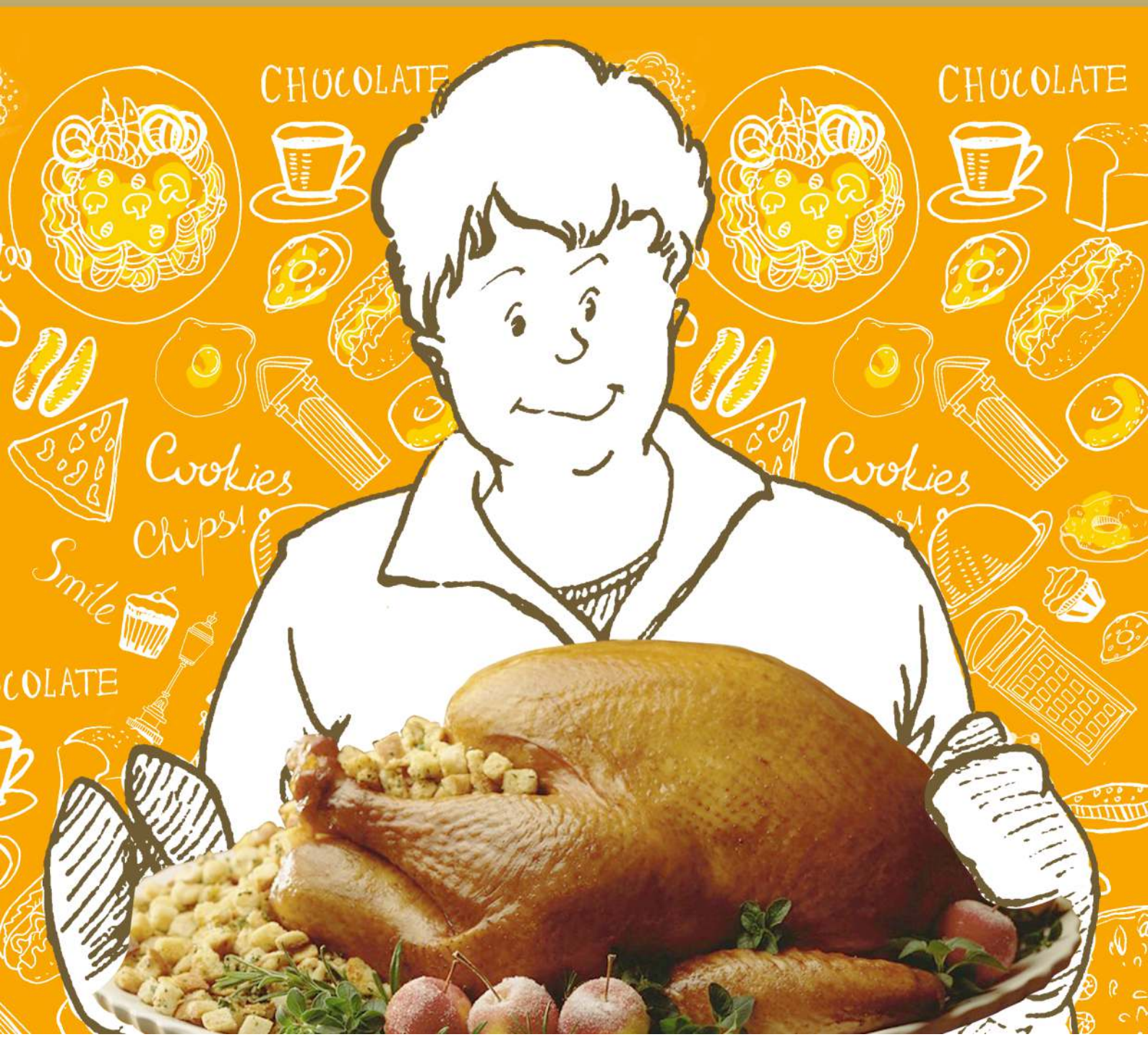


Delicious Wednesday 美味周三

Recipe Book 菜谱

Learn English Through Cooking 通过做菜学英文



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About the Recipes

Firstly, this book is not aimed at making anyone an outstanding chef. Hell, most of the people who take part in Delicious Wednesday come to the group with little cooking experience, and I myself mess up many of my dishes. Instead it is a book about confidence and trying: for the amateur to go into the kitchen and give it a go. At Delicious Wednesday we have people who have moved from zero to simple tasks like taking charge of the mashed potato, and others who first helped in the kitchen and then later decided to make something for the entire group.

