



甜蜜歐洲



*Sweet  
Europe*



European Union Office  
to Hong Kong and Macao

甜蜜歐洲

# Sweet Europe

16 個歐盟國家 ★ 16 道美食

16 European Union Member States present in Hong Kong and Macao ★ 16 European Dishes

本刊由歐盟駐港澳辦事處發行 Produced by the European Union Office to Hong Kong and Macao

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## Map of the European Union





## 前言

### Foreword

by  
Ambassador  
Carmen Cano



我十分高興能夠為大家介紹 Sweet Europe (「甜蜜歐洲」) 的首個版本。在駐港澳歐盟成員國外交使團的支持下，這一系列搜羅了不同歐盟國家的傳統甜點的食譜。

食物是歐洲家庭生活一個非常重要的組成部分。食物不僅僅只是食物，它是將我們聚集一起的生活方式。正如您們許多人所做的一樣，我們常聚在一起吃飯、我們為對方互相製作食物、我們從我們的祖父母繼承了食譜，什或我們只是簡單地分享甜蜜。

法國政治家 Jean Brillat-Savarin 說過：「發現一道新菜式對人類的幸福起的作用遠超於發現一顆新恆星」。我們希望您和家人，與我們一樣，一起享用這些美味的甜點。

甜點往往最令我們最能放縱大吃一餐，當您翻閱我們的食譜頁您便能知道為何。由最有名的布魯塞爾窩夫和波蘭芝士餅、以至芬蘭藍莓批，您將會品嚐到歐洲最獨有的口味、什或在這些已有多個世紀歷史的食譜之外創出更多具創意的變化。

歐盟駐香港及澳門大使  
Ambassador Carmen Cano

I am delighted to introduce the first edition of "Sweet Europe", a collection of recipes of traditional desserts from the European Union, produced with the support of the diplomatic missions of the EU Member States in Hong Kong and Macao.

Food is a defining part of the cultural life of European families. It is more than just food, it is often a way of life that brings us together. As many of you do, we often gather around a meal for special occasions, cook for each other, inherit recipes from our grandparents, or quite simply share a sweet.

French politician Jean Brillat-Savarin said that "The discovery of a new dish does more for the happiness of the human race than the discovery of a star". We hope that you will enjoy these tasty desserts with your friends and families, as we do with ours.

Desserts are often the most indulgent part of our meals and leafing through the pages you can easily tell why. From the more popular Belgian waffles and the Polish cheesecake, to Finish blueberry pie, you will have the chance to taste Europe's most unique flavours and maybe even bring some creative variations to these century old recipes.

Ambassador Carmen Cano  
Head of EU Office to Hong Kong and Macao

## 序言

### Foreword

by  
Deserée Smith



我們的國際貿易海港一直以來吸引了不少外國人士帶著家鄉美食來港，這讓香港人品嚐到外國的佳餚。

這本書內的食譜猶如一張「機票」，帶我們遊歷到十六個歐洲國家，展開味蕾的探索。

這些食譜融會了多個世代的烹飪精髓及民間智慧，它們既能如此簡單易明地製作出令人難以忘懷的味道，又能藉此打開了理解歐洲文化、歷史及傳統之門。作為一位烘焙家的我為此感到非常驚喜。

我希望各讀者能透過這些食譜享受你們的「歐洲之旅」，並與我一起慶祝歐盟於香港成立二十五周年！

Deserée Smith

## CakeSmith

Our international port has long attracted many visitors from overseas who bring with them delicious cuisines from their home countries enjoyed by all Hongkongers.

The recipes following this book are a "ticket to travel" which takes our taste buds into the family homes of 16 European countries.

As a baker, I am suprised not only by the simplicity and wonderful flavours of these recipes but also by their ability to open new doors of understanding into the fascinating culture, history and traditions of Europe.

I hope you will enjoy your "travels" with the recipes and add your voice to mine in congratulating the European Union on their 25<sup>th</sup> Anniversary in Hong Kong!

Deserée Smith

## 布魯塞爾窩夫

## Brussels' Waffles



### 材料

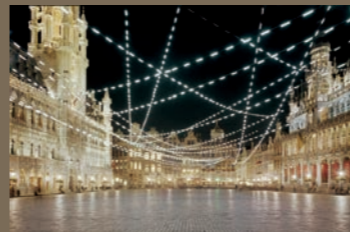
- 3隻農場新鮮雞蛋，分開蛋黃和蛋白
- 340克溫熱牛奶，最好是全脂奶
- 20克新鮮酵母(或1包乾活性酵母)
- 0.3升蘇打水，室溫
- 360克的自發麵粉(約3.5杯)
- 150克牛油(約10.5湯匙)
- 少許鹽
- 28克糖

### INGREDIENTS

- 3 fresh eggs, yolks & whites separated
- 340g of milk, preferably whole
- 20g of fresh yeast (or 1 packet of dry active yeast)
- 300cl of sparkling water
- 360g of self-rising flour, sifted
- 150g of butter
- a pinch of salt
- 28g of sugar

- 加熱窩夫餅乾直到它滾燙！
- 將蛋清和蛋黃分成兩個碗，放在一邊。
- 把溫牛奶和酵母和糖結合。等候10分鐘。
- 輕輕拍打蛋黃，加入溫熱的牛奶和酵母。一直攪拌，然後加入蘇打水並輕輕攪拌直至混合均勻。將麵粉直接篩入牛奶混合物中，用電動攪拌器攪拌直至所有塊狀物平滑。
- 將牛油融化在一個小醬汁鍋中，將蛋清打成堅硬。將融化的牛油倒入麵糊中，用手輕輕折疊加硬蛋清，並加入少許鹽。將麵糊放置20-30分鐘，這樣酵母就可以起作用了，麵糊也有時間上升。
- 當麵糊有氣泡時，會看起來“活著”，就可以開始烘烤！
- 確保窩夫餅的所有面都塗上牛油。將1/3杯麵糊倒入每個窩夫餅，讓窩夫餅完全變成棕色。每個窩夫餅乾都是不同的，所以判定機器需要多長時間有點困難。理想的窩夫餅的表面是清脆的棕色。
- 搭配糖霜，紅糖或生奶油，品嚐正宗的比利時美食。或再瘋狂一點，為麵糊加入酥脆的培根，火腿或奶酪，營造出豐盛的鹹味和甜味！

- Heat waffle iron until it's piping hot!
- Separate the egg whites from the yolks into two bowls, and set them aside.
- Warm the milk and combine with the yeast and sugar. Allow to rest for 10 mins.
- Lightly beat yolks and add warmed milk and yeast. Beat until incorporated, then add sparkling water and stir gently until well-combined. Sift flour directly into the milk mixture, beat with an electric mixer until all lumps are smoothed out.
- Melt the butter in a small sauce pan and beat the egg whites into stiff peaks form. Pour the melted butter into the batter and gently fold in the stiffened egg whites by hand; add a pinch of salt. Set the batter aside for 20-30 minutes, so the batter has time to rise.
- When the batter shows bubbles an appears "alive", you're ready to start baking!
- Make sure to butter all sides of your waffle iron, regardless of whether it is non-sticky or not. Pour 1/3 cup of batter per waffle, and allow the waffle to brown completely. Every waffle iron is different, so it is hard to say how long this will take with your machine. You want the waffles to be crisp and brown on the outside.
- Serve with powdered sugar, brown sugar or whipped cream for an authentic Belgian treat! Or go a bit crazy and add crispy bacon, ham or cheese to the batter for a hearty salty & sweet combination!



### Belgium

The word "waffle" comes from the old word for "honeycomb" because of its shape. The shape of waffle was designed by a blacksmith, who was inspired by the structure of honeycomb. According to the legend, the birth place of waffles is the Belgian city of Liège.

