Western Pastry and Bakery Chef 西點烘焙師 **Contents** 目錄 1. Introduction 前言 1.2 Knowledge - History 知識 - 歷史篇 Pastry / bakery organisation 1.11 餅房/麵包房架構 Pastry / bakery equipment 1-17 西餅/麵包設備 Knives, plating knives 1-20 刀具、刮刀 1-22 Moulds, trays, containers 模具、盤子、容器 **Utensils** 1-24 器具 1-27 Glossary 詞彙表 2. Knowing your raw materials 認識你的原材料 2.2 Introduction 引言 2.3 Flours and starches 麵粉及澱粉 Sugars 2.6 Fruits 2.7 水果 Nuts and kernels 2-11 堅果和果仁

	Dairy products, fat, oil 乳製品、脂肪、油	2-13
	Chocolate 朱古力	2-16
	Spices and flavourings 香料和調味料	2-22
	Additives 添加劑	2-26
	Leaveners 發酵劑	2-28
3.	Preparing for work 準備工作	
	Reporting for work 上班報到	3-2
	Personal hygiene 個人衛生	3-3
	Safety and security 安全和保安	3-9
	Basic food hygiene 基本食物衛生	3-15
4.	Introduction to mise-en-place 認識準備工作	
	Transporting and storing food products 食品的運輸及儲存	4-2
	Food handling 處理食物	4-6
	Basic food cost 基本食物成本	4-8
	Processed and unprocessed products 加工及未加工食品	4-10
	Working with preserved and fresh products 醃製食物及新鮮食材的處理	4-12

	Menus and Recipes 餐牌及食譜	4-13
	Measuring and weighing products 食品的量度及秤重	4-21
	Four steps of mise-en-place 準備工作四步曲	4-24
5.	Basic cutting techniques 基本切割技巧	
	Introduction 引言	5-2
	Safety rules for using knives 用刀的安全守則	5-3
	Cleaning products 清潔食品	5-4
	Standard vegetable and fruit cutting 標準的蔬菜和水果切割	5-5
	Cutting of cakes and bread 蛋糕及麵包的切法	5-12
6.	Mixing food 混合食物	
	Stirring 攪勻	6-2
	Whisking 攪拌	6-3
	Whipping 發打	6-4
	Beating 打漿	6-4
	Blending 攪和	6-5
	Kneading 揉捏	6-5

	Folding 摺疊	6-6
7.	Basic techniques for pastry, bakery and dessert 西餅、麵包、甜品的基本製作技巧	
	Preparing basic dough 準備一般麵團	7-2
	Rolling out dough 擀麵團	7-6
	Fermentation and proofing 一次發酵(或基本發酵)及二次發酵	7-8
	Baking 烘焙	7-10
	Basic sponges, masses, roulades 基本製作:海綿層、餅底及蛋卷	7-13
	Preparing fillings, creams, mixtures 準備餡料、奶油和混合料	7-18
	Working with dairy products 製作乳製品	7-22
	Tempering couverture 朱古力的調温	7-24
	Cooking Sugar 糖的烹調	7-27
8.	Preparing bakery 麵包製作	
	Introduction 引言	8.2
	White bread and rolls 白麵包和麵包卷	8-3
	Dark -, grain - , seed bread 黑麥麵包、穀麥麵包和種子麵包	8-6
	Croissants, Danish pastries 牛鱼包和丹麥酥皮餅	8-9

	Sweet and soft bread 甜麵包和軟麵包	8-13
	Muffins 鬆餅	8-15
	Bagels 猶太包	8-17
	Savouries and quiche 鹹派和乳蛋餅	8-19
9.	Preparing pastry 西餅製作	
	Introduction 前言	9-2
	Cakes 蛋糕	9-3
	French pastries 法式西餅	9-7
	Pies and tarts 批及撻	9-11
	Cookies 曲奇	9-15
	Butter cakes 牛油蛋糕	9-19
	Chocolates and pralines 朱古力及夾心朱古力	9-21
	Marzipan 杏仁膏	9-25
10.	Preparing dessert 甜品製作	
	Introduction 前言	10-2
	Mousse, bavarois 慕絲、果凍	10-3

	Custard, dessert creams 燉蛋、各式奶凍	10-6
	Jelly, cold puddings 果凍、凍食布甸	10-9
	Sauces 醬汁	10-11
	Ice cream, sherbet, parfait 雪糕、雪葩、芭菲	10-14
	Hot desserts 熱食甜品	10-18
	Fruits, fruit salad, fruit compote 水果、水果沙律、糖漬水果	10-20
	Plated desserts 精美甜品	10-23
	Buffet desserts 自助餐甜品	10-26
11.	Food presentation – plating, displaying and garnish 菜餚賣相 – 擺盤、陳列及伴碟	
	Guidelines for plated of desserts 甜品擺盤原則	11-2
		11-2
	甜品擺盤原則 Guidelines for garnishing dishes and plates	
	甜品擺盤原則 Guidelines for garnishing dishes and plates 盤碟伴碟原則 Cakes and pastries decorations	11-3
12.	甜品擺盤原則 Guidelines for garnishing dishes and plates 盤碟伴碟原則 Cakes and pastries decorations 蛋糕和西餅裝飾 Bread, cakes and pastries display	11-3 11-7
12.	甜品擺盤原則 Guidelines for garnishing dishes and plates 盤碟伴碟原則 Cakes and pastries decorations 蛋糕和西餅裝飾 Bread, cakes and pastries display 麵包、蛋糕和西餅的陳列 End of your shift	11-3 11-7

Storing finished food and leftovers 貯存製成品和剩餘物	12-3
Removing waste and garbage from work place 清理工作間的廢物和垃圾	12-4
Cleaning and storing equipment, tools and material 清潔及存放設備、工具和材料	12-5
Cleaning and sanitising the pastry/bakery 餅房/麵包房的清潔及消毒	12-9
Handling dirty uniform and cloths 處理骯髒的制服和抹布	12-11
Closing down the pastry/bakery 餅房/麵包房打烊	12-12

INDEX 0 - 7