In order to reflect this style of 'go on', the recipes in this book are based on the core ingredients and fundamental steps of dishes, with some optional ideas for those who feel more comfortable. Preparing food with and for friends should not be daunting. On top of this it is also worth remembering that variation is delightful. Nobody is telling you that this is the only way: if you want to throw in hot sauce or herbs, or wine or walnuts, then why not?

So check out the basic recipes, get your friends or group together, and make food as you want it to be.



关于这本食谱

首先，这本书不是针对旨在培养任何一个优秀的厨师。见鬼，大部分来参加美味周三小组活动的人，都没有什么烹饪经验，而我自己也会把很多菜搞砸。相反地，它是一本关于信心和尝试的书：让业余爱好者进入厨房，放手一试。在美味周三我们会组织参与者完成捣土豆泥这类从零到一的任务，至于别的第一次走进厨房的人可以在之后决定为整个烹饪小组做点贡献。

为了贯彻这种“放手一试”的风格，这本食谱是基于核心原料和烹饪菜肴的基本步骤完成的，一些开放性的小点子也可以视你喜欢而随意选择。和小伙伴一起或为他们烹饪食物不该是令人怯步的。除此以外，值得记住的是，随意组合是愉悦的。没有人告诉你这就是唯一的方子：如果你想把热的调味汁或香草扔进去，亦或是葡萄酒或核桃，那为什么不这么干呢？

所以看看这些食谱，让你的朋友或团队聚在一起，做你们想做的食物吧。





Measurements 测量

Annoyingly, different countries use different ways to measure things. Here is a table to help with conversions.

令人烦恼的是，不同的国家使用不同的方法来衡量物品。这里有一个表格来帮助转换。

Oven Temperatures (approximate) 烤箱温度(大约)

Celsius 摄氏度	Fahrenheit 华氏	Gas Mark 气体标志	Description 描述
120	250	1/2	very cool 非常冷
150	300	2	cool 冷
180	350	4	moderate 适中
200	400	6	moderately hot 适度热
220	425	7	hot 热
245	475	9	very hot 非常热



Liquid Measurements (Volume) 液体测量 (体积)



	Millilitres 毫升 (ml)	Teaspoons 茶匙 (tsp.)	Tablespoons 汤匙 (tbsp.)	Fluid Ounces(US) 液量盎司 (fl.oz.)	Cups(US) 杯 (c.)	Pints(US) 品脱 (pt.)	Quarts 夸脱 (qt.)
1 teaspoon	5	1	1/3	1/6	1/48	1/96	1/384
1 tablespoon	15	3	1	1/2	1/16	1/32	1/128
1 fluid ounce (US)	30	6	2	1	1/8	1/16	1/64
1 cup (US)	240	48	16	8	1	1/2	1/8
1 pint (US)	480	96	32	16	2	1	1/2
1 quart	960	192	64	32	4	2	1

An Explanation of Measurements 测量和图标的解释

Dry Ingredients (weight) 干配料 (重量)

	Butter 黄油	Flour (all purpose) 面粉 (通用)	Flour (bread) 面粉 (面包)	Sugar (white) 糖 (白)	Sugar (brown) 糖 (红)	Sugar (confectioners') 糖 (糖果)	Honey 蜂蜜	Cocoa Powder 可可粉 (粉)
0.5 ml							0.7 g	
1 ml	0.9 g	0.5 g	0.6 g	0.8 g	0.9 g	0.5 g	1.4 g	0.4 g
5 ml	4.7 g	2.7 g	2.8 g	4.2 g	4.4 g	2.5 g	7.1 g	2.1 g
15 ml	14 g	8 g	8.5 g	12.5 g	13 g	7.5 g	21.3 g	6.3 g
60 ml	56.5 g	32.5 g	34 g	50 g	52.5 g	30 g	85 g	25 g
78 ml	73.5 g	42.3 g	44.2 g	65 g	68.3 g	39 g	110.5 g	32.5 g
120 ml	113g	65g	68 g	100 g	105 g	60 g	170 g	50 g
240 ml	226 g	130 g	136 g	200 g	210 g	120 g	340 g	100 g
960 ml	904 g	520 g	544 g	800 g	840 g	480 g	1360 g	400 g

Chips!