[www.belgium.be](http://www.belgium.be)

*Bon appétit! /  
Smakelijk!*



## 捷克糕點

## KOLÁČE (koláče): Czech Pastry



### 材料 (12-18 件)

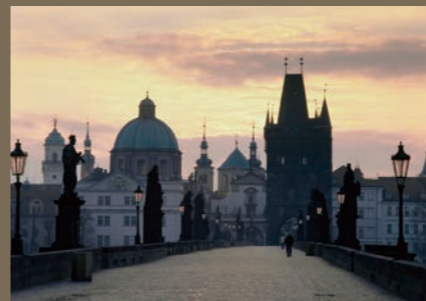
(A) 甜麵團：■ 乾酵母 2¼ 茶匙或新鮮酵母 18 克 ■ 溫牛奶 400 毫升 ■ 糖 5 湯匙 ■ 鹽少許 ■ 非漂白中筋麵粉 500 克升 ■ 蛋 2 個  
■ 無鹽軟身牛油 120 克 (B) 餡料：■ 茅屋芝士 500 克 ■ 蛋 2 隻 ■ 糖 - 份量隨喜好 ■ 葡萄乾 - 份量隨喜好，浸泡過酒中更佳  
(C) 配料：■ 梅果醬 1 杯 ■ 糖碎 (可不加) 將各 200 克的糖，牛油和麵粉混合，按喜好加入香草或肉桂粉

### INGREDIENTS (for 12-18 pieces)

(A) Sweet dough: ■ Dry yeast - 2¼ tsp or fresh yeast 18g ■ Warm milk 400ml ■ Sugar 5 tbsp ■ Salt - a pinch ■ Unbleached all-purpose flour 500g ■ Egg 2 pcs ■ Unsalted butter, softened 120g (B) Filling: ■ Cottage cheese 500g ■ Egg 2 pcs ■ Sugar to taste ■ Raisin to taste, ideally soaked in rum (C) Toppings: ■ Plum jam 1 cup ■ Streusel (optional) – combine 200g of each: sugar, butter and flour. Then add some vanilla or cinnamon to taste.

- 制作麵團：先將牛奶，糖，鹽和酵母倒進碗中混合並攪拌均勻，再加入蛋輕輕攪勻。搓麵團的步驟可用攪拌器或在灑了麵粉的平面上用手搓揉，直至平滑有彈力。放入抹了油的碗中，蓋上廚巾讓它發酵大約 1 – 2 小時。
- 制作餡料：將芝士，蛋，葡萄乾及糖攪拌均勻。
- 取一份的麵團搓成圓形，於中間位置壓出凹洞並加入 (B) 餡料和 (C) 配料，接著放置在抹了油的烘焙紙上。將烤箱預熱至 200°C。
- 烤 10-15 分鐘直至麵團變金黃色後，再移到烤架放冷。

- Prepare the dough by mixing and whisking milk, sugar, salt and yeast in a bowl. Then add eggs and gradually stir in the flour. Knead the dough with a mixer or by hands on a lightly floured surface until it gets smooth and springy. Place the dough in a greased bowl, cover it with a kitchen towel and let it rise for 1 to 2 hours.
- Prepare the filling by mixing cottage cheese, eggs, raisins and sugar.
- Take a spoonful of the dough and roll into balls. Press the middle of the balls to create a dent to stuff in the (B) fillings and (C) toppings. Then place them on a greased cookie sheet.
- Preheat oven to 200°C and bake for 10-15 minutes until they turn golden brown. Transfer to a wire rack and let it cool down.



### Czech Republic

The Koláče originated centuries ago in Central Europe as a semisweet wedding dessert. The name evolved from the Czech “kola” meaning “wheels” or “round”. During villages’ festivities, it is still possible to find kolače as big as 2 meters large! Koláče are normally used in games in which the goal is to eat as quickly as possible in order to win a coin hidden inside the Koláče.  
[www.czechtourism.com](http://www.czechtourism.com)

*Dobrou chuť!*

黑森林蛋糕

# Black Forest Cake



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材料

(A) 餅底：▪ 125 克普通麵粉 (550 型) ▪ 1 湯匙可可粉 (非即食產品) ▪ 50 克糖 ▪ 1 小撮發酵粉 ▪ 1 茶匙香草糖 ▪ 5 湯匙軟黃油  
 ▪ 2 茶匙櫻桃 (B) 巧克力海綿蛋糕：▪ 4 隻雞蛋 ▪ 100 克糖 ▪ 100 克普通麵粉 (550 型) ▪ 25 克玉米粉 ▪ 10 克可可粉  
 ▪ 1/2 茶匙發酵粉 ▪ 1 茶匙香草糖 ▪ 1 小撮肉桂粉 (C) 忌廉餡：▪ 350 克罐裝酸櫻桃 ▪ 250 毫升櫻桃汁 ▪ 2 湯匙櫻桃  
 ▪ 2 茶匙竹芋或玉米澱粉 ▪ 4 茶匙糖 ▪ 1 包魚膠粉 ▪ 3 湯匙冷水 ▪ 800 毫升鮮奶油 ▪ 40 克糖霜 ▪ 1 茶匙香草糖

INGREDIENTS

(A) For the shortcrust pastry: ▪ 125g plain all-purpose flour (Type 550) ▪ 1 tbsp cocoa powder (no instant product) ▪ 50g sugar  
 ▪ 1 pinch baking powder ▪ 1 tsp vanilla sugar ▪ 5 tbsp soft butter ▪ 2 tsp cherries (B) For the chocolate sponge cake: ▪ 4 eggs  
 ▪ 100g sugar ▪ 100 g plain flour (Type 550) ▪ 25g cornflour ▪ 10g cocoa ▪ 1/2 tsp baking powder ▪ 1 tsp vanilla sugar ▪ 1 pinch  
 cinnamon powder (C) For the filling: ▪ 350g canned sour cherries ▪ 250ml cherry juice ▪ 2 tbsp cherries ▪ 2 tsp arrowroot or cornstarch  
 ▪ 4 tsp sugar ▪ 1 packet powdered gelatine ▪ 3 tbsp cold water ▪ 800 ml whipped cream ▪ 40g icing sugar ▪ 1 tsp vanilla sugar

▪ 烤箱預熱，把油脂擦在 28 厘米 (11 英寸) 彈性鍋裡。

▪ 餅底：

篩麵粉，泡打粉和可可粉倒入攪拌碗裡，加牛油，糖，雲呢拿糖和櫻桃。揉麵團大約 5 分鐘，直到麵團變光滑。將麵團延著鍋底倒進去，用叉子刺幾個洞。把它放進已經預熱的烘箱中用 180°C/350°F 烘烤 15 分鐘。快速地把麵皮從鍋裡取出，並放在網架上冷卻。清潔彈性鍋，上完油脂後鋪上烘焙紙。

▪ 朱古力海綿蛋糕：

將雞蛋放入一個大碗裡用打蛋器快速攪拌，直到變成泡沫狀。一邊攪拌一邊慢慢地撒糖和香草糖。加入糖後最少再打 2 分鐘。現在蛋液應該是很蓬鬆而且幾乎是白色的。麵粉過篩，混入發粉，肉桂粉及可可，然後快速加蛋液攪拌。把麵漿倒進鍋裡，用湯匙弄平然後用 180°C/350°F 火烤約 30 分鐘。把鍋子從烤箱中取出，取出海綿蛋糕並冷卻。小心撕下烘焙紙並打橫把海綿切兩半。

▪ 忌廉餡：

把竹芋 / 粟米粉跟少許混在平底鍋裡，拌入剩下的汁還有 4 茶匙砂糖。把它加熱至沸騰，偶爾攪拌，讓它煮 1 分鐘，再加弄乾的櫻桃 (留 14 個櫻桃來裝飾)，拿離火爐。冷卻後加入櫻桃酒。魚膠粉浸泡在冷水中 10 分鐘，加熱，同時攪拌直到魚膠溶解，再讓它冷卻。把忌廉打至變硬，添加魚膠，篩入糖霜和雲呢拿糖。繼續攪打直至忌廉變很硬。

▪ 最後階段：

將餅底放在盤子上，把櫻桃鋪在底層，並在周圍的邊緣留下 1 厘米空位。把三分之一的忌廉鋪上去。放上第一層海綿蛋糕，並輕輕按壓。鋪上另外三分之一的忌廉，再放上第二層海綿層。把 3 湯匙忌廉裝進星形噴嘴裝點袋。用剩下的忌廉覆蓋整個蛋糕的頂面和側面。用裝點袋擠出 14 個忌廉玫瑰裝飾在蛋糕面，每個忌廉玫瑰放上櫻桃，可以用朱古力片裝飾蛋糕的側面和頂部。冷藏黑森林櫻桃蛋糕至少 3 小時。

▪ Preheat the oven and grease a 28 cm (11 inch) springform pan.

▪ Shortcrust pastry:

Sift flour, baking powder and cocoa into a mixing bowl, add butter, sugar, vanilla sugar and cherries. Knead the dough for 5 minutes until you get a smooth dough. Roll the dough out and line the bottom of the springform pan, prick the dough a few times with a fork. Bake in the preheated oven at 180°C/350°F for 15 minutes. Remove the pastry immediately from the pan and let it cool on a wire rack. Clean the springform pan, grease the bottom and line with baking paper.

