

017 有營食肆

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CookSmart

營廚

健康生活
Unplugged版

王梓軒

Staying Healthy: the Unplugged Version
Jonathan WONG



秋話

雖踏入秋季，香港天氣仍然十分炎熱，不少追求健康的人士都喜愛以沙律作為正餐，一來可以多吃蔬果，二來還可以控制體重。市面上一般常見的沙律主要以新鮮蔬果為主，缺少五穀和肉類，如果單單只吃這種沙律作為正餐，或會引致營養失衡。再者，有些人吃沙律時會加入較不健康的食材，例如：火腿、煙肉、炸麪包粒、高脂高糖的醬汁等，令人在不知不覺間多進食了大量熱量和納質，結果適得其反！

那麼要吃一頓真正「健康」的沙律，怎樣的搭配才能符合健康飲食原則呢？有什麼食材可以替代這些不健康的配料和醬汁？今期《營廚》特別邀請了營養師為大家解答有關疑問，而且還會介紹一些有「營」的沙律菜式，內容十分豐富，萬勿錯過！

Autumn leaves, autumn words...

It's still stifling hot in the autumn months in Hong Kong. In this weather, a lot of health-conscious people choose salad as their meals, with a dual purpose of boosting fruit and veggies intake as well as controlling body weight. As most commercial salad dishes are made with fresh fruit and veggies and relatively lack in meat and starch, just having these might result in an unbalanced diet. Furthermore, many salad dishes contain unhealthy ingredients like ham, bacon, deep-fried breadcrumbs and high-fat high-sugar salad dressing, which lead to significant calories and sodium intake.

How should we create salad dishes with fulfilling the principles of healthy eating? What ingredients can replace those unhealthy ones? Dietitians will answer all these questions in this issue of *CookSmart*. Also, beware of drooling at our recommended healthy salad recipes. This issue is full of fun; don't miss it!



3 少 之 選 3 Less Dish

代表菜式以較少脂肪或油分、鹽分和糖分烹調或製作，符合「3少之選」的要求。

Means that the dish has less fat or oil, salt and sugar, meeting the "3 less" requirement.



蔬 果 之 選 Dish with more Fruit and Vegetables

代表菜式的材料全屬蔬果或按體積計，蔬果類是肉類的2倍或以上。

Means that either fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat present in the dish.

CookSmart

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「有營食肆」

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常用分量換算

Conversion of Common Measurement Units

1兩 = 37.5 克	1 tael = 37.5 g
1茶匙 = 5 毫升	1 teaspoon = 5 mL
1湯匙 = 15 毫升	1 tablespoon = 15 mL
1量杯 = 240 毫升	1 cup = 240 mL
1中號碗 = 250-300毫升	1 medium bowl = 250-300 mL

營樂無窮

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健康生活 Unplugged版



*Staying Healthy:
the Unplugged Version*
Jonathan WONG

王梓軒

王梓軒 (Jonathan) 早已與藝術結緣，自小學習小提琴和鋼琴，大學在美國康乃爾 (Cornell University) 主修現代舞，08年畢業回港後投身樂壇，先後灌錄粵、國、英和日語專輯，曾獲多個音樂獎項。現時他除了作曲、編曲、監製唱片和編舞外，還參與電影和舞台劇演出，並主持電視清談和飲食節目。

Jonathan WONG is a multi-talented musician who started learning the violin and piano at a young age. After graduating from the Cornell University majoring in Modern Dance, he began his music career in 2008. Since then, Jonathan has released several albums in Cantonese, Mandarin, English and Japanese, for which he has won a number of awards. He also performs in movies and on stage, and hosts talk shows and food programmes on TV.



Jonathan上大學時，曾參與一隊無伴奏合唱 (a cappella) 組合，到各地演出交流。無伴奏合唱不用任何樂器，着重全以人聲表達出所有旋律和節奏，故Jonathan明白奉行健康生活的重要，時刻警惕要保持聲線和身體健康，以確保演出水準。

Jonathan十分注意日常飲食，少吃辛辣和過分油膩的食物，平日都不喝汽水，只飲用清水或杞子水、羅漢果水等清潤飲料。近期他更戒吃紅肉，覺得「身體比以前更舒暢、輕盈，連暗瘡也少了。」

While still studying in the States, Jonathan joined a college *a cappella* group and performed all over the country. *A cappella* music is performed with only the human voice and no instrumental accompaniment. To keep his voice and body in good shape, Jonathan sticks to a healthy lifestyle.

Jonathan seldom eats spicy, greasy food; he only drinks water and nourishing beverages. He has gone off red meat lately and he feels "lighter and more relaxed, and has less trouble with acne".



均衡飲食 沙律至營

Healthy salads as part of a balanced diet

「工作較消耗體能，所以早、午、晚三餐也會進食五穀類、蛋白質和蔬果。例如早餐會吃三文魚、蛋白、豆奶、多士和水果；午餐通常是蔬菜、豆腐配紅米飯或麩食。晚飯則會喝湯和吃蒸魚」。

Jonathan尤其喜愛三文治和沙律，因為容易搭配多種不同配料，配合健康飲食。他特別喜愛搭配雞肉和牛油果的沙律，又喜歡加入葡萄乾、番茄乾等增加味道和口感。伴上意大利香醋或香橙芝麻醬更是美味。

Jonathan說：「我特別喜歡蒸和烤的食物，太多的調味往往掩蓋了食材的原味。」另外，Jonathan也愛吃粥，享受着那種綿滑的口感令人感覺舒暢。在用膳時，家人通常會為Jonathan準備最少兩款菜蔬；至於蒸魚和湯水，更是「指定動作」。

"To cope with a busy schedule, I always make sure that I have enough grains, fruits and protein-rich foods in my daily diet. My breakfast, for instance, may include salmon fillet, egg white, soya milk and fruits. My lunch usually contains vegetables and tofu, with brown rice or noodles." A typical dinner at home contains soup and steamed seafood.

Jonathan is particularly fond of sandwiches and salads because they go well with a diverse variety of ingredients making them part of healthy diet. Chicken fillets, avocados, raisins and sun-dried tomatoes are some of his favourite salad ingredients. As for dressings, he is most fond of balsamic vinaigrette and orange-and-sesame dressing.

"I prefer foods that are cooked by steaming or grilling because these ways the natural flavours of the ingredients can be preserved," says Jonathan. He also enjoys the silky and pleasant mouth-feel of congees.



隨時健身 習武養生

Being fit: thanks to martial arts

運動已成為Jonathan生活的一部分。除了健身和游泳，Jonathan還曾練習柔道，近年更積極學習詠春拳和散打。他說：「武術本身屬劇烈運動，不但加強心肺功能，促進手腳協調，更可以鍛鍊平日較難鍛鍊到的小肌肉群。」

Jonathan說：「很多人說太忙，沒時間做運動，但我在家裏做卷腹、掌上壓、引體上升和三頭肌撐體各三組，才不過用了二、三十分鐘時間，再耍兩段套路，也花不上一小時吧！就算到外地演出，我在酒店房間裏拿起水瓶甚至行李箱都一樣可以做肌肉鍛鍊，不一定要到健身房！」

Jonathan's daily routine always includes swimming, bodybuilding, Wing Chun kung fu and body combating. "Martial arts training enhances cardiopulmonary functions and helps train the less-used smaller muscle groups."

"I never have difficulty finding time for exercise. I usually do three sets of sit-up, push-up, chin-up and triceps dip in each session. It only takes 20 to 30 minutes. When I am travelling, I insist on working out in my hotel room by just lifting water bottles or even suitcases as an alternative to gym going."

每天多做一點點

A lot healthier with a little more effort

Jonathan認為，只要每天花一點心思和時間，選擇有益的食物，保持運動習慣，根本無須刻意節食減重，更勝過花錢買補充劑服用。

"Spend a bit more time choosing healthy foods and do some exercise every day; from now on, no more expensive weight loss plans and nutritional supplements."





少
油
鹽
糖

Less Oil,
Salt, Sugar



多
菜

More
Vegetables



昆布野菌湯豆腐

Tofu in Kelp and Mushroom Soup

昆布和木魚花湯底，配雞脾（腿）菇、金菇等同蒸，Jonathan認為「雜菌味甘且濃，豆腐滑溜」。

Jonathan: "Steamed bean curd and mushrooms are added to a soup base made with konbu and bonito. The mushrooms are full of flavours and the bean curd is silky smooth."



雜菌煮得入味。

The assorted mushrooms
have a wonderfully
rich flavour

火龍果冷蕎麥麵

Cold Soba in Pitaya

這款冷麵別出心裁，「低脂沙律醬加入火龍果泥作沾醬，酸酸甜甜，跟蕎麥麵同吃，十分配合」。

This spectacular soba is nicely dressed in a sweetish sour sauce made of dragon fruit paste and low-fat salad dressing.



雞胸肉非常鮮甜！
The chicken breast is
succulent and tender.



素菜豆漿湯讚岐手打烏冬

Assorted Vegetables with
Handmade Udon in Soya Bean Soup

湯底有魚的鮮味和豆漿的質感，但又不掩蓋其他食材的鮮味，烏冬滑溜鬆軟。

The soya bean soup lends a creamier texture to the savoury fish soup without overpowering the flavours of the other ingredients. It is a perfect complement to the soft and silky udon.



澳洲雞胸沙律

Australian Chicken Breast Salad

雞胸肉鮮嫩甘甜，紫菜加入清淡的沙律菜中，饒有風味。

The chicken breast is succulent and tender. The shredded nori adds a special touch to the fresh green salad.

位於蘭桂坊的Mr. Taco Truck，店鋪髹上紅、黃兩色，配襯氈帽和披肩等掛飾，洋溢着一片墨西哥風情。店主打墨西哥街頭美食旗號，提供價錢大眾化之餘又不失獨特風味的菜式，開業數年已吸納了一群本地客源，還有不少外籍人士，甚至是內地旅客光顧。

Located in the trendy Lan Kwai Fong area, Mr. Taco Truck has a charming Mexican atmosphere. Brightly painted in yellow and red and decorated with sombreros and ponchos, the eatery serves authentic Mexican-style street foods at affordable prices. Since opening, it has successfully built up a clientele that embraces local residents, expatriates as well as tourists from the mainland.

墨西哥輕營美味

Mr. Taco Truck

Light and Healthy Mexican Food

家鄉風味墨國菜

Mr. Taco Truck合夥人黃愷華（Vivian）說：「美國非常盛行墨西哥菜，尤其是街頭小吃Taco。我在加州讀書時，對這款美食一試鍾情。」可是，本地的墨西哥菜大多偏向美式口味，多肉少菜，還用上大量芝士和忌廉，令Vivian萌生在香港開設正宗墨西哥餐廳的念頭。Vivian在2010年跟另一合夥人謝海發（Calvin）開設了第一間Mr. Taco Truck，更請來經驗豐富的墨西哥廚師艾利豪（Eligio ESCOBEDO MEDINA）擔任合夥人及行政總廚。

Vivian說：「墨西哥傳統食品，以粟米餅、豆泥、米飯和蔬菜為主，少肉多菜，特別適合崇尚健康的人士。」該店現時供應多款墨西哥夾餅（Taco）和手卷（Burrito），加入烤雞或其他肉類，再蘸上自家調製的醬汁，風味特別。出名的菜式更有以番茄燴成的墨西哥大碗飯和以番茄、洋葱和芫荽做成的地道沙律Pico de Gallo。

Authentic Home Style Mexican Food

Vivian WONG, managing partner of the Mr. Taco Truck, says, "Mexican food has been very popular in the United States and is best known for its tacos – a common street food. I became so fond of tacos when I was studying in California." Yet Vivian found that Hong Kong's Mexican restaurants serve mainly Mexican food with an American slant – plenty of cheese and cream, lots of meats but not too many vegetables. So she came up with the idea of opening a restaurant that serves authentic Mexican food. In 2010, with her partner Calvin TSE, Vivian opened the first shop of Mr. Taco Truck. They invited Eligio ESCOBEDO MEDINA, an experienced Mexican chef, to join them as partner and Executive Chef.

Vivian says, "Traditional Mexican cuisine consists mainly of tacos, refried beans, rice and vegetables. Cooked with plenty of vegetables but less meats, it best suits the palate of health conscious people." The restaurant offers a variety of tacos and burritos which deliver a distinctive, fantastic flavour. "Burrito Bowl" and "Pico de Gallo", a salad made with tomatoes, spring onion and coriander, are two of the most popular dishes in the restaurant.

來自墨西哥的總廚艾利豪（Eligio）入行超過20年，曾在美國及墨西哥多間食店工作。
Eligio has worked in restaurants in the US and Mexico for a good 20 years.

Eligio



Vivian

曾於銀行任職
分析員，因鍾情墨西哥菜
而開設食店。

Vivian used to work in
investment banking.
She turned her passion for
Mexican food into
a business.

燒汁雞髀肉夾餅 Chicken Taco

去皮雞髀（腿）肉烤香後，配上沙律菜、洋葱
和秘製青檸汁，味道頓時提升。

The taco, accompanied by grilled chicken
thigh meat and *cilantro* and onion, is given
a sprinkled finish of fresh lime juice.

