

September 2016

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Recommended Citation

Whitehead, Kate (2016) "Go with the grain 百搭主食," *AMBROSIA 客道 : The Magazine of The International Culinary Institute*, 10-11.

Available at: <http://repository.vtc.edu.hk/ive-hosts-ambrosia/vol2/iss1/10>

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Go with the grain

百搭主食

Domesticated in Mexico some 10,000 years ago, maize, or corn, is one of the world's most versatile grains. The most common variety is yellow, but you can also find black, purple, blue, pink and red corn. Whichever you choose, there are myriad ways to prepare this humble ingredient

玉蜀黍或粟米為一萬年前原生於墨西哥，堪稱世上種類最多元化的穀物，除了最常見的黃色，粟米還有黑色、紫色、藍色、粉紅色和紅色等品種。然而，不管什麼顏色，這種價廉物美的食材有很多不同的烹調方式

By Kate Whitehead



1 Corn tortillas
墨西哥粟米烙餅

With plenty of fibre and low in sugar, corn tortillas are healthier than those made of wheat flour. Their main ingredient is *masa harina*, a traditional corn flour made from dried kernels that have been treated in a solution of lime and water which softens the corn and makes it more pliable.

少糖高纖維，比麵粉製的烙餅更健康。墨西哥粟米烙餅的主要材料是 *masa harina*，這是一種以曬乾的粟米加入石灰水製成的傳統粟米粉，可提高烙餅的柔軟度，更易彎曲。



2 Popcorn
爆谷

A type of corn that puffs up when heated, popcorn is believed to have existed in Mexico as early as 3600 BC. It gained popularity with Charles Cretors' invention of the popcorn maker in the 1890s, which he followed with the world's first electrically powered popcorn machine.

這是一種將粟米加熱，使穀粒爆開的零食，據說早在西元前3600年已在墨西哥出現。但直到1890年代，美國人Charles Cretors改良世上第一部使用電力的爆谷機器，進而發明出爆谷機之後，才使這種零食流行起來。



3 Corn salsa
粟米莎莎醬

A variation on tomato-based Mexican salsa, corn salsa is typically made using raw or grilled kernels, black beans, cilantro, green onions and jalapeños. A similar dish made with corn kernels and lima beans is known as succotash.

不同於番茄做的莎莎醬，粟米莎莎醬通常將生的或烤過的粟米粒混合黑豆、切碎的胡荽葉、香蔥和墨西哥辣椒而成。類似以粟米粒和青豆製成的succotash醬。



4 Cornbread
粟米麵包

Often made with cornmeal, flour and baking soda, cornbread is a popular side dish in the southern United States. It has variations such as the hushpuppy, a deep-fried ball of cornbread batter, and johnnycakes, a pancake-like bread served in New England.

美國南部常見的粟米麵包以粟米粉、麵粉和蘇打粉製成。同樣材料亦可製成其他種類，如圓球狀的油炸粟米餅，或新英格蘭的煎粟米薄餅。



5 Cornstarch
粟米粉

The starch derived from the endosperm of the corn kernel, cornstarch is most commonly used as an anti-caking agent and a clear thickening agent (as opposed to wheat flour, which creates an opaque mixture). It can be used throughout the cooking process, from marinades where it helps to bind ingredients to the final seconds of stir-frying when water-and-cornstarch slurries are used to give a dish body and help any liquid to coat the food thoroughly.

以粟米的胚乳製成，是最常用於避免結塊，提高濃稠度，呈現透明狀的烹飪食材（使用麵粉則會呈混濁狀）。適用於所有烹調步驟，如醃製食物時幫助調味料附著在食材上面，或在炒菜快起鍋前加入水和粟米粉調成的粉漿，可讓醬汁均勻覆蓋食物。



6 Polenta
粟米糊

A golden-yellow Italian cornmeal made from ground corn, polenta is also the name given to the savoury cornmeal porridge that's made by mixing cornmeal with water and simmering it until it thickens. The dish is most prevalent in northern Italy, often with added ingredients such as cheese, seafood, mushrooms, tomato broth or even small birds. Boiled polenta can also be left to set and then shaped into sticks or balls to be fried, baked or grilled.

一種研磨粟米製成的金黃色意式粟米粉，亦指將粟米粉加水，不斷攪拌直至濃稠，然後加鹽調味的粟米糊。這是意大利北部常見的食品，通常加入不同食材，如芝士、海鮮、蘑菇、番茄湯，甚至小型禽鳥。有時亦可將粟米糊放涼，然後切成長條狀或圓球狀，然後炒、焗或烤來食用。



7 Corn on the cob
粟米棒

Maize, or corn, comes in six major types: dent corn, flint corn, pod corn, popcorn, flour corn and sweet corn. Sweet corn is popular in the United States, where it was first cultivated by Native Americans and where the Iroquois are known to have introduced it to European settlers in the late 1700s. It has a naturally high sugar content and is often eaten whole – or "on the cob" – after being boiled, steamed or grilled and slathered with butter and salt.

粟米主要有六種：馬齒粟米、硬粟米、英粟米、爆粟米、粉粟米及甜粟米。美國人愛吃的甜粟米來自原住民，1700年代末期由北美印第安人傳給歐洲殖民者。粟米的天然糖分極高，通常煮、蒸或烤熟後塗上牛油和鹽巴，然後整根食用。



8 Corn syrup
粟米糖漿

A mildly sweet syrup derived from cornstarch, corn syrup is used to sweeten, thicken and retain moisture in foods. It comes in a light variety seasoned with vanilla and a dark variety with refiners' syrup, a type of molasses. Corn syrup is also used in Asian dishes to balance sweet and sour flavour profiles, and in candy to control sugar crystallisation.

甜度中等，以粟米粉製成，用於增加食物的甜味、黏稠度及保持其濕潤度。以雲呢拿調味的粟米糖漿顏色較淺，若加入精煉糖漿如糖蜜（molasses）則顏色較深。亞洲料理使用粟米糖漿中和甜度和酸度，用於製作糖果果和有助產生結晶。



9 Corn flakes
粟米片

This popular breakfast cereal was invented in 1898 by a pair of American brothers after a failed attempt at making granola. It is made by forcing cooked corn through a roller to produce flakes and then toasting them.

這是現在很普遍的早餐食品，在1898年由一對美國兄弟發明。當時他們做燕麥卷失敗了，卻陰錯陽差發明了粟米片。做法是用棍子將粟米壓成小薄片，然後再加以烘烤。



10 Tortilla chips
粟米脆片

This festive snack owes its distinctive shape to Rebecca Webb Carranza. The Los Angeles-based businesswoman first took rejected tortillas, cut them into triangles and fried them for a family party in the 1940s.

洛杉磯的女商人Rebecca Webb Carranza在1940年代發明三角形的粟米脆片。她將粟米烙餅切成三角形，炸過之後，於家庭聚會中招待親友。

