



EatSmart Newsletter

Issue 6, 2010

EatSmart Cooking Competition 2010

A greater variety of tasty and healthy dishes is made available to the public in the first cooking competition jointly organized by the Department of Health (DH) and the Chinese Cuisine Training Institute (CCTI) with support from local restaurants.

Contestants from 16 restaurants went through an on-site cooking competition held in CCTI on 4 November. A judging panel comprising food critics and celebrities tasted the finalists' dishes and picked the best ones out of the four competition categories, namely "Fruit and Vegetables", "Seafood", "Poultry" and "Meat".

Local restaurants were invited to join the "EatSmart Cooking Competition 2010" and provide "More Fruit and Vegetables" or "3 Less (i.e. Less Oil, Salt and Sugar)" dishes to correct misconceptions about healthy food being not tasty.

The competition was well received with over 80 entries of healthy dish recipes. Twenty recipes were selected in the first round of selection held in July to enter the final competition.

Officiating at the prize presentation cere-



mony were the Director of Health, Dr Lam Ping-yan; the Acting Director of CCTI, Mr Stanley Chui and the Chief Executive Officer of Hong Kong Council of Social Service, Ms Christine Fang.

Dr Lam shared his views on cooking methods, using less frying and more steaming. He stated that high fat consumption would lead to high cholesterol level and increased risk of chronic diseases.



"Healthy eating starts from daily living. Members of the public should adopt healthy cooking methods so as to eat both happily and healthily," he said.

To allow for more public involvement, over 20 EatSmart Customers were also invited to taste the dishes and vote for the "My Favourite EatSmart Dish".



The results of the competition is uploaded to the

EatSmart@restaurant.hk Campaign website (<http://restaurant.eatsmart.gov.hk>)

Event Highlight



19 teams
of
experienced
chefs
creating
their
EatSmart
Dishes



Award-winning Dishes



蔬果「營」

Gold Merit Award



Baked Courgette with Onion, Egg and Breadcrumbs

Silver Merit Award



Cold Soup with Beetroot, Raspberry and Shrimp

Silver Merit Award



Boiling Pumpkin in Sauce with Asparagus

Bronze Merit Award



Assorted Vegetables Sushi and Chilled Udon Set

All dishes used healthier ingredients and cooking methods to decrease the content of fat/oil, salt and sugar.



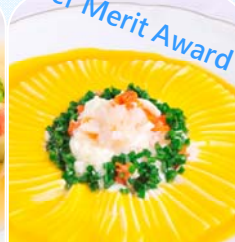
海鮮「營」

Gold Merit Award



Dragger on the Silver River

Silver Merit Award



Stir-fried Prawn, Scallop and Coral Clam with Bean Curd in Pumpkin Sauce

Silver Merit Award



Steamed Scallop, Prawn and Fish Fillet with Assorted Vegetables

Bronze Merit Award



Seafood with Vegetable in Assorted Brown Rice

Bronze Merit Award



Warm Poached Salmon with Bold Orange Salsa and Vegetable Cake



鮮肉「營」

Gold Merit Award



Stir-fried Pork and Beef with Vegetables in Pumpkin and Spinach Sauces

Silver Merit Award



Steamed Pork with Capsicums and Assorted Vegetables

Silver Merit Award



Pork Drum Sticks and Assorted Vegetables in Chinese Soup

Bronze Merit Award



Pork Rib Eye with Lotus Root and Assorted Vegetables

Bronze Merit Award



Assorted Vegetables in Soyamilk



家禽「營」

Gold Merit Award



Steamed Cucumber Rings Filled with Diced Chicken and Fungus

Silver Merit Award



Steamed Chicken and Bean Curd Topped with Black Truffle in Pumpkin Sauce

Silver Merit Award



Sautéed Supreme of Pigeon with Flour Tortilla Served with Mixed Salad

Bronze Merit Award



Roll Stuffed with Chicken, Pumpkin and Water Chestnut

Bronze Merit Award



Singaporean Chicken Roll



The cooking method is something worth noting. You may simply boil food in soup to enjoy the fresh taste.



Choose more dishes with fruit and vegetables and reduce the intake of salad dressing to prepare a healthy meal. It's so easy!



Adopt a healthy diet by taking more fruit and vegetables to reduce the intake of fat/oil.



I always feel energetic if drinking at least 8 glasses of water and soup every day.



I always choose oatmeal and low-fat yoghurt for breakfast. Never over-eating is important.

EatSmart Restaurant Briefing Session

Restaurants should ensure that all staff designing recipes have the relevant nutrition knowledge. The restaurants may consider arranging their staff to attend the briefing.

<<< Please contact the EatSmart@restaurant.hk Campaign Secretariat for enrolment, Tel. 2572 1476 >>>

December, 2010

December

Date : 15 December 2010 (Wednesday)
 Time : 3:00pm to 5:00pm
 Venue : Lecture Theatre, 13/F
 Tsuen Wan Health Education Centre,
 Tsuen Wan Government Office,
 38 Sai Lau Kok Road, Tsuen Wan, NT

January, 2011

January

Date : 17 January 2011 (Monday)
 Time : 3:00pm to 5:00pm
 Venue : Rm AC2, 13/F
 Hong Kong Cultural Centre,
 10 Salisbury Road,
 Tsimshatsui, Kowloon

February, 2011

February

Date : 18 February 2011 (Friday)
 Time : 3:00pm to 5:00pm
 Venue : Lecture Theatre, G/F
 Hong Kong Central Library,
 66 Causeway Road,
 Causeway Bay, Hong Kong

For the updated information
 on EatSmart Restaurant Briefing Session,
 please browse
<http://restaurant.eatsmart.gov.hk>