

015 (有營食肆)

<http://restaurant.eatsmart.gov.hk>

CookSmart

許廷鏗的生活2重奏

Alfred Hui's Balanced Two-Faceted Life

火火廚
營



冬話

每當踏入冬季，總令人想起熱乎乎的煲仔飯，除了傳統的臘味飯、窩蛋牛肉飯、北菇滑雞飯外，還有新興的豉汁白鱔飯和蝦醬腩片飯！每一口香噴噴的煲仔飯，搭配着煲仔飯豉油，加上香脆的飯焦，實在迷倒不少貪吃的粉絲！但在「享受」煲仔飯前，你又是否知道這些煲仔飯對身體的潛在風險？今期《營廚》便邀請了營養師分析一些常見的煲仔飯，還會告訴你怎樣搭配出健康的煲仔飯！

Words from the Editor

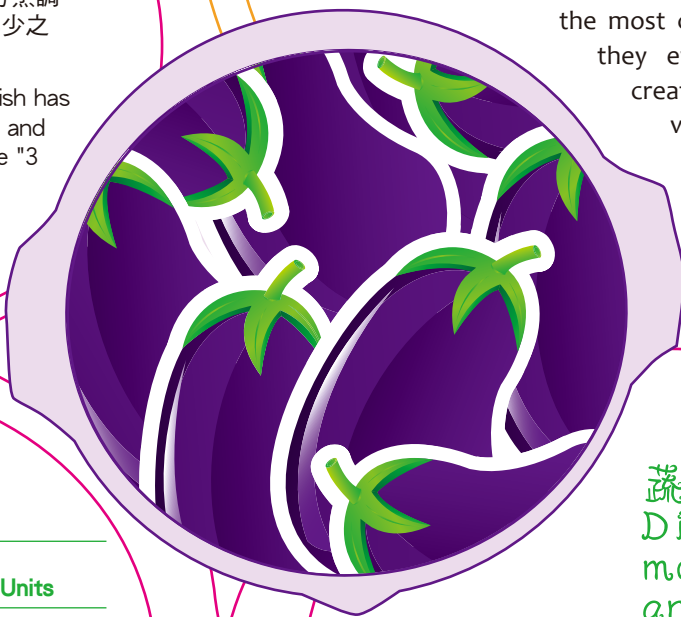
When leaves start to fall, we miss the steaming hot rice in clay pots. Apart from the traditional versions with preserved meat, “beef and sunny-side-up”, and “chicken with shittake mushrooms”, in the market there are also newcomers like “white eel in black bean sauce” and “sliced pork in shrimp paste”. Everything is so tempting about clay pot meals: the warming hot rice, the aromatic soya sauce, the crunchy scorched rice... But do you realise the health risks behind all these delicacies? In this issue of CookSmart, dietitians comment on the most common clay pot meals; they even tell you how to create your own healthy versions!



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.



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 = 240 毫升 | 1 medium bowl = 240 ml |

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許廷鏗的 生活2重奏

Alfred Hui's Balanced
Two-Faceted Life

「80後」的許廷鏗（Alfred），在參加歌唱選秀節目後為人熟識，出道後的發展一路順遂，推出多張個人專輯均反應熱烈，得獎無數。在舞台背後，他又是怎樣的？

Alfred Hui, who belongs to the "post-80s" generation, rose to fame after he had won a TV singing contest. His first few albums were widely acclaimed, and he has since then won a number of awards. Without the stage costumes, what kind of person is he? Let's take a closer look.

牙醫、歌手兩兼顧

Dentist? Singer? A dual role

大學畢業後，Alfred設法平衡歌唱事業和牙醫專業的發展。表演工作固然繁忙，醫務工作也需專心致志。他希望既可以專業知識和技術幫助病人，也可發揮自己的歌唱才華和興趣，兩者兼得。

面前的Alfred，既是牙醫又是明星，卻沒有半點架子。他說：「我從不避忌逛街或乘搭巴士、地鐵，亦常與同學和圈外朋友聚會吃飯，與普通人無異」

Since Alfred completed his undergraduate dental studies, he has been trying to strike a balance between singing and dental practice. Alfred always has to struggle between a hectic schedule of singing jobs and the stringent demands of dentistry. On one hand, Alfred hopes to serve his patients well; on the other hand, he hopes to fully exploit his talent in singing.

A qualified dentist cum artiste as he is, Alfred has no airs and graces. "I like to go shopping", he says. "I have no hard feelings travelling on buses or the MTR. I also enjoy getting together with classmates and friends for dinner parties, just like everybody else does."

飲食、運動：平衡生活

Eat right and exercise to maintain a balanced life

為了保持健康狀態，Alfred戒除零食。他說：「多吃零食易胖，更會引起暗瘡，影響聲線。」見他在拍攝工作期間帶備羅漢果水，除可滋潤喉嚨外，也可減少飲用汽水或含糖飲品，真聰明！

Alfred是個典型陽光男孩，愛好足球和羽毛球，間中相約一群愛好羽毛球的圈中朋友切磋球技，紓緩工作壓力。縱使近來工作繁忙，大家時間較難遷就，他自己也會在家中以跑步機鍛鍊身體。

To keep his body in good shape, Alfred has given up snacking. He says, "Too much snacking would give me excess weight. Snacks would also give me acne and dry up my voice." In this photo session, he sips at a bottle of *luohanguo* (*grosvenor momordicae*) tea throughout. What a smart idea it is, to soothe one's throat with a natural beverage instead of sugary soft drinks!

Alfred is a "sunshine boy" and is very fond of football and badminton. He still plays badminton occasionally with his friends from showbiz. When he is too busy to play badminton, he works out on his personal treadmill at home.

全家着重健康飲食

Healthy eating in a healthy family

許家素有鑽研養生食譜，全家飲食一向着重健康，飯桌上總少不得他們至愛的蒸魚和蔬菜。

Alfred除了堅持唱好歌外，嘴巴也很講究。他說：「吃了油膩或有太多味精的東西，口裏總覺得不舒服」。Alfred從小到大都「偏食」，總能在餐牌中選出較健康的菜式。他說：「人長大了，外出吃飯時，都會考慮食物是否有太多油鹽糖。」食物的味道固然重要，但食物對健康的影響也要小心考慮。

Alfred and his family are avid readers of healthy recipes, and they always follow a healthy diet. Their favourite dishes are: "steamed fish" and "vegetables".

Alfred himself has a good sense of music as well as a good sense of taste. He says, "Food cooked with too much oil and too many flavour enhancers always leave a bad aftertaste in my mouth." Alfred, fortunately, is not a picky eater and he always makes healthy choices when eating out. He says, "I have become more concerned about excessive use of oil, salt and sugar in restaurants." To him, tastiness and healthiness are equally important.



地點和菜式提供：粵軒 - 六國酒店提供。
Venue and dishes: Canton Room -
Gloucester Luk Kwok Hong Kong.

許廷鏗 至營之選 Alfred's Choice

海皇蛋白蒸豆腐

Steamed Bean Curd with
Seafood & Egg White

「豆腐滑溜，配上鮮甜的帶子和蝦粒，美味健康。」

"Silky bean curd combines well with diced scallops and shrimps in this healthy, delicious dish."



玉環羅漢蓋

Steamed Vegetarian "Rings"

「冬瓜軟滑清甜，雜菌、甘荀和黃耳也十分惹味。」

"The mild, sweet taste of winter melon combines nicely with the flavoursome mushrooms, carrots and white fungus."



銀杏彩椒炒雞丁

Sautéed Chicken Slices with
Sweet Pepper & Ginkgo

「鮮嫩的雞丁與爽脆的彩椒搭配得宜，白果增加了口感。」

"Tender chicken slices go side by side with a fresh mix of crispy sweet pepper and ginkgo, which gives extra texture."



野菌斑粒浸有機菜

Diced Garoupa Fillet with
Mushrooms & Organic Vegetables
in Soup

「斑粒爽滑鮮美，配上清香的菠菜和草菇，以上湯浸泡，清新可口。」

"Garoupa fillet, fresh and succulent, is simmered in stock with fresh spinach and straw mushrooms to become a refreshing delight."



非常 家常菜

廣東館

陸寶祥師傅17歲便投身飲食行業，先後在多間著名食肆任職。他於六年前加入廣東館所屬的麗都飲食集團，現職集團行政總主廚。

Mr. LUK Po-cheung, chief cook of the Nice Capital Restaurant Group, started his culinary career when he was only 17. Before joining the restaurant group six years ago, he worked with several renowned restaurants.



Untypical Home-style Dishes Canton Koon

廣東館的中式古典建築外型，在樸素的屋中很突出。該店以菜式種類繁多、質素優良見稱，深受街坊歡迎。

家常美味 營養健康

陸師傅說，他六年前加入該飲食集團時，立志以精緻新穎的小菜提升品牌形象。入行多年的他，留意到顧客飲食口味愈來愈健康，很多人點菜時都以蔬菜為主，又多了要求餸菜少油鹽糖。他說，顧客只要在點菜時說明，同事們必全力配合。

他舉例說，他會先把鮮肉在沸水中焯至五成熟，再下薑、蔥等材料以上湯炆煮，最後才加少量生粉水勾芡，這除可保全肉的鮮味之外，亦一改中國菜偏重濃稠芡汁的弊端。處理蔬菜時，他也摒棄多油的



翠塘鴛鴦豆腐

蛋白配上低脂奶，加入切粒的蝦仁、斑肉、芥蘭、冬菇和甘筍，濃、爽、鮮、香兼備。

Steamed Bean Curd with Seafood and Vegetables

Prawns, small fish fillets, Chinese kale, shiitake mushrooms and carrots are steamed in egg white and low fat milk to become a fresh dish which is rich in flavour and taste.



雙菇扒翡翠

濃郁的菌香加上鮮嫩爽口的西蘭花，清淡中不乏滋味。

Braised Mushrooms & Broccoli

The mushrooms add a deep flavour and intense aroma to the crunchy broccoli. The result is a simple, fresh and tasty dish.

炒法而轉以少量食油快炒，弄出來的菜不油不膩。遇上茹素的顧客，師傅更會以清水代替上湯烹煮。他補充說，各分店菜式中的蔬菜分量比過往增加：以前一碟菜遠炒牛肉的菜、肉比例是六比四，現已增大至約七比三。

他坦言，各款肉食和食油價格上升，少用肉和油更有利成本控制。在陸師傅的帶領和推動下，各分店漸漸建立起口碑來，亦穩固了一批捧場客。

以心入味 以食悅人

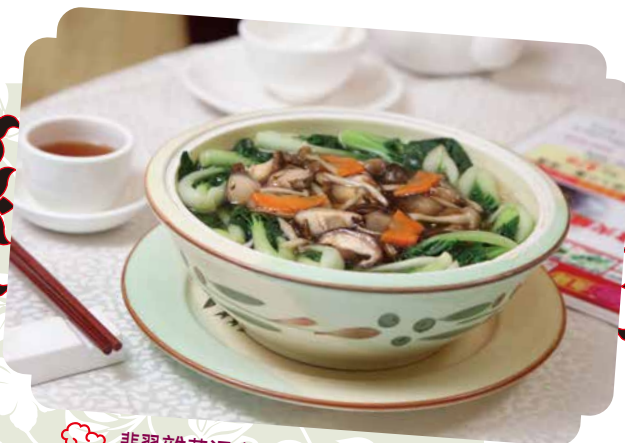
為了不斷推陳出新，為食客帶來新口味，陸師傅會時常到處試食和比較，取他人之長。陸師傅談到他的煮食之道時稱，不外乎「用心」，堅持以質素為先。他強調，只要盡心盡意做好每一道菜，自然會令顧客欣賞。

Situated in a public housing estate, Canton Koon distinguishes itself from neighbours with its classical Chinese appearance. The restaurant, by providing a wide variety of high quality dishes, has become a favourite dining place for nearby residents.

