



November 2020

1 Ingredient 9 Ways 九種變化

Rachel Duffell

Follow this and additional works at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia>



Part of the [Food and Beverage Management Commons](#)

Recommended Citation

Duffell, Rachel (2020) "1 Ingredient 9 Ways 九種變化," *AMBROSIA 客道 : The Magazine of The International Culinary Institute* : , 10-11.

Available at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol9/iss1/10>

This Article is brought to you for free and open access by the Hotel, Service & Tourism Studies at VTC Institutional Repository. It has been accepted for inclusion in *AMBROSIA 客道 : The Magazine of The International Culinary Institute* by an authorized editor of VTC Institutional Repository. For more information, please contact wchu@vtc.edu.hk.

Pumpkin possibilities

南瓜的可塑性

Rich in vitamins and full of minerals, pumpkin is a highly nutritious not to mention versatile autumn fruit. 秋天盛產的南瓜不僅含有多種維他命和礦物質，營養豐富，用途亦變化多端

By Rachel Duffell

1 Soup 南瓜湯

The deep orange hue of pumpkin soup is enhanced by the fruit's smooth and velvety texture, which means you can often do without any additional dairy, such as cream, which would normally be used to achieve this quality.

深橙色的南瓜湯，口感幼滑綿密，無需加入忌廉等奶類製品，就能做出柔滑的質感。



2 Pumpkin-seed-butter 南瓜籽醬



Most nuts or seeds can be ground into a paste, which is often referred to as a nut butter, and pumpkin seeds are no different. Blend hulled seeds, which are pale green in appearance, until smooth. The butter is a good source of polyunsaturated and monounsaturated fats, as well as protein and minerals that include magnesium, zinc and iron.

大部分果仁和籽都可以磨成醬，南瓜籽也一樣。將青綠色的南瓜籽去殼，攪拌至質感變幼滑。南瓜籽醬含有豐富的多元不飽和脂肪、單元不飽和脂肪、蛋白質，以及鎂、鋅、鐵等多種礦物質。

3 Pumpkin pie 南瓜批



This quintessentially American dish is typically served when pumpkins are in season – in autumn and early winter – and particularly for Thanksgiving. The dessert features shortcrust pastry filled with a spiced – think nutmeg and cinnamon – pumpkin-based custard filling.

這款典型的美國甜點最常於南瓜當造的秋天和初冬供應，尤其感恩節期間。南瓜批餅皮鬆脆，南瓜做的吉士醬餡料會加入肉豆蔻粉和肉桂粉等香料。

4 Crisps 南瓜脆片



Don't let pumpkin skin go to waste. Even the toughest pumpkin skins are edible if prepared correctly, though this can take some time. For softer skins, remove and sprinkle with spices and a dash of oil, then dehydrate or bake slowly at a low temperature until crisp.

南瓜皮也別浪費，只要懂得煮（雖然要花點時間），就算是最硬的南瓜皮也可食用。如果是軟身的南瓜皮，只須削下來，灑上香料和用一點油拌勻，然後風乾或以低溫慢慢焗乾，直至變脆即可。

5 Gnocchi 南瓜糰子



Just as pumpkin can be cooked like a potato, it can be used to make gnocchi. This classic Italian pasta is most commonly made with cooked and mashed potatoes, flour and eggs, but pumpkin serves as a more than suitable substitute and results in a golden-hued version of the dough dumpling.

既然南瓜可以當薯仔用，當然也可以用來做糰子。通常這種經典意粉是由煮熟的薯蓉、麵粉和雞蛋做成，但用南瓜代替薯仔可說是青出於藍，可以做出金黃色的糰子。

6 Pumpkin seeds 南瓜籽



When scooping out the stringy guts and seeds of a pumpkin, don't let the latter go to waste. The pumpkin seeds – also known as pepitas – can be separated, washed and baked. Toss them with some oil and a sweet or savoury spice medley for a light snack or garnish. The seeds also are an excellent source of vitamins, minerals and fibre.

把瓜囊和籽挖出來後，千萬別丟掉，記得將南瓜籽分出來，然後洗乾淨並拿去焗爐烤一下；可加入一點食油和甜或鹹的香料調味，做成小吃或裝飾品。南瓜籽含有豐富的維他命、礦物質和纖維。

7 Whole 物盡其用



Once you've scooped the guts and flesh from a pumpkin's hard exterior, the pumpkin makes a great serving vessel, lending flavour to a dish as well as attractive presentation. Stuff the shell with biryani or serve pumpkin soup inside it. Smaller whole pumpkins can also be stuffed, baked and served individually.

將南瓜肉挖走後，堅硬的外殼是很棒的容器，不只能為菜式添加味道，賣相也更漂亮。大的南瓜可以用來盛載印度香飯或南瓜湯，小的可以當烤杯，用來焗東西，每人一杯。

8 Purée 南瓜蓉



Pumpkin purée is made from cooked pumpkin – usually smaller varieties, as they're sweeter, while larger varieties can be slightly stringy. The pumpkin is baked or boiled and the flesh is puréed or mashed and, for extra smoothness, sieved. The resulting purée is sweet and is commonly used to make pumpkin bread, muffins, cakes, waffles and cookies, adding a creaminess that makes it suitable as a fat substitute.

用來做南瓜蓉的一般會選用較小的品種，因為小南瓜比較甜，而體積較大的品種纖維可能比較多。將南瓜焗熟或放在水裡煮熟，再將南瓜肉攪拌或壓成南瓜蓉；如果想口感更綿滑的話，可用篩子過濾一下。南瓜蓉本身已帶甜，可用來做南瓜麵包、鬆餅、蛋糕、窩夫和曲奇等。另外，南瓜蓉質感柔滑，可以用來代替脂肪。

9 Roasted 烤南瓜



Pumpkin can be treated like potato and is particularly good when roasted. It can also be used in curries or stews, particularly in vegetarian versions in place of meat, or added to a salad. Keeping the skin on when you roast it softens the exterior and adds texture and flavour to a dish – as well as additional fibre – though the skin of some varieties is tough and best removed.

南瓜可以當薯仔吃，烤焗尤佳，非常適合用來做咖喱或燜燉菜式，尤其是素菜菜式時可代替肉類，用來做沙律也很棒。南瓜要連皮焗，讓外皮變軟，這樣質感和味道會更豐富，纖維含量也更多。不過，部分南瓜品種的外皮實在太硬，必須先削去。