pork on the baking tray lined with aluminum foil on the bottom shelf.
- 6 Select **PYRO-STEAM** function and cook at 200°C for 20 minutes.
- 7 Take the tray out and drizzle some honey onto the pork and place the tray on the top rack.
- 8 Select the **GRILL** function, cook at 230°C for 10 minutes (Flip the meat after 5 minutes to sear the other side).
- 9 When the program has ended, take the pork out to rest for 10 minutes before cut and serving.

- 1kg pork collar chops, at least 1-1.5 inches thick
- 160g hoisin sauce
- 120g honey
- 2 tablespoons light soy sauce
- 2 tablespoons Chinese rose wine (Mei Kwei Lu), optional
- 1 tablespoon red fermented bean curd



Hainan Chicken Rice



- 1 Combine ginger, spring onion, salt and sesame oil together and use it to marinate the chicken.
- 2 Leave it in the fridge for 1 hour then wash away the marinade and sprinkle some salt on the surface of the chicken.
- 3 Place the rice and chicken stock in a clay pot and bring to a boil.
- 4 Then place the chicken on top, skin side up and place the pot on the baking tray positioned in the centre of the oven.
- 5 Select **STEAM** function, steam at 110°C for 40 minutes.
- 6 Slice the chicken into bite size pieces and place on a plate.
- 7 Garnish with spring onion, coriander and cucumber.
- 8 Serve with chili sauce and ketchup manis.

Chicken:

- ½ Chicken
- 25g ginger, sliced
- 3 spring onion, chopped
- 30ml sesame oil
- 15g salt + additional salt for sprinkling

Rice:

- 200g rice, washed and drained
- 230g chicken stock



Whole Roasted Garlic Chicken



- Mix the butter with the paprika and garlic, and then push this mixture in between the skin and chicken breast. Be careful not to pierce the skin.
- Brush vegetable oil onto the skin and sprinkle salt all over the chicken.
- Select the **PYRO-STEAM** function, cook at 180°C for 40 minutes. Cooking time depends on the size and temperature of the chicken when the cooking process starts. Cooking time may be longer if required.
- Let the chicken rest for 8-10 minutes before taking out and serving.

- 1 medium sized chicken
- 100g salted butter at room temperature
- 4 garlic cloves, sliced
- 1 teaspoon paprika
- 1 teaspoon salt
- 2 tablespoons vegetable oil



Calzone Pizza



- To make the dough, mix all the dry ingredients and then incorporate the wet ingredients. Knead in a stand mixer or by hand for 5 minutes. Grease a mixing bowl with olive oil and transfer the dough into the bowl coating with olive oil. Cover with a damp dishcloth and place on the wire rack positioned on the bottom rack position.
- Select the **WARM** function and set the time to 60 minutes. Allow the dough to proof for 60 minutes.
- Punch down and make dough balls of 120g dusting with flour. Line the baking tray with baking paper and place the dough balls on top with a good amount of space between. Proof for another 30 minutes using the **WARM** function. Then take out and put the dough balls in the fridge until use.
- To make the calzone, first preheat oven to 230°C for 10 minutes by selecting **CONVECT** function.
- Roll out the dough ball into a large flat circle on top of a piece of baking paper.
- Spoon in some tomato sauce on one side of the circle, leaving about 1/2 inch edge. Put the onions, peppers, ham and pepperoni on top of the sauce and top with cheese. Fold over the other side of the circle and crimp the sides together.
- Brush the egg wash over the top, allow to dry for 5 minutes before brushing another layer of egg wash on top. Transfer the calzone with the baking paper onto the baking tray and place the tray in the centre rack position.
- Select **CONVECT** function, cook at 200°C for 15 minutes. Bake for longer if required.
- Serve immediately.

WARM function can be also used for fermentation

- 120g pizza dough
 - 50g tomato sauce (pasta sauce)
 - ¼ onion, sliced
 - ¼ bell pepper, sliced
 - 4 tablespoons pizza cheese
 - 20g ham
 - 40g pepperoni
 - ½ egg, beaten (for eggwash)
- Basic pizza dough recipe:**
- 500g plain flour
 - 8g dried yeast
 - 1 teaspoon sugar
 - ½ teaspoon salt
 - 340ml warm water
 - 50g olive oil (not extra virgin)



Chinese Double Boiled Soup with Yam, Wolfberries and Conch



- 1 First put the pork and conch in a pot and cover with room temperature water. Then bring to a boil slowly.
- 2 Wash the pork and conch, then put together with all other ingredients into a chinese double boiler.
- 3 Place on the tray on the bottom rack position.
- 4 Select **STEAM** function, steam at 100°C for 4 hours.
- 5 You will need to fill the water tank during the cooking process.
- 6 Remove and serve.

