

CookSmart

營廚

許冠文
笑對百味人生

Michael HUI
Savour All the Flavours of Life





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 = 250-300毫升	1 medium bowl = 250-300 mL

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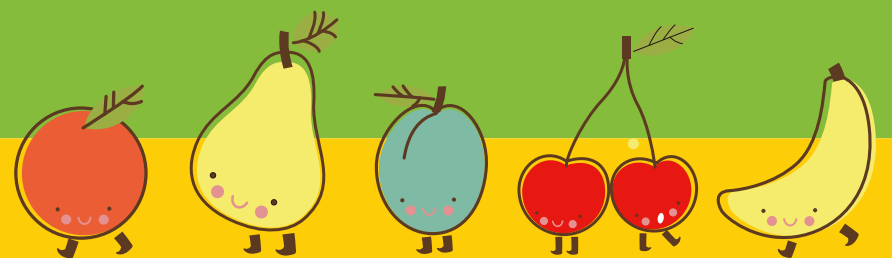
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夏話

炎炎夏日，吃一道以色彩繽紛的水果做成的佳餚，令人心情頓時開朗起來，胃口大增。其實自古以來，中國人都喜歡以水果入饌，無論是蘋果、香橙、芒果、菠蘿、荔枝或龍眼，都常見用於菜式中。水果也含有豐富的維生素、礦物質和膳食纖維，入饌後可增加大家進食水果的機會，攝取更多營養素。

但是水果的營養素經加熱後會有流失之虞；我們應該怎樣處理水果，才能減低營養素的流失？除了提升營養價值之外，以水果入饌有沒有其他益處？今期《營廚》邀請了營養師跟大家解答有關疑問，當然也少不了介紹一些以水果入饌的「有營菜式」。今期《營廚》內容精彩豐富，萬勿錯過！



Words from the Editor

A dish made with colourful fruit can be pleasing and appetising in the stifling summer heat. In fact, it has been a common habit to use fruit for culinary purpose since the ancient times; the apple, orange, mango, pineapple, lychee, longan... they are all too popular in daily Chinese dishes. Fruit, a rich source of vitamins, minerals and dietary fibre, is particularly healthy for the body if made into meal-time dishes to increase its intake.

However, the nutritional benefits of fruit will bound to be compromised at cooking temperature. How should we avoid so? Moreover, what are the other benefits of cooking with fruit? A dietitian will answer all these questions in this issue of CookSmart.

許冠文 笑對百味人生 Michael HUI Savour All the Flavours of Life

「冷面笑匠」許冠文（Michael）縱橫演藝界逾40年；他演出和創作過的電視節目、電影和「棟篤笑」曾為不同年代的香港人帶來無限歡樂。十多年前，許冠文患上糖尿病和高血壓，開始需要嚴格控制飲食，但仍然樂觀面對，不以為苦，且聽他跟我們笑談保健之道。

Mr. Michael HUI's long and distinguished career in film, television and theatre spans over four decades and more. Renowned for his deadpan humour, Michael has brought laughter to people of different generations. Here, Michael talks about how his life has changed after he got diabetes and hypertension over ten years ago.



多吃蔬果更有益

許冠文自

言患病前的飲食習慣極不健康，牛雜、大閘蟹、炸大腸等高脂食物無一不歡。十多年前，他的一位醫生朋友擔心他這種飲食習慣對身體有影響，於是勸他驗身，後來證實患上糖尿病。許冠文說：「這位醫生朋友是上帝賜給我的一份禮物。」此後，許冠文盡量保持健康飲食，飯菜多以蔬菜和鮮魚為主，收斂了油多味濃的口味。許太亦照顧周到，每天總能做出五花八門卻又健康的小菜。

可是每逢飯局聚會時，總不能要家人親友處處遷就，所以許冠文唯有從每道菜中挑出合適的東西來吃；當大夥兒都在吃咕嚕肉時，他只吃菠蘿、青椒等配菜。「我從不掃別人的興，況且進食不同顏色的蔬果更有益。」此外，他吃燒鵝時必定除皮去脂，吃乳豬時亦只擇瘦肉。「每道廣東菜通常都用上幾種材料，所以不愁沒有下箸之處。」他說。



Michael's

diet used to be unhealthy.

He was particularly fond of high fat foods, such as beef offal, Chinese mitten crabs and deep-fried pig-colon. Knowing it just too well, a doctor-friend of his advised him to have a medical check-up, during which he was diagnosed with diabetes and hypertension. "He is the greatest gift to me from God," says Michael. After that, he started a new diet which is still going on; it comprises mainly of vegetables and fresh fish. On top of that, Michael's wife takes good care of him; she always manages to give him healthy and delicious home meals.

When dining out with family and friends, Michael only picks what he should eat. For instance, he chooses not to eat the deep-fried pork in "Sweet and Sour Pork" but the garnishing pineapple and green pepper instead. "I don't want to spoil the party. Eating different vegetables is also good for our health." Since a lot of Cantonese dishes are made up of a variety of ingredients, Michael is always able to choose the right part to eat.

**Eat More Fruit and Vegetables
to Stay Healthy**



為健康「減」油!
Stay healthy
with
less oil!

嚐得世間真滋味 Taste the Natural Flavour of Food

許冠文過往經常帶備一份食物營養資料，方便查核食品的熱量和膽固醇含量，後來改用智能手機，讓他更容易取得健康飲食的資訊。

許冠文的飲食習慣可謂「由璀璨歸於平淡」，但他毫無怨言，反而學懂了欣賞食材的真味。他說：「改變飲食習慣就像進入了另一個境界。過往從未認真感受過青菜的鮮美、瘦肉的甘甜、豆腐的清香，現在都一一嚐到了。」

To help keep calories and cholesterol in check, Michael used to carry a nutrition guide around. Now he uses a smartphone. Even though his diet has somewhat returned to the basics, Michael does not feel like anything is missing from him. "I did not know that plain vegetables, lean pork or bean curd can taste so good."

煩惱隨流水而去 Problems Halved as Workout Doubled

許冠文一向有運動的習慣。他說：「當身體狀況不佳時，只覺得整個人呆滯無神，疲倦乏力，好像吃了豬油一樣。」所以他經常和親友相約打網球和高爾夫球，而且他還熱愛游泳和潛水。他說：「我每次下水都游30分鐘；到我從水中再鑽出來時，心中的煩惱已消減了一半。」運動讓他精神充沛，反應靈敏。

隨着年齡增長，諸如心臟病、糖尿病等長期病患容易逐漸出現，所以許冠文勸大家注意飲食健康。「世界還有很多美好的新事物等待我們去享受，如果大家不想錯過，就要小心飲食，保持健康。」

Michael does exercise regularly, which keeps his spirit high and his brains clear. "If you are not physically fit, you feel dull and tired, as though your stomach was stuck in grease." Michael loves playing tennis and golf, and is also fond of swimming and diving. "I usually swim for 30 minutes. When I get out of the water again, my problems have more than halved."

As heart diseases, diabetes and other chronic diseases come along with age, Michael reminds us to eat the healthy way. "There are so many wonderful things to do and see. We need to keep healthy to enjoy them."

許冠文 有營菜式選擇 Michael's Choice



鮮百合蘆筍炒蝦仁 Stir-Fried Shrimps with Lily Buds and Asparagus

蝦仁新鮮爽口，配上百合和蘆筍，既可口又富營養。許冠文說：「想不到少放油鹽調味料，都能做出如此美味的效果。」

Fresh, tender and succulent shrimps are served together with lily buds and asparagus as a healthy and delicious dish. Michael says, "I never realised that food cooked with less oil, less salt and less flavour enhancers can taste so good."



蟹肉桂花炒素翅 Imitation Shark's Fin and Crab Meat Omelette

蛋白炒得清爽香滑，味道恰到好處。許冠文不忘提醒大家，「膽固醇主要存在於蛋黃裏，所以沒有蛋黃、只留蛋白的菜式，較適合高血脂人士」。

Nothing can convince Michael more than this silky, creamy and mouth-watering fried egg white. "Unlike the yolk, egg white contains no cholesterol and is particularly suitable for people with high blood lipids."



翠玉瓜炒雜菇 Stir-Fried Zucchini with Assorted Mushrooms

這款素菜以冬菇、蘑菇配上翠玉瓜而成，鮮甜爽脆。給許冠文大讚「素得味美」。

This vegetarian dish features mushrooms (including shiitake mushrooms) and zucchini, all fresh and crispy. It is praised by Michael as "a vegetarian delight".



炒雜果咕嚕肉 Sweet and Sour Pork with Assorted Fruit

以菠蘿、車厘茄等鮮果入菜，少肉多菜，既酸且甜，滋味無窮。

This classic Cantonese dish features fresh pineapple and cherry tomatoes braised in a sauce that reflects the perfect balance between sour and sweet.



艇皇玉液浸斑球

斑球以鮮魚湯泡浸，鮮美可口，加上薄中帶韌的芋絲，饒有特色。

Steamed Fish in Fish Stock

Grouper fillet is greatly flavoured by the fish soup, while the shirataki noodles, slimy and chewy, add a unique texture to the dish.



鬧市中的神秘食府

德藝會

Telford Recreation Club

A Hidden Restaurant in a Crowded City

ClubONE旗下的德藝會位於熙來攘往的九龍灣，為著名私人會所，環境寧靜寬敞，偌大典雅宴會廳除適合舉辦中西式婚宴酒席和雞尾酒會外，還供應午、晚飯小菜，是很多會員和其親友的「秘密餐室」。

融會中西 雙味兼得

集團主廚李志棠師傅表示，「德藝會顧客熱愛口味清淡的菜式，少油少鹽，蔬菜的烹調方式亦以泡焯為主，其中以青菜、蒸魚和湯飯最受歡迎」。該店以食材新鮮、用料充足見稱，並提供素食菜單。李師傅說：「只要食材新鮮，就能呈現食物的天然美味，無須太多加工和調味的工夫。」德藝會的菜式不拘一格，除中菜外，亦供應健康開胃的西式沙律，還有以菇菌菜蔬為主的江南小食拼盤等。

人稱「棠哥」的李師傅從事中廚二十多年，但他從不拘泥於傳統；早前他進修西廚知識，將西式烹調手法融入中菜。他表示，西菜對醬汁和肉類的處理方式，對他甚有啟發。

李志棠師傅於1986年投身飲食行業，曾於多家酒店和著名海鮮食府任職，經驗豐富，六年多前加入ClubONE服務至今。

Mr. LEE Chi-tong joined the food industry in 1986. He served in several renowned hotels and seafood restaurants before he arrived at the ClubONE some six years ago.

水果入饌 清新美味

李師傅經常以時令鮮果如芒果、草莓和龍眼等入饌，或將水果打成醬汁，令菜更清新可口。他說，鮮果一般不宜長時間烹煮，所以他先煮熟其他食材，再加入水果快炒，這樣既能保持鮮果的汁液，又能突顯其甜味。

此外，德藝會的婚宴酒席亦引入了較輕盈健康的焗帆立貝、白焗水晶蝦等菜式，不過李師傅坦言，一般顧客宴請親友時，大多希望做到大方體面，所以有部分人堅持要求乳豬、魚翅、炸釀蟹鉗等菜式，可見部分港人的飲食習慣仍以傳統食品為主。

Telford Recreation Club, a member of the ClubONE restaurant group, is a nice hideaway from the busy streets of Kowloon Bay. It offers spacious and elegant banquet rooms for a wide range of dining and banqueting service; still more, it is also an ideal place for members to enjoy a nice meal with friends and relatives.

