PHILIPS

Pasta and
noodle maker

Recipe book

Pasta and noodle maker

自动面条机的创意食谱

Contents

内容

Enjoy fresh homemade pasta and noodles in 15 minutes

The Philips Pasta and Noodle Maker is fully automatic and makes all kinds of pasta and noodles

轻松享用新鲜自制面条

飞利浦面条机为全自动操作，可制作各种类型的面条

This recipe book is full of recipes and inspiration for noodle and pasta dishes with the Philips Pasta and Noodle Maker! Making fresh pasta and noodles was complicated and involved lots of hard work, time and skill. Now you can make fresh pasta and noodles of all kinds in minutes with the Philips Pasta and Noodle Maker.

This booklet covers the basics – how to make noodles and pasta from a basic dough, how to create iconic shapes, how to add colour using natural dyes, and how to add extra flavour spices and herbs. The recipe section features step by step instructions on how to prepare well-known

pasta and noodle dishes from all over the world. There's literally no end to different pasta and noodle shapes, colours and flavours that you can make with your Philips Pasta and Noodle Maker!

The pasta and noodle recipes provided in this recipe book and user manual have been tested for success. If you experiment with or use other pasta and noodle recipes, the flour and water/egg ratios will need to be adjusted to the flour and water cup ratios included with the pasta and noodle maker. The pasta and noodle maker will not operate successfully without adjusting the new recipe accordingly.

这本美味食谱将各种丰富有趣的烹饪方法倾囊相授，供您使用飞利浦面条机制作各种诱人的面条和意大利面食菜肴！制作新鲜的面条非常复杂，涉及大量的繁重工作、时间和技巧。现在，借助飞利浦面条机，您可在几分钟内制作出各种新鲜的中西式面食和面条。

本手册涵盖了各种基础知识 — 如何用基本的面团制作中西式面食和面条、如何创造特殊的形状、如何使用天然染料添加颜色以及如何添加额外的香料和香草。食谱部分提供了烹制世界各地知名面食和面条菜肴的逐步操作说明。

毫不夸张地说，您可以使用飞利浦面条机制作出各种不同形状、颜色和口味的面条！

经过测试，本书及用户手册中所包含的食谱都能成功制作出来。如果您自行进行试验或参考其他的食谱，面粉和水/蛋液的比例需要根据本面条机所提供的面粉杯及水杯的比例进行调整。如果不对新的食谱进行相应调整，面条机将不能成功做出面条。

6

Making pasta and noodles with the Philips Pasta and Noodle Maker.

The Philips Pasta and noodle maker makes delicious fresh pasta and noodles in minutes.

Ingredients

Pasta and noodle is made with flour and water or egg. For extra colour and flavour, use spices, herbs, vegetable extracts and other ingredients. Each recipe has a suggested pasta dough, although there are many different kinds of dough, so feel free to try other kinds.

The Philips Pasta & Noodle Maker has two programs:

Plain Pasta and Noodle Program:
When you want to make pasta or noodles with flour and water only.

Egg / Flavoured Pasta and Noodle Program:
When you make pasta or noodles with flour and other ingredients like eggs or vegetable juice. For dumpling sheet or soba, select this program as well.

How to operate the Pasta and Noodle Maker

Step by step operation

A Plug in. Wait for display to show "0 00" and then remove the lid.
Wait for display to show "0 00" then pour in flour using the flour cup provided. Close lid.

B Press the program selection button ⟨ to choose the type of pasta or noodles you want to make.

C Press the liquid calculation button ⟨ and the required amount of liquid will display on the screen.

D Measure the correct amount of water, egg mixture or vegetable mixture with the water cup provided. Press start "▶❚❚" and slowly pour liquid into opening on lid.

E Pasta / noodles will appear after approximately 3 minutes.
Cut pasta / noodle to preferred size.

This book uses the following abbreviations:
kg = kilogram   l = litre   in= inch
ml = millilitre   tbsp = tablespoon   tsp = teaspoon

One cup = 250 g of flour
This makes ~300 g of fresh pasta / noodles.
This is sufficient as a main meal for 1-2 people, or as a side dish for 3-4 people.

Two cups = 500 g of flour
This makes ~ 600 g of fresh pasta / noodles.
This is sufficient as a main meal for 3-4 people, or as a side dish for 8-10 people.

Cooking times
Depend on the shape of the pasta / noodle.
Thin pasta / noodle requires 4-5 minutes, thick pasta / noodle 6-8 minutes.

Storage
Fresh-made pasta / noodle will keep in the fridge for a few days. Sprinkle them with a little flour to prevent sticking. For best results, partially cook pasta / noodle before storage and complete the cooking when required. Pasta / noodle will freeze.
Dry pasta / noodle by hanging on a wire or pasta/noodle rack in a dry place.

8

使用面条机制作面条

飞利浦面条机可在几分钟内制作出美的新鲜面条。

原料
面条是用面粉和水或鸡蛋制作而成的。如想添加额外的颜色和口
味，请使用香料、香草、蔬菜榨汁和其他原料。
每种食谱均提供了建议使用的面团，但是面团有许多不同种类，您可以随意尝
试其他种类的面团。

该面条机含有以下两个制面程序:

原味面条程序:
当您只使用面粉和水制作面条时请选择该程序

鸡蛋/风味面条程序:
当您使用面粉和其他原料比如鸡蛋液体或者蔬菜汁来制作面条时，请选择该
序。同时，该程序还适用于千层面，饺子皮和荞麦面。

如何操作面条机

逐步操作

A 插电。等到LED显示屏显示"0 00"然后打开上盖。等到LED显示屏再次
示"0 00"，用飞利浦提供的面粉杯盛适量面粉倒入搅拌容器内。合上盖子。

B 请按程序选择键 ⟨ 来选择您想制作的面条类型。

C 请按液体计算键 ⟨ 然后LED显示屏会自动显现需要添加的液体量。

D 请用飞利浦提供的液体量杯量取水，或者蛋液或者蔬菜汁。请按开
键"▶❚❚"。当面条机开始搅拌时，然后将液体通过上盖开口缓慢倒入机器中。

E 大约三分钟后会出现面条，请将面条切成您想要的大小。

本手册采用以下缩写
kg = 千克   g = 克   l = 升   in= 英寸
ml = 毫升   tbsp = 汤匙   tsp = 茶匙

一杯=250克面粉
可以制作出大约300克的新鲜面条。
这个分量足够3-4人作为主食食用，或者8-10人作为配菜食用。

两杯=500克面粉
可以制作出大约600克的新鲜面条。
这个分量足够3-4人作为主食食用，或者8-10人作为配菜食用。

烹饪时间
决于面条的形状。
细面需要4-5分钟，粗面需要6-8分钟。

存储
新鲜制作的面条可在冰箱中保存数天。请在面条上撒上少许面粉以防止其粘在一起。
为了达到最佳效果，请在存储面条前对其进行部分烹饪，然后再
于需要时完成烹饪。
面条可冷藏。干面条可置放在干燥处的细绳或架上进行储存。

9

2

Shaping discs and pasta / noodle shapes

塑型模块和面条形状

Different pasta / noodle shapes

The pasta and noodle shaping discs attach to the Pasta and Noodle Maker and create the unique pasta and noodle shapes. In each country the Pasta and Noodle Maker shaping discs included in the package can differ.
The recipes suggest a specific shape and disc to use, but it is also possible to used other shapes for the recipe.

The pasta and noodle maker comes with a penne, spaghetti, fettuccine, lasagne, Angel hair, pappardelle / thick flat and ravioli / dumpling skin shaping discs which can be used for any recipe included in this book. For information regarding other available shaping discs, visit
www.philips.com.au/pastamaker

不同的面条形状

面条塑型模块连接在面条机上，可创造出独特的面条形状。在每个国家/地区，套装中附带的面条机塑形模块可能有所不同。食谱提供了建议使用的具体形状和模块，但您也可以使用其他形状来制作食谱。

这台面条机配有意大利管面、意大利面/细面、意大利细面/板面、千层面、天使面/龙须面、意大利宽面/宽扁面、以及饺子皮塑型模块使面，可供制作本书中所包含的食谱。欲知关于其他塑型模块的信息，请访问
www.philips.com.au/pastamaker
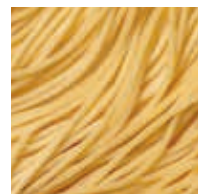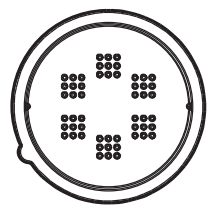
Spaghetti
意大利面/细面
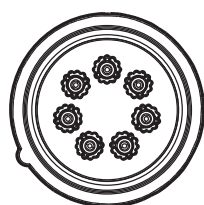
Penne
管面
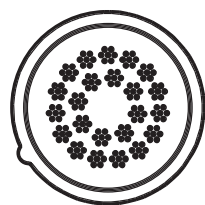
Angel hair
天使面/龙须面
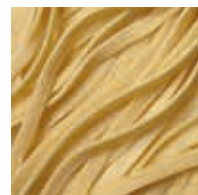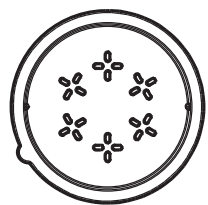
Fettuccine
意大利细面/板面
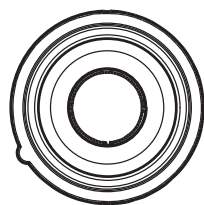
Lasagna 1.2 mm
千层面 1.2 mm
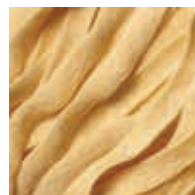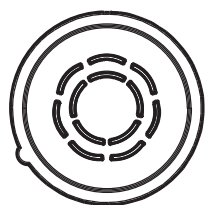
Pappardelle / thick flat
意大利宽面/宽偏面
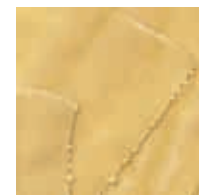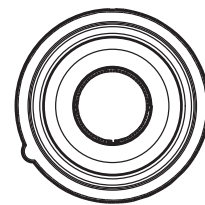
Ravioli / Dumpling Skin 0.8 mm
饺子皮 0.8 mm

Note: Lasagna shaping disc and Ravioli / dumpling shaping disc share the same plastic part but are provided with different metal cores

注意：千层面和饺子皮塑形模块具有相同的塑料部件，但搭配了不同的金属内芯。。

10

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Ingredients and dough types

原料和面团

Flour, water and egg

You may use any type of wheat flour with the Pasta and Noodle Maker, or white bread flour.