Healthy and Tasty Home-style Dishes

Since Mr. LUK joined the restaurant group some six years ago, he has been striving to build up the group's brand image by providing customers with innovative and elegant dishes. He finds that more and more people are eating healthier; in response, his kitchen team often makes new dishes with less salt, sugar and fat but plenty of vegetables.

For instance, Mr. LUK only adds a little cornstarch water for his Chinese dishes that is much more desirable than the traditional Chinese sauce, which is notorious for being too thick and heavy. Vegetables are pan-fried with only a small amount of oil, which makes the dish less greasy.



翡翠雜菌湯米線
白菜、冬菇、磨菇、甘荀等多種蔬菜熬成素湯底，鮮甜無比。
Assorted Mushrooms and Rice Stick Noodles in Soup
Chinese white cabbage, shiitake mushrooms, button mushrooms and carrots are mixed together to form a delightfully flavoured soup base for the rice stick noodles.



三蔬白汁燴飯
甘荀、南瓜和西蘭花，色彩豐富；再加上以低脂奶煮成的白汁，味道出眾。
Braised Assorted Vegetables in Low-fat Milk Sauce
Carrot, pumpkin and broccoli are combined to create this colourful dish. The low-fat milk sauce contributes a rich creamy flavour.

雜菇西芹雞柳
這道家常菜可謂家喻戶曉，配料新鮮而火候恰到好處，色味俱佳且健康。
Stir-fried Chicken Fillets with Celery and Assorted Mushrooms
This is one of the most popular Cantonese home-style dishes. Ingredients taste fresh, and are cooked just right to the point.

Mr. LUK said, the meat-to-vegetable ratio in a dish has been dropped from around 4:6 to 3:7 now. With meat and oil prices on the rise, the new practice reduces operating costs and gains customer support.

To Cook from the Heart

Mr. LUK is always diligent in advancing his cooking knowledge. He offers customers with new and innovative dishes by trying out new recipes he finds in and around Hong Kong. His first rule of cooking is: cook from your heart, because it is the only way to delight customers.



品味一刻閒適

Getting a Taste of
Tranquil Flavour

爵悅庭住客會所
Club Chelsea

爵悅庭住客會所設計優雅，氣氛悠閒，加上提供美味和健康的菜式，住客都足不出戶就能舒適地與家人享用晚餐。

Club Chelsea, comfy and elegantly furnished, offers a variety of delicious and healthy dishes. It is a cosy place for a nice relaxing dinner with family.

非一般的住客會所

An Unusual Residents Club

會所助理監督周碧珠小姐和彭曉婷小姐表示，屋苑住客以年青夫婦和年幼子女為主，他們着重飲食健康，要求菜式多菜少肉。會所雖以西餐為主，但逢五、六和日的晚市時段會提供中式套餐，以迎合不同顧客口味。每逢節慶，會所還供應特色晚餐，讓住客與親友共度佳節。

Ms Jodi CHOW and Ms Maggie PANG, Assistant Club Supervisors of the residents' club, say that the residents of the housing estate are mostly young couples with kids, who are more aware of the importance of healthy eating, and tend to eat less meat and more vegetables. The club restaurant, while serving western food, offers special Chinese dishes for dinner on Fridays and weekends. Special menus are also offered during festivals.

全靠經驗豐富的主廚李仲禮先生坐鎮，會所提供的食品一點也不馬虎。他喜愛簡單清新的菜式，少用忌廉和牛油，又愛以蔬果入饌，尤其是南瓜，搭配不同的食材都十分可口。會所食物十分精緻，價錢卻大眾化，一道足料燉湯亦只賣七十多元，可謂價廉物美。

With veteran chef Mr. LEE Chung-lai at the helm, the club restaurant serves quality food. He adopts a healthy cooking method, for instance, using less cream and butter but more fruit. He is particularly fond of pumpkin, which goes well with many ingredients. More importantly, the restaurant is dedicated to serving good food at reasonable prices. A rich and nutritious Chinese-style soup, for instance, only costs around seventy dollars.



五彩素菜涼拌意粉配
鮮茄橄欖油醋汁
Mixed Vegetables with Cold
Spaghetti in Olive Oil and
Tomato Balsamic Sauce
涼拌意粉配上多種瓜菜和黑醋
汁，口感清爽，令人胃口大增。
Chilled spaghetti, blended with
various vegetables, is served
with a vinegar dressing to
become a fresh and appetising
cold dish.



焗蛋番茄生菜麥包三文治
Brown Sandwich with
Boiled Egg, Tomato &
Lettuce

為普通的蛋治加入青瓜、番茄、生菜和紫椰菜，可謂「簡單就是美」。
This simple but delicious brown sandwich features fresh cucumber, tomato, lettuce and purple cabbage.



芝士白汁焗茄子意粉
Baked Spaghetti with Eggplant
in Creamy Cheese Sauce

茄子先去皮，再以上湯焗熟，軟硬適中；白汁以低脂奶和芝士煮成，味道香滑，口感豐富。
Peeled eggplant, braised in broth, is done to the point. A white sauce made with low-fat milk and low-fat cheese adds a tremendous amount of flavour to the dish.



南瓜燴豬柳意粉
Braised Pork Fillet with
Pumpkin and Spaghetti

軟稔的豬柳，配以南瓜蓉煮成的鮮甜醬汁，相得益彰。
Tender pork fillets marry up beautifully with savoury pumpkin sauce in this pasta dish.



健康作宗旨、新鮮作賣點

Serving Healthier Options to Customers

由於會所客源局限於屋苑住戶，加上區內食肆林立，會所必須以高質素的食物和服務去吸引客人。為此，李師傅經常親身到街市買材料，揀選最新鮮、最健康食材。他愛與顧客交流，了解客人的喜好。

會所積極奉行節約資源，例如廚師們都採用電爐和易潔爐具，食物又多以焗、焗為主，這既省油耗，又可保存食物鮮味。會所早於2008年發覺與「有營食肆」運動的目標不謀而合，故加入了「有營食肆」行列，承諾為顧客提供更多健康菜式。

Club Chelsea, which does not have a broad customer base, has been trying to compete with restaurants in the neighbourhood by providing quality food and services. Mr. LEE always purchases fresh and healthy ingredients in nearby wet markets. He also likes to exchange food ideas with customers to understand their preferences.

Moreover, Club Chelsea has implemented a number of energy saving measures. For example, the restaurant uses induction cookers and non-stick cookware, while the kitchen staff use healthy cooking methods such as blanching and grilling to capture the original flavours of fresh foods. The restaurant has been a member of the "EatSmart@restaurant.hk" campaign since 2008, and is committed to providing healthy dishes for customers.

爵悅庭住客會所主廚李仲禮先生出身為甜品師，入行近四十年，曾在著名酒店和私人會所任職，特別注重菜式賣相，連盤子也十分講究。

Mr. LEE Chung-lai, head chef of Club Chelsea, began his culinary career as dessert chef. He has worked in several hotels and private clubs over the past 40 years. Mr. LEE always pays special attention to food presentation, even to the point of what kind of a plate should be used.





特色 FEATURE

簡單材料，但要費盡心思才能做出這道菜式。雞蛋本身含豐富蛋白質，可媲美肉類。把蛋黃和蛋白分開烹製，既可保存雞蛋的營養素，又可突出色彩的搭配。

Simple ingredients plus creativity make this wonderful dish. Egg is rich in protein, and can be used as a meat alternative. Cooking white and yolk separately not only maintains the nutrient content of the whole egg, but also adds colours to the dish.



李鑑而
Carmela LEE

英國註冊營養師 兼
香港營養學會教育統籌
Registered Dietitian (UK);
Education Sub-committee
of Hong Kong Nutritional
Association

菜片瑤柱鴛鴦蛋燴飯 Stewed Steamed Rice with Conpoy & Egg



材料 INGREDIENTS

to serve **2** 人分量

芥蘭 (切段) 20克
米 70克
雞蛋 2隻
瑤柱 15克
菜籽油 2茶匙
上湯 300克
生粉水 適量

20g Chinese kale, sectioned
70g rice, raw
2 eggs
15g dried scallops (conpoy)
2 teaspoons canola oil
300g broth
Some cornstarch water

調味料 SEASONINGS

鹽 1/2茶匙
1/2 teaspoon salt

試食兵團話你知 Message from Tasting Team



廚師巧妙地將蛋白和蛋黃分開做，賣相十分精緻。
Masterful culinary skills are showcased in this elegant dish that features yolk and egg white, cooked separately but delicious all the same.

每一份 PER SERVING

| 熱量 Energy | 碳水化合物 | 蛋白質 Protein | 脂肪 Fat | 糖 Sugar | 鈉質 Sodium |
|--------------|-----------|----------------|-----------|------------|--------------|
| 317 | 41 | 13 | 11 | 2 | 287 |
| 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.



步驟 COOKING METHOD

1

把菜段氽水，備用。
Blanch the sectioned vegetable. Let stand.

2

將米淘洗，加入清水，煮成白飯，備用。
Rinse rice. Add water and cook until done. Let stand.

3

燒熱鑊下油，下蛋白炒熟，備用。
Heat the wok. Stir-fry the egg white until done. Let stand.

4

先把白飯盛於碟上，備用。
Put the rice on a plate. Let stand.

5

將上湯煮滾，加入瑤柱、菜段和蛋白，下鹽調味，再下生粉水和蛋黃，最後澆於白飯上即成。
Bring the broth to the boil. Add the dried scallops, vegetable, egg white, and then the cornstarch water and yolk. Pour over the rice to serve.





特色 FEATURE

芋頭和南瓜屬高澱粉蔬菜，含膳食纖維，可增加飽腹感；鮮冬菇屬菌類，主要含膳食纖維和水分，為這道菜式提升纖維量。充足的膳食纖維不但刺激腸道蠕動，有助排便，而且可降低血液中壞膽固醇的水平。

Taro and pumpkin are starchy vegetables; both of them contain plenty of carbohydrates and dietary fibre. Fresh shiitake mushrooms, just like other kinds of mushroom, are rich in dietary fibre and water. All these ingredients contribute to a high fibre content of the dish. An adequate dietary fibre intake helps stimulate bowel movement and lowers the "bad" cholesterol in blood.



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南瓜芋頭雞粒煲仔飯

Pumpkin, Taro & Chicken in Clay Pot, with Rice



材料 INGREDIENTS

to serve **2** 人分量

- 去皮雞胸肉(切粒) 75克
 - 南瓜(去皮、切粒) 75克
 - 芋頭(去皮、切粒) 75克
 - 米 180克
 - 清水 260毫升
 - 鮮冬菇(除蒂、切粒) 2隻
 - 薑 4片
 - 葱 4段
- 75g chicken breast, skinned and diced
75g pumpkin, peeled and diced
75g taro, peeled and diced
180g rice, raw
260ml water
2 shiitake mushrooms, stemmed and diced
4 slices ginger
4 sections spring onion

醃料 SEASONINGS

- 鹽 1/7茶匙
- 糖 1/8茶匙
- 粟米油 1茶匙

煲仔飯汁 (另上)

- 老抽 1湯匙
- 生抽 2茶匙

- 1/7 teaspoon salt
- 1/8 teaspoon sugar
- 1 teaspoon corn oil

Ingredients for the sauce (to be served separately)

- 1 tablespoon dark soya sauce
- 2 teaspoons (light) soya sauce

試食兵團話你知 Message from Tasting Team



南瓜香甜、芋頭甘美，與嫩滑的雞柳搭配得宜，一反煲仔飯多肉少菜的傳統。

Pumpkin and taro, both sweet and full of flavour, are mixed with succulent chicken fillets in this clay-pot meal, which offers an option to the typically meaty clay-pot meal.

