「星級有營食肆」食譜提交表
"EatSmart Restaurant Star +" Recipe Submission Form

衛生署
Department of Health

食肆名稱 (中文) Restaurant Name (English)：	
聯絡人姓名及職位 Name and title of contact person：	
電話 Telephone：	
傳真 Fax：	

(由食肆填寫 To be completed by restaurant)

本人/吾等承諾，在評審過程中提供的一切資料及文件，均屬真確無誤及詳盡。
I/ we undertake that all information and documents to be provided in the assessment process will be true, accurate and complete.

請用 "✓" 檢視以下各項是否已於「3 少之選」食譜中清楚註明：
☐ 材料的**類別**，如免治**瘦**牛肉、**低脂**奶、**較低脂**芝士、**無糖**果醬等。
☐ 植物油的成分，如**大豆油、菜籽油、粟米油**等。
☐ 以 **茶匙 或 克** 為單位列明油、鹽及糖的分量。
☐ 「3 少之選」的菜式必須連同已填寫的「『3 少之選』菜式評估表」一併提交。
☐ 下列所提交的「3 少之選」食譜，將於「星級有營食肆」報名表格內所列明的分店供應。

Please use "✓" to check whether all the items are clearly stated in the "3 Less" Recipes :
☐ <u>Type</u> of ingredients.   e.g. minced <u>lean</u> beef, <u>low-fat</u> milk, <u>reduced-fat</u> cheese, jam <u>without added sugar</u> etc.
☐ <u>Oil</u>.   e.g. soybean oil, canola oil, corn oil etc.
☐ List the quantity of oil, salt and sugar in <u>teaspoon or gram</u>.
☐ A completed checklist for "3 Less" dishes should be submitted along with the "3 Less" recipe.
☐ The following submitted "3 Less" recipes will be supplied in the restaurant outlets listed in the application form of EatSmart Restaurant Star +.

開始提供「3 少之選」的日期為
Provision of "3 Less"dishes will be started from _____

姓名及職銜   日期
Name & Title   Date

_____   _____

請將填妥之表格寄回「星級有營食肆」秘書處 (地址：香港生產力促進局 - 香港九龍達之路 78 號生產力大樓 3 樓) 或傳真至 27885608。 如有查詢，請與秘書處聯絡，電話：2788-5454；電郵：esrstarplus@hkpc.org
Please send the completed form to the "EatSmart Restaurant Star+" Secretariat (Address: Hong Kong Productivity Council - 3/F, HKPC Building, 78 Tat Chee Avenue, Kowloon, Hong Kong) or fax to 27885608.
For more information, please contact the secretariat at 27885454, email address : esrstarplus@hkpc.org

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「**3 少之選**」食譜
"3 Less" Recipe

菜式名稱 **Name of Dish**	香蒜肉碎豆角 (__4__人分量)			

有「營」標誌應用 / EatSmart Logo(s) Used

請在適當的空格內加上 "✔" 號，可選多項。Please "✔" the appropriate box(es).

☑ 蔬果之選   ☑ 3 少之選 （請連同「3 少之選」菜式評估表提交）
More Fruit and Vegetables   3 Less (Submitted with "3 Less Checklist")

食材 / Ingredients

材料名稱 Name of Ingredients	分量 Quantity	材料名稱 Name of Ingredients	分量 Quantity
青豆角	300 克		
瘦免治豬肉	25 克		
紅椒	1 隻		
蒜蓉	適量		

調味料 / Seasonings
(油、鹽和糖分量必須註明清楚)
(Please indicate the quantity of oil, salt and sugar used)