For best results, we recommend a mix of durum semolina and all-purpose flour (type 405).

So-called strong flour types like these are ideal because they contain more protein, which produces better noodle consistency. Strong flour

types can be used with or without egg.
Fine soft flour (type 00) contain less protein and so we recommend adding eggs. You may use spelt, whole wheat or buckwheat to make soba.

This table shows the basic dough types used in the recipes in this book, and how to choose right program per dough types.

面粉、水和鸡蛋

您可将各种类型的面粉或高筋粉与面条机一起使用。

为了达到最佳效果，我们建议您将粗粒硬质小麦粉和中筋面粉（蛋白质含量最低 11%）混合使用。

高筋面粉是理想的选择，因为它们含有较多的蛋白质，从而可产生更好的面条稠度。使用高筋面粉时可以加鸡蛋也可以不加鸡蛋。

精细的低筋面粉（00 型）含有较少的蛋白质，因此建议加入鸡蛋。

您可以使用斯佩耳特小麦粉、全麦粉或荞麦粉制作荞麦面。

此表显示了本手册中的食谱所用的基本面团类型。

Program 程序	Ingredients 食材			Recipes 食谱
Plain pasta 原味意大利面（面条）				Please refer to the icon in each recipe accordingly to choose the right pasta program. 请根据右页食谱中的图标选择正确的制面程序。
Egg / flavoured 鸡蛋/风味意大利面（面条）		+		

Wheat pasta

Flour 250 g all purpose flour
Fluid 95 g: 1 egg + water
Noodle quantity 300 g

小麦意大利面食
面粉 250 克中筋面粉
液体 95 克: 1 个鸡蛋 + 水
面条量 300 克

Wheat noodle

Flour 250 g all purpose flour
Fluid 90 g water
Noodle quantity 300 g

面条
面粉 250 克中筋面粉
液体 90 克水
面条量 300 克

Durum pasta

Flour 200 g semolina / 50 g all purpose flour
Fluid 95 g: 1 egg + water
Noodle quantity 300 g

硬粒小麦意大利面食
面粉 200 克粗粒面粉/ 50 克中筋面粉
液体 95 克: 1 个鸡蛋 + 水
面条量 300 克

Durum noodle

Flour 200 g semolina / 50 g all purpose flour
Fluid 90 g water
Noodle quantity 300 g

硬粒小麦面条
面粉 200 克粗粒面粉/ 50 克中筋面粉
液体 90 克水
面条量 300 克

Ramen

Flour 250 g bread flour / 3 g salt
Fluid 90 g water
Noodle quantity 300 g

拉面
面粉 250 克高筋粉/3 克盐
液体 90 克水
面条量 300 克

Udon

Flour 250 g all purpose flour
Fluid 90 g water
Noodle quantity 300 g

乌冬面
面粉 250 克中筋面粉
液体 90 克水
面条量 300 克

Dumpling sheet

Flour 250 g all purpose flour
Fluid 95 g water
Noodle quantity 300 g

饺子皮
面粉 250 克中筋面粉
液体 95 克水
面条量 300 克

Quinoa and kale pasta (gluten free)

Flour 1 cup (250g) of quinoa flour
Fluid 95 g: (1 egg +) fresh kale juice
Xanthan gum: 3g. Xanthan gum is gluten free & is a protein which acts as a binding agent to give pasta / noodles extra bounce.

藜麦面（无麸质）
面粉: 1杯（250克）藜麦面
液体: 95克（1个鸡蛋+）新鲜羽衣甘蓝汁
黄原胶: 3克。黄原胶是不含麸质的多糖，可以使得面条更具弹性。

Buckwheat pasta (gluten free)

Flour 1 cup (250g) of buckwheat flour
Fluid 95 g: (1 egg +) water
Option: for a binding agent if the pasta seems to be somewhat fragile in terms of breakage, add $1/3$ x tbs of Xanthan gum flour (3g) to every 1 cup of Quinoa flour (250 g). Xanthan gum is gluten free & is a polysaccharide which acts as a binding agent to give pasta / noodles extra bounce.

荞麦面（无麸质）
面粉: 1杯（250克）藜麦面
液体: 95克（1个鸡蛋+）水
可选: 如果面条成型时会断或者比较碎，可以在每一杯（250克）藜麦面中添加 $1/3$ 汤匙（3克）的黄原胶作为粘合剂。黄原胶是不含麸质的多糖，可以使得面条更具弹性。

Carrot pasta / noodles
Flour 200 g semolina
50 g all purpose flour
Fluid 95 g: (1 egg +) carrot juice
Noodle quantity 300 g

胡萝卜意大利面食/面条
面粉 200 克粗粒面粉
50 克中筋面粉
液体 95 克：（1 个鸡蛋 +）胡萝卜汁
新鲜面条量 300 克

Tomato pasta / noodles
Flour 250 g all purpose flour
Fluid 95 g (1 egg +) water
1 tbsp tomato puree
Noodle quantity 300 g

番茄意大利面食/面条
面粉 250 克中筋面粉
液体 95 克（1 个鸡蛋 +）水
1 汤匙番茄泥
面条量 300 克

Soba
Flour 170 g buckwheat flour
80 g all purpose flour
Fluid 95 g: 1 egg + water
Noodle quantity 300 g

荞麦面
面粉 170 克荞麦粉
80 克中筋面粉
液体 90 克: 1 个鸡蛋 + 水
新鲜面条量 300 克

Beetroot pasta / noodles
Flour 250 g all purpose flour
Fluid 95 g: (1 egg +) beetroot juice
Noodle quantity 300 g

甜菜意大利面食/面条
面粉 250 克中筋面粉
液体 95 克：（1 个鸡蛋 +）甜菜汁
新鲜面条量 300 克

Spinach lasagne / dumpling / wonton
Flour 250 g all purpose flour
Fluid 95 g: (1 egg +) spinach juice
Noodle quantity 300 g

菠菜千层面/饺子/馄饨
面粉 250 克中筋面粉
液体 95 克：（1 个鸡蛋 +）菠菜汁
新鲜面条量 300 克

Fennel & pepper pasta / noodle
Flour 250 g wheat flour
½ tbsp ground fennel
½ tbsp ground black pepper
Fluid 95 g: 1 egg + water
Noodle quantity 300 g

茴香和胡椒意大利面食/面条
面粉 250 克面粉
½ 汤匙茴香粉
½ 汤匙黑胡椒粉
液体 95 克: 1 个鸡蛋 + 水
新鲜面条量 300 克

Pasta nero
Flour 200 g semolina
50 g all purpose flour
Fluid 95 g: 1 egg + 1 tsp squid ink
+ water
Noodle quantity 300 g

墨鱼汁意大利面
面粉 200 克粗粒面粉
50 克中筋面粉
液体 95 克: 1 个鸡蛋 + 1 茶匙墨鱼汁 + 水
面条量 300 克

Herb pasta / noodle
Flour 250 g bread flour
1 tbsp finely chopped tarragon
Fluid 95 g: (1 egg +) water
Noodle quantity 300 g

香草意大利面食/面条
面粉 250 克高筋粉
1 汤匙细细切碎的龙蒿叶
液体 95 克（1 个鸡蛋 +）水
新鲜面条量 300 克

Curried noodles
Flour 250 g all purpose /
semolina flour
5 g curry powder
Fluid 90 g water
Noodle quantity 300 g

咖喱面条
面粉 250 克家用/粗粒面粉
5 克咖喱粉
液体 90 克水
新鲜面条量 300 克

Spaghetti with tomato sauce

This classic dish is easy to make, healthy and full of flavour.

300 g durum spaghetti

salt

Tomato sauce

olive oil

1 small onion, chopped

2 stalks celery, chopped

1 carrot (100 g), chopped

2 sprigs rosemary, leafs, chopped

2 cloves garlic, finely chopped

30 g tomato puree

2 tbsp balsamic vinegar

optional: 100 ml red wine

250 ml sieved tomato sauce

⅓ tsp chicken or vegetable stock powder

ground black pepper, to taste

Topping

Parmesan cheese, grated
optional: fresh basil, chopped

Method

1 Bring a large pan of salted water to the boil.

2 In a skillet add some oil. Add the onion, celery, and carrot, and fry on a medium heat for 5 minutes or until the onion is transparent. Add the tomato puree, stock powder and rosemary.

3 Deglaze with balsamic vinegar and wine or cooking water.

4 Add the sieved tomato sauce and simmer for 10 minutes until thickened.

5 Cook the pasta for 5–6 minutes. Drain and portion on plates. Add a generous serving of the sauce and sprinkle with basil and cheese.