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 |
|--------------|-----------------------|----------------|-----------|------------|--------------|
| 454 | 86 | 16 | 4 | 2 | 204 |
| 千卡(kcal) | 克(g) | 克(g) | 克(g) | 克(g) | 毫克(mg) |

老抽和生抽不計算在內。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 dark and light soya sauce. The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



本食譜由廣東館提供。
This recipe is provided by
Canton Koon.

步驟 COOKING METHOD

1

雞胸肉粒以鹽、糖、油醃好，備用。

Season the diced chicken breast with salt, sugar and oil.

Set aside.

2

把雞肉粒、南瓜粒和芋頭粒汆水，備用。

Blanch the diced chicken breast, pumpkin and taro.

Let stand.

3

淘洗白米，注入清水，以慢火先煮10分鐘。

Wash the rice.

Cook in water on low heat for 10 minutes.

4

把雞肉粒、南瓜粒、芋頭粒、冬菇粒、薑片放上飯面，蓋上煲蓋，煮約5分鐘，最後放上蔥段，伴以煲仔飯汁即可。

Lay the diced chicken, pumpkin, taro, shiitake mushrooms and ginger slices on rice. Put on the lid. Cook for about 5 minutes. Top with spring onions sections. Serve with soya sauce mix.





特色 FEATURE

使用適量蝦米，能在不依賴調味料的情況下提升菜式味道。調味料中的胡椒粉、酒和麻油含鈉不多，卻可增加菜式的香味，很適合小朋友和老人家佐膳之用！

A suitable amount of dried shrimps boost the flavour of the dish without the need for much seasoning. White pepper, Chinese spirit and sesame oil are low in sodium, yet full of aroma, enhancing the taste of the dish, which is particular appealing to children and the elderly.



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粉絲蝦米肉碎蒸蛋配飯

Mungbean Vermicelli, Dried Shrimps & Minced Pork
on Steamed Egg, with Rice



材料 INGREDIENTS

to serve **1** 人分量

瘦免治豬肉 30克
雞蛋 1隻
水 70毫升
幼鹽 1/10茶匙
粉絲（浸軟） 10克
蝦米（浸軟） 3克
葱粒 1茶匙
白飯 1碗
30g lean minced pork
1 egg
70 ml water
1/10 teaspoon table salt
10g mungbean vermicelli,
soaked till softened
3g dried shrimps, soaked till softened
1 teaspoon diced spring onion
1 bowl rice

調味料 SEASONINGS

幼鹽 1/8茶匙
糖 1/3茶匙
生抽 1/6茶匙
白胡椒粉 少許
生粉 1/2湯匙
酒 1毫升
菜籽油 1/5茶匙
麻油 1/6茶匙
水 1/2茶匙

1/8 teaspoon table salt
1/3 teaspoon sugar
1/6 teaspoon soya sauce
Some white pepper
1/2 tablespoon cornstarch
1 ml Chinese spirit
1/5 teaspoon rapeseed oil
1/6 teaspoon sesame oil
1/2 teaspoon water



試食兵團話你知 Message from Tasting Team



肉碎先蒸後炒，再混入蛋漿同蒸，加上葱味的蝦米，是可口的下飯小菜。

Minced pork is pre-steamed and stir-fried before it is steamed again with an egg mixture and flavoursome dried shrimps. It is a perfect complement to a plain bowl of rice.

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 |
|--------------|-----------------------|----------------|-----------|------------|--------------|
| 435 | 63 | 21 | 10 | 4 | 764 |
| 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.



步驟 COOKING METHOD

1

先將瘦免治豬肉加入調味料拌勻，蒸20分鐘後放涼，再用易潔鑊炒至乾身，備用。

Mix the minced pork with seasoning well. Steam for 20 minutes, let cool, and then stir-fry in a non-stick pan until dried up. Put aside.

2

將雞蛋、水、幼鹽攪勻，備用。

Mix the egg, water and table salt well. Put aside.

3

先放粉絲、瘦免治豬肉、蝦米於蒸碟內，注入蛋水，以高火蒸約15分鐘。

Put the mungbean vermicelli, minced pork and dried shrimps on a plate first, then fill with the egg mixture. Steam on high heat for about 15 minutes.

4

最後灑上蔥粒，伴以白飯即可。

Sprinkle with chopped spring onion on top and serve with rice.





特色 FEATURE

用南瓜醬煮成汁是十分聰明的做法，低脂又低鹽。南瓜亦含豐富的胡蘿蔔素和維他命A，有抗氧化的作用，有助預防癌症和保護心臟血管。

It's clever to make gravy with pumpkin for a rich and delicious dish, because of the reduced fat and salt content. Pumpkin is not only tasty, but also nutritious, especially for its antioxidant nature arising from carotene and vitamin A. Antioxidants help prevent cancer and protect the heart and blood vessels.



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粟米南瓜雞球飯

Braised Chicken & Sweet Corn in Pumpkin Sauce, with Rice



材料 INGREDIENTS

to serve **1** 人分量

| | |
|----------------------------------|-------|
| 南瓜 | 100克 |
| 洋葱 | 30克 |
| 水 | 50 毫升 |
| 雞球 | 142克 |
| 粟米粒 | 20克 |
| 青椒(切絲) | 20克 |
| 白飯 | 285克 |
| 100g pumpkin | |
| 30g onion | |
| 50ml water | |
| 142g chicken nuggets | |
| 20g corn kernels | |
| 20g green sweet pepper, shredded | |
| 285g rice | |

調味料 SEASONINGS

| | |
|-----------------------|-------|
| 鹽 | 1/2茶匙 |
| 糖 | 1/2茶匙 |
| 生粉 | 1茶匙 |
| 1/2 teaspoon salt | |
| 1/2 teaspoon sugar | |
| 1 teaspoon cornstarch | |



試食兵團話你知 Message from Tasting Team



南瓜甘香，加上清甜的粟米粒及嫩滑的雞球，口感味道兼備。

The sweet corn kernel adds a texture to the savory pumpkin, which combine well with fleshy chicken nuggets to become a delightful dish.

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 |
|--------------|-----------------------|----------------|-----------|------------|--------------|
| 643 | 96 | 41 | 9 | 7 | 1254 |
| 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.



步驟 COOKING METHOD

1

燒開水，先把南瓜和洋葱煮15分鐘，取其中40毫升水，與南瓜和洋葱一同用攪拌機打成南瓜醬，備用。

Cook the pumpkin and onion in boiling water for 15 minutes. Take 40ml of the water, mix with the pumpkin and onion, blend all in an electric blender. Let stand.

2

雞球去皮，洗淨，下1/4茶匙鹽、糖、生粉和10毫升水，拌勻，醃15分鐘。

Skin the chicken nuggets. Wash thoroughly. Season with 1/4 teaspoon of salt, sugar and cornstarch. Mix well with 10ml of water and set aside for 15 minutes.

3

燒開水，下雞球焯至剛熟；粟米粒和青椒絲汆水，備用。

Boil water. Blanch the chicken nuggets until merely done. Blanch the corn kernels and shredded sweet pepper as well, then let stand.

4

將南瓜醬煮熱，加入粟米粒、青椒絲、雞球、1/4茶匙鹽，煮滾盛起，伴以白飯即可。

Heat the pumpkin paste. Pour in the corn kernels, shredded sweet pepper, chicken nuggets and 1/4 teaspoon salt. Bring to the boil, remove from heat, and serve with rice.





特色 FEATURE

野菌屬蔬菜類，含豐富的膳食纖維，但味道和口感獨特，有別於其他葉菜，作為配料可令菜式增添特色。三色椒和其他蔬菜為這款石頭飯增添色彩。

Mushrooms belong to the vegetable group. They are rich in dietary fibre, and yet distinct from other leafy vegetables for their taste and texture. The mushrooms and sweet peppers (in three colours) give this rice in stone pot extra sensation.



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蒜蓉野菌雜菜石頭窩飯

Rice with Assorted Vegetables & Crushed Garlic in Stone Pot



材料 INGREDIENTS

to serve **1** 人分量

紅、黃、綠三色椒 (切段) 共100克
白飯 1碗
橄欖油 1茶匙
洋蔥 (切粒) 20克
蒜蓉 1湯匙
雜菜 (切粒) 共150克
白菌、靈芝菇 (去蒂、切絲) 共100克
清湯 3湯匙

100g sweet peppers, red, yellow and green; sectioned
1 bowl rice
1 teaspoon olive oil
20g onion, diced
1 tablespoon garlic, minced
150g assorted vegetables, chopped
100g mushrooms (white mushrooms and white king oyster mushrooms),
stemmed and shredded
3 tablespoons broth

調味料 SEASONINGS

鹽 1/2茶匙
糖 1茶匙
1/2 teaspoon salt
1 teaspoon sugar



試食兵團話你知 Message from Tasting Team



以雜菜、彩椒和野菌搭配而成的素菜鍋飯，色彩、味道均豐富，飯粒軟綿可口，可成一款既健康又飽腹的飯餐。

The glorious combination of fresh stir-fried vegetables, sweet peppers and mushrooms leads to such a tasty and colourful vegetarian meal. Served with perfectly cooked rice, it is both healthy and filling.

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 |
|--------------|-----------------------|----------------|-----------|------------|--------------|
| 345 | 63 | 8 | 1 | 7 | 1173 |
| 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.



步驟 COOKING METHOD

1

分別將三色椒和雜菜氽水，備用。

Blanch the sweet peppers and assorted vegetables.
Let stand.

