

NutriPlus new pastry book



蛋是许多蛋糕和馅饼的核心材料，为糕饼带来了松软而绵密的口感。烘焙蛋糕时，多了解基本的科学常识是相当重要的。

蛋白是最全面而完整的天然产生蛋白质来源，当你在搅打蛋白时，其蛋白质将会被打散；而被发打过的蛋白，体积会变大8倍之多。打蛋的动作会使空气混入蛋白里，并被水份包围在内。蛋白质是由串连起来的氨基酸序列所组成，因为每个氨基酸都有电荷。当蛋白被搅打时，搅打的动作会扩展并拉直蛋白质，使其形成一个有弹性的网膜在气泡周遭，最后将所有的气泡都包裹起来：这就是所谓的泡沫。

蛋香美点






Eggs are an integral ingredient in a lot of pastry and cakes, contributing to the fluffy and spongy texture of cakes. It is important to understand the basic science every time you bake a cake.

Egg whites are the most versatile and complete naturally occurring protein source. When you whip the egg whites, you are disrupting the protein and the volume of the beaten whites increase up to eight times. Whipping or whisking introduces air into egg whites and the air is surrounded by liquid. Egg protein is made of coiled up amino acids strung together because the individual amino acids have electrical charges. When egg whites are beaten, the beating action stretches and uncurls proteins, causing the proteins to form elastic films around air bubbles and essentially trapping them – this is what we refer to as foam.



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