- 80g lean pork
- 3 pieces frozen conch
- 3-4 pieces dried yam
- 1 tablespoon sweet almonds
- 1 tablespoon wolfberries
- 1 piece dried tangerine peel
- 1 tablespoon dried longan



Swiss Roll



Cake

- 1 Preheat oven to 180°C for 10 minutes by selecting **CONVECT** function.
- 2 Line the baking tray with baking paper.
- 3 Beat the egg yolks and sugar until light and thick. Beat in the vanilla and yogurt. Add the flour, baking powder, cocoa powder, and salt, and mix until combined.
- 4 In a separate bowl, beat the egg whites until stiff peaks form. Gently fold into the batter.
- 5 Pour the batter into the prepared baking tray, and spread out evenly. Place tray on the middle rack.
- 6 Select the **CONVECT** function, cook at 180°C for 30 minutes.
- 7 Check the cake after 15 minutes then every 5 minutes with a toothpick inserted in the centre until comes out clean.
- 8 Immediately invert the cake onto a tea towel dusted with icing/powdered sugar. Gently peel off the parchment paper, then roll up the cake with the tea towel, starting at a short end. Allow to cool completely on a wire rack.

Filling:

- 9 Whip the heavy cream until it starts to thicken. Add the icing sugar and vanilla and whip to stiff peaks.
- 10 Unroll the cake, and spread the whipped cream evenly over the cake. Re-roll without the tea towel. Cover and refrigerate for at least 1 hour. Dust with icing sugar and serve.

Cake:

- 4 large eggs separated, room temperature
- 150g caster/granulated sugar
- 1 teaspoon vanilla extract
- 60g greek style yogurt
- 100g cake flour
- 1 teaspoon baking powder
- 25g cocoa powder
- ¼ teaspoon salt

Filling:

- 240ml heavy cream
- 60g icing/powdered sugar
- 1 teaspoon vanilla extract



Pumpkin Pie



- Mix the crumbs with the melted butter and press into a greased tart pan. Cover in plastic wrap and refrigerate for 30 minutes.
- Preheat oven to 200°C for 10 minutes by selecting **CONVECT** function.
- Mix the pumpkin puree, eggs, milk, sugar and spices until smooth.
- Pour into the tart shell then place on the perforated tray and insert into the middle rack of the oven.
- Select **CONVECT** function again, cook at 180°C for 25 minutes.
- Let the pie cool for 20 minutes before serve, enjoy with a dusting of icing sugar

- 2 cups pumpkin puree (steam 500g peeled pumpkin until soft, then puree)
- 3 eggs
- $\frac{3}{4}$ cup evaporated milk
- 185g brown sugar
- $1\frac{1}{2}$ teaspoons ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon allspice
- Maple syrup, to serve
- Icing sugar, to dust

Pastry:

- 300g digestive biscuit crumbs
- 110g melted butter



Steamed Coconut Egg White Pudding



- Remove coconut water from shell and save it.
- Place small sauce pot over medium heat, pour in milk and sugar, then heat till the sugar has melted. Remove from heat and set aside.
- Add coconut water to egg white and mix well.
- Combine the two mixtures (sweetened milk and coconut water with whites).
- Pour mixture through a sieve to remove any lumps of egg whites, so the pudding will be smoother.
- Remove hot water inside coconut shells, then evenly distribute the mixture between the two shells.
- Place coconut shells onto a bowl or ramekin so they won't roll around. Cover with heat-resistant microwave wrap* or aluminum foil.
- Carefully place the coconut shells onto the baking tray, and place in the centre rack.
- Select the **STEAM** function, steam at 110°C for 30 minutes.
- Serve immediately.

- 2 coconut shells
- 130ml coconut water
- 3 large egg whites
- 130ml whole milk
- 2 tablespoons white sugar (depending on personal taste and sweetness of the coconut water)

* heat-resistant at least 125C or above and do not let the wrap touch the food during cooking; it is used for Steam function only.