2

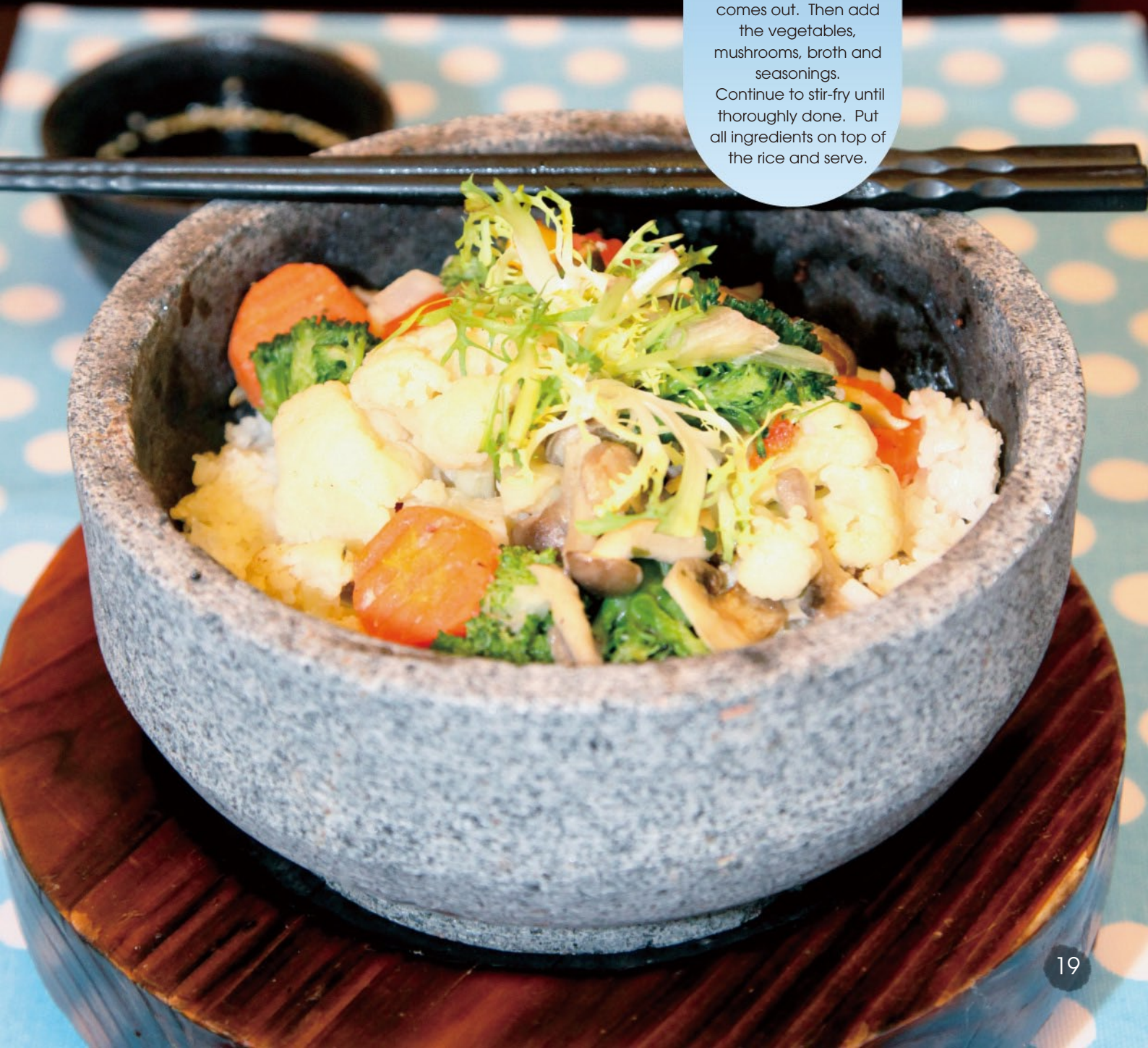
白飯放於石窩內，備用。

Put rice in a stone pot.
Let stand.

3

燒熱鑊下油，放入洋葱、蒜蓉和三色椒炒香，隨後加入雜菜、雜菌、清湯，下鹽、糖調味，炒至熟透，放於飯面即可。

Heat the wok and add oil. Put in onion, crushed garlic and the sweet peppers, and stir fry until aroma comes out. Then add the vegetables, mushrooms, broth and seasonings. Continue to stir-fry until thoroughly done. Put all ingredients on top of the rice and serve.





以下資料截至二零一二年十一月二十六日，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 26 November 2012. 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

| | | |
|---------------------------|--|-----------|
| 友田燻燒燒房食屋 | Tomota Japanese Restaurant | 2967 9166 |
| 太興燒味餐廳 | Tai Hing Roast Restaurant | 2567 7362 |
| 百份百餐廳 | Hundred Percent Restaurant | 2468 8100 |
| 金皇潮州酒家 | Golden Dynasty Chiu Chow Restaurant | 2805 8022 |
| 京城膳膳 | King Shing Chinese Cuisine | 2872 6228 |
| 迎禧大酒樓 | Cheers Restaurant | 3520 1268 |
| 美心MX | Maxim's MX | |
| (友邦廣場) | (AIA Tower) | 2219 7223 |
| (杏花新城) | (Paradise Mall) | 2558 8541 |
| (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 |
| (城市中心) | (City Garden) | 2566 4556 |
| 星級味皇餐廳小廚 | Delicious Café | 2802 6622 |
| 香港專業教育學院 | Hong Kong Institute of Vocational Education | 2411 2773 |
| (灣)飯堂 | (Chai Wan) Canteen | |
| 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 |
| 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 |
| 愛一點 | Ai Yi Dian | 2566 6936 |
| 福岡西日創意廚房 | Fukuoka Restaurant | 3488 7550 |
| 銀龍粉麵茶餐廳 | Ngan Lung Restaurant | 2539 0077 |
| 稻香 | Tao Heung | |
| (和富中心家居商場) | (Home World Provident Centre) | 8300 8132 |
| (愛東商場) | (Oi Tung Shopping Centre) | 8300 8138 |
| 稻香超級漁港 | Tao Heung Super 88 | 3520 1288 |
| 鍾菜 | Chung's Cuisine | 3691 9818 |
| 聯邦金閣酒家 | Golden Federal Restaurant | 2628 0183 |
| 藝術·家 | Les Artistes Café | 3426 8918 |
| 蘭館 | - | 2111 0177 |
| Bistro Déifrance | Bistro Déifrance | 2143 5722 |
| Déifrance (Café) | Déifrance (Café) | |
| (太古城) | (Taikoo Shing) | 2904 8603 |
| (港運城) | (Island Place) | 2565 1335 |
| Oliver's Super Sandwiches | Oliver's Super Sandwiches | |
| (杏花新城) | (Heng Fa Chuen Paradise Mall) | 2898 1707 |
| (英皇道) | (King's Road) | 2510 0255 |
| (康怡花園) | (Kornhill) | 2513 9266 |

灣仔區 Wanchai District

| | | |
|-------------------------|--|-----------|
| 一寿司 | Sushi One | 3188 0083 |
| 大自然素食 | Gaia Veggie Shop | 2808 1386 |
| 元味壽司刺身專門店 | Yummy Sushi Ya | 2574 9263 |
| 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 |
| 金皇廷饌宴 | Banquet Place | 2832 6628 |
| 金裝嫩奶佬 | Daniel's Restaurant | |
| (太和街) | (Tai Wo Street) | 2574 4866 |
| (活道) | (Wood Road) | 2838 6500 |
| (景隆街) | (Cannon Street) | 2838 6151 |
| 迎禧大酒樓 | Cheers Restaurant | 3167 7288 |
| 美心MX | Maxim's MX | |
| (波斯富街) | (Percival Street) | 2838 6173 |
| (軒尼詩道) | (Hennessy Road) | 2893 7867 |
| (堅拿道西) | (Canal Road West) | 2838 5075 |
| 風月堂 | Orchard Garden Café & Restaurant | 2891 2881 |
| 美味廚 | Megan's Kitchen | 2866 8305 |
| 香港茶餐廳 | Hong Kong Restaurant | 2574 8866 |
| 泰式食 | Thai Perfect | 2890 4899 |
| 索迪斯(香港)有限公司 - 警察總部雅膳中菜廳 | Sodexo (Hong Kong) Limited - PHQ Arsenal Place | 2860 2688 |
| 索迪斯(香港)有限公司 - 警察總部匯鈺快餐 | Sodexo (Hong Kong) Limited - PHQ Fast Food | 2860 2688 |
| 索迪斯(香港)有限公司 - 警察總部匯鈺西餐廳 | Sodexo (Hong Kong) Limited - PHQ Western | 2860 2688 |
| 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 |
| 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 |
| 富豪金殿 - 富豪香港酒店 | Regal Palace Restaurant - Regal Hongkong Hotel | 2837 1773 |
| 富臨酒家 | Foo Lum Restaurant | 2528 2468 |
| 煌府婚宴專門店 | Wedding Banquet Specialist | 2834 8899 |
| 新星海鮮酒家 | New Star Seafood Restaurant | |
| (駱克大廈) | (Lockhart House) | 2838 2186 |
| (聯合鹿島大廈) | (Allied Kajima Building) | 2511 1228 |
| 滬江飯店 | Wu Kong Shanghai Restaurant | 2506 1018 |
| 翠華餐廳 | Tsui Wah Restaurant | |
| (景隆街) | (Cannon Street) | 2573 4338 |
| (謝斐道) | (Jaffe Road) | 2892 2633 |
| 翡翠拉麵小籠包 | Crystal Jade La Mian Xiao Long Bao | |
| (大有廣場) | (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 |
| 蒲點美式酒吧 - 銅鑼灣利景酒店 | Champs Bar - The Charterhouse Causeway Bay | 2833 9086 |
| 稻香 | Tao Heung | 2838 3097 |
| 稻香超級漁港 | Tao Heung Super 88 | |
| (信和廣場) | (Sino Plaza) | 2892 0988 |
| (皇室堡) | (Windsor House) | 2831 9155 |
| 築地日本料理 | Tsukiji Japanese Restaurant | 2542 3802 |
| 橋底辣蟹 | Under Bridge Spicy Crab | |
| (駱克道421-425號) | (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 |
| 鍾菜 | Chung's Cuisine | 2506 9128 |
| 薯仔屋 | Small Potato | |
| (富明街) | (Foo Ming Street) | 2882 7278 |
| (新會道) | (Sun Wui Road) | 2890 4884 |
| 譽宴 | U-Banquet | |
| (利舞臺廣場) | (Lee Theatre Plaza) | 2811 9181 |
| (英皇集團中心) | (Emperor Group Centre) | 2811 9628 |
| CEO Karaoke Box | CEO Karaoke Box | 2137 9777 |

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| ☼ Délifrance (Café) (大有廣場) (告士打道) (香港中央圖書館) (美國萬通大廈) (瑞安中心1樓) | Délifrance (Café) (Tai Yau Plaza) (Gloucester Road) (Hong Kong Central Library) (Massmutual Tower) (1/F Shui On Centre) | 2591 1600 2865 5848 2504 0115 2527 7201 2802 4465 |
| ☼ Oliver's Super Sandwiches | Oliver's Super Sandwiches | 2877 7327 |



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 |
| ☼ 太興燒味餐廳 | Tai Hing Roast Restaurant | 2552 9820 |
| ☼ 美心MX | Maxim's MX | 2580 5133 |
| ☼ 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 |
| ☼ 富臨漁港鱈臨門 | 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 | 2555 3908 |
| ☼ Délifrance (Café) | Délifrance (Café) | 2813 1368 |
| ☼ Oliver's Super Sandwiches | Oliver's Super Sandwiches | 2975 9063 |



中西區

Central & Western District

| | | |
|--|---|--|
| ☼ 力寶軒 | Lippo Chiuchow Restaurant | 2526 1168 |
| ☼ 日之苑 | Ninon | 3586 0470 |
| ☼ 北園酒家 (東寧大廈) (鴻基大廈) | North Garden Restaurant (Tung Ning Building) (Hung Kei Mansion) | 2739 2338 2526 3163 |
| ☼ 秀日本料理 | Oishi House | 2517 6618 |
| ☼ 美心MX (和記大廈) (創業中心) | Maxim's MX (Hutchison House) (Chong Yip Centre) | 2869 4450 2857 2910 |
| ☼ 客家爺爺 | Hak Ka Ye Ye | 2537 7060 |
| ☼ 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 (山頂廣場) (威靈頓街) (德輔道中) | Tsui Wah Restaurant (The Peak Galleria) (Wellington Street) (Des Voeux Road) | 2542 1255 2525 6338 2815 3000 |
| ☼ 翡翠拉麵小籠包 | Crystal Jade La Mian Xiao Long Bao | 2295 3811 |
| ☼ Délifrance (Café) (山頂廣場) (華懋廣場) (環球大廈) | Délifrance (Café) (The Peak Galleria) (Chinachem Plaza) (World Wide Plaza) | 2849 2613 2581 4391 2868 1355 |
| ☼ Oliver's Super Sandwiches (長江中心) (香港地鐵站) (信德中心) (海富中心) (萬邦行) (無極限廣場) | Oliver's Super Sandwiches (Cheung Kong Centre) (Hong Kong Station) (Shun Tak Centre) (Admiralty Centre) (Melbourne Plaza) (Infinitus Plaza) | 2185 7080 2530 2311 2511 9178 2866 8707 2526 2685 2544 3369 |