番茄酱意大利细面

这款经典菜式易于制作、
健康营养且风味十足。

300 克硬粒小麦意大利细面

盐

番茄酱

橄榄油

1 个小洋葱，切碎

2 个芹菜茎，切碎

1 根胡萝卜（100 克），切碎

2 枝迷迭香，叶子，切碎

2 个蒜瓣，细细切碎

30 克番茄泥

2 汤匙香醋

可选：100 毫升红葡萄酒

250 毫升过筛番茄酱

½ 茶匙鸡汤料粉或蔬菜汤料粉

黑胡椒粉，调味

配料

帕尔马干酪，搓碎
可选：新鲜罗勒，切碎

方法

1 将一大锅盐水煮沸

2 在煎锅中加少许油。加入洋葱、芹菜和胡萝卜，中火煎 5 分钟或直至洋葱变为透明。加入番茄泥、高汤粉和迷迭香。

3 以意大利香醋和红葡萄酒或汤水进行收汁。

4 加入过筛的番茄酱，文火炖 10 分钟，直至变稠。

5 将意大利面煮 5 至 6 分钟。沥干水分并定量装盘。添加足量酱汁，撒上罗勒和奶酪。

您还可以尝试千层面食谱中的波隆那肉酱。
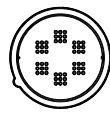
Spaghetti alla carbonara

This filling and nutritious classic creamy dish is the perfect winter fuel.

300 g durum spaghetti

salt

Carbonara Sauce

100 g pancetta or bacon | small cubes

4 egg yolks

200 ml cream

1 red pepper, finely chopped

fresh thyme

Parmesan cheese, grated

Topping

fresh curly parsley, chopped
Parmesan cheese, grated
ground black pepper, to taste

Method

1 Bring a large pot of salted water to the boil.
2 Meanwhile, mix the egg yolks, cream and grated cheese and set aside.
3 Fry the pancetta and red pepper in a large skillet for 5 minutes. Lower the heat and add thyme.
4 Cook the pasta, drain but keep part of the cooking water.
5 Quickly add the warm pasta to the skillet, add the egg yolk mixture and 3 tablespoons of cooking water, and toss well. The sauce should be creamy.
6 Add topping and serve immediately.

培根蛋酱意大利面
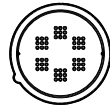
这款经典菜式口感滑腻，不但具有良好的饱腹感，而且营养丰富，是最佳的冬季补给品。

300 克硬粒小麦意大利细面

盐

培根奶酪酱

100 克意式培根或培根 | 小块状

4 个蛋黄

200 毫升奶油

1 个红辣椒，细细切碎

新鲜的百里香

帕尔马干酪，搓碎

配料

新鲜的卷叶欧芹，切碎
帕尔马干酪，搓碎
黑胡椒粉，调味

方法

1 将一大锅盐水煮沸。
2 同时，将蛋黄、奶油和搓碎的奶酪调拌均匀，放置在一旁。
3 在一个大煎锅中，将意式培根和红辣椒煎 5 分钟。将火关小并加入百里香。
4 煮意大利面，沥去水分但保留部分汤汁。
5 将还热着的意大利面快速倒入煎锅，加入蛋黄混合物和 3 汤匙汤汁，搅拌均匀。酱料应呈乳脂状。
6 添加配料，即可食用。

Lasagna alla Bolognese

Another classic dish, so easy
to make and so delicious.

肉酱千层面

另一款经典菜式，
制作非常简单且具有极强的饱腹感。

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600 g lasagna sheets (spinach)

salt

Bolognese sauce

olive oil

1 onion, finely chopped

2 stalks celery,
finely chopped in cubes

2 carrots,
finely chopped in cubes

1 red pepper,
finely chopped in cubes

100 g pancetta, chopped

500 g ground beef

50 g tomato puree

250 g sieved tomatoes

250 ml beef stock

Béchamel sauce

50g butter

60 g flour

1 l milk

250 g Parmesan cheese,
grated

22

Method

1 For the Bolognese; in a skillet fry the pancetta, onion, celery and carrot on low fire for 10 minutes. Add the meat. When brown, add tomato pasta, sauce and stock. Leave to simmer.

2 For the Béchamel sauce, melt the butter slowly, spoon in flour until a dough – roux – appears. Cook the roux for 2 minutes on low fire. Add milk gradually, stirring constantly with a whisk. The sauce thickens.

3 For the lasagne, start with a thin layer of Bolognese, then make 4 or 5 layers in the following order: Pasta, Bolognese, Béchamel, cheese.

4 Bake in oven for about 40 minutes on 180 °C.

The meat can be replaced
with fried eggplant and
red bell pepper.

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600 克千层面片（菠菜）

盐

波隆那肉酱

橄榄油

1 个洋葱，细细切碎

2 个芹菜茎，细细切成小丁

2 根胡萝卜，细细切成小丁

1 个红辣椒，细细切成小丁

100 克意式培根，切碎

500 克碎牛肉

50 克番茄泥

250 克过筛番茄

250 毫升牛肉高汤

贝夏梅尔调味酱

50 克黄油

60 克面粉

1 升牛奶

250 克帕尔马干酪，搓碎

方法

1 对于波隆那肉酱，在煎锅中小火煎炒意式培根、洋葱、芹菜和胡萝卜 10 分钟。加入肉。当肉呈金褐色时，加入番茄意大利面、酱和高汤。文火煨炖。

2 对于贝夏梅尔调味酱，慢慢融化黄油，用勺子舀入面粉，直至出现面团（乳酪面粉糊）。在小火上烹煮乳酪面粉糊 2 分钟。慢慢加入牛奶，用打蛋器不断搅拌。酱汁会变得浓稠。

3 对于千层面，先从一层薄薄的波隆那肉酱开始，然后按照以下顺序制作 4 或 5 层：意大利面、波隆那肉酱、贝夏梅尔调味酱、奶酪。

4 在烤箱中以 180 °C 烘烤大约 40 分钟。

肉可用炸茄子和红甜椒代替。

Pasta primavera

Primavera is the Italian word for spring – very appropriate for this fresh light dish.

时蔬意大利面

"Primavera" 在意大利语中是"春天"的意思 — 非常适合这款清新淡雅的菜式。

300 g herb pappardelle

salt

Primavera ingredients

100 g fresh peas (or frozen)

100 g green asparagus

2 garlic cloves

spring onions, chopped

100 g ricotta cheese

optional: cooked chicken breasts

Sauce

lemon juice

extra virgin olive oil

Topping

Parmesan cheese, grated

pines, roasted

ground black pepper, to taste

zest of lemon, to taste, grated

Method

1 Bring a large pan of salted water to the boil.

2 Blanch the peas and asparagus, for 3 minutes: Cook, drain and cool under cold water and set aside.

3 Boil the pasta in the same water. Meanwhile, in a skillet, add olive oil, and whole garlic cloves for a few minutes, add the blanched vegetables, spring onion and fry on low heat for about 5 minutes. Remove the garlic.

4 When the pasta is ready, drain and add to the vegetables with half of the ricotta and stir.

5 Serve with the remaining ricotta and season to taste with the topping.

300 克香草意大利宽面

盐

时蔬原料

100 克新鲜豌豆（或冷冻）

100 克绿芦笋

2 个蒜瓣

春洋葱，切碎

100 克意大利乳清干酪

可选：熟鸡胸肉

酱

柠檬汁

特级初榨橄榄油

配料

帕尔马干酪，搓碎

松仁，已烘焙

黑胡椒粉，调味

柠檬皮，调味，搓碎

方法

1 将一大锅盐水煮沸。

2 焯烫豌豆和芦笋 3 分钟：烹煮、沥干水分并在凉水中冷却，然后放置在一旁。

3 在同一锅水中煮意大利面。同时，在煎锅中加入橄榄油和整个蒜瓣煎几分钟。然后再加入焯过的蔬菜和春洋葱，在小火上煎大约 5 分钟。剔除蒜瓣。

4 意大利面煮好后，沥干水分，加入蔬菜和一半的乳清干酪进行搅拌。

5 与剩余的乳清干酪一起食用，并用配料调味。

Miso ramen   味噌拉面

*

300 g ramen

salt

For the soup

800 ml water

2 tsp dashi granules

3–4 tbsp white miso paste

light soy sauce to taste

optional: 2 teaspoons chili oil

For the garnish

1 hard-boiled egg

100 g corn kernels, can

1 narutomaki
(Japanese fish cake)

1 stalk scallion, finely chopped

roasted seaweed, sliced
in strips

Method

1 Bring a large pot of salted water to the boil.

2 Meanwhile, boil the 800 ml of water in another pan, add the dashi and simmer for a few minutes. Stir in the miso paste. Add the light soy sauce and, if you wish, the chili oil to taste.

3 Cook the ramen noodles. Cool shortly under cold running water to stop the cooking process, drain and portion in the serving bowls.

4 Top with half a hard-boiled egg, narutomaki, corn kernels and chopped scallion. Pour the miso soup into the bowl and add the roasted seaweeds. Serve immediately.

Try topping with sliced cooked pork, dried fish flakes or slices of salmon.