材料名稱	分量	材料名稱	分量
砂糖	1/2 茶匙	清湯	3 湯匙
菜籽油	3 茶匙	生粉水	少許
生抽	1 茶匙		

烹調方法 / Cooking Methods

1. 青豆角去頭尾、洗淨、切段、飛水備用。

2. 燒熱油，爆香蒜蓉、紅椒，下免治豬肉炒散。

3. 放入青豆角、生抽、砂糖及清湯，炒至熟透，埋生粉芡即可。

簽名 Signature：_____ 姓名 Name：_____ 職位 Post：_____ 日期 Date：_____

「3 少之選」食譜
"3 Less" Recipe

<table>
<tr><td>For official use only:</td></tr>
<tr><td>☐ More fruit & vegetables　　☐ 3 Less</td></tr>
<tr><td>☐ Satisfactory</td></tr>
<tr><td>☐ Suggestions for improvement (refer to feedback form)</td></tr>
</table>

於參加簡介會前須向秘書處**提交最少一款**「**3 少之選**」食譜。(如有需要，請自行另外複印此頁。)

菜式名稱 **Name of Dish**	(_____人分量) (To serve _____)			
有「營」標誌應用 **EatSmart Logo(s) Used**	請在適當的空格內加上 "✓" 號，可選多項。Please "✓" the appropriate box(es). ☐　蔬果之選　　　　　☐　3 少之選 (請連同「3 少之選」菜式評估表提交) 　　More Fruit and Vegetables　　　3 Less (Submitted with "3 Less Checklist")			
	材料名稱 Name of Ingredients	分量 Quantity	材料名稱 Name of Ingredients	分量 Quantity
食材 **Ingredients**				
調味料 **Seasonings** (油、鹽和糖分量必須註明清楚) (Please indicate the quantity of oil, salt and sugar used)				
烹調方法 **Cooking Methods**				

本人同意本食譜作以下修改：　(此欄只適用於秘書處建議要修定的內容)
I agreed the following amendment of the recipe: (This column is for any amendment of recipe suggested by ESR Secretariat)

簽名 **Signature**：＿＿＿＿＿＿＿ 姓名 **Name**：＿＿＿＿＿＿ 職位 **Post**：＿＿＿＿＿ 日期 **Date**：＿＿＿＿＿

Checklist for "3 Less" Dishes

Name of dish：_____

Prior to granting the "3 Less" Logo to a dish, please assess the dish with the following criteria and "✓" the appropriate option. If all the answers are "Not applicable / Yes", the dish fulfills the requirement of "3 Less". Please grant the "3 Less" Logo to it.

(Please make your own photocopies of this page if needed)

Criteria	Please refer to the Definition of "3 Less" for details	Not Applicable	Yes	No	Remarks
Choice of Ingredients					
1. Use low- or reduced-fat ingredients and foods, e.g. steamed white rice, noodles in soup, non-fried noodles, lean meat, skinless poultry, non-fried plain soybean products, reduced-fat evaporated milk, reduced-fat cheese, etc	Grains, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts	❑	❑	❑	_____
2. Use healthier vegetable oil, reduced-fat salad dressing and low-fat spread without added sugar	Fats & Oils / Salad Dressing / Spread	❑	❑	❑	_____
3. Use non-preserved ingredients	Vegetables, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts	❑	❑	❑	_____
4. Use canned vegetables after blanching or reduced-salt canned vegetables, e.g. reduced-salt canned tomato puree	Vegetables	❑	❑	❑	_____
5. Use natural ingredients or herbs and spices, e.g. garlic, chilli, star anise, lemongrass, basil, etc. for flavoring	Seasonings	❑	❑	❑	_____
6. Use fruit and fruit products without added sugar, e.g. canned fruits in juice, fruit juice, dried fruits or jam without added sugar	Fruit	❑	❑	❑	_____
Food Preparation/ Cooking/ Mode of Serving					
7. Low-fat cooking methods, e.g. steaming, boiling in broth, boiling, stewing, baking, stir-frying with small amount of oil	Preparation of Ingredients / Cooking Methods / Mode of Serving	❑	❑	❑	_____
8. Thin spread or serve spread separately for sandwiches and toasts		❑	❑	❑	_____
9. Serve grains and dishes with sauce separately, except baked rice, baked paste, pizza and baked potato		❑	❑	❑	_____
10. Serve low-fat salad dressing or sauce separately		❑	❑	❑	_____
11. Dish / Food has already used the least amount of sugar and seasonings with salt (including soy sauce) for favor. Ready-to-use sauce, chicken powder and MSG are not used		❑	❑	❑	_____
12. Provide beverages and desserts without added sugar, serve sugar or sweetener separately		❑	❑	❑	_____

Congratulations! If all the answers above are either "Not Applicable" or "Yes", the dish concerned will be considered a healthier option. Please grant the ![logo] "3 Less" Logo to it and recommend it to your patrons.

