

thermomix

吉祥 年菜

CHINESE NEW YEAR
COOKBOOK



03

05

**PRAWNS
VERMICELLI**

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**FISH
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鱼鳔羹

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**PINE-
APPLE
TARTS**

凤梨酥

食材

300克 鸡肉,去骨、去皮、去筋
(处理前约500克全鸡腿), 切块
200克 综合淡色蔬菜(如西洋芹、
洋葱 蒜头、韭葱),切块
4小支 新鲜综合香草(如迷迭香、
百里香、巴西利), 只取叶片
150克 粗盐
100克 白酒
1片 干月桂叶
1颗 丁香
5粒 芫荽籽

INGREDIENTS

300g Chicken, boneless and skinless,
sinew free (from 500g whole
chicken legs), cut into pieces
200g Mixed White Vegetables
(celeriac, onions, garlic, leek),
4 sprigs Mixed Fresh Herbs (eg. rose-
mary, thyme, parsley), leaves only
150g Coarse Salt
100g White Wine
1 Dried Bay Leaf
1 Whole Clove
5 Coriander Seeds

做法

将鸡肉放入主锅,以 **5 秒/速度 7** 搅碎。倒入碗中, 置于一旁待用。将综合蔬菜和香草放入主锅,以 **10 秒/速度 5** 剁碎。利用刮刀棒将食材刮至主锅底。

加入粗盐、白酒、月桂叶、丁香、芫荽籽和预备好的鸡肉碎, 以网锅取代量杯置放在主锅盖上避免热食溅出,以 **25 分/100°C/速度 2** 烹煮。混合物会变得浓稠及稍干。

取下网锅,盖上量杯,以 **1 分/速度 7** 搅打。转移至烤盘上, 利用刮刀棒按压以均匀铺平。清洗主锅。将烤箱预热至110°C。放入已预热的烤箱烘烤30分钟或直到水分完全干涸。将香烤鸡精块放入主锅,以 **20 秒/速度 8** 磨幼。倒入密封罐冷却30分钟后即可使用或存放在冰箱里待用。

鸡精粉

CHICKEN STOCK



PREPARATION

Preheat oven to 110°C. Place chicken into mixing bowl, mince **5s/ Speed 7**. Transfer to bowl and set aside. Place mixed white vegetables and mixed fresh herbs into mixing bowl, chop **10s/ Speed 5**. Scrape down sides.

Add salt, white wine, bay leaf, whole clove, coriander seeds and reserved minced chicken, placing simmering basket instead of measuring cup onto mixing bowl lid to prevent splashing, cook **25 min/ 100°C/ Speed 2**. Mixture will thicken and become fairly dry.

Remove simmering basket, insert measuring cup, blend **1 min/ Speed 7**. Transfer onto a baking tray. Flatten and spread evenly. Bake in preheated oven for 30 minutes or until dried up. Place baked chicken stock into a cleaned mixing bowl, pulverise **20s/ Speed 8**. Transfer into an airtight container and allow to cool for 30 minutes before using.



XO 酱

XO SAUCE

食材

260克 食油
5条 辣椒干,去籽,浸软
60克 小红葱
1-2条 指天椒,适量调味
25克 蒜瓣
50克 虾米,浸泡1小时,沥干
50克 干贝,浸泡2小时,沥干
30克 金华火腿,洗净
1茶匙 红糖
1茶匙 酱青
1 1/2汤匙 绍兴花雕酒
2茶匙 鱼露
20克 干辣椒片

INGREDIENTS

260g Cooking Oil
5 Dried Chillies, deseeded, soaked to soften
60g Shallots
1-2 Bird's Eye Chillies, adjust to taste
25g Garlic Cloves
50g Dried Shrimp, soaked for 1 hour, drained
50g Dried Scallops, soaked for 2 hours, drained
30g Chinese Ham, rinsed
1tsp Brown Sugar
1tsp Light Soy Sauce
1 1/2 tbsp Chinese Rice Wine
2tsp Fish Sauce
20g Dried Chilli Flakes