A Taste of East Meets West

Mr. LEE Chi-tong, Head Chef of the restaurant group, says, "Our vegetables are mostly blanched here as a lot of our members prefer to have light and healthy dishes cooked with less sugar and salt. Plain vegetables, steamed fishes and rice in soup are some of their favourite dishes." The restaurant has earned a reputation of serving quality food made with fresh ingredients. Mr. LEE says, "Fresh ingredients deliver a full, natural flavour. They need no additional flavourings." In addition to traditional Chinese dishes, the restaurant also offers Western treats like the healthy green salad, as well as the *Jiangnan* (lit. "south of Yangtze River")-style appetizer platter, which is made with mushrooms and vegetables.

Mr. LEE, also known as "Brother Tong", has over 20 years of fine culinary expertise in Chinese cuisine; that having been said, he is not a stickler for tradition at all. He has done a western cooking class, trying to combine traditional Western techniques and ingredients with Chinese cuisine. The Western techniques of preparing sauces and meats, he says, are most inspiring for him.

Healthy, Fresh Fruit in Dishes

Mr. LEE likes to use fruits such as mangoes, strawberries and longans to give his dishes a fresh and tangy flavour. Fruit sauce is also a refreshing extra partner for any dish. Yet he hinted that fruit and vegetables will dry up after prolonged cooking. To avoid so, Mr. LEE suggests adding fruit in the cooking just before the other ingredients are done, and give it just a quick stir-fry. This will allow the fruit to retain its juice and flavour.

The restaurant has introduced to its banquet menus a number of healthier options, such as "Grilled Scallop and Blanched Prawns". Nevertheless, some customers still want to treat their friends and relatives with traditional Chinese banquet dishes such as roast suckling pig, shark fin and deep-fried stuffed crab claws.

米水浸菜心苗
菜心苗配上惹味的靈芝菇和雞腿菇（「雞脾菇」），以米水泡浸，清香怡人。

Blanched Flowering Chinese Cabbage with Rice Soup
Flowering Chinese cabbage is nicely paired with flavoursome hon-shimeji mushrooms and king oyster mushrooms.

西紅柿鳳尾蝦
鮮蝦略煎，釀入原隻番茄內，鮮嫩爽口，配以低脂奶打成的白汁，更添風味。

Baked Tail-On Prawns with Tomato and Cheese
A plump, juicy tomato is stuffed with fresh and succulent prawns which, lightly baked, are perfectly complemented by a delicate low-fat cream sauce.

健康炒飯
這款素菜炒飯用上了甘筍、翠玉瓜粒和蛋白，以少油快炒而成，清爽輕盈。

Stir-fried Rice with Assorted Vegetables
This dish contains carrots, courgette and egg white. It is light, fluffy without a greasy taste.

川燒「孜」味 蜀一燒串燒專門店

Sichuan BBQ Restaurant

A Taste of Sichuan Cumin

串燒食品在香港流行已久，不少人喜歡約同三五好友到串燒店小聚，閒話家常。近年興起的川式串燒店也漸受歡迎。

蜀一燒店長陳添先生說，該店合伙人祖籍四川，對川菜素有研究。他們的食材嚴格按照傳統川式配方調味和醃製，其中的主角「孜然粉」香味獨特而強烈，配合花椒、八角、十三香等香料，令食物濃郁惹味。

燒烤有妙法

陳先生認為，「任何食材均適合串燒，而且燒烤是最能發揮食材本身美味的烹調方法。食材經烤熟後，加上少許孜然粉和淡醬油，已經非常可口。此外，把肉類燒烤可將多餘的脂肪釋出，吃起來一點也不油膩。」

陳先生說：「燒烤最重要是耐性和專注力。」師傅需掌握不同食材所需的時間和火力，例如豬肉和雞肉必須以文火慢慢烤熟才好吃；菜蔬需要以高溫快烤，以減少水分流失；而烤水果則需要不斷翻動，否則容易燒焦。陳先生補充說：「燒烤菜蔬時，只需塗上一層薄薄的食油，便可保持菜蔬的水分。」該店設有恆溫電爐，可調節不同火力，最適合燒烤蔬果。

健康燒烤多滋味

陳先生說：「很多顧客都愛吃蔬菜串燒。」有見及此，蜀一燒備有多種蔬菜供顧客選擇，如韭菜、菜心、尖椒、番茄、甚至多種水果，其中燒粟米和燒菠蘿更是顧客必食之選。

陳先生從事飲食業多年，他覺得健康飲食是大勢所趨。他們致力配合顧客要求，選用較少脂肪的肉，盡量少用鹽、油和味精，為顧客提供更健康的菜式。

Grilled skewers have long been one of Hong Kong's most popular food. Many people like to hang out in a skewers restaurant to get together with friends. Sichuan-style skewer shops, among others, have also gained a following in recent years.



陳添先生於飲食業有十多年的經驗，曾開設多間粉麵店和小食店，並於2010年左右開設蜀一燒串燒專門店。

Mr. Tim CHAN has over 10 years of experience in the restaurant business. He had run several noodle shops and fast food shops before he launched Sichuan BBQ Restaurant around 2010.

This perfectly grilled corn, sweet and juicy, is a fresh and delicious treat.



口。汁液，甘香可
仍然保持天然
粟米經燒烤後

燒粟米
Grilled Sweet Corn



Mr. Tim CHAN, manager of Sichuan BBQ Restaurant, says that his partner is a Sichuan native and is very familiar with Sichuan cuisine. Under his guidance, the restaurant commonly prepares its food with cumin powder, the mainstay of traditional Sichuan-style seasoning, along with peppercorn, star anise and a combination of thirteen powdered spices, bringing a unique flavour to its dishes.

"Patience and concentration," Tim says, "are the keys to the art of grill." A cook needs to adjust the temperature and cooking time accurately. Pork and chicken should be grilled on low flame for a longer time until well done, while vegetables should be grilled more quickly. Fruits need to be turned frequently to avoid overcooking. Tim also says, "When cooking vegetables on the grill, you need to brush a little cooking oil on them. This helps to preserve their water content." The restaurant has an electric cooker to grill vegetables and fruits on desired levels of heat.

Ways to Make Healthy Grill

Tim says, "Skewer grilling is perhaps the best method of cooking because it allows the food to keep its original flavour. Many food ingredients are suitable for the grill. Just grill them until done, add a little cumin powder and mild soya sauce and then they taste great without being greasy. Moreover, the grill melts away excess fat from the meat."

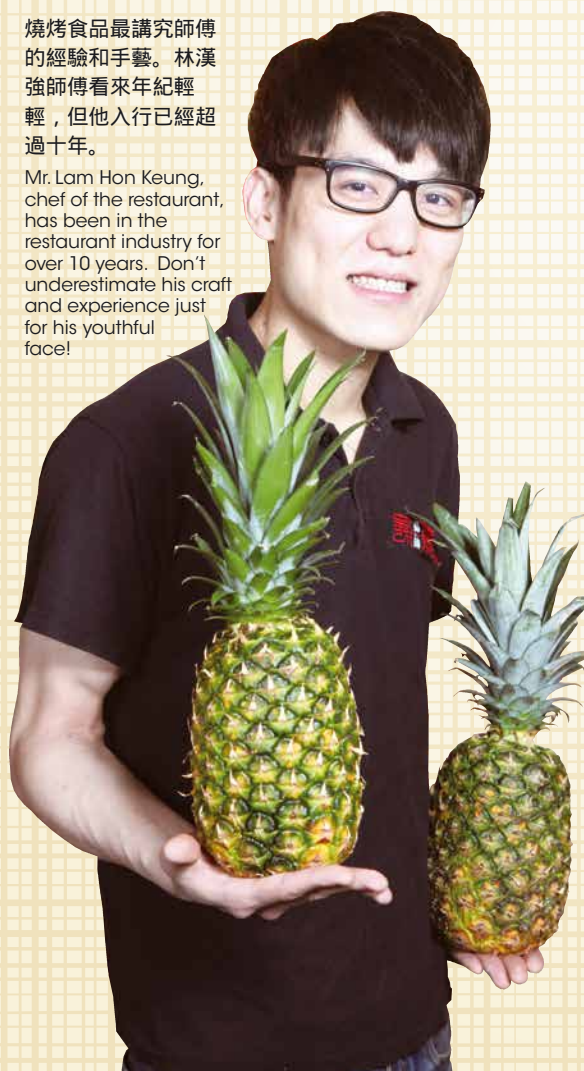
You Can Choose Healthy Grilled Food

"Many of our customers love grilled vegetables," Tim says. The restaurant, therefore, offers a variety of vegetables – Chinese chives, Chinese cabbage, chillies, tomatoes and a wide range of fruits; grilled corn and grilled pineapple are a must for customers.

Having been in the food industry for over 10 years, Tim has observed a rising trend towards healthy eating. He and his team strive to offer dishes of trimmed meats as well as dishes with less salt, less sugar and less flavour enhancers, all in the hope of providing healthier food to customers.

燒烤食品最講究師傅的經驗和手藝。林漢強師傅看來年紀輕輕，但他入行已經超過十年。

Mr. Lam Hon Keung, chef of the restaurant, has been in the restaurant industry for over 10 years. Don't underestimate his craft and experience just for his youthful face!



Shishamo, plump but not greasy, is spiced up with cumin powder and has a subtle smoky flavour.

多春魚烤至金黃色，再撒上孜然粉，香味誘人，不肥不膩。



多春魚

Grilled Shishamo

This dish uses only the tender inner part of the Chinese chives, which are juicy and fresh even from the grill.

以韭菜最幼嫩的莖部燒成，鮮甜清香，汁液仍盛。



燒韭菜

Grilled Chinese Chives

Grilled tiger prawns, each about 7 inches long, remain tender, succulent.

長達七吋的虎蝦以文火微烤後，肉質飽滿，細嫩鮮美。



燒虎蝦

Grilled Tiger Prawns

Crunchy green chili peppers, with stems and seeds removed, are cooked just right on the grill, with a slightly spicy flavour.

去蒂和去籽的大青椒保留了淡淡的辣味，烘烤時間恰到好處，口感脆嫩。



燒尖椒

Grilled Chili Peppers



| 炮製色香味 | EatSmart Recipes



住家菜

彩椒火龍果斑片

Stir-fried Grouper with Sweet Peppers and Dragon Fruit



每一份 Per Serving

熱量
Energy

114

千卡 (kcal)

碳水化合物
Carbohydrate

8

克 (g)

蛋白質
Protein

9

克 (g)

脂肪
Fat

4

克 (g)

糖
Sugar

4

克 (g)

鈉質
Sodium

475

毫克 (mg)

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

特色 Feature

以彩椒做配料可令菜式更鮮艷，有助刺激食慾。彩椒亦含豐富的維生素C，有助增強免疫力。

Colourful sweet peppers can stimulate appetite. They are also rich in vitamin C, which helps to strengthen immunity.



