

有營食肆

003

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CookSmart

營廚





3少之選 3 Less Dish

代表菜式以較少脂肪或油分、鹽分及糖分烹調或製作，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類或按體積計，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.



常用份量換算

Conversion of Common Measurement Units

1兩 = 37.5克

1 tael = 37.5 gm

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 = 240 毫升

1 medium bowl = 240 ml



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秋話

Words from the Editor

有「營」食肆 一周年啦！

EatSmart Restaurant 1st Anniversary



「有『營』食肆」運動在二零零八年初推出，不經不覺已踏進一周年了！「有『營』菜式」由最初集中於中菜及快餐，到現在的日本菜、台灣菜、越南菜、客家菜、潮州菜、京菜、川菜、滬菜、西餐、火鍋以及茶餐廳，種類之多應有盡有。我們能夠做到這個成績，當然有賴業界鼎力支持。各位會員，千萬不要忘記續期啊！您們可於零八年十二月前向「有『營』食肆」秘書處辦理續期手續。如果身邊的同事或朋友有興趣加入，不妨介紹他報名參加「有『營』食肆」簡介會。續期表格及新報名表格可於衛生署健康飲食專題網站www.eatsmart.gov.hk找到。

Let's celebrate our "EatSmart@restaurant.hk" Campaign 1st Anniversary! Our EatSmart Dishes are not limited to Cantonese cuisine and fast food. We have new recipes from Japan, Taiwan, Vietnam, Hakka, Chiu Chow, Beijing, Sichuan, Shanghai, Western, and even Chinese tea style restaurants. Make sure you renew your EatSmart Restaurant membership as it will expire by the end of 2008! Simply fill in the renewal form already uploaded to the thematic site www.eatsmart.gov.hk and return it before year ends. Refer your friends and colleagues so that more people can benefit from this meaningful campaign!



金粟三鮮浸菠菜
Spinach with Seafood and
Corn in Soup



有「營」燒味連鎖店

Healthy Roast Restaurant

太興燒味餐廳

Tai Hing Roast Restaurant

不少朋友都喜歡光顧燒臘飯店，但傳統燒臘飯店一般食品較為油膩，亦稍為欠缺點菜蔬，但太興旗下的太興燒味餐廳及太興新世代卻走在最前線，今年加入了「有『營』食肆」的行列，推廣健康飲食。

「先賞、後教、再罰」

太興環球發展有限公司副總經理何小鋒先生表示，太興自1989年創業以來，透過產品的多元化、製作的標準化及管理的現代化，由一間普通的燒味飯店，發展成為全港最大的連鎖式燒味餐廳集團。有別於其他的連鎖店，他們亦藉著人本管理文化，即「先賞、後教、再罰」這個制度去獎勵及表揚出色的員工。

多菜少糖 大勢所趨

太興雖然以燒味為「主打」菜式，但數年前已經開始引入「多菜」的食譜，為顧客提供較健康的菜式

選擇。何先生表示，近年顧客要求多菜，例如早在兩年前推出的芥蘭煲及時菜炒肉片等都相當受歡迎，他們的炒菜亦特別加重蔬菜的比例。

大家或許會覺得燒味多是脂肪較高的食物，但何先生認為，只要懂得選擇，例如：雞胸肉或進食前先去雞皮，燒味食品亦可變得較低脂。顧客若想點去皮燒味，店方亦會盡力提供。

至於飲品方面，鑑於不少顧客要求「少甜」飲品，太興餐廳已兩次主動調整了飲品的配方，將糖分減少了20%，顧客亦十分受落。

有「營」食譜 美味又健康

由於太興近年進行了各方面的改革，引入了完善的培訓制度，所以在推行「有『營』菜式」時，並未遇上太大困難。何先生認為，他們很重視向員工灌輸有「營」飲食背後的理念，令公司上下均認同這個方向，「有『營』菜式」並不表示不美味，只要食品配搭得合適，健康食品亦很可口，只是大家習慣了某一類的口味而已。

何小鋒認為，現時太興先在六間位處商業區的分店推出「3少之選」及「蔬果之選」的菜式，及後再推廣至其他分店。他相信逐漸會有更多顧客選擇這類菜式，更期望以後逐漸在午市、早餐、下午茶推出更多有營的食品。

鮮茄蛋白煮蝦仁
Shrimp with Egg White and
Tomatoes





太興環球發展有限公司副總經理 - 何小鋒先生
Mr. Bosco HO, Deputy General Manager of
Tai Hing Worldwide Development Ltd.

Roast meat, a.k.a. siu mei, is one of the all times favourites of Hong Kong people. Siu Mei dishes are often oily and come with little vegetables on the side. Tai Hing Roast Restaurant and Tai Hing New Century, however, take the lead in Siu Mei Restaurants by joining the EatSmart force and offer healthier food options.

Reward, Recognition and Penalty

According to Mr. Bosco HO, Deputy General Manager of Tai Hing Worldwide Development Ltd. said, Tai Hing was no different from other Siu Mei restaurants when it was established in 1989. Since then, the restaurant has introduced a series of reform in diversifying their products, standardizing the production process and modernizing the

management system. Most importantly, the chain restaurant has adopted a "person-centred" management approach which emphasized staff training, reward and recognition of good performances rather than penalizing them for mistakes made.

More Vegetables and Less Sugar are the Modern Trends

As customers are demanding more vegetables in their meals, the chain restaurant started to offer more vegetable-rich dishes a few years ago. Dishes like hot pot with Chinese kale and fried vegetables with meats are well received by customers.

Siu Mei is usually high in fat content. Mr. HO said, "This can be reduced if you choose to eat chicken breast or skinless chicken. Our restaurant would cater to customers' need for lean meat by deskinning the chicken."

The restaurant, moreover, has reduced the sugar content of their drinks by 20%.

EatSmart Recipes - Delicious and Healthy

Mr. HO said the company stressed on communicating the concept of healthy eating with their staff. With a comprehensive staff training programme, Tai Hing's employees understand and live the group's mission. The company has been providing "3 Less" and "More Fruit and Vegetables" dishes in 6 of their branches. It is hoped that more and more people ask for healthy food.



He said, "With the right mix of ingredients, we can cook very delicious and healthy dishes."



有「營」廣東粥品店 海皇粥店

Healthy Cantonese Congee Shop **Ocean Empire Food Shop**



海皇國際有限公司執行董事 - 蕭楚基先生
Mr. Caecage Siu, Managing Director of
Ocean Empire International Ltd.

成立於1992年的海皇粥店，堪稱全港首間連鎖式的廣東粥品店，十多年來均以價廉物美、清潔衛生作招徠，故一直是粥品店的「一哥」。隨著健康飲食日漸普遍，海皇粥店亦不甘後人，加入了「有『營』食肆」的行列。

「衛生、品質、服務」

海皇國際有限公司執行董事蕭楚基先生認為，「飲食業的基本要求，不外乎衛生、品質及服務，更重要的是持之以恆」。近年來，顧客日益著重健康食品，海皇粥

店兩年前已開始加入了不同的健康食品，如燕麥肉碎粥和十穀粥等。集團設立產品開發及研究的專責委員會，管理層亦不斷參考各地的烹飪方法，以改良公司的產品。

真材實料靚粥皇

蕭先生認為，「要煲一鍋靚粥，材料一定要新鮮，時間掌握得好，但更重要的是不能存放太久」。他們選用了最適合煲粥的泰國絲苗米，加上上乘的腐竹，用上四小時去煲成「粥底」；再加入不同的材料，成為各款粥品。蕭先生強調，一鍋粥的「壽命」其實只有二至三小時，如存放太久，粥水及米漿會自行分解。他指出，坊間某些粥店或會在下鍋前先將米磨碎，以省減煲粥的時間，結果只成了「米糊」，影響了粥的質素。

明火靚粥與腸粉是最佳配搭，海皇的腸粉亦採用上佳的米磨成米粉，再後加入水成為米漿蒸熟而成。蕭先生指出，現時有些酒樓是採用粟粉代替米粉，以省減成

本，蒸出來的腸粉成「黏黏的」，口感及味道自然差了一截。他認為，只要用料新鮮，吃腸粉其實不一定要下油來增加軟滑感。

提供健康菜式 三贏局面

海皇粥店一直著重改良食品，該店推出新產品前，通常要經通多月的嘗試，例如「3少之選」的**南瓜粟米肉碎粥**，原本只下了南瓜，但及後顧客反映南瓜煮後太稔，於是店方加入了粟米，令粥更有口感；另一款**芥菜排骨粥**，亦是經過不同嘗試而成的產品，原因是芥菜煮太久會失去營養，但時間不足又不能與米融和。他們及後嘗試先將芥菜榨汁，再將菜汁連菜下鍋加米去煲，結果效果其佳，更成為一款頗受歡迎的粥品，現時每天銷量達一千碗之多。

自加入「有『營』食肆」以來，公司員工均很認同這個方向。蕭先生重申，「健康飲食既是市場需求，他們亦樂於為顧客提供更健康的食品選擇，兼且可以令市民更健康，可說是達到了三贏的效果。」





羅漢齊腸
Ricesheet Rolls with
Vegetables

Ocean Empire International Ltd. was established in 1992. With a vivid image of scrumptious food and well-proven sanitary, it has turned the conventional congee business into the first congee chain shops in Hong Kong. Ocean Empire International Ltd. has joined the "EatSmart@restaurant.hk" Campaign as healthy eating is becoming increasingly fashionable nowadays.

Hygiene, Quality and Services

Mr Caecage SIU, Managing Director of Ocean Empire International Ltd., said "the basics of food industry are good hygiene, quality food and good services. And more importantly, we have to be persistent." In recent years, the chain food shops have added different healthy food such as *oat congee* and *ten grains congee* to the menu. The group's Products Development Committee and the management have made reference to the recipes all over the world to improve the quality.

A pot of good congee = fresh ingredients

"A pot of good congee comes from," Mr. SIU said, "fresh ingredients and the right level of heat for

cooking. More so, the congee should not be left on shelf for too long." The group uses quality Thai rice and good bean curd skin to boil for 4 hours to make a pot of plain congee, then add in other ingredients to make different congees. Mr. SIU



魚片腸
Ricesheet Rolls
with Fish Slices

stressed that a pot of congee cannot be kept for more than three hours, otherwise, the congee will become watery.

A dish of steamed ricesheet rolls is the perfect match with a pot of good congee. The ricesheet rolls are made by steaming a mixture of rice flour and water. Mr. SIU said, "To cut cost, some Chinese restaurants use corn flour, which makes the ricesheet rolls too sticky." He added, "to cook delicious and silky ricesheet roll, the key is to use fresh ingredients instead of adding oil into it."

