



Scallion Pancakes

蔥油餅

Difficulty 難易度

Intermediate 中級

Qty 數量

10-12 pcs

On the day 當天製作

60 mins 製作時間

4.5 hours waiting time 等待時間

Main Dough 主麵糰



Water
水
130g
(28-30°C)



Sourdough
天然酵母
35g



Bread Flour
準高筋麵粉
(日清 Lys d' or,
Protein 10.7%)
300g



Salt
鹽
4g



Egg
全蛋
50g

Batter 粉油漿



Vegetable Oil
菜油
~55g



Bread Flour
準高筋麵粉
(日清 Lys d' or,
Protein 10.7%)
25g

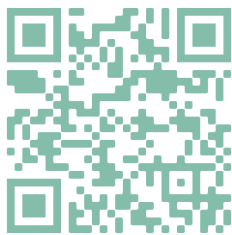
Other Ingredients 其他材料



Spring Onion
蔥粒
~60g



Vegetable oil
菜油
適量
(according to size of
frying pan
按煎鍋大小)



BREAD CLOUD
studio



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Video Time 影片時刻

Steps 製作步驟

- 00:50 01 Add sourdough into water, mix well
先將天然酵母放入水中，攪拌均勻
- 01:20 02 Put flour, salt into mixing bowl, add egg & sourdough mixture. Turn on low speed for 1 minute, then to medium low speed for another 1 minute till no crumbs. Cover with cling wrap and rest for 10 minutes
將麵粉、鹽放入廚師機中，再加入蛋、酵母水，先以低速攪拌約1分鐘，再以中低速攪拌多約一分鐘至成糰，然後蓋上保鮮紙鬆弛10分鐘
- (If you do not have sourdough, you may skip step 01, and replace with additional 20g water and 10g flour, i.e. totaling 150g water and 310 flour
如果不使用天然酵母，可跳過步驟01，並改以20g水及10g麵粉代替，即共150g水及310g麵粉)*
- 02:30 03 Apply thin layer of oil onto counter, hands and scrapper
將工作枱、雙手、膠刮板塗上薄薄一層菜油作防黏之用
- 02:50 04 Round the dough again to make it smooth. Proof it at room temperature (~24-26°C) for around 1 hour
麵糰鬆弛後，將麵糰整理光滑後滾圓，蓋好，於(約24-26°C)發酵約1小時
- 03:35 05 Wash the spring onion. Keep the green part, pat dry and thin slice them into very small pieces. Set aside
將蔥清洗乾淨，去掉蔥白部分，印乾後切成蔥粒，待用
- 03:55 06 Mix oil & flour till no crumbs into a batter. Set aside
將菜油加入麵粉，攪拌至沒有粉粒待用
- 04:15 07 Apply thin layer of oil onto counter, hands and scrapper again
再次將工作枱、雙手、膠刮板塗上薄薄一層菜油
- 04:45 08 After the first proofing, divide the dough into 6 portions (each 83-85g), slightly round it up into rectangular roll. Cover it and rest for 10 mins.
麵糰發酵後，將麵糰分成6份(每份約83-85g)，輕輕滾圓後塑成長條形，蓋好，鬆弛10分鐘
- 06:30 09 Apply thin layer of oil onto the rolling pin
將擀麵棍塗上薄薄一層菜油
- 06:50 10 Flatten the dough with a rolling pin. Stretch it into a bigger rectangular shape of ~30x28cm with hand
將麵糰先擀薄，並用雙手將麵糰輕拉整理至約30x28cm大小
- 07:35 11 Spread and brush ~10-12g of batter, sprinkle with ~10g of spring onion
均勻掃上約10-12g粉油漿，並灑上約10g蔥粒
- 08:20 12 Roll up dough, close the seam. Stretch the roll into a long and even roll with double in length
將麵糰捲起，整理好收口位置，雙手輕拿兩頭向左右拉伸，可於較粗身位置特別多彈幾下，以拉長至少一倍

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Steps 製作步驟

- 09:15 13 Further roll up the long dough strip from both edges loosely, form double layers when they meet in the middle. Gently press
將麵糰兩頭向內鬆鬆捲起 (注意不要太緊) · 然後重疊 · 輕壓一下
- 09:50 14 Cover, and rest & proof in fridge (~4-7°C) for around 3 hours
蓋好 · 放入雪櫃 (約4-7°C) 鬆弛及低溫發酵約3小時
- 10:00 15 Apply thin layer of oil onto counter, hands, scrapper & rolling pin again
再次將工作枱 · 雙手 · 膠刮板 · 木擀麵棍塗上薄薄一層菜油
- 10:15 16 Roll the dough into ~15-16cm disc, cover with baking paper, and put into freezer for at least 10 mins
將麵糰擀至約15-16cm大小 · 再放上牛油紙 · 冷凍至少10分鐘
- 11:00 17 Fry for around 1 min on each side with medium heat. Wiggle the pancake a bit with spatula to make it fluffy. Flip, cook & wiggle for extra half minute
以中火煎約1分鐘 · 翻面再煎1分鐘 · 其間用膠刮將餅皮推擠 · 讓層次變得蓬鬆 · 然後翻面再煎約半分鐘 · 並重複推擠動作

Note: Dough can be stored in freezer for up to 2 weeks. Fry and cook for a longer time on the day

麵糰也可以保鮮紙包好 · 於冰格內儲存約兩星期 · 取出後 · 以稍長時間煎熟即可