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材料 Ingredients

斑片	4兩
菜籽油	3茶匙
紅椒(切塊)	1/2個
青椒(切塊)	1/2個
黃椒(切塊)	1/2個
火龍果(切塊)	1/2個

4 taels grouper (sliced)
3 teaspoons canola oil
1/2 red pepper; diced
1/2 green pepper; diced
1/2 yellow pepper; diced
1/2 dragon fruit, diced

調味料 Seasonings

鹽	1/2 茶匙
糖	1/5 茶匙
粟粉	1 茶匙
水	2湯匙
1/2	teaspoon salt
1/5	teaspoon sugar
1	teaspoon cornstarch
2	tablespoon water

醃料 Ingredients for marinade:

鹽	1/4 茶匙
粟粉	1 茶匙
胡椒粉	少許
雞蛋白	1隻
1/4 teaspoon salt	
1 teaspoon cornstarch	
Some ground white pepper	
white from 1 egg	

to serve
4人分量



試食兵團
話你知
Message from
Tasting Team

斑片本身新鮮嫩滑，再配上清甜的火龍果和彩椒，令喜愛吃魚的許冠文更讚不絕口。

Stir-fried grouper fillets, tender and succulent, are complemented by savoury sweet peppers. It is a real treat for fish lovers like Michael.



步驟 Cooking Method

01 斑片以醃料醃5分鐘，汆水，備用。
Marinate the grouper for 5 minutes. Blanch and let stand.

02 燒熱鑊下油，放入彩椒和火龍果，炒香。
Heat the wok. Pour in oil. Stir-fry the sweet peppers and dragon fruit until the smell comes out.

03 最後加入斑片，下調味料炒勻，即成。
Add the grouper and keep stir-frying. Add the seasoning, and serve.



龍鳳果煲豬展湯

Pork Shank Soup with Apple and Pear



由於以計算方法間接估計清湯的熱量和營養素含量存有較大誤差，所以未能提供此項資料。
Using indirect nutrient analysis base on calculation causes a great variation when estimating the energy and nutrient content of soup, therefore, such information cannot be provided.

特色 Feature

豬脰比豬骨含較少脂肪，是較健康的選擇。蘋果和雪梨含豐富纖維，連湯料同吃可促進腸道健康。

Pork shank, as an ingredient, contains less fat than pork bones and is thus a healthier ingredient. Apples and pears contain dietary fibre that helps to promote bowel health.



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材料 Ingredients

豬脰（豬腱） 4兩
無花果 3片
枇杷葉 3片
南北杏 10粒
清水 450毫升
雪梨 1個
蘋果 3片

4 taels pork shank
3 slices dried fig
3 loquat leaves
10 apricot kernels, sweet and bitter
450 mL water
1 pear
3 slices apple

調味料 Seasonings

鹽 1/5 茶匙
糖 1/4 茶匙

1/5 teaspoon salt
1/4 teaspoon sugar

to serve
4人分量



試食兵團
話你知
Message from
Tasting Team



這湯用上蘋果、雪梨、無花果、豬脰等材料，火候適中，香甜滋潤。

The apple, pear and dried figs combine with the pork shank to become a wonderfully nourishing and heart-warming soup.

步驟 Cooking Method

01

豬脰氽水去油，連無花果、枇杷葉、南北杏放進清水內熬2.5小時。

Blanch the pork shank. Remove grease. Put it back into water and simmer for 2.5 hours with the dried fig, loquat leaves and apricot kernels.

02

雪梨、蘋果去心，放入豬脰湯再熬45分鐘。

Core the pear and apple. Put them into the pork shank soup and simmer for another 45 minutes.

03

最後下鹽、糖調味即成。

Add salt and sugar to taste.



| 炮製色香味 | EatSmart Recipes



燒菠蘿

BBQ Pineapple



每一份 Per Serving

熱量
Energy

57

千卡 (kcal)

碳水化合物
Carbohydrate

15

克 (g)

蛋白質
Protein

1

克 (g)

脂肪
Fat

0

克 (g)

糖
Sugar

11

克 (g)

鈉質
Sodium

1

毫克 (mg)



特色 Feature

1份菠蘿（ $\frac{1}{8}$ 隻）只有大約50卡路里，其維生素C含量卻達54毫克左右，已足夠成人一天所需。

One serve of pineapple ($\frac{1}{8}$ piece) contains only about 50 kcal of energy but 54 mg of vitamin C. It's a healthy snack that meets the adult daily requirement for vitamin C.



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to serve
1 人分量

材料 Ingredients

菠蘿 $\frac{1}{8}$ 隻
 $\frac{1}{8}$ pineapple

試食兵團
話你知
Message from
Tasting Team

切塊的鮮菠蘿烤至微焦，果味濃郁，入口酸香清爽、汁液豐富。

The pineapple slices are just slightly browned, while the natural sweetness and abundance of the juice is still preserved.

步驟 Cooking Method

01 燒熱電烤爐，放上菠蘿，每面烤約4分鐘或至金黃色。

Heat the electric grill. Put on the pineapple chunk, grill each side for 4 minutes or until gold brownish.

02 最後把菠蘿切成7至8塊即成。

Cut the chunk into 7 to 8 pieces.



炮製色香味 | EatSmart Recipes



青檸盲鱒卷

Barramundi Roll with Lime



每一份 Per Serving

熱量
Energy

114

千卡 (kcal)

碳水化合物
Carbohydrate

1

克 (g)

蛋白質
Protein

23

克 (g)

脂肪
Fat

2

克 (g)

糖
Sugar

0

克 (g)

鈉質
Sodium

291

毫克 (mg)



特色 Feature

盲鱸含豐富的奧米加3脂肪酸，有助降低血液中的膽固醇和三酸甘油酯，確保心血管健康。

Barramundi contains a high level of omega-3 fatty acids, which help lower blood cholesterol and triglycerides for better heart health.



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材料 Ingredients

盲鱸	1條
香茅（切條）	適量
南薑	適量
青檸	1隻
指天椒	1-2隻
水	適量
檸檬葉	2塊
薄荷葉	3塊
1 barramundi	
Some lemongrass, sectioned	
Some galangal (a ginger)	
1 lime	
1-2 chili peppers	
Some water	
2 lemon leaves	
3 mint leaves	

調味料 Seasonings

鹽	1/4 茶匙
	1/4 teaspoon salt

to serve
2人分量

試食兵團
話你知
Message from
Tasting Team

這款魚卷選用了肉質細嫩的盲鱸(尖吻鱸)，加上青檸、檸檬葉、薄荷葉等材料，散發出幽幽的水果清香，別有風味。

The silky and succulent barramundi fillet is made into a perfumed roll with a distinctive flavour, thanks to the fruity scent from lime, lemongrass and mint leaves.

步驟 Cooking Method

01

洗淨盲鱸，去骨起肉備用。
Wash and bone the fish. Set aside.

02

香茅、南薑洗淨，汆水備用。
Wash the lemongrass and galangal. Blanch, let stand.

03

把1/2隻青檸榨汁，1/2隻切片備用。
Squeeze half of the lime for its juice, and slice the other half.

04

將香茅、南薑放在盲鱸肉上，包起成卷狀備用。
Put the lemongrass and the galangal on the fish, and roll into a wrap. Set aside.

05

燒熱鑊，加入指天椒乾炒至帶香，下水、鹽、檸檬葉和青檸汁，煮至滾起，淋在盲鱸卷上，蒸7分鐘。
Heat the frying-pan, stir-fry the chili peppers until the smell comes out. Add the water, salt, lemon leaves and lime juice. Bring it to the boil, pour it on the fish, and steam for 7 minutes.

06

最後伴以青檸片和薄荷葉即成。
Garnish with lime slices and mint leaves to serve.



火龍果彩椒炒雞片

Stir-fried Chicken with Sweet Peppers and Dragon Fruit



每一份 Per Serving

熱量
Energy

109

千卡 (kcal)

碳水化合物
Carbohydrate

9

克 (g)

蛋白質
Protein

8

克 (g)

脂肪
Fat

5

克 (g)

糖
Sugar

5

克 (g)

鈉質
Sodium

321

毫克 (mg)



本食譜由北京拉麵店提供。
This recipe is provided by
Peking Handmade Noodles
Restaurant.

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

特色 Feature

火龍果屬較低糖的水果，卻能帶出食物的甜味。而當中的抗氧化劑「花青素」能對抗身體的自由基，有助抗衰老。

Dragon fruit is a fruit that contains relatively less sugar but can bring out the sweetness of the dish. It contains anthocyanins, an antioxidant to fight off free radicals.



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調味料 Seasonings

鹽	1/2 茶匙
糖	1/5 茶匙
紹酒	1/2 茶匙
1/2 teaspoon salt	
1/5 teaspoon sugar	
1/2 teaspoon Shaoxing wine	

材料 Ingredients

大豆油	2茶匙
紅椒	3片
青椒	3片
黃椒	3片
去皮雞扒(切片)	1塊
火龍果(切粒)	1個
2 teaspoons soya oil	
3 slices of red pepper	
3 slices of green pepper	
3 slices of yellow pepper	
1 chicken fillet, skinned and sliced	
1 dragon fruit, diced	

試食兵團
話你知
Message from
Tasting Team

鮮嫩的雞扒肉
與火龍果和三
色椒同炒，清甜
爽口，搭配得恰
如其分，美味而健
康。

The chicken fillet,
fresh and tender,
matches perfectly
with the sweet flesh of
dragon fruit and crispy
sweet peppers in all three
colours to become a healthy
and delicious dish.

to serve
4人分量



步驟 Cooking Method

01 燒熱鑊下油，下彩椒略炒，盛起備用。
Heat the wok. Add oil. Pour in all the sweet peppers, stir-fry briefly. Remove from heat and set aside.

02 把雞片炒熟，下鹽、糖調味，加入彩椒同炒，再下紹酒。
Stir-fry the chicken slices. Add salt and sugar. Pour in the sweet peppers again and stir-fry together. Pour in the Shaoxing wine.

03 把火龍果肉鋪在碟上，放上雞片和彩椒即成。
Lay dragon fruit flesh all over the plate. Put on chicken and sweet peppers and serve.