田園沙律 Green Salad

新鮮的西生菜、羅馬生菜、紫椰菜、甘筍絲，
再配上自家炮製的希臘香醋醬，清甜爽脆。

Premium romaine and iceberg lettuce are
mixed with fresh red cabbage and carrot.
Served with home-made Greek vinaigrette
dressing, this salad is a perfect delight.

素夾餅 Veggie Taco

以西生菜、紫椰菜絲、甘筍絲、碎番茄、碎洋
葱、碎芫荽等作餡的素夾餅，清新可口。

This fresh taco features *pico de gallo*, a
Mexican salad with onion, coriander, tomatoes,
carrot, lettuce and red cabbage.

素菜墨式大碗飯 Veggie Burrito Bowl

墨式米飯以鮮番茄同煮，口感軟綿；拌上斑豆
泥、生菜絲和番茄，香味更見濃郁。

Mexican rice, simmered with fresh tomatoes, is soft
and fluffy. Topped with refried beans, lettuce, and
diced tomatoes, it has nice, strong flavours.

沁涼開胃「莎莎」醬

吃墨西哥菜當然少不了「莎莎」醬。該
店用番茄、辣椒和香料煮成多款自家製
「莎莎」醬，顧客可隨喜好配以夾餅或手
卷享用，風味不凡。

Mr. Taco Truck的墨西哥菜和醬料除以傳
統方法自行製成外，絕大部分食材和香
料都由墨西哥或美國進口。至於食油的
品質，他們尤其著重，不採用動物油，
務求為顧客提供健康美食。

Delicious Fresh Salsa Sauce

An almost necessary companion to most Mexican dishes is the "salsa". The restaurant's home-made salsas are prepared with fresh tomatoes, chilli and a variety of herbs. Diners can put salsas on their tacos and burrito to suit their palate.

Mr. Taco Truck takes pride in serving customers with authentic and healthy Mexican dishes. Not only do they use traditional Mexican recipes, they import most ingredients from Mexico and the United States. Further, the restaurant shuns animal fats in favour of healthier cooking oils to provide healthy food options to customers.

細味巧手和風菜

柴火甘味茶屋

Get a Taste of Japan - Takigi Japanese Restaurant

柴火甘味茶屋自開業以來主打日式甜品；今年三月左右，引入多款日式料理，短短三個月內贏得食客不少口碑。除吸引了附近居民和上班人士外，還有區外的日本人專程前來光顧。

Takigi Japanese Restaurant, at being launched, was originally a Japanese dessert shop. In March this year, it began serving standard Japanese meals and has since won a good reputation. It attracts not only customers working or living in the area but also Japanese expatriates looking for an authentic taste of home.

精選食材 寧缺毋濫

柴火甘味茶屋所屬的飲食集團營運及策劃經理黃杰強（Terry）認為，日本料理一般偏向清淡，着重突顯食材的原味，與近年崇尚健康、清淡、少油和少鹽的飲食文化不謀而合。

Terry表示，為了保持食材新鮮，該店秉持「寧缺毋濫」的原則，寧可暫時停售缺貨的食材，也不選用品質較差的代替品。他們亦嚴格控制入貨量，務求為顧客提供最新鮮的食品。

Food Quality Comes First

Mr. Terry WONG, Strategic Marketing and Operation Manager of the restaurant's parent company, says, "Japanese cuisine is known for the quality and freshness of its ingredients. In particular, it puts an emphasis on bringing out the natural flavours of each ingredient. This concept echoes the current trend of eating foods in lower fat and sodium.

Terry says the restaurant is committed to serving quality food made from the freshest ingredients. They always believe in the principle of "quality before quantity", and use only the best ingredients available to ensure the best quality of dishes. To make sure the ingredients are fresh all the time, the restaurant plans and closely monitors the stock level of its food items.

柴火甘味茶屋所屬飲食集團的營運及策劃經理Terry有信心該店能做出別具特色的菜式。

Mr. Terry WONG, Strategic Marketing and Operation Manager of Takigi's parent company, believes the restaurant can turn out a further number of innovative signature dishes.



海鮮蔬菜沙律
Seafood with Vegetable Salad

鮮蝦、魷魚、三文魚伴以青瓜粒、車厘茄和沙律菜，鮮味十足，加上以醋、豉油和味醃調製而成的海鮮醬汁，可謂相得益彰。

A seafood mix of fresh prawns, cuttlefish and salmon, accompanied by diced cucumber, cherry tomatoes and green salad, rounds off with a magic touch from a sauce of rice vinegar, soya sauce and mirin.

自製醬汁 畫龍點睛

柴火甘味茶屋助理主廚陳子健（Zero）補充說：「日式料理是否美味，關鍵在於醬汁，所以醬汁可說是一道菜式的靈魂。」

他們花盡心思去創作新醬汁，棄用一般高脂高鹽的現成醬汁，愛用味醃、清酒、陳醋、生薑和蒜泥等調味料調製出自家醬汁，配合不同肉食和海鮮。

處理食材的過程更是一絲不苟，例如用冰水泡浸洗滌後的蔬菜，保持口感鮮嫩清爽。該店的料理團隊還大膽改良日式料理。舉例來說，在傳統以青瓜粒、椰菜絲和甘荀絲為主的日式涼菜中加入羅沙生菜（紅毛菜）、苦苣（狗牙菜）和車厘茄，更創新地配上以西芹、青椒或甘荀打成的清新醬汁，大大提升了菜式的整體味道。

Terry說，要在眾多的日式食店中突圍而出，必須能做出令人難忘的菜式。他們亦計劃在站穩陣腳後，定期推出新菜式，讓食客保持新鮮感。

該店助理主廚陳子健入行接近九年，深諳日式料理之道。

Mr. Zero CHAN, Assistant Head Chef of the restaurant, has been working as a chef for almost nine years. He is well versed in Japanese cuisine.

鹽燒三文魚 Roast Salmon

三文魚扒單靠高火乾煎，不油不膩，再淋上以清湯、豉油和葛粉做成的茨汁，美味香口。

This salmon steak, pan-fried without using additional oil, comes in a grease-free crunchy texture. It is marvelously dressed in a sweet-sour sauce made of broth, soya sauce and arrowroot starch.

Sauces are the Essence

Zero CHAN, the restaurant's Assistant Head Chef, says, "The sauce is an important part of Japanese cuisine because it gives the taste. It is the 'soul' of Japanese food."

The cooking team spends a lot of time devising new formulae of sauces. Instead of using instant sauces with high fat and salt content, they have created a variety of home-made sauces from quality ingredients such as *mirin*, *sake*, raw ginger and crushed garlic to go with meats and seafood.

At Takigi, the cooking team is required to maintain a high standard of food preparation. Vegetables, for example, are soaked in iced water to prolong their crunchy texture. The cooking team also tries to add a modern touch to traditional Japanese cuisine. For instance, Japanese-style salads consist mainly of shredded cucumber, cabbage and carrot, but they enrich them with lollo rosso, frisée, cherry tomatoes and a sauce of liquidised celery, green pepper and carrot. This can greatly enhance the flavour of the salads in a natural way.

To let the restaurant stand out from thousands of others, Terry thinks they need to create more dishes that will give their customers an unforgettable dining experience. The restaurant will seek to develop new recipes to keep its menu afresh once they have secured a foothold in the market.

鹽燒鯖花魚 Roast Mackerel

鯖花魚烤得恰到火候，皮脆肉嫩，配上以木魚絲和柚子醋炮製而成的醬汁，甜酸有緻，令人回味。

Roast mackerel, just done, remains moist inside and feels crispy outside. It is served with a sauce made of bonito flakes and rice vinegar.



| 炮製色香味 | EatSmart Recipes



芝麻牛蒡漬

Gobo Topped with Sesame



每一份 Per Serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	糖 Sugar	鈉質 Sodium
57	13	2	0	6	824
千卡 (kcal)	克 (g)	克 (g)	克 (g)	克 (g)	毫克 (mg)

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.

本食譜由甘味讚岐手打烏冬專門店提供。
This recipe is provided by Yummy Handmade Sanuki Udon Restaurant.

特色 Feature

牛蒡屬於高纖食材，每40克牛蒡已含食用纖維約3克，約等於半碗蔬菜纖維量，有助腸道健康之餘，更能減低患心血管疾病的風險！

Burdock is high in dietary fibre. Every 40 g of burdock has around 3 g dietary fibre (equals to the fibre content of 0.5 bowl vegetables), it helps prevent constipation and also reduces the risk cardiovascular disease.



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材料 Ingredients

牛蒡 (切條)	30 條 (40克)	40 g greater burdock (cut into 30 strips)
羅沙生菜	5 克	5 g lollo rosso
苦苣	5 克	5 g frisée
芝麻 (切半)	少許	Some sesame
車厘茄	1 粒	1 cherry tomato, halved

調味料 Seasonings

豉油	10 毫升	10 mL soya sauce
味醂	15 毫升	15 mL mirin
酒	15 毫升	15 mL liquor
水	30 毫升	30 mL water

to serve
1
人分量



試食兵團話你知 Message from Tasting Team

牛蒡配上羅沙生菜（紅毛菜）和苦苣（狗牙菜），「豉油味道鮮甜，牛蒡乾身爽脆，再洒下芝麻粒，十分可口。」

This cool dish features burdock roots, lollo rosso and frisée. "Sliced burdock roots, fresh and crunchy, are braised nicely with sweet soya sauce and sprinkled over with sesame seed."

步驟

Cooking Method

1.

牛蒡放入鍋中，加入味醂、酒、水、豉油，以文火煮20分鐘，放涼後備用。

Put the burdock in the pot. Add the mirin, liquor, water and soya sauce. Cook on low flame for 20 minutes. Let cool, set aside.

2.

先放羅沙生菜和苦苣於碟上，再加入牛蒡、車厘茄，最後灑上芝麻即可。

Lay the lollo rosso and frisée on the plate. Spread the burdock and cherry tomato over, and sprinkle the sesame on top.





| 炮製色香味 | EatSmart Recipes

有營食肆



墨西哥香菇素夾餅

Mushroom Taco



每一份 Per Serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	糖 Sugar	鈉質 Sodium
97	19	3	2	3	115
千卡 (kcal)	克 (g)	克 (g)	克 (g)	克 (g)	毫克 (mg)

本食譜由Mr. Taco Truck提供。
This recipe is provided by
Mr. Taco Truck.

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.

特色 Feature

菇類食物熱量低且高纖維，有助增加飽肚感，控制體重。利用蔥、蒜、香草等天然調味料帶出食物鮮味，絕對是少鹽之選！

Mushrooms are low in calories but high in fibre which increases satiety and helps with body weight control. Natural seasoning such as shallot, garlic and herbs not only enriches flavours of the dish but also reduces the use of salt.



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材料 Ingredients

水	50 毫升	50 mL water
生粉	12 克	12 g corn flour
橄欖油	1/4 茶匙	1/4 teaspoon olive oil
蒜頭 (切粒)	7 克	7 g garlic, crushed
冬菇 (切片)	25 克	25 g shiitake mushroom, sliced
雞腿菇 (切片)	25 克	25 g king oyster mushroom, sliced
紅洋蔥 (切片)	25 克	25 g red onion, sliced
牛至 (奧勒岡)	1/8 茶匙	1/8 teaspoon oregano
番茄 (切粒)	5 克	5 g tomato, diced
洋蔥 (切粒)	5 克	5 g onion, diced
芫荽 (切粒)	5 克	5 g coriander, chopped
青檸	1/8 個	1/8 lime

調味料 Seasonings

鼓油 1/4 茶匙
1/4 teaspoon soya sauce

to serve
1
人分量



試食兵團話你知 Message from Tasting Team

這款粟米夾餅有鮮冬菇和雞髀(腿)菇，鮮香又惹味。

A combination of fresh shiitake mushroom, king oyster mushroom and mixed vegetables to make this aromatic taco dish.

步驟 Cooking Method

1. 將水加入粟米粉搓成粉團，然後壓平，放入烤爐烤成夾餅皮。

Add water to the corn flour and knead into a dough. Flatten the dough and bake into a corn wrap.

2. 把橄欖油和蒜粒放在平底鑊上，加入冬菇、雞腿菇、紅洋蔥、奧勒岡，下鼓油調味。

Add the olive oil and garlic on a pan. Then pour in the shiitake mushroom, king oyster mushroom, red onion and oregano. Season with soya sauce.

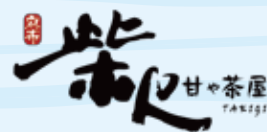
3. 將雜菌放在夾餅皮內，再放上番茄、洋蔥和芫荽，伴以青檸即可。

Transfer the cooked mushrooms on the corn wrap. Put the tomato, onion and coriander on top. Garnish with lime.