Offering Healthy food choices - A "Triple Win"

The group has been putting a lot of effort in developing new food products. An example is the "3 Less" Dish- Pumpkin, Corn and Minced Pork Congee. When they found that cooked pumpkin was not chewy, they put in corn to add texture to the congee.

Freshly-made Mustard and Pork Rib Congee has also been added to their menu after multiple trials. Mustard Cabbage

does not mix well with the plain congee if it is not well cooked. However, its nutrients will be lost with prolonged boiling. To solve the problem, the group innovated the use of mustard cabbage juice to prepare the congee base. This has become very popular with daily sales exceeding a thousand bowls a day.

Mr SIU continued, "In light of the growing demand for healthy food, we are happy to be able to offer our customers a healthy choice. On the other hand it will also improve our business and the people's health. It is really a triple-win!"



芥菜排骨粥
Freshly-made
Mustard and Pork
Rib Congee



新 鮮

出 爐

Cover Story

食 得 張嘉兒

有營

The Smart Eater

剛卸任的香港小姐冠軍張嘉兒，自小便奉行「一少三多」的健康生活之道：少吃、多餐、多做運動、多留意食品標籤。在大學亦主修營養學的她，是名符其實的有「營」一族，因此對「有『營』食肆」運動所提倡的少油、少鹽、少糖及多蔬果原則極為支持。

Former Miss Hong Kong Kayi Cheung, also a nutritionist, has a secret to healthy living - "One less and Three more" meaning eat less but eat more often, do more exercises and learn more about food labels. She has been a health advocate since early age and a genuine supporter of the "less oil, salt and sugar plus plenty of fruits and vegetables" principle under the EatSmart Campaign.





少食多滋味

「香港人多工作忙碌且經常外出用膳，很容易在不知不覺間進食過多油膩食物。事實上現時很多慢性疾病，如心臟病、糖尿病和癌症等，均與個人的飲食習慣有密切關係，因此遵行有「營」飲食守則是刻不容緩的。而這個趨勢亦日漸成形，好像最近我光顧了一間有『營』茶餐廳，在他們的菜牌上便找到一系列「有『營』菜式」，的確為我省卻不少選擇健康食物的功夫。而在其他食店用膳時，大家亦不妨主動提出少油、少鹽、少糖吧！」

愈節制 愈想食

張嘉兒向來對保持身段有一套方法。「你愈刻意節食，腦裏愈不斷浮現美食，結果適得其反，反而吃多了。所以不妨放鬆些！選擇吃適量自己喜愛的健康食物，這樣既可滿足食慾，又不會攝取過多的熱量。」

作為香港的親善大使，張嘉兒經常要出席各樣的宴會或公開活動，她的秘訣是在赴宴前吃點健康小食，到場時就不會吃得太多；出外工作時，水果是必備的，這樣自然可以避免薯片和朱古力等不健康小食的引誘。

香港的飲食文化十分國際化，但張嘉兒始終對中菜情有獨鍾，特別是在中國各地的地道菜式。至於日常飲食，她以清淡簡單為主，最愛魚類和不同的蔬菜類，如南瓜、木瓜、佛手瓜及西蘭花等，烹調方法則多以蒸及焗為主。

留意食品標籤「營」上加「營」

張嘉兒透露自己從小已養成閱讀食物營養標籤的習慣，對其日後選讀營養學不無關係。她認為要保證吃得有「營」，一定不能輕信廣告宣傳句語，應多瞭解食物的成分，特別是熱量、糖分及脂肪含量等，便能正確地作出健康有「營」的飲食選擇。例如，100%純果汁較加糖飲料為佳，但當然無法代替吃新鮮水果可攝取豐富的纖維啦！她強調只要花上少少時間，看懂營養標籤是絕無難度的。

「最緊要吃得開心！」

除了注意多菜少肉，張嘉兒還堅持每周三次、每次最少一小時的運動習慣。「飲食是生活的一部分，而個人的起居習性又與飲食息息相關。只要保持飲食均衡，再加上恆常運動，吃東西，肯定是一件開心事呢！」
營廚

Eat Less to Enjoy More

"Hong Kong people work very hard and have little time to cook. They rely on outside food which is often laden with fat. In fact, obesity and many chronic diseases such as heart disease, diabetes and cancer are closely associated with unhealthy eating habits. It is therefore important to follow the principle of healthy eating. I have visited an EatSmart Restaurant and was happy to find that they offer a large variety of EatSmart Dishes. It really saves me a lot of time and trouble in placing order. Even if you are not in an EatSmart Restaurant, I still recommend dishes with less oil, salt and sugar which can help to avoid excessive calorie intake."

Oversuppression - The more you want to control your eating, the more you think of eating

Kayi has her way in keeping her body figure. She said, "The more you want to control your eating, the more you will think of it. People who intend to lose weight often end up eating more. I would suggest taking an appropriate portion size of your favourite food to satisfy your cravings without overeating."

As Hong Kong's goodwill ambassador, Kayi has to attend numerous banquets and public events. Her tip to avoid eating too much is to have some healthy snacks before going to the events. She always brings along some fruits as snacks when she goes to work.

Hong Kong has a rich and varied food culture, yet Kayi loves Chinese cuisine the most. Her daily diet, however, consists mainly of simple and mildly flavoured dishes. She likes to eat fish and vegetables. Pumpkins, papaya, chayote and broccoli are among her favourites. Streaming and boiling are her choices of cooking method.

Read the Food Labels, be a Smart Eater

Kayi has developed the habit of reading food labels since she was a young girl, which was apparently one of the reasons for her choice to study nutritional sciences. To be a smart-eater, she believes, one should not be easily convinced by the promotional claims of food items. Food choices can be made much easier with better understanding of the ingredients of food, especially the calorie counts, sugar as well as fat contents. For instance, 100% natural fruit juice are generally preferable to

Nutrition Facts 營養成分

Serving Per Packet 每容器份量數目:

5

Serving Size 食用分量:

20g / 克

	Per 100g 每100克	Per Serving 每食用分量
Energy 總熱量	420kcal / 千卡	84kcal / 千卡
Total Fat 總脂肪	20g / 克	4g / 克
Saturated Fat 飽和脂肪	10g / 克	2g / 克
Trans Fat 反式脂肪	8g / 克	1.6g / 克
Total Carbohydrate 總碳水化合物	50g / 克	10g / 克
Dietary Fibre 膳食纖維	2g / 克	0.4g / 克
Sugar 糖	10g / 克	2g / 克
Protein 蛋白質	10g / 克	2g / 克
Sodium 鈉	900mg / 毫克	180mg / 毫克

一包100克餅乾的「營養標籤」樣本

Sample Food Label of a pack of biscuit showing absolute amount per 100g

sugared soft drinks, yet they are no substitute to fresh fruits, which contain high dietary fibre. Kayi assures that it is not difficult or time-consuming to learn the food labels.

"Eating is enjoyable!"

Apart from eating plenty of veggies and less meat, Kayi does three one-hour sessions of physical exercises a week. She said, "Eating is part of our life. It is closely linked to various aspects of our daily life. If we could maintain a well-balanced diet and regular exercise, eating is always an enjoyable thing to do".



食油

Cooking Oil

要少吃 非戒吃

Eat less, but not Oil-free

食油如塗麵包的植物牛油和烹煮餸菜用的粟米油均蘊含豐富脂肪，是日常飲食中脂肪的主要來源。健康飲食強調減少脂肪的攝取，鼓勵多選低脂的食物，但低脂並不等於「零」脂肪。我們需要吸收脂肪以維持健康，脂肪在人體的功用載列於表一。

Cooking oil, such as corn oil and margarine, is the major dietary source of fats. One of the principles for healthy eating is to reduce the amount of fat intake and to keep a low-fat diet. Yet eating a low-fat diet does not necessarily mean zero fat intake because fats are essential in maintaining good health. The functions of body fat are summarized in Table 1.

表一 脂肪在人體的功用
Table 1: Functions of Body Fat

- 儲存熱量，待身體需要時，供應使用。Fat serves as the storage substance for the body's extra energy.
- 皮下脂肪有助維持體溫。Fat helps to maintain body temperature.
- 圍繞內臟器官的脂肪組織，具有支撐和保護作用。Fat provides support and protection to the internal organs.
- 作為吸收及傳送脂溶性維他命A, D, E, K的媒介。Fat helps the body absorb and move the vitamins A, D, E and K through the bloodstream.
- 是製造膽固醇、維他命D、膽汁酸及荷爾蒙的主要原料。Fat is an important ingredient for producing cholesterol, bile acids and hormones.

雖然我們的飲食無需是「零脂肪」，但卻需要選用健康的食油。究竟什麼是健康的食油呢？要判斷食油是否健康，我們必須先了解脂肪酸。

It is important to include healthy cooking oils in our diet. What are healthy oils? Let's learn more about fatty acids before making any choice!

不飽和、飽和及反式脂肪酸？

Unsaturated Fatty Acids, Saturated Acids and Trans Fatty Acids

食油中的脂肪，它的基本結構是由一個甘油分子及三個脂肪酸分子所組成（見圖一）。脂肪酸可分為二大類：「不飽和」及「飽和」脂肪酸，它們對我們的健康有著不同的影響。

不飽和脂肪酸令血液中壞膽固醇（低密度脂蛋白膽固醇）水平下降，減少患上心臟病的風險。

飽和脂肪酸令壞膽固醇上升，不利心臟健康。

反式脂肪酸主要在植物油的氫化過程中產生。對健康的影響比飽和脂肪酸更甚，除會令壞膽固醇上升，更會降低好膽固醇（高密度脂蛋白膽固醇）的血液水平。

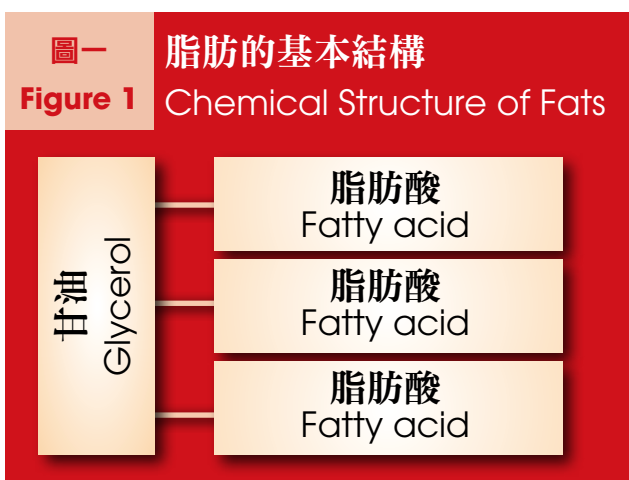
各種脂肪酸對健康的影響載列於表二。

Fat in cooking oil is made up of three fatty acid groups and a single glycerol derivative (Figure 1). Fatty acids are characterized into saturated and unsaturated fatty acids by their chemical structure.

