

甜品篇
Dessert

帶飯一族必學的

滋味便當

Must-try Meals for Lunch Bringers

洛神花香橙 蒟蒻果凍

Roselle Jelly with Orange

材料：2人份量

乾燥洛神花-----10朵

無糖蒟蒻粉-----40克

火龍果----- $\frac{1}{4}$

新鮮橙肉-----4片

水-----360毫升

Ingredients: To Serve 2

Dried Roselles-----10 pieces

Sugar-free Natural Gum Powder---40g

Dragon Fruit----- $\frac{1}{4}$

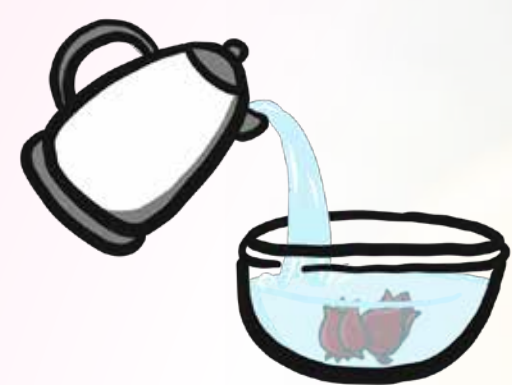
Orange-----4 pieces

Water-----360 ml



做法 1

Method



將沸水倒入碗中，放入洛神花，浸泡大約3分鐘。

Pour hot water into a bowl and soak the roselles in water for around 3 minutes.



洛神花水倒入煲中，再倒入蒟蒻粉，攪拌均勻。

Pour the roselle water into the pot. Then, add natural gum powder into the pot and mix well.



開細火，一邊煮要一邊不停攪拌。

Boil on a low heat and keep stirring.



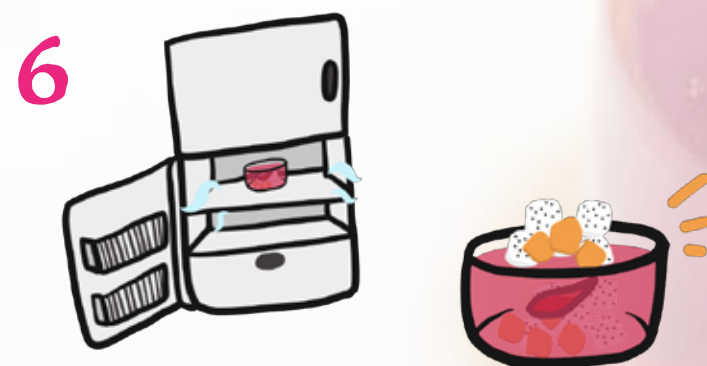
煮至「蝦眼水」（起細水泡後）立即熄火，將洛神花盛起，將花瓣切片。

Remove the heat when the mixture is just boiled. Take the roselle petals out and slice them into pieces.



火龍果、橙切細粒（留起少量備用），將1-2粒果肉和1片洛神花花瓣放入耐熱杯中，再倒入蒟蒻混合液，放涼。

Dice the dragon fruit and orange (set some of them aside). Then, put 1 to 2 pieces of fruit and a roselle petal into the heat-resistant container. Add the natural gum mixture and set aside to cool.



冷卻後，放入雪櫃冷藏3至4小時；果凍凝固後，將備用的果肉粒放在蒟蒻上，即可食用。

Cool the mixture in the refrigerator for 3 to 4 hours. Garnish the jelly with dragon fruit and orange cubes to serve.

營養資料：

市面上一般即食果凍含糖量較高。以新鮮水果自製果凍除可減少進食添加糖，更可增加膳食纖維的攝取。於炎炎夏日以自製果凍代替雪糕是一個較低脂的選擇。

Nutrition information:

The instant jelly available on the market is generally higher in sugar. For this dessert, fresh fruit is used to reduce the intake of additional sugars and to increase the intake of dietary fibre. This homemade jelly is a healthier choice than ice-cream during the hot summer as the former contains lower fat.