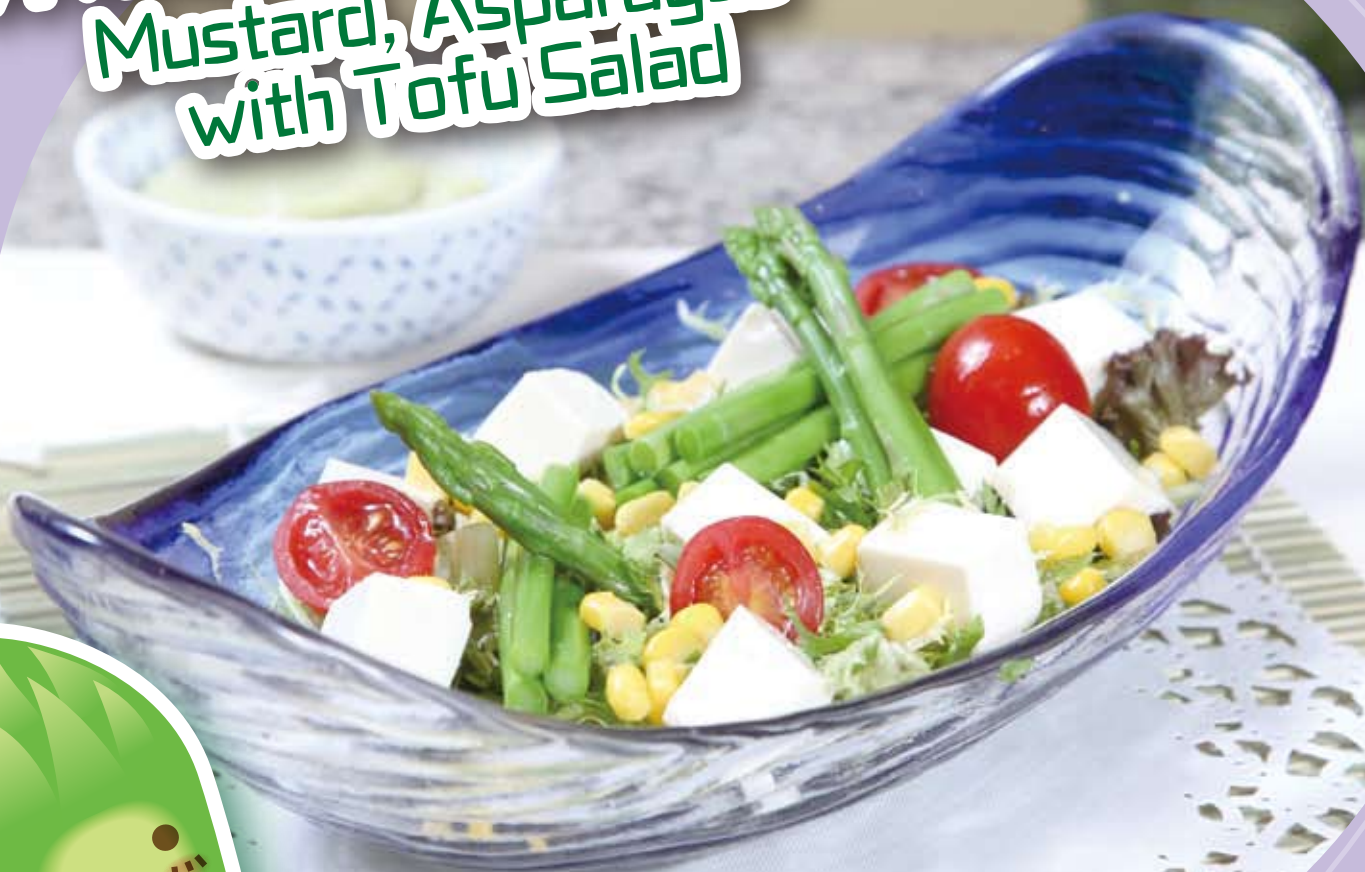


| 炮製色香味 | EatSmart Recipes



芥末蘆筍豆腐沙拉

Mustard, Asparagus with Tofu Salad



每一份 Per Serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	糖 Sugar	鈉質 Sodium
97	7	10	4	3	49
千卡 (kcal)	克 (g)	克 (g)	克 (g)	克 (g)	毫克 (mg)

不包括沙律醬，熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

Excluding salad dressing. The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.

本食譜由柴火甘味茶屋提供。
This recipe is provided by Takigi.

特色 Feature

色彩繽紛的蔬菜搭配除能提供豐富纖維素外、亦有助攝取更全面的維生素、礦物質和植物化合物，能預防高血壓、癌症，心血管疾病和增強免疫力。

Inclusion of vegetables with different colours not only provides dietary fibre, but also a more comprehensive vitamin, mineral and phytochemical profile which prevents hypertension, cancer and cardiovascular disease. It also strengthens immunity.



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材料 Ingredients

蘆筍	5 條 (40克)	5 sticks (40g) asparagus
羅沙生菜 (切絲)	100 克	100 g lollo rosso, shredded
苦苣 (切段)	150 克	150 g frisée, sectioned
車厘茄 (切半)	3 粒	3 cherry tomato, halved
豆腐 (切粒)	1/2 磚	1/2 piece tofu, cubed
粟米	少許	Some corn kernels

芥末沙律醬 Mustard dressing

材料：

低脂沙律醬	50 克
生抽	1 茶匙
綠芥末	5 克
蛋白	2 隻

步驟：

將所有材料以攪拌器打至變滑即可。

Ingredients:

50 g low-fat salad dress
1 teaspoon light soya sauce
5 g green mustard
2 eggs' white

Method:

Whisk all ingredients into a smooth mixture.



試食兵團話你知 Message from Tasting Team

豆腐、羅沙生菜（紅毛菜）、苦苣（狗牙菜）、車厘茄等材料，拌以芥末、蛋白和蜂蜜調製的沙律醬，甜中帶辣，滋味清爽。

A sauce made with wasabi, egg white and honey combines a wonderful mix of tofu, diced cucumber, shredded asparagus, lettuce, cabbage and carrots into a sweet-and-spicy flavour for this fresh and savory salad.

步驟

Cooking Method

1.

先把蘆筍切段汆水，備用。
Blanch the sectioned asparagus. Set aside.

2.

將羅沙生菜和苦苣鋪碟，然後平均鋪上車厘茄、豆腐粒和蘆筍。

Cover the plate with lollo rosso and frisée, and then spread the cherry tomato, tofu cubes and sparagus all over.

3.

最後伴以芥末沙律醬即可。

Mix with the mustard dressing. Serve.





| 炮製色香味 | EatSmart Recipes



南歐の風三文魚沙律

Salmon Salad in Mediterranean Style



每一份 Per Serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	糖 Sugar	鈉質 Sodium
59 千卡 (kcal)	1 克 (g)	5 克 (g)	4 克 (g)	0 克 (g)	19 毫克 (mg)

不包括沙律醬，熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

Excluding salad dressing. The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



本食譜由福岡拉麵（西日料理）提供。
This recipe is provided by Fukuoka Noodle Restaurant.

特色 Feature

三文魚為深海魚類，除了提供豐富蛋白質外，更蘊含奧米加三脂肪酸，能降低血液中的三酸甘油脂，有助改善心血管健康。

Salmon is a type of oily fish which is rich in protein and omega 3 fatty acid, it reduce serum triglyceride level and thus helps to improve cardiovascular vascular health.



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to serve
2
人分量



步驟

Cooking Method

1.

沙律菜洗淨，分別把沙律菜和青瓜絲浸於凍檸檬水中約20分鐘，瀝乾，備用。

Wash the salad leaves, soak in iced lemon water for 20 minutes. Drain, set aside.

2.

於碟上鋪上青瓜絲，再放上三文魚，配置沙律菜。

Lay the shredded cucumber all over the plate. Lay the salmon slices on top, garnish with salad leaves.

3.

最後灑上胡椒碎和刁草，伴以番茄沙律醬即成。

Sprinkle the crushed peppercorns and dill on top. Serve with a side dish of tomato dressing.



材料 Ingredients

田園沙律菜	20 克	20 g salad leaves
青瓜(切絲)	10 克	10 g cucumber, shredded
三文魚刺身(切薄片)	5 片	5 thin slices raw salmon (sashimi)

調味料 Seasonings

刁草(蒔蘿)	少許	Some dill
青、紅胡椒子	3 克	3 g peppercorns (green and red)

番茄沙律醬 Tomato salad dressing

材料：

番茄(去籽)	1 個
海鹽	1/2 茶匙
黑醋	1 茶匙
檸檬汁	少許
橄欖油	5 茶匙

步驟：

番茄加入海鹽一同剁碎，再下黑醋、檸檬汁和橄欖油拌勻，備用。

Ingredients:

1 tomato, seeded
1/2 teaspoon sea salt
1 teaspoon balsamic vinegar
Some lemon juice
5 teaspoons olive oil

Method:

Chop the tomato and salt together. Mix well with black vinegar, lemon juice and olive oil. Set aside.

試食兵團話你知 Message from Tasting Team

沙律菜、青瓜絲、番茄和三文魚刺身，加上黑醋、檸檬汁和橄欖油等製成的開胃沾醬，成了一款輕盈的夏日午餐。

Salad leaves, shredded cucumber and tomato topped with salmon sashimi and served with an appetising dressing made with balsamic vinegar, lemon juice and olive oil. A perfect light meal for summer.

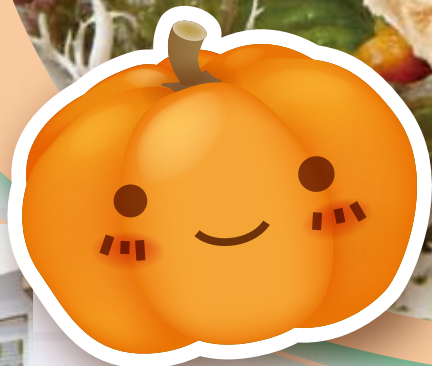


| 炮製色香味 | EatSmart Recipes



南瓜雞胸凱撒沙律

Cesar Salad with Roast Chicken Breast and Pumpkin



每一份 Per Serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	糖 Sugar	鈉質 Sodium
249	29	36	5	7	379
千卡 (kcal)	克 (g)	克 (g)	克 (g)	克 (g)	毫克 (mg)

不包括沙律醬，熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

Excluding salad dressing. The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.

本食譜由簡約煮意廚坊提供。
This recipe is provided by
Minimal Gourmet.

特色 Feature

利用去皮雞胸肉和低脂沙律醬代替傳統的煙肉和全脂蛋黃醬，能大大減少飽和脂肪的攝取，美味之餘又有助預防高膽固醇！

Using chicken breast without skin and low-fat salad dressing instead of traditional bacon and mayonnaise greatly reduces saturated fat intake, it helps prevent high blood cholesterol problem, and it's delicious!



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材料 Ingredients

南瓜 (去皮、切片)	114 克
去皮雞胸肉	約 140 克
雜菜沙律	約 170 克
麪包粒	約 28 克
車厘茄	約 28 克
低脂沙律醬	約 28 克

114 g pumpkin, skinned and sliced
about 140 g chicken breast, skinned
about 170 g green salad
about 28 g breadcrumbs
about 28 g cherry tomatoes
about 28 g low-fat salad dressing

to serve
1
人分量



試食兵團話你知 Message from Tasting Team

鮮嫩的雞胸肉和甜美的南瓜配上雜菜沙律，再拌以可口的低脂沙律醬，質樸味美，清新宜人。

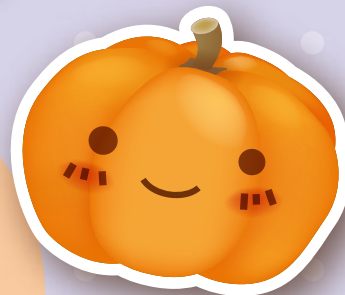
Tender chicken breast and juicy pumpkin slices on top of a bed of green salad, served with low-fat salad dressing. Light, tasty and refreshing.

步驟

Cooking Method

1. 分別把南瓜和雞胸肉用沸水煮熟，備用。
Blanch the pumpkin slices and chicken breast until done. Set aside.

2. 將沙律菜、麪包粒和車厘茄拌勻，再把南瓜片和雞胸肉放在上面，拌以低脂沙律醬即可。
Mix the salad, breadcrumbs and cherry tomatoes. Put the pumpkin slices and chicken slices on top. Serve with low-fat salad dressing.