做法

将食油、辣椒干、小红葱、指天椒、蒜瓣、虾米、干贝和火腿放入主锅,以 **8 秒/速度 6** 搅碎。利用刮刀棒将食材刮至主锅底。

加入红糖、酱青、花雕酒、鱼露和辣椒片,以 **30 分/120°C/速度 2** 爆香直至酱料的香气和油释放出。可当蘸酱或倒入罐子存放在冰箱里待用, 1个月为限。

PREPARATION

Place cooking oil, dried chillies, shallots, bird's eye chillies, garlic cloves, dried shrimp, dried scallops and ham into mixing bowl, blend **8s/ Speed 6**. Scrape down sides.

Add brown sugar, light soy sauce, rice wine, fish sauce and chilli flakes, sauté **30 min/ 120°C/ Speed 2**. Prolong time if needed until the sauce is aromatic and oil is released. Serve as condiment or pour into a jar for storage in refrigerator for up to 1 month.

鱼生酱

YUSHENG
SAUCE



TOTAL TIME / 总共时间
30 MINUTES / 30 分钟



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
6 PORTIONS / 六人份

食材

50克 酸梅酱
40克 杏子果酱
50克 细砂糖
2汤匙 柠檬汁
½茶匙 盐
1汤匙 桔油 (可省略)
1汤匙 麻油或冷压亚麻籽油

INGREDIENTS

50g Plum Sauce
40g Apricot Jam
50g Caster Sugar
2tbsp Lemon Juice
½tsp Salt
1tbsp Tangerine Oil (optional)
1tbsp Sesame Oil

做法

将所有酱汁材料放入主锅，
以 **30 秒/速度 3** 混合。倒入一个碗中，
置于一旁待用。

PREPARATION

Place all dressing ingredients into mixing bowl, mix **30s/ Speed 3**. Transfer into a bowl and set aside.



蒜泥冬粉蒸虾

STEAMED PRAWN VERMICELLI



食材

120克 干冬粉
30克 蒜瓣
250克 鲜虾，洗净，去除肠线，
从背部片开
¼茶匙 盐
20克 酱青
15克 麻油
油，洒面用
500克 水
10克 青葱，切葱花，装饰用

INGREDIENTS

120g Dried Chinese Vermicelli
30g Garlic Cloves
250g Whole Prawns, cleaned,
deveined and slit open
back part.
¼ tsp Salt
20g Light Soy Sauce
15g Sesame Oil or Cold Pressed
Flaxseed Oil
Oil, to sprinkle
500g Water
10g Spring Onions, chopped,
to garnish



TOTAL TIME / 总共时间
55 MINUTES / 55 分钟



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
8 PORTIONS / 八人份

做法

将蒸盘铺上烘培油纸，确保足够覆盖盘边至2公分高。

将一个碗置放在主锅盖上，放入冬粉称重。
加入足够的温水盖过冬粉，置于一旁浸泡30分钟。
将冬粉利用蒸锅沥干，转移至一个碗中。

将蒜瓣放入主锅，以 **5 秒/速度 5** 剁碎。
转移至网锅，用水洗净1分钟以去除蒜味。
沥干并置于一旁待用。

将一个碗置放在主锅盖上，放入酱青和麻油称重。
加入盐和预备好的冬粉。搅拌均匀并转移冬粉至蒸盘上。
把虾置放在冬粉上。洒上油和备用的蒜泥。

将水倒入主锅，架上蒸锅组，以 **13 分/Varoma/速度 1** 蒸煮。
洒上葱花装饰点缀，趁热享用。

PREPARATION

Line Varoma tray with parchment paper with enough to go 2 cm up the sides.

Place a bowl onto mixing bowl lid, weigh in Chinese vermicelli. Cover Chinese vermicelli with warm water and set aside to soak for 30 minutes. Drain Chinese vermicelli through Varoma dish.