Unsaturated fatty acids help to lower the "bad" cholesterol (low-density lipoprotein (LDL) cholesterol) in our bloodstream and the risk of developing cardiovascular diseases.

Saturated fatty acids are the biggest dietary cause of high "bad" cholesterol level, which have been linked to increased risk of developing heart problem.

In general, **trans fatty acids** are produced during the hydrogenation of vegetable oils. They raise the "bad" cholesterol level in our body, and at the same time lower the level of "good" cholesterol. The negative impact is thus considered worse than that



表二
Table 2

各種脂肪酸對身體的影響
Impact of Fatty acids on Our Body

	心臟健康 Heart Health	壞膽固醇血液水平 "Bad" cholesterol in blood
不飽和脂肪酸 Unsaturated fatty acids	😊	↓
飽和脂肪酸 Saturated fatty acids	😞	↑
反式脂肪酸 Trans fatty acids	😞	↑

of the saturated fats. The impact of fatty acids on our body are listed in table 2.



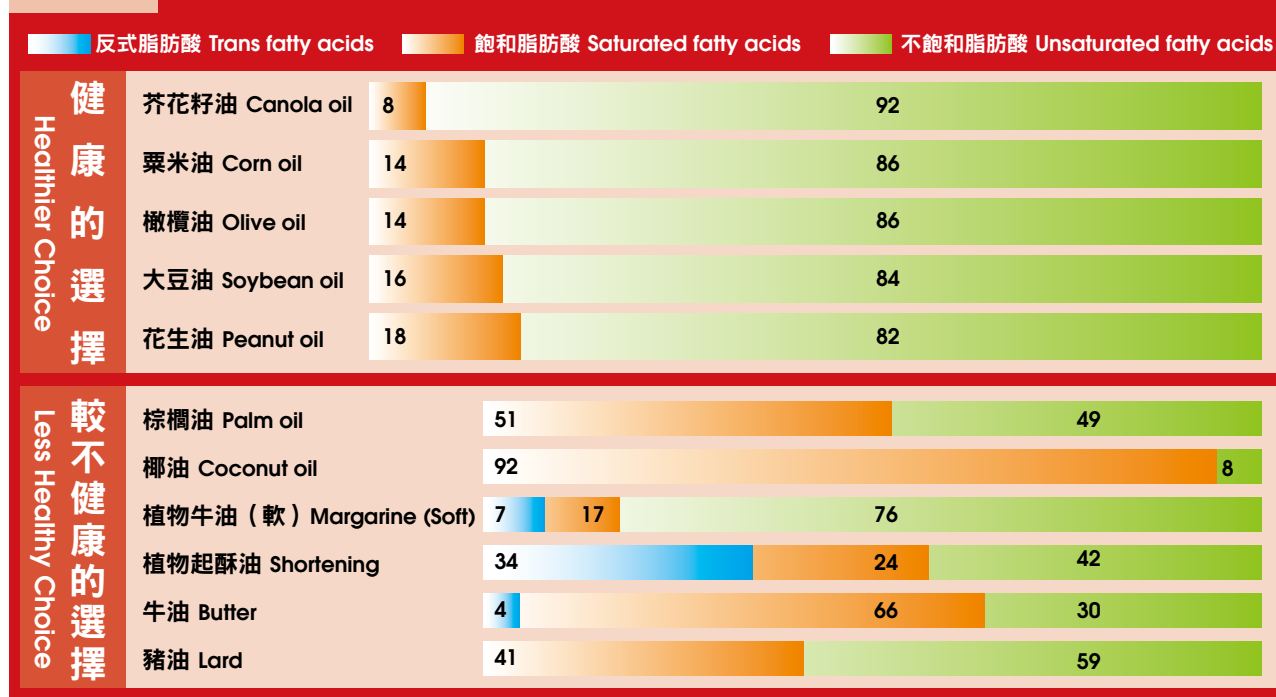
食油的選擇

Choice of Oils

牛油和豬油中的動物性油脂，含較多飽和脂肪酸。相反，大部份植物性的食油，如粟米油、花生油、大豆油等，主要含不飽和脂肪酸。但植物性食油也並非全數健康，例如椰子油和棕櫚油便以飽和脂肪酸為主，經氫化的植物牛油和起酥油則含較多的反式脂肪。圖二列出多種食油的脂肪酸百份比。

Saturated fats are abundant in animal fats such as butter and lard, whilst unsaturated fats are mostly found in vegetable oils such as corn oil, peanut oil and soybean oil. There are exceptions like coconut oil and palm oil, which are mainly made up of saturated fat. On the other hand, hydrogenated margarine and shortening contain high levels of trans fat.

圖二
Figure 2 各種食油的脂肪酸百份比
Comparison of Fats and Oils



資料來源：香港特別行政區：食物環境衛生署食物安全中心。《減少食物中反式脂肪—業界指引》單張
Source: Centre for Food Safety, Government of HKSAR, Trade Guidelines on Reducing Trans Fats in Food

選用貼士

Tips on food preparation

- 所有的食油，不論是健康的或是較不健康的選擇，每克的食油同樣提供約9千卡的熱量。所以縱使選用健康的食油，同樣需要配合蒸、少油快炒等的低脂烹調方法，以減少脂肪的攝取。
- 選擇健康的食油，如芥花籽油、粟米油、花生油、橄欖油等。
- 在眾多的健康食油中，可按個人的喜好或食譜的需要而選擇。例如意大利菜或沙律多用橄欖油。
- Each gram of cooking oil, no matter it is healthy or not, contains 9 kilocalories of energy. In order to limit the consumption of fats, we need to use low-fat cooking methods such as baking, steaming and stir-frying.
- Use healthy cooking oils such as canola oil, corn oil, peanut oil and olive oil.
- You may choose from various healthy cooking oils to suit your tastes and menu. Olive oil, for instance, is frequently used in Italian cuisine and salad.

什麼是「0克反式脂肪」？

What is "Zero Gram Trans Fat" ?

根據預先包裝食物營養標籤制度，每100克或毫升不多於0.3克反式脂肪的食物可於營養標籤上反式脂肪一列標示為「0克反式脂肪」。

預備「3少之選」的三文治時，除了可選用「0克反式脂肪」的植物牛油外，亦可考慮選用低脂的蛋黃醬、千島醬的沙律醬。

According to the Nutrition labelling scheme of nutritional information of prepackaged foods, 100 gm or ml of food with less than 0.3 gm of trans fats per serving can be labelled as "Zero Gram Trans Fat".

When preparing a set of "3 Less" sandwiches you may add "zero gram trans fat" margarine and consider adding dressings such as low-fat mayonnaise and low-fat thousand island dressing.

什麼是「菜油」？

是否適用於「3少之選」的菜式？

What are "Vegetable Oils" ?

Do they meet the requirement of "3 Less" dishes?

「菜油」是泛指植物性的食油，不一定是健康的選擇。因為若產品包裝上沒有清楚列明成份，它可能含椰子油或棕櫚油，所以不適用於「3少之選」的菜式。

"Vegetable oils" refer to extracts from plants. Yet food with no clear labelling may contain coconut oil or palm oil, which may not meet the "3 Less" requirement.

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金盞魚米香

Assorted Vegetables with Tiny Octopus Balls in Rice Net

要令食物口感香脆，除了用油炸，還有什麼法寶？答案很簡單，就是焗。以食譜中焗的米漿網為例，脂肪含量便較油炸的大大減少百分之八十。用焗的方法不但可避免客人攝取多餘熱量，餐廳還可省回不少買油錢。不少研究亦指出，廚房油煙影響肺部健康，所以減少油炸食物對大廚自己的身體都有好處呢！

墨魚米彈牙，蔬菜爽口，餸菜的層次感豐富。如果不用墨魚，可改用自製蝦丸或鯪魚丸，效果和賣相當吸引之餘，膽固醇分量更大減一半有多！

What is the alternative to frying when you want to produce a crispy state? Baking! The fat content of this rice paste net dropped tremendously by 80% if you bake it in oven instead of cooking it in oil. Imagine the amount of oil you can save and the extra calorie in it! Studies have also shown that kitchen smoke is bad for our lungs. Reduce frying for better health!

You can also try replacing octopus with shrimps. It will be equally tasty but only carry half the cholesterol level!

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
51	7	4	1	2	796

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.



材料 Ingredients: (4人份量 Serves 4)

米漿網	1 個
墨魚肉	80 克 (約2兩)
西芹	2 條
番茄	1/2 個
粟米粒	1/2 碗
芥蘭	3 棵
大豆油	1/2 茶匙
薑	5 片
蔥	5 小段
Rice Paste Net	1 piece
Octopus	80 gm (about 2 taels)
Celery	2 stalks
Tomato	1/2 piece
Corn Kernels	1/2 bowl
Chinese Kale	3 pieces
Soya Bean Oil	1/2 teaspoon
Ginger	5 slices
Spring Onion	5 strips

墨魚膠的調味料

Seasonings for the octopus paste:

鹽	3/4 茶匙
糖	1/4 茶匙
生粉	1 茶匙
冷開水	2 湯匙
Salt	3/4 teaspoon
Sugar	1/4 teaspoon
Starch	1 teaspoon
Chilled water	2 tablespoons

調味料 Seasonings:

鹽	1/2 茶匙
糖	1/3 茶匙
生粉	適量
水	適量
Salt	1/2 teaspoon
Sugar	1/3 teaspoon
Starch	some
Water	some

步驟 Cooking Method :

1. 米漿網焗脆，備用。
2. 墨魚肉剝蓉，加鹽，單方向攪拌至起膠，再加入糖、生粉和冷開水拌勻成墨魚膠。
3. 以茶匙將墨魚膠刮成小粒加入沸水中焯熟成墨魚滑，備用。
4. 西芹去根切粒，番茄去皮切粒，芥蘭去葉切粒。
5. 所有的蔬菜粒焯熟，備用。
6. 於鑊內燒熱油，炒香薑和蔥，加入墨魚滑、蔬菜粒、鹽和糖炒勻，再加入生粉水埋芡，放入已焗脆的米漿網內即可。

1. Bake the Rice paste net till crispy and set aside.
2. To make the octopus paste, mince the octopus, add salt and stir in single direction into paste. Add sugar, starch and chilled water. Mixed well.
3. To make tiny octopus balls, drop half teaspoonfuls of octopus paste into boiling water and cook till done. Set aside.
4. Peel the tomato. Discard the leaves of the Chinese kale. Cut celery, tomato and Chinese kale stalks into dices.
5. Blanch all vegetables and set aside.
6. Heat oil in a wok, stir-fry ginger and spring onion. Add the tiny octopus balls, vegetables, salt and sugar. Combine well and thicken with starch mixture. Transfer to the baked net and serve.



