

省時省力的用具

**Time & Labour Saving Devices**

菜式：朱古力蛋糕

**Dish: Chocolate Cakes**



# 朱古力蛋糕 (Chocolate Cakes)



# 材料 Ingredients:

麵粉 plain flour	94 克(g)
可可粉 cocoa powder	6 克 (g)
發粉 baking powder	1 茶匙 (tsp)
鹽 salt	1/8 茶匙 (tsp)
牛油 butter	75 克 (g)
幼沙糖 sugar	75 克 (g)
雞蛋 egg	1 隻 (no.)
牛奶 milk	4 湯匙 (Tbsp)
雲呢嚕香油	1/4茶匙 (tsp)
朱古力粒 chocolate chips	1 湯匙 (Tbsp)

# 搗油法 (Creaming Method)

傳統做法  
Traditional way

把油脂及糖搗至鬆軟及成奶白色。

Cream fat & sugar until it is light & fluffy, and the colour turns creamy white.



將蛋打勻，分次拌入糖及牛油內。

Gradually add the beaten egg into the butter and sugar mixture . Beat well each time.



篩入麵粉及發粉，輕輕拌勻。

Sieve in flour & baking powder and gently fold well.



加入適量牛奶調節濃稠度。

Add milk gradually to adjust the consistency.

# 混合法 (All-in-One Method)



利用電打蛋器將所有材料高速攪打3分鐘。

Use a mixer and beat all the ingredients in high speed for 3 minutes.

# 省時省力的用具例子

## Examples of time & labour saving devices



# 選擇省時省力的工具時，我們要考慮：

Points to note when choosing time & labour saving devices:

- 哪個大小適合我的家庭使用？

What is the size for my family?

- 我的家庭對器具的功能有什麼特別要求？

What special functions does my family need?

- 我們打算付出多少金錢？

How much money can we afford?

- 有否預留足夠的空間作擺放？

Is there enough space for it?

- 該器具是否容易操作、清潔及安全？

Is the appliance easy to use and clean, and is it safe?





完

**The End**