

A kitchen whisk is positioned on the left side of the image, resting on a light-colored tablecloth with a subtle grid pattern. Scattered around the whisk are several small, light-brown seeds. In the bottom left corner, a small white square bowl contains a dark, granular substance, possibly coffee grounds or spices. The overall scene is set against a background of the same patterned tablecloth.

大家一起來烹飪

Let's cook together!

19.06.21

2pm

今日菜單 Today's menu

2:00pm 天貝製作和烹煮天貝

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



2:20pm 抹茶巧克力布丁

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



2:40pm 鮮麗里涼麵

- 1) 食材介紹
- 2) 烹飪視頻播出
- 3) 雙向交流



3.00pm 結束

天貝製作

Tempeh Making



材料 Ingredients

马来豆 500克

醋 2 汤匙

天贝菌粉 1茶匙

Channa Dhall 500g

Vinegar 2 tbsp

Tempeh Starter 1 tsp



做法/Method

1. 马来豆洗后用水浸泡10个小时，倒掉浸泡的水，把豆再洗一遍。
2. 加入干净的水把豆煮熟（15至20分钟），避免煮到太软或太烂。煮好前的5分钟加入2汤匙的醋，搅均匀，把煮好的豆沥干。
3. 准备一个大盘上面放一块干净的布，把豆倒在盘上摊开晾干，可用吹风机吹干或用布抹干。
4. 豆表皮干了后，倒入一个大碗里，加入1茶匙天贝菌粉，搅拌均匀。
5. 准备4或5个塑料袋子，每个4x6寸大，用沙爹枝在袋子两面穿孔，孔之间分开2公分。
6. 每个袋子装入200克的豆，然后放在通风干净的地方等待发酵，避免太阳光直接照射，可用布盖着。
7. 大约20小时后，豆开始发热，袋子里布满水气，这表示豆已经开始发酵。
8. 大约30至36小时后，袋子里的豆形成一个扎实的大块状，感觉温热，当白色的菌种覆盖所有的豆后，天贝就玩成了。
9. 把天贝放入冰箱里，在4至5天内吃完，或冷冻可存放2至3个月。

做法/Method

1. Wash the channa dhall and soak for about 10 hours. After soaking, pour away the water and wash the beans again.
2. Boil the beans with clean water for 15-20mins until cooked, but not too soft or mushy. Add 2 tbsp of vinegar 5min before the beans are done.
3. Drain away the water and transfer the beans to a big tray that is laid with a clean cloth. Spread out the beans to air dry. You can speed up the drying using a hair dryer to blow or a cloth to wipe.
4. After drying, transfer the beans to a big bowl. Add 1 tsp of tempeh starter and mix well.
5. Prepare 4 or 5 plastic bags, each measuring 4"x6". Use a satay stick to poke holes on both sides of the bags at 2cm apart.
6. Fill each bag with 200g of beans. Put them at a well ventilated place for fermentation. Avoid direct sunlight and cover them with a cloth.
7. After about 20 hours, the beans start to produce heat and water vapour appears inside the bags. This is a sign of fermentation taking place.
8. After 30 to 36 hours, the beans become a firm block and feel warm. When all the beans are covered with the white stuff, the tempeh is ready.
9. Put the tempeh in the fridge and consume it within 4 to 5 days. If frozen, it can be stored for 2 to 3 months.

番茄天贝煮法

Tempeh with tomato sauce



材料 Ingredients

天贝 200克

番茄 2粒

石栗子 4粒

红辣椒 2条

Tempeh 200g

Tomato 2 pieces

Candlenut 4 pieces

Red chilli 2 pieces



做法/Method

1. 天贝切块，煎炸至金黄色，盛起备用。
2. 番茄切粒。石栗子和辣椒一起搅烂。
3. 热油，放入番茄煮烂成酱汁，加入石栗子和辣椒，若酱汁太浓可加些水，再加入适量盐和少许糖。
4. 放入煎好的天贝，快速翻炒几下，盛起。



1. Cut the tempeh into pieces, and fry to golden brown. Put aside.
2. Dice the tomatoes. Pound / grind the candlenuts and chilli together into paste.
3. Cook the tomatoes till soft and become sauce. Add in the candlenuts and chilli paste, and some water if the sauce is too thick. Add salt and sugar.
4. Put in the tempeh and stir fry for a while till well mix.