本食譜由新星海鮮酒家提供
This recipe is provided by New Star Seafood Restaurant



雪酒海鮮鍋

Mixed Seafood Sake Pot

鍋物是一款多蔬少肉的日本菜式，配以木魚湯作湯底焯熟食材，不單是一低脂烹調的方法，且木魚湯亦同時為食材添加了鮮味。

Nabemono (Japanese hot pot) is a Japanese dish with lots of vegetables and some meat. Boiling the ingredients in dashi (bonito broth), is not only a low-fat cooking method and enhances the flavour of the seafood.

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
30	7	1	0.2	1	593

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.



材料 Ingredients : (1人份量 Serves 1)

木魚片	1 湯匙
清水	50 毫升 (約3湯匙)
金菇	1 小紮
鮮冬菇	1 隻
甘筍	3 片
紹菜	1 塊
小唐菜	1 棵
大蔥	1/3 棵
蝦	1 隻
日本元貝	1 隻
三文魚	1 片
魷魚	1 片
Bonito Flakes	1 tablespoon
Water	50 ml (about 3 tablespoons)
Enoki	1 small bunch
Fresh Shiitake	1 piece
Carrot	3 slices
Chinese Cabbage	1 piece
Shanghai Cabbage	1 piece
Leek	1/3 stalk
Shrimp	1 piece
Japanese Scallop	1 piece
Salmon	1 piece
Squid	1 piece

調味料 Seasonings :

鹽	1/4 茶匙
日本清酒	1 1/2 湯匙
Salt	1/4 teaspoon
Sake	1 1/2 tablespoons



步驟 Cooking Method :

1. 木魚片浸於清水中約15分鐘，隔渣備用（備用1）。
 2. 將所有材料洗淨、瀝乾。
 3. 金菇切根，鮮冬菇剪腳，甘筍切星形，紹菜、小唐菜及大蔥切粗條。
 4. 將所有蔬菜和海鮮「飛水」。
 5. 於小鍋內，放入已「飛水」的蔬菜和海鮮，注入木魚水、清酒及鹽。
 6. 中火煮約5-10分鐘，至所有材料熟透及出味即可。
1. Soak the bonito flakes in water for 15 minutes, strain and set aside (Part 1 ingredient).
 2. Rinse and drain all the ingredients.
 3. Trim the enoki and fresh shiitake. Cut the carrot slices into star shape. Cut the Chinese cabbages, Shanghai cabbages and leek into strips.
 4. Blanch all the vegetables and seafood.
 5. Place the blanched vegetables and seafood in a small pot, add part 1 ingredient, sake and salt.
 6. Cook over medium heat for 5-10 minutes until done. Serve.





皇煲靚

Supreme Hot Pot

賽 膀 蟹

Crab Meat in Scrambled

傳統的賽膀蟹食譜是以大量的油炒雞蛋白，但此改良的食譜於雞蛋白中加入低脂牛奶，大大地減少用油量之餘，更能使到蛋白變得柔滑及帶出蟹肉的鮮味！

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
111	2	16	4	2	600

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.



Egg White

Heaps of oil are used to prepare traditional Shanghai-styled Scrambled Egg White. In order to give it a touch of healthiness yet retain its silkiness, our CookSmart Chef has modified this dish by adding low-fat milk so that less cooking oil is used. This gives the crab meat a full-bodied flavour and aroma to the crab meat.



材料 Ingredients : (3人份量 Serves 3)

蟹肉	120 克 (約3兩)
雞蛋白	4 隻
低脂牛奶	120 毫升 (1/2 量杯)
生粉	1/3 茶匙
粟米油	2 茶匙

Crab Meat	120 gm (about 3 taels)
Egg White	4 pieces
Low-fat Milk	120 ml (1/2 cup)
Starch	1/3 teaspoon
Corn oil	2 teaspoons

調味料 Seasonings:

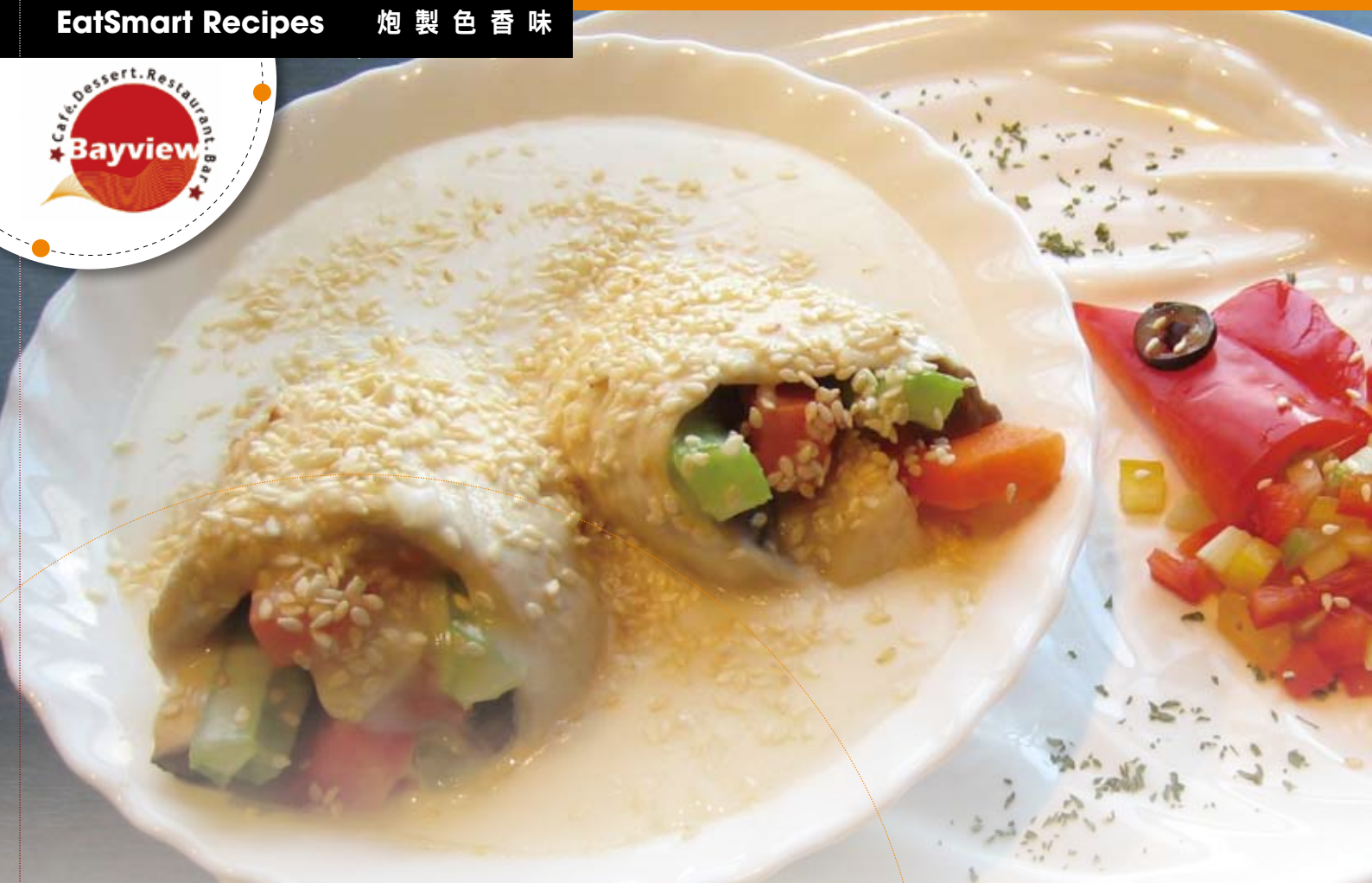
鹽	1/3 茶匙
Salt	1/3 teaspoon

步驟 Cooking Method :

1. 將蟹肉「飛水」，備用。
2. 雞蛋白打勻，混合蟹肉、低脂牛奶及生粉（備用1）。
3. 於鑊內燒熱油，轉慢火，放入備用1之材料炒1-2分鐘直至成漿。
4. 最後下鹽調味，否則蛋白便不能黏在一起。

1. Blanch the crab meat and set aside.
2. Beat the egg white. Add crab meat, low-fat milk and starch. Whisk and set aside (Part 1 ingredient).
3. Heat oil in a wok, then reduce to low heat. Pour Part 1 ingredient into the wok and stir-fry for around 1 - 2 minutes or until just cooked.
4. Season with salt as the last step otherwise the egg white will not set.

本食譜由靚煲皇提供
This recipe is provided by Supreme Hot Pot



芝蔴鳳凰卷

Sesame Flamingo Roll

除金菇牛肉卷還可有什麼卷物？這味芝蔴鳳凰卷可算是新嘗試了！當中的雞柳既低脂亦有豐富蛋白質，不同蔬菜又提供大量膳食纖維，幫助消化。除可蒸煮外，大家亦可以少油煎，令雞卷更香口。加上用低脂奶做的白汁，確是香滑與健康集於一身！

Tired of making Enoki Beef Roll? Try this recipe with chicken and assorted vegetables. It is also rich in protein and dietary fibre which is good for your digestive system. You can also pan fry the rolls with a little vegetable oil! Don't forget the home-made white sauce! It's made from low-fat milk and has only half the fat content of full-fat milk!

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
291	27	34	4	4	691

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.