▪ Chocolate sponge cake: Put the eggs into a large mixing bowl, use a handmixer at the highest speed and whisk the eggs until foamy. Slowly sprinkle the sugar and vanilla sugar into the egg mixture while you continue whisking. Whisk for at least 2 minutes after the sugar is added. The egg mixture should be very fluffy and nearly white. Sift and mix the two flours, baking powder, cinnamon and cocoa, and stir into the egg mixture quickly. Spoon the sponge dough into the prepared springform pan, flatten the surface, and bake it for about 30 minutes at 180°C/350°F. Remove the sponge from the oven, remove the ring from the pan and let the sponge cool down. Carefully peel off the baking paper and cut the sponge in half horizontally.

▪ Cream filling: Blend the arrowroot/cornstarch with a little of the cherry juice in a saucepan, stir in the rest of the juice, and the 4 teaspoons sugar. Heat the liquid until it boils, stir occasionally, and let it simmer for a minute, add the well-drained cherries (set 14 cherries aside for decoration) and remove from the oven. When it is cool add the kirschwasser. Soak the gelatine in the cold water for ten minutes, warm it up while stirring until the gelatine has dissolved. Let it cool. Whip the cream until nearly stiff, add the gelatine, the sifted icing sugar and the vanilla sugar. Continue whipping until the cream is very stiff.

▪ Finishing: Put the shortcrust pastry on a serving plate. Spread the cherries on the bottom layer, leaving 1 cm (1/8 inch) uncovered around the edge. Add one-third of the cream and flatten with a cake spatula. Put a sponge layer on top and press lightly. Spread half of the remaining cream and add the second sponge layer. Fill a pastry bag (star-shaped nozzle) with 3 tablespoons of cream. Cover the entire cake, top and sides, with the remaining cream. Decorate your masterpiece with 14 cream roses, put a cherry on each rose, and sprinkle chocolate curls on the side and top of the cake. Refrigerate the black forest cherry cake for at least 3 hours.



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Germany

While some believe the Black Forest Gateau is named after the large forested mountain range in southwestern Germany, others claim the name only stems from a regional liquor distilled from cherries.

www.germany.travel

Guten Appetit!

## 愛爾蘭水果麵包

## Báirín Breac/Barmbrack



### 材料

- 225 克自發麵粉 ▪ 350 克混合水果配料
- 300 毫升凍茶 ▪ 125 克金砂糖
- 1 只打蛋 ▪ 少許混合香料

### INGREDIENTS

- 225g Self Raising Flour ▪ 350g Fruit mix
- 300ml cold tea ▪ 125g Golden caster sugar
- 1 egg beaten ▪ Pinch of mixed spice

- 首先放置水果和茶放在一個碗裡，然後泡過夜，之後加入糖，雞蛋，麵粉和混合香料並拌勻，再轉移到一個 8 寸的餅模上，在預熱的烤箱中用 170°C 烤 1 小時，麵包應該已發起，最後用烘焙紙包好以保持新鮮。

- Place the fruit and tea in a bowl and leave to soak overnight. Add the sugar, egg, flour and mixed spice and mix well. Transfer to a greased round 8" cake tin. Bake in a preheated oven at 170°C for 1 hour, it should be firm and risen. Wrap in baking paper to keep fresh.



### Ireland

The Barm Brack is traditionally baked for the Irish Halloween or Samhain celebration. Its name in Irish is báirín breac, or "speckled loaf" referring to the speckles of fruit in the cake. For Halloween, it is customary to bake small objects inside the cake, which act as a type of fortune telling. Nowadays, very often a ring is included inside, and superstition says that whoever finds the ring will be the next to marry.

[www.ireland.com](http://www.ireland.com)

*Bain taitneamh  
as do bhéile!*



## 希式奶油酥餅

# Greek Custard Pie with Syrup



### 材料

(A) 基礎原料：■ 400-450 克麵粉 (14 盎司 / 9-10 片) ■ 210 克牛油 (8 盎司) (B) 卡仕達醬原料：■ 160 克薄麵粉 (6 盎司) ■ 220 克糖 (7.5 盎司) ■ 500 克牛奶 (18 盎司) ■ 4 隻雞蛋 (分為蛋白及蛋黃) ■ 2 湯匙牛油 ■ 2 茶匙香草精 ■ 500 克單一奶油 (18 盎司) (C) 糖漿原料：■ 360 克水 (12 盎司) ■ 640 克糖 (22 盎司) ■ 2 湯匙蜜糖 ■ 檸檬皮 ■ 一支肉桂棒

### INGREDIENTS

(A) Base Ingredients: ■ 400-450g phyllo pastry (14 ounces/ 9-10 sheets) ■ 210g butter (8 ounces) (B) For the Custard: ■ 160g thin semolina (6 ounces) ■ 220g sugar (7.5 ounces) ■ 500g milk (18 ounces) ■ 4 eggs (separated into whites and yolks) ■ a knob of butter ■ 2 tbsps vanilla extract ■ 500g single cream (18 ounces) (C) For the Syrup: ■ 360g water (12 ounces) ■ 640g sugar (22 ounces) ■ 2 tbsps honey ■ zest of 1 lemon ■ a cinnamon stick (optional)

- 先準備糖漿。在小鍋裡放進水、糖和檸檬皮 (及肉桂棒)，然後將它煮沸。等五分鐘直到糖溶解後，從爐上取下鍋後再倒入蜜糖攪拌。將糖漿放在一邊以完全冷卻。
- 然後準備卡仕達醬。把雞蛋分成蛋黃和蛋白。在大多傳統希臘食譜，最後才會添加雞蛋，但是這個食譜要將雞蛋打成蛋白脆餅，並混合於粗麵粉奶油中。這是令卡仕達醬更蓬鬆和去除雞蛋臭氣的秘訣。
- 將蛋白和 50 克糖放入混合碗中。確保你的蛋白，碗和攪拌器附件有任何水。使用電動攪拌器攪拌蛋白和糖直到該混合液非常厚且具光澤。當所有糖都溶解了後，提起攪拌器時會形成一個長尾峰。將它放在一邊。
- 在另一個碗裡，攪動蛋黃和 50 克糖直到該混合液非常厚且起泡沫。這需要大約五分鐘。
- 用鏟添加 1/4 的蛋白脆餅入混合液中，然後從下往上輕圓。逐漸把所有蛋白脆餅放入混合液並攪拌。
- 在平底鍋裡倒入牛奶、奶油和剩下的糖，然後將它煮沸。一煮沸即可慢慢放入薄麵粉及香草精。將熱量降至中等熱度而不斷攪，直到該混合液變得奶油狀。從爐上取下鍋後，添加黃油並攪拌。
- 將前兩個步驟的兩種混合液混合在一起，然後將它放在一邊並偶爾攪動。
- 準備一個大約 20x30cm 的大烤盤。融化 230 克牛油，並在盤的底部和兩側塗牛油。去除麵粉卷的塑料套後，要為奶油酥餅的底部準備 5 片麵粉。首先在烤盤底部逐片分層，並確保每片都徹底撒上熔化的牛油。把 4 片麵粉分層堆放，讓它們在鍋中延伸一半，在鍋外水平和垂直一半，最後一片在中間。倒入卡仕達醬後，用鏟平滑表面並摺起麵粉片。在頂部添加 4 片，在每片撒上熔化的牛油。用刀子修整過多的麵粉，便可將剩下的部分卷在邊緣。用足夠的牛油刷在面上，然後用刀子奶油酥餅的面上留痕。
- 在預熱 160 度的烤箱中烘烤 60 至 75 分鐘，直到麵粉脆而金黃。
- 一旦奶油酥餅準備好，在餅上慢慢舀冷糖漿，使每個都被吸收。在糖漿被吸收後享食。(將其存放在冰箱中長達 4-5 天。)
- The syrup:** Add the sugar, the water and lemon zest (and a cinnamon stick) in a small pan and bring to the boil. Let it simmer for about 5 minutes, until the sugar has dissolved; remove the pan from the stove, add the honey and stir. Leave the syrup aside to cool completely.
- The custard:** divide the eggs into yolks and whites. Place the egg whites and 50g sugar in a mixing bowl. Make sure your egg whites, bowl and whisk attachments are free of any water. Use an electric mixer or electric hand beaters to whisk the egg whites and sugar until the mixture is very thick and glossy, all the sugar has dissolved and a long trailing peak forms when the whisk is lifted (meringues). Set aside.
- In another bowl, whisk the yolks and 50g of sugar, until the mixture is thick and foamy. This should take about 5 minutes.
- With a spatula add 1/4 of the meringues into the egg yolks-sugar mixture and blend with light circular movement from the bottom up. Gradually add all the meringues into the mixture and blend.
- Pour into a saucepan the milk, the milk cream and the rest of the sugar, and bring to the boil. As soon as it comes to the boil slowly add the semolina and the vanilla extract; turn the heat down to medium heat and whisk constantly until it the mixture becomes creamy. Remove the pan from the stove, add a knob of butter and blend.
- Blend together the two mixtures, and set aside. Stir occasionally, to keep the custard from forming a skin on top, while you prepare the rest.
- You need a large baking tray, approx. 20x30cm. Melt 230g of butter, and butter the bottom and sides of the tray. Remove the phyllo roll from the plastic sleeve; you will use 5 sheets of phyllo for the bottom of the Galaktoboureko. Begin by layering the sheets one by one on the bottom of the tray, making sure to sprinkle each one thoroughly with melted butter. Layer four sheets of phyllo so that they extend half in the pan and half out of the pan horizontally and vertically and one more in the middle. Tip in the custard, smoothing the surface with a spatula and fold the phyllo sheet flaps over the custard. Add 4 sheets on top, sprinkling each sheet with melted butter. With a knife trim some of the excessive phyllo, if you like, and roll the rest on the edges. Brush the top with enough butter and scar the top of the Galaktoboureko with a sharp knife.
- Bake in a preheated oven at 160°C for 60 to 75 minutes until the phyllo is crisp and golden.
- As soon as the Galaktoboureko is ready, ladle slowly the cold syrup over the pastry, enabling each ladle to be absorbed. Serve after the syrup is absorbed. Enjoy! (Store it out of the fridge for up to 4-5 days. The excess syrup helps maintaining the Galaktoboureko fresh.)