有營食肆 EATSMART RESTAURANTS



以下資料截至二零一三年八月十二日，排名依筆劃序。欲知最新「有營食肆」名單，請瀏覽衛生署「有營食肆」專題網站 <http://restaurant.eatsmart.gov.hk>。

Last updated on 12 August 2013. Names are listed in a random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Restaurant" thematic website at <http://restaurant.eatsmart.gov.hk>

東區 Eastern District

友田爐端燒居食屋	Tomota Japanese Restaurant	2967 9166
太興	Tai Hing	2567 7362
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2896 7489
百份百餐廳	Hundred Percent Restaurant	2469 8100
別府九州地獄拉麵專門店	Beppu Ramen	2896 4889
金皇潮州酒家	Golden Dynasty Chiu Chow Restaurant	2805 8022
京城膳膳	King Shing Chinese Cuisine	2872 6228
迎囍大酒樓	Cheers Restaurant	8300 8199
美心MX	Maxim's MX	
(杏花新城)	(Paradise Mall)	2558 8541
(城市中心)	(City Garden)	2566 4556
(英皇大樓)	(King's House)	2561 5760
(康怡廣場)	(Kornhill Plaza)	2885 5095
(新翠商場)	(New Jade Shopping Arcade)	2897 7513
(樂基中心)	(Stanhope House)	2679 8229
(藍灣廣場)	(Island Resort Mall)	2248 5370
星級味皇餐廳小廚	Delicious Café	2802 6622
香港專業教育學院(柴灣)飯堂	Hong Kong Institute of Vocational Education (Chai Wan) Canteen	2411 2773
香港飯堂	Hong Kong Canteen	2104 2828
柴火甘味茶屋	Takigi	3100 0076
海皇粥店	Ocean Empire	2887 5879
柴灣東區醫院職員飯堂	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
曼谷泰菜	Bangkok Thai Restaurant	
(留仙街)	(Lau Sin Street)	2566 9966
(珠璣大廈)	(Chu Kee Building)	2856 0818
梅花邨小館	Mui Fa Chuen Restaurant	2561 9797
彩福皇宴	Choi Fook Royal Banquet	2811 9668
彩福酒家	Choi Fook Restaurant	2566 8289
富臨皇宮	Foo Lum Palace	2889 2200
福岡拉麵(西日料理)	Fukuoka Noodle Restaurant	3488 7550
銀龍麵茶餐廳	Ngan Lung Restaurant	2539 0077
稻香	Tao Heung	
(和富中心家居庭商場)	(Home World Provident Centre)	8300 8132
(愛東商場)	(Shau Kei Wan)	8300 8138
稻香超級漁港	Tao Heung Super 88	8300 8161
聯邦金閣酒家	Golden Federal Restaurant	2628 0183
簡約煮意廚坊	Minimal Gourmet	2331 3161
藝術·家	Les Artistes Café	3426 8918
權發海鮮酒家	Kuen Fat Restaurant	
(永利中心)	(Winner Centre)	2897 0688
(兆華大廈)	(Siu Wah Building)	2960 0330
(筲箕灣東大街)	(Shau Kei Wan Main Street East)	2560 1003
(筲箕灣道)	(Shau Kei Wan Road)	2513 0015
囍館	Cheers Dining Restaurant	2111 0177
Délifrance (Café)	Délifrance (Café)	
(太古城)	(Taikoo Shing)	2904 8603
(港運城)	(Island Place)	2565 1335
Mr. Taco Truck	Mr. Taco Truck	2590 6911
Oliver's Super Sandwiches	Oliver's Super Sandwiches	
(杏花邨)	(Heng Fa Chuen)	2898 1707
(英皇道)	(King's Road)	2510 0255
(康怡花園)	(Kornhill Plaza)	2513 9266

中西區 Central & Western District

力寶軒	Lippo Chiuchow Restaurant	2526 1168
日之苑	Ninoen	3586 0470
北園酒家	North Garden Restaurant	
(東寧大廈)	(Tung Ning Building)	2739 2338
(鴻基大廈)	(Hung Kei Mansion)	2526 3163
西港城 - 大舞臺	The Grand Stage	8202 2809
西環碼頭餐廳	Harbour Restaurant	2818 0101
秀日本料理	Oishi House	2517 6618
美心MX	Maxim's MX	
(和記大廈)	(Hutchison House)	2869 4450
(卑路乍街)	(Belchers Street)	2819 1196
(創業中心)	(Chong Yip Centre)	2857 2910
帝景園會所(只供會員)	Dynasty Court Club Royal (Members Only)	2522 0080
富臨粵之味	Foo Lum	2815 1088
翠華餐廳	Tsui Wah Restaurant	
(山頂廣場)	(The Peak Galleria)	2542 1255
(威靈頓街)	(Wellington Street)	2525 6338
(德輔道中)	(Des Voeux Road)	2815 3000
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2295 3811
權發飯店	Kuen Fat Restaurant	2818 1725
Délifrance (Café)	Délifrance (Café)	
(力寶中心)	(Lippo Centre)	2147 3798
(山頂廣場)	(The Peak Galleria)	2849 2613
(華懋廣場)	(Chinachem Plaza)	2581 4391
(環球大廈)	(World Wide Plaza)	2868 1355
Mr. Taco Truck	Mr. Taco Truck	2810 0888
Oliver's Super Sandwiches	Oliver's Super Sandwiches	
(中信大廈)	(Citic Tower)	2104 6333
(長江中心)	(Cheung Kong Centre)	2185 7080
(香港地鐵站)	(Hong Kong Station)	2530 2311
(信德中心)	(Shun Tak Centre)	2511 9178
(海富中心)	(Admiralty Centre)	2866 8707
(萬邦行)	(Melbourne Plaza)	2526 2685
(無極限廣場)	(Infinitus Plaza)	2544 3369

灣仔區 Wanchai District

一寿司	Sushi One	3188 0083
大自然素食	Gaia Veggie Shop	2808 1386
友邦軒	AIA Gourmet	2832 1326
元味壽司刺身專門店	Yummy Sushi Ya	2574 9263
甘味手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	3907 0689
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
百樂門宴會廳	Paramount Banquet Hall	2833 2092
別府九州地獄拉麵專門店	Beppu Ramen	2890 7389
金皇廷筵宴	Banquet Place	2832 6628
金裝嫩奶佬餐廳	Daniel's Restaurant	
(太和街)	(Tai Wo Street)	2574 4866
(活道)	(Wood Road)	2838 6500
(景隆街)	(Cannon Street)	2838 6151
迎囍大酒樓	Cheers Restaurant	8300 8198
美心MX	Maxim's MX	
(波斯富街)	(Percival Street)	2838 6173
(堅拿道西街)	(Canal Road West)	2838 5075
風月堂	Orchard Garden Café & Restaurant	2891 2881
美味廚	Megan's Kitchen	2866 8305
泰式食	Thai Perfect	2890 4899
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited -	
警察總部雅膳中菜廳	PHQ Arsenal Place	
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited -	2860 2688
警察總部匯鈺快餐	PHQ Fast Food	
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited -	2860 2688
警察總部匯鈺西餐廳	PHQ Western	
海皇粥店	Ocean Empire	
(新誠商業大廈)	(Simsons Commercial Building)	2575 0417
(駱克道)	(Lockhart Road)	2891 1902
(糖街)	(Sugar Street)	2894 8848
曼谷泰菜	Bangkok Thai Restaurant	3102 1618
彩福皇宴	Choi Fook Royal Banquet	2566 7778

🔥 粵軒 - 六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
🔥 富臨酒家	Foo Lum Restaurant	2528 2468
🔥 富豪金殿	Regal Palace Restaurant	2837 1773
🔥 煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
🔥 新星海鮮酒家 (駱克大廈)	New Star Seafood Restaurant (Lockhart House)	2838 2186
🔥 (聯合鹿島大廈)	(Allied Kajima Building)	2511 1228
🔥 壽司翔太	Sushi Shota	2834 3031
🔥 滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
🔥 翠華餐廳 (景隆街)	Tsui Wah Restaurant (Cannon Street)	2573 4338
🔥 (駱克道)	(Lockhart Road)	2542 2288
🔥 (謝斐道)	(Jaffe Road)	2892 2633
🔥 翡翠拉麵小籠包 (大有廣場)	Crystal Jade La Mian Xiao Long Bao (Tai Yau Plaza)	2573 8844
🔥 (世貿中心)	(World Trade Centre)	2915 6988
🔥 (時代廣場)	(Times Square)	2506 0080
🔥 銀龍粉麵茶餐廳	Ngan Lung Restaurant	2881 5298
🔥 滿地美式酒吧 - 銅鑼灣利景酒店	Champs Bar - The Charterhouse Causeway Bay	2892 3386
🔥 稻香	Tao Heung	8300 8121
🔥 稻香超級漁港 (信和廣場)	Tao Heung Super 88 (Sino Plaza)	8300 8174
🔥 (皇室堡)	(Windsor House)	8300 8162
🔥 築地日本料理	Tsukiji Japanese Restaurant	2504 3338
🔥 橋底辣蟹 (駱克道421-425號)	Under Bridge Spicy Crab (421-425 Lockhart Road)	2834 6818
🔥 (駱克道429號)	(429 Lockhart Road)	2573 7698
🔥 (謝斐道)	(Jaffe Road)	2834 6268
🔥 龍皇酒家	Dragon King Restaurant	2895 2288
🔥 禮頓會	Club Leighton	3198 9805
🔥 鍾廚	Chung's Kitchen	8300 8005
🔥 薯仔屋 (富明街)	Small Potato (Foo Ming Street)	2882 7278
🔥 (新會道)	(Sun Wui Road)	2890 4884
🔥 譽宴	U-Banquet	2811 9181
🔥 麗姐廚房	Liza Veggies	2575 6060
🔥 Beautifood	Beautifood	2860 0012
🔥 CEO Karaoke Box	CEO Karaoke Box	2137 9777
🔥 Délifrance (Café) (大有廣場)	Délifrance (Café) (Tai Yau Plaza)	2591 1600
🔥 (香港中央圖書館)	(Hong Kong Central Library)	2504 0115
🔥 (美國萬通大廈)	(Massmutual Tower)	2527 7201
🔥 (瑞安中心1樓)	(1/F Shui On Centre)	2802 4465
🔥 (駱克道)	(Lockhart Road)	2520 6622
🔥 Oliver's Super Sandwiches (新鴻基中心)	Oliver's Super Sandwiches (Sun Hung Kai Centre)	2877 7327
🔥 (銅鑼灣廣場第一期)	(Causeway Bay Plaza I)	2573 7811

南區 Southern District

🔥 中華廚藝學院 (英語餐飲學會) (只供會員)	Chinese Cuisine Training Institute (The English-Speaking Dining Society) (Members Only)	2550 6683
🔥 太興	Tai Hing	2552 9820
🔥 百份百餐廳	Hundred Percent Restaurant	2645 9100
🔥 美心MX	Maxim's MX	2580 5133
🔥 珍寶王國	Jumbo Kingdom	2553 9111
🔥 旅遊服務業培訓發展中心 (英語餐飲學會 - 蒲扶林) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Pokfulam) (Members Only)	2550 6683
🔥 泰閣	Koon Thai Cuisine	2878 8282
🔥 富臨漁港臨門	Foo Lum Fishman's Wharf Restaurant	2553 0699
🔥 肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
🔥 翠華餐廳	Tsui Wah Restaurant	2552 6998
🔥 瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
🔥 稻香	Tao Heung	8300 8136
🔥 稻香超級漁港	Tao Heung Super 88	8300 8173
🔥 鍾菜	Chung's Cuisine	8300 8006
🔥 Délifrance (Café)	Délifrance (Café)	2813 1368
🔥 Oliver's Super Sandwiches	Oliver's Super Sandwiches	2975 9063

觀塘區

Kwun Tong District

🔥 二宜樓	Eryi Tower Restaurant	2346 9288
🔥 三和食堂	-	2342 2141
🔥 太興	Tai Hing	2359 0138
🔥 甘味讀岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2389 7409
🔥 百份百餐廳 (翠屏邨)	Hundred Percent Restaurant (Tsui Ping North Estate)	2598 8100
🔥 (寶達商場)	(Po Tat Shopping Centre)	2697 8100
🔥 名昇餐廳	Ming Sing Restaurant	2758 0118
🔥 百樂門宴會廳 (企業廣場5期)	Paramount Banquet Hall (MegaBox)	2798 8332
🔥 (鱷魚恤中心)	(Crocodile Centre)	3910 8368
🔥 別府九州地獄拉麵專門店	Beppu Ramen	2148 9898
🔥 沁園春	Cheerful Restaurant	2251 3612
🔥 金利來	Kam Lee Loy	2244 3003
🔥 帕爾馬	La Trattoria di Parma	2111 1370
🔥 迎龍大酒樓	Cheers Restaurant	8300 8189
🔥 美心MX (牛頭角上村)	Maxim's MX (Upper Ngau Tau Kok)	2481 3768
🔥 (康寧道)	(Hong Ning Road)	2793 9239
🔥 (翠屏商場)	(Tsui Ping Shopping Circuit)	2763 4180
🔥 (麗港城商場)	(Laguna City)	2772 3314
🔥 (觀塘廣場)	(Kwun Tong Plaza)	2793 9225
🔥 客家好棧	Hakka Hut	8300 8109
🔥 香港專業教育學院 [觀塘分校] (學生飯堂) (只供學生)	Hong Kong Institute of Vocational Education - Kwun Tong (Student Canteen) (Student Only)	2346 8990
🔥 海皇酒店 (物華街)	Ocean Empire (Mut Wah Street)	2304 7468
🔥 (淘大商場)	(Amoy Plaza)	2759 6537
🔥 旅遊服務業培訓發展中心 (英語餐飲學會 - 九龍灣) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Kowloon Bay) (Members Only)	2750 6919
🔥 御苑皇宴	The Banqueting House	2798 8866
🔥 御苑酒家	The China House	2798 8110
🔥 富臨漁港 (企業廣場1期)	Foo Lum Fishman's Wharf Restaurant (Enterprise Square)	2759 1808
🔥 (觀塘廣場)	(Kwun Tong Plaza)	2342 4252
🔥 會所1号 (九龍東)	Club One (Kowloon East)	8202 9298
🔥 (郵輪堤岸)	(Harbourfront)	8209 9223
🔥 煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
🔥 肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
🔥 嘉華大酒樓	Ka Wah Restaurant	2795 3838
🔥 翠華餐廳	Tsui Wah Restaurant	2343 3866
🔥 翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2305 9990
🔥 銀龍粉麵茶餐廳	Ngan Lung Restaurant	2679 7388
🔥 稻香	Tao Heung	8300 8124
🔥 稻香超級漁港 (德福廣場)	Tao Heung Super 88 (Telford Plaza)	8300 8175
🔥 (麗港城商場)	(Laguna Plaza)	8300 8176
🔥 潮篇	Chaozhou Cuisine	2779 1919
🔥 潮膳	Chao Inn	8300 8145
🔥 德藝會	Telford Recreation Club	8202 2892
🔥 龍皇酒家	Dragon King Restaurant	2955 0668
🔥 鍾菜	Chung's Cuisine	8300 8010
🔥 聯合醫院職員飯堂	United Christian Hospital Staff Canteen	3513 4065
🔥 譽宴	U-Banquet	2811 9788
🔥 慧雲天	Cheerful Sky Cuisine	2827 2886
🔥 語快 (國際展覽中心)	Happiness Gastronomy (Hong Kong International Trade & Exhibition Centre)	2827 1811
🔥 慧俠自家菜 (偉業街)	Happiness Gastronomy (Wai Yip Street)	2827 2688
🔥 California Pizza Kitchen	California Pizza Kitchen	3421 2351
🔥 Délifrance (Café) (企業廣場3期)	Délifrance (Café) (MegaBox)	2904 8603
🔥 (淘大商場)	(Amoy Plaza)	2757 4518
🔥 (德福廣場)	(Telford Plaza)	2756 9565
🔥 Oliver's Super Sandwiches (企業廣場)	Oliver's Super Sandwiches (Enterprise Square Three)	2749 7561
🔥 (創紀之城)	(Millennium City 5)	3148 1101
🔥 (德福廣場)	(Telford Plaza)	2757 2662
🔥 Organic Life Café & Restaurant	Organic Life Café & Restaurant	2420 0363
🔥 Studio City Bar & Café	Studio City Bar & Café	3543 5638

