

Strawberry Daifuku

士多啤梨大福

Difficulty 難易度

Intermediate 中級

Qty 數量

6 pcs

On the day 當天製作

45 mins 製作時間



Filling 餡料



Powdered
white bean
paste
白豆蓉粉
60g



Water
水
160g



Sugar
上白糖
65g



Salt
鹽
0.6g



Strawberry
Powder
草莓粉
10g



Strawberry
草莓
6pcs

Daifuku 求肥



Shiratamako
白玉粉
約60g



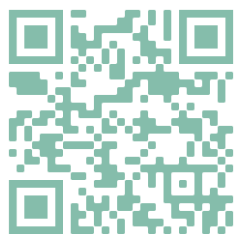
Sugar
上白糖
20g



Water
水
90g



Potato starch
片栗粉
適量



BREAD CLOUD
studio



Strawberry Daifuku

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Video Time 影片時刻

Steps 製作步驟

Filling 餡料

- 00:40 01 Mix powdered white bean paste and water in a pot. Turn on low to medium heat (1000 W) for around 3 minutes till thicken.
白豆蓉粉和水倒入手鍋中拌勻，開中小火(1000 W)煮約3分鐘至濃稠。
- 01:25 02 Add in sugar and salt, mix and switch to low heat (600 W) for around 6 minutes till dry.
把上白糖和鹽倒入煮稠後的白豆蓉中，拌勻後開小火(600 W)煮約6分鐘至乾身。
- 02:15 03 Cool down the cooked paste on a tray. Cover with cling wrap to keep moist.
把煮好的白豆蓉分小份放盆中放涼，包上保鮮紙以免水份流失。
- 02:49 04 Cooked paste will be around 200g. Mix it with the strawberry powder. Divide it into 25g each. Roll into balls and set aside in fridge.
煮好的白豆蓉約200g，放涼後放碗中和草莓粉混合，均勻後分25g一份，搓圓放冷藏備用。
- 04:20 05 Wash 6 pcs of strawberries and discard the green top stems. Wrap each strawberry with cooled down white bean paste, set aside in fridge.
準備6粒士多啤梨，洗淨取蒂，以草莓白豆蓉包裹士多啤梨，冷藏備用。

Daifuku 求肥

- 06:35 06 Mix shiratamako, water & sugar in a microwave-safe bowl. Heat it in microwave oven for 1.5 min with medium heat. Take out & mix well. Then heat it for another 1.5 min. Take out & mix until smooth. Put it onto a tray with dusted potato starch.
白玉粉、水、上白糖放可用於微波爐的耐熱碗中混合，以微波爐中火加熱1分30秒後取出，拌勻後再加熱1分30秒，取出攪拌至滑身後倒在灑有片粟粉的盆上。

Assemble 組合

- 09:23 07 Divide it into 25-28g each. Slightly press into a round disc and set aside.
用手分成每份25-28g，輕拍成圓形後放一旁備用。
- 10:00 08 Dust hands with potato starch. Slightly stretch the daifuku wide enough for wrapping the fillings.
手上沾上少許片粟粉，用手平均輕拉求肥邊緣至約能包裹豆餡的大小。
- 10:50 09 Wrap the fillings with the daifuku, with seam side facing up, round into a ball and dust with some potato starch.
將豆餡放入求肥，底向上，收口包好，略搓圓後底部沾上少許片粟粉防沾。
- 11:20 10 Dust some potato starch on top and finishes.
全部包好後表面灑上少許片粟粉，完成。