CAKE



Note: UK cups and pints are different from US cups and pints.
注意：英制杯数与品脱和美制杯数与品脱不同。

UK cup=250 ml (1.04 US cups)
US cup=240 ml (0.96 UK cups)
UK pint=568 ml (1.38 US pints)
US pint=473 ml (0.83 UK pints)



English Breakfast

英式早餐

British food does have a reputation for being unhealthy, and certainly if you ate this every day you'd be visiting a cardiologist pretty soon. Yet for a once-in-a-while treat or energy-packed kickstart to a day, the traditional English breakfast is a fat-laced, taste-first, mighty fine meal.

英国食物的确有其不太健康的名声,当然,如果你每天都这样吃,你可能马上就得看心脏病医生了。但是如果只是难得吃一次,或者为了给整整的一天快速补给能量,那么传统的英国早餐是一种富含脂肪,口味一级,超好吃的菜式选择。



Serves: 6
适合用餐人数: 6人

Preparation Time: 5 minutes
准备时间: 5分钟

Cooking Time: 15 minutes
烹饪时间: 15分钟

Core Ingredients 主要原料

- 6 sausages
- 6 eggs
- 2 potatoes (thinly sliced)
- 2 tins baked beans
- 12 rashers of bacon
- 12 button mushrooms
- 6 slices of bread
- salt
- 6根香肠
- 6个鸡蛋
- 2个土豆 (切成薄片)
- 2罐甜豆
- 12片腌猪肉培根
- 12个蘑菇
- 6片土司
- 盐

Optional Ingredients 可选原料

- 3 tomatoes
- 6 slices black pudding
- 3个西红柿
- 6片血肠

Notes 注意事项

* For a healthier option, grill the sausages and bacon.

为了健康选择烤香肠和培根。

** If you want to remove more fat from the sausage and bacon, place them on a piece of kitchen towel as this will absorb grease. 如果你想从香肠和培根中去掉更多的脂肪, 可以把它们放在厨房用纸上, 这样就可以吸收掉多余的油脂了。

Basic Method 主要步骤

1. In a frying pan, start to fry the sausages on a medium heat, turning them occasionally to make sure both sides are done. Meanwhile begin to grill the bacon and, if desired, the tomatoes (the tomatoes will need about 12 minutes, turning once)*.

把香肠放在平底锅中用中火煎, 中间可以翻面确保香肠和培根都能够煎熟。同时开始烤培根, 如果需要, 你还可以加番茄(番茄需要 12 分钟左右翻一次)*。

2. In a second pan, fry the potatoes on a high heat. Season them with a pinch of salt and pepper. Turn them once they begin to brown underneath.

在另一个平底锅中放入土豆, 用高火煎。放入少许盐和胡椒调味, 直到土豆一面开始呈现褐色后翻一次。

3. Either in a saucepan or the microwave, heat the baked beans. Preheat the plates.

用平底锅或微波炉加热甜豆。预热盘子。

4. Remove the sausages and bacon from the heat and place them in a covered bowl to keep them warm.** If desired, fry the black pudding (this should take around 5 minutes).

从锅中取出香肠和培根放入有盖子的碗中用以保温**。如果需要可以煎炒血肠(需煎炒 5 分钟左右)。

5. Finally fry the eggs and toast the bread. Serve everything together on individual warm plates with a cup of tea.

最后炒鸡蛋和烤土司。把所有的食物放在单独一个预热好的盘子中, 搭配一杯茶, 早餐就做好了。



Chicken & Pesto Tagliatelle

罗勒鸡肉和香蒜意大利面

If you can get your hands on basil and parmesan, you can pretty much make pesto. Chicken and pasta have been pesto's sidekicks for quite some time, and whilst restaurants will decorate fine plates it is equally fine to feed a group with a large pot and the declaration of 'help yourself'. Tagliatelle, spaghetti, penne...you can choose whatever shape of pasta you wish, but we opted for the thicker, longer strips.