觀塘區

Kwun Tong District

| | | |
|---|---|---|
| ☼ 二宜樓 | Eryi Tower Restaurant | 2346 9288 |
| ☼ 三和食堂 | - | 2342 2141 |
| ☼ 太興新世代 | Tai Hing New Century | 2359 0138 |
| ☼ 百份百餐廳 (翠屏邨) (寶達商場) | Hundred Percent Restaurant (Tsui Ping North Estate) (Po Tat Shopping Centre) | 2598 8100 2697 8100 |
| ☼ 名昇餐廳 (安泰大廈) (官塘工業中心) | Ming Sing Restaurant (On Tai Building) (Kwun Tong Industry Centre) | 2758 0118 2345 6389 |
| ☼ 百樂門宴會廳 (企業廣場5期) (鱈魚恤中心) | Paramount Banquet Hall (MegaBox) (Crocodile Centre) | 2798 8332 3910 8368 |
| ☼ 沁園春 | Cheerful Restaurant | 2251 3612 |
| ☼ 金利來 | Kam Lee Loy | 2244 3003 |
| ☼ 帕爾馬 | La Trattoria di Parma | 2111 1370 |
| ☼ 迎囍大酒樓 | Cheers Restaurant | 2717 6860 |
| ☼ 美心MX (牛頭角上村) (康寧道) (翠屏商場) (麗港城商場) (觀塘廣場) | Maxim's MX (Upper Ngau Tau Kok) (Hong Ning Road) (Tsui Ping Shopping Circuit) (Laguna City) (Kwun Tong Plaza) | 2481 3768 2793 9239 2763 4180 2772 3314 2793 9225 |
| ☼ 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 |
| ☼ 海皇粥店 (物華街) (淘大商場) | Ocean Empire (Mut Wah Street) (Amoy Plaza) | 2304 7468 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) (觀塘廣場) | Foo Lum Fishman's Wharf Restaurant (Enterprise Square) (Kwun Tong Plaza) | 2759 1808 2342 4252 |
| ☼ 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 |
| ☼ 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 | 3582 4028 |
| ☼ 稻香超級漁港 (德福商場) (麗港城商場) | Tao Heung Super 88 (Telford Plaza) (Laguna Plaza) | 2243 3855 2717 6860 |
| ☼ 潮篇 | Chaozhou Cuisine | 2779 1919 |
| ☼ 潮館 | Chao Inn | 3542 5788 |
| ☼ 龍皇酒家 | Dragon King Restaurant | 2955 0668 |
| ☼ 鍾菜 | Chung's Cuisine | 2995 3038 |
| ☼ 聯合醫院職員飯堂 | United Christian Hospital Staff Canteen | 3513 4065 |
| ☼ 譽宴 | U-Banquet | 2811 9788 |
| ☼ 囍雲天酒家 | Cheerful Sky Cuisine | 2827 2886 |
| ☼ 囍快 (國際展覽中心) | Happiness Gastronomy (Hong Kong International Trade & Exhibition Centre) | 2827 1811 |
| ☼ 囍快自家菜 (偉業街) | Happiness Gastronomy (Wai Yip Street) | 2827 2688 |
| ☼ California Pizza Kitchen | California Pizza Kitchen | 3421 2351 |
| ☼ Délifrance (Café) (企業廣場5期) (淘大商場) (德福廣場) | Délifrance (Café) (MegaBox) (Amoy Plaza) (Telford Plaza) | 2904 8603 2757 4518 2756 9565 |
| ☼ Oliver's Super Sandwiches (企業廣場) (德福廣場) (創紀之城) | Oliver's Super Sandwiches (Enterprise Square Three) (Telford Plaza) (Millennium City 5) | 2749 7561 2757 2662 3148 1101 |
| ☼ Organic Life Café & Restaurant | Organic Life Café & Restaurant | 2420 0363 |
| ☼ Studio City Bar & Café | Studio City Bar & Café | 3543 5638 |



Yau Tsim Mong District

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| 一寿司 (金馬倫道) (亞士厘道) (雅蘭中心二期) | Sushi One (Cameron Road) (Ashley Road) (Two Grand Tower) | 3575 9898 2155 0633 2110 9922 |
| 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 | 2780 8138 |
| 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 |
| 住家菜 | Home Feel | 3105 0515 |
| 君滙港會所餐廳 | Harbour Green Club Banquet Room | 3516 1121 |
| 迎 | Joyous One | 2697 3001 |
| 金皇朝海鮮酒家 | Golden Dynasty Seafood Restaurant | 2770 2328 |
| 金都國宴 | Golden City Banquet | 2528 6622 |
| 金陶軒 - 金城設施管理有限公司 | Kum Tao Heen - Kum Shing Management Ltd | 2730 8668 |
| 金裝嫩奶佬 | Daniel's Restaurant | 2770 0301 |
| 迎龍大酒樓 (雅蘭中心) (彌敦酒店) | Cheers Restaurant (Grand Tower) (Nathan Hotel) | 2308 1668 2770 3323 |
| 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 | 2928 8822 |
| 客家好棧 | Hakka Hut | 2369 3822 |
| 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 |
| 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 |
| 彩福皇宴 | Choi Fook Royal Banquet | 2766 0886 |
| 彩福欣宴 | Eky's Banquet | 2332 2698 |
| 甜蜜蜜新生咖啡店 | Teresa New Life Coffee Shop | 2723 6634 |

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| 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 |
| 富臨漁港臨門 (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 | - | 2780 2889 |
| 煌府婚宴專門店 (旺角道) (始創中心) (港景匯商場) (都會商場) (The One) | Wedding Banquet Specialist (Mongkok Road) (Pioneer Centre) (Victoria Mall) (The Metropolis Mall) (The One) | 2180 6138 2180 6128 3520 1888 2180 6198 2180 6178 |
| 鉄板超純和風日本料理 | 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 |
| 滬江飯店 | Wu Kong Shanghai Restaurant | 2366 7244 |
| 翠華餐廳 (白加士街) (北海街) (加拿芬道) (砵蘭街) | Tsui Wah Restaurant (Parkes Street) (Pak Hoi Street) (Carnarvon Road) (Portland Street) | 2384 8388 2780 8328 2366 8250 2392 3889 |
| 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 (西洋菜南街) (通菜街) | Ngan Lung Restaurant (Sai Yeung Choi Street South) (Tung Choi Street) | 2380 2003 2380 2566 |
| 稻香 (加拿芬廣場) (新九龍廣場) | Tao Heung (Carnarvon Road) (New Kowloon Plaza) | 2367 1328 3529 1282 |
| 稻香超級漁港 (雅蘭中心) (彌敦酒店) | Tao Heung Super 88 (Grand Tower) (Nathan Hotel) | 2390 0882 2771 3922 |
| 潮樓 | Chao Inn | 2780 8193 |
| 聯邦金閣酒家 | Golden Federal Restaurant | 2628 0823 |
| 聯邦皇宮 (彌敦道) (奧海城) | Federal Palace Restaurant (Nathan Road) (Olympian City) | 2626 0022 2626 0033 |
| 麵軒 (新文華中心) (寶倫大廈) | Mian Café (New Mandarin Plaza) (Po Lun Building) | 2739 9802 2626 9581 |
| 譽宴 (始創中心) (莊士倫廣場) | U-Banquet (Pioneer Centre) (Chuang's London Plaza) | 2811 1983 2142 8898 |
| 3106 餐廳 | Carat 3106 | 3904 1328 |
| California Pizza Kitchen | California Pizza Kitchen | 2374 0032 |
| Délifrance (Café) (尖沙咀中心) (其士大廈) | Délifrance (Café) (Tsim Sha Tsui Centre) (Chevalier House) | 2367 7523 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 | 2952 9991 |
| Oliver's Super Sandwiches (香港理工大學) (奧海城) | Oliver's Super Sandwiches (The Hong Kong Polytechnic University) (Olympian City) | 2364 5762 2272 4220 |



九龍城區

Kowloon City District

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|---------------------------|---|------------|
| 又一居會所餐廳 (只供會員) | Club Oasis Restaurant (Members Only) | 2788 3881 |
| 小魚滋味 | Delicious Kitchen | 3162 8559 |
| 生果報社 | Fruit Magazine | 2713 8319 |
| 金裝嫩奶佬 | 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 |
| 海皇粥店 | Ocean Empire | |
| (馬頭圍道) | (Ma Tau Wai Road) | 2330 3200 |
| (黃埔花園) | (Whampoa Garden) | 2330 2389 |
| 富臨漁港 | Foo Lum Fishman's Wharf Restaurant | |
| (太子道西) | (Prince Edward Road West) | 2718 3318 |
| (馬頭角道) | (Ma Tau Kok Road) | 2768 8618 |
| (明安街) | (Ming On Street) | 2363 2883 |
| 富臨漁港龍臨門 | Foo Lum Fishman's Wharf Restaurant | 2365 2881 |
| 渝村米線 | - | 2365 1190 |
| 新香城餐廳 | Sun Heung Shing Restaurant | 2334 0335 |
| 渝庭烤魚 | 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 | 3691 8933 |
| 龍皇酒家 | Dragon King Restaurant | 2711 8233 |
| 醫管局大樓職員飯堂 | Hospital Authority Building Staff Canteen | 2194 6801 |
| 觀自在素食 | Bodhisattva Vegetarian Restaurant | 2382 7688 |
| 禧慶廚酒家 | Happiness Cuisine | 2712 8168 |
| Bistro Défrance | Bistro Défrance | 2330 3933 |
| Oliver's Super Sandwiches | Oliver's Super Sandwiches | 2265 7622 |



黃大仙區

Wong Tai Sin District

| | | |
|--------------------------|------------------------------------|-----------|
| 大自然素食 | Gaia Veggie Shop | 2887 3363 |
| 西龍傳香飯糰 | QQ Rice | 2326 9830 |
| 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 | 2398 8831 |
| 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 |
| 富臨漁港 | Foo Lum Fishman's Wharf Restaurant | 2320 8088 |
| 富臨漁港龍臨門 | Foo Lum Fishman's Wharf Restaurant | 2320 9080 |
| 富臨皇宮 | Foo Lum Palace | 2794 3883 |
| 肇順名匯河鮮專門店 | Siu Shun Village Cuisine | 2322 9932 |
| 翠華餐廳 | Tsui Wah Restaurant | 2324 6486 |
| 聯邦皇宮 | Federal Restaurant | 2626 0011 |
| 麗都軒 | Nice Capital Restaurant | 2827 1168 |
| California Pizza Kitchen | California Pizza Kitchen | 3105 0352 |



深水埗區

Sham Shui Po District

| | | |
|---------|------------------------------------|-----------|
| 北京拉麵店 | Peking Handmade Noodles Restaurant | 2361 9069 |
| 西龍傳香飯糰 | QQ Rice | 2387 9838 |
| 金裝嫩奶佬 | 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 |
| 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 |
| 富臨漁港 | Foo Lum Fishman's Wharf Restaurant | 2368 3738 |
| 富臨漁港龍臨門 | 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 |
| 富臨酒家 | Foo Lum Restaurant | 2361 2213 |
| 稻坊 | Tao Square | 2716 9888 |