香辣蒸蜆



- 1 在烤盤上鋪上錫紙。
- 2 將洋蔥 大蒜 生抽 番茄醬 蒜蓉辣椒醬和辣椒醬混合。
- 3 將所有蜆倒入醬汁中拌勻，然後置於烤盤上，再將烤盤置於蒸焗爐中層。
- 4 選擇PYRO-STEAM蒸焗功能，將溫度設至攝氏210度，然後蒸焗10分鐘。（請注意：蜆的烹煮時間需視乎蜆而定，如果蜆殼在10分鐘內仍未打開，請以PYRO-STEAM蒸焗功能繼續蒸焗5分鐘，直至所有蜆煮熟）
- 5 加上新鮮辣椒和芫荽即可享用。

400克蜆
 1個洋蔥(切碎)
 2瓣大蒜(切碎)
 1茶匙生抽
 1湯匙番茄醬
 (普通匙約6 - 8勺)
 1湯匙蒜蓉辣椒醬
 (普通匙約4勺)
 1湯匙辣椒醬
 新鮮辣椒(切片)
 新鮮芫荽



菠菜朝鮮薊釀蘑菇



- 1 選擇CONVECT熱風對流功能，然後用攝氏200度預熱蒸焗爐5分鐘。
- 2 大啡菇洗淨去蒂。
- 3 混合所有其他材料，然後拌勻。
- 4 將拌勻的材料釀入大啡菇。
- 5 於表面灑上少許巴馬臣芝士。
- 6 將大啡菇排列於烤盤上。
- 7 將烤盤置於蒸焗爐中層，選擇PYRO-STEAM蒸焗功能，然後以攝氏200度烤焗10分鐘。
- 8 趁熱享用。

6隻大啡菇
 100克忌廉芝士
 100克冷凍菠菜
 (解凍後切碎並瀝乾)
 1罐朝鮮薊
 (切碎並瀝乾)
 杯巴馬臣芝士
 杯水牛芝士



粵式蒸魚



- 1 網架置於蒸焗爐中層，將石斑魚放於碟上，然後放到網架上。
- 2 選擇STEAM蒸煮功能，以攝氏80度蒸15或18分鐘。根據魚的大小和溫度，所需的蒸煮時間可能會更長。
- 3 魚蒸熟後，加上芫荽、蔥和指天椒。
- 4 用平底鍋將油燒熱，然後將熟油淋在魚上。
- 5 淋上生抽。
- 6 配絲苗飯趁熱享用。

1尾新鮮石斑魚
(去鱗並洗淨)

1棵蔥(切絲)

1棵新鮮芫荽(切碎)

1茶匙指天椒(切絲)

4湯匙植物油

4湯匙生抽

水糰 (蒸米糕)



- 1 將粘米粉、無筋麵粉、鷹粟粉、鹽、油與300毫升的室溫白開水拌勻。
- 2 加入400毫升滾水，然後拌勻。
- 3 將混合料倒入平底鍋中，一邊攪拌，一邊以中低火加熱。煮到濃稠，直至鑊邊形成一層薄膜。
- 4 將混合材料倒入易潔杯子蛋糕模中。網架置於蒸焗爐中層，然後將蛋糕模放到網架上。
- 5 選擇STEAM蒸煮功能，以攝氏100度蒸20分鐘。
- 6 現在開始準備餡料，首先將菜脯沖洗兩次。用筍箕沖洗菜脯，壓去多餘水份，然後放進大碗中。加入大蒜和老抽，然後拌勻。將鑊燒熱，加入餡料。加入足夠份量的油(約120毫升)，令餡料幾乎被完全覆蓋，然後用中高火爆炒，直至大蒜變成金黃色。轉至小火，然後加入糖並攪拌至完全溶化。熄火試味，如有需要，可調整調味料。
- 7 水糰蒸熟後，讓水糰稍為冷卻後再脫膜，然後鋪上餡料即成。

150克粘米粉
12克無筋麵粉
12克鷹粟粉
茶匙鹽
2茶匙油
300毫升白開水
400毫升滾水

餡料

150克切碎的菜脯
(醃漬蘿蔔)
30克大蒜
(去皮、略切碎)
茶匙老抽
120毫升植物油
2湯匙糖



廣東叉燒(燒烤豬肉)



4



- 1 將梅頭豬肉切成每塊2厘米厚的豬扒,然後用刀或烤串輕刺幾下。
- 2 將紅腐乳壓爛成茸,放入碗內,加入海鮮醬、生抽和玫瑰露酒,然後拌勻。
- 3 將豬扒和醃料倒入密實袋內,然後放入雪櫃醃過夜或最多兩日。
- 4 選擇CONVECT熱風對流功能,然後用攝氏230度預熱蒸焗爐10分鐘。
- 5 在烤盤上鋪上錫紙,放上豬扒,然後置於蒸焗爐底層。
- 6 選擇PYRO-STEAM蒸焗功能,以攝氏200度蒸焗20分鐘。
- 7 取出烤盤,在豬扒上淋上蜜糖,然後將烤盤置於蒸焗爐頂層。
- 8 選擇GRILL烤焗功能,然後以攝氏230度烤焗10分鐘(5分鐘後將豬扒反轉,讓另一面烤至焦黃)。
- 9 烤焗程序結束後,將豬扒取出,放涼10分鐘後即可切片上碟。