如果你手边有罗勒和帕马森芝士，那你就可以做香蒜酱了，鸡肉和意大利面很久以来都是香蒜酱的“死党”。一些餐厅会搭配精美的餐具，但即使是用大锅盛好给很多人吃，然后说一句“请自便”，这也同样是极好的。宽面、细面、或者通心粉，你可以任意选择任何一种形状的意大利面来做，但在这儿我们选择更粗更长的面条。



Serves: 4
适合用餐人数: 4人
Preparation Time: 5 minutes
准备时间: 5分钟
Cooking Time: 20 minutes
烹饪时间: 20分钟

Core Ingredients 主要原料

- 500g tagliatelle
- 250g chicken (cut into strips)
- 35 leaves/250g fresh basil (finely chopped)
- 50g parmesan cheese (grated)
- 200ml olive oil
- salt
- pepper

- 500克干制面条
- 250克鸡肉 (切成条)
- 35叶/250克新鲜罗勒叶 (切碎)
- 50克芝士粉 (磨碎)
- 200毫升橄榄油
- 盐
- 胡椒粉

Optional Ingredients 可选原料

- 40g pine nuts*
- 40克松子*

Notes 注意事项

* Pine nuts may be roasted for a different taste.

松子或许会烤出不同的口味。

** For a smoother/puree version, run the parmesan and basil through a blender using a gentle pulse. If you prefer to grind the ingredients together, use a pestle and mortar.

如果要做出幼滑或是酱状的质感，那就不用搅拌机轻柔地搅拌干酪和罗勒叶。要是你喜欢磨碎所有的材料，可以使用杵和臼。

Basic Method 主要步骤

1. Mix the parmesan, basil, a pinch of salt, and pine nuts (if desired) in a bowl**. Gradually add the olive oil and mix.

将芝士，罗勒叶，少许盐，和松子**（根据个人口味）在一个碗里混合，慢慢加入橄榄油和搅拌。

2. In a little oil fry the chicken until cooked through. At the same time, put the tagliatelle on to boil. Both will take about 8-10 minutes.

用少许油炒熟鸡肉，同时，把干制面条煮开，一共需要8-10分钟。

3. Once the tagliatelle is cooked, drain the water but keep 1 tablespoon of it. Remove the chicken from any oil or grease, and put it, the tagliatelle and the water into a frying pan. Add a little pepper and gently fry for 2 minutes.

一旦面条煮熟后，沥干水分但保持一大汤勺水的量，去除鸡肉上的鸡油和油脂。把面条和鸡肉放在平底锅中加入少许的胡椒粉轻轻翻炒2分钟。

4. Add the pesto (parmesan and basil mixture), and mix well over a light heat until the sauce is evenly spread.

加入香草（干酪和罗勒叶混合），均匀地搅拌直到酱汁均匀。

5. Serve in the centre of individual plates or in small bowls.

把酱汁倒入盘子的中间或者小碗里。



Fondue

芝士火锅

Fondue is an alpine winter food and in the 1970s it became a party centrepiece. Then it unjustly, cruelly, and unnecessarily died an unfashionable death. However, let us be honest: a big bowl of cheese and wine tastes amazing, and everyone dipping into a central pot is traditional human bonding. Just make sure you do some jogging in the spring.

芝士火锅是一种阿尔卑斯地区的冬季食品，70年代它开始变成派对里的抢手货，然后它被不公平的，残忍的，也是不必要地遗忘了。然而，实话实说，一大碗奶酪加酒的组合品尝起来很过瘾，所有人在一个锅里沾着吃火锅是传统上人与人之间交流感情的纽带。吃完火锅别忘记在春天做一些慢跑运动哦。



Serves: 5
适合用餐人数: 5人
Preparation Time: 15 minutes
准备时间: 15分钟
Cooking Time: 30 minutes
烹饪时间: 30分钟

Core Ingredients 主要原料

- 1 cup white wine
- 225g Gruyere cheese (grated)
- 225g Emmental cheese (grated)
- 1 clove garlic (to lace pan)
- 1 loaf farmer's bread (cubed)
- 1杯白葡萄酒
- 225克格鲁耶尔干酪(磨碎)
- 225克艾门塔尔奶酪(磨碎)
- 1瓣大蒜(涂抹锅底用)
- 1条农夫面包(切成方块)

Optional Ingredients 可选原料

- 1/2 cup flour (to thicken)
- water (to thin)
- carrots (cut into strips)
- broccoli florets (par-boiled)
- 半杯面粉(加厚芝士用)
- 水(稀释芝士用)
- 胡萝卜(切成条)
- 西兰花头部(半熟)

Notes 注意事项

* If you do not have a special fondue set, the fondue can be kept warm by placing it over tealights or on a low-heat hotplate.
如果你没有一个可以融化干酪的器具，干酪可以放在小蜡烛或者低温电炉上保持温度。