葵青區

Kwai Tsing District

| | | |
|-----------------|---|-----------|
| 生活知味 | The Taste of Living | 2435 6966 |
| 百份百餐廳 | Hundred Percent Restaurant | |
| (長亨商場) | (Cheung Hang Shopping Centre) | 2547 9100 |
| (長康邨) | (Cheung Hong Estate) | 2954 9100 |
| (華景商場) | (Wonderland Villas) | 2574 8100 |
| 百樂門宴會廳 | Paramount Banquet Hall | 2496 8068 |
| 金裝嫩奶佬 | Daniel's Restaurant | 2495 3301 |
| 美心MX | Maxim's MX | |
| (石蔭商場) | (Shek Yam Shopping Centre) | 2276 0119 |
| (石籬商場) | (Shek Lei Shopping Centre) | 2425 0230 |
| (長發商場) | (Cheung Fat Shopping Centre) | 2436 9353 |
| (新葵興) | (Sun Kwai Hing) | 2428 0636 |
| (賢麗苑商場) | (Yin Lai Court Shopping Centre) | 2743 8651 |
| 風月堂 | Orchard Garden Café & Restaurant | 2421 4817 |
| 香港國際貨櫃碼頭有限公司 | Hong Kong International Terminals Ltd (Staff Canteen) | 2614 4527 |
| (職員餐廳) (只供職員) | (Staff Only) | |
| 迎禧大酒樓 | Cheers Restaurant | 2309 2982 |
| 葵涌醫院職員飯堂 (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 |
| 嘉里貨運中心有限公司 | Kerry Cargo Centre Ltd | 2944 9104 |
| (職員餐廳) (只供職員) | (Staff Canteen) | |
| 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 |
| 銀龍麵茶餐廳 | Ngan Lung Restaurant | |
| (石蔭商場) | (Shek Yam Shopping Centre) | 2276 5888 |
| (葵芳廣場) | (Kwai Fong Shopping Centre) | 3156 1112 |
| (葵盛東商場) | (Kwai Shing East Shopping Centre) | 2408 2315 |
| 稻香 | Tao Heung | |
| (青衣城) | (Maritime Square) | 2433 1103 |
| (寶星廣場) | (Po Sing Plaza) | 2487 2999 |
| 稻香超級漁港 | Tao Heung Super 88 | |
| (新都廣場) | (Metroplaza) | 2410 0886 |
| (翠怡商場) | (Greenfield Garden Shopping Arcade) | 8300 8183 |
| 潮篇 | Chaozhou Cuisine | 2827 2789 |
| 聯邦皇宮 | Federal Palace | 2626 0618 |
| Bistro Défrance | Bistro Défrance | 2429 8936 |



西貢區

Sai Kung District

| | | |
|--------------------------|---|-----------|
| 太興燒味餐廳 | Tai Hing Roast Restaurant | 2628 6072 |
| 上樓 | Shanghai Inn | 2623 2811 |
| 北京拉麵店 | Peking Handmade Noodles Restaurant | 2244 6157 |
| 百份百餐廳 (明德商場) | Hundred Percent Restaurant (Ming Tak Shopping Centre) | 2271 9100 |
| (景林商場) | (King Lam Shopping Centre) | 2845 8100 |
| 迎囍大酒樓 | Cheers Restaurant | 2701 3800 |
| 美心MX (君薈坊) | Maxim's MX (The Edge) | 2752 1061 |
| (東港城) | (East Point City) | 2628 5010 |
| (將軍澳中心) | (Park Central) | 3417 4970 |
| 客家好棧 | Hakka Hut | 3194 6648 |
| 香港科技大學學生飯堂 (只供學生及職員) | Hong Kong University of Science & Technology Student Canteen (Students & Staff Only) | 2243 1287 |
| 香港專業教育學院 [李惠利] (學生飯堂) | Hong Kong Institute of Vocational Education - Lee Wai Lee (Student Canteen) | - |
| 海皇粥店 (新都城中心) | Ocean Empire (Metro City Plaza) | 3194 4893 |
| (將軍澳中心) | (Park Central) | 3417 4059 |
| 將軍澳醫院職員飯堂 (只供職員) | Tsuen Kwan O Hospital Staff Canteen (Staff Only) | 2208 0063 |
| 富臨皇宮 | Foo Lum Palace | 2207 4798 |
| 壹蘋果大樓員工餐廳 (只供職員) | Next Media Apple Dairy Canteen (Staff Only) | 2990 7885 |
| 新一派·味道 | New Taste | 2701 9188 |
| 愛家素食 | Loving Hut | 3129 3088 |
| 稻香 | Tao Heung | 3157 1198 |
| 稻香超級漁港 | Tao Heung Super 88 | 2701 3800 |
| 潮家 (君薈坊) | Chiu Ka (The Edge) | 2331 2155 |
| (彩明商場) | (Choi Ming Shopping Centre) | 3143 9002 |
| 潮館 | Chao Inn | 2191 0788 |
| MCL翠華餐廳 | MCL Tsui Wah Restaurant | 2525 5288 |
| California Pizza Kitchen | California Pizza Kitchen | 3902 3875 |
| Déifrance (Café) | Déifrance (Café) | 3417 4247 |



大埔區

Tai Po District

| | | |
|-------|----------------------------|-----------|
| 百份百餐廳 | Hundred Percent Restaurant | 2557 9100 |
| 迎囍大酒樓 | Cheers Restaurant | 2144 0889 |
| 美心MX | Maxim's MX | 2638 8239 |
| 彩福酒家 | Choi Fook Restaurant | 2766 3788 |
| 稻香 | Tao Heung | 2666 9923 |



屯門區

Tuen Mun District

| | | |
|--------------------|--|-----------|
| 大姆指茶餐廳 | Big Top Restaurant | 2440 4321 |
| 小魚滋味 | Delicious Kitchen | 2451 0898 |
| 生果報社 | Fruit Magazine | 2458 5291 |
| 百份百餐廳 | Hundred Percent Restaurant | 2572 8100 |
| 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 (華都花園) (藍地大街) | Red Seasons Aroma Restaurant (Waldorf Garden) (Lam Tei Main Street) | 2404 6663 2462 7038 |
| 金裝嫩奶佬 | Daniel's Restaurant | 2459 3481 |
| 美心MX | Maxim's MX | 2618 7458 |
| 美食坊 | Food Hall | 2465 3817 |
| 客家好棧 | Hakka Hut | 8300 8102 |
| 迎囍大酒樓 | Cheers Restaurant | 2404 5018 |
| 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 | 2452 8668 |
| 雲貴軒 (蝴蝶廣場) (龍門居) | The Vetmicelli House (Butterfly Plaza) (Lung Mun Casis) | 2454 2200 2449 8800 |
| 富臨皇宮 | Foo Lum Palace | 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 |
| 肇順名匯河鮮專門店 | Siu Shun Village Cuisine | 2462 8898 |
| 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 | 8300 8135 |
| 稻香超級漁港 | Tao Heung Super 88 | 2449 2822 |
| 樂融融餐廳 | Café Fusion | 3511 0702 |
| 聯邦大酒樓 | Federal Restaurant | 2626 0088 |
| 麗都總廚 | New Capital Worldwide Kitchen | 2456 4888 |



元朗區

Yuen Long District

| | | |
|-----------------------------|---|-----------|
| 千味和食 | Sen Aji Dining | 2445 6821 |
| 加州豪園住客會所 (只供住客) | Royal Palms Resident Club (Resident Only) | 2482 3100 |
| 加州花園住客會所 (只供會員) | Club Oasis (Members Only) | 2482 2836 |
| 叻哥茶餐廳 | Smart Man Restaurant | 2446 2333 |
| 金裝嫩奶佬 (千色廣場) | Daniel's Restaurant (Citimall) | 2477 0708 |
| (新北江商場) | (Kingswood Richly Plaza) | 2445 6321 |
| 美心MX (天盛商場) | Maxim's MX (Tin Shing Shopping Centre) | 2254 2736 |
| (天晴商場) | (Tin Ching Commercial Centre) | 2351 5772 |
| (天耀商場) | (Tin Yiu Shopping Centre) | 2445 2527 |
| 客家好棧 | Hakka Hut | 2180 7887 |
| 叙樓海鮮酒家 | 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 Vetmicelli House | 2442 1000 |
| 博愛醫院職員餐廳 (只供職員) | Pok Oi Hospital Canteen (Staff Only) | 2486 8822 |
| 新星海鮮酒家 | New Star Seafood Restaurant | 2478 2011 |
| 銀龍麵粉茶餐廳 (天恩商場) | Ngan Lung Restaurant (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 (天瑞商場) | Tao Heung (Tin Shui Shopping Centre) | 8300 8137 |
| (怡豐花園) | (Yee Fung Garden) | 2475 9251 |
| 潮樓 | Chao Inn | 2478 0628 |
| 錦綉花園鄉村俱樂部 (錦綉樓) (只供會員) | Fairview Park Country Club (Chinese Restaurant) (Members Only) | 2471 6333 |
| 錦綉花園鄉村俱樂部 (亭林閣餐廳) (只供會員) | Fairview Park Country Club (Country Café) (Members Only) | 2471 6333 |
| 麗都諾客 | Nice Invitation | 2479 9908 |
| YOHO 會所 (只供會員) | YoHo Club (Members Only) | 2470 1550 |
| YOHO Midtown 住客會所 (只供會員) | YOHO Midtown Club Midtown (Members Only) | 2443 2226 |



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 |
| 叻哥(亞洲)餐廳 | - | 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 | Daniel's Restaurant | 2498 5662 |
| 美心MX (荃錦中心) | Maxim's MX (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 | 2406 9338 |
| 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 |
| 迎禧大酒樓 | Cheers Restaurant | 2405 3928 |
| 荃灣安醫院職員餐廳 (只供職員) | Tsuen Wan Adventist Hospital Staff Canteen (Staff Only) | 2276 7338 |
| 順德經典 | Classic in Shun Tak | 2886 9979 |
| 雲貴軒 | The Vetricelli House | 2402 2220 |
| 富臨漁港酒樓 | 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 |
| 肇順名匯海鮮專門店 | Siu Shun Village Cuisine | 3910 8373 |
| 翠華餐廳 (兆和街) | Tsui Wah Restaurant (Shiu Wo Street) | 2419 7738 |
| (眾安街) | (Chung On Street) | 3126 9233 |
| 銀龍粉麵茶餐廳 (328廣場) | Ngan Lung Restaurant (Plaza 328) | 2439 0270 |
| (眾安街22號) | (22 Chung On Street) | 2416 6990 |
| (眾安街122號) | (122 Chung On Street) | 2416 1922 |
| 稻香 | Tao Heung | 2940 6233 |
| 潮館 | Chao Inn | 3695 0338 |
| 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 | 2499 0032 |
| 麗都謙客 | Nice Invitation | 2827 2699 |
| 麵軒 | Mian Café | 2328 5655 |
| Délifrance (Café) | Délifrance (Café) | 2940 4830 |



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 6668 |
| 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 |
| 翡翠拉麵小籠包 | Crystal Jade La Mian Xiao Long Bao | 2261 0553 |
| 稻香 | Tao Heung | 2947 7488 |
| 潮樓 | Chao Inn | 3197 9098 |
| 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 |