Place garlic cloves into mixing bowl, chop **5s/ Speed 5**. Transfer into simmering basket and rinse with water for 1 minute to remove the garlic smell. Drain and set aside.

Place a bowl onto mixing bowl lid, weigh in light soy sauce, sesame oil. Add salt and reserved Chinese vermicelli. Mix and transfer Chinese vermicelli on prepared Varoma tray. Arrange prawns onto Chinese vermicelli. Sprinkle with oil and reserved garlic.

Place water into mixing bowl, set Varoma into position, steam **13 min/ Varoma/ Speed 1**. Garnish with spring onions and serve hot.





TOTAL TIME / 总共时间
1 HOUR / 一个小时



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
8 PORTIONS / 八人份

腊味饭

LAP MEI
FAN

食材

2250g 水
300g 印度香米，洗净
1个 腊鸭腿，洗净
350g 腊肉
40g 老抽
40g 头抽
20g 绍兴花雕酒
5g 冰糖（可省略）
100g 腊肠，汆烫
100g 润肠
150g 四季豆，切成6公分长

做法

将1000 克 水放入主锅，
以 **8 分/100°C/速度 1** 煮滚。

加入腊鸭腿和腊肉，
以 **10 分/100°C/速度 1** 烹煮。
利用蒸锅沥干，清洗置于一旁。

将一个耐热玻璃碗置放在主锅盖上，
放入头抽、老抽、绍兴酒和糖称重，
置放在蒸锅。加入腊肠和润肠。
将四季豆放在蒸盘上。

将1250克水放入主锅，置入网锅，
加入米、腊鸭和腊肉，架上蒸锅组，
以 **18 分/Varoma/速度 3** 蒸煮。
取下蒸锅组置于一旁。
利用刮刀棒辅助将网锅取出，
将米饭转移至盛碗中，
将调味酱淋在米饭上搅拌均匀。
将四季豆、腊肠、润肠、
腊肉和腊鸭切片摆放在米饭上。
趁热享用。

INGREDIENTS

2250g Water
1 Waxed Duck Thigh, rinsed
350g Waxed Pork Belly
40g Premium Soy Sauce
40g First Draw Soy Sauce
20g Chinese Rice Wine
5g Rock Sugar (optional)
100g Chinese Sausages, blanched
100g Chinese Liver sausages
150g French Beans, cut into 6 cm
300g Basmati Rice, rinsed
1 sprig Spring Onion, chopped, to garnish

PREPARATION

Place 1000 g water into mixing bowl, boil
8 min/ 100°C/ Speed 1.

Add waxed duck thigh and waxed pork
belly (waxed meat), cook **10 min/100°C/**
/ Speed 1. Drain and rinse, set aside.

Weigh in premium soy sauce, first draw soy
sauce, rice wine and sugar in a heat resistant
bowl and place it onto Varoma dish. Place
Chinese sausages and liver sausages next to
the bowl. Place French beans in Varoma tray.

Add 1250g water into mixing bowl, insert
simmering basket, weigh in rice, add reserved
waxed meat onto rice, set Varoma into
position, steam **18 min/ Varoma/ Speed 3.**
Remove Varoma and simmering basket,
transfer the rice into a serving bowl, drizzle
seasoning sauce onto steamed rice and mix.
Slice the French beans, sausages, waxed
meat and place onto rice. Garnish with
spring onion and serve warm.

TIPS!

Substitute your White Rice with Riceberry Rice for a healthier option. Riceberry contains the high nutrition value of Black Rice but retains the fragrance and soft fluffy texture of White Rice.