一壽司 (金馬倫道) (雅蘭中心)	Sushi One (Cameron Road) (Grand Tower)	3583 1100 2110 9922
八王子拉麵館	Prince Ramen	2771 6939
大自然素食 (美麗華商場) (始創中心)	Gaia Veggie Shop (Miramar Shopping Centre) (Pioneer Centre)	2376 1186 2148 1163
上樓	Shanghai Inn	8300 8159
日之苑	Ninoen	2781 1611
月滿坊	Full Moon	2955 5113
北京拉麵店	Peking Handmade Noodles Restaurant	2380 2183
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
伊利沙白醫院職員飯堂	Queen Elizabeth Hospital Staff Canteen	2384 2656
百份百餐廳	Hundred Percent Restaurant	2703 9100
百樂門宴會廳	Paramount Banquet Hall	2721 8821
百樂門酒家	Joy Cuisine	3910 8388
男爵大排檔 (炮台街) (德利大廈)	Baron Cuisine (Battery Street) (Tak Lee Building)	2369 1959 2369 1959
別府九州地獄拉麵專門店	Beppu Ramen	2748 6898
住家菜	Home Feel	3105 0515
君瀾港會所餐廳	Harbour Green Club Banquet Room	3516 1121
迎	Joyous One	8300 8001
金皇朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
金都國宴	Golden City Banquet	2633 8866
金陶軒	Kum Tao Heen	2730 8668
金裝嫩奶佬餐廳	Daniel's Restaurant	2770 0301
迎龍大酒樓 (雅蘭中心)	Cheers Restaurant (Grand Tower)	8300 8191/ 8300 8192 8300 8163
(彌敦酒店)	(Nathan Hotel)	
美心MX (西洋菜街) (百匯軒) (金巴利道) (花園街) (旺角東港鐵站) (新文華中心)	Maxim's MX (Sai Yeung Choi Street) (Cite 33) (Kimberley Road) (Fa Yuen Street) (Mong Kok East MTR Station) (New Mandarin Plaza)	2390 7530 2395 8850 2311 5006 2782 1669 2397 6303 2311 8589
風月堂 (亞皆老街) (奧海城)	Orchard Garden Café & Restaurant (Argyle Street) (Olympian City)	2699 3002 2393 3959
帝京軒 - 帝京酒店	Di King Heen - Royal Plaza Hotel	2622 6161
客家好棧	Hakka Hut	8300 8103
查理布朗咖啡專門店	Charlie Brown Café	2366 6325
柏景餐廳 - 皇家太平洋酒店	Café on the Park - The Royal Pacific Hotel and Towers	2738 2322
紅廚房	GM Kitchen	2625 1986
紅蔥頭 (始創中心) (朗豪坊)	Café Med (Pioneer Centre) (Langham Place)	2626 0596 3514 9322
海皇粥店 (旺角道) (彌敦道)	Ocean Empire (Mong Kok Road) (Nathan Road)	2396 0126 2385 6732
骨煲皇 (百勝大廈) (金基大廈地下1-2號) (金基大廈地下3號) (金基大廈1樓)	King of Hot Pot (Pak Sing Building) (1-2, G/F, Kamga Mansion) (3, G/F, Kamga Mansion) (1/F Kamga Mansion)	2380 4221 2380 4441 2380 4441 2380 4441
泰閣	Koon Thai Cuisine	2878 7666
茶禪	Café Zen	9606 2086
御苑皇宴 (金巴利道) (帝國中心)	The Banqueting House (Kimberley Road) (Empire Centre)	2722 6768 3962 1188
常悅素食	M Garden Vegetarian	2787 3128
彩福欣宴	Eky's Banquet	2332 2698
彩福皇宴	Choi Fook Royal Banquet	2766 0886
甜蜜蜜新生咖啡店	Teresa New Life Coffee Shop	2723 6634
普光齋	Light Vegetarian Restaurant	2384 2833
雅廊咖啡室 - 富豪九龍酒店	Café Allegro - Regal Kowloon Hotel	2313 8718
朝陽飯莊	Chao Yang Restaurant	2369 8202

富臨酒家 (協成行) (創興廣場)	Foo Lum Restaurant (HSH Mongkok Plaza) (Chong Hing Square)	2396 2880 2770 3386
富臨粵之味	Foo Lum	2148 2188
富臨漁港酒樓 (百誠大廈) (安達中心)	Foo Lum Fishman's Wharf Restaurant (Pak Shing Building) (Auto Plaza)	2770 6883 2723 8132
蜀一燒	Sichuan BBQ Restaurant	2780 2889
煌府婚宴專門店 (旺角道) (始創中心) (港景匯商場) (The One)	Wedding Banquet Specialist (Mongkok Road) (Pioneer Centre) (Victoria Mall) (The One)	2180 6138 2180 6128 3520 1888 2180 6178
鐵板純和風日本料理	Teppan Chiu Japanese Restaurant	2787 5135
福苑火鍋海鮮酒家	Fuk Yuen Hot Pot Seafood Restaurant	3422 8222
新星海鮮酒家	New Star Seafood Restaurant	2780 2226
瀟江飯店	Wu Kong Shanghai Restaurant	2366 7244
綠野仙踪	Greenland Corner	2336 6001
翠華餐廳 (白加士街) (北海街) (加拿芬道) (砵蘭街) (港晶中心) (碧街)	Tsui Wah Restaurant (Parkes Street) (Pak Hoi Street) (Carnarvon Road) (Portland Street) (Harbour Crystal Centre) (Pitt Street)	2384 8388 2780 8328 2366 8250 2392 3889 2722 6600 2771 8080
靚煲皇	Supreme Hot Pot	2399 0812
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2622 2699
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
銀龍粉麵茶餐廳 (集友大廈)	Ngan Lung Restaurant (Friend's House)	2721 1155/ 2721 1152 2380 2566
(通菜街)	(Tung Choi Street)	
稻香 (恆星樓) (新九龍廣場) (愛民商場)	Tao Heung (Star Mansion) (New Kowloon Plaza) (Oi Man Shopping Centre)	8300 8084 8300 8123 8300 8082
稻香超級漁港 (雅蘭中心)	Tao Heung Super 88 (Grand Tower)	8300 8168/ 8300 8169 8300 8163
(彌敦酒店)	(Nathan Hotel)	
橫綱日本麵店	Yokozuna Japanese Noodle Shop	2783 0784
潮樓	Chao Inn	8300 8142
聯邦金閣酒家	Golden Federal Restaurant	2628 0823
聯邦皇宮 (奧海城) (彌敦道)	Federal Palace Restaurant (Olympian City) (Nathan Road)	2626 0033 2626 0022
麵軒 (新文華中心) (寶倫大廈)	Mian Café (New Mandarin Plaza) (Po Lun Building)	2739 9802 2626 9581
饗宴 (始創中心) (莊士倫廣場)	U-Banquet (Pioneer Centre) (Chuang's London Plaza)	2811 1983 2142 8898
觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
3106 餐廳	Carat 3106	3904 1328
California Pizza Kitchen	California Pizza Kitchen	2374 0032
Délifrance (Café)	Délifrance (Café)	2316 2602
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2375 2352
Maroon Café - 香港西九龍絲麗酒店	Maroon Café - Silka West Kowloon Hotel Hong Kong	2789 6838
Mezzo Grill - 富豪九龍酒店	Mezzo Grill - Regal Kowloon Hotel	2313 8788
Munch	Munch	2317 7887
Oliver's Super Sandwiches (香港理工大學) (奧海城) (新世紀廣場)	Oliver's Super Sandwiches (The Hong Kong Poly University) (Olympian City) (Grand Century Place)	2364 5762 2272 4220 2264 3737

九龍城區

Kowloon City District

生果報社	Fruit Magazine	2713 8319
金裝嫩奶佬餐廳	Daniel's Restaurant	2712 6900
美心MX	Maxim's MX	
(半山壹號)	(Celestial Place)	3695 0899
(馬頭涌道)	(Ma Tau Chung Road)	2712 2917
(黃埔花園)	(Whampoa Garden)	2333 7136
香港公開大學大學會所	Hong Kong Open University Canteen	2762 2982/
(只供學生及職員)	(Students & Staff Only)	2760 9820
浸信會醫院餐廳	Baptist Hospital Restaurant	2337 6976
富臨漁港	Foo Lum Fishman's Wharf Restaurant	
(太子道西)	(Prince Edward Road West)	2718 3318
(明安街)	(Ming On Street)	2363 2883
(馬頭角道)	(Ma Tau Kok Road)	2768 8618
富臨漁港 藝臨門	Foo Lum Fishman's Wharf Restaurant	2365 2881
博藝會	Spotlight Recreation Club	8202 8606
渝村米線	-	2365 1190
煌府婚宴專門店	Wedding Banquet Specialist	2180 6198
新香城餐廳	Sun Heung Shing Restaurant	2334 0335
渝鄉烤魚	Yu Heung Grilled Fish	2382 4168
榆豐餐廳	ELM Restaurant & Lounge	3162 8773
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
翠華餐廳	Tsui Wah Restaurant	2760 9828
稻香超級漁港	Tao Heung Super 88	8300 8177
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2194 6801
禧慶藝廚酒家	Happiness Cuisine	2712 8168
Bistro Déifrance	Bistro Déifrance	2330 3933
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622

深水埗區

Sham Shui Po District

北京拉麵店	Peking Handmade Noodles Restaurant	2361 9069
好·廚房	Good Kitchen	2541 7031/
		2541 7032
西龍傳香飯糰	QQ Rice	2387 9838
金裝嫩奶佬餐廳	Daniel's Restaurant	
(美孚新邨)	(Mei Foo Sun Chuen)	2959 1126
(順寧道)	(Shun Ning Road)	2729 6111
美心MX	Maxim's MX	
(青山道)	(Castle Peak Road)	2742 4679
(美孚新邨)	(Mei Foo Sun Chuen)	2743 2793
紅蔥頭	Café Med	2361 0813
海皇粥店	Ocean Empire	2307 6184
新生餐廳	New Life Restaurant	2777 4726
新星海鮮酒家	New Star Seafood Restaurant	2991 4903
新嘉華	New Ka Wah	2148 3131
富臨酒家	Foo Lum Restaurant	2361 2213
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
富臨漁港 藝臨門	Foo Lum Fishman's Wharf Restaurant	
(長沙灣廣場)	(Cheung Sha Wan Plaza)	2310 8880
(富華廣場)	(Florence Plaza)	2370 3262
稻坊	Tao Square	8300 8140
稻香	Tao Heung	8300 8139
Déifrance (Café)	Déifrance (Café)	2242 6669

荃灣區

Wong Tai Sin District

大自然素食	Gaia Veggie Shop	2887 3363
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
別府九州地獄拉麵專門店	Beppu Ramen	2782 0989
金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
美心MX	Maxim's MX	
(竹園南邨)	(Chuk Yuen Shopping Centre)	2327 8551
(黃大仙中心)	(Wong Tai Sin Shopping Centre)	2321 9331
客家好棧	Hakka Hut	8300 8104
紅蔥頭	Café Med	2955 4988
泰越老街	CityThai Viet Cuisine	2331 9810
御苑酒家	The China House	3162 3788
順德經典	Classic in Shun Tak	2997 8866
富臨皇宮	Foo Lum Palace	2794 3883
富臨漁港 (越秀廣場)	Foo Lum Fishman's Wharf Restaurant (Yue Xiu Plaza)	2320 8088
富臨漁港 藝臨門 (新光中心)	Foo Lum Fishman's Wharf Restaurant (San Kwong Building)	2320 9080
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2322 9932
翠華餐廳	Tsui Wah Restaurant	2324 6486
龍皇酒家	Dragon King Restaurant	2711 8233
聯邦皇宮	Federal Restaurant	2626 0011
麗都軒	Nice Capital Restaurant	2827 1168
譽宴	U-Banquet	2811 3281
California Pizza Kitchen	California Pizza Kitchen	3105 0352