沙田區

Sha Tin District

| | | |
|---------------------------|---|-----------|
| 三寶素食中心 | Sam Bo Vegetarian Restaurant | 2604 3228 |
| 王廚咖啡 (排頭村28號) | Wong's Kitchen and Café (28 Pai Tau Village) | 2601 3218 |
| (排頭村29號) | (29 Pai Tau Village) | 2601 3218 |
| 太興燒味餐廳 | Tai Hing Roast Restaurant | 2693 2782 |
| 叻哥茶餐廳 | Smart Man 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 |
| 突破青年村 | Breakthrough Youth Village | 2632 0100 |
| 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 (天寶樓) | Daniel's Restaurant (Tin Po Building) | 2608 1331 |
| (馬鞍山廣場) | (Ma On Shan Plaza) | 2630 5533 |
| (頌安商場) | (Chung On Shopping Centre) | 2631 0225 |
| 美心MX (禾輦商場) | Maxim's MX (Wo Che Shopping Centre) | 2694 7608 |
| (沙田中心) | (Shatin Centre) | 2605 5873 |
| (利安邨商場) | (Lee On Estate Shopping Centre) | 2640 8926 |
| (新港城中心) | (Sunshine City Plaza) | 2144 9610 |
| 香港中文大學逸夫書院 (學生飯堂) | Shaw College, The Chinese University of Hong Kong (Kuo Mou Hall Amenities) (Student Canteen) | - |
| 香港科學園 - Park Gourment | Hong Kong Science Park - Park Gourment | 2607 4080 |
| 威爾斯親王醫院職員飯堂 | Prince of Wales Hospital 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 |
| 順德經典 | Classic in Shun Tak | 2330 0023 |
| 富臨漁港 | Foo Lum Fishman's Wharf Restaurant | 2601 2989 |
| 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 | 2309 7880 |
| 稻香超級漁港 (沙田正街) | Tao Heung Super 88 (Sha Tin Centre Street) | 2681 3828 |
| (頌安商場) | (Chung On Shopping Centre) | 2630 9381 |
| 潮家 | Chiu Ka | 2693 2321 |
| 嚙味 | Taste | - |
| 總廚 | New Capital Worldwide Kitchen | 2693 9088 |
| 麵軒 | Mian Café | 2640 8200 |
| 翹慶酒樓 | 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 |



北區

North District

| | | |
|-------------------|--------------------------------|-----------|
| 金都海鮮酒家 | Golden City Seafood Restaurant | 2671 0222 |
| 金裝嫩奶佬 | Daniel's Restaurant | 2639 0886 |
| 海皇粥店 | Ocean Empire | 2682 3798 |
| 圍府統請 | Hop Fu Tong Ching | 2256 1335 |
| 銀龍粉麵茶餐廳 | Ngan Lung Restaurant | 2278 1733 |
| 稻香 | Tao Heung | 2682 5889 |
| 稻香超級漁港 | Tao Heung Super 88 | 8300 8184 |
| 麗都謙客 | Nice Invitation | 2673 8829 |
| 百份百餐廳 | Hundred Percent Restaurant | 2554 9100 |
| Bistro Délifrance | Bistro Délifrance | 2672 5256 |



煲仔飯 大搜查

Clay Pot Rice A Closer Look



陳紫敏 Ms Heidi CHAN

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美國註冊營養師
Registered Dietitian (USA),
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煲仔飯是道地的秋冬美食，不少人愛其充滿油香的米飯，也有人鍾愛其入口香脆的飯焦。但營養師陳紫敏（Heidi）指出，大部分煲仔飯均含大量脂肪和鹽分（鈉質）；一鍋令不少人回味的煲仔飯其實是個健康陷阱，高血壓和肥胖人士應尤其小心。

Clay pot rice is a popular seasonal delicacy in Hong Kong for autumn and winter. Many people are fond of its rich aroma, while others love the charred rice crust formed at the bottom of the pots. Ms Heidi CHAN, a registered dietitian, reminds us that while clay pot rice is delicious, it is also a high-fat food trap. People who have hypertension or who are already overweight need to be careful with their meal planning.

1

臘味飯焦 健康陷阱

Beware of Preserved Meats and Charred Rice

Heidi解釋，煲仔飯的常見配料大都是高脂肉類，如臘味、鳳爪、排骨等。在烹調的過程中，米飯吸收了肉類溶解的油分，增加了飯的脂肪含量。另外，有部分廚師為免飯焦黏鍋，都會於落米前在煲底塗上一層油，這樣無形中又增加了油的使用。Heidi建議，煮食時應避免加入過量食油，以免影響健康。Heidi補充說，不但油的分量重要，食油的種類也需注意。棕櫚油的飽和脂肪酸含量可高達50%，經常食用會增加患上心血管疾病的風險。

As Heidi explains, many food ingredients used in cooking clay pot meals (such as preserved meats, chicken paws and spare ribs) are high in fat content. The rice will absorb much of the fat from meats in the cooking process, which increases their fat content.

Worse still, cooks always coat the bottom of the pots with a thin layer of cooking oil to prevent sticking, thus further increasing the fat content of the rice. According to Heidi, we should carefully consider the type of cooking oil to be used. Palm oil, for instance, contains about 50% of saturated fat; frequent consumption of it can increase the risk of cardiovascular diseases.



2

無皮 無肥 無骨 健康之選

No Skin, No Fat, No Bone

為減低煲仔飯的過量脂肪，Heidi推薦大家選擇「無皮、無肥和無骨」的配料。原來除了肥膏外，連皮或連骨的肉類的脂肪含量都相對較高，例如每100克的排骨和鳳爪分別含有15克（220千卡）和13克（190千卡）的脂肪，不宜多吃。

至於臘味，Heidi提醒大家留意其脂肪和鈉質的含量均相當高，亦應避免。例如100克臘肉和臘腸分別含脂肪48.8克和48.3克；臘腸鈉含量更高達1,420毫克。

To reduce fat intake, Heidi suggests that we should pick the ingredients with "no skin, no fat and no bone", as the part of meat that is attached to animal bones and skins always have a high fat content. For instance, 100 grams of spare ribs contains 15 grams of fat (220 Kcal), while chicken paws of the same weight contains 13 grams of such (190 Kcal).

Preserved meats, on the other hand, have high fat and sodium content. 100 grams of preserved meats contains 48.8 grams of fat, while the same amount of Canton-style sausages contains 48.3 grams of fat and also 1,420 mg of sodium.



小心伴飯豉油! Beware of the Sauce!

3

伴飯豉油 由我話事

Serve Sauce Separately

味道較甜的煲仔飯豉油其實也含大量鈉質，1湯匙（約18克）已含684毫克鈉質。再加上煲仔飯的肉食醃料中所包含大量的鹽、豉油、味精或鬆肉粉，食客很容易不知不覺間攝取了大量鈉質，加重腎臟負荷，長遠增加患上高血壓和腎病的機會。

The sweet soya sauce used for clay pot rice also contains high sodium content, as one tablespoon of soya sauce contains 684 grams of sodium. Condiments, like salt and soya sauce, and additives, like flavour enhancer and meat tenderiser, also contain sodium, which places an extra solute load on the kidneys and further increases the risk of hypertension and renal diseases.

4

多纖少肉 淺嚐即止

Eat Less Meat, More Fibre and Just Enough

如果真的想一嚐煲仔飯的風味，Heidi建議大家多選纖維較高的瓜菜，如南瓜、芋頭、茄子和白蘿蔔等，配上去皮雞肉或瘦豬肉。此外，以魚類或海鮮作代替也是一種較健康和不錯的選擇，因海鮮一般熱量較少，而同樣美味。

If you still want to go out for a clay pot meal, Heidi recommends that you should choose one with high fibre content, that is, with ingredients like pumpkin, taro, eggplant and radish. Fish and shellfish are also healthier choices because they have lower calorific value and are equally delicious.

Heidi補充說，用膳時必須留意進食量，切勿進食過量。最好多點一兩碟蔬菜（全走），以保持營養均衡。她更提議當大家光顧食肆時，多選健康的食材，發揮消費者的力量，促使食肆為顧客提供更多美味而健康的煲仔飯款式。

We also need to beware of eating too much, Heidi says. She recommends that we should order one to two vegetarian dishes to make sure our diet is well balanced. Heidi further suggests that we should choose healthier dishes from the menu. As chefs and restaurateurs become more aware of customers' preference for healthy food options, they will create and serve up healthier and more delicious clay pot rice dishes.

多
纖

More
Fibre

少
肉

Less
Meat

5

煲仔飯選料營養大比拼

Comparison of Nutrients of Selected Ingredients Used in Clay Pot Rice

| 每100克 (約2兩半) Per 100g (About 2½ taels) | 熱量 (千卡) Calorie (Kcal) | 脂肪 (克) Fat (g) | 飽和脂肪酸 (克) Saturated fat (g) | 鈉質 (毫克) Sodium (mg) |
|---|---------------------------|-------------------|--------------------------------|------------------------|
| 排骨 ^① Spare ribs | 220 | 15 | 4.3 | * 661.2 |
| 鳳爪 ^① Chicken paws | 190 | 13 | 2 | * 620 |
| 臘肉 ^① Preserved meats | 498 | 48.8 | 不適用 N/A | * 764 |
| 臘腸 ^① Cantonese-style pork sausages | 584 | 48.3 | 不適用 N/A | * 1420 |
| 免治牛肉 ^② Minced beef | 332 | 30 | 不適用 N/A | 67 |
| 瘦雞肉(去皮) ^② Chicken meats (skinned) | 104 | 2.73 | 不適用 N/A | 不適用 N/A |
| 白鰮 ^② White eel | 184 | 12 | 2.4 | 51 |
| 鮮魚片 ^① Fresh fish fillets | 114 | 3.69 | 不適用 N/A | 不適用 N/A |
| 帶子 ^② Scallops | 69 | 0.5 | 0.1 | 392 |
| 蝦 ^② Prawns | 85 | 0.51 | 0.1 | 119 |
| 鮮魷魚 ^② Cuttle fish | 92 | 1.38 | 0.4 | 44 |

註*：鈉質數字顯示經醃製後的鈉質含量，因此可能存在誤差。
This table indicates sodium levels of marinated meats, which can vary significantly.

① 香港食物環境衛生署食物安全中心
Centre for Food Safety, Food and Environmental Hygiene Department

② 美國農業部轄下的營養素資料實驗室
The USDA Nutrient Data Laboratory



木耳杞子雜菜湯

Vegetable Soup with Wood Ear Fungus and Chinese Wolfberries

特色：

這道菜式顏色鮮豔，食材多元化，提供不同層次的質感。當中的薯仔、西芹、番茄和粟米不但味道鮮甜，而且含豐富鉀質，有助降血壓。建議喝湯之餘亦吃下湯料，作為部分的佐膳蔬菜，增加膳食纖維的攝取。

Feature:

A wide variety of ingredients not only add colors to the soup; they also create different textures for the palate. Among the vegetables used in the recipe, potato, celery, tomato and corn are rich in potassium, which helps lower blood pressure. Eat the vegetables while you drink the soup; you'll get more dietary fibre.



李鏗而

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材料

INGREDIENTS

(4人分量)
木耳 (浸軟) 150克
杞子 (浸軟) 適量
馬鈴薯 (去皮、切粒) 1個
椰菜 (切條) 1/2個
西芹 (切粒) 1條
番茄 (切粒) 1隻
甘筍 (切粒) 1/2條
粟米 (切片) 1條
水 3公升
(to serve 4)
150g wood ear fungus, soaked
Some Chinese wolfberries, soaked
1 potato, peeled, diced
1/2 cabbage, shredded
1 celery stick, diced
1 tomato, diced
1/2 carrot, diced
1 corn cob, sectioned
3 litres water

調味料

SEASONINGS

鹽 1/2茶匙
1/2 teaspoon salt



每一份

Per Serving:

本食譜由郭寶先生提供。
This recipe is provided by Mr. Barry COX.

熱量 121千卡/kcal
Energy

碳水化合物 27克/g | 蛋白質 5克/g
Carbohydrate | Protein

鈉質 327毫克/mg | 糖 9克/g | 脂肪 1克/g
Sodium | Sugar | Fat

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.

步驟 Cooking Method

1. 把所有材料放入煲中，注入清水，煮沸後以慢煲約30分鐘。
2. 最後，下鹽調味即可。

1. Put all ingredients into a pot. Bring to the boil. Simmer on low flame for about 30 minutes.
2. Season with salt. Serve.