有營食肆

EATSMART RESTAURANTS

以下資料截至二零一三年四月二十二日，排名依筆劃序。欲知最新「有營食肆」名單，請瀏覽衛生署「有營食肆」專題網站
http://restaurant.eatsmart.gov.hk。

Last updated on 22 April 2013. Names are listed in a random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Restaurant" thematic website at http://restaurant.eatsmart.gov.hk

東區

Eastern District

友田端端燒居食屋	Tomota Japanese Restaurant	2967 9166
太興	Tai Hing	2567 7362
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2896 7489
百份百餐廳	Hundred Percent Restaurant	2469 8100
別府九州地獄拉麵專門店	Beppu Ramen	2896 4889
金皇潮州酒家	Golden Dynasty Chiu Chow Restaurant	2805 8022
京城膳膳	King Shing Chinese Cuisine	2872 6228
迎囍大酒樓	Cheers Restaurant	8300 8199
美心MX	Maxim's MX	
(友邦廣場)	(AIA Tower)	2219 7223
(杏花新城)	(Paradise Mall)	2558 8541
(城市中心)	(City Garden)	2566 4556
(英皇大樓)	(King's House)	2561 5760
(康怡廣場)	(Kornhill Plaza)	2885 5095
(新翠商場)	(New Jade Shopping Arcade)	2897 7513
(樂基中心)	(Stanhope House)	2679 8229
(藍灣廣場)	(Island Resort Mall)	2248 5370
星級味皇餐廳小廚	Delicious Café	2802 6622
香港專業教育學院(柴灣)飯堂	Hong Kong Institute of Vocational Education (Chai Wan) Canteen	2411 2773
柴火甘味茶屋	Takigi	3100 0076
海皇粥店	Ocean Empire	2887 5879
柴灣東區醫院職員飯堂	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
曼谷泰菜	Bangkok Thai Restaurant	
(珠璣大廈)	(Chu Kee Building)	2856 0818
(留仙街)	(Lau Sin Street)	2566 9966
梅花鄉小館	Mui Fa Chuen Restaurant	2561 9797
彩福皇宴	Choi Fook Royal Banquet	2811 9688
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
福岡拉麵 (西日料理)	Fukuoka Noodle Restaurant	3488 7550
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2539 0077
稻香	Tao Heung	
(和富中心家居庭商場)	(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	8300 8161
鐘菜	Chung's Cuisine	8300 8009
聯邦金閣酒家	Golden Federal Restaurant	2628 0183
藝術·家	Les Artistes Café	3426 8918
權發海鮮酒家	Kuen Fat Restaurant	2897 0688
權發飯店	Kuen Fat Restaurant	
(光華大廈)	(Siu Wah Building)	2960 0330
(筲箕灣東大街)	(Shau Kei Wan Main Street East)	2560 1003
(筲箕灣道)	(Shau Kei Wan Rd)	2513 0015
囍館	Cheers Dinning Restaurant	2111 0177
Bistro Délifrance	Bistro Délifrance	2143 5722
Délifrance (Café)	Délifrance (Café)	
(港運城)	(Island Place)	2565 1335
(太古城)	(Taikoo Shing)	2904 8603
Mr. Taco Truck	Mr. Taco Truck	2590 6911

Oliver's Super Sandwiches (杏花新城) (英皇道) (康怡花園)	Oliver's Super Sandwiches (Heng Fa Chuen Paradise Mall) (King's Road) (Kornhill)	2898 1707 2510 0255 2513 9266
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灣仔區

Wanchai District

一壽司	Sushi One	3188 0083
大自然素食	Gaia Veggie Shop	2808 1386
友邦軒	AIA Gourmet	2832 1326
元味壽司刺身專門店	Yummy Sushi Ya	2574 9263
甘味手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	3907 0689
百樂門宴會廳	Paramount Banquet Hall	2833 2092
別府九州地獄拉麵專門店	Beppu Ramen	2890 7389
金皇廷宴	Banquet Place	2832 6628
金裝嫩奶佬餐廳 (太和街) (活道) (景隆街)	Daniel's Restaurant (Tai Wo Street) (Wood Road) (Cannon Street)	2574 4866 2838 6500 2838 6151
迎囍大酒樓 (皇室堡)	Cheers Restaurant (Windsor House)	8300 8198
美心MX (波斯富街) (軒尼詩道) (堅拿道西)	Maxim's MX (Percival Street) (Hennessy Road) (Canal Road West)	2838 6173 2893 7867 2838 5075
風月堂	Orchard Garden Café & Restaurant	2891 2881
美味廚	Megan's Kitchen	2866 8305
泰式食	Thai Perfect	2890 4899
索迪斯(香港)有限公司 - 警察總部雅膳中餐廳	Sodexo (Hong Kong) Limited - PHQ Arsenal Place	2860 2688
索迪斯(香港)有限公司 - 警察總部匯敘快餐	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
索迪斯(香港)有限公司 - 警察總部匯敘西餐廳	Sodexo (Hong Kong) Limited - PHQ Western	2860 2688
海皇粥店 (新誠商業大廈) (駱克道) (糖街)	Ocean Empire (Simons Commercial Building) (Lockhart Road) (Sugar Street)	2575 0417 2891 1902 2894 8848
彩福皇宴	Choi Fook Royal Banquet	2566 7778
粵軒	Canton Room	2866 2166
富臨酒家	Foo Lum Restaurant	2528 2468
富豪金殿	Regal Palace Restaurant	2837 1773
煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
新星海鮮酒家 (駱克大廈) (聯合鹿島大廈)	New Star Seafood Restaurant (Lockhart House) (Allied Kajima Building)	2838 2186 2511 1228
壽司翔太	Sushi Shota	2834 3031
滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
翠華餐廳 (景隆街) (駱克道) (謝斐道)	Tsui Wah Restaurant (Cannon Street) (Lockhart Road) (Jaffe Road)	2573 4338 2542 2288 2892 2633
翡翠拉麵小籠包 (大有廣場) (世貿中心) (時代廣場)	Crystal Jade La Mian Xiao Long Bao (Tai Yau Plaza) (World Trade Centre) (Times Square)	2573 8844 2915 6988 2506 0080
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2881 5298
蒲點美式酒吧	Champs Bar	2892 3386
稻香	Tao Heung	83008121
稻香超級漁港 (信和廣場) (皇室堡)	Tao Heung Super 88 (Sino Plaza) (Windsor House)	8300 8174 8300 8162
築地日本料理	Tsukiji Japanese Restaurant	2542 3802
橋底辣蟹 (駱克道421-425號) (駱克道429號) (謝斐道)	Under Bridge Spicy Crab (421-425 Lockhart Road) (429 Lockhart Road) (Jaffe Road)	2834 6818 2573 7698 2834 6268
龍皇酒家	Dragon King Restaurant	2895 2288
禮頓會	Club Leighton	3198 9805
鐘菜	Chung's Cuisine	8300 8008
薯仔屋 (富明街) (新會道)	Small Potato (Foo Ming Street) (Sun Wui Road)	2882 7278 2890 4884
譽宴	U-Banquet	2811 9181
權發海鮮酒家	Kuen Fat Restaurant	2890 8080

Beautifood	Beautifood	2860 0012
CEO Karaoke Box	CEO Karaoke Box	2137 9777
Délifrance (Café)	Délifrance (Café)	
(大有廣場)	(Tai Yau Plaza)	2591 1600
(香港中央圖書館)	(Hong Kong Central Library)	2504 0115
(美國萬通大廈)	(Massmutual Tower)	2527 7201
(瑞安中心1樓)	(1/F Shui On Centre)	2802 4465
(駱克道)	(Lockhart Road)	2520 6622
Oliver's Super Sandwiches	Oliver's Super Sandwiches	
(新鴻基中心)	(Sun Hung Kai Centre)	2877 7327
(銅鑼灣廣場)	(Causeway Bay Plaza)	2573 7811

南區

Southern District

中華廚藝學院 (英語餐飲學會) (只供會員)	Chinese Cuisine Training Institute (The English-Speaking Dining Society) (Members Only)	2550 6683
太興	Tai Hing	2552 9820
美心MX	Maxim's MX	2580 5133
珍寶王國	Jumbo Kingdom	2553 9111
旅遊服務業培訓發展中心 (英語餐飲學會 - 蒲扶林) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Pokfulam) (Members Only)	2550 6683
泰閣(香港仔大道)	Koon Thai Cuisine	2878 8282
富臨漁港臨門	Foo Lum Fishman's Wharf Restaurant	2553 0699
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2552 6998
瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
稻香	Tao Heung	8300 8136
稻香超級漁港	Tao Heung Super 88	8300 8173
鐘菜	Chung's Cuisine	8300 8006
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	North Garden Restaurant	
(東寧大廈)	(Tung Ning Building)	2739 2338
(鴻基大廈)	(Hung Kei Mansion)	2526 3163
西港城 - 大舞臺	The Grand Stage	2815 2311
西環碼頭餐廳	Harbour Restaurant	2818 0101
秀日本料理	Oishi House	2517 6618
美心MX	Maxim's MX	
(和記大廈)	(Hutchison House)	2869 4450
(卑路乍街)	(Belchers Street)	2819 1196
(創業中心)	(Chong Yip Centre)	2857 2910
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	Tsui Wah Restaurant	
(山頂廣場)	(The Peak Galleria)	2542 1255
(威靈頓街)	(Wellington Street)	2525 6338
(德輔道中)	(Des Voeux Road)	2815 3000
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2295 3811
權發海鮮酒家	Kuen Fat Restaurant	2818 1725
Délifrance (Café)	Délifrance (Café)	
(力寶中心)	(Lippo Centre)	2147 3798
(山頂廣場)	(The Peak Galleria)	2849 2613
(華懋廣場)	(Chinachem Plaza)	2581 4391
(環球大廈)	(World Wide Plaza)	2868 1355
Beautifood	Beautifood	2860 0012
Mr. Taco Truck	Mr. Taco Truck	2810 0888
Oliver's Super Sandwiches	Oliver's Super Sandwiches	
(中信中心)	(Citic Tower)	2104 6333
(長江中心)	(Cheung Kong Centre)	2185 7080
(香港地鐵站)	(Hong Kong Station)	2530 2311
(信德中心)	(Shun Tak Centre)	2511 9178
(海富中心)	(Admiralty Centre)	2866 8707
(萬邦行)	(Melbourne Plaza)	2526 2685
(無極限廣場)	(Infinitus Plaza)	2544 3369

觀塘區

Kwun Tong District

二宜樓	Eryi Tower Restaurant	2346 9288
三和食堂	-	2342 2141
太興	Tai Hing	2359 0138
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2389 7409
百份百餐廳	Hundred Percent Restaurant	
(翠屏邨)	(Tsui Ping North Estate)	2598 8100
(寶達商場)	(Po Tat Shopping Centre)	2697 8100
名昇餐廳	Ming Sing Restaurant	
(安泰大廈)	(On Tai Building)	2758 0118
(官塘工業中心)	(Kwun Tong Industry Centre)	2345 6389
百樂門宴會廳	Paramount Banquet Hall	
(企業廣場5期)	(MegaBox)	2798 8332
(鱷魚恤中心)	(Crocodile Centre)	3910 8368
別府九州地獄拉麵專門店	Beppu Ramen	2148 9898
沁園春	Cheerful Restaurant	2251 3612
金利來	Kam Lee Loy	2244 3003
宜家家居餐廳及咖啡室	IKEA Restaurant & Café	3191 1188
柏爾馬	La Trattoria di Parma	2111 1370
迎禧大酒樓 (麗港城商場)	Cheers Restaurant (Laguna Plaza)	8300 8189
美心MX	Maxim's MX	
(牛頭角上村)	(Upper Ngau Tau Kok)	2481 3768
(康寧道)	(Hong Ning Road)	2793 9239
(翠屏商場)	(Tsui Ping Shopping Circuit)	2763 4180
(麗港城商場)	(Laguna City)	2772 3314
(觀塘廣場)	(Kwun Tong Plaza)	2793 9225
客家人好	Hakka Hut	8300 8109
香港專業教育學院 [觀塘分校] (學生飯堂) (只供學生)	Hong Kong Institute of Vocational Education - Kwun Tong (Student Canteen) (Student Only)	2346 8990
海皇粥店	Ocean Empire	
(物華街)	(Mut Wah Street)	2304 7468
(海大商場)	(Amoy Plaza)	2759 6537
旅遊服務業培訓發展中心 (英語餐飲學會 - 九龍灣) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Kowloon Bay) (Members Only)	2750 6919
御苑皇宴	The Banqueting House	2798 8866
御苑酒家	The China House	2798 8110
富臨漁港	Foo Lum Fishman's Wharf Restaurant	
(企業廣場)	(Enterprise Square)	2759 1808
(觀塘廣場)	(Kwun Tong Plaza)	2342 4252
會所1號 - 九龍東	Club One - Kowloon East	3162 8728
煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
翠華餐廳	Tsui Wah Restaurant	2343 3866
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	8300 8124
稻香超級漁港	Tao Heung Super 88	
(德福廣場)	(Telford Plaza)	8300 8175
(麗港城商場)	(Laguna Plaza)	8300 8176
潮篇	Chaozhou Cuisine	2779 1919
潮館	Chao Inn	8300 8145
德藝會	Telford Recreation Club	2148 7576
龍皇酒家	Dragon King Restaurant	2955 0668
鐘菜	Chung's Cuisine	8300 8010
聯合醫院職員飯堂	United Christian Hospital Staff Canteen	3513 4065
譽宴	U-Banquet	2811 9788
慧雲天酒家	Cheerful Sky Cuisine	2827 2886
慧筷 (國際展貿中心)	Happiness Gastronomy (Hong Kong International Trade & Exhibition Centre)	2827 1811
慧筷自家菜 (偉業街)	Happiness Gastronomy (Wai Yip Street)	2827 2688
California Pizza Kitchen	California Pizza Kitchen	3421 2351
Délifrance (Café)	Délifrance (Café)	
(企業廣場5期)	(MegaBox)	2904 8603
(海大商場)	(Amoy Plaza)	2757 4518
(德福廣場)	(Telford Plaza)	2756 9565
Oliver's Super Sandwiches	Oliver's Super Sandwiches	
(企業廣場)	(Enterprise Square Three)	2749 7561
(德福廣場)	(Telford Plaza)	2757 2662
(APM, 創紀之城)	(APM, Millennium City 5)	3148 1101
Organic Life Café & Restaurant	Organic Life Café & Restaurant	2420 0363
Studio City Bar & Café	Studio City Bar & Café	3543 5638