材料 Ingredients : (1人份量 Serves 1)

去皮雞柳	100 克 (2 1/2 兩)
西芹	4 幼條
甘筍	4 幼條
雞脾菇	1 隻
白芝麻	適量
低脂牛奶	50 毫升 (約3湯匙)
清水	50 毫升 (約3湯匙)
麵粉	3 湯匙
蒜蓉	適量

Skinless Chicken Fillet	100 gm (about 2 1/2 taels)
Celery	4 strips
Carrot	4 strips
King Trumpet Mushroom	1 piece
White Sesame	some
Low-fat Milk	50 ml (about 3 tablespoons)
Water	50 ml (about 3 tablespoons)
Plain Flour	3 tablespoons
Minced Garlic	some



調味料 Seasonings:

鹽 1/4 茶匙

Salt 1/4 teaspoon

步驟 Cooking Method :

1. 去皮雞柳、西芹、甘筍和雞脾菇洗淨、瀝乾水備用。
2. 雞脾菇切成條狀，備用。
3. 白鑊、慢火把白芝麻炒至金黃色，備用。
4. 低脂牛奶加入清水和鹽煲滾，慢慢地加入麵粉，徐徐地攪拌至熟透及成糊狀，備用。
5. 去皮雞柳用刀背拍扁，塗上蒜蓉，放入（備用1）之材料，捲成條狀，蒸至熟透。
6. 淋上白汁，灑上已炒香的白芝麻即可。

1. Rinse the skinless chicken fillet, celery, carrot and king trumpet mushroom. Drain and set aside.
2. Cut the king trumpet mushroom into strips. Set aside.
3. Stir-fry the white sesame without added oil over low heat until golden brown. Set aside.
4. To make the white sauce, bring the mixture of low-fat milk, water and salt to boil. Add the plain flour slowly and stir until thickened. Set aside.
5. Use the back of a cleaver to pound the chicken fillets until flat. Spread minced garlic over and place the strips of celery, carrot and king trumpet mushroom on top. Roll up and steam until well done.
6. Pour the white sauce over and sprinkle with the white sesame. Serve.

本食譜由灣景提供
This recipe is provided by Bayview Café Dessert Restaurant Bar

星級甜品大廚 Star Dessert Chef



黃耀文
Tony Wong

若不是與著明糕餅名廚黃耀文先生（Tony）親身會面，很難想像到他從事餐飲工作已經超過三十年。他不但溫文爾雅，而且為人風趣健談，他更可娓娓道來各種西式甜品的製作技巧、不同食材的特色及味道調配等，單憑想象也幾乎可知道這些甜品的味道呢！

Tony 在製作糕點甜品方面有多年經驗。他曾前往瑞士、法國及新加坡等地考察及交流，更曾在東京帝國飯店工作，故對於甜品的要求亦有自己的一套哲學。在他心目中，一道美味的甜品最重要是衛生、有層次感及能帶出食材的原味。例如在柔滑的布丁配上脆餅，令食品有更豐富的層次。

Tony 認為：「甜品在西餐所扮演的角色十分重要，甜品與主菜的配搭，足以影響一頓西餐的整體印象。」如較濃味的主菜可配上較清淡的甜品。食材的選擇亦應隨着季節而變化，例如：夏天應多以水果為主，予人清爽、涼快的感覺；冬季則會以香草、酒或採用澱粉質含量較高的食材如栗子，讓人吃後覺得更溫暖充實。

If you have not met Tony in person, you might not have imagined that he has been in the industry for over thirty years. Tony is not only pleasant and amicable, but also very relaxed and eloquent. Let us join him through his journey of cookery.

Having been a dessert and pastry chef for all these years, Tony had visited Switzerland, France and Singapore, where he linked up and exchanged ideas with chefs from these countries. He has also worked for the Imperial Hotel of Tokyo. For him, a good dessert should be decent and reveal the depth and character of the ingredients. Crisp, for instance, adds depth to a soft and melodious pudding.

"The dessert course is an important part of a western meal," Tony said. The right dessert enriches the quality of a meal if it harmonizes with the rest of the food. Consider a simple and light dessert after a hearty main dish. There are desserts for every season, too. Fruits are more frequently used in the summer, which give a fresh and cool zest. On the other hand, herbs, wine and ingredients with richer content of carbohydrate such as chestnut are used in winter desserts to make them warm and comforting.



選材很重要

The Choice of Ingredients Is the Key to a Good Dessert

一道水果甜品的成與敗，關鍵在於怎樣選擇水果這個主角。以蘋果撻為例，要挑選一些香味濃厚且果肉爽口的紅蘋果或青蘋果，這樣便可以加強蘋果撻的香味。反之如選用肉質帶粉狀的「蛇果」，因經烹焗後會釋出水分，令到撻身變軟，外觀及口感自然亦變差。

The key to a fine fruit dessert lies with the choice of fruits used. An apple tart, for instance, needs aromatic, fleshy red or green apples. On the other hand, Delicious Apples give out water during baking, which soften the tarts and thus bend its appearance and taste.

烹煮甜品小秘技

Tips for Making Desserts

烹調所有食物都有特定的步驟，以水果為主的西式糕點也不例外。Tony 烹煮水果的口訣是「先硬後軟」，若同時要烹調菠蘿、芒果及蘋果，首先要烹煮蘋果，才加入肉質軟硬度比較中性的菠蘿，當蘋果及菠蘿變軟後，才放入芒果。如次序倒轉，便會出現芒果煮到稀爛但蘋果仍未變軟的情況。還有，如要把水果與已浸軟的魚膠片混和，水果一定要預先加熱煮一至二分鐘，才可達至完全混和的效果。

There are different methods of cooking for different cuisines. It is dissimilar in making fruit desserts and fruit pastry. Tony's rule of thumb is to cook "the crisp fruits first, then the soft and juicy fruits". If one is cooking a blend of pineapple, mango and apple, it is better to start with apple, which is to be followed by pineapple because its texture are medium. Last comes the mango. If we cook them in the other way round, the mango will turn to smash and the apple remains undone. In addition, the fruits should be boiled for 1 to 2 minutes before it is mixed into a gelatine mixture.





魔法香草 The Magic Herbs

肉桂、香茅、雲呢嚕等香料都常用於製作甜品。Tony 解說香草加入甜品不但可以帶出清香的味道，而且還可以引發到意想不到的效果。例如肉桂和蘋果是一對十分合適的拍檔，當蘋果與肉桂相遇，蘋果的香甜度便自然提高；要口味更大眾化？雲呢嚕是不錯的選擇，因它味道溫和又不會破壞食物的原味。

Cinnamon, lemongrass and vanilla are frequently used in desserts. Tony said, herbs bring out a fine taste and their effects are unimaginable. Herbs and apples are a good match because cinnamon raises the sweetness of apples. To attune to the popular taste, vanilla is a good choice. The taste of vanilla is relatively mellow, which will not subdue the taste of other ingredients.

既是甜品，如何能做到《營廚》所提倡的少糖原則呢？ How does a dessert meet the “less sugar” requirement?

Tony 建議多採用水果，以水果中的果糖去帶出食品的甜味，如水果中的南瓜及蘋果等都含有豐富的果糖。他認為一般成熟的水果已很甜美，加入太多的糖分反而影響了食材的原味。此外，由於社會崇尚健康飲食，廚師烹調甜品時除了減少用糖外，亦會改用植物油及低脂奶油等，同樣可以製作出美味的甜品。

“Use more fruits”, Tony suggested. Fruits like pumpkins and apples are rich in fructose, which brings out the sweet flavour. He said that, ripe fruits in general are sweet enough and no extra sugar is needed. As more and more people adopt a healthy eating habit, chefs often replace regular ingredients by low-fat and healthier options like vegetable oil and low-fat cream, and use less sugar.

傳統甜品也有「營」！ Conventional Dessert can be Healthy

西式甜品如麵包布丁，傳統的做法是在烘焗之前需先加入牛油及糖。Tony 說：「要變為『3 少之選』菜式也十分簡單，只要不預先加入糖及用植物油替代牛油，還可以在上桌時配以雲呢嚕汁，讓顧客在進食時才按個人喜好加入甜味。」

Butter and sugar are often added in traditional western desserts such as bread puddings. Yet bread pudding can meet the “3 Less” requirements if we do a little twist: use less sugar and vegetable oil. Vanilla cream dressing can be served on the side to suit the diners’ taste.

創意無限 Creative Dessert

大家一定聽過或嚐過泰國名菜中的冬蔭功湯，有沒有想過把這既香且辣的菜式變成甜品呢？Tony 本着不斷學習及參考不同國家的潮流，想出使用冬蔭功湯內的香料 - 南薑、香茅及檸檬葉而創作了一款新穎的甜品 - 泰香慕絲。Tony 笑說回想當日向同行好友講解這個構想時，他們都認為太天馬行空，且難為一般大眾所接受。但Tony 並沒有氣餒，他繼續鑽研及改良，最終這道十分清香的甜品得到各界的讚賞。Tony 對理念的堅持、創新及實踐由此可見一斑。



You must have heard of the renowned Thai soup "tom yum" (hot and sour soup). What about "tom yum" as a dessert? Tony, based on his observations, created a set of Thai mousse with the herbs used for "tom yum". Tony said, when he proposed the dish to his fellow cooks, they were stoned and bet it would not be welcomed by the customers. However, Tony was not discouraged and kept trying and fine-tuning the recipe. Tony's persistence, creativity and effort eventually paid off when the special dessert is served on table.





南瓜蘋果撻 Apple & Pumpkin Tart

材料 Ingredients: (8人份量 Serves 8)

南瓜	1 隻 (約1千克)
富士蘋果	3 個
橄欖油	2 湯匙
蘋果酒	2 1/2 湯匙
黑提子乾	1/3 量杯
薄片酥皮	10 片
榛子碎	1 1/2 湯匙
Pumpkin	1 piece (about 1 kg)
Fuji Apple	3 pieces
Olive Oil	2 tablespoons
Apple Wine	2 1/2 tablespoons
Raisin	1/3 cup
Filo Pastry	10 pieces
Coarse Hazelnut	1 1/2 tablespoons

傳統的酥皮約含百分之四十脂肪，但薄片酥皮含較少的脂肪，有些薄片酥皮的脂肪含量更低至百分之三。薄片酥皮亦適用於製作酥皮湯、酥皮角等食物。

There is about 40% of fat in ordinary pastry, but filo pastry has a much lower fat content. The fat content of some filo pastry has as low as 3% Fat. Filo pastry is also suitable for making soup with pastry, pastry parcel, etc.