300 克拉面

盐

用于面汤

800 毫升水

2 茶匙鱼汤微粒

3–4 汤匙白
味噌酱

生抽酱油调味

可选: 2 茶匙辣椒油

用于装饰

1 个熟鸡蛋

100 克玉米粒, 罐装

1 个鸣门卷 (日本鱼糕)

1 根葱白, 细细切碎; 烤紫菜, 剪成条状

方法

1 将一大锅盐水煮沸。

2 同时, 在另一个锅中烧开 800 毫升的水, 加入鱼汤并小火煨炖几分钟。搅拌味噌酱。加入生抽酱油, 如果您愿意, 还可以加入辣椒油调味。

3 烹煮拉面。然后在冷水下短暂地冲水冷却, 以停止烹煮过程, 沥干水分并定量装入上菜用的搪瓷碗。

4 在上面放上半个煮鸡蛋、鸣门卷、玉米粒和切碎的青葱。将味噌汤倒入碗中, 然后加入烤紫菜, 即可食用。

请尝试在顶部放上熟猪肉片、干鱼片或鲑鱼片配料。

* This disc will be sold separately.   * 这个塑型模块会单独出售。

Beef udon　　　　　牛肉乌冬面

300 g udon

salt

Soup

bonito flavoured soup stock to prepare 600 ml

Garnish

200 g sliced beef, soaked in 1 tbsp sake

1 tbsp sake
(Japanese rice wine)

1 tsp sugar

2 tbsp mirin
(sweet cooking wine)

1 tbsp soy sauce

100 g bean sprouts, or spinach

2 scallions or Japanese leek, chopped

Method

1　Bring a large pan of salted water to the boil.
2　Prepare the soup by heating up the soup stock.
3　Fry the beef until brownish, add sake and mirin, cook for 1–2 minutes and add the soy sauce.
4　In the large pan, boil the bean sprouts, or spinach for a few seconds, cool under running water and drain.
5　Cook the udon, drain and place in the serving bowls.
6　Pour the warmed soup stock over the udon. Top with the marinated beef and scallions or Japanese leeks, and serve.
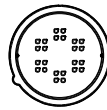
300 克乌冬面

盐

汤

鲣鱼口味的汤料，准备 600 毫升

饰菜

200 克牛肉片，浸泡在
1 汤匙清酒中
1 汤匙清酒（日本清酒）
1 茶匙糖
2 汤匙味醂（甜料酒）
1 汤匙酱油
100 克豆芽或菠菜
2 棵青葱或日本韭菜，切碎

方法

1　将一大锅盐水煮沸。
2　加热高汤，烹制好汤料。
3　将牛肉煎至呈褐色，加入清酒和味醂，烹煮 1 至 2 分钟，然后加入酱油。
4　在大锅中，用沸水将豆芽或菠菜煮几秒钟，然后将其在流水下冷却并沥干水分。
5　烹煮乌冬面，沥干水分并置于上菜用的碗中。
6　将温热的高汤浇在乌冬面上。上面放上腌好的牛肉和青葱或日本韭菜，即可食用。

Cold noodles with sesame dressing

芝麻凉拌面

300 g udon

salt

Garnish

2 eggs, beaten

100 g cucumber or okra, shredded

100 g carrot, skinned shredded

optional: 50 g Sichuan pickled mustard plant, finely chopped

Sesame dressing

6 tbsp white sesame paste (tahini)

4 tsp rice vinegar

4 tsp sugar

1–2 tsp soy sauce

1/4 tsp ground white pepper

1 tsp sesame oil, optional

4 tbsp drinking water

Topping

1 tsp roasted white sesame seeds

1 spring onion, chopped

Method

1 Bring a large pan of salted water to the boil.

2 Meanwhile, fry the beaten eggs in a wide skillet to make a thin omelette. Remove and cut into thin strips.

3 Cook the noodles. When ready drain, cool under running cold water and drain again.

4 Mix the sauce ingredients except for the water and heat on low fire. When the sauce thickens pour water spoon by spoon into the mixture while stirring into a thick pourable sauce.

5 Toss the cooked noodles in a large bowl with the dressing and garnish. Serve in bowls topped with sesame seeds and spring onions.
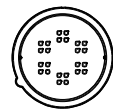
300 克乌冬面

盐

饰菜

2 个鸡蛋，搅散

100 克黄瓜或秋葵，切碎

100 克胡萝卜，去皮切碎

可选：50 克四川腌芥菜，细细切碎

芝麻调料

6 汤匙白芝麻酱（芝麻糊）

4 茶匙米醋

4 茶匙糖

1–2 茶匙酱油

1/4 茶匙白胡椒粉

1 茶匙芝麻油（可选）

4 汤匙饮用水

配料

1 茶匙烤白芝麻籽

1 个春洋葱，切碎

方法

1 将一大锅盐水煮沸。

2 同时，在宽煎锅中煎炒打好的鸡蛋，以制作薄蛋饼。将蛋饼取出，切成细条。

3 煮面条。煮好后沥干水分，在冷水下冲水冷却，然后再次沥干水分。

4 将除水以外的酱汁配料充分搅拌，然后在文火上加热。酱汁变稠后，一勺一勺地将水舀入混合物中，同时不断搅拌使之成为浓稠的可浇注酱料。

5 在大碗中将煮好的面条与配料和饰菜一起搅拌均匀。盛入碗中，再淋上芝麻籽和春洋葱即可。

Soba salad with salmon and asparagus

鲑鱼芦笋荞麦面沙拉

300 g soba

salt

Salad

1 tbsp vegetable oil

350 g wild salmon fillet, skinned

250 g thick green asparagus, trim the woody back part, cut into 2 cm pieces.

100 g baby spinach leaves

1 avocado, peeled, pitted, coarsely chopped

1 tsp sesame seeds

Dressing

1 tsp fresh ginger, peeled, grated

2 tbsp rice vinegar

2 tsp honey

1 tbsp soy sauce

3 tbsp extra-virgin olive oil

fine sea salt, to taste

ground black pepper, to taste

Method

1 Bring a large pot of salted water to the boil.
2 Whisk the dressing ingredients together.
3 Blanch the asparagus: Boil for 3 minutes, cool in cold water, drain.
4 Cook the soba until tender but firm to the bite. Quickly drain, transfer to cold water to cool. Drain and transfer to a large bowl. Pour dressing over, toss together with the spinach.
5 Grill or fry the salmon for 3 minutes on both sides, careful not to overcook the core. Cover to rest.
6 Serve the soba and salad mixture. Break salmon into small pieces and add asparagus and avocado. Top with sesame seeds.

300 克荞麦面

盐

沙拉

1 汤匙植物油

350 克野生鲑鱼片，去皮

350 克粗绿芦笋，剪去后面木本的部分，切成 2 厘米的小块。

100 克嫩菠菜叶

1 只鳄梨，去皮，去核，大致切碎

1 茶匙芝麻籽

调料

1 茶匙新鲜生姜，去皮，搓碎

2 汤匙米醋

2 茶匙蜂蜜

1 汤匙酱油

3 汤匙特级初榨橄榄油

精细海盐，调味

黑胡椒粉，调味

方法

1 将一大锅盐水煮沸。
2 将配料成分一起搅拌均匀。
3 焯烫芦笋：用沸水煮 3 分钟，在冷水中冷却，沥干水分。
4 烹煮荞麦面直至其变软但仍保留嚼劲。快速沥干水分，转移到冷水中冷却。沥干水分，再转移到大碗中。将调料倒在上面，与菠菜一起搅拌均匀。
5 将鲑鱼的两侧分别烤或煎 3 分钟，请注意不要过度烹饪中心位置。将其盖好进行醒制。
6 将荞麦面和沙拉的混合物装盘。将鲑鱼分成小块并加入芦笋和鳄梨。上面再撒上芝麻籽。

Tagliatelle al pesto　青酱意大利宽面 *
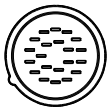
300 g tagliatelle

salt

Pesto

1 clove garlic

10 g pine nuts, roasted

2 hand full fresh basil

50 ml extra virgin olive oil

20 g Parmesan cheese, grated

ground black pepper, to taste

sea salt to taste

Garnish

tomatoes, chopped

fresh basil leafs, chopped

1 red bell pepper, chopped

Parmesan cheese

Method

1　Bring a large pan of salted water to the boil.

2　Prepare the pesto. Using a processor or mortar and pestle, blend the pine nuts with the garlic, add the basil and, slowly, the oil. Finally add the cheese and pepper to taste.

3　Cook the pasta until tender in about 8 minutes.

4　Serve the pasta with a generous helping of the pesto, top with the garnish and serve immediately.

Add fried chicken breast, zucchini or fennel to make this dish into a complete meal.

300　克意大利宽面

盐

香蒜酱

1 枚蒜瓣

10 克烤松仁

2 把新鲜罗勒

50 毫升特级初榨橄榄油

20 克帕尔马干酪，搓碎

黑胡椒粉，调味

海盐，调味

饰菜

番茄，切碎

新鲜罗勒叶，切碎

1 根红甜椒，切碎

帕尔马干酪

方法

1　将一大锅盐水煮沸。

2　准备香蒜酱。使用加工机或研钵和杵，混合松仁和大蒜，加入罗勒，并慢慢地加入油。最后添加奶酪和辣椒调味。

3　烹煮意大利面 8 分钟左右，直至其变软。

4　将意大利面搭配足量的香蒜酱一起食用，在上面添加饰菜后，即可食用。

加入炸鸡胸、西葫芦或茴香，让这款菜式更加丰富完美。

Penne 'mac' & cheese　　奶酪意大利通心粉
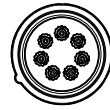
600 g penne

salt

Cheese sauce

30 g butter

40 g wheat flour

300 ml milk

100 g Cheddar or Gouda cheese

50 g Parmesan cheese

Extra

20 g butter

bread crumbs

paprika powder

Method

1 Bring a large pan of salted water to the boil and cook the pasta in 10-12 minutes. Drain, cool under cold water, leave to drain.

2 Meanwhile, in a saucepan, melt butter on the lowest heat. Stir in the flour to make a roux and fry for a few minutes. Add milk gradually, stirring constantly with a whisk. Stir in cheeses, and cook over low heat until cheese is melted and the sauce has thickened.

3 Place the pasta in a large casserole dish, and cover with the cheese sauce.

4 Prepare the breadcrumb topping. Melt butter in a skillet over medium heat. Add breadcrumbs and brown. Spread over the penne. Sprinkle with a little paprika.