油尖旺區

Yau Tsim Mong District

一壽司 (金馬倫道) (亞士厘道) (雅蘭中心)	Sushi One (Cameron Road) (Ashley Road) (Grand Tower)	3575 9898 2155 0633 2110 9922
八王子拉麵館	Prince Ramen	2771 6939
大自然素食 (美麗華商場) (始創中心)	Gaia Veggie Shop (Miramar Shopping Centre) (Pioneer Centre)	2376 1186 2148 1163
上樓	Shanghai Inn	8300 8159
日之苑	Ninon	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
百樂門筵宴	Joy Cuisine	3910 8388
男爵大排檔 (炮台街) (德利大廈)	Baron Cuisine (Battery Street) (Tak Lee Building)	2369 1959 2369 1959
別府九州地獄拉麵專門店	Beppu Ramen	2748 6898
住家菜	Home Feel	3105 0515
君滙港會所餐廳	Harbour Green Club Banquet Room	3516 1121
迎	Joyous One	8300 8001
金皇朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
金都國宴	Golden City Banquet	2528 6622
金陶軒	Kum Tao Heen	2730 8668
金裝嫩奶佬餐廳	Daniel's Restaurant	2770 0301
迎龍大酒樓 (雅蘭中心)	Cheers Restaurant (Grand Tower)	8300 8191/ 8300 8192 8300 8163
(彌敦酒店)	(Nathan Hotel)	
美心MX (西洋菜街) (百匯軒) (金巴利道) (花園街) (旺角東港鐵站) (新文華中心)	Maxim's MX (Sai Yeung Choi Street) (Cite 33) (Kimberley Road) (Fa Yuen Street) (Mong Kok East MTR Station) (New Mandarin Plaza)	2390 7530 2395 8850 2311 5006 2782 1669 2397 6303 2311 8589
風月堂 (亞皆老街) (奧海城)	Orchard Garden Café & Restaurant (Argyle Street) (Olympian City)	2699 3002 2393 3959
帝京軒- 帝京酒店	Di King Heen - Royal Plaza Hotel	2928 8822
客家好棧	Hakka Hut	8300 8103
查理布朗咖啡專門店	Charlie Brown Café	2366 6325
柏景餐廳 - 皇家太平洋酒店	Café on the Park - The Royal Pacific Hotel and Towers	2738 2322
紅廚房	GM Kitchen	2625 1986
紅蔥頭 (始創中心) (朗豪坊)	Café Med (Pioneer Centre) (Langham Place)	2626 0596 3514 9322
海皇粥店 (旺角道) (彌敦道)	Ocean Empire (Mong Kok Road) (Nathan Road)	2396 0126 2385 6732
骨煲皇 (百勝大廈) (金基大廈地下1-2號) (金基大廈地下3號) (金基大廈1樓)	King of Hot Pot (Pak Sing Building) (1-2, G/F, Kamga Mansion) (3, G/F, Kamga Mansion) (1/F Kamga Mansion)	2380 4221 2380 4441 2380 4441 2380 4441
泰園	Koon Thai Cuisine	2878 7666
茶禪	Café Zen	9606 2086
御苑皇宴 (金巴利道) (帝國中心)	The Banqueting House (Kimberley Road) (Empire Centre)	2722 6768 3962 1188
常悅素食	M Garden Vegetarian	2787 3128
彩福欣宴	Eky's Banquet	2332 2698
彩福皇宴	Choi Fook Royal Banquet	2766 0886
甜蜜蜜新生咖啡店	Teresa New Life Coffee Shop	2723 6634
普光齋	Light Vegetarian Restaurant	2384 2833
雅廊咖啡室	Café Allegro	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	蜀一燒	2780 2889
煌府婚宴專門店 (旺角道) (幸福中心) (始創中心) (港景匯商場) (The One)	Wedding Banquet Specialist (Mongkok Road) (Energy Plaza) (Pioneer Centre) (Victoria Mall) (The One)	2180 6138 2234 9978 2180 6128 3520 1888 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) (港島中心) (碧街)	Tsui Wah Restaurant (Parkes Street) (Pak Hoi Street) (Camavon Road) (Portland Street) (Harbour Centre) (Pitt Street)	2384 8388 2780 8328 2366 8250 2392 3889 2722 6600 2771 8080
靚煲皇	Supreme Hot Pot	2399 0812
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2622 2699
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
銀龍粉麵茶餐廳 (西洋菜街) (通菜街)	Ngan Lung Restaurant (Sai Yeung Choi Street) (Tung Choi Street)	2380 2003 2380 2566
稻香 (新九龍廣場) (愛民商場) (緬甸臺)	Tao Heung (New Kowloon Plaza) (Oi Man Shopping Centre) (Minden Row)	8300 8123 8300 8082 8300 8084
稻香超級漁港 (雅蘭中心) (彌敦酒店)	Tao Heung Super 88 (Grand Tower) (Nathan Hotel)	8300 8168 8300 8163
潮樓	Chao Inn	8300 8142
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) (莊士倫敦廣場)	U-Banquet (Pioneer Centre) (Chuang's London Plaza)	2811 1983 2142 8898
觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
3106 餐廳	Carat 3106	3904 1328
California Pizza Kitchen	California Pizza Kitchen	2374 0032
Délifrance (Café) (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	Maroon Café	2789 6838
Mezzo Grill - 富豪九龍酒店	Mezzo Grill - Regal Kowloon Hotel	2313 8788
Munch	Munch	2317 7887
Oliver's Super Sandwiches (香港理工大學) (新世紀廣場) (奧海城)	Oliver's Super Sandwiches (The Hong Kong Polytechnic University) (Grand Century Plaza) (Olympian City)	2364 5762 2264 3737 2272 4220

深水埗區

Sham Shui Po District

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

黃大仙區

Wong Tai Sin District

大自然素食	Gaia Veggie Shop	2887 3363
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
西龍傳香飯糰	QQ Rice	2326 9830
別府九州地獄拉麵專門店	Beppu Ramen	2782 0989
金碗碗餐廳	Gold Rice Bowl Restaurant	2329 7112
美心MX (竹園南邨) (黃大仙中心)	Maxim's MX (Chuk Yuen Shopping Centre) (Wong Tai Sin Shopping Centre)	2327 8551 2321 9331
客家好棧	Hakka Hut	8300 8104
紅蔥頭	Café Med	2955 4988
泰越老街	CityThai Viet Cuisine	2331 9810
御苑酒家	The China House	3162 3788
順德經典	Classic in Shun Tak	2997 8866
富臨漁港龍門	Foo Lum Fishman's Wharf Restaurant	2320 9080
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
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
龍皇酒家	Dragon King Restaurant	2711 8233
聯邦皇宮	Federal Restaurant	2626 0011
麗都軒	Nice Capital Restaurant	2827 1168
譽宴	U-Banquet	2811 3281
California Pizza Kitchen	California Pizza Kitchen	3105 0352

九龍城區

Kowloon City District

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
金裝嫩奶佬餐廳	Daniel's Restaurant	2712 6900
美心MX (半山壹號) (馬頭涌道) (黃埔花園)	Maxim's MX (Celestial Place) (Ma Tau Chung Road) (Whampoa Garden)	3695 0899 2712 2917 2333 7136
香港公開大學大學會所 (只供學生及職員)	Hong Kong Open University Canteen (Students & Staff Only)	2762 2982/ 2760 9820
浸信會醫院餐廳	Baptist Hospital Restaurant	2337 6976
富臨漁港龍門	Foo Lum Fishman's Wharf Restaurant	2365 2881
富臨漁港 (太子道西) (明安街) (馬頭角道)	Foo Lum Fishman's Wharf Restaurant (Prince Edward Road) (Ming On Street) (Ma Tau Kok Road)	2718 3318 2363 2883 2768 8618
博藝會	Spotlight Recreation Club	2766 9703
渝村米線	渝村米線	2365 1190
新香城餐廳	Sun Heung Shing Restaurant	2334 0335
渝鄉烤魚	Yu Heung Grilled Fish	2382 4168
煌府婚宴專門店	Wedding Banquet Specialist	2180 6198
榆豐餐廳	ELM Restaurant & Lounge	3162 8773
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
翠華餐廳	Tsui Wah Restaurant	2760 9828
稻香超級漁港	Tao Heung Super 88	8300 8177
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2194 6801
華慶藝廚酒家	Happiness Cuisine	2712 8168
Bistro Défrance	Bistro Défrance	2330 3933
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622

葵青區

Kwai Tsing District

甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2484 1789
生活知味	The Taste of Living	2435 6966
百份百餐廳 (長亨商場) (長康邨) (華星商場)	Hundred Percent Restaurant (Cheung Hang Shopping Centre) (Cheung Hong Estate) (Wonderland Villas)	2547 9100 2954 9100 2574 8100
百樂門宴會廳	Paramount Banquet Hall	2496 8068
別府九州地獄拉麵專門店	Beppu Ramen	2497 7008
金裝嫩奶佬餐廳	Daniel's Restaurant	2495 3301
迎囍大酒樓	Cheers Restaurant	8300 8195
美心MX (石蔭商場) (石籬商場) (長發商場) (新葵興) (寶麗苑商場)	Maxim's MX (Shek Yam Shopping Centre) (Shek Lei Shopping Centre) (Cheung Fat Shopping Centre) (Sun Kwai Hing) (Yin Lai Court Shopping Centre)	2276 0119 2425 0230 2436 9353 2428 0636 2743 8651
風月堂	Orchard Garden Café & Restaurant	2421 4817
雲貴軒	The Vetmiciell House	2442 3388
香港國際貨櫃碼頭有限公司 (職員餐廳) (只供職員)	Hong Kong International Terminals Ltd (Staff Canteen) (Staff Only)	2614 4527
葵涌醫院職員飯堂 (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(和宜合道店)	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 (職員餐廳) (只供職員)	Kerry Cargo Centre Ltd (Staff Canteen)	2944 9104
廣發餐廳	Kong Fat Restaurant	2612 1842
瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
銀龍粉麵茶餐廳 (石蔭商場) (葵芳廣場) (葵盛東商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre) (Kwai Fong Shopping Centre) (Kwai Shing East Shopping Centre)	2276 5888 3156 1112 2408 2315
稻香 (青衣城) (寶星廣場)	Tao Heung (Maritime Square) (Po Sing Plaza)	8300 8126 8300 8130
稻香超級漁港 (新都會廣場) (翠怡商場)	Tao Heung Super 88 (Metroplaza) (Greenfield Garden Shopping Arcade)	8300 8165 8300 8183
潮篇	Chaozhou Cuisine	2827 2789
聯邦皇宮	Federal Palace	2626 0618
Bistro Défrance	Bistro Défrance	2429 8936