鱼鳔羹

FISH MAW SOUP

食材

200克 猪梅肉，切条
2茶匙 麻油
2茶匙 酱青
2汤匙 玉米粉
5粒干贝，加100克热水浸软
500克 鸡汤
800克 水，准备2汤匙勾芡
2片 新鲜姜
40克 鱼鳔，浸热水至软，切条
4朵 干香菇，浸软，去蒂，切成薄片
2汤匙 马蹄粉或玉米粉
1茶匙 盐，适量调味
2茶匙 鱼露
2茶匙 绍兴花雕酒
200克 蟹肉
1个 蛋，稍微打散
1小支 茼蒿，装饰用

INGREDIENTS

200g Pork Tenderloin, cut into strips
2tsp Sesame Oil
2tsp Light Soy Sauce
2tbsp Cornflour
5 Dried Scallops, soaked in hot water to soften
500g Chicken Broth
800g Water, 2 tbsp for gravy
2 slices Fresh Ginger
40g Dried Fish Maw, soaked in hot water to soften, cut into strips
4 Dried Chinese Mushrooms, soaked to soften, stem removed, cut into slices
2tbsp Cornflour/ Water Chestnut Flour
1tsp Salt, adjust to taste
2tsp Fish Sauce
2tsp Chinese Rice Wine
200g Crab Meat
1 Egg, lightly beaten
1 sprig Fresh Coriander, to garnish



TOTAL TIME / 总共时间
55 MINUTES / 55分钟



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
6 PORTIONS / 六人份

做法

将一个碗置放在主锅盖上，放入猪肉称重。加入麻油、酱青和玉米粉混合。置于一旁腌制。

将干贝和浸泡的水、鸡汤、800克水和姜放入主锅，以 **20 分/100°C/速度 1** 煮沸。

加入鱼鳔、腌制好的猪肉和香菇，以 **10 分/100°C/速度 1** 烹煮。同时，将马蹄粉、盐、鱼露、绍兴酒和2汤匙水放入小碗里混合。

加入蟹肉和马蹄粉混合液，以 **3 分/100°C/速度 1** 烹煮。

以 **1 分/100°C/速度 1** 烹煮。同时，将蛋徐徐地倒在主锅盖上，让蛋液流进去主锅内。如有必要，将量杯稍微拿起让蛋液顺利流进去。加入茼蒿盖住焖一分钟。洒上胡椒粉。趁热享用。

PREPARATION

Place a bowl onto mixing bowl lid, weigh in pork tenderloin. Add sesame oil, light soy sauce and cornflour and mix. Marinate and set aside in a cool place.

Place soaked scallops with water, chicken broth, water and ginger into mixing bowl, boil **20 min/ 100°C/ Speed 1**.

Add fish maw, marinated pork and mushrooms, cook **10 min/ 100°C/ Speed 1**. Meanwhile, mix water chestnut flour, salt, fish sauce, rice wine and 2 tbsp water.

Add crab meat and flour mixture, cook **3 min/ 100°C/ Speed 1**.

Cook **1 min/ 100°C/ Speed 1**. Meanwhile, pour lightly beaten egg slowly onto mixing bowl lid, let it drizzle around measuring cup in a thin stream onto rotating blades. If necessary, lift measuring cup up slightly to assist drizzling down.

Add coriander leaves. Let it stand for 1 minute. Serve hot.



TOTAL TIME / 总共时间
1.5 HOURS / 1.5个小时



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
8 PORTIONS / 八人份

食材

650克 水
5克 普洱茶叶
800克 猪脚，汆烫3分钟
50克 新鲜或干栗子
50克 冰糖
20克 红曲粉（可省略）
100克 酱青
100克 绍兴花雕酒
10克 黑酱油
1粒 八角
3小支青葱
5朵 干香菇，浸软，去蒂，切半
2条 辣椒干，去籽，浸软
10克 新鲜姜，切片