5 Bake in a pre-heated oven at 175°C for 30 minutes. Serve.

Add vegetables like bell pepper, blanched broccoli, or green beans to make this dish a more balanced meal.

600 克意大利通心粉

盐

奶酪酱

30 克黄油

40 克面粉

300 毫升牛奶

100 克车达芝士或高德干酪

50 克帕尔马干酪

其它

20 克黄油

面包屑

辣椒粉

方法

1 将一大锅盐水煮沸，然后将意大利面煮 10 至 12 分钟。沥干水分，在冷水下进行冷却，然后再次沥干水分。

2 同时，在炖锅中以最小火融化黄油。搅入面粉以制作乳酪面粉糊，并煎几分钟。慢慢加入牛奶，用打蛋器不断搅拌。搅入奶酪，并在小火上烹煮，直至奶酪融化且酱汁变稠。

3 将意大利面放入大型砂锅盘子中，并在上面覆上奶酪酱。

4 烹制面包屑配料，在煎锅以中火融化黄油。加入面包屑，将其煎至呈褐色。将配料抹在意大利通心粉上。撒上少许辣椒。

5 在已预热的烤箱中以 175° C 烘烤 30 分钟，即可食用。

加入甜椒、焯过的西兰花或青豆等蔬菜，让这款菜式更加均衡。

Four-cheese carrot pasta

四奶酪胡萝卜意大利面

300 g carrot pappardelle

salt

Four-cheese sauce

25 g butter

100 g mushrooms (optional)

50 g blue cheese

100 g Emmental cheese

100 g Parmesan cheese

50 g Cheddar cheese

200 g cream

Topping

ground black pepper,
to taste

optional: fresh herbs,
chopped

Method

1 Bring a large pan of salted water to the boil.

2 Meanwhile, melt the butter in a saucepan on a low heat. Fry the mushrooms, if using.

3 Use a wooden spoon to stir in the blue cheese, cream, Cheddar, Emmental and Parmesan, in that order. As the sauce thickens, adjust its consistency using cheese to thicken and cream to thin.

4 Cook the pasta ready.

5 Serve the pasta and cover with the sauce.

300 克胡萝卜意大利宽面

盐

四奶酪酱

25 克黄油

100 克蘑菇（可选）

50 克蓝纹奶酪

100 克埃曼塔尔奶酪

100 克帕尔马干酪

50 克车达芝士

200 克奶油

配料

黑胡椒粉，调味

可选：新鲜香草，切碎

方法

1 将一大锅盐水煮沸。

2 同时，在炖锅中以小火融化黄油。煎炒蘑菇（如有使用）。

3 使用木勺依次搅入蓝纹奶酪、奶油、车达芝士、埃曼塔尔奶酪和帕尔马干酪。随着酱汁不断变浓，请调整其稠度（用奶酪加浓，用奶油稀释）。

4 将意大利面煮好。

5 将意大利面装盘并覆上酱汁。

Tricolore penne picnic salad

三色意大利通心粉野餐沙拉

600 g multicoloured penne

salt

For the salad

250 g green beans, blanched

200 g asparagus, blanched

1 red bell pepper, chopped

250 g cherry tomatoes, halved

fresh basil / fresh parsley, chopped

Dressing

juice of ½ lemon

1 tbsp white wine vinegar

4 tbsp olive oil

1 tsp honey

ground black pepper, to taste

Topping

walnuts or other nuts, roasted

100 g goat cheese, crumbled

Method

1 Bring a large pan of salted water to the boil and cook the penne in 10–12 minutes. Drain and wash cold. Drain well.
2 Prepare the dressing in a large salad bowl. Add all the salad ingredients and the pasta and toss together.
3 Top with nuts and cheese.
4 Eat right away or as a picnic.

600 克多色意大利通心粉

盐

用于沙拉

250 克青豆, 焯烫

200 克芦笋, 焯烫

1 根红甜椒, 切碎
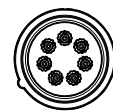
250 克樱桃番茄, 切半

新鲜罗勒/新鲜欧芹, 切碎

调料

½ 个柠檬的汁

1 汤匙白酒醋

4 汤匙橄榄油

1 茶匙蜂蜜

黑胡椒粉, 调味

配料

核桃或其他坚果, 烤制

100 克山羊奶酪, 切碎

方法

1 将一大锅盐水煮沸, 然后将通心粉煮 10 至 12 分钟。沥干水分并冲水冷却。充分沥干水分。
2 在大沙拉碗中备制调料。加入所有沙拉配料和意大利面, 并在一起搅拌均匀。
3 上面撒上坚果和奶酪。
4 立即食用或作为野餐餐点。

Shanghai yang chun mian

上海阳春面
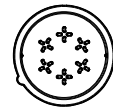
300 g thin noodles

salt

Soup

1200 ml soup stock

2 tbsp lard
(or use vegetable oil)

optional: dried onion flakes, chili flakes, garlic powder, to taste

salt or soy sauce to taste

1 large or 3 small bok choy

Topping

2 green onions, finely chopped

Method

1 Bring a large pan of salted water to the boil.
2 Meanwhile, simmer the soup stock, lard and, if using, onion flakes, chili flakes and garlic power, in a pan. Do not allow it to boil.
3 Cook the chopped stems of bok choy for 3 minutes in the soup, then add the green parts and turn off the heat. Season the soup.
4 Meanwhile, cook the noodles. When they come to the surface, cook for 1 more minute. Drain and transfer to serving bowls.
5 Pour over the soup. Finish with the onions.

300 克面条

盐

汤

1200 毫升高汤
2 汤匙猪油（或使用植物油）
可选：干洋葱片、辣椒片、大蒜粉，调味
盐或酱油调味
1 大片或 3 小片小白菜

配料

2 根青葱，细细切碎

方法

1 将一大锅盐水煮沸。
2 同时，在锅中文火煨炖高汤、猪油以及（如使用）洋葱片、辣椒片和大蒜。请勿让其煮沸。
3 在汤中将切碎的白菜茎烹煮 3 分钟，然后加入绿色部分并关火。为汤调味。
4 同时，煮面条。当面条浮到表面时，再烹煮 1 分钟。沥干水分，然后转移到上菜用的碗中。
5 倒入面汤。最后放入洋葱。

Chow mein 炒面

300 g thin egg noodles

salt

Ingredients

50 g bean sprouts

6 Chinese chives or leek, chopped

50 g white cabbage, chopped

1½ tbsp cooking oil

1 tbsp cooking wine

pinch of salt

1 tsp roasted white sesame seeds

Sauce

1 tsp light soy sauce

1 tsp dark soy sauce

1 tsp oyster sauce

¼ tsp salt, or to taste

¼ tsp sugar

½ tsp sesame oil

2 tbsp water

Method

1 Bring a large pan of salted water to the boil and cook the noodles. Drain, cool under running water. Drain dry.

2 Mix the ingredients for the sauce, set aside.

3 Heat half a tbsp of oil in wok or skillet over medium heat, sauté chives and cabbage until fragrant, add bean sprouts. Keep stirring constantly. Pour in the wine while stirring and warm for a few minutes.

4 Remove the vegetables from the pan. Add 1 tablespoon of oil and the noodles while stirring to prevent them clumping or sticking. Pour in the sauce and then return the vegetables. Continue stirring briskly for one minute until done.

5 Serve topped with sesame seeds.
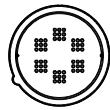
300 克细鸡蛋面条

盐

原料

50 克豆芽

6 根中国韭黄或韭菜，切碎

50 克白色卷心菜，切碎

1½ 汤匙食用油

1 汤匙料酒

一小撮盐

1 茶匙烤白芝麻籽

酱

1 茶匙生抽酱油

1 茶匙老抽酱油

1 茶匙蚝油

¼ 茶匙盐，调味

¼ 茶匙糖

½ 茶匙芝麻油

2 汤匙水

方法

1 将一大锅盐水煮沸，然后烹煮面条。沥干水分，在流水下冷却，再次沥干水分。

2 将酱汁的原料搅拌均匀，放置在一旁。

3 在炒锅或煎锅中以中火加热半汤匙的油，将韭黄和卷心菜煸炒爆香后，加入豆芽。不断进行搅拌。在搅拌的同时倒入葡萄酒加热几分钟。

4 将蔬菜从锅中取出。一边搅拌一边加入 1 汤匙油和面条，以防止它们结块或粘黏。倒入酱汁，然后再将蔬菜倒回锅中。继续轻快地搅拌一分钟，直至完成该菜式。

5 装盘时撒上芝麻籽。

Dan dan noodles 担担面 *

300 g thin egg noodles

salt

Meat mixture

150 g pork or beef, ground

1 tbsp peanut oil

2 cloves garlic, minced

1 tsp ginger, minced

50 g white cabbage, thinly sliced

2 scallions (or use leek), chopped

1 red pepper, chopped

1 tbsp Chinese rice wine

½ tsp salt, or salt to taste

optional: roasted peanuts, crushed

Sauce

50 ml chicken stock

2 tbsp soy sauce

½ tbsp sesame paste or tahini

2 tsp sesame oil

chili oil to taste

1 tsp sugar

1 tbsp black rice vinegar

½ tsp Sichuan pepper, ground

Method

1 Bring a large pot of salted water to the boil.

2 For the sauce: whisk together the ingredients. Set aside.

3 Heat a wok or skillet over medium-high heat. Heat oil. Add garlic, ginger, white parts of the scallions and cabbage. Cook until fragrant, about 1 minute. Add the meat and stir-fry until crispy and brown. Add rice wine to deglaze the pan. Season.

4 Meanwhile, boil the noodles, drain, rinse shortly under cold water to stop the cooking process, but stay warm. Drain and transfer to a serving dish.