西貢區

Sai Kung District

一寿司	Sushi One	3622 2322
太興	Tai Hing	2628 6072
上樓	Shanghai Inn	8300 8160
北京拉麵店	Peking Handmade Noodles Restaurant	2244 6157
百份百餐廳 (明德商場)	Hundred Percent Restaurant (Ming Tak Shopping Centre)	2271 9100
百份百餐廳 (景林商場)	Hundred Percent Restaurant (King Lam Shopping Centre)	2845 8100
迎禧大酒樓	Cheers Restaurant	8300 8193
美心MX (東港城)	Maxim's MX (East Point City)	2628 5010
美心MX (將軍澳中心)	Maxim's MX (Park Central)	3417 4970
客家好棧	Hakka Hut	8300 8106
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)	N/A
海皇粥店 (新都城中心)	Ocean Empire (Metro City Plaza)	3194 4893
海皇粥店 (將軍澳中心)	Ocean Empire (Park Central)	3417 4059
將軍澳醫院職員飯堂 (只供職員)	Tsuen Wan O Hospital Staff Canteen (Staff Only)	2208 0063
富臨皇宮	Foo Lum Palace	2207 4798
壹蘋果大棧員工餐廳 (只供職員)	Next Media Apple Daily 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	8300 8129
稻香超級漁港	Tao Heung Super 88	8300 8167
潮家 (君賢坊)	Chiu Ka (The Edge)	2331 2155
潮家 (彩明商場)	Chiu Ka (Choi Ming Shopping Centre)	3143 9002
潮館	Chao Inn	8300 8144
California Pizza Kitchen	California Pizza Kitchen	3902 3875
Délifrance (Café)	Délifrance (Café)	3417 4247
MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288

屯門區

Tuen Mun District

一寿司	Sushi One	2155 2233
大姆指(亞洲)餐廳	Big Top Restaurant	2440 4321
小魚滋味	Delicious Kitchen	2451 0898
生果報社	Fruit Magazine	2458 5291
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2618 7499
百份百餐廳	Hundred Percent Restaurant	2572 8100
別府九州地獄拉麵專門店	Beppu Ramen	2907 0708
青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff Only)	2456 7090
季季紅風味酒家 (華都花園)	Red Seasons Aroma Restaurant (Waldorf Garden)	2404 6663
季季紅風味酒家 (藍地大街)	Red Seasons Aroma Restaurant (Lam Tei Main Street)	2462 7038
金裝嫩奶佬餐廳	Daniel's Restaurant	2459 3481
迎禧大酒樓	Cheers Restaurant	8300 8194
美心MX	Maxim's MX	2618 7458
美食坊	Food Hall	2465 3817
客家好棧	Hakka Hut	8300 8102
海皇粥店	Ocean Empire	2450 5938
悅翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
「粵」中菜廳・香港黃金海岸酒店	Yue - Hong Kong Gold Coast Hotel	2452 8668
曼谷泰菜	Bangkok Thai Restaurant	2459 1883
雲貴軒 (蝴蝶廣場)	The Vetmicelli House (Butterfly Plaza)	2454 2200
雲貴軒 (龍門居)	The Vetmicelli House (Lung Mun Oasis)	2449 8800
富臨皇宮	Foo Lum Palace	2404 5688
愛琴會悠閒廊 (只供會員)	La Fantasia Leisure Lounge (Members Only)	2949 5333
煮樓餐廳	Cooking Restaurant	2613 2380
翠華餐廳	Tsui Wah Restaurant	2463 7511
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909

稻香 (屯門海逸坊) (建生商場)	Tao Heung (Tuen Mun Ocean Walk) (Kin Sang Commercial Centre)	8300 8135 8300 8081
稻香超級漁港	Tao Heung Super 88	8300 8166
樂融融餐廳	Café Fusion	3511 0702
聯邦大酒樓	Federal Restaurant	2626 0088
麗都總廚	Nice Capital Worldwide Kitchen	2456 4888
Délifrance (Café)	Délifrance (Café)	2613 9755

北區

North District

百份百餐廳 (粉嶺中心) (華心商場)	Hundred Percent Restaurant (Fanling Centre) (Wah Sum Shopping Centre)	2554 9100 2445 8100
金都海鮮酒家	Golden City Seafood Restaurant	2671 0222
金裝嫩奶佬餐廳	Daniel's Restaurant	2639 0886
海皇粥店	Ocean Empire	2682 3798
桃園粥麵・小廚 (華心商場) (嘉福商場)	Tao Yuen (Wah Sum Shopping Centre) (Ka Fuk Shopping Centre)	2452 1200 2642 1200
園園統請	Hop Fu Tong Ching	2256 1335
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2278 1733
稻香	Tao Heung	8300 8131
稻香超級漁港	Tao Heung Super 88	8300 8184
麗都總廚	Nice Invitation	2673 8829
Bistro Délifrance	Bistro Délifrance	2672 5256

元朗區

Yuen Long District

八斗砂鍋粥茶餐廳	Eight Ladle Restaurant	2442 9001
千味和食	Sen Aji Dining	2445 6821
加州花園住客會所 (只供會員)	Club Oasis (Members Only)	2482 2836
加州豪園住客會所 (只供住客)	Royal Palms Resident Club (Resident Only)	2482 3100
叻哥(亞洲)餐廳	Smartman Restaurant	2446 2333
金裝嫩奶佬餐廳 (千色廣場) (新北江商場)	Daniel's Restaurant (Citimall) (Kingswood Richly Plaza)	2477 0708 2445 6321
美心MX (天盛商場) (天晴商場) (天耀商場)	Maxim's MX (Tin Shing Shopping Centre) (Tin Ching Commercial Centre) (Tin Yiu Shopping Centre)	2254 2736 2351 5772 2445 2527
客家好棧	Hakka Hut	8300 8107
叙樓海鮮酒家	Lucky House Restaurant	3156 1283
海皇粥店	Ocean Empire	2477 8050
茶魚飯店	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
銀龍粉麵茶餐廳 (天恩商場) (天慈商場) (順富廣場)	Ngan Lung Restaurant (Tin Yan Shopping Centre) (Tin Tsz Shopping Centre) (Chung Fu Shopping Centre)	2254 4999 2617 7817 3156 1668
稻香 (天瑞商場) (怡豐花園)	Tao Heung (Tin Shui Shopping Centre) (Yee Fung Garden)	8300 8137 8300 8128
潮樓	Chao Inn	8300 8148
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
麗都總廚	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
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2402 9788
叻哥(亞洲)餐廳	Smartman Restaurant	2577 1755
百樂門宴會廳	Paramount Banquet Hall	2419 0348
季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
金裝嫩奶佬餐廳 (大磡街) (99廣場)	Daniel's Restaurant (Tai Pa Street) (99 Plaza)	2498 5662 2439 9128
迎囍大酒樓	Cheers Restaurant	8300 8196
美心MX (悅來坊) (荃錦中心) (愉景新城商場) (綠楊坊) (樂悠居)	Maxim's MX (Panda Place) (Tsuen Kam Centre) (Discovery Park Commercial Centre) (Luk Yeung Galleria) (Indihome)	2887 7093 2498 9401 2940 5821 2498 0283 2439 1070
客家好棧	Hakka Hut	8300 8105
海皇粥店	Ocean Empire	2439 4570
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
荃灣港安醫院職員餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7337
順德經典	Classic in Shun Tak	2886 9979
雲貴軒	The Vetmicelli House	2402 2220
富臨漁港臨門	Foo Lum Fishman's Wharf Restaurant	2409 0883
煌府婚宴專門店	Wedding Banquet Specialist	2490 4333
新星海鮮酒家	New Star Seafood Restaurant	2402 8866
漁川米線	Shunde Cuisine	2614 2628
肇順名匯海鮮專門店	Siu Shun Village Cuisine	3910 8373
翠華餐廳 (兆和街) (眾安街)	Tsui Wah Restaurant (Shiu Wo Street) (Chung On Street)	2419 7738 3126 9233
鉅龍麵粉茶餐廳 (眾安街22號) (眾安街122號) (328廣場)	Ngan Lung Restaurant (22 Chung On Street) (122 Chung On Street) (Plaza 328)	2416 6990 2416 1922 2439 0270
稻香	Tao Heung	8300 8125
潮館	Chao Inn	8300 8149
聯邦皇宮	Federal Restaurant	2626 0883
爵悅庭住客會所 (只供住客)	Club Chelsea (Resident Only)	2480 6022
稻香超級漁港	Tao Heung Super 88	8300 8164
麗都饕客	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
空港居屋 - 富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
紅軒中菜廳 - 富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
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)	N/A
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
翠華餐廳	Tsui Wah Restaurant	2261 0306
稻香	Tao Heung	8300 8133
潮樓	Chao Inn	8300 8141
龍門客棧 - 富豪機場酒店	Dragon Inn - Regal Airport Hotel	2286 6878
聯邦皇宮	Federal Palace	2626 0181
藝廊咖啡室 - 富豪機場酒店	Café Aficionado - Regal Airport Hotel	2286 6238
Bistro Délifrance	Bistro Délifrance	2109 4187
Délifrance (Café)	Délifrance (Café)	2261 2056