做法

将水和茶叶放入主锅，
以 **15 分/80°C/速度 1** 烹煮。
利用细滤网过滤，丢弃茶叶。

将茶、猪脚、冰糖、红曲粉、酱青、
绍兴酒、黑酱油、八角、青葱、香菇、
栗子、辣椒干和姜放入主锅，
以 **60 分/100°C/ ↻ /速度 ↻** 烹煮。

以网锅取代量杯，
置放在主锅盖上避免酱汁溅出，
以 **15 分/Varoma/ ↻ /速度 ↻** 烹煮。

趁热享用。

INGREDIENTS

650g Water
5g Dried Tea Leaves
800g Pork Knuckle, blanched for
3 min, cut into pieces
50g Fresh/ Dried Chestnut
50g Rock Sugar
20g Red Yeast Powder (optional)
100g Light Soy Sauce
100g Chinese Rice Wine
10g Dark Soy Sauce
1 Atar Anise
3 sprigs Spring Onions
5 Chinese Dried Mushrooms,
soaked to soften, stem removed,
cut into halves
2 Dried Red Chillies, deseeded,
soaked to soften
10g Fresh Ginger, cut into slices

PREPARATION

Place water and tea leaves into mixing
bowl, cook **15 min/ 80°C/ Speed 1**.
Strain tea through a fine mesh strainer.
Discard tea leaves.

Place reserved tea, pork knuckle,
rock sugar, red yeast powder, light
soy sauce, rice wine, dark soy sauce,
star anise, spring onions, mushrooms,
chestnut, red chillies and ginger into
mixing bowl, cook
60 min/ 100°C/ ↻ / Speed ↻.

Place simmering basket instead of
measuring cup onto mixing bowl lid to help
prevent splashing, cook
15 min/ Varoma/ ↻ / Speed ↻.

Serve hot.

红烧元蹄

**BRAISED
PORK
KNUCKLE**





肉干

BAKKWA

食材

500克 五花肉, 去皮,
切丁, 半冷冻
110克 原蔗糖
15克 酱青
20克 蚝油
½茶匙 岩盐
45克 蜂蜜
2茶匙 鱼露
2茶匙 绍兴花雕酒
1小撮 黑胡椒粉

INGREDIENTS

500g Pork Belly, without skin,
cut into cubes, partially
frozen
110g Raw Sugar
15g Light Soy Sauce
20g Oyster Sauce
1/2tsp Rock Salt
45g Honey
2tsp Fish Sauce
2tsp Chinese Rice Wine
1 pinch Ground Black Pepper



TOTAL TIME / 总共时间
40 MINUTES / 40 分钟



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
4 PORTIONS / 四人份

做法

将五花肉分成2份剁碎。将一份五花肉放入主锅, 以 **Turbo/2 秒/4 次** 剁碎。利用刮刀棒将食材刮至主锅底。

加入糖、酱青、蚝油、盐、蜂蜜、鱼露、绍兴酒和黑胡椒粉, 以 **2 分/🌀** 揉搓。如有必要可延长时间。倒入一个碗中, 置于一旁待用。预热烤箱至160°C。

在烤盘上铺上一层烘焙纸。把一勺混合物倒入烤盘上, 利用汤匙抹成薄片。如要求一致的厚度, 在压平的肉泥上铺上一层塑胶纸再用擀面棍均匀地擀平混合物。谨慎地撕开塑胶纸。

放入已预热的烤箱烘烤 20分钟。倒掉多余的水分, 利用披萨刀在肉片上切割四方形 (6公分x 6公分)。

翻动肉片放入已预热的烤箱再次烘烤 20分钟。调整烤箱温度至230°C, 继续烘烤2分钟至微焦。期间每1分钟翻转肉片。

放在烘焙纸上让肉片彻底冷却。转移至罐子存放在冰箱。

PREPARATION

Separate the meat into 2 portions to mince twice. **Turbo/ 2s/ 4 times** for each portion of meat.

Add sugar, light soy sauce, oyster sauce, salt, honey, fish sauce, rice wine and ground black pepper, knead **2 min/🌀**. Prolong time if needed. Transfer into a bowl and set aside.

Preheat oven to 160°C. Line a baking paper on a baking tray. Scoop out the mixture and use a spoon to spread a thin layer on prepared baking tray. Line a plastic sheet over the flatten meat and use your rolling pin to flatten the mixture evenly if absolute uniformity in thickness is required. Carefully peel off plastic sheet.

