



燒餅

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| 麵粉.....6杯 | 油酥..... $\frac{3}{4}$ 杯 |
| ① { 滾水..... $1\frac{1}{2}$ 杯 | 鹽..... $\frac{1}{2}$ 大匙 |
| 冷水..... $\frac{1}{2}$ 杯 | 麵粉.....1大匙 |
| | 白芝麻..... $\frac{1}{4}$ 杯 |

- ①把麵粉放在盆裏，將①料依次倒入，攪拌均勻，揉成光滑的麵團。
 - ②將麵團放在擦上油的案板上，用趕麵桿趕壓成45公分、45公分的四方麵片，然後把油酥均勻塗在麵片上，並撒上鹽，再撒麵粉後，從麵片的一邊捲起，捲到盡頭成圓柱形，分切成20個小麵塊，將切口處兩端捏緊以免油酥流出。
 - ③把小麵塊橫放（兩端開口在左右）（圖1），從²處往前趕約10公分長（圖2），向前折二次翻面直放，從中間壓扁（圖3）向前折起，再從中間壓扁（圖4）又折起，在光滑面沾上白芝麻（圖5）輕壓緊，然後放直芝麻面朝下趕成15公分、8公分之長方形餅（圖6）。
 - ④將烤箱燒熱至350°F，燒餅芝麻面朝下，放入烤箱烤5分鐘後翻面再烤5分鐘呈金黃色即成。
- 油酥做法：油 $1\frac{1}{2}$ 杯燒熱，徐徐倒入3杯麵粉內（宜邊倒邊攪），用小火熬10分鐘，有香味呈淡咖啡色時離火（注意不可熬太焦，會有苦味），待冷即成油酥。
- 做好的燒餅除單吃外，可夾油條、肉片或塗果醬來吃。

Flaky Sesame Flat Breads ("Shau Bing")

Makes 20

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| 6 c. flour | $\frac{1}{2}$ T. salt |
| ① { $1\frac{1}{2}$ c. boiling water | 1 T. flour |
| $\frac{1}{2}$ c. cold water | $\frac{1}{4}$ c. white sesame seeds |
| $\frac{3}{4}$ c. roux mixture* | |

- ① Place flour in a mixing bowl. Add the boiling water then the cold water of ① and mix well. Knead the mixture into a smooth, elastic dough.
 - ② Lightly oil a surface to roll out the dough. Use a rolling pin to stretch the dough into a sheet, $1\frac{1}{2}$ ft. square. Spread the surface of the square evenly with roux mixture and sprinkle with salt and flour. Roll up the square jelly-roll style; cut it into 20 pieces. Pinch the ends of each piece to keep the filling from spilling out.
 - ③ Place one piece of dough on the board, pinched edges on sides (Fig. 1). Place the rolling pin at the one-third mark of the dough; roll out the dough, away from you, to about 4-inches (Fig. 2). Fold the lower third up to the center and fold down the top third. Turn the folded dough vertically. Place the rolling pin at the vertical center and press the dough (Fig. 3); fold the dough in half again. Place the rolling pin at the vertical center of the dough and press it down again (Fig. 4); fold in half again. Dip the piece of dough, smooth side down, in sesame seeds (Fig. 5). Roll out the dough, sesame seeds side down, into a 6"x3" rectangular shape (Fig. 6). Follow the same step for the other pieces.
 - ④ Preheat oven to 350°F. Bake the breads on a cookie sheet, sesame seeds side down, for 5 minutes; turn the breads over and bake them for 5 minutes or until golden.
- * To make roux mixture: Heat $1\frac{1}{2}$ cups oil until very hot; slowly add 3 cups flour and stir to mix well. Cook the flour over low heat for 10 minutes until fragrant and lightly golden. Do not overcook the breads. Remove the breads and allow them to cool; serve.
- Crispy Chinese Crullers, roast beef or jam may be placed in split Flaky Sesame Flat Breads and serve

Chinese Snacks, revised, by Huang Su-tuei, c1997
Wei-Chuan's Cookbook