Basic Method 主要步骤

1. Rub the garlic around the pan, then discard (this will help stop the cheese sticking).
用大蒜擦拭一下平底锅，然后扔掉(防止乳酪粘黏)。
2. Pour the wine into the pan and bring to simmer.
将葡萄酒倒入锅内使之沸腾。
3. Steadily add cheese, allowing each handful to melt before adding more. Keep the fondue hot and stir in a figure of eight (with a wooden spoon or chopsticks) to avoid cheese coagulating.
缓慢的加入干酪，在添加更多干酪前保证每一块已经融化。以8字花式的手法让干酪的加热融化(可以用木勺子或筷子)避免乳酪凝固。
4. If you feel the fondue is too thin, add flour (be careful, as too much flour will make it thick and the cheese stringy). If the fondue is too thick, either add wine or water.
如果你觉得干酪太薄，可以加入面粉(要注意，太多的面粉会使它变厚而且难嚼)。如果干酪太厚，可以加入葡萄酒或水。
5. Continuing to keep the fondue hot, but not boiling, serve*. To eat, dunk the bread (or vegetables) into the fondue.
持续保持干酪的热度，但不要让它沸腾*。要吃的时候，在干酪里加入面包或蔬菜即可。



Preparing a Holiday Dinner: Timeline 准备节日晚餐：时间表

This timetable is for a roast turkey dinner, with roast potatoes and parsnips, brussels sprouts, stuffing, bacon-wrapped sausages, and gravy.

这份时间表用于烤火鸡晚餐，配以烤土豆和欧洲萝卜，孢子甘蓝，填料，培根卷香肠和肉汁。

Preparing other common holiday foods:

其他常见的节日配菜有：

- For cranberry sauce: make it the day before and simply bring it to room temperature on the day.
蔓越莓酱：在前一天做好，并且到那天在室温中存放。
- For mashed potatoes: allow about 45 minutes.
土豆泥：制作时间大约 45 分钟。
- For salad: prepare in the quieter hours between putting the turkey in the oven and beginning the roast potatoes.
沙拉：在烤火鸡与开始烤土豆之间的时间间隔中制备。
- For desserts: prepare the day before and, if required, cook whilst the turkey is being eaten.
甜点：在烤火鸡那天之前一天准备，如果需要的话，在吃火鸡的时候做甜点也可以。

2 weeks before 两周前	Finalise menu. 敲定菜单。 Make shopping list, divided into perishable and non-perishable items. 制作购物单，分为易坏和不易腐烂的物品。 Buy any non-perishable items. 购买非易变质物品。 Order turkey (remember to note the size of your oven when buying). 订购火鸡(请记住在购买时需考虑你的烤箱的尺寸)。
1 week before 一周前	Check there are enough serving items (plates, bowls, forks etc.) and that non-food/entertainment items are ready (eg Christmas crackers). 检查有没有足够的盛放器皿(盘子, 碗, 叉等)非食品 / 娱乐菜品(如圣诞饼干)。
3 days before 三天前	Pick up turkey. 取火鸡。 Put turkey in refrigerator*. 把火鸡放在冰箱中*。 Buy vegetables and perishables. 购买蔬菜和易腐食品。
1 day before 一天前	Season turkey, and return to refrigerator. 给火鸡调味, 并放回冰箱。 Prepare gravy stock. 准备肉汤。 Prepare stuffing. 准备填料。 Prepare bacon-wrapped sausages. 准备培根卷香肠。 Cut vegetables, place in sealed bags (not water) in refrigerator. 切蔬菜, 放在冰箱里的密封袋里(注意不是水)。 Prepare any desserts. 准备甜点。 Calculate exact cooking time for turkey**. 准确计算火鸡的烹饪时间**。

*Don't put the turkey in the freezer as it will need a couple of days to defrost (allow 24 hours of thawing in the refrigerator for every 2.5kg of turkey - for a 6kg turkey this means defrosting 3 days in advance).

