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芝士雞肉漢堡 配 即沖泡沫咖啡

CHEESE CHICKEN BURGER & CAPSULE CAPPUCCINO



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談及快餐，相信「漢堡與炸薯條」是大家必然的選擇，許多人都以為，漢堡是源自美國的地道風味，不說不知，漢堡最初其實是由德國發明的；德國漢堡區的人將牛肉剁碎後加入麵粉，經煎烤後成為牛肉餅，遂以地名將之稱為「漢堡肉餅」，其後，德國移民將這種烹飪技術帶入美國，美國人將之與三明治的概念結合，以麵包夾著漢堡肉餅，再加入菜、芝士等配料，逐漸成為今日款式百變的漢堡。

滋味誘人的漢堡，往往被標籤為高脂肪、高熱量的食物，是引至肥胖的「元凶」之一，不過，其實漢堡的營養價值非常全面，漢堡包具碳水化合物，肉扒含蛋白質，而生菜、蕃茄等蔬菜類的維生素亦十分豐富。如果在家中自製漢堡，更可控制食材選擇、份量甚至烹調方式，讓你食得更健康更滋味，因此，本期《德國寶開心廚房》繼續請來天師傅，向大家傳授製作滋味滿溢的芝士雞肉漢堡的獨家秘訣。

而除了汽水之外，以一杯即沖泡沫咖啡配搭漢堡，亦不失為好選擇！天師傅特別選用德國寶隨芯咖啡機及電動奶泡機來沖泡香濃咖啡，皆因這款咖啡機擁有極高的便利性；現時市面上的咖啡機大多只能沖泡其中一種指定品牌的咖啡膠囊，然而，德國寶隨芯咖啡機配備七種咖啡槽，能夠使用各大品牌的咖啡膠囊、咖啡包或是咖啡粉，同時內置七檔溫度選擇，口味濃淡隨心調製。至於電動奶泡機一機具備熱奶泡、凍奶泡、熱牛奶與即溶熱飲四種功能，簡單又便利。

Hamburgers and French fries are typical fast food items. Many people think hamburgers originated from America. Do you know that Germany is the home of the first hamburger? Beef from German Hamburg cows was minced and combined with flour, then formed into patties and grilled. At that time, it was called a Hamburg steak. When German immigrants began arriving to America, they brought the dish with them. Americans combined the Hamburg steak with the sandwich by placing the meat patty between two slices of bread with vegetables and cheese. The Hamburg sandwich was born and evolved over years into today's Hamburger.

Hamburgers are tasty, but are high in fat and calories, which leads to obesity. However, hamburgers are nutritious because burger buns are full of carbs, meat patties are high in protein, and vegetables like lettuce and tomatoe are loaded with vitamins. Believe it or not, a homemade hamburger can also be a part of a healthy diet. Today German Pool Happy Kitchen will make it happen. Now Chef Tin is going to show you how to make a delicious and healthy Cheese Chicken Burger.

Get a little tired of drinking soft drinks with a hamburger? Why not have a cup of Capsule Cappuccino? Chef Tin is going to make an aromatic coffee with the help of German Pool Multi-Capsule Coffee Maker and German Pool Electric Milk Frother. The seven adaptors of the Multi-Capsule Coffee Maker are compatible with different capsule brands, coffee pods and ground coffee. With its seven temperature settings, you can have a cup of coffee to your liking. The Electric Milk Frother can help us to make a creamy and silky milk foam, which is perfect for Cappuccino. It is convenient with functions including making warm or cold milk froth, hot milk, and instant hot beverages.





芝士雞肉漢堡 CHEESE CHICKEN BURGER



做法 STEPS

1. 將雞腿肉去皮、切丁，連同洋蔥粒、鹽、黑椒碎、香草、蒜頭及生雞蛋放入德國寶自然養生機旋風系列內，以「Pulse」程式打成免治雞肉
Peel and dice the chicken thigh; put it into the **German Pool Food Processor**, then add the diced onion, salt, crushed black pepper, vanilla, garlic, and an egg; choose "Pulse" to make the minced chicken.
2. 倒出免治雞肉後，以雙手輕力搓揉，捏成兩件雞肉餅
Remove the minced chicken, and shape gently into two patties.
3. 將雞肉餅置於德國寶韓式光波燒烤爐上，燒至熟透時放上芝士於表面略烤至微溶，盛起備用
Place the chicken patties onto the **German Pool 3D Infrared Korean Barbecue Grill**; when fully cooked, top the chicken patties with sliced cheese; serve them on a plate when cheese softens
4. 漢堡包橫切成兩片，放在德國寶韓式光波燒烤爐上將表面烤至金黃
Cut each burger bun into two pieces; put them onto the **German Pool 3D Infrared Korean Barbecue Grill**; grill until golden brown on both sides.
5. 按據個人喜好自行放入配料及塗上燒烤醬，再蓋上面層麵包，插上竹籤即可完成
Add other ingredients and drizzle the barbecue sauce over the chicken patties to your liking; place the patties with burgers and push bamboo sticks in them.

材料：	Ingredients:
雞腿肉 200克	200g chicken thigh
洋蔥粒 50克	50g diced onion
鹽 少許	Salt to taste
黑椒碎 少許	Crushed black pepper to taste
香草 少許	Vanilla to taste
蒜頭 2粒	2 garlic bulbs
生雞蛋 1隻	1 egg
番茄 4片	4 slices of tomato
生菜 4片	4 lettuce leaves
菠蘿 2片	2 slices of pineapple
漢堡包 2個	2 burger buns
芝士片 適量	A few slices of cheese
燒烤醬 適量	Barbecue sauce



即沖泡沫咖啡 CAPSULE CAPPUCCINO

做法 STEPS

1. 根據準備好的咖啡膠囊品牌，將德國寶隨芯咖啡機的咖啡槽轉換成合適的配件
Choose the right capsule adapter for your coffee capsule; fix the adapter to the **German Pool Multi-Capsule Coffee Maker**.
2. 放入膠囊後將咖啡槽重新裝嵌到咖啡機上，按下「整杯」按鈕，即可沖泡出香濃咖啡
Put the coffee capsule in the adapter; push the "Full Cup" button and you will get an aromatic coffee.
3. 把低脂奶倒入德國寶電動奶泡機，按下「凍奶泡」功能，即可自動打出香滑奶泡
Pour the low-fat milk into the **German Pool Electric Milk Frother**; choose the "Cold Milk Froth" function and then you will have a creamy and silky milk foam.
4. 最後將奶泡慢慢倒入咖啡上即可完成
Drizzle the milk foam over the coffee.

材料：	Ingredients:
咖啡膠囊 1粒	1 coffee capsule
低脂奶 150毫升	150ml low-fat milk