Bake in a preheated oven for 20 minutes. Discard any liquid and cut the meat into squares (6 cm x 6 cm) using a pizza cutter.

Adjust the oven temperature to 230°C (grill if available) for 2 minutes. Flip meat slices and grill for another 1 minute both sides. Repeat if needed slightly charred. (Steps 6 & 7 may be done in an air fryer at 180°C). Cool completely on baking paper. Transfer into a container for storage in refrigerator.



盆菜

PHOON
CHOI

INGREDIENTS

- A:** 1300g Water
1tsp Salt
2 pinches White Pepper Powder
- B:** 800-900g Chicken (approx. ½ chicken)
350g White Radish, cut into chunks
4 Bean-curd Sticks, soaked to soften
150g Chinese Cabbage, cut into big chunks
- D:** 200g Fish Paste
2 pieces Fish Maw, soaked in hot water to soften, cut into quarters
8 pieces Tofu Puffs, cut into halves
- C:** 50g Garlic Cloves
600g Pork Belly, with skin, cut into pieces
5g Dried Squid Strips
350g Water
- E:** 8 piece Whole Prawns, large-sized, deveined
8 Fresh Scallops
1 Canned Abalone, liquid reserved
- F:** 8 Chinese Dried Mushrooms, soaked to soften, stem removed
8 Dried Oysters, rinsed
- G:** 150g Rehydrated Dried Cuttlefish or Rehydrated Sea Cucumber, blanched, cut into pieces
30g Chinese Rice Wine
- SEASON-ING:** 40g Abalone Sauce or Oyster Sauce
50g Light Soy Sauce
1 piece Fermented Bean-curd
20g Dark Soy Sauce
1 pinch Five-spice Powder

食材

- A:** 1300克 水
1茶匙 盐
2小撮 白胡椒粉
- B:** 800-900克 鸡 (约½只鸡)
350克 白萝卜, 切块
4支 干腐竹, 浸软
150克 大白菜, 切块
- D:** 200克 鱼肉浆
2个 鱼鳔, 浸泡热水至软, 1切4块
8个 豆卜, 切半
- C:** 50克 蒜瓣
600克 连皮五花肉, 切块
5克 吊片丝
350克 水
- 调味料:** 40克 鲍鱼汁或蚝油
50克 酱青
1个 南乳
20克 黑酱油
1小撮 五香粉

- E:** 8只 大虾, 去肠线
8个 新鲜干贝
1个 罐装鲍鱼, 保留汁液
- F:** 8朵 干香菇, 浸软, 去蒂
8个 蚝豉, 洗净
- G:** 150克 水发鱿鱼或水发海参, 汆烫, 切块
30克 绍兴花雕酒



TOTAL TIME / 总共时间
2 HOURS / 2个小时



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
8 PORTIONS / 八人份

做法

将所有材料A放入主锅，将所有材料B放入蒸锅，架上蒸锅组，以 **35 分/Varoma/ 速度 5**。把材料B转移一个碗中，置于一旁待用。

把鱼肉浆酿入鱼鳔和豆卜。将酿鱼鳔和豆卜放入蒸锅。将蒜瓣放入主锅，以 **5 秒/速度 5** 剁碎。

加入剩余的材料C和调味料，架上蒸锅组，以 **25 分/Varoma/ 速度 5** 蒸煮。把蒸鱼鳔和豆卜倒入碗中，置于一旁待用。将材料 E放入蒸锅。

加入材料F，架上蒸锅组，以**10 分/Varoma/ 速度 5** 蒸煮。取下蒸锅组。

加入材料G，以 **3 分/100°C/ 速度 5** 烹煮。享用时，在一个大砂锅中垫上大白菜、白萝卜和腐竹，将焖五花肉倒入砂锅。在五花肉上置放蒸海鲜，酿鱼鳔和豆卜。鸡肉切成块并放在锅上。即刻享用。

PREPARATION

Place A into mixing bowl, place B in Varoma dish, set Varoma into position, steam **35 min/ Varoma/ Speed 5**. Transfer ingredient B into a bowl and set aside.