### Greece

The galaktoboureko is common throughout Greece and Cyprus. The name literally means "milk pie" and its origin dates back to ancient Egypt, when phyllo dough was first used for desserts. It was later popularised in Greece during the Ottoman Empire, from 1459 to 1821.

[www.visitgreece.gr](http://www.visitgreece.gr)

Καλή όρεξη!  
(Kali órexi!)



## 加泰隆尼亞焦糖奶凍

## Crema Catalana



### 材料

- 4 個蛋黃 ▪ 100 克糖
- 一小段肉桂條 ▪ 1 個檸檬皮
- 500 毫升全脂牛奶 ▪ 1 茶匙玉米澱粉

### INGREDIENTS

- 4 egg yolks ▪ 100g sugar
- 1 cinnamon stick ▪ Zest of 1 lemon
- 500ml whole milk ▪ 1 tablespoon cornstarch

- 在一個大鍋裡，將蛋黃及 3/4 糖攪拌直到配料完全混合變成泡沫狀。
- 加入肉桂條及檸檬皮然後攪拌。
- 加入牛奶及玉米澱粉，慢慢加熱混合物並不斷攪拌直到開始變稠。
- 停止加熱，把大鍋移離火爐。
- 冷卻後，將肉桂條及牛奶混合物分到 4 至 6 個小模子（可以擺入烤箱的容器及視乎不同容器的大小）。
- 將烤箱加熱，然後把加泰隆尼亞焦糖奶凍的模子從冰箱取出並將剩下的糖撒在模子上。
- 把烤箱加熱後，將小模子放在烤架上並放在烤箱的最上層讓糖變成焦糖及泡沫狀直到變金黃色。過程大概需要 5 至 10 分鐘，要隨時觀察不要烤焦，然後取出食用。
- 根據個人喜好，可將加泰隆尼亞焦糖奶凍冷凍，但有人亦認為在溫暖狀態時有更多的味道。

- In a large saucepan, beat together the egg yolks and 3/4 of the sugar (75g) until the ingredients are thoroughly blended and the mixture turns frothy.
- Add the cinnamon stick and lemon zest and stir.
- Add the milk and cornstarch and slowly heat the mixture, stirring constantly, just until it begins to thicken.
- Remove the pot from the heat immediately.
- To cool, remove the cinnamon stick and ladle the milk mixture into 4 to 6 ramekins (depending on size). Allow them to cool to room temperature, then refrigerate for at least 2 to 3 hours.
- Before serving, heat the broiler. Take the ramekins with the crema catalana out of the refrigerator and sprinkle the rest of the sugar over each ramekin.
- When the broiler is hot, place the ramekins under the broiler on the top shelf and allow the sugar to caramelize and bubble, turning golden brown. This may take 5 to 10 minutes or so, depending on your broiler. Keep a close eye on your crema catalana so that it doesn't burn. Remove and serve immediately.
- You can serve the crema catalana chilled, but some think it has more flavor when served warm from the broiler.



### Spain

The crema Catalana is also known as "crema quemada" or burnt cream. The legend dates its origin to the XVIII century when the nuns of a Catalan convent prepared a flan for their bishop. Unfortunately, the flan came out liquid, so a nun poured scorching sugar on it. The bishop took a bite and yelled "Crema!" which in Catalan means both "it's hot!" and "cream".

[www.spain.info](http://www.spain.info)

*¡Buen provecho!*

法國芒通檸檬撻

Menton Lemon Tart



材料

(A) 撻皮材料：▪ 牛油 150 克 ▪ 杏仁粉或麵粉 45 克 ▪ 糖霜 100 克 ▪ 半份雲呢拿豆莢或雲呢拿香精 ▪ 雞蛋 1 隻 ▪ 鹽一撮  
▪ 麵粉 250 克 (B) (可選) 餅皮材料：▪ 餅乾 300 克 ▪ 牛油 150 克 (C) 芒通檸檬忌廉材料：▪ 雞蛋 5 隻 ▪ 白糖 200 克  
▪ 牛油 100 克 ▪ 檸檬 4 個 ▪ 青檸 1 個 ▪ 魚膠片 2 片

INGREDIENTS

(A) Shortcrust pastry: ▪ 150g butter ▪ 45g almond powder or flour ▪ 100g icing sugar ▪ ½ vanilla pod or vanilla extract  
▪ 1 egg ▪ 1 pinch of salt ▪ 250g flour (B) (Alternative) Biscuit-base pastry: ▪ 300g biscuits ▪ 150g butter  
(C) Menton Lemon Cream: ▪ 5 eggs ▪ 200g white sugar ▪ 100g butter ▪ 4 lemons ▪ 1 lime ▪ 2 gelatine leaves

撻皮做法：

- 將雞蛋與糖和鹽混合
- 加入軟化的牛油並攪拌至混合物變成奶油狀
- 使用附麵團鉤的食物處理器揉捏
- 用雙手揉搓成麵團球
- 冷卻至少 30 分鐘
- 將麵團放入烤盤內，用錫紙蓋好
- 將撻皮用烘培石舖好，放入焗爐以 180°C 烘烤 10 分鐘
- 取出烘培石，再烘烤 15 分鐘

(可選) 餅皮材料：

- 壓碎餅乾
- 與軟化的牛油混合
- 將混合物放入烤盤內
- 冷卻數小時

芒通檸檬忌廉做法：

- 將雞蛋和糖混合
- 檸檬去皮，並將檸檬汁擠入混合物中
- 用熱水坐浴混合物並攪拌
- 將魚膠片浸泡在冷水中
- 將牛油與混合物攪拌
- 將魚膠片加入到混合物中
- 當混合物變稠時，冷藏至少 3 小時

醃檸檬皮：

- 將檸檬皮切片
- 將檸檬皮浸入沸水中 30 秒
- 從沸水中取出檸檬皮並浸入冷水中
- 準備糖漿，比例為 3 份冷水和 1 份糖
- 將檸檬皮浸泡在糖漿內，慢煮 10-15 分鐘
- 從慢火移開檸檬皮並以器皿蓋好

組合各種材料：

- 用擠花袋將檸檬忌廉倒入撻皮
- 在檸檬撻頂部以醃好的檸檬皮和酸橙皮稍作裝飾

Shortcrust pastry:

- Mix an egg with the sugar and salt
- Add softened butter and stir until mixture becomes creamy
- Knead using a food processor with dough hook
- Roll dough ball using your hands
- Chill for at least 30mn
- Lay dough inside flan tin, cover with aluminium foil
- Blind bake at 180°C with baking beans for 10mn
- Remove baking beans and bake another 15mn

(Alternative) Biscuit-base pastry:

- Crush biscuits
- Mix with softened butter
- Lay dough inside flan tin
- Chill for a couple of hours

Menton Lemon Cream:

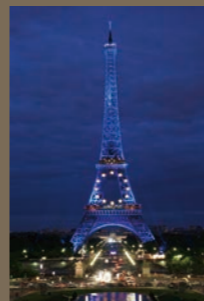
- Mix eggs with sugar
- Peel lemons & squeeze lemon juice into the mixture
- Place into water-bath and stir
- Soak gelatine into cold water
- Stir butter into mixture
- Press gelatine and add to the mixture
- When mixture thickens, refrigerate at least 3 hours

Confit Lemon Zest:

- Slice lemon peels
- Soak lemon peels into boiling water for 30 seconds
- Remove from boiling water & soak into cold water
- Prepare syrup with a ratio of 3 parts of cold water & 1 part of sugar
- Soak lemon peels into syrup and slow cook for 10 – 15 mn
- Remove from fire and put lid on

Assembling:

- Use pastry bag to pour lemon cream into tart shell
- Add lemon peel confit and lime zest on top



France

The French lemon tart is a dessert that dates back to the 18<sup>th</sup> century when lemon was used for disinfection and to cure illnesses. For the preparation of this dessert, the recipe calls for the lemon from the city of Menton, in the south of France. This lemon is so popular that it even has an entire festival dedicated to it, the “Fête du Citron” or the festival of the lemon. During the celebration, chariots full of citrus fruits parade along with music, dances and folkloristic groups.

www.fete-du-citron.com

bon appétit!