荃灣區

Tsuen Wan District

八麵玲瓏	The Noodle House	2408 3298
大自然素食	Gaia Veggie Shop	2148 1819
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2402 9788
叻哥(亞洲)餐廳	Smartman Restaurant	2577 1755
百樂門宴會廳	Paramount Banquet Hall	2419 0348
季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
金裝嫩奶佬餐廳	Daniel's Restaurant	
(大壩街)	(Tai Pa Street)	2498 5662
(99廣場)	(99 Plaza)	2439 9128
迎禧大酒樓	Cheers Restaurant	8300 8196
美心MX	Maxim's MX	
(悅來坊)	(Panda Place)	2887 7093
(荃錦中心)	(Tsuen Kam Centre)	2498 9401
(愉景新城商場)	(Discovery Park Commercial Centre)	2940 5821
(綠楊坊)	(Luk Yeung Galleria)	2498 0283
(樂悠居)	(Indihome)	2439 1070
客家好棧	Hakka Hut	8300 8105
紅蔥頭	Café Med	2116 1235
珀麗灣藍色會所餐飲部 (啟勝管理服務有限公司) (只供會員)	Park Island Blue Blue Club F & B (Kai Shing Management Services Ltd.) (Members Only)	2296 4000
海皇粥店	Ocean Empire	2439 4510
荃灣港安醫院職員餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7337
順德經典	Classic in Shun Tak	2886 9979
雲貴軒	The Vermicelli House	2402 2220
富臨漁港 藝臨門	Foo Lum Fishman's Wharf Restaurant	2409 0883
煌府婚宴專門店	Wedding Banquet Specialist	2490 4333
新星海鮮酒家	New Star Seafood Restaurant	2402 8866
漁川米線	Shunde Cuisine	2614 2628
翠華餐廳	Tsui Wah Restaurant	
(兆和街)	(Shiu Wo Street)	2419 7738
(眾安街)	(Chung On Street)	3126 9233
銀龍粉麵茶餐廳	Ngan Lung Restaurant	
(眾安街22號)	(22 Chung On Street)	2416 6990
(眾安街122號)	(122 Chung On Street)	2416 1922
(328廣場)	(Plaza 328)	2439 0270
稻香	Tao Heung	8300 8125
潮館	Chao Inn	8300 8149
聯邦皇宮	Federal Restaurant	2626 0883
爵悅庭住客會所 (只供住客)	Club Chelsea (Resident Only)	2480 6022
稻香超級漁港	Tao Heung Super 88	8300 8164
麗都講客	Nice Invitation	2827 2699
Déifrance (Café)	Déifrance (Café)	2940 4830

西貢區

Sai Kung District

一寿司	Sushi One	3622 2322
太興	Tai Hing	2628 6072
上樓	Shanghai Inn	8300 8160
北京拉麵店	Peking Handmade Noodles Restaurant	2244 6157
百份百餐廳	Hundred Percent Restaurant	
(明德商場)	(Ming Tak Shopping Centre)	2271 9100
(景林商場)	(King Lam Shopping Centre)	2845 8100
迎囍大酒樓	Cheers Restaurant	8300 8193
美心MX	Maxim's MX	
(東港城)	(East Point City)	2628 5010
(將軍澳中心)	(Park Central)	3417 4970
客家好棧	Hakka Hut	8300 8106
香港科技大學學生飯堂	Hong Kong University of Science & Technology Student	2243 1287
(只供學生及職員)	Canteen (Students & Staff Only)	
香港專業教育學院 [李惠利]	Hong Kong Institute of Vocational Education - Lee Wai Lee	-
(學生飯堂)	(Student Canteen)	
海皇粥店	Ocean Empire	3194 4893
(新都城中心)	(Metro City Plaza)	3417 4059
(將軍澳中心)	(Park Central)	2208 0063
將軍澳醫院職員飯堂 (只供職員)	Tsuen Kwun O Hospital Staff Canteen (Staff Only)	2207 4798
富臨皇宮	Foo Lum Palace	2990 7885
壹蘋果大樓員工餐廳 (只供職員)	Next Media Apple Dairy Canteen (Staff Only)	2701 9188
新一派·味道	New Taste	8300 8129
稻香	Tao Heung	8300 8167
稻香超級魚港	Tao Heung Super 88	
潮家	Chiu Ka	2331 2155
(君寶坊)	(The Edge)	3143 9002
(彩明商場)	(Choi Ming Shopping Centre)	8300 8144
潮館	Chao Inn	3902 3875
California Pizza Kitchen	California Pizza Kitchen	3417 4247
Délifrance (Café)	Délifrance (Café)	2525 5288
MCL翠華餐廳	MCL Tsui Wah Restaurant	

元朗區

Yuen Long District

八斗砂鍋粥茶餐廳	Eight Ladle Restaurant	2442 9001
千味和食	Sen Aji Dining	2445 6821
加州花園住客會所 (只供會員)	Club Oasis (Members Only)	2482 2836
加州豪園住客會所 (只供住客)	Royal Palms Resident Club (Resident Only)	2482 3100
叻哥(亞洲)餐廳	Smartman Restaurant	2446 2333
金裝嫩奶佬餐廳	Daniel's Restaurant	
(千色廣場)	(Citimall)	2477 0708
(新北江商場)	(Kingswood Richly Plaza)	2445 6321
美心MX	Maxim's MX	
(天晴商場)	(Tin Ching Commercial Centre)	2351 5772
(天盛商場)	(Tin Shing Shopping Centre)	2254 2736
(天耀商場)	(Tin Yiu Shopping Centre)	2445 2527
客家好棧	Hakka Hut	8300 8107
叙福樓海鮮酒家	Lucky House Restaurant	3156 1283
海皇粥店	Ocean Empire	2477 8050
茶魚飯后	Ngan Lung Restaurant	2254 2188
雲貴軒	The Vermicelli House	2442 1000
博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff Only)	2486 8822
銀龍麵茶餐廳	Ngan Lung Restaurant	
(天恩商場)	(Tin Yan Shopping Centre)	2254 4999
(天慈商場)	(Tin Tsz Shopping Centre)	2617 7817
(頌富廣場)	(Chung Fu Shopping Centre)	3156 1668
稻香	Tao Heung	
(天瑞商場)	(Tin Shui Shopping Centre)	8300 8137
(怡豐花園)	(Yee Fung Garden)	8300 8128
潮樓	Chao Inn	8300 8148
錦綉花園鄉村俱樂部 (錦綉樓)	Fairview Park Country Club (Chinese Restaurant)	2471 6333
(只供會員)	(Members Only)	

錦綉花園鄉村俱樂部	Fairview Park Country Club (Country Café)	2471 6333
(亭閣餐廳) (只供會員)	(Members Only)	
麗都謙客	Nice Invitation	2479 9908
YOHO 會所 (只供會員)	YOHO Club (Members Only)	2470 1550
YOHO Midtown 住客會所	YOHO Midtown Club Midtown (Members Only)	2443 2226
(只供會員)		

屯門區

Tuen Mun District

一寿司	Sushi One	2155 2233
大姆指(亞洲)餐廳	Big Top Restaurant	2440 4321
生果報社	Fruit Magazine	2458 5291
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2618 7499
百份百餐廳	Hundred Percent Restaurant	2572 8100
別府九州地獄拉麵專門店	Beppu Ramen	2907 0708
青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff Only)	2456 7090
季季紅風味酒家	Red Seasons Aroma Restaurant	
(華都花園)	(Waldorf Garden)	2404 6663
(藍地大街)	(Lam Tei Main Street)	2462 7038
金馬江南小館	Kam Chun Food	2460 2813
金裝嫩奶佬餐廳	Daniel's Restaurant	2459 3481
迎囍大酒樓	Cheers Restaurant	8300 8194
美食坊	Food Hall	2465 3817
客家好棧	Hakka Hut	8300 8102
海皇粥店	Ocean Empire	2450 5938
悅翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
「粵」中菜廳	Yue - Hong Kong Gold Coast Hotel	2452 8668
香港黃金海岸酒店		
曼谷泰菜	Bangkok Thai Restaurant	2459 1883
雲貴軒	The Vermicelli House	
(蝴蝶廣場)	(Butterfly Plaza)	2454 2200
(龍門居)	(Lung Mun Oasis)	2449 8800
富臨皇宮	Foo Lum Palace (Tuen Mun Heung Sze Wui Rd)	2404 5688
愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members Only)	2949 5333
煮樓餐廳	Cooking Restaurant	2613 2380
翠華餐廳	Tsui Wah Restaurant	2463 7511
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
稻香	Tao Heung	
(屯門海邊坊)	(Tuen Mun Ocean Walk)	8300 8135
(建生商場)	(Kin Sang Commercial Centre)	8300 8081
稻香超級魚港	Tao Heung Super 88	8300 8166
樂融融餐廳	Café Fusion	3511 0702
聯邦皇宮	Federal Palace	2626 0088
麗都總廚	Nice Capital Worldwide Kitchen	2456 4888
Délifrance (Café)	Délifrance (Café)	2613 9755

北區

North District

百份百餐廳	Hundred Percent Restaurant	
(天明樓)	(Ting Ming House)	2539 8100
(粉嶺中心)	(Fanling Centre)	2554 9100
(華心商場)	(Wah Sum Shopping Centre)	2445 8100
金都海鮮酒家	Golden City Seafood Restaurant	2671 0222
金裝嫩奶佬餐廳	Daniel's Restaurant	2639 0886
海皇粥店	Ocean Empire	2682 3798
桃園粥麵·小廚	Tao Yuen	
(華心商場)	(Wah Sum Shopping Centre)	2452 1200
(嘉福商場)	(Ka Fuk Shopping Center)	2642 1200
蘭府統請	Hop Fu Tong Ching	2256 1335
銀龍麵茶餐廳	Ngan Lung Restaurant	2278 1733
稻香	Tao Heung	8300 8131
稻香超級魚港	Tao Heung Super 88	8300 8184
麗都謙客	Nice Invitation	2673 8829

沙田區

Sha Tin District

王廚咖啡 (排頭村28號) (排頭村29號)	Wong's Kitchen and Café (28 Pai Tau Village) (29 Pai Tau Village)	2601 3218 2601 3218
太興	Tai Hing	2693 2782
甘味讚岐手打烏冬專門店 (沙田第一城) (新城市廣場)	Yummy Handmade Sanuki Udon Restaurant (City One Shatin) (New Town Plaza)	2637 6011 2607 0668
叻哥(亞洲)餐廳	Smartman Restaurant	2648 6778
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2362 1911
百份百餐廳	Hundred Percent Restaurant	2975 8100
老爹茶居	Daddy's Kitchen	2640 3878
別府九州地獄拉麵專門店	Beppu Ramen	2668 4188
突破青年村	Breakthrough Youth Village	2632 0100
沙龍會	Salem Club	2696 2112
君臨海鮮酒家	King's Fortune Seafood Restaurant	2667 6338
季季紅風味酒家	Red Seasons Aroma Restaurant	2383 8989
金福酒家	Golden Fortune Restaurant	2698 8288
金裝嫩奶佬餐廳 (天寶樓) (馬鞍山廣場) (頌安商場)	Daniel's Restaurant (Tin Po Building) (Ma On Shan Plaza) (Chung On Shopping Centre)	2608 1331 2630 5533 2631 0225
美心MX (禾輦商場) (沙田中心) (利安邨商場)	Maxim's MX (Wo Che Shopping Centre) (Shatin Centre) (Lee On Estate Shopping Centre)	2694 7608 2605 5873 2640 8926
香港中文大學逸夫書院 (學生飯堂)	Shaw College, Shaw College, The Chinese University of Hong Kong (Kuo Mou Hall Amenity) (Student Canteen)	-
香港科學園 - Park Gourmet	Hong Kong Science Park - Park Gourmet	2607 4080
威爾斯親王醫院職員飯堂	Prince of Wales Hospital Staff Canteen	2646 1132
峰山美食	Fung Shan Canteen	2947 7589
海皇粥店	Ocean Empire	2692 4150
盈彩海鮮酒家	Ying Choi Seafood Restaurant	2641 8812
悅翠小廚	C-Jade Kitchen	2602 7199
曼谷泰菜 (沙田新城市廣場) (馬鞍山廣場)	Bangkok Thai Restaurant (New Town Plaza I Shatin) (Ma On Shan Plaza)	2606 3882 2568 6800
順德經典	Classic in Shun Tak	2330 0023
雅典居住客會所	Villa Athena Club House	2633 4318
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2601 2989
會所1号 - 萬濤	Club One - Riverview	8209 9288
廣東館	Canton Koon	2696 9268
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2699 9811
稻香	Tao Heung	8300 8134
稻香超級漁港 (頌安商場) (沙田正街)	Tao Heung Super 88 (Chung On Shopping Centre) (Sha Tin Centre Street)	8300 8179 8300 8178
潮家	Chiu Ka	2693 2321
嚟味	Taste	-
麗都講客	Nice Invitation	2693 9088
麵軒	Mian Café	2640 8200
囍慶酒樓	Happiness Cuisine	2827 8803
Délifrance (Café)	Délifrance (Café)	2606 4881
H Corner	H Corner	2639 8420
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2609 2911

