



## 鴻財早來 - 紅棗頭棗泥千層糕

### 做法

#### 紅棗蓉

- 01 先將紅棗去核，再放800毫升水及110克黑蔗糖放進鍋內煮5分鐘，熄火燜20分鐘。
- 02 將紅棗汁及800毫升水放入攪拌器混和，然後用隔網篩至幼滑並放涼。
- 03 放涼後，先取出400毫升紅棗汁混合140克馬蹄粉，然後加熱另外400毫升紅棗汁。混和兩者並再用隔網篩至幼滑，成為紅棗蓉。

#### 紅菜頭蓉

- 01 紅菜頭去皮切粒，將200毫升水及120克冰糖放進鍋內，用Miele蒸爐以100度蒸30分鐘後取出。
- 02 將紅菜頭及水放入攪拌器攪碎，用隔網篩至幼滑並放涼。
- 03 放涼後，先取出400毫升紅菜頭汁混合150克馬蹄粉，然後加熱另外400毫升紅菜頭汁。混和兩者並再用隔網篩至幼滑，成為紅菜頭蓉。

#### 千層糕烹調步驟

- 01 每層份量為110毫升，用 Miele 蒸爐以100°C逐層遞蒸，每層各蒸4分鐘。
- 02 先倒入第一層紅菜頭蓉，蒸約4分鐘。再倒入第二層紅棗蓉，再蒸4分鐘；以梅花間竹方式，完成「千層」效果。
- 03 完成後取出放涼，然後再放入雪櫃。

### 材料

#### 紅棗蓉

紅棗 (去核)	300克
水	800毫升
黑蔗糖	110克
馬蹄粉	140克

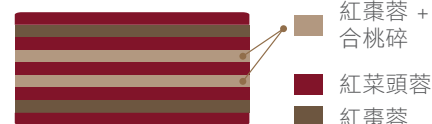
#### 紅菜頭蓉

紅菜頭	600克
水	200毫升
冰糖	120克
馬蹄粉	150克

合桃碎 100克

#### 建議次序：

分層以獲得最佳風味



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- 食用建議**
- 享用時切片，煎熱或凍食亦可
  - 建議食用期限為2天內

🕒 1 小時

👤 3~4 人份



## "DOUBLE WELLNESS" THOUSAND LAYER CAKE

### METHOD

#### Red Dates Paste

- 01 Remove seeds from dates. Put 800ml water and 110g sugar into a pot and boil for 5 minutes. Turn off the heat and cover for 20 minutes.
- 02 Mix the red dates with 800ml boiled water and sugar into a blender. Blend well, then sieve for a smooth red date extract. Let the extract cool.
- 03 Upon cooling, mix half (400 ml) of red date extract with 140g of water chestnut powder; heat up the remaining half of red date extract, mix the two and sieve for a smooth red date paste.

#### Beetroot Paste

- 01 Peel the beetroot and cut into pieces. Using Miele Steam Oven to steam 200ml water and 120g sugar in a pot at 100°C for 30 minutes, then take it out.
- 02 Mix the beetroot and water in a blender, then sieve until smooth. Let the extract cool.
- 03 Upon cooling, mix half 400 ml of beetroot extract with 150g of water chestnut powder. Heat up the remaining half of beetroot extract. Mix the two and sieve for a smooth beetroot paste.

#### Steps for Thousand Layer Cake

- 01 Use 110ml of paste per layer, steam each layer in a Miele Steam Oven at 100°C for 4 minutes.
- 02 Pour the first layer of beetroot paste and steam for 4 minutes. Then pour the next layer of red date paste and steam for 4 minutes. Repeat layering one by one.
- 03 Remove from the Miele Steam Oven and let cool, then refrigerate.

### INGREDIENTS

#### Red Dates Paste

Red Dates (Seedless)	300g
Water	800ml
Black Cane Sugar	110g
Water Chestnut Powder	140g

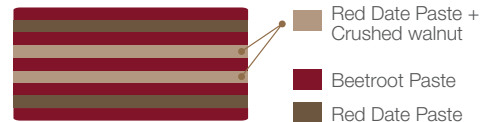
#### Beetroot Paste

Beetroot	600g
Water	200ml
Rock Sugar	120g
Water Chestnut Powder	150g

Crushed Walnut	100g
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#### Suggested layering order:

##### Layering for the best flavor




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 **Serving Suggestion**

- Slice and pan-fry or serve cool
- Consume within two days

 1 h

 3~4 persons