5 Pour the sauce over the noodles and serve with the meat, topped with the chopped scallion greens and optional peanut.

You can use balsamic vinegar instead of black vinegar, dry sherry instead of Chinese rice wine, and white pepper instead of Sichuan pepper.

300 克细鸡蛋面条

盐

肉混合物

150 克碎猪肉或牛肉

1 汤匙花生油

2 瓣大蒜, 切碎

1 茶匙生姜, 切碎

50 克白卷心菜, 切成薄片

2 棵青葱 (或使用韭菜), 切碎

1 个红辣椒, 切碎

1 汤匙中国黄酒

½ 茶匙盐或用盐调味

可选: 烤花生, 捣碎

酱

50 毫升鸡汤料

2 汤匙酱油

½ 汤匙芝麻酱或芝麻糊

2 茶匙芝麻油

辣椒油调味

1 茶匙糖

1 汤匙黑米醋

½ 茶匙四川辣椒粉

方法

1 将一大锅盐水煮沸。

2 对于酱汁: 将原料放在一起搅拌均匀, 然后放在一旁备用。

3 将炒锅或煎锅在中高火上加热。热油。加入大蒜、生姜、葱白和卷心菜。烹制 1 分钟左右, 直至炒出香气。加入肉, 将肉炒至香脆且呈棕色。加入黄酒收汁。然后调味。

4 同时, 用沸水煮面条。沥干水分, 在冷水下短暂地涮一下以停止烹饪过程, 但请让面条保持温热。再次沥干水分, 然后转移到上菜用的盘子中。

5 把酱倒在面条上, 与肉一起食用, 上面撒上切碎的葱绿和花生 (可选)。

您可以用香醋代替黑醋、用干雪莉酒代替中国黄酒、用白胡椒代替四川辣椒。

Jiaozi dumplings 饺子

300 g spinach dumpling sheets

300 g tomato or red beetroot dumpling sheets

300 g standard or carrot dumpling sheets

salt

Filling 1

200 g ground pork / 1 clove garlic, peeled and finely minced / 1 thumb size piece fresh ginger, finely minced / 1 tbsp soy sauce / 1 tsp salt / 1 tbsp Chinese rice wine or dry sherry / ¼ tsp freshly ground white pepper, or to taste / 2 tbsp sesame oil / ½ green onion, finely chopped / 100 g finely shredded Napa cabbage / optional: bamboo shoots, shredded

Filling 2

200 g shrimp to replace pork, chopped

Filling 3

10 dried mushrooms to replace the pork, soak in warm water until soft, chopped

Dipping sauce

3 tbsp soy sauce / 1 tbsp rice vinegar / 1 tsp white sugar 1 tsp sesame oil

5 coriander sprigs, finely chopped

1 red chili, finely chopped

Method

1 Bring a large pan of salted water to the boil.

2 Meanwhile, combine the ingredients for each of the fillings and mix well.

3 Lay the dough sheets on a flat surface.

4 Place a heaped teaspoon of the filling into the middle of each dumpling wrapper. Try the different doughs with the different fillings.

5 Brush the edges with water (or egg white).

6 Squeeze together into a pyramid with the filling inside.

7 Cook dumplings in batches. Stir occasionally to prevent sticking to the bottom of the pot.

8 Serve on large plate with the dip.

You can also steam the dumplings. The dumplings can be fried after cooking.

300 克菠菜饺子皮
300 克番茄或红甜菜
饺子皮
300 克标准或胡萝卜
饺子皮
盐

馅料 1
200 克碎猪肉
1 瓣大蒜, 去皮且细细切碎/拇指大小的 1 块新鲜生姜, 细细切碎/1 汤匙酱油/1 茶匙盐/1 汤匙中国黄酒或干雪莉酒/¼ 茶匙现磨白/胡椒, 或以白胡椒调味/2 汤匙/芝麻油
½ 个青洋葱, 细细切碎
100 克细细切碎的大白菜
卷心菜/可选: 竹笋, 切碎

馅料 2
以 200 克虾肉 (切碎) 代替猪肉

馅料 3
以 10 个只蘑菇代替猪肉, 在温水中泡软后切碎

蘸酱
3 汤匙酱油
1 汤匙米醋/1 茶匙白糖/
1 茶匙芝麻油
5 枝芫荽, 细细切碎
1 个红辣椒, 细细切碎

方法
1 将一大锅盐水煮沸。
2 同时, 将每种馅料的原料在一起充分搅拌均匀。
3 将面片放在平坦的表面上。
4 将满满一茶匙馅料放在每个饺子皮的中间。尝试用不同的馅料搭配不同的面皮。
5 用水 (或蛋清) 涂刷边缘。
6 将边缘挤压在一起, 以构成馅料位于内部的金字塔形。
7 分批烹煮馄饨。不时搅拌以防止其粘在锅底上。
8 装在大盘子上, 与蘸酱一起食用。

您还可以蒸饺子。
饺子煮过之后, 还可进行煎炸。

54

Henan hui mian　　　　　河南烩面

300 g flat thick noodles

Ingredients

1–1.5 kg lamb shoulder

including bone(s)

20 ml cooking wine

20 g ginger, minced salt

4 dried fungus, soaked in warm water

30 g kelp, soaked in warm water

10 g dried lily, soaked in water

1 tbs of light soy sauce

½ tsp of dark soy sauce

½ tsp of sugar

Topping

chopped parsley

1 tbs of black vinegar

optional: chili oil

Method

1 Rinse the lamb with cold water and place in a pan with 2 litres of cold water and bring to boil. Skim foam and lower the heat.

2 Add ginger, cooking wine, and salt. Simmer for 2 hours.

3 Remove the lamb, slice the meat off the bone, and drain. Set aside the liquid. Drain the soaking mushrooms, kelp and lily, chop and add to the liquid with the soy sauce and sugar and part of the sliced lamb meat.

4 Simmer and add the fresh noodles.

5 When the noodles are ready, serve topped with fresh parsley, vinegar and the optional chili oil.

300 克扁厚面条

原料

1–1.5 千克羊肩

带骨

20 毫升料酒

20 克生姜，切碎

盐

4 只干木耳，在温水中浸泡

30 克海带，在温水中浸泡

10 克干百合，在水中浸泡

1 汤匙生抽酱油

½ 茶匙老抽酱油

½ 茶匙糖

配料

切碎的欧芹

1 汤匙黑醋

可选：辣椒油

方法

1 用冷水冲洗羊肉，在锅中放入羊肉和 2 升冷水，煮至沸腾。撇去泡沫，调低火力。

2 加入生姜、料酒和盐。文火煮 2 个小时。

3 取出羊肉，将羊肉从骨头上片下来，然后沥干水分。将汤汁放在一旁。沥干浸泡在水中的蘑菇、海带和百合，切碎并和酱油、糖、部分羊肉片一起添加到汤汁中。

4 文火煨炖并添加新鲜的面条。

5 面条煮好后，浇上新鲜欧芹、醋和辣椒油（可选），即可食用。

Hokkien mee

福建面

600 g thick round noodles

salt

To marinate the chicken

1 tsp corn flour

a dash of pepper

½ tsp light soy sauce

1 tsp oyster sauce

Ingredients

cooking oil

400 g chicken tights, chopped (or prawns / shrimp)

2 cloves garlic, finely chopped

400 g assorted vegetables: bok choy / cabbage / carrot / green beans, blanched

Sauce

250 ml chicken stock (or water)

3 tbsp dark soy sauce

2 tbsp light soy sauce

2 tbsp oyster sauce

pinch of white pepper

Method

1 Marinate the chicken and set aside.

2 Heat some oil in a wok or large skillet; add the garlic and fry on a medium heat until just coloured. Add the vegetables and fry until just cooked, remove.

3 Add more oil, fry remaining garlic, chicken until just cooked. Remove from pan and keep aside.

4 Add sauce ingredients to the pan and cook a little. Add noodles to the sauce and, if required, a little more water. Cook, gently turning the noodles. Most of the sauce will be absorbed by the noodles.

5 When the noodles are ready, return the vegetables and chicken to the wok and serve.

600 克粗圆面条

盐

要腌制鸡肉

1 茶匙玉米粉

少许胡椒粉

½ 茶匙生抽酱油

1 茶匙蚝油

原料

食用油

400 克鸡腿，切碎（或明虾/虾）

2 个蒜瓣，细细切碎

400 克什锦蔬菜: 白菜/卷心菜/胡萝卜/青豆，焯烫

酱

250 毫升鸡肉高汤（或水）

3 汤匙老抽酱油

2 汤匙生抽酱油

2 汤匙蚝油

一小撮白胡椒

方法

1 腌制鸡肉，放在一旁备用。

2 在炒锅或大煎锅中热油: 加入大蒜，以中火煎炒至刚刚变色。加入蔬菜，煎炒至刚熟，然后取出蔬菜。

3 加入更多的油，煎炒剩余的大蒜、鸡肉至刚熟。将其从锅中取出，并放在一旁备用。

4 将酱汁原料添加到锅中稍微烹煮一下。将面条加入酱汁中，然后（如需要）加入一点水。烹煮面条，轻轻地翻动面条。面条会吸收大部分酱汁。

5 面条煮好后，将蔬菜和鸡肉放回锅中，即可装盘食用。

* This disc will be sold separately.

* 这个塑型模块会单独出售。

Wontons

馄饨

300 g dumpling sheets

salt

Filling

150 g pork mince, chopped finely

150 g prawn meat, chopped finely

1 tbsp egg white & extra

1 tsp ginger, minced

1 tbsp soy sauce

½ tbsp oyster sauce

½ tsp chicken stock powder

1 tsp sesame oil

¼ tsp salt

½ tsp sugar

¼ tsp black pepper, ground

Dipping sauce

1 tbsp soy sauce

2 tbsp sweet chili sauce

1 tbsp vinegar

Method

1 Bring a large pan of salted water to the boil.

2 Meanwhile, combine the filling ingredients and mix well.

3 Place a heaped teaspoon of the filling into the middle of each dumpling wrapper.

4 Brush the wrapper edges with water or egg white.

5 Squeeze together into a pyramid with the filling inside. Set aside.

6 Cook the wontons in the boiling water in batches. Stir occasionally to prevent them sticking to the bottom of the pan. Drain the wontons and set aside.