步驟 Cooking method:

1. 以180°C預熱爐焗。
 2. 南瓜切開邊去籽，連皮用錫紙封好，焗約45-60分鐘至軟，用湯匙刮出南瓜肉。
 3. 蘋果2個去皮切薄片。
 4. 於鑊內燒熱加橄欖油1湯匙，下蘋果薄片，炒5-7分鐘至稍軟，加入蘋果酒煮至軟身，再加入提子乾和南瓜肉煮1分鐘，成餡料。
 5. 每2片薄片酥皮掃上薄薄的橄欖油及灑上榛子碎，共做4次(共10片薄片酥皮)，然後切成正方形，放進撻模內，再放入餡料。
 6. 餘下的蘋果去皮，切幼絲，略握乾水分，放在撻面上，放入攝氏180°C爐焗至金黃色即可。
1. Preheat oven to 180°C.
 2. Chop the pumpkin into 2 halves. Deseed. Wrap in aluminum foil and bake for 45-60 minutes till tender. Scope the flesh out with a tablespoon.
 3. Peel and thinly slice 2 apples.
 4. To make the filling, heat 1 tablespoon of olive oil in a wok. Add apple slices and stir-fry for 5-7 minutes until just tender. Add apple wine and continue to cook until tender. Add raisin and pumpkin. Cook for 1 minute and set aside.
 5. Lightly brush with oil and sprinkle with coarse hazelnut on every 2 filo pastries for 4 times with 10 filo pastries. Cut into squares. Place them in tart pans. Spoon filling into tartlet cases.
 6. Peel the remaining apple. Cut into thin strips. Slightly squeeze to drain water. Place the apple strips on the top of the tartlets. Bake until golden. Done.

每份 Per serving:

熱量(千卡) Energy(Kcal)	碳水化合物(克) Carbohydrate(gm)	蛋白質(克) Protein(gm)	脂肪(克) Fat(gm)	糖(克) Sugar(gm)	鈉質(毫克) Sodium(mg)
237	42	5	6	17	174

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.

香草西瓜啫喱 Vanilla Water Melon Jelly



魚膠片	8 克
雲呢拿條	1/4 支
西瓜汁	1 量杯
Gelatin	8 gm
Vanilla Stick	1/4 stick
Water Melon Juice	1 cup

步驟 Cooking method :

1. 魚膠片用冰水浸軟，備用。
 2. 將雲呢拿條直切開半，用刀背刮出雲呢拿籽。
 3. 於鍋內加入西瓜汁、雲呢拿條和刮出的籽一同煮滾，再加入已浸軟的魚膠片，拌勻。
 4. 取出雲呢拿條，將西瓜汁倒入盤內，約2厘米高，置於冰箱，待凝固後切成小方塊。
 5. 用竹籤或已煮過的雲呢拿條串起3粒啫喱方塊，即可。
1. Soak gelatin in ice water until soft. Set aside.
 2. Cut the vanilla stick in half lengthways. Collect the seed.
 3. Combine water melon juice, vanilla sticks and seeds in a saucepan. Bring to a boil. Add the soaked gelatin and stir to combine.
 4. Discard the vanilla stick. Pour the water melon juice mixture into a tray with 2 cm high. Chill in fridge until set and cut into cubes afterwards.
 5. Thread 3 jelly cubes onto skewers or used vanilla sticks. Done.



小藍莓汁 Blueberry Sauce

粟粉	1 茶匙
水	3 湯匙
藍莓	1 1/4 量杯
Cornstarch	1 teaspoon
Water	3 tablespoons
Blueberry	1 1/4 cups

步驟 Cooking Method:

1. 粟粉和少量的水混合，備用。
 2. 將餘下的水和藍莓慢火煮至軟身，加入粟粉水再煮滾即可。
1. Mix cornstarch with small amount of water. Set aside.
 2. Cook the blueberries with the remaining water over low heat till tender. Add the corn starch mixture into. Bring to a boil again. Done.

鮮莓芒果乳酪杯伴香橙泡沫

Mango Yogurt Delight



此甜品以水果作主要材料，除選用了四款水果外，它們更分別以原粒水果、「慕思」和果汁泡沫三種不同的形態出現，賣相精緻。

This dessert uses fruit as the main ingredient. To make it more appealing, four kinds of fruit are used and presented in three different states, i.e. whole fruit, mousse and froth.



材料 Ingredients:

(25人份量，使用40毫升小杯 Serves 25 if using 40ml glasses)

魚膠片	2 1/2 克
草莓	2/3 量杯
藍莓	2/3 量杯
橙酒	1 湯匙
芒果	1 個
0%脂肪希臘乳酪	1 1/4 量杯
鮮橙汁	1/2 量杯
Gelatin	2 1/2 gm
Strawberries	2/3 cup
Blueberries	2/3 cup
Orange Liqueur	1 tablespoon
Mango	1 piece
0% Fat Greek Yoghurt	1 1/4 cups
Fresh Orange Juice	1/2 cup

步驟 Cooking Method:

1. 魚膠片於冰水內浸軟，備用。
 2. 草莓及藍莓洗淨，瀝乾。
 3. 草莓切粒與藍莓混合，加入橙酒，拌勻，放進小杯內，約1/3滿。
 4. 芒果起肉切粒，攪拌成果蓉，加入乳酪，拌勻成「乳酪慕思」，淋在莓子上。
 5. 將1/3橙汁煮熱，加入已浸軟的魚膠片，拌勻，倒入不鏽鋼杯中。
 6. 不鏽鋼杯浸於冰水中，加入餘下的橙汁，用小型打泡沫器打泡沫，泡沫形成後鋪在乳酪「慕思」上，即可。
1. Soak gelatin in ice water until soft. Set aside.
 2. Rinse the strawberries and blueberries. Drain.
 3. Dice the strawberries. Combine with blueberries and orange liqueur. Fill a small glass 1/3 full with the berries.
 4. To make yoghurt mousse, skin and stone the mango. Blend its flesh to puree. Mix with the yoghurt. Pour the mousse over the berries.
 5. Heat 1/3 of the orange juice until hot. Add the soaked gelatin and stir to combine well. Transfer to a stainless-steel glass.
 6. Cool the glass in an ice water bath. Pour the remaining orange juice into. Use a mini frother to make froth. Transfer the froth to the top of the yoghurt mousse when set. Done.

鮮莓芒果乳酪杯伴香橙泡沫 | Mango Yogurt Delight

每一份 Per serving:

熱量(千卡) Energy(Kcal)	碳水化合物(克) Carbohydrate(gm)	蛋白質(克) Protein(gm)	脂肪(克) Fat(gm)	糖(克) Sugar(gm)	鈉質(毫克) Sodium(gm)
18	4	1	0.1	3	10

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.

本食譜由黃耀文先生提供
This recipe is provided by Mr Tony WONG



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Getting ready for the healthy eating trend? Call us at 2572 1476 if you haven't joined us yet.

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美食博覽2008 - 推廣「有『營』食肆」 EatSmart Restaurants Promoted at Food Expo 2008



衛生署營養師介紹「蔬果之選」及「3少之選」的特色。
Our dietitian introducing the "More Fruit and Vegetables" and "3 Less" requirement.

Each participant received a souvenir pack with pamphlets about healthy eating, EatSmart coupons of Yau Tsim Mong and Shatin Districts, EatSmart Restaurants listing and the "CookSmart" Recipe Book.

每年的美食博覽的氣氛都非常熱鬧，今年便吸引了約314,000名人士到場；我們亦把握這個機會，在預算是美食博覽人流最高的星期天（八月十七日）舉行了一次講座，介紹「有『營』食肆」，更透過互動的問答遊戲解說「蔬果之選」及「3少之選」的特色，參加者非常踴躍及投入。

此外，每位參加者均獲派發一份包括健康飲食單張、油尖旺區和沙田區的「有『營』菜式」美食優惠券、各「有『營』食肆」的資料和季刊《營廚》的禮物包。

The Food Expo attracts thousands of gourmet every year. The HKTDC measured a record high of 314,000 visitors this year. We grabbed this valuable chance and introduced the EatSmart Restaurants on 17th August 2008.



參加者非常投入地參與問答遊戲。
Participants took part in the quiz.



「有『營』食肆」通訊 EatSmart Newsletter

為了讓業界更加了解「有『營』食肆」運動的最新資訊及動向，我們誠意製作一份名為「有『營』食肆」通訊。這通訊除了定期寄給會員外，亦會上載於衛生署健康飲食專題網站內，記緊不要錯過呀！

Want to get hold of the latest news on "EatSmart" Campaign? It's Easy! We have recently published an EatSmart Newsletter introducing activities and reporting progress of the Campaign. This newsletter will be distributed periodically to outlets and managers of our member restaurants. Don't miss it!

「有『營』食肆」通訊
EatSmart Newsletter



以下資料截至二零零八年六月二十日，排名依筆劃序。欲知最新「有『營』食肆」名單，請瀏覽衛生署健康飲食專題網站www.eatsmart.gov.hk。
Last updated on 20 June 2008. Names listed in random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" www.eatsmart.gov.hk.

中西區 Central & Western District

其	上家鮮果汁快線	Saanga Catering Limited	2523 2525
西	匡智園景軒 (只供會員)	Hong Chi Garden View Lounge (Members only)	—
中	明星海鮮酒家	Star Seafood Restaurant	2653 0222
快	美心MX	Maxim's MX	2857 2910
茶	港式餐廳	Hong Kong Style Restaurant	2542 2288
茶	翠華餐廳	Tsui Wah Restaurant	2525 6338

南區 Southern District

中	太興燒味餐廳	Tai Hing Roast Restaurant	2536 9831
亞	生活知味	The Taste of Living	2538 9338/ 2538 9383
快	美心MX	Maxim's MX	2580 7364
中	香港仔警察學院食堂 潮興明記食品屋 (只供會員)	Aberdeen Police Station Canteen Chiu Hing Ming Kee Food House (Members only)	—
中	英語餐飲學會 (只供會員)	The English-Speaking Dining Society (Members only)	2550 6683
西	英語餐飲學會 (只供會員)	The English-Speaking Dining Society (Members only)	2750 6919
快	海皇粥店	Ocean Empire Food Shop	2735 7683
中	瑪麗醫院職員餐廳	Queen Mary Hospital Staff Canteen	2818 0070
快	嘉年華美食到會 有限公司 香港大學馬會學生 宿舍飯堂 (只供學生)	Joseph's Catering Service Ltd Residence at Jockey Club Student Village II of HKU Canteen (For Student only)	2555 8022
快	嘉年華美食到會 有限公司 香港大學研究生 堂飯堂 (只供研究生)	Joseph's Catering Service Ltd The Graduate House of HKU Canteen (For Graduate only)	2555 8022
快	嘉年華美食到會 有限公司 香港大學學生宿舍 何添堂飯堂 (只供學生)	Joseph's Catering Service Ltd Ho Tim Hall of HKU Student Village Canteen (For Student only)	2555 8022
中	嘉年華海鮮酒家	Carnival Seafood Restaurant	2664 0222
茶	翠華餐廳	Tsui Wah Restaurant	2552 6998
中	嘉豪酒樓	Ka Ho Restaurant	2551 1228



- 中 中菜 Chinese
- 西 西餐 Western
- 快 快餐店 Fast Food Restaurant
- 亞 亞洲菜 Asian
- 茶 茶餐廳 Chinese Style Tea Restaurant
- 其 其他 Others