沙田區

Sha Tin District

王廚咖啡 (排頭村28號) (排頭村29號)	Wong's Kitchen and Café (28 Pai Tau Village) (29 Pai Tau Village)	2601 3218 2601 3218
太興	Tai Hing	2693 2782
甘味讚岐手打烏冬專門店 (沙田第一城) (新城市廣場)	Yummy Handmade Sanuki Udon Restaurant (City One Shatin) (New Town Plaza)	2637 6011 2607 0668
叻哥(亞洲)餐廳	Smartman Restaurant	2648 6778
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2362 1911
百份百餐廳	Hundred Percent Restaurant	2975 8100
老爹茶居	Daddy's Kitchen	2640 3878
別府九州地獄拉麵專門店	Beppu Ramen	2668 4188
突破青年村	Breakthrough Youth Village	2632 0100
沙龍會	Salem Club	2696 2112
君臨海鮮酒家	King's Fortune Seafood Restaurant	2667 6338
季季紅風味酒家	Red Seasons Aroma Restaurant	2383 8989
宜家家居餐廳及咖啡室	IKEA Restaurant & Café	2634 1688
金福酒家	Golden Fortune Restaurant	2698 8288
金裝嫩奶佬餐廳 (天寶樓) (馬鞍山廣場) (碩安商場)	Daniel's Restaurant (Tin Po Building) (Ma On Shan Plaza) (Chung On Shopping Centre)	2608 1331 2630 5533 2631 0225
美心MX (禾輦商場) (沙田中心) (利安邨商場) (新港城中心)	Maxim's MX (Wo Che Shopping Centre) (Shatin Centre) (Lee On Estate Shopping Centre) (Sunshine City Plaza)	2694 7608 2605 5873 2640 8926 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 Amenity) (Student Canteen)	N/A
香港科學園 - Park Gourmet	Hong Kong Science Park - Park Gourmet	2607 4080
威爾斯親王醫院職員飯堂	Prince of Wales Hospital Staff Canteen	2646 1132
峰山美食	Fung Shan Canteen	2947 7589
海皇粥店	Ocean Empire	2692 4150
盈彩海鮮酒家	Ying Choi Seafood Restaurant	2641 8812
悅翠小廚	C-Jade Kitchen	2602 7199
曼谷泰菜 (新城市廣場) (馬鞍山廣場)	Bangkok Thai Restaurant (New Town Plaza) (Ma On Shan Plaza)	2606 3882 2568 6800
順德經典	Classic in Shun Tak	2330 0023
翠華餐廳	Tsui Wah Restaurant	2601 9294
雅典居住客會所	Villa Athena Club House	2633 4318
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2601 2989
廣東鉅	Canton Koon	2696 9268
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2699 9811
稻香	Tao Heung	8300 8134
稻香超級漁港 (沙田正街) (碩安商場)	Tao Heung Super 88 (Sha Tin Centre Street) (Chung On Shopping Centre)	8300 8178 8300 8179
潮家	Chiu Ka	2693 2321
嚕味	Taste	N/A
麗都饕客	Nice Invitation	2693 9088
麵軒	Mian Café	2640 8200
囍慶酒樓	Happiness Cuisine	2827 8803
Délifrance (Café)	Délifrance (Café)	2606 4881
H Corner	H Corner	2639 8420
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2609 2911

大埔區

Tai Po District

甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2481 4989
百份百餐廳	Hundred Percent Restaurant	2557 9100
迎囍大酒樓	Cheers Restaurant	8190 0889
美心MX	Maxim's MX	2638 8239
咪走雞撈味餐	Delicious Roasted Chicken Restaurant	2667 7225
海皇粥店	Ocean Empire	2638 7865
桃園粥麵·小廚	Tao Yuen	2834 1200/ 2834 1208
彩福酒家	Choi Fook Restaurant	2766 3788
稻香	Tao Heung	8300 8126



天天吃水果

Keep Healthy  Eat Fruit Everyday!

營養全過關



吳彥慈
Ms Rhoda NG

註冊營養師
香港營養學會內務主任
Registered Dietitian,
Internal Coordinator
Hong Kong Nutrition
Association



水果各有不同特色和風味，無論是生吃、拌沙律、做甜品，或作熱葷，同樣美味，是大眾都喜愛吃的食物。

註冊營養師吳彥慈（Rhoda）表示，「水果含多種維他命、礦物質、膳食纖維和水分（參考附表一），更是維他命C的主要來源，多吃有益。水果亦含有不同的抗氧化物，如胡蘿蔔素、藍莓素、花青素、番茄紅素等，能減慢細胞的衰老和死亡，有助減低慢性疾病的風險」。

Fresh fruit comes in a wide variety of colours and flavours. Whether eaten raw, mixed with salad, used in desserts or cooked in hot dishes, it is all the same delicious.

Rhoda NG, a registered dietitian, says, "Fruit contains abundant amount of vitamins, minerals and dietary fibre, and it is a particularly good source of vitamin C (see table 1). Fruit also contains antioxidants, such as carotene, bilberry, anthocyanins and lycopene, which help slow down body ageing and lower risks of chronic diseases."





表一
Table 1

常見水果所含的熱量、膳食纖維、維他命及礦物質 Calories, minerals, dietary fibre and vitamins in fruit



水果 Fruit 100克 (g)	熱量 Calories 千卡 (kcal)	膳食纖維 Dietary Fibre 克 (g)	維他命C Vitamin C 毫克 (mg)	維他命A Vitamin A (IU)	鈣 Calcium 毫克 (mg)	鐵 Iron 毫克 (mg)	鉀 Potassium 毫克 (mg)
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蘋果 Apples	61	2.4	3	54	6.3	0.12	107
橙 Oranges	49	2.2	59.1	247	43	0.13	166
香蕉 Bananas	89	2.6	8.7	64	5	0.26	358
奇異果 Kiwi Fruits	61	3	92.7	87	34	0.31	312
菠蘿 Pineapples	50	1.4	47.8	58	13	0.29	109
西瓜 Watermelons	30	0.4	8.1	569	7	0.24	112
木瓜 Papayas	43	1.7	60.9	950	20	0.25	182
芒果 Mangoes	60	1.6	36.4	1082	11	0.16	168
梨 Pears	42	3.6	3.8	0	4	0	121
士多啤梨 Strawberries	32	2	58.8	12	16	0.41	153

資料來源：香港食物環境衛生署食物安全中心

Source: Centre for Food Safety, Food and Environmental Hygiene Department





鮮果入饌好處多

Tasty and Healthy Fruit Cuisine



中菜常以鮮果入饌，除為菜式添加清甜口感外，還幫助人體吸收水果中的某些養分。Rhoda表示，大部分水果所含的維他命A和E均屬脂溶性，加適量食油烹煮，有助被身體吸收。

然而，維他命C容易在空氣中氧化，經加熱後更會大量流失，因此烹煮時溫度不宜過高，時間也不宜過久，切開後應盡快食用。

Fruit is often used in Chinese cuisine to give food a sweet taste and crunchy texture. Cooked fruit may sometimes allow easier absorption of nutrients, for example, fat-soluble vitamins inside fruit like vitamins A and E can be more efficiently absorbed once the fruit was cooked with a few drops of oil.

Vitamin C, on the contrary, can be easily destroyed by heating. That's why fruit should not be overcooked.



老少咸宜水果菜

Fruit Benefits People of All Ages



Rhoda說：「對於有牙患和消化系統疾病的長者來說，飲用果汁或進食經烹煮的水果都有助於咀嚼和消化；部分未有養成進食水果習慣的兒童，以水果入饌可以增加他們食水果的分量，從而幫助他們養成這種習慣。」

再者，「水果是很好的天然『鬆肉』材料，尤其是木瓜和菠蘿；這些水果含有一種酵素，能分解肉類的蛋白質，達到『鬆肉』的效果。如用果汁醃製肉類，會令肉質口感變得鬆軟，也有利身體消化和吸收」。

Rhoda says, "Older adults who suffer from dental or digestive problems may try fruit juices or cooked fruit as they require not much chewing and can be easily digested. Children can gradually develop a fruit-eating habit if parents can often use fruits for cooking."

"Both papayas and pineapples contain enzymes that break down meat protein. When cooking with meat, they not only make the meat tenderer but also facilitate digestion."



食果有法更健康 Cook and Eat Fruit Wisely

水果跟其他食物一樣，以烤、焗和少油快炒等方法烹煮，可避免身體攝取過多油分。此外，水果宜切成大塊，減少暴露於空氣中，可減慢氧化速度。如果以水果熬湯，切記與湯料同吃，以獲得更豐富膳食纖維。

不過Rhoda提醒大家，進食原隻水果比飲果汁更為健康，因為水果榨汁後會大量流失膳食纖維，而一杯150毫升的果汁需要以兩至三份水果榨成，令飲用者在不知不覺間攝取過多糖分和熱量。肥胖人士和糖尿病患者尤應慎防過量飲用。

Fresh fruit are better baked, grilled or stir-fried because these cooking methods require limited oil. Also, keeping size of fruit chunks large can minimise oxidation by reducing the surface area that is exposed to the air. When having soup with fruit, dietary fibre in the fruit could only be ingested by eating the ingredients.

Yet Rhoda reminds us that fruit in whole is a better choice than fruit juice because most of the fibre in fruit is lost during juicing. What's more, as one glass of juice at 150 ml is made from approximately 2 to 3 portions of fruit, it will give unwary people excessive calories and sugar. Juice consumption should be further limited for overweight or diabetic people.

高危水果要留神 Beware of Fruits with High Fat or Sugar

此外，部分水果亦屬於高脂和高糖一族，例如100克（約半個）的牛油果便有207千卡的熱量和21.4克脂肪，而100克椰子肉則有12.1克脂肪。此外，榴槿和荔枝的糖分均偏高，多吃容易令人發胖（參考附表二）。

Certain fruits contain relatively high levels of fat and sugar. For instance, 100g of avocados contains 207 kcal of calories and 21.4 g of fat while the same amount of coconuts contains 12.1 g of fat. Some other fruits, like durians and lychees, have high sugar content, excessive intake of which can result in weight gain (see table 2).

表二
Table 2

部分熱量及脂肪含量較高的水果
Fruits that are high in calories, fat or carbohydrates

水果 Fruit 100克 (g)	熱量 Calories 千卡 (kcal)	脂肪 Fat 克 (g)	碳水化合物 Carbohydrates 毫克 (g)
牛油果 Avocados	207	21.4	0.5
榴槿 Durians	163	3.7	30.1
荔枝 Lychees	66	0.44	16.5
椰子 Coconuts	241	12.1	31.3

資料來源：香港食物環境衛生署食物安全中心

Source: Centre for Food Safety, Food and Environmental Hygiene Department

藍莓千層酥角

Fillo Blueberry Croissant



每一份
Per Serving

熱量
Energy
102
千卡 (kcal)

碳水化合物
Carbohydrate
18
克 (g)

鈉質
Sodium
138
毫克 (mg)

脂肪
Fat
2
克 (g)

蛋白質
Protein
2
克 (g)

糖
Sugar
3
克 (g)



特色： Feature:

用橄欖油代替常用的牛油做酥皮，可令小食更健康卻又不失鬆脆感。

Replacing butter with olive oil makes the pastry a healthier yet crispy snack.



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材料： Ingredients: to serve 2人分量

新鮮藍莓	50 克	50 g fresh blueberries
薄片酥皮	3 塊	3 fillo sheets
橄欖油	1/5 茶匙	1/5 teaspoon olive oil

試食兵團話你知
Message from Tasting Team

鬆脆的
小酥角，造型別
緻，加入以鮮藍莓煮成
的果醬，令人回味無窮。

The little pies are such
crispy gems; they go so
well with the fresh
blueberry sauce!

小貼士 Cooking Tips

果醬
可隨個人喜好而
改用草莓、紅桑子等
果醬調製，同樣得宜。

Instead of blueberries, try
raspberries, strawberries
or other berries of
your choice.

步驟： Cooking Method:

1. 用攪拌機把藍莓攪爛，再放到火上煮稠成醬。
 2. 在每塊酥皮上塗上橄欖油，重疊擺放，在頂部放上藍莓醬。
 3. 把酥皮切成多個三角形，每邊長3吋。
 4. 在每個三角形的其中一邊的中央處以刀稍微切開。
 5. 從有切口的一邊把酥皮捲成條狀，然後在中央處屈折，成牛角狀。以攝氏180度的溫度焙烘至酥角呈金黃色。
1. Liquidise the fresh blueberries in a blender and reduce it on fire into a sauce.
 2. Brush olive oil on the surface of each fillo sheet, stack the sheets together, and place the fresh blueberry sauce on top.
 3. Cut the stack of fillo sheets into triangles with all sides measuring 3 inches.
 4. Make a slight cut at the middle of one side of each triangle.
 5. Roll from that particular side to form a strip. Bend in the middle to simulate a croissant. Bake at 180°C until gold brownish.