大埔區

Tai Po District

甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2481 4989
百份百餐廳	Hundred Percent Restaurant	2557 9100
迎囍大酒樓	Cheers Restaurant	8300 8190
美心MX	Maxim's MX	2638 8239
咪走雞焗味餐	Delicious Roasted Chicken Restaurant	2667 7225
海皇粥店	Ocean Empire	2638 7865
桃園粥麵·小廚	Tao Yuen	2834 1200/ 2834 1208
彩福酒家	Choi Fook Restaurant	2766 3788
稻香	Tao Heung	8300 8126
囍慶	Happiness Cuisine	2827 8288

葵青區

Kwai Tsing District

甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2484 1789
百份百餐廳 (長亨商場) (長康邨) (華景商場)	Hundred Percent Restaurant (Cheung Hang Shopping Centre) (Cheung Hong Estate) (Wonderland Villas)	2547 9100 2954 9100 2574 8100
百樂門宴會廳	Paramount Banquet Hall	2496 8068
別府九州地獄拉麵專門店	Beppu Ramen	2497 7008
金裝嫩奶佬餐廳	Daniel's Restaurant	2495 3301
迎囍大酒樓	Cheers Restaurant	8300 8195
美心MX (石蔭商場) (石籬商場) (長發商場) (新葵興) (賢麗苑商場)	Maxim's MX (Shek Yam Shopping Centre) (Shek Lei Shopping Centre) (Cheung Fat Shopping Centre) (Sun Kwai Hing) (Yin Lai Court Shopping Centre)	2276 0119 2425 0230 2436 9353 2428 0636 2743 8651
香港國際貨櫃碼頭有限公司 (職員餐廳) (只供職員)	Hong Kong International Terminals Ltd (Staff Canteen) (Staff Only)	2614 4527
葵青醫院職員飯堂 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff Only)	2959 0474
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2497 3818
富臨酒家	Foo Lum Restaurant	2416 1886
新星海鮮酒家	New Star Seafood Restaurant	2149 0819
廣發餐廳	Kong Fat Restaurant	2612 1842
瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
銀龍粉麵茶餐廳 (石蔭商場) (葵芳廣場) (葵盛東商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre) (Kwai Fong Shopping Centre) (Kwai Shing East Shopping Centre)	2276 5888 3156 1112 2408 2315
稻香 (青衣城) (寶星廣場)	Tao Heung (Maritime Square) (Po Sing Plaza)	8300 8126 8300 8130
稻香超級漁港 (新都會廣場) (翠怡商場)	Tao Heung Super 88 (Metroplaza) (Greenfield Garden Shopping Arcade)	8300 8165 8300 8183
潮篇	Chaozhou Cuisine	2827 2789
聯邦皇宮	Federal Palace	2626 0618
Bistro Délifrance	Bistro Délifrance	2429 8936

離島區

Islands District

天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
西龍傳香飯糰	QQ Rice	2261 0622
空港居酒屋 - 富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
紅軒中菜廳 - 富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
南島書蟲	Bookworm Café	2892 4838
香港飛機工程有限公司基地維修 3A機庫 (職員餐廳)	Hong Kong Aircraft Engineering Company Limited (Aircraft Hanger No.3) (Staff Canteen)	-
索迪斯 (香港) 有限公司 - 香港電燈南丫島發電廠職員餐廳 (只供職員)	Sodexo (Hong Kong) Limited - Staff Cafeteria of Lamma Power Station, the Hongkong Electric Company Limited (Staff Only)	2388 8682
凱星軒	Winsea Seafood Restaurant	2982 8338
翠華餐廳 (香港國際機場) (富東廣場)	Tsui Wah Restaurant (Hong Kong International Airport) (Fu Tung Plaza)	2261 0306 2811 2877
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2261 0553
稻香	Tao Heung	8300 8133
潮樓	Chao Inn	8300 8141
龍門客棧 - 富豪機場酒店	Dragon Inn - Regal Airport Hotel	2286 6878
聯邦皇宮	Federal Palace	2626 0181
藝廊咖啡室 - 富豪機場酒店	Café Aficionado - Regal Airport Hotel	2286 6238
Bistro Délifrance	Bistro Délifrance	2109 4187
Délifrance (Café)	Délifrance (Café)	2261 2056

林思為

香港營養師協會會長
澳洲註冊營養師

Sylvia Lam

Chairlady of the Hong Kong
Dietitians Association and a
registered dietitian (Australia).

沙律太作戰

Explore a Healthy Salad

不少人都愛吃沙律，但吃不得其法，或會影響營養均衡。營養師林思為 (Sylvia) 提醒大家如何吃沙律吃得營養、美味兼備。

Many people love salads. For the sake of good health, it is important to make sure that your salad is nutritionally balanced. Sylvia LAM, a practicing dietitian, shares with us some mouth-watering and healthy salad ideas.

蔬果沙律作正餐 keep fit最有效 Salads help keep weight at bay

Sylvia 說：

「一般蔬果沙律所含的熱量通常不高，能避免因過分攝取熱量引致肥胖，可作為減肥餐單的一部份。」

Sylvia says,

"Fruits and green salads, for their relatively low energy content, are a bulwark against weight gain, and always considered part of a healthy weight-loss diet."



要確保沙律有足夠營養 維持日常所需

**Make sure your salads
meet nutritional needs**

Sylvia 說：

「營養均衡的一餐，應包括碳水化合物、膳食纖維、蛋白質和脂肪。如果以沙律作為正餐，可同時配合螺絲粉、馬鈴薯、粟米等食材以提供碳水化合物。不同種類的深綠色蔬菜，除可提供大量膳食纖維外，還含有豐富的鈣質和鐵質；番茄、甘筍、紅椒則含有番茄紅素、維他命A和C；至於各類水果，則可提供果糖和膳食纖維。在沙律中加入三文魚、吞拿魚、焗雞蛋、雞柳、紅腰豆等食物，除能提供蛋白質外，還可代替含高鈉的火腿、煙肉等較不健康的食材。果仁和牛油果均含脂肪，不宜多用。此外，還可加入葡萄乾、杏脯乾等乾果，拼出一款美味而健康的沙律。」

Sylvia says,

"A well-balanced meal must contain carbohydrates, dietary fibre, protein and fats. With the right combination of ingredients, a salad can be a great meal on its own. Fusilli, potato and kernel corn can provide carbohydrates; dark green leafy vegetables are a good source of dietary fibre, iron and calcium while tomatoes, carrots and red peppers are high in lycopene, vitamins A and C. You can also consider using different fruits in your salad, as they give your meal a natural sweetness and dietary fibre. Salmon, tuna, hard-boiled eggs, chicken fillet and red kidney beans can give your salad a considerable amount of proteins; they can replace meat with high-salt content such as ham and bacon. As for nuts and avocados, they are indeed high in fats, so better use sparingly. Good companions for salads include raisins, dried apricots and other dried fruits, which are tasty and healthy."



中國人主張少吃「生冷食物」，
蔬菜還是煮熟比較好？

"Vegetables are better
cooked than left raw,"
thus saith the Chinese?

Sylvia 說：

「雖然不經烹調的蔬菜可保留最多的營養素，但有些蔬菜如芥蘭和菜心等因為生吃帶有苦澀味，所以我們大都習慣煮熟才吃。不過大家必須留意蔬菜應盡量以水煮或少油快炒的方式去烹煮，以減少過多脂肪的攝取。此外，番茄中的番茄紅素屬脂溶性的營養物質，必須經過用油烹調才能較容易被人體吸收。」

Sylvia says,

"Some vegetables such as Chinese kale and flowering Chinese cabbage (aka choy sum) are preferably cooked, to be rid of their bitterness, rather than eaten raw. As for how to cook them, blanching or stir-frying in just a little oil is recommended. On the contrary, it is recommended that tomatoes should be cooked in a little oil so that their fat-soluble lycopene will become more readily absorbed by the body."



吃沙律太清淡了，
要多放些沙律醬，但...
A salad without dressing
is just too bland, but...

Sylvia 說：

「部分沙律醬含頗高的熱量，例如一茶匙千島醬便有59千卡的熱量，而一茶匙蛋黃醬更高達94千卡。此外，泰式沙律常用的魚露，一茶匙已含1413毫克鈉質。較理想的選擇，是低脂沙律醬、低脂原味乳酪或意式沙律醋等，並可加入香草、蒜蓉、薑蓉、辣椒或咖哩粉提味。」

Sylvia says,

"Certain salad dressings are very high in energy. A spoonful of Thousand Island dressing, for example, contains 59 kcal of energy while the same amount of mayonnaise contains even higher energy, at 94 kcal. What's more, a spoonful of fish sauce contains 1413 mg of sodium. That's why we need healthy alternatives like low-fat salad dressings, low-fat yogurt and balsamic vinegar. Also add herbs, garlic, ginger, chilli, curry powder or other spices to a salad for better flavour."





表一
Table 1

沙律常用蔬果和配料所含的熱量、脂肪、澱粉質、蛋白質和膳食纖維
Energy, Fats, Carbohydrates, Protein and Dietary Fibre in Selected Salad Ingredients

蔬果 Food 100克(g)	熱量 Energy 千卡(kcal)	脂肪 Fat 克(g)	澱粉質 CHO 克(g)	蛋白質 Protein 克(g)	膳食纖維 Dietary Fibre 克(g)
火箭菜 Rocket	15	0.15	2.87	1.36	1.3
羅馬生菜 Romaine Lettuce	17	0.3	3.29	1.23	2.1
番茄 * Tomatoes *	18	0.11	4.0	0.95	0.7
菠菜苗 ** Baby spinach **	23	0.39	3.63	2.86	2.2
粟米粒 Corn Kernels	79	1.11	17.7	2.46	1.9
橙 Oranges	49	0.15	12.5	0.91	2.2
蘋果 Apples	52	0.17	13.8	0.26	2.4
梨 Pears	57	0.14	15.2	0.36	3.1
奇異果 Kiwi Fruits	61	0.52	14.7	1.14	3.0
香蕉 Bananas	89	0.33	22.8	1.09	2.6

* 每100克番茄含489 IU的維他命A和22毫克的維他命C。
100 g of tomato contains 489 IU of vitamin A and 22 mg of vitamin C.

** 每100克菠菜苗含2.71毫克鐵質和99毫克鈣質。
100 g of spinach contains 2.71 mg of iron and 99 mg of calcium.

表二
Table 2

部分沙律配料及醬汁所含熱量、脂肪、碳水化合物、蛋白質和鈉質
Energy, Fat, Carbohydrate, Protein and Sodium Content in Selected Salad Ingredients and Dressings

	熱量 Energy 千卡(kcal)	脂肪 Fat 克(g)	碳水化合物 CHO 克(g)	蛋白質 Protein 克(g)	鈉質 Sodium 毫克(mg)
沙律配料 Food 100克(g)					
火腿 Ham	180	10.3	4.2	16.5	1039
煙肉 Bacon	417	39.7	1.28	12.6	662
煙肉粒 Bacon Bits	476	25.9	28.6	32	1770
醬料 Sauce 1茶匙(teaspoon)/15克(g)					
千島醬 Thousand Island	59	5.6	2.3	0.17	138
法國醬 French Dressing	73	7.17	2.49	0.12	134
蛋黃醬 Mayonnaise	94	10.33	0.08	0.13	88
魚露 Fish Sauce	6	0	0.66	0.91	1413

蘆筍黑番茄

Green Asparagus with Black Tomatoes



本食譜由陳啟華先生提供。
This recipe is provided
by Mr. Vito CHAN.



每一份 Per serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	糖 Sugar	鈉質 Sodium
111	7	2	9	4	475
千卡/kcal	克/g	克/g	克/g	克/g	毫克/mg

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.

特色 Feature

番茄和蘆筍分別含豐富茄紅素和葉酸，茄紅素是抗氧化物，有助抗衰老。葉酸是維他命B雜的一種，能預防貧血。以黑醋作沙律醬亦是低脂精明之選！

Tomatoes and asparagus are rich in lycopene and folate respectively. Lycopene is an antioxidant which slows down aging. Folate is a type of vitamin B which prevents anaemia. The use of balsamic vinegar as salad dressing is also a smart low fat choice!

材料 (2人分量) Ingredients (to serve 2)

蘆筍 3 條
血番茄 2 個
薄荷葉 適量

3 asparagus stalks
2 black tomatoes
Some mint leaves

調味料 Seasoning

海鹽 1/5茶匙
1/5 teaspoon sea salt

意大利黑醋醬汁 Balsamic vinegar dressing

意大利黑醋	10 毫升	10 mL balsamic vinegar
橄欖油	20 毫升	20 mL olive oil
海鹽	1/5 茶匙	1/5 teaspoon sea salt
白胡椒粉	少許	Some ground white pepper

步驟：

把橄欖油和意大利黑醋倒入瓶裡打勻，放鹽和胡椒調味，待用。

Method:

In a bottle, whisk the olive oil, vinegar. Add salt and pepper to taste. Set aside.