1公斤梅頭豬扒
(至少1-1.5吋厚)

160克海鮮醬

120克蜜糖

2湯匙生抽

2湯匙玫瑰露酒
(不加亦可)

1湯匙紅腐乳



海南雞飯



2



- 1 將生薑、蔥、鹽和芝麻油混合成為醃料,並用作醃雞。
- 2 將雞放入雪櫃內醃1小時,洗去醃料,然後在雞身表面灑上鹽。
- 3 將大米和雞湯倒入砂鍋內,然後煮滾。
- 4 放上雞,雞皮向上。烤盤置於蒸焗爐中層,再將砂鍋放到烤盤上。
- 5 選擇TEAM蒸煮功能,以攝氏110度蒸40分鐘。
- 6 將雞切成一口大小,然後上碟。
- 7 用蔥、芫荽和青瓜伴碟。
- 8 沾辣椒醬和甜醬油享用。

雞

隻雞

25克生薑(切片)

3棵蔥(切碎)

30毫升芝麻油

15克鹽 + 額外撒灑

飯

200克大米
(洗淨並瀝乾)

230克雞湯



蒜香烤全雞



- 1 將牛油、辣椒粉和大蒜混合，然後填入雞皮與雞胸之間的空隙。小心不要刺穿雞皮。
- 2 在雞皮上掃上植物油，然後將鹽均勻地灑於雞身內外。
- 3 選擇YRO-STEAM蒸焗功能，以攝氏180度蒸焗40分鐘。蒸焗時間需視乎雞的大小和溫度而定。實際所需的蒸焗時間可能會更長。
- 4 放涼8至10分鐘後取出，然後即可享用。

1隻中等大小的雞
100克室溫含鹽牛油
4瓣大蒜(切片)
1茶匙辣椒粉
1茶匙鹽
2湯匙植物油

意式餡餅



- 1 先製作麵糰，將所有乾身材料混合，加入濕材料。用廚師機攪拌，或用手搓揉5分鐘。在大碗內塗上橄欖油，然後放入麵糰。將網架置於蒸焗爐底層，用濕布蓋著大碗，然後放到網架上。
- 2 選擇WARM保溫功能，並將時間設定為60分鐘。讓麵糰醒發60分鐘。
- 3 按出空氣，將麵糰分割成每個120克的麵糰球，然後灑上麵粉。在烤盤上鋪上焗爐紙，將麵糰球排列於烤盤上，並在麵糰球之間預留足夠空位。用WARM保溫功能再醒發30分鐘。將麵糰球取出並放進雪櫃，直至使用時才取出。
- 4 現在開始製作餡餅，選擇CONVECT熱風對流功能，然後用攝氏230度預熱蒸焗爐10分鐘。
- 5 在焗爐紙上將麵糰球壓成大圓薄片。
- 6 用適量番茄醬塗滿圓形的半邊，但留空邊緣的1/2吋位置。加入洋蔥、燈籠椒、火腿和辣肉腸，最後撒上芝士。用圓形的另外半邊將餡料覆蓋，然後將麵皮邊緣壓緊。
- 7 在餡餅表面掃上蛋漿，靜待5分鐘讓蛋漿風乾，然後再掃上另一層蛋漿。將餡餅連焗爐紙放到烤盤上，再將烤盤置於蒸焗爐中層。
- 8 選擇ONVECT熱風對流功能，以攝氏200度烤焗15分鐘。如有需要，可延長烤焗時間。
- 9 趁熱享用。

WARM保溫功能亦可用作發酵

120克薄餅麵糰
50克番茄醬
(意大利麵醬)
隻洋蔥(切片)
隻燈籠椒(切片)
4湯匙薄餅芝士
20克火腿
40克辣肉腸
½隻蛋
(打散，掃蛋水用)
薄餅麵糰的基本配方
500克中筋麵粉
8克乾酵母
1茶匙糖
茶匙鹽
340毫升暖水
50克橄欖油
(非特級初榨橄欖油)



淮山杞子燉螺頭湯



- 1 先將豬肉和螺頭放入鍋內，加入室溫水直至覆蓋所有材料。用慢火煮滾。
- 2 清洗豬肉和螺頭，然後將所有材料放入中式燉盅內。
- 3 將烤盤置於蒸焗爐底層，然後放上燉盅。
- 4 選擇TEAM蒸煮功能，以攝氏100度蒸4小時。
- 5 在烹調期間，您將需要為水箱加水。
- 6 取出後即可享用。

