

簡單饅頭 Simplified Steamed Bun

食材

中筋麵粉 600g

酵母 6g

糖 30g

油 15g

水 290g

可可粉或咖啡粉

Ingredients

plain flour 600g

yeast 6g

raw sugar or brown sugar 30g

oil or butter 15g

cold water 290g

cocoa powder (optional)

做法

- 1 把所有材料放入盆中攪拌後
2. 放入桌上搓揉成光滑麵糰
3. 蓋上布,鬆弛 3 分鐘
4. 麵糰擀成長方形
- 5.可放入不同料（煮熟的芋頭或紅豆）
6. 由向下往上捲成長柱體,切 10 公分的麵團
7. 放入蒸籠蓋上蓋子做第二次發酵 如天氣熱約 45 分鐘左右
8. 水滾後,放上蒸籠 中大火蒸 15 分鐘即可

Method

1. To form the dough, place all ingredients into a bowl, mix and knead
2. Transfer dough to a floured Table and knead until it becomes smooth and elastic.
3. Set aside and cover loosely with tea towel for 3 minutes to rest.
4. Form dough into rectangle shape with roller
5. Place cooked taro or red bean paste in the dough
6. Roll the dough from the bottom to top and cut the dough into approx. 10 cm small dough
7. Place the prepared small dough's in a steamer and covered loosely in a steamer and set aside in a warm place for 45 mins or until doubled in size.
8. Place cold water in the large steamer and place the rested dough on the top of steamer and cook with water boiled for 15 minutes.

素香腸 Vegetarian Taiwanese Sausage

材料

荸薺 3 顆
麵腸 300g
紅糟 75g
豆皮半張
香菜少許

調味料：

玉米粉 3 大匙
肉桂粉 1 匙
五香粉 1 匙

作法：

1. 麵腸切成條狀後，放入紅糟、五香粉、肉桂粉攪拌入味，接著，再放入切絲的荸薺、玉米粉拌勻
2. 將豆皮分成 4 等份，放入餡料後，捲成長條狀，蒸 15 分鐘，再斜切成厚片，並撒上海菜末即可。捲成圓筒，蒸熟備用。

Ingredients

water chestnut 3 pieces
rolled flour gluten 300g
red yeast rice / paste 75g
bean curd sheet
coriander

Seasoning Sauce :

corn flour 3 tablespoons
cinnamon powder 1 tablespoon
five-spice powder (allspice powder) 1
tablespoon

Method :

1. Cut the rolled flour gluten into strips then place all seasonings, red yeast rice paste, water chestnut and corn flour into the bowl
2. Cut the Bean curd sheet into 4 pieces and place the mixed ingredients on the sheet to roll. Steam the rolls for 15 minutes then cut the steamed roll into large pieces and serve with coriander