## 卡普雷塞蛋糕

## Torta Caprese



### 材料

- 170 克黑巧克力 (磨碎) ▪ 148 克蛋清 (在室溫下) ▪ 85 克蛋黃 (在室溫下) ▪ 170 克砂糖
- 170 克磨碎的杏仁 (烤的) ▪ 170 克牛油 (融化和冷卻) ▪ 14 克不甜的可可粉 ▪ 25 克馬鈴薯澱粉
- 4 克小蘇打 ▪ 1/2 茶匙鹽 ▪ 1/2 香草豆莢 ▪ 灑：糖粉或可可粉

### INGREDIENTS

- 170g dark chocolate (to be grated) ▪ 148g egg white (at room temperature) ▪ 85g egg yolk (at room temperature)
- 170g granulated sugar ▪ 170g ground almonds (toasted) ▪ 170g butter (melted and cooled) ▪ 14g unsweetened cocoa powder ▪ 25g potato starch ▪ 4g baking soda ▪ ½ teaspoon salt ▪ ½ vanilla pod ▪ **Topping:** powdered sugar or cocoa powder

- 用牛油和麵粉輕輕地給一層帶有烘焙紙的圓形蛋糕烤盤塗油脂；將烤箱預熱至 170°C。
- 在一碗裡倒入牛油，砂糖和香草豆莢；把混合物打漿。打漿時加 1/2 茶匙鹽和蛋黃一次。繼續打漿，直至獲得淺白，均勻並且足夠厚奶油狀的混合物。
- 在另一碗裡打漿磨碎的黑巧克力，磨碎的杏仁，篩的馬鈴薯澱粉，小蘇打和不甜的可可粉。一旦混合物準備就緒，請將它放在一邊。
- 然後在另一碗裡打漿蛋清 (使用一個非常乾淨的碗和一個乾淨電動攪拌器的打手)，直到它們形成峰 (混合物應該是堅硬的，但當你舉起攪拌器時，被打蛋的峰值應該稍微下降)。
- 用一把大勺子，加入蛋黃和牛油的混合物中，三分之一的攪打蛋清和黑巧克力跟杏仁的混合物；用鏟從底部到頂部輕輕地攪拌。慢慢地加入其餘的蛋清和混合物。
- 在一蛋糕烤盤裡倒入混合物，然後用刮平表面。將烤箱熱至 170°C 並烤約 45 分鐘，或者直到蛋糕的側從烤盤分離出來一點；牙籤插入蛋糕中時，帶有少許潮濕蛋糕渣子 (不是浸濕的混合物)。
- 蛋糕進行冷卻後，可鬆開蛋糕烤盤周圍的環。讓它完全冷卻，輕輕地將蛋糕放到盤子上。當冷卻時，蛋糕會變癟並開裂。使用小篩子，糖粉或可可粉灑卡普雷塞蛋糕的表面。

- Lightly grease (using butter and flour) a round cake tin with baking paper; preheat oven to 170°C.
- Pour into a bowl the butter, sugar and a vanilla pod, beat the mixture. Add salt and egg yolks while beating. The mixture is ready when it is pale, creamy and thick enough to hold a trail on its surface when you lift the beaters.
- In a separate bowl, mix together the grated dark chocolate and the ground almonds and the sifted potato starch, baking soda and unsweetened cocoa powder.
- Beat the egg whites in a spotlessly clean bowl (with clean beaters) until they form medium peaks (the mixture should be firm, but the peaks of beaten eggs should droop slightly when you hold up the beaters).
- Using a big spoon, add to the mixture of egg yolks and butter a third of the whipped egg whites a third of the chocolate and almond batter; mix well with a spatula, stirring gently from bottom to top. Slowly fold in the rest of the whites and the batter.
- Pour the batter into a spring-form cake tin and smooth over the top. Heat the oven to 170°C and bake it for approximately 45 minutes or until the sides of the cake slightly detached from the tin and a skewer inserted in the middle comes out dry.
- Leave to cool, then unclasp the ring around the cake. Allow it to cool completely and carefully transfer the cake to a serving plate. It will deflate and crack as it cools. Using a small sieve, sift a little powdered sugar powder over the top before serving.



### Italy

The Caprese takes its name from the Island of Capri, near Naples. The dessert was apparently made by mistake: in 1920 Chef Carmine Di Fiore was meant to bake an almond cake for American mobsters affiliated with mafia boss Al Capone but he forgot to add flour to the dough. The result was equally delicious and it was so appreciated that people even asked for the recipe and this was how Caprese became one of the most famous Italian desserts.

[www.Italia.it](http://www.Italia.it)

*buon appetito!*

## 匈牙利朱古力海綿蛋糕

## Rigó Jancsi



材料 (10 人份)	(A) 鏡面朱古力醬：▪ 50 克朱古力融於 70 克攪打鮮忌廉 (B) 忌廉層：▪ 50 克 (2 個) 蛋白和 30 克白糖打成蛋白糖 ▪ 150 克鮮忌廉打發至挺身 ▪ 12 克香草糖 ▪ 6-8 魚膠 (C) 朱古力慕絲：▪ 50 克 (2 個) 蛋白打發至硬身 ▪ 15 克可可粉 ▪ 250 克忌廉 ▪ 6 克魚膠 (D) 海綿蛋糕：▪ 4 隻雞蛋 ▪ 65 克糖 ▪ 50 克麵粉 ▪ 15 克可可粉
INGREDIENTS (for 10 servings)	(A) For the chocolate glazing: ▪ 50g chocolate melted with 70g whipping cream (B) For the Whipped cream layer: ▪ 50g (2pc) eggwhite whipped up with 30g sugar ▪ 150g whipping cream whipped up ▪ 12g vanilla sugar ▪ 6-8g gelatine (C) For the Chocolate Mousse: ▪ 50g (2pc) eggwhite whipped to hard ▪ 15g cocoa powder ▪ 250g cream ▪ 6g gelatine (D) For the spongecake: ▪ 4 eggs ▪ 65g sugar ▪ 50g flour ▪ 15g cocoa powder

傳統匈牙利朱古力海綿蛋糕食譜的改良版。可隨喜好加入更多朱古力，令口味更香濃。

- 將 4 層材料 (朱古力海綿蛋糕，朱古力慕絲，忌廉層和鏡面朱古力醬) 組於 7.5 厘米曲奇餅模內。
- 海綿蛋糕做法：4 隻雞蛋和 65 克糖人手攪打至奶白色，再將 15 克可可粉和 50 克麵粉混合後過篩加入雞蛋糖混合物中攪拌。完成後將粉漿放入 170°C 焗爐中烤焗，直到蛋糕不黏針 (用針測試)。
- 忌廉層做法：先將魚膠放入 0-5°C 冷水中待 5 分鐘，再將忌廉層材料混合。
- 朱古力慕絲做法：在熱水蒸氣上小心混合朱古力慕絲材料 – 特別注意勿讓朱古力過熱燒焦。

**Tip:** the more chocolate you use, the more concentrated and fine the flavour will be.

- This dessert is made up of 4 layers: a chocolate spongecake, a chocolate mousse, a whipped cream layer and a chocolate glazing, all of which we assemble in a 7.5cm cookie cutter ring.
- To make the spongecake, whip up the 4 eggs and 65g sugar with a manual whisk until they are white, then carefully mix in the 50g flour that already has the 15g cocoa powder mixed in. Bake at 170°C in the oven until the dough does not stick to a needle (the needle test)
- For the whipped cream layer mix the ingredients and then put the gelatin in cold water (0-5) for 5 minutes beforehand.
- For the mousse, mix the ingredients carefully over steam – pay particular attention that the chocolate does not get burnt.