不要把火鸡放在冷冻室里，因为这样会需要几天来除霜。(允许每 2.5 公斤的火鸡在冰箱中冷藏 24 小时，6 公斤的火鸡要提前 3 天除霜)

**To calculate exact cooking time: 20 minutes per kg + 90 minutes. Turkeys generally take about 4 hours to cook.

标准烹饪时间：每公斤 20 分钟 + 90 分钟。火鸡一般需要烹饪 4 个小时。

On the day - 6 hours before 当天, 6小时之前	Take turkey out of refrigerator. 将火鸡从冰箱中取出。 Set the table. 摆桌。
5 hours before 5小时之前	Pre-heat oven. 预热烤箱。 If cooking stuffing inside the bird, stuff the turkey (remember stuffing expands when cooked, so don't make the stuffing too tight). 如果要填料, 先填塞火鸡(记住在煮的时候填料会膨胀, 所以不要把填料塞得太紧)。
4.5 hours before*** 4.5小时之前***	Begin cooking turkey. Check and baste every 30 minutes. 开始烹饪火鸡。每 30 分钟检查并涂油。
4 hours before 4小时之前	The top of the turkey should be browning. Cover the top with aluminium foil. 火鸡的顶部呈褐色。用铝箔盖上顶部。
1.25 hours before 1.25小时之前	Par-boil potatoes and parsnips for 5-10 minutes. Drain, shake, and allow to rest for a few minutes. 将土豆和欧洲萝卜煮 5-10 分钟至半熟。倒水摇一摇并静置几分钟。 Heat roasting dish in oven. 在烤箱中加热烘烤盘。
1 hour before 1小时之前	Coat potatoes in fat or butter and a little salt. 在土豆上涂上鸡油、黄油和少许盐。 Place par-boiled potatoes and parsnips on roasting dish in oven. 将半熟土豆和萝卜放入烤箱的烤盘。
0.5 hours before 半小时之前	Check turkey is cooked (pierce bird and check juices are clear). 检查火鸡肉是否烤熟(刺穿火鸡检查鸡汁流出)。 Remove turkey from oven, cover with foil, and allow to rest. 从烤箱中取出火鸡, 用铝箔盖上, 并静置。 If cooking stuffing outside the turkey, place it in the oven (may need 30+ minutes). 如果在火鸡体外煮填料, 就把它放在烤箱里(可能需要 30 多分钟)。 Put bacon-wrapped sausages under grill. 将培根卷香肠放在烧烤架下。 Begin to boil some water. 煮水。
0.25 hours before 15分钟之前	Put brussels sprouts in boiling water. 把孢子甘蓝放入沸水中。 Put plates in oven to warm. 把盘子放进烤箱加热。 Gently warm gravy. 慢慢加热肉汁。
Serving time 上菜时间	Remove roast potatoes and parsnips from oven. 从烤箱中取出烤土豆和欧洲萝卜。 Remove bacon-wrapped sausage from grill. 从烧烤架上拿出培根卷香肠。 Remove stuffing either from oven or turkey. 从烤箱或火鸡中取出填料。 Drain brussels sprouts. 沥干孢子甘蓝的水。 Remove gravy from hob. 从铁架上取下肉汤。 Begin to cook any desserts. 开始做甜点。 Serve. 上菜。

*** Adjust depending on turkey cooking time.

根据火鸡调整烹饪时间。

Scotch Egg

苏格兰煮蛋

Whether eaten hot or cold, the first bite of a Scotch egg will beat hunger like a hammer. Breadcrumbs outside pork wrapped around a hard-boiled egg, this is simple to make, very filling, and can be used as a side, an entrée, or a snack.

无论生吃还是熟吃，第一口咬下去，苏格兰蛋的止饿效果都如火腿般极佳。苏格兰蛋是将猪肉包着一个水煮蛋，再裹上一层面包屑，制作简单，且容易填饱肚子，可作配菜、头盘菜或者零食。

Serves: 4
适合用餐人数: 4人
Preparation Time: 10 minutes
准备时间: 10分钟
Cooking Time: 10 minutes
烹饪时间: 10分钟



Core Ingredients 主要原料

- 4 hard-boiled eggs · 4只全熟鸡蛋
- 4 sausages (skin removed)* · 4根去皮的香肠*
- breadcrumbs** · 面包屑**
- flour · 面粉
- beaten egg · 蛋液

Basic Method 主要步骤

1. After removing shell, dust hard-boiled egg with flour.
去壳之后，用面粉涂蛋。
2. Wrap the egg evenly in sausage meat.
把鸡蛋均匀的卷在香肠肉里。
3. Coat the outside of the sausage meat with beaten egg, then roll through breadcrumbs.
把蛋汁盖在香肠上，然后放在面包屑上滚动。
4. Shallow (or deep) fry for 5 minutes, until all the sausage meat is cooked.
油煎或油炸五分钟，把香肠肉都煎熟。
5. Remove from oil and place on kitchen towel to remove excess oil.
从油里捞出来，放在厨房用纸里吸收多余油脂。

Notes 注意事项

* To remove sausage skin slice the sausage from end to end, then turn the meat out.
从头到尾切下香肠的表皮，然后把肉取出。

** To make breadcrumbs, toast bread for 10 minutes each side, then run through blender.
把面包的两面各烤 10 分钟，然后放入搅拌机里做出面包屑。

Mashed Potato

土豆泥

It's pretty difficult to find anyone on Earth who doesn't like mashed potato. The basics of spuds, milk and butter are a solid base, into which add any herbs or spices that fit the mood.