80克瘦豬肉
3隻冷凍螺頭
3-4片乾淮山
1湯匙南杏
1湯匙杞子
1片陳皮
1湯匙龍眼乾



瑞士卷



- 1 選擇ONVECT熱風對流功能，然後用攝氏180度預熱蒸焗爐10分鐘。
- 2 在烤盤上鋪上焗爐紙。
- 3 打發蛋黃和砂糖，直至顏色變淡，質感變得濃稠。打發雲尼拿油和乳酪。加入麵粉、泡打粉、可可粉和鹽，然後拌勻。
- 4 用另一隻碗打發蛋白，直至乾性發泡。以切拌方式輕輕地將蛋白與麵粉糊混合。
- 5 將攪拌好的蛋糕糊倒入烤盤中，並均勻攤開。將烤盤置於蒸焗爐中層。
- 6 選擇ONVECT熱風對流功能，以攝氏180度烤焗30分鐘。
- 7 15分鐘後檢查蛋糕，然後每隔5分鐘用牙籤插入蛋糕中央位置，直至拔出的牙籤沒有沾上蛋糕糊。
- 8 立即將蛋糕反轉放在灑有糖霜或糖粉的茶巾上。輕輕將焗爐紙撕下，然後從茶巾較短的一端開始連茶巾捲起蛋糕。將蛋糕放在網架上直至完全冷卻。
- 9 打發厚忌廉直至變得濃稠。加入糖霜和雲尼拿油，然後打發至乾性發泡。
- 10 攤開蛋糕，將打發好的忌廉均勻抹於蛋糕上。無需使用茶巾，再次將蛋糕捲起。將瑞士卷蓋好，並放入雪櫃至少1小時。灑上糖霜即可享用。

蛋糕

4顆室溫大雞蛋（蛋黃與蛋白分開）

150克幼砂糖

1茶匙雲尼拿油

60克希臘乳酪

100克低筋麵粉

1茶匙泡打粉

25克可可粉

茶匙鹽

餡料

240毫升厚忌廉

60克糖霜/糖粉

1茶匙雲尼拿油



南瓜批



4-6

- 1 混合消化餅碎和牛油溶液，然後壓入已預先塗上牛油的批模內。用保鮮紙包好，然後放入雪櫃30分鐘。
- 2 選擇ONVECT熱風對流功能，然後用攝氏200度預熱蒸焗爐10分鐘。
- 3 混合南瓜茸、雞蛋、淡奶、黃糖和香料直至軟滑均勻。
- 4 將混合料倒入批模內，然後放到有孔烤盤上，再將烤盤放入蒸焗爐中層。
- 5 再次選擇ONVECT熱風對流功能，以攝氏180度烤焗25分鐘。
- 6 將南瓜批放涼20分鐘，並於享用前灑上糖霜。

2杯南瓜茸(把500克去皮南瓜蒸軟，直至成糊爛狀)

3顆雞蛋

$\frac{3}{4}$ 杯淡奶

185克黃糖

$\frac{1}{8}$ 茶匙肉桂粉

1茶匙薑粉

茶匙肉荳蔻

茶匙丁香粉

茶匙牙買加胡椒

楓糖漿(搭配享用)

糖霜(撒上作點綴)

撻皮

300克消化餅碎

110克牛油溶液

椰皇燉蛋白



2

- 1 從椰皇殼倒出椰皇水備用。
- 2 用中火加熱醬汁鍋，倒入全脂奶和砂糖，然後加熱直至砂糖溶化。將鍋離火，然後放在一邊備用。
- 3 將椰皇水與蛋白拌勻。
- 4 將兩種混合料拌勻(有糖全脂奶和蛋白椰皇水)。
- 5 將混合料過篩，隔去蛋白中的雜質，令燉蛋白更幼滑。
- 6 倒出椰皇殼內的熱水，然後將混合料平均倒入兩個椰皇殼內。
- 7 將椰皇殼放在碗或焗烤杯上，以免椰皇殼滾動。用耐熱的微波爐保鮮紙*或錫紙蓋住椰皇殼。
- 8 小心將椰皇殼放在烤盤上，再將烤盤放入蒸焗爐中層。
- 9 選擇EAM蒸煮功能，以攝氏110度蒸30分鐘。
- 10 趁熱享用。

2個椰皇殼

130毫升椰皇水

3份大蛋白

130毫升全脂奶

2湯匙砂糖(視乎個人口味和椰皇水的甜度)

*需至少能夠承受攝氏125度或以上，並需在烹調期間，避免保鮮紙接觸到食物。保鮮紙只適用於Steam蒸功能。