灣仔區 Wanchai District

中	二宜樓客家菜	Eryi Tower	2511 1228
其	加州紅世紀分店	California Red Ltd.	2827 9229
茶	合發燉奶餐廳	Hop Fat Restaurant	2892 2633
中	迎囍大酒樓	Cheers Restaurant	3167 7288
西	阿麥廚房	Mackie Kitchen	2808 0351
快	美心MX (軒尼詩道分店) (波斯富街分店)	Maxim's MX (Hennessy Road Shop) (Percival Street Shop)	2893 7867 2838 6173
西	風月堂	Orchard Garden Cafe & Restaurant	2529 8035
亞	客家好棧	Hak Ka Hut	2881 8578
快	海皇粥店 (銅鑼灣分店) (灣仔分店)	Ocean Empire Food Shop (Causeway Bay Shop) (Wan Chai Shop)	2890 8717 2591 9003
中	益新美食館	Yixin Restaurant	2576 2355
中	新星海鮮酒家	New Star Seafood Restaurant	2838 2186
茶	翠華餐廳 (景隆街分店) (謝斐道分店)	Tsui Wah Restaurant (Cannon Street Shop) (Jaffe Road Shop)	2573 4338 2834 2438
中	稻香	Tao Heung	2838 3097 / 2528 4433
中	稻香超級漁港	Tao Heung Super 88	2831 9155
亞	潮樓	Chao Inn	2892 0988
亞	鍾菜	Chung's Cuisine	2506 9128
中	警察總部雅膳中菜廳 (只供職員)	Arsenal Place Police Headquarters (For Staff Only)	2947 8909
西	警察總部匯敘西餐廳 (只供職員)	Cafe Rendezvous Police Headquarters (For Staff Only)	2947 8909
快	警察總部職員餐廳 (只供職員)	Staff Canteen Police Headquarters (For Staff Only)	2947 8909
西	灣景	Bayview Cafe Dessert Restaurant Bar	3427 3726

東區 Eastern District

中	太興燒味餐廳	Tai Hing Roast Restaurant	2535 9831
中	明星海鮮酒家 (北角分店) (筲箕灣分店)	Star Seafood Restaurant (North Point Shop) (Shau Kei Wan Shop)	2654 0222 2654 0222
中	阿詩瑪雲南風味軒	Ashima Yunnan Restaurant	2560 9666
中	迎囍大酒樓	Cheers Restaurant	3520 1268
快	美心MX (友邦廣場分店) (杏花新城分店) (炮台山分店) (康怡商場分店) (新翠商場分店) (鯉魚涌分店) (藍灣廣場分店)	Maxim's MX (AIA Tower Shop) (Paradise Mall Shop) (Fortress Hill Shop) (Kornhill Plaza Shop) (New Jade Shopping Arcade Shop) (Quarry Bay Shop) (Island Resort Mall Shop)	2219 7223 2558 8541 2578 9629 2885 5095 2897 7513 2561 5760 2248 5370
亞	香港專業教育學院 (柴灣分校)柴樓京川滬	Hong Kong Institute of Vocational Education (Chai Wan) Chai Court, Beijing, Sichuan & Shanghai	2953 8909
快	香港專業教育學院 (柴灣分校)柴啤啤 美食廣場	Hong Kong Institute of Vocational Education (Chai Wan) Chai Wan Food Square	2954 8909
快	海皇粥店	Ocean Empire Food Shop	2887 5879
中	柴灣東區醫院職員餐廳	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
中	彩福海鮮酒家	Choi Fook Seafood Restaurant	2566 8289
中	彩臨門酒家	Superior Choice Restaurant	2811 9668
中	筲箕灣嘉豪酒家	Shau Kei Wan Ka Ho Restaurant	2884 1022
中	稻香超級漁港	Tao Heung Super 88	3520 1288

深水埗區 Sham Shui Po District

中	明星海鮮酒家	Star Seafood Restaurant	2650 0222
快	美心MX	Maxim's MX	2742 4679
快	海皇粥店	Ocean Empire Food Shop	2307 6184
亞	深水埗警署 - 越南小館 (只供會員)	Sham Shui Po Police Station - Vietnam Restaurant (Members only)	—
中	新星海鮮酒家	New Star Seafood Restaurant	2991 4903
中	嘉豪酒家	Ka Ho Restaurant	2708 1888

黃大仙區 Wong Tai Sin District

中	阿詩瑪過橋米線	Ashima Cross Bridge Rice Noodles	2326 3366
快	美心MX (竹園分店) (黃大仙中心分店)	Maxim's MX (Chuk Yuen Shop) (Wong Tai Sin Center Shop)	2327 8551 2321 9331
快	海皇粥店 (鑽石山分店) (樂富吉之島分店)	Ocean Empire Food Shop (Diamond Hill Shop) (Lok Fu JUSCO Shop)	— 2339 3365
中	嘉年華海鮮酒家	Carnival Seafood Restaurant	2663 0222
茶	翠華餐廳	Tsui Wah Restaurant	2324 6486

油尖旺區 Yau Tsim Mong District

亞	上樓	Shanghai Inn	2780 8138
中	伊利沙伯醫院職員飯堂	Queen Elizabeth Hospital Staff Canteen	2384 2656
中	明星海鮮酒家	Star Seafood Restaurant	2655 0222
亞	青葉日本料理	AOBA Japanese Restaurant	2300 1985
中	阿詩瑪雲南風味軒	Ashima Yunnan Restaurant	3188 2555
其	波羅密素食	Paramita Vegetarian Restaurant	2317 6908/ 2317 6909
中	迎禧大酒樓 (雅蘭中心分店) (彌敦酒店分店)	Cheers Restaurant (Grand Tower Shop) (Nathan Hotel Shop)	2308 1668 2770 3323
快	美心MX (太興分店) (西洋菜街分店) (金巴利道分店) (旺角站分店) (新文華分店)	Maxim's MX (Tern Plaza Shop) (Sai Yeung Choi Street Shop) (Kimberley Road Shop) (Mongkok Station Shop) (New Mandarin Plaza Shop)	3523 0350 2390 7530 2311 5006 2397 6303 2311 8589
亞	風月堂 (旺角分店) (奧海城分店)	Orchard Garden Cafe & Restaurant (Mongkok Shop) (Olympian City Shop)	2528 8035 2531 8035
亞	客家好棧	Hak Ka Hut	3528 0868
亞	風情畫意大利餐廳	Zeffirino Ristorante	2313 8678
快	海皇粥店 (油麻地分店) (旺角道分店)	Ocean Empire Food Shop (Yau Ma Tei Shop) (Mong Kok Road Shop)	2385 6732 2396 0126
中	彩福皇宴 (始創中心分店) (莊士倫敦廣場分店)	Choi Fook Royal Banquet (Pioneer Centre Shop) (Chuang's London Plaza Shop)	2142 8898 2142 8898
亞	雅廊咖啡室	Cafe Allegro	2315 8678
亞	超壽司	Super Sushi	2787 5253
中	福苑海鮮酒家	Fuk Yuen Seafood Restaurant	3422 8222
亞	鉄板超純和風日本料理	Teppan Chiu Japanese Restaurant	2787 5135
中	新星海鮮酒家 (尖沙咀分店) (旺角分店)	New Star Seafood Restaurant (Tsimshatsui Shop) (Mong Kok Shop)	2366 1428 2307 5523
茶	翠華餐廳 (白加士街分店) (加拿芬道分店) (北海街分店)	Tsui Wah Restaurant (Parkes Street Shop) (Carnarvon Road Shop) (Pak Hoi Street Shop)	2384 8388 2366 8250 2780 8328
中	稻香 (加拿芬道分店) (大角咀道分店)	Tao Heung (Carnarvon Road Shop) (Taikoktsui Road Shop)	2367 1328 3529 1282
中	稻香超級漁港 (新港中心分店) (雅蘭中心分店) (彌敦道分店)	Tao Heung Super 88 (Silvercord Shop) (Grand Tower Shop) (Nathan Road Shop)	2375 9128 2390 0882 2771 3922
亞	靚煲皇	Supreme Hot Pot	2399 0812
亞	潮樓 (北京道分店) (彌敦道分店) (太子道西分店)	Chao Inn (Peking Road Shop) (Nathan Road Shop) (Prince Edward Road West Shop)	2369 8819 2780 8193 2628 3728
亞		Marco's	2375 2352
亞		Mezzo Grill	2314 8678
亞		Munch	2317 7887

觀塘區 Kwun Tong District

中	太興新世代	Tai Hing New Century	2539 9831
中	沁園春	Cheerful Restaurant	2251 3666
中	明星海鮮酒家 (牛頭角分店) (觀塘分店)	Star Seafood Restaurant (Ngau Tau Kok Shop) (Kwun Tong Shop)	2656 0222 2658 0222
亞	青葉日本料理	AOBA Japanese Restaurant	2345 1671/ 2345 1672
快	美心MX (啟田分店) (彩雲分店) (翠屏分店) (麗港城分店)	Maxim's MX (Kai Tin Shop) (Choi Wan Shop) (Tsui Ping Shop) (Laguna City Shop)	2348 9545 2796 3911 2763 4180 2772 3314
西	英語餐飲學會 (只供會員)	The English-Speaking Dining Society (Members only)	—
快	海皇粥店 (淘大分店) (觀塘物華分店) (觀塘輔仁分店)	Ocean Empire Food Shop (Amoy Shop) (Choi Wan MW Shop) (Kwun Tong FY Shop)	2759 6537 2304 7468 2172 4558
中	雍雅海鮮酒家	Elegant Seafood Restaurant	2662 0222
中	維港海鮮酒家	Victoria Harbour Seafood Restaurant	2827 2626
中	嘉華大酒樓	Ka Wah Restaurant	2795 3838
中	嘉豪酒家	Ka Ho Restaurant	2755 2982
中	稻香超級漁港	Tao Heung Super 88	2243 3855
亞	潮館	Chao Inn	3542 5788
中	聯合醫院職員餐廳	United Christian Hospital Staff Canteen	3513 4065
亞	鍾菜	Chung's Cuisine	2995 3038