### Hungary

The Rigó Jancsi cake tells a Hungarian-Belgian story of romance. It was named after Rigó Jancsi (1858-1927), who was a famous Hungarian violinist. In 1896, Jancsi was playing violin at a restaurant in Paris where he met Clara Ward, the wife of the Belgium Duke of Chimay. The two fell in love and Clara left her husband and children to follow Jancsi. Between 1896 and 1898, newspapers wrote extensively about the marriage of Jancsi Rigó to the Belgian countess. The affair inspired a baker in Budapest to use Rigó Jancsi's name in honour of the romantic love story.  
[www.hellohungary.com](http://www.hellohungary.com)

*Jó étvágyat!*

## 荷蘭小煎餅

## Poffertjes



### 材料

- 375 克麵粉 ▪ 5 隻雞蛋
- 500 毫升牛奶 ▪ 20 克酵母 ▪ 5 克食鹽
- 牛油 ▪ 糖粉

### INGREDIENTS

- 375g flour ▪ 5 eggs
- 500ml milk ▪ 20g yeast ▪ 5g salt
- Butter ▪ Powdered sugar

- 先將麵粉、酵母和鹽放在一起過篩並攪拌均勻。逐量加入牛奶，逐個加蛋，將碗蓋好，靜置於較熱位置約兩小時。
- 加熱‘小煎餅鍋’、用牛油將每個餅槽塗抹均勻、將事先準備好的麵糊倒入每個餅槽（填充四分之三即可）。烘烤大概四分鐘直到餅槽邊的麵糊變乾、且表面有出現氣泡時用小木棒將每個小煎餅翻轉。再用牛油輕輕塗抹每個小煎餅。這樣再煎多數分鐘。
- 裝盤後撒上適量糖粉再融一些牛油更佳。

- Put the flour, with the instant yeast and salt through a sieve and mix it. Add the milk, bit by bit. Then add the beaten eggs one by one. Cover the bowl and let the batter rest for approximately 2 hours in a warm place.
- Heat the special ‘poffertjes pan’ and lightly butter each dimple. Put batter in each of the dimples (fill them about ¾). Let it bake for about 4 minutes. When the batter starts drying on the sides and bubbles appear in the surface, flip them over with a small wooden skewer. Butter the baked surface lightly. Let it bake for a few more minutes.
- Serve hot with lots of powdered sugar.



### Netherlands

Poffertjes most likely originated from a Dutch monastery in the 18<sup>th</sup> century. Nowadays, poffertjes are a popular treat served at fairs, parties, markets, and more.  
[www.holland.com](http://www.holland.com)

*smakelijk!*

## 杏子餃

## Marillenknödel (Apricot Dumplings)



### 材料

- (A) 杏子布丁：■ 新鮮茅屋芝士 20 克 ■ 雞蛋 1 隻 ■ 糖 1 湯匙 ■ 鹽 1 小把  
■ 中筋麵粉 1 1/2 杯 ■ 牛油 1 湯匙 ■ 新鮮杏子 12 個 ■ 方糖 12 塊  
(B) 外皮：■ 無鹽牛油 2 湯匙 ■ 新鮮麵包糠 3/4 杯，放乾 ■ 糖 1 湯匙 ■ 肉桂粉 1/4 茶匙

### INGREDIENTS

- (A) Apricot dumplings: ■ 20g fresh smooth cottage cheese ■ 1 large egg ■ 1 tbsp sugar ■ pinch salt  
■ 1 1/2 cups sifted all-purpose flour ■ 1 tbsp melted butter ■ 12 whole fresh apricots ■ 12 sugar cubes  
(B) Coating: ■ 2 tbsp unsalted butter ■ 3/4 cup fresh bread crumbs, dried out ■ 1 tbsp sugar ■ 1/4 tsp ground cinnamon

- 把新鮮芝士放置於棉布或紙巾上，瀝乾 5 至 10 分鐘。輕輕擠壓出多餘水分。
- 用攪拌機把芝士打至順滑。加入一隻雞蛋再次攪打直至蛋酪分離。撒入糖和鹽，緩緩加入麵粉攪拌直至出現一個麵團。加入牛油再攪拌，直至麵團粘到一起。
- 將麵團包裹起來放在塑料容器裡放入冰箱冷藏數小時或最多到半夜。麵團會自然冷卻變硬。
- 用小刀在杏子上劃一小道口，小心取出核兒並保持杏子原樣。把方糖放進杏子中空處並擠壓，使杏子和方糖緊緊粘連。在烹調的時候，方糖就會融在杏子裡。
- 滾一鍋水。用擀麵棍輕輕在麵團表面滾動，直至形成圓圈狀。從麵團切出 12 個 10 厘米的小圓圈。取一個杏子放在小麵團中間，把麵團兩邊捏到一起形成餃子狀。注意在捏的時候不要把麵皮扯出洞來。以此類推，把餃子一一放入滾水中，避免一次放太多以免粘到一起。煮 10 至 15 分鐘，餃子會先沉入鍋底再浮到表面。小心地把餃子從水裡撈出來。
- 把不粘鍋加熱，加入牛油融化至中熱。倒入麵包糠、糖和肉桂粉，攪拌幾分鐘，直至麵包糠呈焦黃色。把麵包糠放到烤盤或普通盤子裡，在餃子表面均勻地裹上焦黃色的麵包糠。
- 取一個小碗，加入乳酪、紅糖和檸檬汁攪拌。吃餃子的時候可以蘸這個酸甜忌廉醬。如果能再蘸糖粉那就更好了。

- Place the cottage cheese in a cheesecloth or several layers of paper towels and let it drain for 5 to 10 minutes, pressing gently, to remove excess moisture.
- With a mixer, beat the cheese until smooth. Add the egg and continue to beat until incorporated. Sprinkle in the sugar and salt, and then gradually add the flour. Add the melted butter and mix just until the dough holds together when patted with your hands, it will look pretty wet. Wrap the dough in plastic and refrigerate for several hours or overnight, the dough will stiffen as it chills.
- Using a knife, make a slit down the seam of the apricot and carefully pull out the pit, keeping the fruit intact. Stick a sugar cube inside the apricot where the pit was and squeeze the apricot back together to close it up tightly. The sugar cube melts inside the apricot when you cook it.
- Bring a large pot of water to a boil. Lightly flour a rolling pin and work surface. Roll the dough out into a thin circle and cut out 12 circles with a 4-inch ring cutter. Place an apricot in the center of the dough and carefully bring the edges together to completely enclose the fruit and form a dumpling; make sure there are not any tears or holes in the dough. Working in batches, gently lower the dumplings into the simmering water; they should not be touching or crowded. Cook for about 10 to 15 minutes; the dumplings will sink to the bottom of the pot and then rise to the surface. Carefully remove the dumplings from the water with a strainer.
- In a large nonstick skillet, melt the butter over medium heat. Add the bread crumbs, sugar, and cinnamon, cook and stir for a couple of minutes until the bread crumbs are toasty and golden. Lay the bread crumbs out on a sheet pan or plate and roll the apricot dumplings in the crumbs to coat evenly.
- In a small bowl, mix the sour cream, brown sugar, and lemon juice together. Serve the apricot dumplings with the sweet-sour cream sauce on the side and a dusting of confectioners' sugar if desired.



### Austria

The apricot dumpling, or Marillenknödel, is emblematic of the Wachau Valley, west of Vienna, famous for its outstanding white wines and its orchards. In spring, when apricots are ripe, Wachau becomes a paradise for dumpling lovers.

[www.austria.info](http://www.austria.info)

Mahlzeit!