試食兵團話你知

Message from Tasting Team

以西芹、番茄、甘荀、馬鈴薯、粟米等煮成的濃湯加入木耳和杞子，更添鮮味和特色。

Celery, tomatoes, carrots, potatoes, corn and other ingredients contribute to the rich flavours of this thick soup, while wood ear fungus and Chinese wolfberries give it a final touch of uniqueness.

小貼士 Cooking Tips

這道湯以猛火快煮而成，保全了蔬菜的鮮嫩質感和原味。

The soup is boiled quickly with high flame, which helps to retain the original flavours of the ingredients.



淮山圓肉雞柳煲仔飯

Clay Pot Rice with Chicken, Yam and Dried Longan

特色：

圓肉和淮山本身帶有甜味，配合雞肉的鮮味，不用太多調味料也可做出美味的煲仔飯。1湯匙老抽含鈉約1000毫克，二人分享即每人500毫克，是每日攝取建議上限的1/4。攝取過多鹽分會影響血壓和腎功能，宜注意。

Feature:

Sweetness from dried longan and Chinese yam brings out the aroma of chicken, making a flavoursome dish without a lot of seasoning. 1 tablespoon of dark soya sauce contains approximately 1000 mg of sodium, i.e. 500 mg sodium per person, making up 1/4 of the recommended daily intake. Excessive sodium intake may negatively affects blood pressure and kidney functions, and thus should be avoided.



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材料

(2人分量)
米 1碗
圓肉 (浸軟、切碎) 3-5粒
水 1 1/2碗
去皮雞柳 1隻
新鮮日本淮山 3-4片
(to serve 2)
1 bowl of rice, raw
3-5 dried longans
(soaked till softened, then finely chopped)
1 1/2 bowl of water
1 skinned chicken breast
3-4 fresh Chinese yams from Japan

調味料

老抽 1湯匙 (另上)
1 tablespoon dark soya sauce (to be served separately)

每一份

Per Serving:

熱量 507千卡/kcal
Energy

碳水化合物 80克/g | 蛋白質 34克/g
Carbohydrate | Protein

鈉質 67毫克/mg | 糖 0克/g | 脂肪 4克/g
Sodium | Sugar | Fat

不包括老抽。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，數值仅作参考用。

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

本食譜由郭寶先生提供。
This recipe is provided by Mr. Barry COX.

步驟 Cooking Method

1. 淘洗白米，用水浸1小時，備用。
1. Wash the rice. Soak in water for one hour. Put aside.
2. 先將白米和圓肉放入煲中，注入清水，以高火煮滾至米飯狀。
2. Put the rice and longans in a saucepan, fill it with water, bring to the boil on high heat until the rice is partially done.
3. 把雞柳和淮山放在飯上，蓋上煲蓋，轉慢火煮約10分鐘或至熟透即成。
3. Put the chicken breast and Chinese yams on top of the rice, put the lid on, and cook on low flame for about 10 minutes or until the rice is well done.

試食兵團話你知

Message from Tasting Team

煲仔飯加入了爽口的淮山和香甜的圓肉，別具特色，味道很配合。

This distinctive chicken clay pot rice features crunchy Chinese Yam and savoury sweet dried longan, which match perfectly well.

小貼士 Cooking Tips

生米先以清水浸泡超過45分鐘，煮出來的米飯便會更香甜，而且軟硬適中。

Soak the raw rice for more than 45 minutes prior to cooking helps to soften the grains and enhances its taste.



郭寶

能煮中國菜、
愛唱廣東歌的英國人
BARRY COX
He Sings Cantopop, He Cooks Chinese Food

郭寶 (Barry Cox) 在英國出生和長大，因對中國文化有着濃厚興趣，決心跑來香港發展歌唱事業。
Barry Cox was born and grew up in England, yet he was so interested in the Chinese culture that he came to Hong Kong to pursue a singing career.

一個不折不扣的英國人，
為何會來華人社會發展？

You are 100% British.
Why did you choose to pursue
a singing career
in Chinese society?

17歲那年，我結識了一位在英國經營中國餐館的華人，我替他侄兒補習英語，他則教我廣東話。後來，我更到當地的中文學校學習中文。華人朋友們介紹了很多香港著名歌星的唱片給我聽，我覺得很悅耳，便跟着唱，不久更對廣東流行曲瘋狂起來。及後，我先後幾次得過一些廣東流行曲歌唱比賽的獎項，覺得自己想以唱歌作為事業，於是我決定來香港闖一闖。

I started to learn Chinese at 17, when the owner of a Chinese restaurant asked me to help his nephew with English. At the same time, the young man taught me to speak Cantonese. Later, I signed up with a local Chinese school to learn the dialect; it was there that a friend introduced me to Cantopop. Those songs were so touching that I became a Cantopop fan. I even won a few amateur Chinese singing contests. Finally I made up my mind that I would pursue a singing career. So I moved to Hong Kong.

唱歌是職業，烹飪是興趣

Everybody knows you sing well; when did you begin cooking? Why?

初到香港，我通常都是出外吃飯的，但有時不太喜愛食肆一些太油膩的餸菜，於是便開始在家下起廚來。我漸漸喜歡自己下廚，分量多少不但可以自己調較，而且可配合自己較清淡的口味調味。我享受食材的真正味道，所以都不會用很多鹽和糖。

我愛煮Fusion菜，特別喜歡搭配多種的水果和香草，例如最近我用芒果、藍莓、奇異果和韭黃做了一款彩色白酒魚扒，美味又健康。我怕肥膩，所以多採用不需用上大量食油的蒸或烤焗煮法。

I used to eat out a lot when I first arrived in Hong Kong. Then I found that sometimes the local food was too greasy. So I started cooking for myself and now I enjoy it very much, as I can create my own recipes to get any flavour at any serving size I want. I enjoy the original flavours of the ingredients, so I use less salt and sugar when cooking.

I am fond of making fusion dishes. I love to use herbs and fresh fruits in my recipes. I have recently tried out a recipe of braised fish steak with vegetables, which features a combination of fruits - mango, blueberry and kiwi fruit, plus leek. It is both delicious and healthy. As I tend to avoid excessively greasy foods, I prefer steaming and grilling to other cooking methods that need a lot of cooking oil.



打造健康形象

Apart from eating the healthy way, how do you maintain a healthy lifestyle?

我注重健康飲食，每當外出吃飯都會要求少糖、少鹽和「走」味精，我覺得對餸菜有要求的都應該向食肆表達清楚。我更在一首新歌中加入鼓勵朋友吃得健康的歌詞。另一方面，我覺得運動對健康同樣重要，所以在兩年半前開始學習詠春拳，現在身體和精神都比以前更好。

I am very health conscious. When I eat out, I always ask for less sugar, less salt and no flavour enhancer. I think customers need to let the restaurants know what they need. I have recorded a new song with lyrics that promote healthy eating. Exercise, I think, is of equal importance. As I have practised *wing chun* (a branch of Chinese kung fu) for two and a half years, now I feel more healthy and energetic.





2013年度「有營食肆」招募！

Recruitment of "EatSmart Restaurants" 2013

隨着市民大眾的健康意識不斷提升，越來越多市民奉行健康飲食。每當看到貼有「有營食肆」標誌的食肆，便知道在這間餐廳可吃得健康的菜式。想追上這個健康飲食潮流？新一年會員已於去年十月初開始招募，各位有「營」有心的食肆請把握機會報名參加。欲知報名詳情，可致電「有營食肆」秘書處2572 1476查詢！

2012年度的「有營食肆」，可自動成為2013年度「有營食肆」，續享2013年度「有營食肆」的各種宣傳推廣。秘書處已於去年十月初郵寄確認通知信至各「有營食肆」，食肆只須核對資料無誤，並於食肆當眼處貼上相關編號的「有營食肆」標誌便可。



As the general public have become more health conscious, there comes the rising trend of eating the healthy way, but where to? Whenever we see an EatSmart decal displayed outside a restaurant, we know it is where to go for a healthy meal. Do you want to be part of this healthy trend? Recruitment of EatSmart Restaurants has been started since October last year; what are you waiting for? For details of application, please call the "EatSmart@restaurant.hk" Campaign Secretariat on 2572 1476.

As for the EatSmart Restaurants of year 2012, they will enjoy automatic renewal of membership for 2013 and all other member-only publicity services. Confirmation letters were sent out by the secretariat to all member restaurants in early October last year; they are cordially asked to verify their particulars, and then display their "EatSmart Restaurant" decals (each bearing a serial number) in conspicuous corners in their restaurants.

80 定 90?

你是中央肥胖（俗稱「大肚腩」）嗎？男性腰圍超過90厘米（約36吋）；女性超過80厘米（約32吋），便屬中央肥胖。肥胖者較易患上高血壓、冠心病、糖尿病、中風，和包括腸癌、乳癌、子宮癌和前列腺癌等多種癌症。

有見及此，衛生署自去年六月起透過不同渠道，例如電視、電台、戶外大型廣告牌、公共交通工具車身、車廂和車站、網站和雜誌等大力宣傳保持健康體重的需要。相關宣傳海報亦已郵寄至各「有營食肆」，懇請大家合力提高市民對肥胖和健康的關注。

Do you have central obesity? Or, in more simple terms, do you have a pot belly? Central obesity is defined as a waist size over 90 cm (approx. 36 inches) for men and over 80 cm (approx. 32 inches) for women. Obese people are prone to have hypertension, coronary heart disease, diabetes, stroke and various cancers, which include colon cancer, breast cancer, uterine cancer and prostate cancer.

In view of all the dangers associated with central obesity, the Department of Health has been promoting the importance of healthy body weight since June last year through various channels including TV/radio broadcast, billboards, public transport (vehicle body, compartments, stops and stations), websites and magazines. Posters were also sent out to every EatSmart Restaurant. Let's remind everyone else to watch weight and health!



美食博覽2012 - 「有營食肆」烹飪示範

Food Expo 2012:
Demonstration of "EatSmart Dishes"

每年「美食博覽」都吸引大批老饕進場，衛生署亦藉着這機會邀請了著名演員兼廚師梁祖堯先生和一間「有營食肆」- 新星飲食集團分別於8月16和17日向現場觀眾進行烹飪示範。我們特意加插了試食環節，讓觀眾可嚐到他們別出心裁的「有營菜式」。

新星飲食集團的示範菜式是「彩玉營冬林」；而梁祖堯先生則示範他的特製「南瓜沙律」和「DIY漢堡扒」。兩天的示範活動共錄得超過200名觀眾參與，不少更踴躍向大廚和嘉賓請教烹飪心得。



DIY漢堡扒
DIY Hamburger
Steak



南瓜沙律
Pumpkin Salad



彩玉營冬林
Seafood in
Winter Melon



The annual Food Expo always attracts a large crowd of food lovers. To thrive on this opportunity, the Department of Health staged two cooking demonstrations in Food Expo 2012, one hosted by famous actor cum chef Mr. Joey LEUNG (on 16 August) and the other by a representative of New Star Catering Group, an EatSmart Restaurant (on 17 Aug). The cooking demonstrations were followed by a tasting session where audiences were able to sample those meticulously prepared "EatSmart Dishes".

New Star Catering Group produced a dish called "Seafood in Winter Melon" and Mr. Joey LEUNG demonstrated cooking of "Pumpkin Salad" and "DIY Hamburger Steak". The demonstrations attracted over 200 participants; a lot of them even asked the chefs and guest for cooking tips.

CookSmart

廚營



郭寶

BARRY COX

能煮中國菜、愛唱廣東歌的英國人
He Sings Cantopop, He Cooks Chinese Food