九龍城區 Kowloon City District

西	五洲餐廳	Five Continents Restaurant	2132 3521
中	明星海鮮酒家	Star Seafood Restaurant	2651 0222
快	美心MX (土瓜灣分店) (黃埔分店)	Maxim's MX (To Kwa Wan Shop) (Whampoa Shop)	2712 2917 2333 7136
中	香港城市大學城軒 海鮮酒家	City University of Hong Kong City Chinese Restaurant	2788 8163
西	香港城市大學城峰閣 西餐廳	City University of Hong Kong City Top Restaurant	2788 8139
中	香港理工大學聚賢樓 中餐廳	The Hong Kong Polytechnic University Four Seas Restaurant	2766 4778
快	海皇粥店 (紅磡分店) (黃埔分店)	Ocean Empire Food Shop (Hung Hom Shop) (Whampoa Shop)	2330 2389 2330 2389
中	彩福皇宴	Choi Fook Royal Banquet	2766 0886
其	普光齋	Light Vegetarian Restaurant	2384 2833
中	新星海鮮酒家	New Star Seafood Restaurant	2362 7645
快	嘉年華美食到會 有限公司 香港城市大學學生 宿舍飯堂 (只供學生)	Joseph's Catering Service Ltd - Student Residence of CityU of HK Canteen (For student only)	2555 8022
中	豪苑海鮮酒家	Regal Seafood Restaurant	2133 3521
中	醫管局大樓職員餐廳	Hospital Authority Building Staff Canteen	2194 6801
中	龔慶藝廚酒家	Happiness Cuisine	2712 8168
西		Marco Bistro	2264 2699

北區 North District

中	金都海鮮酒家	Golden City Seafood Restaurant	2671 0222
亞	客家好棧	Hak Ka Hut	2639 5088
快	海皇粥店	Ocean Empire Food Shop	2682 3798
中	港灣海鮮飯店	Harbour Seafood Restaurant	2682 5889
中	潮興明記食品屋 香港警察機動部隊 總部食堂	Chiu Hing Ming Kee Food House	—
茶	閩府統請 (禾穗子)餐廳	Hop Fu Tong Ching	—

離島區 Islands District

亞	空港居酒屋	Airport Izakaya	2288 6689
中	紅軒	Rouge	2287 6689
亞	潮樓	Chao Inn	3197 9098
中	龍門客棧	Dragon Inn	2286 6689
西	藝廊咖啡室	Cafe Aficionada	2289 6689

葵青區 Kwai Tsing District

亞	生活知味	The Taste of Living	2435 6966
中	明星海鮮酒家	Star Seafood Restaurant	2657 0222
快	美心MX (石籬分店) (石籬分店) (長發分店) (賢麗分店) (新葵興分店)	Maxim's MX (Shek Yam Shop) (Shek Lei Shop) (Cheung Fat Shop) (Yin Lai Shop) (Sun Kwai Hing Shop)	2276 0119 2425 0230 2433 3665 2743 8651 2428 0636
西	風月堂	Orchard Garden Cafe & Restaurant	2530 8035
亞	客家好棧	Hak Ka Hut	2487 2999
中	新星海鮮酒家	New Star Seafood Restaurant	2149 0819
中	瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
中	漢福海鮮酒家	Hon Fook Seafood Restaurant	2827 8338
中	稻香	Tao Heung	2433 1103
茶	廣發餐廳	Kong Fat Restaurant	2612 1842
亞	潮樓	Chao Inn	2189 7638
亞	潮館	Chao Inn	3521 0018

西貢區 Sai Kung District

亞	上樓	Shanghai Inn	2623 2811
快	太興燒味餐廳	Tai Hing Roast Restaurant	2537 9831
快	美心MX (君傲灣分店) (東港城分店) (將軍澳中心分店) (新都城中心分店)	Maxim's MX (Grandiose Shop) (East Point City Shop) (Park Central Shop) (Metro City Plaza Shop)	2752 1061 2628 5010 3417 4970 3194 4210
亞	客家好棧	Hak Ka Hut	3194 6648
快	海皇粥店	Ocean Empire Food Shop	3194 4893
中	港灣海鮮飯店	Harbour Seafood Restaurant	—
中	嘉年華海鮮酒家	Carnival Seafood Restaurant	2666 0222
中	稻香超級漁港	Tao Heung Super 88	2701 3800
亞	潮館	Chao Inn	2191 0788

大埔區 Tai Po District

中	那打素醫院職員飯堂	Nethersole Hospital Staff Canteen	2664 2752
中	明星海鮮酒家	Star Seafood Restaurant	2652 0222
中	迎龍大酒樓	Cheers Restaurant	2144 0889
快	美心MX	Maxim's MX	2638 8239
中	香港科學園美食廣場	Hong Kong Science Park Canteen	2607 4080
中	彩福海鮮酒家	Choi Fook Seafood Restaurant	2766 3788
中	嘉年華海鮮酒家	Carnival Seafood Restaurant	2665 0222
中	稻香	Tao Heung	2666 9923
中	靚慶酒樓	Happiness Cuisine	2827 8803

屯門區 Tuen Mun District

中	二宜樓客家菜	Eryi Tower	2613 1386
茶	大姆指茶餐廳	Big Top Restaurant	2440 4321
中	屯門醫院職員餐廳	Tuen Mun Hospital Staff Canteen	2463 1351
中	青山醫院餐廳	Castle Peak Hospital Canteen	2101 1329
中	明星海鮮酒家	Star Seafood Restaurant	2649 0222
茶	金裝嫩奶佬 (時代廣場分店) (華都花園分店)	Daniel's Restaurant (Trend Plaza Shop) (Waldorf Garden Shop)	2451 4408 2441 5863
快	美心MX (屯門市廣場分店) (良景分店) (卓爾廣場分店) (華都分店)	Maxim's MX (Tuen Mun Plaza Shop) (Leung King Shop) (Chelsea Heights Shop) (Waldorf Garden Shop)	2618 2952 2465 8384 2465 5769 2618 7458
亞	客家好棧	Hak Ka Hut	2618 7008
快	海皇粥店 (屯門分店) (屯門吉之島分店)	Ocean Empire Food Shop (Tuen Mun Shop) (Tuen Mun JUSCO Shop)	2450 5938 2441 2126
中	新星海鮮酒家	New Star Seafood Restaurant	2613 1919
茶	翠華餐廳	Tsui Wah Restaurant	2463 7511
中	稻香超級漁港	Tao Heung Super 88	2449 2822
中	嶺南大學中菜廳	Lingnam Chinese Restaurant	2616 7990
快	嶺南大學學生餐廳 (只供學生)	Lingnam Student Canteen (For Students Only)	—

荃灣區 Tsuen Wan District

茶	合發(翠華)餐廳	Tsui Wah Restaurant	2490 0723
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
茶	金裝嫩奶佬 (大壩街63號分店) (大壩街65號分店)	Daniel's Restaurant (63 Tai Pa Street Shop) (65 Tai Pa Street Shop)	2414 7639 2498 5662
中	迎禧大酒樓	Cheers Restaurant	2405 3928
快	美心MX (東亞分店) (荃錦中心分店) (愉景新城分店) (綠楊分店) (樂悠居分店)	Maxim's MX (East Asia Shop) (Tsuen Kam Centre Shop) (Discovery Park Shop) (Luk Yeung Shop) (Indhome Shop)	2499 9595 2498 9401 2940 5821 2498 0283 2439 1070
亞	客家好棧	Hak Ka Hut	2406 9338
快	海皇粥店 (荃灣愉景分店) (如心廣場分店)	Ocean Empire Food Shop (Tsuen Wan Discovery Park Shop) (Nina Tower Shop)	2740 4232 2439 1675
中	新星海鮮酒家	New Star Seafood Restaurant	2402 8866
茶	翠華餐廳	Tsui Wah Restaurant	2419 7738
中	稻香	Tao Heung	2940 6233
中	稻香超級漁港	Tao Heung Super 88	2499 0032
茶	爵悅庭住客會所 (只供會員)	Club Chelsea (Members only)	—

元朗區 Yuen Long District

中	太興新世代	Tai Hing New Century	2540 9831
茶	叻哥茶餐廳	—	2446 2345
茶	金裝嫩奶佬 (千色廣場分店) (俊宏軒商場L08號舖分店) (俊宏軒商場L11號舖分店) (新北江商場分店)	Daniel's Restaurant (Citimall Shop) (L08, Grandeur Terrace Shop) (L11, Grandeur Terrace Shop) (Richly Plaza Shop)	2477 0708 3401 1266 3401 1255 2445 6321
快	美心MX (天盛分店) (天耀分店) (元朗分店)	Maxim's MX (Tin Shing Shop) (Tin Yiu Shop) (Yuen Long Shop)	2254 2736 2445 2527 2476 6300
快	海皇粥店	Ocean Empire Food Shop	2477 8050
中	博愛醫院餐廳	Pok Oi Hospital Canteen	2102 1329
中	新星海鮮酒家	New Star Seafood Restaurant	2478 2011
中	稻香	Tao Heung	2475 9251
亞	潮樓	Chao Inn	2478 0628
中	禧慶大酒樓	Happiness Restaurant	2827 6668

沙田區 Sha Tin District

茶	王廚咖啡	Wong's Kitchen & Cafe	2601 3218
中	太興燒味餐廳	Tai Hing Roast Restaurant	2538 9831
茶	叻哥茶餐廳	—	2648 6778
中	君臨海鮮酒家	Shatin King's Fortune Seafood Restaurant	2667 6388
中	明星海鮮酒家	Star Seafood Restaurant	2659 0222
中	明星海鮮舫	Star Seafood Floating Restaurant	2661 0222
中	金都海鮮酒家	Golden City Seafood Restaurant	2633 8899
茶	金裝嫩奶佬 (第一城中心分店) (積福街分店)	Daniel's Restaurant (City One Plaza Shop) (Chik Fuk Street Shop)	2648 6111 2608 1331
快	美心MX (禾輦分店) (利安分店) (新城市分店) (新港城分店)	Maxim's MX (Wo Che Shop) (Lee On Shop) (New Town Plaza Shop) (Sunshine City Shop)	2694 7608 2640 8926 2693 0906 2144 9610
中	峰山美食	Fung Shan Canteen	2947 7589
快	海皇粥店 (沙田好運分店) (頌安分店) (JP沙田分店)	Ocean Empire Food Shop (Shatin Lucky Plaza Shop) (Chung On Shop) (Shatin Hilton Shop)	2692 4150 2633 5715 2607 1693
中	紫荊大酒樓	Bauhinia Restaurant	2693 2228
中	富豪軒	Regal Court	2649 7878
中	豪苑海鮮酒家	Regal Seafood Restaurant	2132 1011
中	嘉豪酒家	Ka Ho Restaurant	2602 3228
中	稻香超級漁港	Tao Heung Super 88	2681 3828
亞		Aji Bou Izakaya	2132 1256
西		Avanti Ristorante	2649 7878
西		L'eau Restaurant	2132 1040

