

# XYZprinting 3D Food Printer

Model : 3C10A

## RECIPE

ENGLISH

# Basic ingredients for baking

## Flour

indicates raw dough, which is a substance with gluten power. Actually, the level of gluten power depends on the amount of protein content in the flour.

- **High gluten : flour** : The protein content is about 12.5%-13.5%. The protein content is high, so that the gluten power is large. It is mostly used to make bread.
- **Middle gluten : flour** : The protein content is 9.5%-12.0%. The middle gluten flour is mostly used to make Chinese desserts, such as steamed stuffed bun, steamed bread, dumpling wrapper etc. Moreover, most Chinese desserts are made with middle gluten flour.
- **Low gluten : flour** : The protein content is below 8.5%, so that the gluten power is low. It is mostly used to make pound cake and other soft cakes.

## Fat

Cream, margarine, ghee or salad oil (vegetable oil). In baking, fat determines how firm or runny your cookie dough will be. In other words, it determines whether your dough will become flat or keep its original shape while baking.

## Sugar

Granulated sugar, refined sugar, honey etc.

**Function** Improve taste, fragrance and appearance.

## Water

**Function** In baking products, water is used to form dough gluten, and is also a good solvent to gelatinize dough or batter evenly, forming good fluidity for ease of using the product.

## Egg

**Function** Egg functions as a binder in making cookies. It can bind oil, sugar and other ingredients. Water may also be used as a binder, so that it is acceptable by replacing egg with an equal amount of water in most recipes. However, there are protein and fat in egg. Direct replacement with water will reduce the flavor of your cookies. Therefore, it is to better replace it with milk and small amount of cream.

## Dairy products

**Function** It is used to improve fragrance and taste.

# Print Example

## Dinosaur Puzzle Cookie





### Ingredients

Low gluten flour	200g
Salt free cream	90g
Egg	50g(one)
Salt	1g
Milk	30g
Sugar	70g

### Gadget

If you want to make cookies with different colors, we recommend using the ingredients listed below. Added in the right amount they will make for very colorful cookies!

 Cocoa power	▶ Chocolate
 Milk powder	▶ Milky
 Cuttlefish powder	▶ Black
 Red yeast rice powder	▶ Reddish
 Matcha powder	▶ Light green
 Pumpkin powder	▶ Faint yellow

### Recipe

- 1 Sift and pour powdered sugar into container.
- 2 Mix the sifted powdered sugar with thawed cream, salt.
- 3 Mix the ingredients of step 2, then add egg and stir.
- 4 Prepare cocoa powder and flour.
- 5 Sift the flour and cocoa powder, and add them, together with milk, into the ingredients in step 3.
- 6 Stir to an even mass ( but don't stir it too silky, otherwise it will be too soft to form into your chosen shape. )

# Scone



## Ingredients

Unsalted butter	4g
Salt	2g
Powdered sugar	78g
Egg	30g
Low gluten flour	70g
Powdered cheese	20g
Baking powder	8g
Dried onion	2g
Milk	65g

## Recipe

- 1** Sift the sugar and mix with the butter and salt. Stir with mixer at half-speed for about 4-5 minutes.
- 2** Beat the eggs and add them to the mix in two or three steps while mixing the dough with the mixer at half-speed, mix for about 2 more minutes.
- 3** Sift low gluten flour and baking powder, followed by adding dry scallion and stir to an even flour. Pour the flour into the blender, add milk and blend at low speed. Don't blend too long.
- 4** Pre-heat the oven to 180 °C bake for 20-25 minutes.

# Small Pizza



## Pie crust

### Ⓐ Pizza crust Soup Kind

Bread flour	80g
Boiling water	80g

### Ⓑ Pizza crust dough

High gluten dough	20g
Low gluten dough	60g
Water	230g
Salt	4g
Sugar	12g
Olive oil	20g

## Recipe

**1** Spices Ⓐ Ingredients; pour boiling water into the sifted dough; keep boiling until transparency returns; Take off the fire.

**2** Wait Ⓐ Place ingredients in refrigerator for one night.

**3** Spices Ⓑ Sift all ingredients into a stirring bowl. Add in the remaining ingredients, including Ⓐ the stock.

**4** Activate the stirrer to stir them at a low speed for about 2 minutes, followed by stirring at a middle speed for 3 minutes to complete.



# Small Pizza

## Gadget

After you have printed the pie crust and tomato paste , add cheese (Mozzarella cheese and Gouda cheese) to your taste and bake your pizza.



## Seasoned tomato paste

- |                                 |      |
|---------------------------------|------|
| Ⓐ Unseasoning free tomato paste | 500g |
| Salt                            | 4g   |
| Sugar                           | 20g  |
| Black pepper                    | 1g   |
| Oregano                         | 2g   |
| Ⓑ Olive oil                     | 15g  |
| Chopped onion                   | 10g  |
| Chopped garlic                  | 5g   |
| Ⓒ Water                         | 10g  |
| Corn flour                      | 15g  |

## Recipe

- 1** First Ⓑ fry the ingredients until their fragrance opens up.
- 2** After adding ingredient Ⓐ into ingredient Ⓑ , boil them on a big fire, then simmer on a medium to small fire for 5 minutes.
- 3** Add Ⓒ the remaining ingredients, and stir until even for about 2 minutes.
- 4** Let it cool down a bit before eating.