



"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

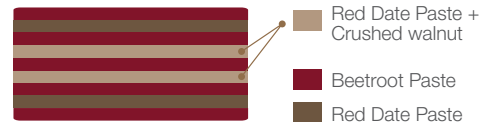
Red Dates (Seedless)	300g
Water	800ml
Black Cane Sugar	110g
Water Chestnut Powder	140g

Beetroot Paste

Beetroot	600g
Water	200ml
Rock Sugar	120g
Water Chestnut Powder	150g
Crushed Walnut	100g

Suggested layering order:

Layering for the best flavor



Online Cooking
Demonstration Videos



FOLLOW US NOW!



Serving Suggestion

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

🕒 1 h

👤 3~4 persons



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

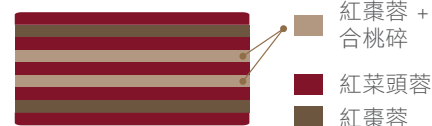
紅菜頭蓉

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



網上教學短片



FOLLOW US NOW!



- 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