鮮果杏仁豆腐

Almond Tofu with Fresh Fruit



每一份
Per Serving

熱量
Energy
101
千卡 (kcal)

碳水化合物
Carbohydrate
6
克 (g)

鈉質
Sodium
36
毫克 (mg)

脂肪
Fat
5
克 (g)

蛋白質
Protein
9
克 (g)

糖
Sugar
3
克 (g)



特色： Feature:

使用低脂奶可減少熱量和脂肪的攝取，而且水果本身已含天然果糖，無須添加糖分亦能帶出菜式的香味。

Compared with its full-cream counterpart, low-fat milk means less calorie and fat intake. Also, since fruit contains natural fructose, no added sugar is needed.



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材料： Ingredients: to serve 3人分量

無糖豆奶	88 毫升	88 mL unsweetened soya milk
清水	65 毫升	65 mL water
低脂奶	73 毫升	73 mL low-fat milk
魚膠片	20 克	20 g gelatin
杏仁粉	15 克	15 g almond, powdered
杏仁 (切片)	10 克	10 g almond, sliced
芒果 (切片)	30 克	30 g mango, sliced
草莓 (士多啤梨) (切片)	5 克	5 g strawberries, sliced
新鮮藍莓	5 克	5 g fresh blueberries

試食兵團話你知
Message from Testing Team

杏仁奶
凍有濃郁的香味，
加上藍莓、草莓和芒果
等鮮果，相得益彰。

The sweetened tofu, richly
flavoured with almonds, is a
wonderful match with fresh
blueberries,
strawberries and
mangoes.



小貼士 Cooking Tips

豆奶可
以濾袋（如煲湯
袋）或濾鍋（笊箕）隔
去豆渣，令奶質更滑。

To make a smooth tofu
gelatin, filter the soya milk
with a cheesecloth or
strainer.

步驟： Cooking Method:

1. 魚膠片於冰水內浸軟，備用。
 2. 把杏仁粉和杏仁片倒進豆奶、牛奶和水裏，煮沸。
 3. 開始煮沸時，放進魚膠，拌勻，過濾，倒入玻璃杯中，待冷卻凝固。
 4. 凝固後，放上芒果片、草莓片和藍莓。
1. Soak gelatin in iced water until soften. Set aside.
 2. Pour soya milk, milk and water into to powdered and sliced almonds. Bring to boil.
 3. Once it comes to a boil, pour in gelatin and stir. Strain and pour the liquid into glasses. Chill till set.
 4. Once it is set, put mango slices, strawberry slices and blueberries on top.

甜品魔法

蔡肇峯

The Magic of Sweetness
Jack CHUA

新進甜品師蔡肇峯 (Jack CHUA) 早年隨家人移民美國，於美國烹飪學院 (The Culinary Institute of America) 修畢烘焙及糕點課程後，分別於北京和紐約的著名食店工作。回流香港後，曾為多個飲食品牌設計食譜，並時常出任媒體飲食節目中的客席主持。

Jack 憑着他的一雙「魔術手」，炮製出一件又一件精緻小巧的甜品。

Jack CHUA emigrated to New York City with his family when he was young. Later, he entered The Culinary Institute of America (CIA) and studied Baking and Pastry Arts. After graduation, he worked in some of the most prestigious restaurants in New York and Beijing. Upon returning to Hong Kong, Jack has developed recipes for many food brands and frequently appeared as guest host in cooking shows.

Gifted with a pair of magic hands, Jack has created a number of delicacies, all in the form of cakes and pastries.




你為何當上甜品師？

How did you come to aspire to be a pastry chef?

我想是機緣巧合吧！我原本想從事餐飲或酒店管理工作，於是到美國升學進修。校內課程分「餐飲廚藝」及「烘焙和糕點」兩門專業課程；入學不久，因為受不了生肉的血腥味，所以決定選讀後者。

It just happened by chance! My original plan was to follow a career in catering or hotel management.

The students in the institute could choose to major in Culinary Arts or Baking and Pastry Arts. I decided to do the latter simply because I could not stand the smell of raw meat.



在外地著名食店任職的經驗 令你有什麼得着？

What have you gained from your overseas experience?


我學會了吸收和融合不同地方的飲食文化，使我有更豐富的想像力，勇於大膽嘗試新搭配，還更能善用不同地方的道地食材。記得在北京工作時，有一次杏仁缺貨，糕餅店的總廚就用上了藥用的苦杏仁做甜品，產生出意想不到的效果。

I have learned to appreciate cultural diversity of food, which enriched my creativity to try out new combinations of food. I also learnt to make the best use of locally produced ingredients. When I was in Beijing, we once ran out of almonds when making a dessert; to improvise, the chef used bitter apricot kernel instead, which is a kind of Chinese herbs. It turned out great!

你認為怎樣才算是出色的甜品？ What makes a truly outstanding dessert?

甜品除了美味之外，更重要的是能通過造型展現不同的個性，例如「提拉米蘇」（tiramisu）的基本材料是咖啡和馬斯卡邦尼芝士（mascarpone cheese），但我們可以嘗試配上雪糕，讓它更有特色。今次特別製作的千層酥角，意念和做法都來自法式牛角酥。

Apart from being delicious, it must have a character of its own. The basic ingredients for the classic tiramisu, for example, don't vary much; they are always coffee and mascarpone cheese. Yet we can add some ice cream to give it a special charm. The idea of making the filo croissant and the method of preparation as described in this section are all adapted from the French croissants.



怎樣做一款健康的甜品？ How can one make a healthy dessert?

要健康須懂得利用食材本身的天然甜味，例如水果便是一個好選擇。水果含有豐富的果糖，只要分量控制適宜，無須加添額外砂糖也能做出甜美可口的甜品。我尤其喜歡紅啤梨，它不但爽口，而且清甜多汁，製成甜品特別美味。

I think it is important to skilfully use the natural sweetness. Fruit is a good example: because it is rich in fructose, we can attain the desired level of sweetness without adding extra sugar. I personally like to use red pears in my dessert. They are sweet, chewy and juicy.

怎樣看香港的飲食業？ What do you think about the food industry in Hong Kong?

香港的飲食文化太多姿多采了！這裏除了各國美食之外，還有林林總總的街頭小吃！缺點就是令人吃得太多了。

Hong Kong's food culture is immensely rich and diverse. Not only can one try different cuisines from all over the world, there are plenty of street snacks. The downside is, people are eating too much.





營樂無窮 Snapshots



水果入饌菜式設計比賽 Fruity Recipe Competition

金獎 GOLD Award

鮮果派對
Fruity Party



As a collective move to the joyful Fruit Month in April 2013, the "Fruity Recipe Competition" was organised by the Department of Health (DH) to invite restaurants in the territory to design healthy, delicious and innovative recipes on a "fruity" theme. The event saw the participation of many restaurants. The gold and silver awards went to "Fruity Party" by YOHO Midtown, Club Midtown and "Provencal Glazed Atlantic Black Cod" by Arena Kitchen of AsiaWorld-Expo respectively. While the bronze award went to "Shrimp Paste and Longan in Papaya, with Broccoli" by Kuen Fat Restaurant. All the winning dishes were available in these restaurants within April this year.

For more information, please visit the thematic website of "EatSmart@restaurant.hk" Campaign at <http://restaurant.eatsmart.gov.hk>.

為響應今年4月舉行的「開心果月」盛事，衛生署舉辦「水果入饌菜式設計比賽」，邀請全港食肆以「水果入饌」作主題，設計美味、有創意而又健康的新菜譜。是次比賽得到食肆踴躍參與，評審團成功選出了金、銀、銅獎得主，依次序為YOHO Midtown會所的「鮮果派對」、亞洲國際博覽館Arena Kitchen的「保雲酥焗銀鱈魚配烤鳳梨汁」和權發海鮮酒家的「百花萬壽龍珠」。以上餐廳均於2013年4月內供應得獎菜式。

如想知道更多有關資料，可瀏覽「有營食肆」專題網站<http://restaurant.eatsmart.gov.hk>。



銀獎 SILVER Award

保雲酥焗銀鱈魚配烤鳳梨汁
Provencal Glazed
Atlantic Black Cod

銅獎 BRONZE Award

百花萬壽龍珠
Shrimp Paste and Longan
in Papaya, with
Broccoli



營食Guide

EatSmart Restaurants Gourmet Guide

要尋找健康菜式？「有營食肆」運動與《新假期》雜誌合作製作一本介紹全港「有營食肆」的飲食指南，在今年6月隨該雜誌附送。以後只要一書在手，去到那裏都能作出健康的選擇。

Want to find healthy food? EatSmart Restaurants can help you! DH has cooperated with the Weekend Weekly to compile the *EatSmart Restaurants Gourmet Guide* to showcase EatSmart Restaurants all over Hong Kong. The *Guide* will be available in June this year free of charge upon purchase of *Weekend Weekly*. Follow the advice from the *Guide* and find your favourite healthy food wherever you go!



有營有機飲食業界分享會

"Healthy Eating and Business Opportunities: A Forum for the Catering Industry"

「有營食肆」運動於2013年3月14日聯同現代管理(飲食)專業協會、香港餐務管理協會、香港餐飲聯業協會和稻苗學會舉辦了一場題為「有營有機」的餐飲業界分享會。目的在於提升餐飲業界的管理和經營能力，使業界持續健康地發展。

分享會上邀得香港餐飲聯業協會會長黃家和先生、稻苗學會主席黃傑龍先生、鴻福堂集團主席謝寶達先生和香港中小企業發展研究中心首席顧問鄭柏禮先生出席；他們在會上交流營運經驗和心得，從而探討餐飲業應如何迎接時代的挑戰。

是次分享會吸引了很多食肆負責人和從業員參加，場面非常熱鬧。台下台上踴躍分享和討論，令參加者獲益良多。如想知道更多有關資料，可瀏覽「有營食肆」專題網站<http://restaurant.eatsmart.gov.hk>。

To enhance skills and abilities of the catering industry, DH, joining hands with the Association of Restaurant Managers, the Association for Hong Kong Catering Services Management Ltd., the Hong Kong Federation of Restaurants and Related Trades and the Institution of Dining Art, organised a forum for the catering industry on 14 March this year.

The guest speakers of the forum were namely Mr. Simon KW WONG, president of Hong Kong Federation of Restaurants and Related Trades; Mr. Simon Kit-lung WONG, chairman of the Institution of Dining Art; Mr. Ronald Po-tat TSE, chairman of Hung Fook Tong Holdings Ltd; and Mr. Paul CHENG, principal advisor of Hong Kong Research Centre for SME. At the forum, they shared their experience and views on how restaurants should handle challenges and opportunities.

The forum attracted an enthusiastic participation from restaurant staff. Participants gained a lot from the discussions and sharing. To know more about the forum, please visit the thematic website of "EatSmart@restaurant.hk" Campaign at <http://restaurant.eatsmart.gov.hk>.



CookSmart

廚營

甜品魔法
蔡肇峯

The Magic of Sweetness
Jack CHUA