Don't forget that if fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice (or 4 times if uncooked vegetables) as much as the amount of meat and its alternatives present in dish, please also grant the ![logo] "More fruit and vegetables" Logo to it!

Assessor:(Signature)_____

(Name / Post)_____   Date of Assessment:_____

「3少之選」菜式評估表

菜式名稱：＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

為菜式加上「3少之選」標誌前，請以下列各提示評估該菜式，並在適當的空格內填上「✓」號。若所選的全屬「是/不適用」欄，代表該菜式已符合「3少之選」的要求。請您為該道菜式加上「3少之選」的標誌。

(如有須要，請自行另外複印此頁。)

要求	詳見「3少之選」定義內的	不適用	是	否	備註
材料選擇					
1. 選用低脂或較低脂的材料及食物，如白飯、湯麵、非油炸的麵、瘦肉、去皮禽肉、非油炸的原味豆類製品、較低脂淡奶、較低脂芝士等。	穀物類、肉類、家禽、海鮮、雞蛋、豆類及果仁	❏	❏	❏	＿＿＿＿＿
2. 選用較健康的植物油、較低脂肪的沙律醬、較低脂肪及無添加糖分麵包塗醬。	油脂類/沙律醬/麵包塗醬	❏	❏	❏	＿＿＿＿＿
3. 選用非醃製的材料。	蔬菜、肉類、家禽、海鮮、雞蛋、豆類及果仁	❏	❏	❏	＿＿＿＿＿
4. 選用已「出水」或低鹽分的罐頭蔬菜，如較低鹽分罐頭茄蓉。	蔬菜類	❏	❏	❏	＿＿＿＿＿
5. 選用天然材料或香料，如蒜頭、辣椒、八角、香茅、紫蘇葉等調味。	調味料	❏	❏	❏	＿＿＿＿＿
6. 選用無添加糖分的水果及其製品，如果汁浸的罐頭雜果、無添加糖分的果汁、乾果或果醬等。	水果	❏	❏	❏	＿＿＿＿＿
材料預備/烹調/供應模式					
7. 低脂烹調方法，如蒸、上湯浸、焯、炆、焗、少油快炒等。		❏	❏	❏	＿＿＿＿＿
8. 預備三文治或多士等食物時，只塗上簿簿的一層或分開供應麵包塗醬。		❏	❏	❏	＿＿＿＿＿
9. 穀物類與有芡汁的食物分開供應，焗飯、焗意粉、薄餅和焗薯除外。	材料預備/烹煮方法/供應模式	❏	❏	❏	＿＿＿＿＿
10. 分開供應醬汁、低脂沙律醬等佐料。		❏	❏	❏	＿＿＿＿＿
11. 菜式/食物已用最少的糖分和鹽分的調味料（包括豉油）調味，並無使用現成的醬料、雞粉及味精。		❏	❏	❏	＿＿＿＿＿
12. 提供無添加糖分的飲品或甜品，另行供應糖或代糖。		❏	❏	❏	＿＿＿＿＿

恭喜你！若上列各項全選「是/不適用」，這道菜式已是較健康的選擇了，請為它貼上 「3少之選」標誌，並多向你的客人推介吧！

不要忘記！若此菜式的材料同時全屬蔬果類或以體積計，蔬果類是肉類及其代替品的兩倍或以上（若蔬菜未經烹煮，則是肉類及其代替品的四倍或以上），請多加 「蔬果之選」的標誌啊！

評核人: (簽名)＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

(姓名/職位)＿＿＿＿＿＿＿＿＿＿＿＿＿＿　　　　評核日期:＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