波蘭芝士餅

Traditional Polish Cheesecake



材料

(A) 餅底：■ 3 杯通用麵粉 ■ 半杯糖粉 ■ 250 克室溫黃油 ■ 3 個大蛋黃 ■ 3 湯匙酸奶油 (B) 餡料：■ 250 克室溫黃油  
■ 2 杯奶油糖 ■ 6 個大蛋，分開的蛋黃和蛋白 ■ 1/3 杯葡萄乾 ■ 半茶匙香草 ■ 1 公斤幹凝乳酪或二夸克或夸克乾酪，通過篩子或在攪拌機中加工直至光滑

INGREDIENTS

(A) Base: ■ 3 cups all-purpose flour ■ 1/2 cup icing sugar ■ 250 grams room-temperature butter ■ 3 large egg yolks  
■ 3 tablespoons sour cream (B) Filling: ■ 250 grams room-temperature butter ■ 2 cups castard sugar ■ 6 large eggs,  
separated yolks and whites ■ 1/3 cup raisins ■ 1/2 teaspoon vanilla ■ 1kg dry curd cheese or twaróg or quark cheese,  
passed through a sieve or processed in a blender until smooth

餅底製作：

- 在大碗或食品加工機中，將麵粉，糖和發酵粉混合在一起。在餡餅麵團切入牛油。
- 將蛋黃加入到麵粉牛油混合物中，僅合併或脈衝混合。
- 用牛油輕輕潤滑一個 13x9 英寸的鍋。將糕點麵團卷得足夠大，使其排成兩半。裝入鍋中，製成捲邊。(注意：如果你有剩餘的麵團，將它捲成鉛筆形狀來裝飾裝滿芝士蛋糕的上面)

做餡：

- 將烤箱加熱至 180°C
- 在一個大碗中，將室溫牛油 1 杯糖混合一起成奶油狀，直到輕身和蓬鬆。徹底混入 1/2 千克的奶酪。
- 在一個單獨的碗把 1 杯糖與蛋黃混合一起，直到輕身和蓬鬆。徹底混入剩餘的半斤奶酪。
- 將兩個碗組合在一起。
- 在另一個碗裡，把蛋清打到堅硬的山峰狀。慢慢將它們折疊成乾酪混合物。添加葡萄乾以及香草。
- 將餡料倒入平底鍋裡。如果你有剩餘的麵團，請將它們捲成鉛筆形狀，然後沿著乳酪蛋糕的頂部對角放置。
- 烘烤 50 到 60 分鐘或直到中心略微彎曲。不要讓頂部變成深褐色。在享用之前讓它完全冷卻。冷藏剩餘。

The base:

- In a large bowl or food processor, mix together the flour, 340g of sugar, and the baking powder. Add butter.
- Add yolks to the flour-butter mixture, combining or pulsing only until combined.
- Lightly grease a 13x9-inch pan with butter. Roll pastry dough large enough to line the pan and come up the sides. Fit into pan, making a crimped or rolled edge.

The filling:

- Heat the oven to 180°C.
- In a large bowl, mix together the room-temperature butter with 1 cup of sugar until light and fluffy. Thoroughly mix the 1/2kg of cheese.
- In a separate bowl, bring together the yolks with 1 cup of sugar until light and fluffy. Thoroughly mix-in the remaining 1/2kg of cheese. Combine the two bowls.
- In a separate bowl, beat the egg whites to stiff peaks. Fold them into the cheese mixture slowly. Add raisins as well as vanilla.
- Pour filling into pastry crust-lined pan. If you have leftover dough, roll into pencil shapes and lay them diagonally across the top of the cheesecake.
- Bake 50 to 60 minutes or until center is only slightly jiggle. Do not let the top become dark brown.
- Let cool completely before serving.



Poland

"Ser" is the Polish word for cheese and "sernik" is the Polish word for cheesecake. The traditional Polish cheesecake is a baked cheesecake and it is found in Christian and Jewish traditions. The legend says that King Jan III Sobieski brought the recipe back with him after his victory against the Turks at the Battle of Vienna (1683) and therefore one version of the cheesecake in Poland is called Viennese-Style.  
[www.poland.travel](http://www.poland.travel)

smaczne!

小孩蛋糕

# Bolo Menino or Bolo Minino



材料

- 蛋黃 12 隻 ▪ 蛋清 8 份 (加少許鹽)
- 杏仁 76 克 (煮軟化, 去皮, 烤) ▪ 松子仁 76 克 ▪ 椰絲 72 克
- Marie Biscuit 76 克 ▪ 白糖 152 克 ▪ 糖霜 (頂部塗層)

INGREDIENTS

- Egg yolk 12 pcs ▪ Egg white 8 pcs (add little salt)
- Almond 76g (boiled & softened, peel, toasted) ▪ Pine nuts 76g ▪ Shredded coconut 76g
- Marie biscuit 76g ▪ White sugar 152g ▪ Icing sugar (top coated)

- 1 杏仁, 松子和椰絲分開烘烤, 然後冷卻。單獨研磨而不是攪拌並充分混合。加入 Marie Biscuit 研磨和混合好。
- 2 將白糖加入蛋黃中, 混合至乳脂狀。
- 3 蛋清拍打並混合以形成山峰形狀。
  - (1) 加入 (2), 攪拌均勻, 然後在 (3) 中輕輕折疊, 用牛油分層模具和羊皮紙, 倒入模具, 中火烘烤。
  - 當烤焗完成後, 除去模具及冷卻, 然後加上糖霜

- Pre-heat the oven to 160°C. Toast the almonds, pine nuts and shredded coconut separately on a baking tray for about 30 minutes turning them every 10 mins until golden. Let them cool. Grind separately then stir and mix well. Add the ground "Marie" biscuit mix it together.
- Add the white sugar to the egg yolk and blend until creamy.
- Whisk the egg whites until they form stiff peaks and then gradually fold through the batter. Spoon the mixture into the cake pan and level the top.
- Layer the mold with butter and parchment paper then pour the mix into the mold. Bake the cake in the pre-heated oven at 160°C for about 35 minutes. Let the cake cool a little before removing from the pan and transferring to a rack.
- When baked, remove from the mold and let it cool. When cooled, top with icing sugar.



Portugal

The use of almonds is the signature of Bolo Minino and reflects the rich culinary history of Portugal. The introduction of almonds dates back to the time when Portugal was under Arab rule. Since then, almonds were introduced into many Portuguese recipes.  
[www.visitportugal.com](http://www.visitportugal.com)

*bom apetite!*



## 帕帕納西

### Romanian Chess Doughnuts - Papanashi



#### 材料 (6 個)

- 300 克牛奶甜奶酪 (或意大利乳清乾酪 / 奶酪) ▪ 1 隻大雞蛋 ▪ 70 克糖
- 200 克麵粉 ▪ ½ 茶匙發酵粉 ▪ 香草精 ▪ 檸檬皮
- 500 毫升油 (用於煎炸 papanashi) ▪ 200 克水果乾 ▪ 200 克酸奶油

#### INGREDIENTS (6 pieces)

- 300g cow's sweet cheese (or ricotta/cottage cheese) ▪ 1 large egg ▪ 70g sugar
- 200g flour ▪ ½ tsp baking powder ▪ vanilla extract ▪ lemon zest
- 500ml oil for frying ▪ 200g fruit preserve ▪ 200g sour cream

- 用叉子將奶酪，糖，香草精和檸檬皮混合。
- 另外，將麵粉與發酵粉混合。
- 逐漸將麵粉混合物加入乾酪混合物中。根據您使用的奶酪，您可能需要添加更多或更少的麵粉。麵團應該是柔軟的，只是有點粘，但堅固到足以用手形成甜甜圈球。
- 在你的工作面上撒一些麵粉，揉一下麵團，使各種成分充分混合。
- 形成 6 個大球和 6 個小球，如照片中所示。
- 用手指在每個大球上形成一個洞。
- 在鍋中加熱足夠的油以覆蓋帕帕納西。確保油是熱的 - 為此，在油中滴一點麵團，看它是否發出嘶嘶聲。
- 一次炒兩個大甜甜圈和兩個小甜甜圈，直到它們兩邊都是金黃色。
- 將甜甜圈轉移到覆蓋有吸水紙的盤子上，以去除多餘的油。
- 為了製作帕帕納西，用一個大甜甜圈作為基礎，頂部加一勺酸奶油，然後用水果罐裝飾，並將小甜甜圈放在上面。你也可以在上面撒一些糖粉。
- 你已經完成一道容易準備的傳統羅馬尼亞甜點！

- With a fork, mix the cheese, sugar, vanilla extract and lemon zest.
- Separately, mix the flour with the baking powder.
- Gradually add the flour mixture to the cheese mixture. Depending on the cheese you are using, you might need to add more or less flour. The dough should be soft and just a bit sticky, but firm enough to form doughnut balls with your hands.
- Spread some flour on your working surface and knead the dough to fully combine the ingredients.
- Form 6 large balls and 6 small balls, like in the photo.
- Using your finger, form a hole in each large ball.
- Heat enough oil in a pot to cover the papanashi. Make sure the oil is hot – first drop a bit of dough in the oil and see if it sizzles.
- Fry two large doughnuts and two small doughnuts at a time, until they are golden brown on each side.
- Transfer the doughnuts to absorbent paper to remove the excess oil.
- To make the papanashi, use a large doughnut as a base, top with a spoonful of sour cream, then decorate with fruit preserve and put the small doughnut on top. You can also sprinkle some powdered sugar on top.
- There you have it, a traditional Romanian dessert that is easy to prepare and bursts with flavor.