試食兵團話你知 Message from Tasting Team

這款沙律所用的原生番茄質感清爽，味道清甜，配上鮮嫩的蘆筍絲，伴以由陳醋、橄欖油和海鹽製成的沾醬，清新可口。

Black tomatoes, with a sweet flavour and firm texture, are perfectly complemented with fresh and tender asparagus and drizzled over with a refreshing balsamic vinegar dressing.

步驟 Cooking Method

1. 蘆筍去皮，以削皮器切成薄片，備用。
2. 番茄去蒂切小塊，備用。
3. 蘆筍和番茄下海鹽調味。
4. 將蘆筍、番茄放入碗內，下5毫升意大利黑醋汁，輕輕拌勻。
5. 把番茄放於碟上，再放上蘆筍，拌上薄荷葉即可。

1. Peel the asparagus. Using a vegetable peeler, slice the stalks lengthwise into very thin strips.
2. Stem and wedge the tomatoes.
3. Season the asparagus and tomatoes with sea salt.
4. In a bowl, add 5 mL of the balsamic vinegar dressing to the asparagus and tomatoes. Toss gently and mix well.
5. Arrange the tomatoes on the plate and place the asparagus on top. Garnish with mint leaves.



蔡小妍 Ms Zoe TSOI

澳洲註冊營養師
香港營養學會健康推廣統籌
Australian Accredited Dietitian,
Health Promotion
Sub-Committee of HKNA



雜菜金不換夏日乳酪

Summer Minestrone with Basil Yoghurt Sorbet



本食譜由陳啟華先生提供。
This recipe is provided
by Mr. Vito CHAN.



每一份 Per serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	糖 Sugar	鈉質 Sodium
101	19	4	2	12	43
千卡/kcal	克/g	克/g	克/g	克/g	毫克/mg

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.

特色 Feature

利用低脂奶類製成的雪芭比傳統雪糕的脂肪含量少得多，新鮮水果的天然甜味亦能大大減少使用額外的糖分。

The sorbet made of low fat dairy greatly reduces the fat content compared to traditional ice cream. The natural sweetness of fruits also avoids the use of extra sugar.

材料

(8人分量)

Ingredients (to serve 8)

草莓(去蒂、切片) 1 公斤 1 kg strawberry slices, trimmed and sliced

裝飾：

車厘茄(去蒂) 1 個

茴香(小)(去蒂、切粒) 8 個

紅椒(切條) 1 個

草莓(切塊) 16 顆

藍莓 24 顆

覆盆子 16 顆

Garnish:

1 cherry tomatoes, stemmed

8 small fennel bulb, trimmed and diced

1 red pepper, cut into strips

16 strawberries, wedged

24 blueberries

16 raspberries



蔡小妍 Ms Zoe TSOI

澳洲註冊營養師
香港營養學會健康推廣統籌
Australian Accredited Dietitian,
Health Promotion
Sub-Committee of HKNA

金不換乳酪雪芭 (製8份)

Basil Yoghurt Sorbet (for 8 portions)

低脂奶	175 毫升	175 mL low-fat milk
低脂原味乳酪	250 毫升	250 mL low-fat plain yoghurt
檸檬(榨汁)	1/2 個	Juice of 1/2 lemon
金不換(羅勒)葉	150 克	150 g basil
橙皮	1/4 個	Zest of 1/4 orange



試食兵團話你知

Message from Tasting Team

清香的乳酪雪芭，配上鮮甜濃郁的草莓湯，加上茴香和橙皮作點綴，色香味俱全。

Fresh yoghurt sorbet, accompanied a chilled strawberry soup, is garnished with a touch of basil and orange zest to become a dessert that is rich in fragrance, color and flavour.

步驟

Cooking Method



1. 把草莓放入大碗，以手輕壓至果汁溢出，用保鮮膜封好碗口。以80度溫水蒸1小時，然後放進冰箱冷凍一夜。
2. 將茴香和紅椒分別放入膠袋密封，然後以85度溫水慢煮15分鐘，備用。
3. 金不換葉去柄，將其中一半切碎備用。
4. 將低脂奶和金不換全葉放入鐵鍋，加入橙皮，以低火煮5分鐘至起泡，過濾，待涼。
5. 把乳酪、切碎的金不換和檸檬汁加入低脂奶中，以保鮮膜封好，放進冰箱冷藏庫待凝固。
6. 濾去草莓肉，把汁液倒進碟中，放上草莓塊、覆盆子、藍莓和車厘茄作裝飾，再把茴香粒、紅椒條和金不換葉放在車厘茄上。以匙杓挖取乳酪雪芭放在碟中即可。

1. In a large bowl, gently squeeze the strawberry slices till juiced. Cover the bowl with plastic wrap. Set the bowl over hot water and steam at 80°C for 1 hour. Place in the refrigerator overnight.
2. Seal the fennel into an airtight plastic bag, and the red pepper into another. Sous vide at 85°C for 15 minutes. Set aside.
3. Stalk the basil leaves; chop half of them finely.
4. In a steel pan, mix the low-fat milk and the whole basil leaves. Add the orange zest. Boil the mixture on low flame for 5 minutes until bubbling. Sieve and let cool.
5. Add the yoghurt, chopped basil leaves and lemon juice to low-fat milk. Cover with plastic wrap, and place in the freezer.
6. Sieve the strawberries and transfer the juice to a plate. Garnish with the strawberries, raspberries, blue berries and cherry tomato. Place the fennel dices, red pepper strips and basil leaves on top of the cherry tomato. Spoon the basil yoghurt sorbet onto the plate and serve.

Vito 帶你感受美食世界

Welcomes You to a World of Good Food

陳啟華 (Vito) 在中華廚藝學院畢業後，先後在會所和酒店工作，其後在兩家頂尖高級法國菜食府任職，然後前往澳洲跟隨星級廚神Donovan COOKE深造。Vito喜歡用低溫煮食，配合來自各地的食材，讓顧客享受不同的餐飲體驗。

Vito CHAN, after graduating from the Chinese Cuisine Training Institute, has worked in several private clubs, hotels and two famous French restaurants. He then moved to Australia to work under the renowned chef Donovan COOKE. Vito is skilled in slow-cooking method (*la cuisine sous vide*), and always strives to serve customers with ingredients sourced from around the world.

可否談談入行以來最難忘的經歷？
What was the most unforgettable event in your culinary career?

我想是在澳洲工作的一段日子。除了進修廚藝，那時還遇上Donovan。他不會要求別人跟他的方法做，而是按照員工的特性，放手讓他們發揮。他曾叫我為一個名人聚會準備餐單；由於壓力太大，我曾一度想放棄，但他鼓勵說：「我給你壓力，是希望你能成長，學懂如何成為一位稱職的廚師。」就是這一句話令我重新振作，繼續踏上廚師之路。

In Australia, I was fortunate enough to work with Donovan, who was always able to inspire his staff to perform to the best of their abilities. For example, Donovan once asked me to design a menu for a VIP party. It was so difficult that I thought about giving up.

Yet he said, "I put you under pressure because I want you to grow up and learn what a chef should know."

你認為怎樣才是一道出色的菜式？
What makes a great dish?

一道出色的菜式講究食材、味道、技巧和造型。精美的造型，能提升整道菜式的質素，為顧客帶來獨特的餐飲體驗。做菜也不一定要用高價的食材；即使是大眾化的蔬菜，只要加上搭配得宜的醬汁，也能成為一道十分美味的沙律菜式。

A truly great dish combines the best of all its ingredients and the culinary skills of the chef. Its presentation, among other things, can enhance customers' dining experience. A good dish is not necessarily a product of expensive ingredients; everyday vegetables, with a perfect matching dressing, can become a terrific salad on their own.



慢煮細味 精選食材

Savour the slow-cooked delight

Vito，你擅長低溫慢煮，
可否介紹一下這種烹調方法？

Will you tell us something about *sous vide* cooking?

低溫慢煮在外國已發展了幾十年，近年在香港日漸流行。方法是先將食材以專用真空膠袋密封，放進低溫烹煮機內，以低於沸點的溫度慢慢煮熟，藉此保留食材的原味、質感和營養，符合現代人健康飲食的概念。即使是低溫慢煮，不同的食材也有指定的烹煮溫度和時間，例如：以攝氏48度慢煮三文魚已可令魚肉全熟之餘，同時保持口感滑溜。

Sous vide cooking, which has been around for several decades, is becoming popular in Hong Kong. By cooking food sealed in airtight plastic bags in a *sous vide* machine at a temperature below boiling point, it retains the original taste, texture and nutrients of the ingredients. For instance, the ideal temperature for *sous vide* salmon is 48°C, which will remain succulent and smooth when done.

你喜歡採用來自不同地方的食材，為什麼？

Why are you fond of using imported ingredients?

由於本地出產的農產品不多，菜式創作或偶已受到限制。所以我盡量從世界各地入口不同的食材，令菜式的種類更豐富。不同地方的氣候、土壤、環境、飼料，都影響食材的質素，雖然不少蔬果可在溫室種植，但口感和味道始終不及天然出品，例如：野生的白蘆筍多汁而味道帶甘苦，但溫室培植的只帶甜味。

Supply of home-grown produce is very limited, so many things have to be imported. Though we are seeing more supply of greenhouse produce, the quality of naturally grown produce is incomparable.

你如何看香港食肆發展的趨勢？

How do you find the local food scene?

香港的飲食文化日趨多元化，業界也有更多資源去創作新菜式，加上大眾對飲食健康的認識不斷提高，令一個重視飲食質素的消費群漸漸建立起來，這也是驅使我不斷求進的動力。

Hong Kong is a place with a diversified food culture, and people in the industry are committed to providing good quality food. Similarly, an increasing number of consumers are getting more and more aware of healthy eating. They always push me forward along the path of improvement.



星の廚房

TV Artistes cook in the
EatSmart Recipes

衛生署委託了《新假期》雜誌為四間「有營食肆」製作特約專輯。專輯將介紹在「愛·回家」中飾演馬家兄妹的著名藝人羅天宇和蔣家旻走訪各間「有營食肆」，向大廚學習烹調「有營菜式」。專輯會於今年 9 月至 10 月期間一連四期刊出。

想成為「有營食肆」而專享免費宣傳和推廣機會？請立即行動！申請表可從「有營食肆」專題網站(<http://restaurant.eatsmart.gov.hk>)下載。

The Department of Health ("DH") is going to produce four advertorials in the *Weekend Weekly* magazine. Each of these advertorials will feature a story of two TV artistes, Joey LAW and Angel CHIANG, who visit around different ESRs and purport to learn how to cook an EatSmart dish from an ESR chef. The advertorials will be published in four consecutive issues between September and October this year.

Do you want to be an ESR and enjoy this kind of free marketing opportunities? Please enroll as an ESR now! Application form is downloadable from the thematic website of the "EatSmart@restaurant.hk" Campaign at <http://restaurant.eatsmart.gov.hk>.

2014度「有營食肆」即將接受報名！

ESR membership 2014

每年十月初，「有營食肆」運動都會開始招募來年的新會員，想追上這個健康餐飲潮流的你，請立即行動報名參加！欲知報名詳情，可致電「有營食肆」秘書處2572 1476查詢！

至於現有「有營食肆」的商戶，我們將自動確認您為2014度的「有『營』食肆」。

Recruitment of ESRs begins in early October each year. Sign up for enrollment at once! For more details on enrollment, please call "EatSmart@restaurant.hk" Campaign Secretariat on 2572 1476.

As for the current ESRs, your membership will be automatically renewed.



美食博覽2013之「少油廚房」

Demonstration of “Less Oil Cooking”

at Food Expo 2013

承接去年的熱烈反應，衛生署今年繼續通過「美食博覽」這個平台向市民推廣健康飲食。今年我們邀請了兩間「有營食肆」，「簡約煮意廚坊」和「翠華餐廳」，分別於8月15日和16日兩天向現場觀眾作烹飪示範，市民可以親身品嚐到他們別出心裁的「有營菜式」。

「簡約煮意廚坊」示範的菜式是「蝦醋纖型果」，「翠華餐廳」示範的菜式是「西西里大蝦炒意粉」。這兩天的活動共錄得超過180多名觀眾參與，他們全都十分專心地留意每個烹調步驟和每種技巧，更有熱心觀眾即場筆錄食譜。在試食環節中，他們都十分踴躍品嚐「有營菜式」清新健康的味道。

蝦醋纖型果
Pagani with Shrimp,
Vegetables and Mangoes



To thrive on the enthusiastic feedback from the demonstrations at last year's Food Expo, DH strived to continue the good work this year. For Food Expo 2013, we invited two ESRs, namely Minimal Gourmet and Tsui Wah Restaurant, to do cooking demonstration on 15 and 16 August respectively. Audience even tasted the ES dishes themselves.

Minimal Gourmet demonstrated "Pagani with Shrimp, Vegetables and Mangoes", while Tsui Wah Restaurant demonstrated "Tomato and Prawns with Spaghetti Sicilian Style". The two-day activity at Food Expo 2013 saw a participation of 180 participants, who all observed attentively each step of cooking and each kind of technique demonstrated. Enthusiastic participants even took down the recipes on the spot. Afterwards, they even had personal experience with the dish at the tasting session.



西西里大蝦炒意粉
Tomato and Prawns with
Spaghetti Sicilian Style



CookSmart

廚營

Vito 帶你感受美食世界
Welcomes You to a World of Good Food