7 Combine dipping sauce ingredients and serve the wontons with the dipping sauce.

Try cooking the wontons in chicken broth, then serve in the broth and garnish with spring onions.
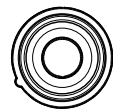
300 克饺子皮

盐

馅料

150 克猪肉馅，细细切碎

150 克虾肉，细细切碎

1 汤匙鸡蛋清和其他

1 茶匙生姜，切碎

1 汤匙酱油

½ 汤匙蚝油

½ 茶匙鸡汤料粉

1 茶匙芝麻油

¼ 茶匙盐

½ 茶匙糖

¼ 茶匙黑胡椒粉

蘸酱

1 汤匙酱油

2 汤匙甜辣酱

1 汤匙醋

方法

1 将一大锅盐水煮沸。

2 同时，将馅料的原料放在一起充分搅拌均匀。

3 将满满一茶匙馅料放在每个饺子皮的中间。

4 用水或蛋清涂刷面皮边缘。

5 将边缘挤压在一起，以构成馅料位于内部的金字塔形。放置一旁。

6 在沸水中分批烹煮馄饨。不时搅拌以防止其粘在锅底上。将馄饨沥干水分放置一旁。

7 把蘸酱的各种原料组合在一起。馄饨应搭配蘸酱一起食用。

请试着在鸡汤中烹煮馄饨，然后将馄饨放入鸡汤中一起食用，并以春洋葱做装饰。

Wantan mee 馄饨面

300 g thin round noodles

salt

½ bunch choy sum, washed, chopped

300 g char siu pork, thinly sliced pickled green chilies

Mushroom Sauce

5 Chinese dried black mushrooms, stems removed, soaked in warm salted water.

vegetable oil

2 cloves garlic, chopped

300 ml water

1 tsp chicken stock powder

2 tbsp oyster sauce

2 tsp soy sauce

salt and pepper, to taste

½ tbsp cornstarch dissolved in 2 tbsp water

Wontons

Use the previous recipe of wontons

Method

1 Bring a large pan of salted water to the boil and blanch the choy sum by cooking for 5 seconds, then remove from the water, refresh with cold water and drain again. Set aside both the choy sum and the cooking water.

2 Prepare the sauce. Squeeze any excess liquid from the mushrooms and chop. Reserve the liquid. Fry the mushrooms and garlic with ½ tbsp vegetable oil in a saucepan for a minute. Add the remaining sauce ingredients except for the corn starch paste. Bring to a simmer, then cover and simmer for 10 minutes. Add the corn starch paste, stir until it thickens. Turn off the heat, cover.

3 Cook the noodles, drain and place shortly under running water to stop the cooking process but stay warm, drain.

4 Toss the noodles and sauce together. Serve garnished with choy sum, wontons, sliced char siu pork and pickled green chilies.

300 克细圆面条

盐

½ 束菜心, 洗净, 切碎

300 克叉烧猪肉, 切成薄片

腌青椒

蘑菇酱

5 只中国干冬菇, 除去茎, 浸泡在温热的盐水中。

植物油

2 个蒜瓣, 切碎

300 毫升水

1 茶匙鸡汤料粉

2 汤匙蚝油

2 茶匙酱油

用盐和胡椒调味

½ 汤匙玉米粉, 溶解在 2 汤匙水中

馄饨

使用之前的馄饨食谱

方法

1 将一大锅盐水煮沸, 将菜心焯烫 5 秒钟, 然后从水中捞出, 以冷水冲洗并再次沥干水分。将菜心和汤汁都放置一旁。

2 备制酱汁。挤出蘑菇中多余的水分并将其切碎。保留该汁液。在平底锅中用 ½ 汤匙植物油煎炒蘑菇和大蒜 1 分钟。加入除玉米淀粉糊以外的剩余酱汁原料。改用文火, 然后盖锅盖焖煮 10 分钟。加入玉米淀粉糊, 不断搅拌直至其变稠。关火, 盖锅盖。

3 煮面条, 沥干水分, 将面条短暂地置于流水下以停止烹饪过程, 但请让面条保持温热, 然后再次沥干水分。

4 将面条与酱汁一起搅拌均匀。装盘时, 以菜心、馄饨、叉烧猪肉片和腌青椒为饰菜。

* This disc will be sold separately.

* 这个塑型模块会单独出售。

Seafood Singapore noodles

新加坡海鲜面

*

300 g thin round egg noodles

salt

Ingredients

2 tsp peanut oil

250 g firm white fish fillets, cubed

250 g medium prawns, peeled, deveined, tails intact

1 small red onion, thinly sliced

3 cm piece fresh ginger, peeled, minced

2 garlic cloves, minced

100 g carrot, peeled, cut into matchsticks

1 celery stalk, trimmed, thinly sliced

50 g shredded cabbage

1 tbsp mild curry powder (Tip)

1½ tbsp (salt-reduced) soy sauce

4 green onions, thinly sliced

Method

1 Bring a large pan of water to the boil and cook the noodles for 5-6 minutes. Quickly drain, cool with cold water and drain again.

2 Meanwhile, half the oil in a wok or skillet over high heat. Fry fish and prawns for 2 to 3 minutes. Transfer to a plate and cover.

3 Heat the remaining oil in a pan. Add the onion, ginger and garlic and stir-fry until soft. Add the carrot, celery and cabbage and stir until tender. Stir in the curry powder.

4 Combine the cooked noodles, soy sauce and half of the green onion in the wok and heat through. Add the fish and shrimps and heat through.

5 Serve with the remaining green onion.

Instead of adding curry powder to this dish, make curried noodles by adding the curry powder to the flour used to make the noodles.

300 克细圆鸡蛋面条
盐

原料
2 茶匙花生油
250 克紧实的白色鱼片，切丁
250 克中等大小的明虾，去皮，去肠，留下完整的尾部
1 个小红洋葱，切成薄片一块
3 厘米的新鲜生姜，去皮，切碎
2 瓣大蒜，切碎
100 克胡萝卜，去皮，切成火柴大小的丝
1 个芹菜茎，修整后，切成薄片
50 克弄碎的卷心菜
1 汤匙淡味咖喱粉（细末）
1½ 汤匙（低盐）酱油
4 根青葱，切成薄片

方法
1 将一大锅盐水煮沸，烹煮面条 5 至 6 分钟。快速沥干水分，以冷水冷却面条，然后再次沥干水分。
2 同时，将一半的油放入炒锅或煎锅中大火加热。将鱼和虾煎炸 2 至 3 分钟，然后移至盘中并盖上盖。
3 用煎锅加热剩余的油。加入洋葱、生姜和蒜翻炒至变软为止。加入胡萝卜、芹菜和卷心菜，然后不断搅拌直至其变得软嫩。搅入咖喱粉。
4 将煮好的面条、酱油和一半的青葱放入锅中热透。然后加入鱼和虾并热透。
5 与剩余的青葱一起食用。

您还可以通过在用于制作面条的面粉中加入咖喱粉来制作咖喱味面条，而不是向本菜中加入咖喱粉。

Ricotta spinach ravioli with sage butter

菠菜馅意式饺子

300 g pasta squares

salt

Filling

300 g fresh spinach

250 g ricotta cheese

50 g Parmesan cheese, grated

30 g pine nuts, roasted

nutmeg, to taste

extra: egg white

a brush

Sage butter

50 g butter

10 sage leafs, chopped

50 ml cream

50 g Parmesan cheese

ground black pepper, to taste

Method

1 Bring a large pan of salted water to the boil and blanch the spinach by cooking for 5 seconds, draining, refreshing with cold water and draining again.

2 Finely chop the spinach and combine with the filling ingredients.

3 Lay half of the pasta sheets on a flat surface and place one heaped teaspoon of the filling onto each sheet of pasta. Brush the edges of the pasta with egg white and place another pasta sheet on top, using a fork to seal the edges to form an envelope.

4 Prepare the sage butter. Melt the butter in a saucepan on a low heat. Add the sage, sea salt and cream and simmer for a few seconds. Stir in the cheese until melted. Season.

5 Cook the ravioli ready in 6–8 minutes. Serve directly topped with the sage butter.

300 克方形意式大利面

盐

馅料

300 克新鲜菠菜

250 克意大利乳清干酪

50 克帕尔马干酪, 搓碎

30 克烤松仁

调味用肉豆蔻

额外: 蛋清

刷子

鼠尾草牛油

50 克黄油

10 片鼠尾草叶, 切碎

50 毫升奶油

50 克帕尔马干酪

黑胡椒粉, 调味

方法

1 将一大锅盐水煮沸, 然后将菠菜焯烫 5 秒钟, 沥干水分, 以冷水冷却, 再次沥干水分。

2 将菠菜切碎, 并与馅料的各种原料搅拌在一起。

3 将一半的面片放在平坦的表面上, 然后将满满一茶匙馅料放在每个面片上。用蛋清涂刷面片的各个边缘, 然后在上面放上另一张面片, 用叉子封边以形成信封的形状。

4 备制鼠尾草牛油。在平底锅中以小火融化黄油。加入鼠尾草、海盐和奶油, 文火烹煮几秒钟。不断搅拌奶酪直至其融化。调味。

5 将意式饺子烹煮 6 至 8 分钟。煮好后直接淋上鼠尾草牛油即可食用。

Pasta nero pescatore　　海鲜墨鱼汁意大利面

300 g pasta nero

salt

Sauce

2 garlic cloves, finely chopped

1 small red onion, finely chopped

1 tsp red pepper paste or powder

30 g concentrated tomato puree

fresh rosemary leafs,

chopped

100 g squid,

100 g shrimp

300 g mussels

100 ml white wine

100 ml sieved tomatoes

olive oil

a good pinch of sea salt

Garnish

fresh parsley, chopped

lemon wedges

Method

1　Bring a large pot of salted water to the boil, cook pasta ready in 6–8 minutes. Quickly drain, cool with cold water and drain again.