#### Romania

The word papanashi comes from the Latin papa or pappa, which means "food for children". These cheese dumplings date back to the Austro-Hungarian Empire and were adapted in the Moldova region of Romania. Papanasi is often decorated with a smaller doughnut to make it look like a hat.  
romaniatourism.com

Doftă bună!

## 芬蘭藍莓批 *Blueberry Pie*



### 材料

- (A) 酥皮：■ 100 克牛油 ■ 1 分公升糖 ■ 1 個雞蛋 ■ 2.5 分公升麵粉  
■ 1 茶匙發酵粉 ■ 一小撮香草糖或青檸皮  
(B) 餡料：■ 300 克藍莓 ■ 200 克酸奶油 ■ 0.75 分公升司糖 ■ 1 茶匙香草糖 ■ 1 個雞蛋

### INGREDIENTS

- (A) Short crust pastry: ■ 100g butter ■ 1dl sugar ■ 1 egg ■ 2,5dl flour  
■ 1 tsp baking powder ■ A pinch of vanilla sugar, or lime zest  
(B) Filling: ■ 300g blueberries ■ 200g sour cream ■ 0,75dl sugar ■ 1tsp vanilla sugar ■ 1 egg

### 酥皮做法

- 把牛油，糖攪拌直至成糊狀。
- 加入雞蛋。
- 混合乾材料。
- 把牛油，糖，雞蛋，麵粉輕輕拌混合一起。
- 將輕壓麵團，均勻地鋪放在耐熱餡餅盤上 (ø~28 厘米)。

### Short crust pastry

- Mix sugar with butter.
- Add the egg to the mixture.
- Mix the dry ingredients (and lime zest, if you choose to use it).
- Gently mix flour with butter, sugar, and egg.
- Press the dough evenly in an ovenproof pie dish (ø ~28cm).

### 餡料做法

- 將藍莓均勻分散在餡餅皮上。留幾粒藍莓作裝飾。
- 把糖，酸奶油和雞蛋混合一起。加入香草糖。
- 將酸奶油倒在藍莓上混合。
- 將其餘的藍莓分散放在上面。
- 在 200 攝氏度的烘箱中烘烤餡餅約 30 分鐘。酥皮應變成金黃色。
- 讓餡餅冷卻後便可享受。

### Filling

- Scatter the blueberries evenly on top of the pie pastry. Save a few berries for decorating.
- Mix sugar, sour cream, and the egg. Add vanilla sugar.
- Pour the sour cream mix on top of the blueberries.
- Scatter the rest of the blueberries on top.
- Bake the pie in the oven for ~30min in 200°C. The crust should turn golden brown.
- Let the pie cool down before serving.



### Finland

Mustikkapiirakka is the Finnish name for blueberry pie. The pie is a traditional family recipe that can be consumed in summer and autumn, usually accompanied by coffee or cold milk. In 2017, for Finland's 100th anniversary, a poll of 50,000 Finns selected mustikkapiirakka as the most popular dessert.  
[www.visitfinland.com](http://www.visitfinland.com)

*Hyvää  
ruokahalua!*

# 肉桂卷

## Cinnamon Buns (Kanelbullar)



© Tina Stafrén/imagebank.sweden.se

### 材料 (45-50 個)

- 150 克牛油
- 500 毫升牛奶
- 50 克新鮮酵母
- 1 茶匙鹽
- 85 克白糖
- 2 茶匙碎荳蔻
- 900 克普通麵粉
- (A) 餡料：100 牛油，室溫
- 85 克白糖
- 3-4 湯匙肉桂粉
- (B) 裝飾：1 個雞蛋
- 3-4 湯匙珍珠糖或杏仁片

### INGREDIENTS (45-50 Buns)

- 150g butter
- 500ml milk
- 50g live yeast
- 1 tsp salt
- 85g white sugar
- 2tsp crushed cardamom seeds
- 900g plain flour
- (A) Filling: 85g white sugar
- 3-4 tbsp ground cinnamon
- (B) Decoration: 1 egg, beaten
- 3-4 tbsp pearl sugar or almond flakes

- 在平底鍋裡融化牛油並加入牛奶，加熱至 37°C。
- 將酵母捏碎放入攪拌碗中，倒入上一步驟的液體，攪拌直至酵母溶解。
- 加入鹽、糖、碎荳蔻以及幾乎所有的麵粉。留下一點麵粉稍後再用。
- 揉麵團直到它變得光滑、有彈性和不再粘在碗的邊緣。蓋上乾淨的布放置發酵約 30 分鐘。
- 將麵團放在撒了麵粉的平面上並切成兩半。滾壓成兩塊約 0.5 厘米厚的長方形。
- 塗上牛油，撒上糖和肉桂粉。
- 從長的一邊開始捲成條狀。將每條切大塊，兩條可以切成大概 45-50 個肉桂卷。然後將它們面朝上放在蛋撻紙托中，用布蓋住，再發酵 30 分鐘。
- 將焗爐預熱至 225°C。用雞蛋液搽在肉桂卷上並撒上珍珠糖或杏仁片作裝飾。
- 在焗爐中層焗大約 8-10 分鐘。完成後放在烤架上冷卻。

- Melt the butter in a saucepan and till it is warm.
- Crumble the yeast in a mixing bowl, pour in the liquid and stir until the yeast dissolves.
- Add salt, sugar, crushed cardamom seeds, and almost all the flour. Save a little flour for later.
- Knead the dough until it is smooth and stretchy and no longer sticks to the edge of the bowl. Let rise under a clean cloth for about 30 minutes.
- Place the dough on a surface sprinkled with flour and cut it in two. Roll out into two rectangular shapes about 0.5 cm thick.
- Spread on the butter and sprinkle over sugar and cinnamon.
- From the long side, roll up into two sausages. Cut each roll into chunks so that you get some 45-50 buns altogether, and place them, cut face up, in paper muffin cases on baking sheets. Cover with cloths and leave to rise for a further 30 minutes.
- Preheat the oven to 225°C. Brush the buns with the egg wash and garnish with pearl sugar or almond flakes.
- Bake in the middle of the oven for about 8-10 minutes. Leave to cool on wire racks.



### Sweden

Sweden has a National Cinnamon Bun Day which is celebrated on 4 October. The celebration began in 1999 when Sweden's Home Baking Council celebrated the organisation's 40th anniversary. The modern cinnamon bun ('kanelbulle') was created after the First World War, when heavy restrictions on the import of sugar, egg and butter were lifted. In the 1920s, these products eventually returned to shelves and cinnamon buns began to appear in cafés and bakeries across the country. [sweden.se](http://sweden.se)

*Smaklig måltid!*



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- 03 Foreword by Deserée Smith
- 04 比利時 BELGIË/BELGIQUE (BELGIUM) | 布魯塞爾窩夫 Brussels' Waffles
- 06 捷克 ESKÁ REPUBLIKA (CZECH REPUBLIC) | 餃子配酸菜烤豬 Koláče: Czech Pastry
- 08 德國 DEUTSCHLAND (GERMANY) | 黑森林蛋糕 Schwarzwälder Kirschtorte (Black Forest Cake)
- 10 愛爾蘭 ÉIRE/IRELAND | 愛爾蘭水果麵包 Barmbrack
- 12 希臘 ΕΛΛΑΔΑ (GREECE) | 希式奶油酥餅 Greek Custard Pie with Syrup
- 14 西班牙 ESPAÑA (SPAIN) | 加泰隆尼亞焦糖奶凍 Crema Catalana
- 16 法國 FRANCE | 法國芒通檸檬撻 Menton Lemon Tart
- 18 意大利 ITALIA (ITALY) | 卡普雷塞蛋糕 Torta Caprese
- 20 匈牙利 MAGYARORSZÁG (HUNGARY) | 匈牙利朱古力海綿蛋糕 Rigó Jancsi
- 22 荷蘭 NEDERLAND (NETHERLANDS) | 荷蘭小煎餅 Poffertjes
- 24 奧地利 ÖSTERREICH (AUSTRIA) | 杏子餃 Marillenknödel (Apricot Dumplings)
- 26 波蘭 POLSKA (POLAND) | 波蘭芝士餅 Traditional Polish Cheesecake
- 28 葡萄牙 PORTUGAL | 小孩蛋糕 Bolo Menino or Bolo Minino
- 30 羅馬尼亞 ROMÂNIA (ROMANIA) | 帕帕納西 Romanian Chess Doughnuts-Papanasi
- 32 芬蘭 SUOMI (FINLAND) | 芬蘭藍莓批 Blueberry Pie
- 34 瑞典 SVERIGE (SWEDEN) | 肉桂卷 Cinnamon Buns (Kanelbullar)



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