Stuff fish paste into fish maw and tofu puffs. Place stuffed fish maw and tofu puffs in Varoma dish. Place garlic cloves into cleaned mixing bowl, chop **5s/ Speed 5**.

Add remaining C and seasoning, set Varoma into position, steam **25 min/ Varoma/ Speed 5**. Transfer steamed fish maw and tofu puffs into a bowl and set aside. Place E in Varoma dish.

Add F, set Varoma into position, steam **10 min/ Varoma/ Speed 5**. Remove Varoma.

Add G, cook **3 min/ 100°C/ Speed 5**. To serve, layer a large claypot with cabbage, radish and bean-curd sticks, transfer braised pork belly into the claypot. Arrange steamed seafood, stuffed fish maw and tofu puffs on braised pork belly. Cut chicken into pieces and place on the pot. Serve immediately.



食材

1片 香蕉叶，汆烫，切条状
250克 红糖
250克 水
250克 糯米粉
10克 食油
1500克 热水

INGREDIENTS

1 Banana Leaf, blanched, cut into pieces
250g Brown Sugar
250g Water
250g Glutinous Rice Flour
10g Cooking Oil
1500g Hot Water

年糕

STICKY
RICE CAKE



做法

将香蕉叶分布在2个圆盘
(直径10公分)上。将糖放入主锅，
以 **Turbo/2 秒/2 次** 磨幼。

加入水，以 **3 分/60°C/速度 2** 加热。

加入糯米粉和食油，以 **30 秒/速度 4** 混合。倒入预备好的圆盘中。
把圆盘放入蒸锅。清洗主锅。

将热水放入主锅，架上蒸锅组，
以 **90 分/Varoma/速度 2** 蒸煮。
脱模前彻底冷却。根据喜好享用。

PREPARATION

Line 2 round tins (10 cm) with banana leaf.
Place sugar into mixing bowl, pulverise
Turbo/ 2s/ 2 Times.

Add water, heat **3 min/ 60°C/ Speed 2.**

Add glutinous rice flour and cooking oil, mix
30s/ Speed 4. Transfer the mixture into
prepared tins. Cover the tins with cling film.
Arrange the tins to Varoma dish.

Place hot water into a cleaned mixing bowl,
set Varoma into position, steam **90 min
/ Varoma/ Speed 2.** Cool completely
before unmoulding. Serve as desired.



凤梨酥

PINEAPPLE TARTS



TOTAL TIME / 总共时间
1.5 HOURS / 1.5 小时



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
70 BALLS / 70粒

食材

黄梨酱 1500克 黄梨，去皮和核心，切丁

100克 糖
1支 肉桂棒

酥皮 70克 冰糖
200克 中筋面粉
200克 低筋面粉
80克 奶粉
20克 玉米粉
2个 蛋黄

½茶匙香草精
300克 冷冻牛油，切丁
1½茶匙 盐
1个蛋，稍微打散

INGREDIENTS

PINEAPPLE JAM 1500g Pineapples, peeled, eyes and core removed, cut into cubes

100g Sugar
1 Cinnamon Stick

TART PASTRY 70g Rock Sugar
200g Plain Flour
200g Cake Flour
80g Milk Powder
20g Cornflour
2 Egg Yolks
½tsp Vanilla Extract
300g Cold Butter, cut into cubes
1½tsp Salt
1 Egg, lightly beaten

做法

黄梨酱: 将黄梨放入主锅，以 **5秒/速度5** 剁碎。将食材刮至主锅底。重复此步骤3次。将黄梨果泥利用蒸锅沥干多余水分。

将黄梨果泥、糖和肉桂棒放入主锅，将网锅放在主锅盖上，以 **30分/120°C/速度2** 拌炒。再以 **10分/Varoma/速度2** 拌炒至酱汁浓稠，如有必要，延长时间至达到理想的浓稠度。倒入一个碗中让其冷却。将黄梨酱搓成70粒小球（各8克）。清洗主锅。