2　Fry the garlic, onion, red pepper, tomato paste and rosemary in a large skillet until soft. Add seafood, fry for 1 minute.

3　Add wine, cover and cook for 5 minutes until the mussels open. Add the tomato sauce and simmer. Add the cooked pasta and warm through.

4　Serve sprinkled with parsley and with lemon wedges on the side.

300 克海鲜墨鱼汁意大利面

盐

酱

2 瓣大蒜，细细切碎

1 个小红洋葱，细细切碎

1 茶匙红辣椒酱或红辣椒粉

30 克浓缩番茄泥

新鲜的迷迭香叶，切碎

100 克鱿鱼

100 克虾

300 克贻贝

100 毫升白葡萄酒

100 毫升过筛番茄

橄榄油

一小撮海盐

饰菜

新鲜的欧芹，切碎的柠檬条

方法

1　将一大锅盐水煮沸，烹煮意大利面 6 至 8 分钟。煮好后迅速沥干水分，用凉水冷却，然后再次沥干水分。

2　将大蒜、洋葱、红辣椒、番茄酱和迷迭香在大煎锅中炒至酥软。加入海鲜，煎炒 1 分钟。

3　加入葡萄酒，盖上锅盖烹煮 5 分钟，直至贻贝开口。加入番茄酱，文火煨炖。加入煮熟的意大利面并将其热透。

4　食用时，撒上欧芹并在一侧撒上柠檬条。

Tagliatelle with rustic sausage

乡村香肠意大利宽面 *

Fresh tagliatelle

250 g flour

1 egg

water

300 g fennel & pepper tagliatelli

salt

Rustic sausage sauce

200 g pork sausage (or pancetta), chopped

1 chili pepper, chopped

50 ml red wine

2 tomatoes, chopped

1 tbsp fresh thyme leafs

Topping

50 g pecorino, in large flakes

Method

1 Bring a large pot of salted water to the boil.
2 Fry the sausage in a skillet, add chili and thyme. When brown, deglaze with wine and add the tomatoes.
3 Simmer to reduce the sauce a little. Meanwhile cook the pasta ready in 6–8 minutes.
4 Add the pasta to the sauce, toss together and serve. Top with the pecorino.

If using unflavoured pasta, cook fennel seeds with the sausage and add ground white pepper to taste.
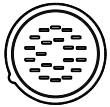
新鲜的意大利宽面

250 克面粉

1 枚鸡蛋

水

300 克茴香和胡椒意大利宽面

盐

乡村香肠酱

200 克猪肉香肠（或意式培根），切碎

1 个辣椒，切碎

50 毫升红葡萄酒

2 个番茄，切碎

1 汤匙新鲜百里香叶

配料

50 克佩科里诺干酪，呈大薄片

方法

1 将一大锅盐水煮沸。
2 在煎锅中煎香肠，加入辣椒和百里香。煎至呈棕色时，用葡萄酒收汁并加入番茄。
3 文火煨炖以减少酱汁。同时烹煮意大利面 6 至 8 分钟，将其煮熟。
4 将意大利面添加到酱汁中，充分搅拌均匀即可食用。上面撒上佩科里诺干酪。

如果使用未调味的意大利面，请将茴香籽与香肠一起烹煮，然后添加白胡椒粉调味。

* This disc will be sold separately.

* 这个塑型模块会单独出售。

Girelle pasta with pumpkin

南瓜意大利面卷

300 g lasagne

salt

Pumpkin mixture

1 kg pumpkin, roughly chopped

1 tbsp coriander seeds, crushed

1 tbsp fennel seeds, crushed

1 tbsp rosemary leafs, chopped

ground black pepper, to taste

sea salt to taste

olive oil

Ricotta mixture

250 g ricotta cheese

100 g pecorino cheese (or Parmesan)

2 tbsp fresh tarragon leafs

optional: 100 g blanched spinach, chopped

Topping

lemon zest

fresh sage, fried

extra virgin olive oil

Extra: You will also need a clean towel, some cooking rope and a brush.

Method

1 Roast the pumpkin for 30 minutes on 180 °C with olive oil, spices and rosemary. Season, mash, and set aside.

2 Combine the ricotta filling ingredients.

3 Join 3 sheets of pasta using the egg white and lay flat. Spread with the pumpkin filling, leaving 3–4 cm free on each edge, except for one. Add a layer of ricotta.
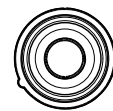
4 Brush the edges with egg white and roll the pasta. Seal the roll with the egg coated part.

5 Transfer to a towel and bind together tightly with cooking rope.

6 Bring a large pan of salted water to the boil. Add the pasta and cook for 30 minutes until it is hard to the touch.

7 Cut into 1–2 cm slices and serve with the topping.

300 克千层面

盐

南瓜混合物

1 千克南瓜，大致切碎

1 汤匙芫荽籽，粉碎

1 汤匙茴香籽，粉碎

1 汤匙迷迭香叶，切碎

黑胡椒粉，调味

海盐，调味

橄榄油

乳清干酪混合物

250 克意大利乳清干酪

100 克佩科里诺干酪（或帕尔马干酪）

2 汤匙新鲜的龙蒿叶

可选: 100 克焯过的菠菜，切碎

配料

柠檬皮

已炒过的新鲜鼠尾草

特级初榨橄榄油

额外: 您还将需要干净的毛巾、一些烹饪用绳和一把刷子。

方法

1 将南瓜与橄榄油、香料和迷迭香以 180 ˚C 烤制 30 分钟。调味，捣成泥，放置一旁。

2 将乳清干酪馅料的各种原料搅拌在一起。

3 用蛋清连接 3 张意大利面片，并将面片放平。在上面抹上南瓜馅料，在除一个边缘以外的每个边缘都留出 3 至 4 厘米空白。添加一层乳清干酪。

4 用蛋清涂刷各个边缘并将意大利面卷起来。用覆有鸡蛋的部分密封意大利面卷。

5 将面卷转移到毛巾中，用烹饪用绳将其紧紧地绑在一起。

6 将一大锅盐水煮沸。加入意大利面烹煮 30 分钟，直至摸上去感觉坚硬为止。

7 切成 1 至 2 厘米的薄片，加上配料后即可食用。

Quinoa / Buckwheat Pasta (gluten free):

藜麦/荞麦面(无麸质）

For 300 g Quinoa and Kale:

1 cup (250 g) of quinoa flour

95 g: (1 egg +) fresh kale juice

3 g Xanthan gum

Xanthan gum is gluten free & is a protein which acts as a binding agent to give pasta / noodles extra bounce.

For 300 g Buckwheat:

1 cup (250 g) of buckwheat flour

95g: (1 egg +) water

Option: for a binding agent if the pasta seems to be somewhat fragile in terms of breakage, add $\frac{1}{5}$ x tbs of Xanthan gum flour (3 g) to every 1 cup of Quinoa flour (250 g). Xanthan gum is gluten free & is a polysaccharide which acts as a binding agent to give pasta / noodles extra bounce.

For the Salad:

300 g spaghetti or penne (Quinoa & Kale or Buckwheat)

Salad

Baby spinach leaves 200 g

Basil leaves x 1 bunch of leaves only

$\frac{1}{2}$ a punnet of cherry tomatoes cut in halves

$\frac{1}{2}$ a jar of Kalamata olives drained

1 x small block of fetta cubed

$\frac{1}{4}$ cup of lemon infused olive oil

Method

1 Bring a large pan of salted water to the boil. Add the pasta and cook for 3 minutes. Quickly drain, cool with cold water and drain again.

2 Mix the Spinach leaves, cherry tomatoes, olives and fetta together with the cooked pasta. Toss salad with olive oil and top with basil leaves.

3 This dish can be enjoyed with warm pasta or chilled to serve cold.

300 克藜麦和羽衣甘蓝:

面粉: 1杯（250克）藜麦面

液体: 95克（1个鸡蛋+）新鲜羽衣甘蓝汁

黄原胶: 3克。黄原胶是不含麸质的多糖，可以使得面条更具弹性

300 克荞麦:

面粉:　1杯（250克）荞麦面

液体: 95克（1个鸡蛋+）水

可选: 如果面条成型时会断或者比较碎，可以在每一杯（250克）荞麦面中添加$\frac{1}{5}$汤匙（3克）的黄原胶作为粘合剂。黄原胶是不含麸质的多糖，可以使得面条更具弹性。

沙拉:

300 克意大利面或者管面（由藜麦和羽衣甘蓝汁制作或者由荞麦制作）

沙拉

200 克小菠菜

一束罗勒叶

半小篮切半的圣女果

半罐干橄榄

一小方块羊乳酪

$\frac{1}{4}$杯橄榄油浸泡的柠檬

方法: 用平底锅将加了盐的水煮沸。添加意大利面并且烹饪3分钟。

快速将水沥干，放置于冷水中，再次将水沥干。

将煮熟的意大利面和菠菜叶，圣女果，橄榄油和羊奶酪混合。

用橄榄油搅晃沙拉，并在最上方放置罗勒叶。

这道菜可以热食也可以冷吃。

Notes

Notes