抹茶巧克力布丁

Matcha & Chocolate Pudding



材料 Ingredients (Matcha/ chocolate)

奶 600ml

淡奶油 100克

燕菜精 5克(3/4茶匙)

炼奶 2茶匙

白糖 50克

可可粉/ 抹茶粉 15克

Milk 600ml

Whipping cream 100g

Agar powder 5g (3/4 tsp)

Condensed milk 2 tsp

Sugar 50g

Cocoa powder/ Matcha powder 15g



做法/Method

1. 15克可可粉和100ml奶一起搅拌至融化，放一旁备用。
2. 另一个碗里，加入500ml奶、50克白糖、2茶匙炼奶、5克（3/4茶匙）燕菜精，混合均匀，用小火煮至滚和所有材料融化。
3. 离火，加入融化的可可粉和淡奶油，搅拌均匀。
4. 倒入模具里，待凉至室温成固体。
5. 重复以上步骤1至4，用抹茶粉取代可可粉。
6. 放入冰箱里冷冻。



1. Melt 15g of cocoa powder with 100ml of milk. Set aside.
2. Add 500ml of milk, 50g of sugar, 2 tsp of condensed milk and 5g (3/4tsp) of agar powder in a bowl and mix well. Bring to boil and melt all ingredients.
3. Remove from fire, add melted cocoa powder and whipping cream. Mix well.
4. Pour into a container(s) and leave it cool down to room temperate and solidify.
5. Repeat Steps 1 to 4 above but replace cocoa powder with matcha powder.
6. Put in the fridge to chill

鮮麗里涼麵

Xian Lili Cold Noodles



材料 Ingredients

| | | | |
|-----------|------|---------------------------|-----------|
| 蜜糖 | 2湯匙 | Honey | 2Tbsp |
| 沙茶醬 | 6湯匙 | Vegetarian barbecue sauce | 6Tbsp |
| 蠔油 | 5湯匙 | Vegetarian oyster sauce | 5Tbsp |
| 香菇橄欖菜 | 3湯匙 | Olive vegetable mushroom | 3Tbsp |
| 橄欖油 | 3湯匙 | Olive oil | 3Tbsp |
| 麻油 | 3湯匙 | Sesame oil | 3Tbsp |
| 檸檬 | 50ml | Lemon juice | 50ml |
| 生菜 | 1把 | Lettuce | A handful |
| 紅蘿蔔 | 1條 | Carrot | 1piece |
| 黃瓜 | 1條 | Cucumber | 1piece |
| 豆芽 | 100g | Bean sprouts | 100g |
| 香菇 | 50g | Dried mushroom | 50g |
| (切絲，隔夜煮軟) | | (soaked overnight) | |
| 百葉豆皮 | 3片 | Beancurd skin | 3pieces |
| 寬麵 | | Broad noodles | |



做法/Method

1. 先把百葉豆皮用半湯匙生抽調味。黃瓜和紅蘿蔔去皮切絲備用。生菜和辣椒切絲。
2. 把檸檬切半，擠出汁備用。
3. 豆芽放進熱水川燙。寬麵湯熱後，泡在冰水中。香菇切絲後，用油炒出香味。把豆皮煎到雙面微金黃色，切絲待用。
4. 沙茶醬，蠔油，香菇橄欖菜，蜜糖，麻油和適量清水一起攪拌均勻。
5. 把冰鎮後的寬麵放在盤中間。隨個人喜愛，把配料擺放在盤上。
6. 可把醬料全部淋在涼麵上或以個人喜愛放在小碟。



做法/Method

1. Season beancurd skin with half tablespoon of soy sauce. Remove the skin of cucumber and carrot, slice thinly. Cut thinly for the lettuce and chili.
2. Half the lemon and squeeze the juice.
3. Blanch the bean sprouts. Cook the broad noodles until al dente, scoop up and place it in a bowl of cold water. Slice the mushroom thinly and stir fry it until fragrant.
4. Mix together vegetarian barbecue sauce, oyster sauce, mushroom olive vegetables, honey, sesame oil and water in a bowl.
5. Placed the cold noodles onto the center of the plate. Based on personal preference, place the rest of the ingredients onto the plate.
6. Pour the seasoning sauce onto the cold noodles or place it on a small bowl.