酥皮: 将冰糖放入主锅，以 **Turbo/2秒/2次磨幼**。加入中筋面粉、低筋面粉、奶粉和玉米粉，以 **Turbo/1秒/2次磨幼**。

加入牛油，以 **20秒/速度4** 混合。加入蛋黄和香草精，以 **20秒/速度4** 混合至软面团形成。倒入一个碗中，如面团过软可盖上保鲜膜放入冰箱冷藏20-30分钟。将面团分成70粒小球（各12克）。压平面团在中间放上一个黄梨酱球，包裹成球后放在一个烤盘上。重复同样的动作直至所有面团和黄梨酱已用尽。预热烤箱至170°C。

利用一个烘焙矽胶刷，在酥皮表面刷上蛋液。放入已预热的烤箱烘烤20分钟至浅金黄色。让凤梨酥在散热架上完全冷却。即刻享用或存放在密封罐。

PREPARATION

PINEAPPLE JAM

Place pineapples into mixing bowl, chop **5s/ Speed 5**. Scrape down sides. Repeat the step 3 times. Drain blended pineapple with Varoma dish to discard excessive liquid.

Place blended pineapple pulp, sugar and cinnamon stick into mixing bowl, place a simmering basket on top of the lid, stir fry **30 min/ 120°C/ Speed 2**. Reduce to dry up the paste at **10 min/ Varoma/ Speed 2**, prolong time if needed, until desired texture achieved. Transfer into a bowl and allow to cool. Divide the jam into 70 small balls (each 8g).

TART PASTRY

Place rock sugar into cleaned mixing bowl, pulverise **Turbo/ 2s/ 2 times**. Add plain flour, cake flour, milk powder and cornflour, pulverise **Turbo/ 1s/ 2 times**.

Add butter, mix **20s/ Speed 4**. Add egg yolks, salt and vanilla extract, mix **20s/ Speed 4** or until soft dough forms. Transfer the dough to a bowl, cover with cling film and refrigerate for 20-30 minutes if the dough is too soft. Divide the dough into 70 small balls (each 12g). Flatten the dough and fill the center with reserved jam ball, wrap into a ball and place on a baking tray. Repeat the steps for remaining dough balls and jam. Preheat oven to 170°C.

Using a pastry brush, brush pastry surface with egg. Bake in a preheated oven (170°C) for 20 minutes until lightly brown. Allow to cool completely on cooling rack. Serve immediately or store in an airtight container.



冰糖雪耳糖水

SNOW FUNGUS DESSERT



TOTAL TIME / 总共时间
20 MINUTES / 20 分钟



DIFFICULTY / 难易度
EASY / 初级



SERVINGS / 分量
4 PORTIONS / 四人份

食材

20克 雪耳
25克 龙眼干, 洗净
30克 莲子, 洗净
10粒 红枣, 去核
100克 冰糖
1500克 水

INGREDIENTS

20g Snow Fungus
25g Dried Logan, washed
30g Lotus Seeds, pitted and washed
10 pieces Red Dates, pitted
100g Rock Sugar
1500g Water

做法

用一个大碗浸泡雪耳至少2小时或一晚。
用剪刀把雪耳硬的部分去除。把雪耳分成小块。
用水彻底洗净。

除了冰糖之外, 把其他食材放入主锅, 以
55 分/100°C/速度 1 烹煮。

加入冰糖, 以 **5 分/100°C/速度 1** 烹煮。

PREPARATION

In a large bowl, soak snow fungus with water for at least 2 hours or overnight. Using a pair of kitchen scissors, trim the hard stem of the snow fungus and discard. Cut the snow fungus and discard. Cut the snow fungus into smaller pieces. Rinse thoroughly and drain water.

Place all ingredients except rock sugar into mixing bowl and cook
55 min/ 100°C/ Speed 1.

Add rock sugar and cook **5 min/ 100°C/ Speed 1.**

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