



香橙小姐

Miss Or-range

Serves
3
人分量



自製健康小食的貼士

Tips for home-made healthy snacks

1. 透過水果本身的天然果糖，帶出甜品的美味。
 2. 以原個水果榨汁（再配合果粒），取代現成啫喱粉的添加劑，既健康又增加膳食纖維。
 3. 下魚膠片時切記不要用大火煮，不然會減低其凝固能力。
1. Fructose in fruit can enhance the dessert flavour.
 2. Replace jelly powder additives with the juice squeezed from whole fruit (with fruit dices) can increase the dietary fibre content of the dessert and make it more healthy.
 3. Do not boil the gelatin sheets over fire ; otherwise, it will decrease their coagulability.



食材 Ingredients

橙	3個	Orange	3 pieces
藍莓	5粒	Blueberry	5 pieces
士多啤梨	2粒	Strawberry	2 pieces
魚膠片	10克 (約2片)	Gelatin sheet	10 g (approx. 2 sheets)
清水	50毫升	Water	50 ml



烹調步驟 Cooking Method

1. 魚膠片用室溫白開水浸軟，備用。
 2. 士多啤梨切粒。
 3. 將橙切半、榨汁，保留挖走了橙渣的橙皮作盛載器皿。
 4. 榨好的橙汁放到杯中，備用。
 5. 將50毫升清水煮熱，離火，加入魚膠片，拌勻，然後再加鮮橙汁。
 6. 倒入切半的橙皮中，加入藍莓和士多啤梨粒，置雪櫃冷卻至凝固。
 7. 凝固後，即成。
1. Soak the gelatin sheets in room temperature water until softened. Set aside.
 2. Dice the strawberries.
 3. Cut the oranges into halves and squeeze. Retain the orange skins, where the fruit flesh has been removed, as containers.
 4. Pour the squeezed orange juice into a glass. Set aside.
 5. Boil 50ml of water. Remove from heat. Add the gelatin sheets. Mix well and add the fresh orange juice.
 6. Pour the mixture into the orange skins. Add the blueberries and strawberry dices. Refrigerate until coagulated.
 7. Serve after coagulation.