世上很难找到不喜欢土豆泥的人。土豆泥以土豆为原料，牛奶和黄油为主要成分，可随个人喜好加入香料。

Core Ingredients 主要原料

- 500g potatoes (peeled* and cubed) · 500克土豆 (削*成小块)
- 250ml milk** · 250毫升牛奶**
- 30g butter · 30克黄油

Optional Ingredients 可选原料

- dill · 小茴香
- nutmeg · 肉豆蔻粉
- black pepper · 黑胡椒粉
- oregano · 牛至
- parsley · 欧芹



Basic Method 主要步骤

1. Place the potatoes in boiling water. Boil until soft enough to easily break with a fork (about 15-20 minutes).
把土豆放入煮开的水中，煮到熟软到可以用叉子轻易弄碎 (大约 15-20 分钟)。
2. Drain the water and mash the potatoes with a fork or potato masher until there are no noticeably large lumps.
沥干水分，用叉子或搅拌机搅拌土豆直到没有明显的大块土豆。
3. Add the butter and any optional ingredients, and stir in well.
加入黄油和小茴香等配料充分搅拌。
4. Bit-by-bit add milk, mixing it in as you do until the potatoes have a soft milky and even texture.
一点一点地混入牛奶，混合直到土豆变成柔和均匀的奶白色。

Notes 注意事项

* Peeling the potatoes is optional; some prefer to have the peel mashed in.
削不削土豆皮完全随意，有些人偏爱土豆带皮一起搅拌。

** For creamy mashed potato, replace the milk with 200g of heavy cream.
可以用 200克的牛奶代替多脂奶油。

Serves: 4
适合用餐人数: 4人
Preparation Time: 10 minutes
准备时间: 10分钟
Cooking Time: 30 minutes
烹饪时间: 30分钟

Fruit in Chocolate Sauce

水果配巧克力酱

It only takes 5 minutes to make a chocolate sauce that tastes superior to store bought versions. Pour it while it's hot for that smooth luxurious cocoa experience.

自制一份巧克力酱仅需要五分钟，且味道优于买来的巧克力酱。趁热搭配水果即可感受丝滑奢侈的可可体验。



Serves: 10
适合用餐人数: 10人
Preparation Time: 5 minutes
准备时间: 5分钟
Cooking Time: 10 minutes
烹饪时间: 10分钟

Core Ingredients 主要原料

- fruit for 10 (bananas, blueberries, strawberries, etc.)
- 2 1/4 cups granulated sugar
- 3/4 cups cocoa powder
- 1 1/2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1 1/2 cups whole milk
- 10 人份水果 (香蕉, 蓝莓, 草莓等)
- 2 1/4 杯砂糖
- 3/4 杯可可粉
- 1 个半汤匙中筋面粉
- 1/4 茶匙盐
- 1 杯半全脂牛奶

Optional Ingredients 可选性材料

- 1 tablespoon vanilla
- 1 汤匙香草

Notes 注意事项

* Sauce can be stored in refrigerator for up to 2 weeks.

巧克力酱在冰箱中最多保存2周。

Basic Method 主要步骤

1. Place four dry ingredients (cocoa powder, flour, salt, sugar) in a medium-sized saucepan along with 1/2 cup of milk, and whisk to combine into a thick paste.

将可可粉、面粉、盐和糖按比例放入中号的平底锅，加入 1/2 杯牛奶混合搅拌成糊状。

2. Add the remaining milk and bring to the boil, whisking as you do so. When the sauce begins to boil, reduce the heat and allow to simmer gently for 5 minutes, continuing to whisk.

加入剩余的牛奶煮沸搅拌，在巧克力酱煮沸时降低温度闷炖 5 分钟继续搅拌。

3. Remove the sauce from the heat, add vanilla if desired, and serve either hot or cool on fruit of choosing.*

巧克力酱降温后，如有需要可加入香草，根据你的喜好搭配热或冷的水果*。